

February, 2018

The Middleburg Hts. Recreation Department

"Heights Highlights"

A monthly update of recreational programs, activities & special events in our city!



MIDDLEBURG HEIGHTS
COMMUNITY CENTER

7725 members

Say "I ♥ You" with a MHCC Membership !

Inside this issue:

<i>News & Notes</i>	2
<i>Adult Dance Schedules</i>	2
<i>Health Programs</i>	3
<i>MH Women's Club</i>	3
<i>SWGJ Safe Sitters</i>	3
<i>Miscellaneous Programs</i>	4
<i>Youth/Adult Activities</i>	5-11
<i>Fitness Programs</i>	

Wouldn't this be a great time of year to show your loved ones how much they mean to you by purchasing a pass for them to use at the community center? We offer 6 month passes as well as yearly passes! A description of our packages and rates is available at middleburgheights.com!

Residents who are currently serving in our armed forces can get a complimentary membership. We also offer free memberships to those who have the SilverSneaker & Prime health fitness program.

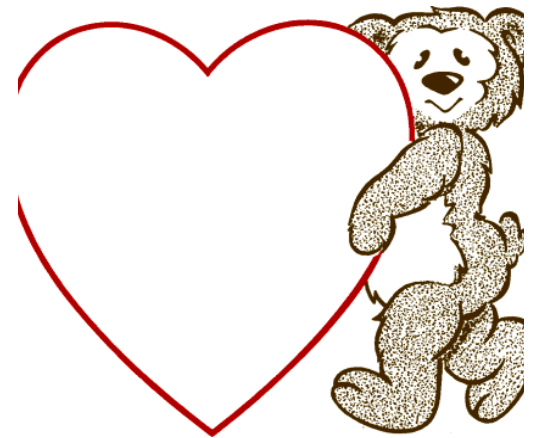
Stop in and see our front desk staff for any questions you have.

Family Health & Safety Fair

The annual Family Health & Safety Fair will be held on Saturday, February 3rd, 2018 from 10 am-12:00 pm at the center in partnership with Southwest General Health Center!

This is a FREE event with many

We will soon be replacing eight of our oldest treadmills as well as upgrading our audio-visual system in the Fitness Area. Thank you for your patience as we respond to your requests to modernize this area.



A Community Action Poverty Simulation will be held at the MHCC on Tuesday, March 13 from 9 am-12 pm. Participants will role play a month in poverty to experience what it's like.

Sponsored by the Midd. Hts. Branch of the Cuyahoga County Library. Call 440-234-3600 to register.

health and safety-related groups passing out free information and goodies to all in attendance! We'll also have give-a-ways, blood pressure screenings, safety demonstrations by our police and fire depts. & much, much more!!!

News & Notes

The 14th annual Special Olympics Wine Tasting Event will be held at the Community Center on Saturday, Feb. 10 from 7 -11 pm. This is the ONE and ONLY fundraiser of the year for this group. Tickets are \$75 per person (\$50 is tax deductible). Enjoy wine & food stations along with music and a silent auction.

DID YOU KNOW?

The MH Library will conduct a “Check It Out” day at the center on Monday, Feb. 6 from 9:30-11 am. A wide variety of books can be borrowed right from the librarian here at the center! Bring your library card and check it out!



In case of bad weather & the Berea City schools are closed, the Kidszone room will remain open but all Kidszone classes, daytime water exercise and SilverSneaker fitness classes will be cancelled. Decisions on Learn-to-Swim, evening exercises classes and evening athletic programs will be made later on that day! Call after 2 pm for updates. The 2 pm Splash classes will also be cancelled on school holidays (the next one is on Monday, February 19).

Spring Learn-to-Swim sign-ups start on Tuesday, April 3 for yearly members and residents & on Tuesday, April 10 for non-members!

The Center will be open (regular hrs.) on Monday, February 19 (President’s Day)!!

The next Friday Fun Night for ages 8 & up is Fri., Feb. 2 from 5-8 pm (\$7 for residents/members, \$10 for non-members). The next Saturday Sitters for ages 3-8 is Sat., Feb. 17 from 4-8 pm (\$10 for residents/members, \$15 for non-members)

The drop-in rate for non-SilverSneaker members who wish to attend our SilverSneaker fitness classes is \$3 per class. Thank you for your participation!

“Perk up” your business exposure at the community center! Sponsor a “coffee & conversation ” for just \$35 (we will provide the coffee and sweeteners) and you can hand out flyers, brochures, goodies that advertise your business to hundreds of people! Call 440-234-2255 and speak to our Sales & Events team for more information!



A Heart Smart program called “Reducing Arterial Inflammation & Lowering Cholesterol” will be held at Smith Elementary School at 535 Wyleswood Dr. in Berea on Monday, February 12 at 1:30 pm courtesy of Val Grzybowski, a registered nurse from SWGH and Michelle Wise, a certified herbalist & wellness coach at River of Oats. Light refreshments will be provided.

