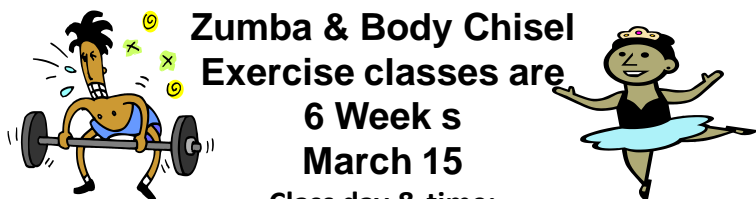


OAKWOOD VILLAGE RECREATION NEWS GAZETTE FEBRUARY/MARCH, 2010 Oakwood Village Residents

SPRING BREAK IX INDOOR AMUSEMENT PARK ACRES OF FUN JUST FOR FAMILIES



When: April 10, 2010
Time: 10:30a.m. – 6:00p.m.
Cost: \$12.00 per ticket
One bus for transportation
so please sign-up early...



Zumba & Body Chisel
Exercise classes are
6 Weeks
March 15

Class day & time:

Mon. & Wed 6-7:00p.m. - Zumba

Tues. & Thurs. 5:30-6:30p.m. – Body Chisel/Cardio

Location: Oakwood Community Center

	Cardio	Both sessions
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Walk-in

Resident:	\$20.00	\$40.00
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\$3.00

Non-Res:	\$30.00	\$50.00
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\$5.00

Visa/MasterCard, Cash or Checks are accepted at the Village Hall. Zumba (Cardio) Mon & Wed.

Body Chisel/Cardio Tues. & Thurs.

It's a great way to get that cardio rhythm going

Sadaqa Monday and Wednesdays

Karen – Tuesday and Thursdays

WARD 5: Council Person, Mildred Tabor
440-232-1955

WARD 1: Council Person, Harry Painter
440-439-6789

❖ Please advise if you have any street lights outage.

❖ New Cleveland Water Bills

Steps to take before contacting Cleveland Water

❖ Make sure there is no water running through the house. If you have a sprinkler system contact your sprinkler company to check for leaks. Any questions about your water bill contact them at:

❖ 216-664-2444, X5663 ask for customer service,

❖ Lets continue to keep our community safe.



FIRE CHIEF JIM SCHADE

Current with the times, the Oakwood Fire Department Rescue Squads are now using Laptop Computers /Tuff Books to pass on medical information to the hospitals and doctors even before the patient reaches the requested medical facility. We are proud to be one of the first departments in the area to be using the new state-wide accepted system to the fullest extent of the paperless/computerized usage. This program helps hospitals and doctors prepare for the patients arrival to their facility for hopefully a quicker recovery.



A MESSAGE FROM YOUR POLICE DEPARTMENT



There is a sizeable REWARD for information leading to the arrest of the person/s responsible for the damage to the STREET SIGNS along Forbes Road. Contact the police department on the confidential tip line at 440-232-6568 anytime.

A FEW REMINDERS DURING THE WINTER SEASON:

- It is against our ordinances to plow snow across the street into your neighbor's yard. It is also against our ordinances to leave the snow in the roadway.
- Rubbish and garbage can not be placed at the curb prior to 7:00p.m. on Sunday night.
- The auxiliaries are responsible for reporting street light outages. If you notice a light out for more that a few days, please contact the police department on the regular phone number **440-232-1035**.
- 9-1-1 calls are for emergencies only! Please do not call 9-1-1 for vehicle lockouts, dogs running loose, parking violations, loud music and other minor calls. For those calls use the regular police number 440-232-1035.

DON'T FORGET THE POOPER SCOOPER LAW

It's cheaper to scoop than to pay the loot . Always have your scooper & bag with you when walking your pets. Fines can range from \$250.00 or more.



**COME OUT AND JOIN ALL THE ACTIVITIES
BRING YOUR FAMILY MEMBERS AND MEET NEW
FRIENDS/NEIGHBORS**

**DON'T BE LEFT OUT /CALL: 440-201-1010 TO RESERVE YOUR SPOT
CASH/CHECK/VISA/MASTERCARD ACCEPTED FOR ALL EVENTS**

TOP HEALTH NEWS

Hidden ways to help your heart

1. Don't skip breakfast – eating breakfast appears to make platelets less sticky – and less likely to clump together and block a vital artery
2. Archives of Neurology suggest that eating fish once a week can keep your memory sharp

HEALTHY FOOD SHOPPING DO'S AND DON'T

1. Load up on whole grains
2. When buying salad greens, select those deepest in color WHY: the dark colors means higher concentration of antioxidant vitamins A, C & E, folic acid, calcium plus other nutrients.
3. DO select "TV" dinners carefully Choose frozen meals that contains less than 10 grams of fat and least amount of sodium and cholesterol.
4. Don't pass up pasta. It's high in protein and contains B vitamins and iron.
5. Avoid shopping on a empty stomach; choose fruit "juices" instead of "drinks"



**SENIOR EXERCISE
OAKWOOD COMMUNITY
CENTER**

Come on out seniors and have fun!!!!

Tuesday & Fridays

Time: 10:00a.m. – 11:00a.m.

Cost: \$25.00 Residents

\$30.00 Non-Residents

8 Weeks

Your heart/body will love you
Call the Village Hall if you don't
have a ride for a van pick up

Exercise helps you to stay young, please come and
sign up at the Village Hall.

**EASTER BUNNY COMING SOON
Breakfast with the Easter Bunny**

When: April 3, 2010

Where: Oakwood Fire Station

Time: 9:00a.m. – 1:00p.m.

Easter Egg Hunt

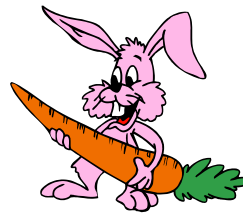
Games

Craft Table

Easter Bunny & Friends



Lots of fun mingling with family and friends



LINE DANCING

Come and learn all the line dances at the Oakwood
Community Center. New Sign-Ups begins every six
weeks:

Next one begins March 8, 2010

Time: 7:15p.m. – 9:00p.m.

Price for six weeks: \$12.00 residents

\$14.00 non-residents

This is an excellent way of exercising your heart



**Recreation Commission Board
Members:**

Harry Painter

Neal Bendlak

Ben Harris

Jean Scales

Patti Napier

James Murphy

Brenda Taylor

Mayor Gary Gottschalk

