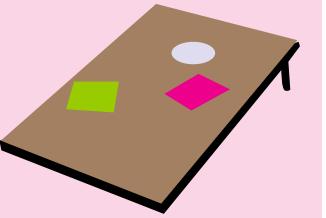


Health and Wellness Activities

Aerobics

Low-impact exercise routines for adults 55+.

Monday & Wednesday | 2:30 PM -3:30 PM



Cornhole

Enjoy this fun and competitive game where players aim to toss bean bags onto a slanted board, testing accuracy and strategy while having a great time with friends.

\$30.00 for 12 weeks.

Monday & Wednesday | 5:00 PM – 9:00 PM



Tai Chi

Tai Chi for Health is a mostly seated practice designed to relieve aches and pains, improve balance, reduce blood pressure, and increase joint flexibility.

\$20.00 per month (4 weeks session).
Wednesday | 11:00 AM – 12:00 PM

Line Dancing

Have fun learning popular line dances.

\$5.00 per person per session.

Monday | 12:30 PM – 2:00 PM

Tuesday | 6:30 PM – 8:00 PM

Wednesday | 12:30 PM – 2:00 PM



Yoga

Yoga for Seniors is a gentle, accessible practice using modified poses, breathing, and meditation to improve flexibility, balance, strength, and calm. Chairs and props provide support, helping reduce fall risk, ease joint strain, and enhance overall well-being.

Thursday | 12PM – 1PM

SENIOR CLUB

Warrensville Heights residents age 60 and older are invited to join the Senior Club—a welcoming space to socialize, explore the community, and engage in civic and recreational activities.

Meetings: 2nd and 4th Tuesdays at 1:00 PM

Annual Dues: \$12 (special event fees not included)

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Warrensville Heights Civic & Senior Center
4567 Green Road
Warrensville Heights, OH 44128

Welcome!

to Warrensville Heights Civic & Senior Center



**MAY ALL WHO ENTER AS GUESTS
LEAVE AS FRIENDS!**

Bradley D. Sellers, Mayor | Jennifer Lastery, Director
Sandra Noble, Program Coordinator
4567 Green Road | Warrensville Heights, OH 44128
(216) 587-1250 | www.cityofwarrensville.com



Weekly Recreation and Craft Activities

Painting

Drawing and painting using a wide variety of materials and techniques.
Monday | 11:00 PM – 2:00 PM



Genealogy

What do you know about your family history? This class will introduce you to various tools and resources to aid in your research and deepen your understanding of your heritage.
3rd Tuesday | 1:00 PM-3:00 PM

Photography

Master a digital camera, use a computer to enhance photos, and participate in photography field trips.
Tuesday | 2:30 PM-4:30 PM

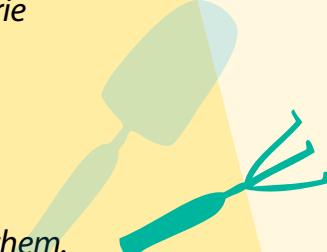


Bid Whist/Spades

Play with tri-city seniors ages 55+ to build camaraderie while enjoying light snacks.
Wednesday | 12:30 PM-4:30 PM

Gardening

Learn about gardening both indoors and outdoors. Identify different types of plants and how to care for them.
Thursdays | 10 AM – 12 Noon



Knitting and Crocheting

Learn to knit or crochet and create afghans, shawls, and other knitted and crocheted items.
Thursday | Noon – 2:00PM



Call
216.587.1250
for more
information

ACTIVITY FEES

\$15 | Residents
\$18 | Non-residents
8 week sessions

OTHER ACTIVITIES

Crafts | \$25 | 8 week sessions
Line Dancing | \$5 per session
Quilting/Doll-Making | \$30 Annually

- The Center may close due to unforeseen circumstances such as weather, construction, or public health concerns. Please check with the Center for updates.
- No refunds for ticketed events.

NEW!

iConnect Technology Class

Curious about QR codes or artificial intelligence (AI)? This class will explain what QR codes and AI are, how they are used, and provide hands-on help so you can use these tools with confidence.

Thursdays | 10 AM-11 AM



Ceramics

Create beautiful pots, bowls, and other unique pieces by hand-shaping clay and adding your own glazes.

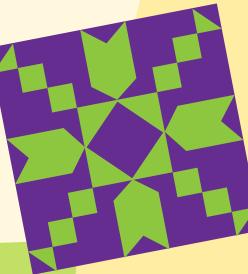
Friday | 10:00 AM – 12:00 PM



Crafts

Design jewelry using glass and a variety of materials, such as leather. Create one-of-a-kind pieces, including African-inspired masks made from copper or brass.

Friday | 12:30 PM – 2:30 PM



African American Quilt and Doll Guild

Participants will create fiber art projects, including quilts and soft dolls. Basic sewing skills and access to a sewing machine are required.

1st & 3rd Saturday | 10 AM – 1 PM

CENTER CLOSED 2026

New Year's Day | Friday, January 1
Martin Luther King Jr. Day | Monday, January 19
President's Day | Monday, February 16
Good Friday | Friday, April 3
Memorial Day | Monday, May 25
Juneteenth | Friday, June 19

Tai Chi | \$20 | 4 weeks

Bid Whist/Spades | \$25 Annually

Corn Hole | \$30 | 12 weeks

2026 SPECIAL EVENTS

NO REFUNDS FOR TICKETED EVENTS

SIGN UP REQUIRED FOR THE FOLLOWING EVENTS:

FEBRUARY

"Sarah's Oil" movie screening

Thursday, February 12th | 4:00 PM
\$10.00 per person with delicious Spaghetti Dinner



AARP Tax Prep

Tax prep begins **Friday, Feb. 13, 2026**, and runs through **April 10**, with appointments **Fridays from 9:15 AM to 1:30 PM** (except **April 3, Good Friday**). Call **440-497-0652** to schedule your tax appointment.

The Annual Black History Program

Thursday, February 25th | 6:00 PM



MARCH

Free Movies:

Mar 5 – 4:30 PM - **Hidden Figures** – Taraji P.Henson
Mar 12 – 4:30 PM – **Ruth and Boaz** – with Phylicia Rashad
Mar 19 – 4:30 PM - **The Six Triple Eight** with Kerry Washington

APRIL

Jubilee

Karamu will present Jubilee, a performance celebrating the historic Fisk Jubilee Singers. This remarkable group played a crucial role in raising funds for the establishment of Fisk University and shared their powerful music with audiences around the world.
Sunday, April 12th | 3:00 PM



MAY

Annual Senior Luncheon

Monday, May 4, 2026

Ticket distribution:

Mon., April 13 9:00 – 11:00 AM | Tue., April 14 5:00-7:00 PM
Wed., April 15 1:00 – 3:00 PM | Thurs., April 16 9:00 – 11:00 AM

Ladies Luncheon: Afternoon at the Races

Date TBA | 12 Noon
\$20.00 per person

