

June 2026

UH Community Wellness Center at Glenville

10527 Orville Avenue
Cleveland, Ohio 44106

Registration appreciated. Register for Events at "UH
Community Wellness Center at Glenville" on Eventbrite.

Hours of Service:

Mondays: 10 a.m. – 5 p.m.

Tuesdays: 10 a.m. – 5 p.m.

Wednesday and Friday : as scheduled for programming

Thursdays: 11 a.m. – 5 p.m..

Register for Events at "UH Community Wellness Center at Glenville" on Eventbrite

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Yoga with Stephanie 10 am to 11 am Beginners Ballroom with Linda 5-7	2 55 and over aerobics 11:15 am - 12 noon Yoga with Stephanie 5:00 pm	3 Food Pantry at Otis Moss 10am Journaling Workshop With Geneva 12:00pm to 1:30 pm	4 55 and over aerobics 1: 00 - 2:00 pm Skin and Hair Screening free 5:00 pm Taboga with Stephanie 5:00 pm Line dancing w/ Linda 6:15	5 CLOSED	6
7 	8 Yoga with Stephanie 10 am to 11 am Beginners Ballroom with Linda 5-7	9 55 and over aerobics 11:15 am - 12 noon Yoga with Stephanie 5:00 pm	10 Journaling Workshop With Geneva 12:00pm to 1:30 pm	11 55 and over aerobics 1: 00 - 2:00 pm Taboga with Stephanie 5:00 pm Line dancing w/ Linda 6:15	12 Beginner AND Intermediate Ballroom with Linda 12 to 2pm	13
14	15 MENifest Health Week See Flyer* Beginners Ballroom with Linda 5-7	16 MENifest Health Week See Flyer* 55 and over aerobics 11:15 am - 12 noon Yoga with Stephanie 5:00 pm	17 MENifest Health Week See Flyer* Journaling Workshop With Geneva 12:00pm to 1:30 pm	18 MENifest Health Week See Flyer* 55 and over aerobics 1: 00 - 2:00 pm Taboga with Stephanie 5:00 pm Purple Out Line Dancing 6:15	19  Beginner AND Intermediate Ballroom with Linda 12 to 2pm	20
21 	22 Yoga with Stephanie 10 am to 11 am Beginners Ballroom with Linda 5-7	23 55 and over aerobics 11:15 am - 12 noon Yoga with Stephanie 5:00 pm	24 Journaling Workshop With Geneva 12:00pm to 1:30 pm	25 Food Pantry 11AM- 5PM 55 and over aerobics 1: 00 - 2:00 pm Taboga with Stephanie 5:00 pm	26 Beginner AND Intermediate Ballroom with Linda 12 to 2pm	27
28	29 Yoga with Stephanie 10 am to 11 am Beginners Ballroom with Linda 5-7	30 55 and over aerobics 11:15 am - 12 noon Cooking Explorations With Veronica 12pm Restorative Yoga & sound bath 5:00 pm				

*Off site program

July 2026

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Wednesday and Friday : as scheduled for programming

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Register for Events at "UH Community Wellness Center at Glenville" on Eventbrite

