

# “*Heights Highlights*”

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



MIDDLEBURG HEIGHTS  
COMMUNITY CENTER

7980 members

## *Happy Holidays from all of us at the MHCC!*

### Inside this issue:

<i>News &amp; Notes</i>	2
<i>Membership Info</i>	
<i>Adult Dance Schedule</i>	2
<i>SWGHC Health Programs</i>	3
<i>Kidszone Programs</i>	3
<i>NE Ohio Mind Challenge</i>	
<i>Seasonal Programs</i>	4
<i>Youth/ Adult Activities</i>	5-11
<i>Fitness Programs</i>	

As the hustle and bustle of the Holiday Season is upon us, we hope you don't forget to check out the many programs, activities and special events that we have coming this winter to the Community Center!

Please register this month for Kid-size activities, Adapted Bowling & Basketball at Brookgate Lanes, Winter Learn-to-Swim classes, Life-guarding courses, Fitness & personal training sessions and so much more! Registration info is available at the front desk so sign-up soon!

The Community Center will close at 1 pm on Monday, December 24th (Christmas Eve) & Monday, December 31st (New Year's Eve). The center will close for the entire day on Tuesday, December 25th (Christmas Day) & Tuesday, January 1st (New Year's Day)!



***Merry Christmas & Happy 2019!***

### *Christmas Lights Spectacular*

A Special Christmas Light Display Spectacular sponsored by the Midd. Hts. Senior Connection organization will be held on Thursday, December 6 from 3-4 pm at Pleasant Hills United Methodist Church at 13200 E. Bagley Rd. The public can

view the display & enjoy many more activities on Sundays until Dec. 30 from 5:30-8 pm. Admission is free but donations are accepted to support our local food pantries. Call 440-845-1244 or go to churchlights.org for more info.

When Berea City Schools are cancelled due to weather (or any other reason), the 9 am & 2 pm Water Exercise classes and all Silver-Sneaker exercise classes will be cancelled. A decision on evening classes/activities will be made by 2 pm that same day.

News & Notes

You're Invited to a **Breakfast with Santa** event on Sat., Dec. 15th hosted by the Midd. Hts. 10U Travel Baseball team. Enjoy pancakes, sausage, eggs, fruit, juice & coffee. Visit with Santa while making crafts, get your face painted, win raffle prizes and more! Seatings are at 8, 9, 10 & 11 am. The cost is \$8 for adults, \$6 for kids 2-10 & free for ages 2 and under. Go to [tickettailor.com/events/middleburg-mudhens10ubaseball](http://tickettailor.com/events/middleburg-mudhens10ubaseball)

**DID YOU KNOW?**

We have 2,500 SilverSneaker/Prime participants who have helped bring in extra revenue to our Rec. Dept. every month. Thanks for your participation and your attendance in our FREE classes as we continue to grow this popular program and keep membership rates as low as we can!



An ARC lifeguarding instructor training course will be taught at Berea Rec on Dec. 26, 27, 28, Jan. 2, 3, & 4 from 9 am-4 pm. This will prepare candidates to teach basic-level ARC lifeguarding courses. Candidates must be at 17 yrs. old on the last day of class, possess a current basic level certification & demonstrate competency in basic level skills before attending the first class. The cost is \$195. Register in person at the Berea Rec Center.

Why not give mom, dad or the caregiver of your child a gift certificate to the Middleburg Hts. Community Center this Holiday Season?! We have certificates for membership packages and/or Kidszone punchcards available to buy at the front desk!

Winter Learn to Swim registration will be held at the center on Tuesday, Dec. 4 for yearly members & residents & on Tuesday, Dec. 11 for non-members. Sign up at front desk. Swim Classes will be held from January 7-March 2 (8 total classes).

The 2018 MBB, YAC & Adapted Rec Christmas Party will be held on Wed., Dec. 14 at the center from 6-8 pm. Dress in your best Christmas gear. We'll have a "Special Guest" from the North Pole, food, drinks, music and much more! Send RSVP to Sandy at [sbalzer@middleburgheights.com](mailto:sbalzer@middleburgheights.com).

A Christmas Art & Craft Show will be held on Saturday, December 8 from 12-4 pm at the center. Go to [Facebook@handmadeartcle](https://www.facebook.com/handmadeartcle) or call 440-897-3301 for more information.

A Winter Shopping Extravaganza will be held at the center on Saturday, Dec. 1 from 1-4 pm. A number of small businesses will be selling items. Contact Dina at [wshome.wix.com/wshome](http://wshome.wix.com/wshome) or 440-503-9690.



Adult Winter Dance Schedule for 2018-19

The following adult dances are held on the following Tuesdays from 1-3 pm. Admission is \$5 for members & \$7 for non-members (includes coffee and a donut):

Tuesday, Jan. 1	No Dance
Tuesday, Jan. 15	Wayne Tomsic
Tuesday, Feb. 5	Al Battistelli
Tuesday, Feb. 19	Wayne Tomsic
Tuesday, Dec. 4	Al Battistelli
Tuesday, Dec. 18	Wayne Tomsic
Tuesday, March 5	Al Battistelli
Tuesday, March 19	Wayne Tomsic

## Community Health Awareness Programs this Month

The Rec. Dept. partners with local health organizations to provide screenings at various times throughout the month.

