

Parks & Recreation Fridge Friend

FALL/WINTER Adult Programming; Sept.-Dec. 2025



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***“Let’s Talk” Seminar- Fri., Sept 19th, 1-2 pm @ The Natatorium; FREE-** Want to know about what the City of Cuyahoga Falls Parks and Recreation Department has available to SilverSneakers and PRIME/Renew Active Members? Join us as we dive into all of the diverse programs our Department has to offer you!

***The Tapping Method- Tues., Sept 23rd; Noon-1 pm @ The Natatorium; FREE;** Learn how Tapping, or Emotional Freedom Techniques (EFT), is designed to help manage stress, anxiety, and other emotional issues by tapping on specific points on the body.

***The Coronation of King Charles III- Fri., Oct 3rd, Noon-2 pm @ The Natatorium; \$25-** Enjoy tea and a light lunch as you learn about the planning and festivities that led up the Coronation of King Charles III as well as the intimate historical details that make this event so sacred.

***Bagel Making Demonstration & Tasting- Mon., Oct 20th; 10am-Noon @ Black Dog Baking Co., Cuyahoga Falls; \$6.00** Achieving bagel perfection requires understanding a few key principles and techniques. Enjoy learning about the art of bagel making as well as a tasting from a beloved neighborhood bakery shop.

***SCAMS- Thurs., Nov. 13th; 10 am-11 am @ The Natatorium; FREE-** This class provides practical advice on how to recognize scams, avoid becoming a victim, and what to do if you suspect you've been targeted.

***Holiday Floral Arrangement Seminar- Fri., Nov. 14th, Noon-1:30 pm @ The Natatorium; FREE-** You will learn tips and tricks on how to create a beautiful and festive centerpiece for your home for your holiday celebrations! Light Snacks will be provided & 1 floral arrangement will be raffled off.

***Know Your Christmas Tree; types and care tips; Thurs. Nov 20th, 11 am-Noon @ Lion’s Lodge Park; FREE-** Explore the fascinating world of Christmas trees, uncovering the unique characteristics of different varieties and providing essential care tips to ensure your tree remains vibrant and beautiful from the moment you bring it home until it's time to say goodbye.

***What is AI Cryptocurrency? Wed., Dec. 3rd- 1-2pm @ The Natatorium; FREE-** Learn about the cutting-edge realm of AI cryptocurrency – a revolutionary blend of digital tokens and the power of Artificial Intelligence.

***Budget Friendly Holiday Tips; Save on Gifts, Decor and Fun! Thurs., Dec 4th, 1 pm-2 pm @ The Natatorium; FREE;** Discover practical ways to save money on everything from gifts and decorations to entertainment expenses! Enjoy the festivities without breaking the bank!

***Qigong Guided Meditations: Tues., Dec 9th; 9 am-10 am @ Quirk Cultural Center; FREE:** Stressed during the holidays? Find balance & peace through guided visualizations & breathing techniques.

All Classes with “*” require registration.

To register, call 330-971-8225 or scan the QR code



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***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.

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

***Bow Making Workshop- Fri., Nov. 7th Noon-1 pm @ The Natatorium, \$10:** This workshop will equip you with the skills to make bows for every occasion, whether it be to elevate your gift wrapping game or a meaningful craft creation.

***Special Edition Watercolor Workshop: Gifts of the Season: Sat., Nov. 15th, 10am-12pm @ Lions Park Lodge; \$12** Celebrate the holiday season by creating your own hand painted holiday themed work of art! Your beautiful masterpiece will make a wonderful gift for someone special. Registration opens Oct. 1 at 9am.

***Special Edition Night Glaze; Holiday Trees- Starting Tuesday, Nov. 18th, 5:45-7:45 pm @ Quirk; \$50; Registration opens Sept. 7th @ 9am-** This 4-week special edition class will allow participants to learn glaze techniques and patterns to create a beautifully hand-painted ceramic tree, complete with lights!

***RecreART - First Tuesday of the month from 6pm-7:45 pm @ 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.

SOCIAL MEDIA



Cuyahoga Falls Parks and Recreation
Cuyahoga Falls Natatorium



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

CONTACTS

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

All Classes with “*” require registration



SPOTS ARE LIMITED!

To register, call 330-971-8225,
scan the QR Code or go to:
<https://www.amilia.com/store/en/cuyahoga-falls/shop/programs>

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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!

***Adult Ballet - Tuesdays at 5pm and 6pm;**
Thursdays @ 5pm; \$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.

***Senior Scoot- Dates, TBD; FREE-** Learn fun
 dances by following along step by step with
 the instructor for an enjoyable afternoon
 with friends. This class is designed for ages
 55+ with all skill levels to enjoy.

Northampton Town Hall Fitness Classes;
FREE; 851 West Bath Rd, Cuyahoga Falls-
Tuesdays: Zumba-6-7 pm &
YOGA-7:15- 8:15 pm; Join us for an evening
 of dancing and relaxing!

Chair Yoga- Tuesdays: 9-9:45 am @ Quirk;
FREE: Practice yoga sitting in a chair to
 stretch and strengthen your way to a
 happier you! This class is designed for all
 ages and skill level to help improve
 mobility limitations, flexibility, strength,
 balance & reduce stress.

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!

DID YOU KNOW?

SilverSneakers College Tuition Program

Work out at The Natatorium or
 Water Works Family Aquatics Center
 7x a MONTH & save thousands of
 dollars for your extended
 family's college education!
 For more information, go to:

[HTTPS://SILVERSNEAKERS.TUITIONREWARDS.COM/](https://silversneakers.tuitionrewards.com/)

THE NATATORIUM COMMUNITY • WELLNESS • RECREATION CITY OF CUYAHOGA FALLS



Interested in a Natatorium
 Membership for you and/or
 your family?

Go to:
www.fallsnat.com
 for more information!



Don't forget.....

Pre-Season
 Water Works Passes
 go on Sale

Dec. 1st, 2025-April 30th, 2026

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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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!

Fall Family Fun Festival- Sat., 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 fourth 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!

Falls Family Fishing Day- Sat., Oct. 11th; 10 am-Noon @ Water Works Park (Peninsula Shelter); FREE- Come join us at Water Works park along the Cuyahoga River for a fun filled day of fishing, giveaways, and more. A limited amount fishing rods, and bait will be provided.

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, scan the QR code.



Quirk-O-Ween- Fri., Oct. 17th @ 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-Sat., Nov. 29th; 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!



Call the Parks & Rec office or scan the QR Code to sign up for our monthly newsletter where you will get information on our latest programs & events!



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