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**Plant Identification- Tuesday, Sept 24th, 10 am-11 am @ Lions Lodge; FREE-** Take a .2 mile walk (approx. 2 blocks) to our local Rain Garden and learn about the different types of native plants in our area and how to prevent invasive species from taking over your space. What are native and invasive plants, and how can you incorporate them into your home garden? *Registration required.*

**Healthy Fall Snack Demo-Thursday, Oct. 3rd; 11 am-noon @ The Natatorium; \$5-**Experience and learn about some healthy Fall flavored snack options from our very own Sandy Bottom Bowls Cafe! Spaces are limited; *Registration required. 18+ years or older.*

**Preparing your Yard for Winter- Tuesday, Oct. 22nd; 10 am-11 am @ The Natatorium; FREE-** Want to make sure all the hard work you put into your yard over the summer pays off? Come learn about how to ready your property for the winter so it will bounce back with vigor in the spring. *Registration required.*

**“Let’s Talk” Seminar- Wednesday, Nov 13th; 11 am- Noon @ The Natatorium-** Want to know about what the City of Cuyahoga Falls Parks and Recreation Department has available to SilverSneakers, PRIME or Renew Active Members? Join us as we dive into all of the diverse programs our Department has to offer you! Light Refreshments will be provided. *Registration required.*

**Build a Terrarium; Holiday Edition- Wednesday, Nov. 20th; 10 am-11 am; Lions Park Lodge- \$5** This class will teach you how to reduce your environmental impact while practicing making a miniature terrarium holiday style! Please bring a recycled bottle or vase to house your terrarium. All other supplies will be provided. *Registration required. 18+ years of age or older*

**Know your Business- Coming Soon!** Get a personalized tour of a local business and learn how the company functions on a day to day basis. *For Cuyahoga Falls Residents, 18+ years or older. Registration required. Check our website for updates on our featured business.*



**Need to Register for a class?  
Go to the following link or Scan the QR Code:  
<https://www.amilia.com/store/en/cuyahoga-falls/shop/programs>**

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**Senior Scoot- Friday, September 20th; 1:00-2:30 pm; FREE-** Learn the Macarena, Electric Slide, Cupid Shuffle and other popular line dances played at receptions and events! Follow along step by step with the instructor. All skill levels welcome. Ages 55 and over, please. Space is limited, registration required.

**Fall Family Fun Festival- Saturday, Sept 28th; 2-5 pm; FREE-** Mayor Don Walters and the Parks and Recreation Department are thrilled to continue this fun filled day for a third year in a row! Join us for a plethora of family fun which includes crafts, a petting zoo, inflatables, games, food trucks, live entertainment and so much more! Follow our Facebook page for more details!

**Game Days- Wednesday, Noon-2 pm (new time) @ Quirk; FREE-** Join our weekly board game gathering every Wednesday for some friendly competition and fun with fellow gamers aged 18 and older. No registration required - simply drop by, play games, and enjoy!

**Quirk-O-Ween- Friday, Oct. 18th @ Quirk; 4:30 pm -6:30 pm; FREE-** Trick or Treat in your favorite costume and enjoy a family friendly event filled with spooktacular games, inflatables, snacks and more!

**Tree Lighting Event-Saturday, Nov. 30th; 4-7 pm; FREE-** Join Mayor Don Walters in Downtown Cuyahoga Falls as we hold our annual beloved tree lighting festivities! Live performances, crafts, games, giveaways, food trucks and of course a guest appearance by Santa Clause! Bring family and friends for a fun filled night to remember. More details to come!

**To find out details on NEW and current events/activities, visit our website and Facebook page!**

COMMUNITY

**People Serving People- Tuesdays from 9am-1pm; FREE @ Quirk-** Help others by making clothing, comfort bags for mastectomy patients, sensory mats and memory books for Alzheimer's patients and bibs for adults and children. Items will be distributed to many organizations, which will be helping the Elderly, Veterans, Individuals with Disabilities or those who seek medical care. All are welcome!

**Pottery- @ Quirk; Check registration link for days & times; Fall II registration opens Sept. 29th at 9 am-** Create pieces by hand building, throwing or a combination of both techniques. Learn the foundational skills and master new ones! Space is limited; Registration required.

