

"Heights Highlights"

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



MIDDLEBURG HEIGHTS
COMMUNITY CENTER

8310 members

Fall Programs Are Ready to Kick-off!

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If you are an outdoor fitness enthusiast, this is probably the best time of year for activities! There is so much to choose from before the weather turns cold and sends everyone indoors!

We have flag football, soccer & volleyball programs that are getting ready to start! Our indoor pool is finished with repairs, cleaning & painting! Pavilion & Dolphin Room rentals are going strong and so much more!

So take that walk, run and/or ride through Big Creek Parkway or watch your favorite athlete on the football field, the soccer pitch or volleyball court & enjoy the final weeks of summer with us!

The Recreation Dept. wishes all students, teachers, administrators & support staff at our schools a successful, safe and fun year!



The Outdoor Pool will close for the season on Sunday, September 2 at 7:30 pm! Thanks for your patronage this past summer! The center will be closed on Monday, September 3 in observance of Labor Day!

Adult Haunted Health Fair

This FREE, new and improved event is open to adults of all ages at the community center on Monday, Oct. 29, from 10 am-12 pm. Flu shots will be provided by Walgreen's (free if you have a

Medicare Part B card & \$25.99 if you don't). No appointment necessary. FREE information and prize drawings will be awarded every throughout! Multi health testing stations will also be available!



The next Household Hazardous Waste Round-up will be held on Friday, Oct. 12 from 8 am-3 pm at the MH Service Center (7375 Engle Rd.). The next Shred It Day will be held on Saturday, Oct. 13 from 9 am-12 pm at the MH Service Center. For more details, go to the city web site at middleburgheights.com

News & Notes

The Dolphin Room will be available for swim parties on weekends starting Sat. Sept. 29, 2018 thru mid-May, 2019! Pavilion rentals end on Sun., Oct. 14, 2018. Call our Sales & Events team at 440-234-2255 to reserve your date & time!

The SilverSplash classes have resumed in the indoor pool. The class is held every weekday afternoon from 2-2:50 pm! The class is FREE to SilverSneaker members and \$3 for non-SilverSneaker members who are also MHCC members.

Would you like to “perk up” your organization/business exposure at the Midd. Hts. Community Center? Why not host a morning “coffee & conversation” here? Reach over 8,000 members and over 1,500 daily guests! All we need from you is \$45 and we’ll provide the coffee for everyone who shows up between 7 am-12 pm. You can display products, advertise services and handout out goodies. Contact us at 440-234-2255 to reserve the day/time that works best for you!

After a summer break, the Midd. Hts. Historical Society is back with a very entertaining September program! A video entitled, “Middleburg Hts. Now & Then” will be shown at the meeting on Tuesday, Sept. 4 at 7 pm at the MHCC. Take a look back 40-50 years to see our city looked “back in the day.” Feel free to bring your own photos.

The Senior Connection “Country Fair Dance” will be held on Thursday, October 18 from 1-3 pm at the MHCC. This is a FREE event! We’ll have Square Dancing, a Pie Walk and lots of FUN!

The next Senior Connection Education Series monthly talk is on Tuesday, September 18 at 10:30 am in the Community Rooms. The Hospice of the Western Reserve will sponsor “Advanced Care Planning.” The Adult Dance will follow shortly thereafter. Refreshments will be sponsored by Southern Hills Skilled Nursing & Rehab Center. Come for the talk & goodies and stay for the dance!

DID YOU KNOW?
Learn to Swim fees are \$40 for yearly members, \$55 for resident, non-members & \$70 for non-members.
Classes start in late September and continue thru early November for 18 month olds thru adults!

Adult Indoor Dance Schedule!

The following dances are held on Tuesdays from 1-3 pm
 Admission is \$5 per person & includes coffee & a donut:

	Oct. 2	Al Battistelli
	Oct. 16	Wayne Tomsic
	Nov. 6	Al Battistelli
	Nov. 20	Wayne Tomsic
Sept. 4		Al Battistelli
Sept. 18		Wayne Tomsic
	Dec. 4	Al Battistelli
	Dec. 18	Wayne Tomsic



Community Health Awareness Programs this Month

Local organizations provide health services to our community at various times throughout the month. The schedule is as follows:

Tue., Sept. 4	Blood Pressure Screening (8-10 am)
Wed., Sept. 5	Cholesterol Screening (9-11 am)
Mon., Sept. 10	Blood Pressure Screening (8 am-12 pm)
Wed., Sept. 19	Blood Pressure Screening (8 am-12 pm)
Mon., Sept. 24	Blood Pressure Screening (8 am-12 pm)



