

"Heights Highlights"

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



MIDDLEBURG HEIGHTS
COMMUNITY CENTER

7656 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!

Our flag football, soccer & cheerleading programs are getting ready to start their seasons! We have travel baseball & basketball try-outs for next year's teams taking place! 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 bike ride through Big Creek Parkway or watch your favorite athlete on the football/soccer field or volleyball court & enjoy the final weeks of summer with us!

Seasonal Flu Shots will be provided to the public on Tuesday, October 12 at the center from 9 am to Noon! Call 440-234-2255 to make an appointment starting Wednesday, Sept. 1!



On Thursday, Sept. 9, the center will not open until 4 pm. CEI has work to do on the main line and as a result, we will be without electricity during that time! Thank you for understanding!

Healthy Heights Wellness Program 2.0

The center is offering a second Wellness Program this fall which includes 3 health screenings, 2 personal training sessions & a dietitian seminar for just \$39 for new participants & \$30 for those who were in the first program! The kick-off meeting will be held on

Monday, Sept. 27 from either 9-10 am or 6-7 pm. You have a number of choices for times so the best thing to do is pick up a registration form in the lobby or go online at www.middleburgheights.com and download a form. Sign up at center!

News & Notes

There are just a few tickets available for the next Royal Ball on Sunday, Sept. 12 from 5-7 pm for \$7 per person! The Disney princesses will be here to dance , eat and have fun with the kids! A royal feast of pizza, cookies & refreshments will be served!

Another Royal Ball will be held on Sunday, November 7 from 5-7 pm! Tickets go on sale on Friday, Oct. 1!

The Dolphin Room will be available for swim parties on weekends starting Fri. Sept. 12 thru Sun., May 17, 2010! Call Mary at 440-234-2255 to reserve your date & time!

Our Kid's Fitness class for boys & girls ages 8-15 will be moving from Mondays to Wednesdays from 4-4:45 pm. Call Sophia at 216-410-7637 to sign up.

We have reached the 1,900 mark for membership in SilverSneakers!!!

The NEW SilverSneakers exercise class schedule will start on Mon., Sept. 13! See flyer in lobby for details! SilverSplash will resume at 2-2:50 pm on Mondays & Fridays that week!

Saturday Sitters for children ages preschool -12 will resume on Sat., Sept. 18, 2010! Leave the kids with us from 4-8 pm for just \$10 per child (multi-child discounts available).

Ask about our NEW 6 month memberships for residents only!

Senior Section

DID YOU KNOW?
We're converting our game room into The Rec Room!
Look for more Kidszone activities, additional spinning and exercise classes, meetings & general "rec" stuff to take place there in the near future!

Attention Bingo Lovers — games will be held on Tue., Sept. 21 at the center in the community rooms from 10-11:30 am! Winners split the pot! 25 cents per card/per game.

The next trip will be held on Thursday, September 9 to Hartville (Amish country)! The cost is \$20. The bus will leave at 9 am & return at 2:30 pm. There is room for 28 passengers! In October, a trip is scheduled for Thursday, October 7

to The Rivers Casino in Pittsburgh! The cost is \$27. The bus will leave at 7:30 am & return at 7:30 pm. This trip will sell out fast so don't wait! Contact Janet at 440-234-2255 for ?'s.

Computer classes are available on Tuesdays from 9:30-11:30 am for a fee beginning September 14 (free class)! Learn the basics of using a laptop! Call Tech Wise L.L.C. to sign up at 440-942-7853. Sessions last for two weeks and cost \$49 per session.

Indoor Adult Fall Dance Schedule!

The following dances are held on Tuesdays from 1-3 pm and are sponsored by the Tri-City Sr. Ctr. Admission is \$5 per person:

Fri., Sept. 3	Tues., Oct. 5
Mon., Sept. 13	Tues., Oct. 11
Tues., Sept. 21	Tues., Oct. 19
Tues., Sept. 28	Tues., Oct. 29

The following dances are held on Sundays from 4-7 pm and are sponsored by the Rec. Dept. Admission is \$4 per person:

Sept. 19	Jeff Pecon Band
Oct. 17	Eddy & the Edsels
Nov. 21	Fred Ziwich Band
Dec. 19	Swing Time Band



Community Health Awareness Programs this Month

Southwest General Health Center provides (Sandy Hertz, R.N.C.) to our community at various times throughout the month. Call 440-816-4044 for details!