**Polymer Clay Jewelry Making Workshop- Oct. 5th & 12th; 9:30 am-12:30 am @ Quirk; \$25-** This 2-day jewelry making workshop is designed to provide an introduction to polymer clay. Through hands-on instruction, students will learn various techniques to create unique, handmade jewelry pieces.

**Special Edition Night Glaze; Holiday Ornaments- Wednesday, Nov. 6th; 5:45pm - 7:45pm @ Quirk; \$20; Registration opens Sept. 1st @ 9am-** Learn glaze techniques and patterns to create a beautifully hand-painted ceramic holiday ornament in time for the holidays.

**Holiday Jewelry Making- Tuesday, Dec. 3rd; 11 am-noon @ Lions Park Lodge- \$7-** Learn how to make a festive pair of earrings and bracelet just in time for the Holidays! Must be at least 18 years of age. Spots are limited, Registration required and opens at 9 am October 7th.

**Adult Ballet - Tuesdays at 5pm and 6pm; \$10/class @ Quirk-** This one hour class consisting of barre, stretching, and center work is designed to improve balance, flexibility, and coordination while moving to classical dance music. Socks or ballet slippers are required.

**SilverSneakers Classic Fitness Class- Wednesday, 10:30am-11:15 am & Fri. 10:15-11:00 am @ Quirk; FREE-** 45 minutes of strength & cardio utilizing chairs, balls, weights & resistance tubing. All ages and ability level welcome. You do NOT have to be a SilverSneakers member to participate.

**Strollers/Walkers- Tuesdays 9 am-10 am; FREE; Meet @ Quirk-** Get ready to go on a group walking trip to hike area parks and enjoy the wonders of nature!

**Parks & Rec Office- 330-971-8225.  
The Natatorium- 330-971-8080.  
Downview- 330-971-8418  
Quirk Cultural Center- 330-971-8425  
Brookledge Golf Club- 330-971-8416  
Water Works Aquatics Center- 330-971-8433**

LAUNCH MEDIA

CREATIVITY

ACTIVE

CONTACT

**Be a Volunteer for the Parks & Rec Department!**

Join the fun and volunteer with us as part of our event staff. There are numerous events and opportunities to choose from. Choose 1 or all! To inquire, e-mail [leiby@cityofcf.com](mailto:leiby@cityofcf.com) or scan the QR code.



**RecreART - First Tuesday of the month 6pm-8pm @ Quirk; \$12/session-** Learn paint techniques & style to recreate famous artworks including pop art, illustration, cubism and modern art. Supplies are provided and registration is required.

**Quirky Stitchers -Wednesdays; 1p-4p @ Quirk; FREE-** Open to all needle crafters (no age restrictions): crocheters, cross stitchers, needlepoint, knit, and crewel. Come as long as you wish during scheduled hours.

**Chair Caning- Mondays; 9am-2pm @ Quirk; Bring your own supplies-** Learn 7 step caning, press cane, rush, twill and shaker tape. Bring your own chair and we will help you select the materials you'll need in order to complete your project.

**Night Glaze- Third Wednesday of the month; 5:45pm-7:45pm; @ Quirk; \$20-** Learn glaze techniques and patterns to create a beautifully hand-painted ceramic piece.

**Watercolor Workshop- First & third Saturdays of the month @ Quirk; 10am-12pm; \$12/session-** Learn the basics of color mixing, brushstrokes and composition. Celebrate the season with a nature inspired composition. Supplies are provided and registration is required.

**The Natatorium-** Interested in weight training, cardio, swimming, basketball, pickleball and/or land/aquatic fitness classes? Look no further! The Natatorium has so much to offer for everyone of all ages! Daily, monthly and annual passes are available. Check it out! [www.fallsnat.com](http://www.fallsnat.com)

**FREE Natatorium and Water Works Memberships!** Are you a current active SilverSneakers, PRIME or Renew Active Member? Call your insurance company to verify eligibility & secure your confirmation code. Come to The Natatorium with your code & sign up for your FREE Nat and Water Works membership!



City of Cuyahoga Falls City Hall;  
Cuyahoga Falls Parks and Recreation  
Cuyahoga Falls Natatorium



[www.cityofcf.com](http://www.cityofcf.com)  
[www.fallsnat.com](http://www.fallsnat.com)  
[www.cityofcf.com/departments/parks-recreation](http://www.cityofcf.com/departments/parks-recreation)



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