

# April 2025

**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. – 6 p.m.  
 Tuesdays: 10 a.m. – 6 p.m.  
 Thursdays: 10 a.m. – 5 p.m.  
 Food for Life: Mondays and Tuesdays 9 a.m. – 5 p.m. by appointment only.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>1</b></p> <p>55 and over aerobics                      11:00 am - 12 noon                      Cooking Exploration with Veronica 12 - 2 pm                      Yoga with Stephanie 5:15pm                      Dance Fitness with Shanae 6:00 pm</p>	<p><b>2</b></p>	<p><b>3</b></p> <p>55 and over aerobics                      1: 00 - 2:00 pm                      Skin and Hair Screening 5:30 pm                      Line Dancing with Lady Q 6 - 7pm</p>	<p><b>4</b></p> <p>Dental Mini Clinic Medworks                      9am to 12 noon                      Intermediate Ballroom with Linda 12 to 2pm</p>	<p><b>5</b></p>
<p><b>6</b></p>	<p><b>7</b></p> <p>Yoga with Stephanie 10am to 11am                      Line Dancing 11:15am                      Beginners Ballroom with Linda 5-7</p>	<p><b>8</b></p> <p>55 and over aerobics                      11:00 am - 12 noon                      Cooking Exploration with Veronica 12 - 2 pm                      Dance Fitness with Shanae 5 pm                      Yoga with Stephanie 6 pm</p>	<p><b>9</b></p>	<p><b>10</b></p> <p>55 and over aerobics                      1: 00 - 2:00 pm                      *Cooking Demo - Chef Dashon Barnes 3pm                      Step Aerobics 5:00                      Line Dancing with Lady Q 6 - 7pm</p>	<p><b>11</b></p> <p>Intermediate Ballroom with Linda 12 to 2pm</p>	<p><b>12</b></p> <p>Passport to health at Ahuja Medicals Cutler Center from 12 to 3</p>
<p><b>13</b></p>	<p><b>14</b></p> <p>Yoga 10am to 11am                      Line Dancing 11:15am                      Beginners Ballroom with Linda 5-7</p>	<p><b>15</b></p> <p>55 and over aerobics                      11:00 am - 12 noon                      Cooking Exploration with Veronica 12 - 2 pm                      Dance Fitness with Shanae 5 pm                      Yoga with Stephanie 6 pm</p>	<p><b>16</b></p>	<p><b>17</b></p> <p>BP screenings 12 - 4 pm                      55 and over aerobics                      1: 00 - 2:00 pm                      Step Aerobics 5:00                      Line Dancing with Lady Q 6 - 7pm</p>	<p><b>18</b></p>	<p><b>19</b></p>
<p><b>20</b></p>	<p><b>21</b></p> <p>Yoga with Stephanie 10am to 11am                      Line Dancing 11:15am                      Beginners Ballroom with Linda 5-7 pm</p>	<p><b>22</b></p> <p>55 and over aerobics                      11:15 am - 12 noon                      Cooking Exploration with Veronica 12 - 2 pm                      Dance Fitness with Shanae 5:00 pm                      Yoga with Stephanie 6:00 pm</p>	<p><b>23</b></p> <p>*Cooking Demo - Chef Paul 12 pm                      black bean burgers</p>	<p><b>24</b></p> <p>55 and over aerobics                      1: 00 - 2:00 pm                      *Cooking Demo - Chef Dashon Barnes 3pm                      Step Aerobics 5 pm                      Line Dancing with Lady Q 6 - 7 pm</p>	<p><b>25</b></p> <p>Intermediate Ballroom with Linda 12 to 2pm</p>	<p><b>26</b></p>
<p><b>27</b></p>	<p><b>28</b></p> <p>Yoga with Stephanie 10am to 11am                      Line Dancing 11:15am                      Beginners Ballroom with Linda 5-7</p>	<p><b>29</b></p> <p>55 and over aerobics                      11:15 am - 12 noon                      Dance Fitness with Shanae 5:00 pm                      Yoga with Stephanie 6:00 pm</p>	<p><b>30</b></p>			

