

Concord Township Community Center

Linda A. Legg, *Recreation Director*

Jackie Borris, Miriam Hansz, Debra Bechel-Esker, *Recreation Office Assistants*



GENERAL INFORMATION – Registration is open to all Concord residents and residents of surrounding communities. Concord residents pay the resident fee listed and non-residents pay the non-resident fee. Early registration is encouraged, as classes are cancelled one week prior to start date if registration is insufficient. You are considered enrolled when registration form and payment are received. You are notified **ONLY** if the class is filled or cancelled.

REFUNDS – REFUNDS ARE MADE ONLY IF REQUESTED PRIOR TO THE FIRST CLASS SESSION.

SCHEDULE – Fall Classes start the week of September 6, 2010. During inclement weather, please call the Center at 440-639-4650 to see if classes have been cancelled.

Listed on the following pages are the classes that are being offered this Fall at the Concord Township Community Center. Please complete the registration form and return it with a check or money order made payable to Concord Township. *Material fees listed are payable to the instructor the night of class.* You may also register at the Community Center in person. If you have any questions, please call 440-639-4650 for more information.

Concord Township Community Center 2010 Fall Class Schedule

KIDS CAN COOK – WHITE HOUSE FAVORITES

Instructor – Two Crazy Kids

These creative classes allow kids to learn cooking basics while preparing and assembling a nutritious meal for your family. This Fall, our focus will be on Presidential favorites from President Obama and three other past Presidents. Cooking is a wonderful way to build self-esteem and allow your child to feel a sense of accomplishment! If your child has allergies, you must contact Two Crazy Kids at twocrazykids1@yahoo.com before registering. **Material fee of \$20 payable at the first class. This four-session class is offered on Wednesdays, September 22 through October 13 from 4:15 to 5:30 p.m.**

RESIDENT FEE: \$80/NON-RESIDENT FEE: \$85

EVERYTHING YOU NEED TO KNOW TO GET STARTED WITH MEDICARE

Instructor – Laura Mutsko

If you are approaching at 65, or are just going on Medicare for the first time, this is your opportunity to gain a basic understanding of how Medicare works. You will learn what Parts A, B, C and D cover and what is not covered. You will learn the difference between a Medicare Supplement and a Medicare Advantage Plan. You will also receive information on Health Care Reform and some of the ways it is already affecting those on Medicare. This class is designed to make Medicare easy to understand and help you get all your questions answered. **This one-session class is offered on Tuesday, September 28 OR Thursday, October 14 from 7:00 to 8:30 p.m.**

**RESIDENT FEE: \$10 per person/\$15.00 per couple
NON-RESIDENT FEE: \$15 per person/\$20 per couple**

HATHA YOGA

Instructor – Patty McPhillips

The ancient practice of yoga is an integrated approach to health and well being. With guided yoga postures, breathing techniques, relaxation, and meditation, you will experience increased energy with a relaxed body & quiet mind. All levels of yoga are welcome. Wear loose clothing and bring a mat and small pillow to class. Please do not eat for two hours before class. **This six-session class is offered on Thursdays from 6:30 to 7:45 p.m.**

Session I September 9 - October 14

**Session II October 28 - December 16
(No class Nov. 11 & 25)**

RESIDENT FEE: \$70/NON-RESIDENT FEE: \$75

50+ WEIGHTS, TONE & STRETCH WORKOUT

Instructor – Patty McPhillips

This class is geared toward the older adult who wants to maintain flexibility, improve cardiovascular function, and strengthen muscles and bones. It is appropriate for all levels of ability and is excellent conditioning for those with osteoporosis, fibromyalgia, circulatory problems, back aches, or weak muscle tone. This workout is the perfect compliment to your walking, golf, or tennis regimen. All major muscle groups will be addressed in this class. Bring 1 – 3 lb. hand weights to class and do not eat for 1-1/2 hours prior to class. **This six-session class is offered on Mondays from 6:30 to 7:15 p.m.**



Session I September 13 - October 25 (No class 10/11)

Session II November 8 - December 13

RESIDENT FEE: \$50/NON-RESIDENT FEE: \$55

LAT-IN-SHAPE

Instructor – Bob Iafelice

Lat-In-Shape is a fun, energetic alternative to Zumba that utilizes basic steps from several Latin and rhythm dances like the cha-cha, mambo, samba, and swing. You'll learn the steps as you workout at your own pace. No dance experience is required. Join this class for a great aerobic and core workout while listening to a variety of upbeat contemporary music. **PLEASE WEAR FLAT-SOLED SHOES TO CLASS. This five-session class is offered on Tuesdays from 7:00 to 8:00 p.m.**

Session I September 21 - October 19

**Session II October 26 - November 30
(No class November 2)**

RESIDENT FEE: \$45/NON-RESIDENT FEE: \$50

GOURMET CARAMEL APPLES

Instructor – Bonnie DeWitt

This class is back by popular demand! You've seen the giant apples at the craft fairs. Why not learn how easy they are to make at home for a fraction of the cost. They make great gifts for Sweetest Day, Halloween, and Christmas. Your friends will be impressed & love the apples you give them! In this class you will make two large caramel apples complete with milk chocolate, nuts, pretzels, and a white chocolate drizzle. You'll also receive instructions and ingredient information to take home. **Material fee of \$10.00 is payable to the instructor the night of class. This one-session class is offered on the dates below from 7:00 to 9:00 p.m.**