Tue., Dec. 4	Blood Pressure Screening (8-10 am)
Mon., Dec. 10	Blood Pressure Screening (8-10 am)
Mon., Dec. 17	Blood Pressure Screening (8-10 am)
Wed., Dec. 19	Blood Pressure Screening (8 am-12 pm)



\*All of the above programs are **FREE** except where noted  
*Red Cross Blood Drive on Mon., December 17*  
*from 1-7 pm at the center!*

## Kidszone Holiday Programs

### Winter Camp 2018



Let the kids (K-8th grade) burn off some energy by playing games, swimming, doing a holiday craft and having a pizza lunch on Thursday, Dec. 27 from 9 am-2 pm. The fee is just \$15/members & \$20/non-members.

### Santa Shoppers

Let your kids enjoy some holiday fun while you tackle the holiday shopping! Kids will become busy elves making holiday crafts, watch a holiday movie on a giant screen and play games. Pizza & drink will be provided. Kids should dress comfortably and wear running shoes. Ages 3-14 (must be potty-trained to attend). Saturday, December 8 from 4-8 pm. The cost is \$10/member & \$15/non-members. Sign up TODAY!

## NE Ohio Mind Challenge

Do you love Trivia? Ever played Jeopardy from your living room and said to yourself "I can do that?" Here is your chance to represent Midd. Hts. and compete with other Seniors from NE Ohio to win cash prizes (and bragging rights) that will be awarded to the municipality and team members. ALL participants will receive a t-shirt. There is NO registration or participation fee! You must be at least 50 years old to register. Contact Steve at 440-234-2255 or at [sdockman@middleburgheights.com](mailto:sdockman@middleburgheights.com) if you are interested. The deadline to sign up is Friday, Dec. 14. The first round of competition will be held in January with the Smart Sixteen in February, the Elevated Eight in March, the Fact Finding Four in April and the Championship Match in May.

### **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 & socializing! Breakfast follows at a nearby restaurant. If you're looking for the camaraderie of fellow walkers, please contact Laurie in the Fitness Area between 5-8 pm on Sundays!

Look for more information about our programs in the:

***NewsSun/Cleveland.com***

***Lobby at Center***

***Web Site***

***E-Newsletter***

***Facebook/Twitter***

16000 Bagley Rd.  
Midd. Hts., Ohio 44130

Phone: 440-234-2255

Fax: 440-234-3228

Email:

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



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

Try one of our  
**Birthday Party Packages**

at the Community Center



We offer parties in the Classroom or in the Dolphin Room. There are different options for using the pool or the gym. Parents are permitted to bring in "carry-out food and drinks. Contact our Sales & Events team at 440-234-2255.

WE'RE ALSO ON THE WEB AT  
[WWW.MIDDLEBURGHEIGHTS.COM](http://WWW.MIDDLEBURGHEIGHTS.COM)

*More Seasonal Activities For Everyone!*

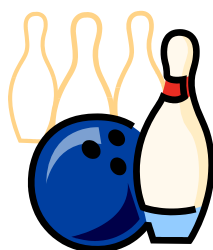
A new Yoga class with Tara will be held at the center on Fridays from 10:30-11:15 am this month! De-stress this holiday season with an all levels vinyasa flow class. You will gain numerous physical & mental health benefits and is easy to learn. Beginners thru experience yogis are welcome. Contact Tara at [taraknicotra@yahoo.com](mailto:taraknicotra@yahoo.com) to register.

A Lifeguard Review course will be offered at the Community Center on Saturday, January 5, 2019 & Sunday, January 6, 2019 from 7 am-4 pm. This is for current lifeguards whose certification is expiring soon or has expired within the last 30 days. The fees are \$75 for members, \$100 for residents & \$125 for non-resident non-members.

Adapted Learn to Swim classes will be held on Mondays from Jan. 7-Feb. 25 at the center for free courtesy of the MH Women's Club. Bubble Buddies 1 (ages 2-5) meet from 6:15-6:45 pm. Bubble Buddies 2 (ages 6-9) meet from 6:45-7:15 pm. Aquatic Achievers (ages 10-15) meet from 7:15-7:45 pm, Aquatic Achievers Club (ages 16+) meet from 7:45-8:15 pm.

The 2019 Tri-City Youth Bowling League at AMF Brookgate Lanes on Snow Rd. in Brook Park is accepting registrations for the coming season. The fee is \$7 per week for Bumpers (ages 4-7) & \$9 per week for Juniors (ages 8-12 & 13-18). League play is on Saturdays for 10 weeks starting Sat., Jan. 6, 2019 at 1:20 pm. 4 bowlers per team. Trophies & Pizza Party at the end of the season. Call 216-676-4325 for details and to sign up!

Adapted Bumper Bowling is on Saturdays at 2 pm beginning Jan. 5 thru Feb. 9, 2018 at Brookgate Lanes in Brook Park. There is NO sign-up fee---just pay \$7 each week at the bowling alley (includes ball & shoes)!



Bowl 2 games or 1 hour (whichever comes 1st).

**Season-ending pizza & pop party!**

Adapted Basketball is on Tuesdays at 7:00 pm at the center beginning Jan. 8 thru Feb. 12, 2019.

There is **NO** sign-up fee! Call 216-234-2255 for more information. Contact Sandy at [sbalzer@middleburgheights.com](mailto:sbalzer@middleburgheights.com) for more info.



Sign-ups for our Little Stars Gymnastics Winter Program are being accepted! A 7 week session is available on Fri. & Sat. from Jan. 4-Feb. 15 for ages 18 months-10 years for boys and girls. The fee is \$82 for members and \$92 for non-members. Go to [littlestarsgymnastics.com](http://littlestarsgymnastics.com) for more info & to register.