Tue., Sept. 7	Flu vs. Cold (8-11 am)
Mon., Sept. 13	Blood Pressure Screening (7-8:30 pm)
Tues., Sept. 14	Blood Pressure Screening (8 am-Noon)
Wed., Sept. 22	“Dr. Visit”/Blood Pressure Screening (12-3:30 pm)
Mon., Sept. 27	Flu vs. Cold (10:30 am-12:30 pm)



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

*The next Red Cross Blood Drive is
Wed, Sept. 8 from 1-7 pm at the center!*

Senior Health Fair

This FREE event is open to adults of all ages at the community center on Thursday, Sept. 16, 2010 from 9:30 am-12:00 pm.

FREE gift drawings will be awarded every 1/2 hour!

Get great information from a number of vendors that want to help you!

Multi-Testing Stations available!



Take a Trip to Amish Country

Senior Services Coordinator, Janet Shugar, has organized a Bus Trip to Hartville, Ohio for Thursday, Sept. 9, 2010! For a mere \$20, you will get to ride the bus which leaves the center at 9 am (meet at 8:30 am) returns at 2:30 pm. There are 2 buildings to visit — building #1 has fast food available (on your own) and building #2 has a sit-down restaurant (on your own). Sign up for this trip at the front desk of the center — don't wait too much longer as there is room for only 28 passengers!



DID YOU KNOW?

The Friendly Walkers Breakfast Club meets at 8:00 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!

Look for more information about our programs in the:

NewsSun

Lobby at Center

Web Site

Community TV Stations

School Newsletters

E-newsletter

16000 Bagley Rd.
Middleburg Hts., Ohio 44130

Phone: 440-234-2255

Fax: 440-234-3228

Email: steved17@wowway.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 Mary at 440-234-2255 or email marym35@wowway.com to reserve your date, time & space!!



CHECK US OUT AT
WWW.MIDDLEBURGHEIGHTS.COM

Get a jump on fall & register NOW for these programs!

The Rec. Dept. will accept sign-ups for the following girls volleyball leagues thru September 7th:

Grades 4 & 5 (Wed. nights & Sat. afternoons)

Grades 6,7 & 8 (days/times tba)

Contact Larry at larrys@wowway.com

Bradnan's Recreation has bowling leagues for children, adults & seniors this fall! A new league is for an adult/child 2-person team on Monday nights at 7 pm or on Sunday mornings at 10 am!

For more details, call 440-843-7350 and ask for Dave!

A five-week Ballroom-Style Dance Class will be taught by Kuno Hofmann starting Friday, September 10 and ending Friday, October 15 in the Aerobics Room from 7:30-8:30 pm! The fee is just \$30 for members, \$35 for residents & \$40 for non-members. Learn to dance the fox trot, rumba, cha-cha & waltz. Singles are welcome!

The Middleburg Hts. Women's Club Special Needs Swim Program will be held on Monday nights from 7-8 pm from Sept. 20-Nov. 15! One ASK participant and one responsible person age 16 & over will be admitted at no charge— anyone else must pay the normal rate!

Kids Korner

The next Youth Dance will be held on Friday, September 17, 2010 at the community center!

Tickets cost \$3 for members & \$8 for non-members & will go on sale starting Fri., Sept. 10!



Kids Can Cook is coming back this fall ! Kids in grades K-6 can sign up for classes from 3:30-4:45 pm on Monday Sept. 20-Oct. 11 at the center! The fee is \$80 with a \$20 ingredient fee. The great thing is that the meals prepared in class can be dinner for the whole family that night. Call 440-342-3922 or email twocrazykids1@yahoo.com

The NFL/ Pepsi Punt, Pass & Kick com-



petition will be held on Saturday, September 11 at 9:45 am at Martau Field for boys & girls ages 6-15 (as of December 31, 2010). Boys & girls will compete separately in 5 age groups. Please register at the field on the day of competition!