*All of the above programs are **FREE** except where noted

Family Fishing Day

Come show off your angler skills at the MHCC outdoor pool on Saturday, Sept. 15 from 1-2:30 pm, 2:45-4:15 pm, 4:30-6 pm and Sunday, Sept. 16 from 11 am-12:30 pm, 12:45-2:15 pm & 2:30-4 pm. The Cleveland MetroParks will partner with the Rec. Dept. to fill the pool with blue gill, bass & catfish. Participants can then catch up to two fish and then release them back into the pool! Prizes will be given. There will be a limited # of fishing rods, reel and bait. Sign up NOW at the front desk. The cost is \$5 for members/residents and \$10 for non-residents. Pre-registration is required. Thanks to Fin, Feather & Fur & the Cleveland Metroparks for their support.

More Local Health Screenings

**FREE
HEALTH
SCREENINGS**



Southwest General will conduct a couple of free health screenings this month! A Vision & Glaucoma Screening by North Coast Eye Surgery will be held on Thursday, Sept. 6 from 9-11 am at Live 360

Studio at Southpark Mall. A Memory Screening will be held on Thursday, Sept. 13 from 9-11 am at the Brook Park Library (6155 Engle Rd.). Please call 440-816-4037 to make an appointment.

DID YOU KNOW?

The Friendly Walkers Breakfast Club meets at 9:00 am on the first Friday of the month here at the center to discuss exercise tips, plans for future meetings/special events & of course, walking! If you're looking for fun & the camaraderie of fellow walkers, please contact Laurie in the Fitness Area if you're interested in joining!

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 steved17@wowway.com, type in the word "newsletter" in the subject line & we'll link you up!

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Middleburg Hts., Ohio 44130

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Email: sdockman@middleburgheights.com



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

Try our
Birthday Party Packages

at the Community Center!



Pick up a flyer in the lobby for more info or go online and then call our Sales & Events team at 440-234-2255 or email kgermany@middleburgheights.com to reserve your date, time & room!!

CHECK US OUT AT
WWW.MIDDLEBURGHEIGHTS.COM

More Programs & Activities

Our Little Stars Gymnastics Program begins on Friday, Sept. 7 & Sat., Sept. 8 for ages 18 months to 10 years old! Learn gymnastics basic skills & have fun. Contact Sophia at SAPorter911@gmail.com or at 216-410-7637.

We have many Adult Water exercise classes available this fall!

Water Fitness is Mon.-Fri. from 9-9:45 am, Sat. from 9:10-10 am & Tue. & Thur. from 6-6:50 pm.

Range of Motion is Mon., Thur. & Fri. from 8-8:50 am & Mon. & Wed, from 10-10:50 am. **Aqua**

Zumba on Tues. from 7:10-8 pm & Sat. from 8:10-9 am, **Water Aerobics** on Mon. from 6-6:50 pm & on Wed., from 7:30-8:20 pm & Silver-Sneakers **SilverSplash** Mon.-Fri. from 2-2:50.

Our Kidszone has a number of activities for boys & girls this fall! There are morning classes for pre-schoolers from Mon.-Thur. to help them get a "jump" on things, Saturday & weekday evening child care if mom & dad want to go out (remember those days?) & much more including our very popular Friday Fun Nights (5-8 pm) and on & Saturday Sitters (4-8 pm). Specific dates will be announced soon.

Adult Learn to Swim classes will be held on Sundays at 10:05-10:50 am (Triathlon/Endurance) & 11-11:45 am (Intermediate) from September 30-November 18 & Wednesdays at 7:15-8 pm (Beginners) from September 26-November 14. Sign up at the front desk.

The Middleburg Hts. Women's Club sponsors two Adapted Aquatic programs to teach swimming skills on Mondays from Sept. 24-Nov. 12. "Bubble Buddies" is for kids 2-5 from 6:30-7 pm and for ages 6-9 from 7-7:30 pm. "Aquatic Achievers" is for 10-15 yr. olds from 7:30-8 pm and for 16 yr. olds-Adult from 8-8:30 pm. There is NO FEE for these programs.

There are a couple of spots left in our Kidszone "Circle Time class for 3-4 year olds. This preschool class meets on Wednesdays from Sept. 5-Dec. 12 in the Kidszone Room from 11:30 a-1:30 pm. The cost is \$98 for members/residents & \$105 for non-residents. The kids will learn to socialize with others and practice fine motor skills like tracing, cutting, rhyming, etc.

October Sports Registrations include:

- Youth & HS 4x4 Basketball Leagues
- Clinic Basketball
- Adult Indoor Bocce
- Adult Coed Indoor Cornhole
- Adult Coed Indoor Volleyball.