Adult Indoor Dance Schedules Winter/ Spring ‘18

Dances are held from 1-3 pm on the 1st & 3rd Tuesday of each month. There is an admission fee of \$5 for members & \$7 for non-members (includes free coffee and a donut) for each dance:

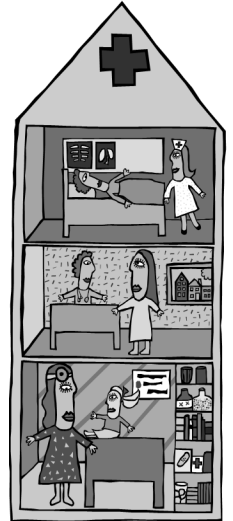
Tue., Feb. 6	Al Battistelli	Tue., March 6	Al Battistelli
Tue., Feb. 20	Wayne Tomsic	Tue., March 20	Wayne Tomsic
Tue., March 8	Wayne Tomsic	Tue., April 3	Al Battistelli
		Tue., April 17	Wayne Tomsic
		Tue., May 1	No Dance
		Tue., May 15	Wayne Tomsic

Community Health Awareness Programs this Month

The Rec. Dept. partners with local health organizations to provide our Community the following services on the dates/times listed below:

- Sat., Feb. 3 Family Health & Safety Fair (10 am-12 pm)
- Mon., Feb. 12 Blood Pressure Screening (8 am-12 pm)
- Mon., Feb. 19 Blood Pressure Screening (9-11 am)
- Wed., Feb. 21 Blood Pressure Screening (8 am-12 pm)
- Mon., Feb. 26 Blood Pressure Screening (8 am-12 pm)

The next Red Cross Bloodmobile will be here at the MHCC on Monday, March 12 from 9:30 am-2 pm



Middleburg Hts. Women’s Club Scholarship Info

Attention High School Senior Girls from Middleburg Hts.

The Midd. Hts. Women’s Club is offering college scholarship opportunities to female residents who are attending any high school or are being home schooled in an accredited program. You must be graduating in the spring of 2018. You need to fill out the application, provide a typewritten personal statement and turn in by Friday, March 16, 2018. Financial need, extracurricular activities, community involvement, job history & GPA will all be considered. Contact Nina Stein at MHWC17@gmail.com or 440-234-8879 for more details.

Southwest General’s Safe Sitter Classes

Students at least 11 years old who are interested in being safe while they’re home alone, taking care of younger siblings or babysitting for pay will want to take this instructor-led class! It’s filled with fun games, role-playing exercises and using manikins to practice rescue skills like choking rescue and CPR.

Classes are held at SWGH on 18697 Bagley Rd. every month. The next classes are on Mon., February 19 and Friday, March 30 from 9:30 am-4:30 pm. The fee is \$55 and students should bring a snack lunch. Please pre-register at least a week prior to the class by calling 440-816-8036 or go to swgeneral.com/events-education-screenings.

DID YOU KNOW?

The Friendly Walkers Breakfast Club meets at 9 am on the first Friday of the month at the center to discuss exercise tips, plans for future meetings/special events & future events! Breakfast follows at a nearby restaurant. If you’re looking for the camaraderie of fellow walkers, please contact Laurie in the Fitness Area or leave your name at the front desk.

If you would like to receive twice-a-month updates on everything that’s happening in the Rec. Dept. via email, send an email message to Steve Dockman at sdockman @ middleburgheights.com, type in the word “newsletter” in the subject line & we’ll link you up!

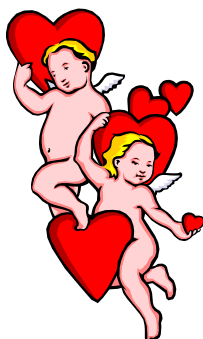
16000 Bagley Rd.
Midd. Hts., Ohio 44130

Phone: 440-234-2255

Fax: 440-234-3228

Email: [sdockman@](mailto:sdockman@middleburgheights.com)

middleburgheights.com



Looking for a great place to have your child's birthday party that's close to home, inexpensive and fun?

Try our NEW flat rate
Birthday Party Packages

at the Community Center



Use the pool and/or party room. Parents are permitted to bring carry-out type food and drink. There are no kitchen facilities available! Pick up a flyer in the lobby, go to our web site or contact Karol at kgermany@middleburgheights.com or call 440-234-2255

WE'RE ALSO ON THE WEB AT
WWW.MIDDLEBURGHEIGHTS.COM

More Activities & Programs

Registrations for Youth Baseball and Softball Leagues and our annual Mayor Gary Starr T-Ball Clinic will be held this month. Registration is open to children that reside in or attend public or private school located within the boundaries of the Berea City School District or have a current membership at the Middleburg Heights Community Center. For more information, contact Athletic Director, Kerry Kemp at 440-234-2255 or at kkemp@middleburgheights.com. Evaluations are in



March and information will be included with registrations.



Boys and Girls who played in our Youth Soccer programs in the Fall of 2017, do NOT need to sign up to play in the Spring of 2018. They will return to the same team and be contacted by late March. There are spots available for Clinic Soccer participants. New players ages 7-14 wishing to play in our Youth leagues who did not play last fall, will be placed on a waiting list once eligibility is confirmed.

Participants must reside in or attend a public or private school located within the boundaries of the BCSD or have a current membership at the MHCC.

Indoor Unified Bocce for our Adapted Recreation Program is accepting sign ups NOW. The activity takes place on Thursdays from 6-8 pm from Feb. 8-March 1 at the center. Individuals with developmental disabilities team up with a partner without disabilities. The league is free. Sign-up at the front desk.

Contact Sandy at sbalzer@middleburgheights.com for details.

Shooting Stars Basketball Camp will be held on Tuesdays & Fridays at Old Oak Bible Church in Midd. Hts. Beginning in April! \$10 per session per player (cash only). Tuesdays from 6-7 pm and Fridays from 5:30-6:30 pm for boys and girls in grades 2-12. No sign up necessary! Just show up ready to play. Call Coach Al Kovalchik at 440-668-2544 for details. You can bring your own ball!

J & J Sports Shows will have a show at the MHCC on Sat., Feb. 3, March 3 & April 15 from 10 am-4 pm. Quality Dealers from all over Ohio will have packs, boxes, supplies, memorabilia, comics, etc. to buy, sell or trade. Admission is \$1. Kids under 13 are free. Contact Justin at 216-544-5431 or at justinfedorovich@yahoo.com