

January
February
2025
March
April

Cuyahoga Falls Parks & Recreation

At-A-Glance Adult Programming Fridge Friend



E D U C A T I O N A L

How to Protect Your Home While Away- Thurs., Jan 23rd; 10 am-11 am; @ The Natatorium; FREE- Learn practical tips to have peace of mind on how to protect your home while away. Brought to you by the Cuyahoga Falls Police Department. Registration required.

Iphone/Android Phone Basics; Wed., Jan. 29th; Noon-1 pm; The Natatorium; FREE- Come learn the basics of Android and iPhones! This presentation will include an overview of basic apps, messaging, checking for updates and troubleshooting. We will also learn how to back up your phone data, and view security measures on your phones! Registration required.

Indoor Gardening- FREE Wed. Jan. 22nd; 6 pm-7 pm, Cuyahoga Falls Library; Sutliff Fri. Jan. 31st, 10 am-11 am; The Natatorium- Come learn some options for keeping yourself busy with gardening during the Winter! We will also learn how to start preparing for the Spring season, with a focus on reusing household items. Registration required.

Aviation & Weather- Thurs., Feb. 6th; 11 am- Noon; The Natatorium- FREE- Taught by Maureen McFarland, PhD and Associate Dean of the College of Aeronautics and Engineering at Kent State University, learn about the impact of flight operations, airport management and cutting edge technology used in forecasting. Registration required.

Seed Starting- FREE Thurs. Feb. 13th, 10 am-11am; The Natatorium Wed. Feb. 19th, 6 pm-7 pm, Cuyahoga Falls Library; Sutliff The focus will be on what types of plants can be started indoors, reusing household items to start your seeds, and the most energy efficient tools for indoor lighting. Registration required.

Daytime Discovery Book Club- Wednesdays, Jan 8th, Feb 5th, Mar. 5th and Apr. 2nd; Noon- 1pm @ Lions Lodge; Free; Come to one or all 4 sessions and meet with other book enthusiasts to talk about a variety of fascinating novels! Brought to you by the Cuyahoga Falls Library! Registration required.

Daddy/Daughter Dance; Fri., Feb 21st or Sat., Feb 22nd. Time TBA. Cost is \$12/person. Registration opens Jan. 21st @ 9am. Spots are limited - Spend a memorable night your loved ones will never forget!

“ELVIS: One Night With You” A Tribute starring Walt Sanders; Fri., March 7th @ The Natatorium; \$35/person. Doors open at 5:30 pm, event starts at 6 pm- Step back into time as we hear some of our favorite timeless Elvis songs. In addition to this spectacular event, hors' doeuvres, drinks and dinner will be served! **This event is for ages 21+ and older. Registration required and will open January 6th; spots are limited.**

SCAMS; Thurs., March 13th; 10 am-11 am @ The Natatorium- FREE- Protect yourself from Scams—How to avoid becoming a victim of online, door-to-door, or phone scammers. Brought to you by the City of Cuyahoga Falls Police Department. Registration is required.

Preparing Your Yard for Spring; FREE Mon., March 10th, 6 pm-7 pm, Cuyahoga Falls Library; Sutliff Tues., March 18th, 10 am-11 am; Lions Lodge - While it may still be too cold to start your garden, come learn about how to get your property ready for the spring so you're one step ahead! Registration required.

“Let’s Talk” Seminar- Tues., March 11th; 2 pm-3 pm @ The Cuyahoga Falls Library- 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! Registration is required at the CF Library 330-928-2117.

Gardening Basics- FREE Thurs., Apr. 10th, 6 pm-7 pm, Cuyahoga Falls Library; Sutliff Wed., Apr. 23rd, 10 am-11 am, Lions Lodge; FREE - Want to start gardening but don't know where to start? This introductory class will help you understand the basics of gardening. Registration required.

S O C I A L

The Life of Princess Diana; Fri., Apr. 11th; Noon-2 pm @The Natatorium; \$25/person- Join us for an afternoon of tea and light lunch as Royal expert, Julie Koenig talks in depth about the People's Princess of Wales, Lady Diana. Julie will dive into topics such as Diana's childhood and teenage years, her engagement/marriage to Charles, Motherhood to William and Harry and more! **Registration will open February 3, 2025; space is limited.**

Easter Egg Dash; Saturday, April 19th; FREE- The 69th annual egg dash will take place rain or shine! Goodie bags will be provided to the first 500 children at each location. More details to come!

Ice Rink; Admission is FREE, skate rental \$5/person- Looking to stay active and social this Winter? Starting Nov. 30th, enjoy time with family & friends skating in Downtown Cuyahoga Falls, Fridays from 3 pm-8 pm and Saturdays/Sundays from Noon- 8 pm, weather permitting. Please check the website for Holiday Hrs., restrictions and additional information.

www.cityofcf.com/places/ice-skating-rink

C O M M U N I T Y

People Serving People- Tuesdays from 9am-noon; FREE @ Quirk- This group focuses on making items for patients in nursing homes such as lap robes, feeding bibs, walker and wheelchair bags and neck pillows. Other items made are medicine bags, suction cup and foley bag covers. Sensory bibs and memory books are also provided for Alzheimer's patients. All are welcome!

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.

C R E A T I V I T Y

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.

Pottery- @ Quirk; TBD- 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.

Ukrainian Egg Painting - March 6 or 13 at 5-7:45pm @ Quirk; \$20/class. Registration opens February 1 at 9am- Create your own pysanky egg using a wax-resist method! The process involves applying melted wax to the eggshell in a design, then dipping it into different colored dyes, layer by layer. For ages 16 years and older.

Glazeware Monthly Membership Tuesdays or Wednesdays 9am-12pm @ Quirk; \$35- Use our glaze-your-own studio to complete a beautiful ceramic piece of art! Memberships run 4-weeks and include all supplies, glaze and firing.

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.

A C T I V E

Adult Ballet - Tuesdays at 5pm and 6pm; Thursdays at 5 pm; \$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- Wednesdays, 10:30am-11:15 am & Fridays, 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!

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

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!

S O C I A L M E D I A

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



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



www.cityofcf.com
www.fallsnat.com
www.cityofcf.com/departments/parks-recreation



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@cf_parksandrec

C O N T A C T S

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

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>