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Public Food Pantry at Otis Moss 10am Journaling Workshop With Geneva 12:00pm to 1:30 pm	2 55 and over aerobics 1: 00 - 2:00 pm Skin and Hair Screening free 5:00 pm Taboga with Stephanie 5:00 pm	3 Beginner & Intermediate Ballroom with Linda 12 to 2pm	4 HAPPY 4TH OF JULY
5	6 Yoga with Stephanie 10 am to 11 am Beginners Ballroom with Linda 5-7 pm	7 55 and over aerobics 11:15 am - 12 noon Glenville Chess Club With Tim 3:30pm-5:00pm Yoga with Stephanie 5:00 pm	8	9 55 and over aerobics 1: 00 - 2:00 pm 55 and over aerobics 2: 30 - 3:30 pm Otis Moss Taboga with Stephanie 5:00 pm	10 Beginner & Intermediate Ballroom with Linda 12 to 2pm	11
12	13 Yoga with Stephanie 10 am to 11 am Beginners Ballroom with Linda 5-7 pm	14 55 and over aerobics 11:15 am - 12 noon Glenville Chess Club With Tim 3:30pm-5:00pm Yoga with Stephanie 5:00 pm	15	16 55 and over aerobics 1: 00 - 2:00 pm 55 and over aerobics 2: 30 - 3:30 pm Otis Moss Taboga with Stephanie 5:00 pm	17 Beginner & Intermediate Ballroom with Linda 12 to 2pm	18
19	20 Yoga with Stephanie 10 am to 11 am Beginners Ballroom with Linda 5-7 pm	21 55 and over aerobics 11:15 am - 12 noon Glenville Chess Club With Tim 3:30pm-5:00pm Yoga with Stephanie 5:00 pm	22	23 Food Pantry 11AM- 5PM 55 and over aerobics 1: 00 - 2:00 pm 55 and over aerobics 2: 30 - 3:30 pm Otis Moss Taboga with Stephanie 5:00 pm	24 Beginner & Intermediate Ballroom with Linda 12 to 2pm	25
26	27 Yoga with Stephanie 10 am to 11 am Beginners Ballroom with Linda 5-7 pm	28 55 and over aerobics 11:15 am - 12 noon Cooking Explorations Veronica OTIS MOSS 12pm Glenville Chess Club w/Tim 3:30pm-5:00pm Restorative Yoga & sound bath 5:00 pm	29	30 55 and over aerobics 1: 00 - 2:00 pm 55 and over aerobics 2: 30 - 3:30 pm Otis Moss Taboga with Stephanie 5:00 pm	31 Beginner & Intermediate Ballroom with Linda 12 to 2pm	

*Off site program

Wellness Center Weekly (month) Programming

UH Community Wellness Center at Glenville
10527 Orville Avenue
Cleveland, Ohio 44106

Registration required for all events in red. Register for Events at
"UH Community Wellness Center at Glenville" on Eventbrite.

Hours of Service:

Mondays: 10 a.m. – 5 p.m.
Tuesdays: 10 a.m. – 5 p.m.
Thursdays: 10 a.m. – 5 p.m.

Cooking Demonstration

Join Executive Chef Dashon Barnes for an engaging cooking demonstration that blends culinary expertise with a focus on health and wellness. Explore the rich history behind favorite dishes, learn tips for "recipe rehab" to make meals healthier, and gain practical insights for creating flavorful, nutritious dishes that support a balanced lifestyle. This interactive experience is perfect for anyone looking to elevate their cooking while prioritizing wellness. Come hungry for knowledge and inspiration!]

note that Cooking Demonstrations will return in the fall

Restorative Yoga & Sound Bath

A sound bath is a deeply immersive experience where soothing tones from instruments like gongs, singing bowls, and chimes wash over you, creating a meditative space that promotes relaxation, stress relief, and inner balance. Join us and let the sound guide you to calm and clarity.

Yoga with Stephanie

Discover the benefits of yoga in a welcoming class designed for everyone, regardless of age or experience. This session focuses on gentle stretches, mindful breathing, and simple poses to promote flexibility, strength, and relaxation. Whether you're new to yoga or a seasoned practitioner, our all-ages class offers a supportive space to unwind, connect, and enhance overall well-being. Participants can do chair or mat yoga. Bring your own mats or we will have mats available for use.

Line Dancing

Join us after work for a fun, full-body workout that combines dancing with fitness! Our Line Dancing Fitness Class will get you moving, improve coordination, and lift your mood—no partner needed, but friends are welcome!

Yoga with Stephanie

Experience the benefits of yoga in a welcoming class for all ages and abilities. Enjoy gentle stretches, mindful breathing, and poses to promote relaxation and well-being. Choose chair or mat yoga—mats provided or bring your own!

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55+ Age with Vibrancy Aerobics

Stay active and energized while Ageing with Vibrancy, a fun and uplifting aerobics class designed for adults 55 and over! This low-impact class combines gentle stretches, rhythmic movement, and light dance to improve flexibility, balance, and cardiovascular health. Set to an enjoyable mix of music, Offers a welcoming environment where you can move at your own pace while staying active and connected.

Journaling Workshop with Geneva

Discover the power of reflection, and self-expression through guided journaling. This workshop offers a supportive and welcoming environment for participants to explore their thoughts, and experiences, through a variety of writing prompts. Whether you are new to journaling or have kept a journal for years, this program is designed to help you build a meaningful writing practice.

Call 216-237-5017 to sign up for any session. Walk-ins welcome . Find us on EventBrite!