

October 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.
Wednesday and Friday : as scheduled for programming
Thursdays: 11 a.m. – 7 p.m..

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 55 and over aerobics 1: 00 - 2:00 pm Hair & skin screening 5pm Line dancing with Shanae 6:00 pm	3 Beginner & Intermediate Ballroom with Linda 12 to 2pm Digital Literacy Program 1:00pm-3:00pm Tai Chi with Tshaka 2:30 to 3:30pm	4 8 th annual A walk in her shoes 10:30 to 2:00
5	6 Yoga with Stephanie 10 am to 11 am Beginners Ballroom with Linda 5pm	7 55 and over aerobics 11:15 am - 12 noon Yoga with Stephanie 6:00 pm	8 Dietitian 1 on 1s 12 - 2 pm	9 55 and over aerobics 1: 00 - 2:00 pm *Harvest fest 2:00-6:00 Line dancing with Shanae 6:00 pm	10 Beginner & Intermediate Ballroom with Linda 12 to 2pm *Harvest fest 2:00-6:00 Poetry & resiliency 2:30-4:00	11 *Harvest fest 2:00-6:00
12	13 Yoga with Stephanie 10 am to 11 am The confidence closet Clothes Exchange 10 - 5pm Beginners Ballroom with Linda 5pm	14 55 and over aerobics 11:15 am - 12 noon The confidence closet Clothes Exchange 10 - 5pm Cooking exploration with Veronica 5:30pm Yoga with Stephanie 6:00 pm	15 Dietitian 1 on 1s 12 - 2 pm Building a confident closet Professional style 101 w/ India R and Anita L 6pm	16 55 and over aerobics 1: 00 - 2:00 pm Line dancing with Shanae 6:00 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 5pm	21 55 and over aerobics 11:15 am - 12 noon Cooking exploration with Veronica 5:30pm Yoga with Stephanie 6:00 pm	22 Dietitian 1 on 1s 12 - 2 pm	23 55 and over aerobics 1:00 - 2:00 pm Hidden Financial Agendas Workshop 6:00 pm - 8:00 Line dancing with Shanae 6:00 pm	24 Beginner & Intermediate Ballroom with Linda 12 to 2pm Poetry & resiliency 2:30-4:00	25 HAPPY birthday India
26	27 Yoga with Stephanie 10 am to 11 am Beginners Ballroom with Linda 5pm	28 55 and over aerobics 11:15 am - 12 noon Cooking exploration with Veronica 5:30 pm GLOW Yoga party Stephanie 7:00 pm - 9 pm	29 Vigilant safety with Eric Evans 1:30pm	30 55 and over aerobics 1:00 - 2:00 pm Hidden Financial Agendas Workshop 6:00 pm - 8:00 Line dancing with Shanae 6:00 pm	31 Beginner & Intermediate Ballroom with Linda 12 to 2pm Davis Candy Give Away 3-5	

Limited programming for the summer: Regular programming to resume in the Fall

*Off site program

Wellness Center Weekly (month) Programming

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Hours of Service:

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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.

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!

Confidence Closet (3-Day Event)

Community members can donate or "shop" CLEAN, new, or gently used clothing displayed on racks during business hours. Remaining items will be donated to a local church. The event also features a presentation on dressing professionally while maintaining your own style.

Building a Confident Closet

Learn how to build a stylish, practical wardrobe without overspending. This class covers smart shopping tips, what to look for when buying clothes, and ways to make your outfits more versatile. Key things to consider before buying new clothes. How to mix, match, and stretch your wardrobe. Tips to save money and care for your clothes. Leave with a simple checklist and confidence to shop smarter while staying on budget.

Harvest Fest

Off site event held on 105th at the farmers market by the Arrow Project in partnerships with Food Depot 2 Health. UH will be a resource at this event. FD2H and urban farming teaches food sustainability and urban farming initiatives that bring food right into the Glenville and surrounding neighborhoods.

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!

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. Instructor is Dionne who owns Age with Vibrancy,.

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.

Urban Ballroom dancing

Join us for Urban Ballroom in partnership with Just Us Rhythm-N-Motion! Whether you're a beginner, intermediate, or advanced dancer, this class has something for you. Beginners will learn the essential steps and rhythms to get started with confidence. Intermediate & Advanced dancers will refine their skills, explore partner dynamics, and practice the art of leading and following. Singles and couples are all welcome—no partner required!

Tai Chi

This ancient Chinese Martial Art focuses on slow movements, deep breathing, and meditation, promoting balance, flexibility & overall well-being. Health benefits include reduced stress, improved balance, enhanced joint function (especially for arthritis), and increased mental focus. Walk in or register to join.

Kitchen Conversation

Join us for Kitchen Conversations, a gathering featuring thoughtful discussions with our in-house dietitian. Each session explores nutrition-related topics designed to enhance your knowledge, spark curiosity, and inspire healthier choices. These informal conversations are a welcoming space to ask questions, share ideas, and connect with others—everyone is encouraged to participate!

Cooking Exploration

Join Veronica for a hands-on cooking class that encourages creativity in the kitchen! Try new dishes and flavors you may not otherwise explore, while learning healthy ways to prepare food.

This class is perfect for anyone looking to expand their cooking skills and make smarter, healthier food choices—all while having fun!

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