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Skin and Hair Screening free 5:00 pm  Line Dancing with Lady Q 6 - 7pm	2 Intermediate Ballroom with Linda 12 to 2pm	3
4	5 Yoga with Stephanie 10 am to 11 am Line Dancing with Lady Q 11:15 am  Beginners Ballroom with Linda 5-7	6 55 and over aerobics 11:15 am - 12 noon  Dance Fitness with Shanae 5:00 pm  Yoga with Stephanie 6:00 pm	7	8 55 and over aerobics 1: 00 - 2:00 pm  *Cooking Demo - Chef Dashon Barnes 3pm	9 Intermediate Ballroom with Linda 12 to 2pm	10
11	12 Yoga with Stephanie 10 am to 11 am Line Dancing with Lady Q 11:15 am  Beginners Ballroom with Linda 5-7	13 55 and over aerobics 11:15 am - 12 noon  Dance Fitness with Shanae 5:00 pm  Yoga with Stephanie 6:00 pm	14	15 Harrington Heart Health table 12 - 4 pm  55 and over aerobics 1: 00 - 2:00 pm	16 Intermediate Ballroom with Linda 12 to 2pm	17
18	19 Yoga with Stephanie 10 am to 11 am Line Dancing with Lady Q 11:15 am  Beginners Ballroom with Linda 5-7	20 55 and over aerobics 11:15 am - 12 noon  Dance Fitness with Shanae 5:00 pm  Yoga with Stephanie 6:00 pm	21	22 55 and over aerobics 1: 00 - 2:00 pm  *Cooking Demo - Chef Dashon Barnes 3pm	23 Intermediate Ballroom with Linda 12 to 2pm	24
25	26 Yoga with Stephanie 10 am to 11 am Line Dancing with Lady Q 11:15 am  Beginners Ballroom with Linda 5-7	27 55 and over aerobics 11:15 am - 12 noon  Dance Fitness with Shanae 5:00 pm  Yoga with Stephanie 6:00 pm	28	29 55 and over aerobics 1: 00 - 2:00 pm	30 Intermediate Ballroom with Linda 12 to 2pm	31

\*Registration Appreciated

# 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. – 6 p.m.

Tuesdays: 10 a.m. – 6 p.m.

Thursdays: 10 a.m. – 5 p.m.

Saturdays: Open the 1st Saturday of each month: 10 a.m. – 2 p.m.

Food for Life: Mondays and Tuesdays 9 a.m. – 5 p.m. by appointment only.

### 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!

### Line Dancing with Lady Q

Join us after work for an exciting fitness experience that combines the joy of dancing with a full-body workout! Our Line Dancing Fitness Class is designed to get you moving, improve your coordination, and boost your mood—all while having a blast. No partner needed but bring a friend or two for a fun experience.

### Using Smart tools for Healthy You 2025

Take charge of your health with the power of technology! This workshop provides hands-on instruction on using health trackers, smart tools, and apps to set and achieve your wellness goals. Learn how to track progress, participate in health challenges, and virtually connect with others for encouragement and accountability.

Discover the smart way to stay motivated, monitor your health, and build a supportive community—all while working toward a healthier YOU in 2025!

### 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 with Lady Q

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!

### Dance Fitness with Shanae

Get ready to move, groove, and sweat in this high-energy dance fitness class led by Shanae! Designed for all fitness levels, this fun and dynamic session blends dance moves with a full-body workout to boost your mood, improve coordination, and keep you energized. No dance experience required—just bring your enthusiasm and a desire to have fun!

### The Art of Grief - Art Therapy

Discover healing through creativity in "The Art of Grief," a wellness class that explores grief and trauma through the lens of art therapy. This class provides a safe and supportive space to express emotions, process loss, and find pathways to resilience...

### 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.

### Step Aerobics

Get ready to move, groove, and sweat in this high-energy dance fitness class led by Shanae! Designed for all fitness levels, this fun and dynamic session blends dance moves with a full-body workout to boost your mood, improve coordination, and keep you energized.

Call 216-237-5017 to sign up for any session. Walk-ins welcome .