Session I Wednesday, October 13

Session II Tuesday, October 26

Session III Thursday, December 2

Session IV Monday, December 13

RESIDENT FEE: \$10/NON-RESIDENT FEE: \$15

Concord Township Community Center 2010 Fall Class Schedule

SAVING MONEY WITH COUPONS

Instructor – Carol Weber

Do you clip coupons with high hopes of getting a great deal at the grocery store? How many times have you left those coupons at home? Take this class and learn how to actually use those coupons, where to find coupons on the internet, how to stack coupons for the best deals, and most importantly, how to organize coupons so they won't get left at home in a drawer! **This one-session class is offered on Thursday, September 30 OR November 4 from 7:00 to 9:00 p.m.**

RESIDENT FEE: \$10/NON-RESIDENT FEE: \$15



BEADING SERIES

BASIC BEADING

Instructor – Margie Wills

Join this class and learn basic beading including stringing and crimping on wire. We'll use Czech beads and spacer beads. Choice of colors include black, clear, light blue, pink, or emerald green. **Material fee of \$15 payable to instructor the night of class. This one-session class is offered on Tuesday, September 14 from 7:00 to 8:30 p.m.**

RESIDENT FEE: \$12/NON-RESIDENT FEE: \$15

CHAIN LINK NECKLACE

In this class you'll learn how to create a chain link necklace with connectors. Choice of colors include pink, blue, or purple. **Material fee of \$15 payable to instructor the night of class. This one-session class is offered on Tuesday, September 28 from 7:00 to 8:30 p.m.**

RESIDENT FEE: \$12/NON-RESIDENT FEE: \$15

EARRINGS

In this class you'll make three pair of earrings. Each pair will be a different style. **Material fee of \$10 payable to instructor the night of class. This one-session class is offered on Tuesday, October 5 from 7:00 to 8:30 p.m.**

RESIDENT FEE: \$12/NON-RESIDENT FEE: \$15

CHARM BRACELET

Learn how to attach charms to a bracelet. You can pick out the charms in class or bring your own. **Material fee of \$15 payable to instructor the night of class. This one-session class is offered on Tuesday, October 19 from 7:00 to 8:30 p.m.**

RESIDENT FEE: \$12/NON-RESIDENT FEE: \$15

COMMUNITY EVENTS

HALLOWEEN HAUNT AT GRISTMILL VILLAGE

Join the Concord Recreation Department and the businesses at Gristmill Village on Thursday, October 28th from 6:30 to 8:00 p.m. Meet at Reider's Fresh Market Café and get your clues to lead you through the rest of the Haunt in the Village. Each business will have a special treat for the kids. Participating business's include:

REBOUND PHYSICAL THERAPY

SUPER SUPPERS

HUNTINGTON BANK

SUNNY STREET CAFÉ

CENTURY BANK

JOHN PALMER'S BISTRO 44

REIDER'S FRESH MARKET

BELLASANO'S

TERESA'S PIZZERIA

LUNDNER ORTHODONTICS

OSCAR GIOVANNI SALON



This event is geared for kids age two through twelve with parent's participation. Gristmill Village is located at Fredle and Crile Roads.

COMMUNITY EVENTS

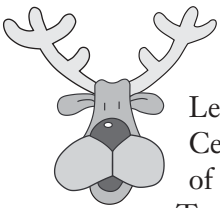
SANTA CLAUS IS COMING TO the TOWNship!

Join the Concord Recreation Department for some good old fashioned family fun on Saturday, December 11th from 2:00 to 4:00 p.m. This event will be held outdoors on the grounds of Concord Town Hall so dress for the weather! Kids will have fun making crafts, playing games, listening to the Polar Express story, roasting marshmallows over a campfire, and of course, visiting with Santa who will arrive by Fire Truck. The Gazebo and the grounds will be decorated for the season. Save the date now! This is a **FREE** event, just give us a call at 639-4650 to let us know how many will be attending.



LET'S "LIGHT UP CONCORD!" HOUSE DECORATING CONTEST

How many of you can remember driving around during the Holidays to see all the Christmas lights in your neighborhood? There was always one house that outdid all the others. This year, why not join the "LIGHT UP CONCORD!" house decorating contest and your house can be "that house". All homes within Concord Township are welcome to participate in this first ever friendly competition. All types of holiday decorations are acceptable. You must let us know that you want to participate by filling out the Let's "LIGHT UP CONCORD!" form that can be found on our website or picked up at the Community Center. Deadline to turn in forms is 4:00 P.M. Friday, December 10th. Judging will take place the evening of Monday, December 13th so have your lights turned on by 6:00 p.m. Winners will be announced at the Trustee Meeting on Wednesday, December 15th. Who knows, maybe your efforts will win you a "MAJOR AWARD". Find the form & complete rules at: www.concordtwp.com



CONCORD COMMUNITY DAYS UPDATE Labor Day Weekend • September 4 & 5, 2010

I. RUN/WALK

The 4th annual Miller Paul Marut Memorial Run/Walk will take place on Saturday, September 4th, 2010 at 8:30AM. For more information contact Jeff and Jenn Marut at 440-352-7162 or visit our website www.millermarutrunk.org to register. The run/walk supports the Miller Paul Marut Scholarship.

II. FIRST ANNUAL FLEA MARKET

The First Annual Concord Days Flea Market will be held this year on Sunday, September 5, 2010 from 11AM to Dusk. The cost of entry is \$10 for a 10 ft. space. The Flea Market will be run in conjunction with our popular Arts & Crafts Midway. For registration please contact Paula Krause 354-3844 or Carol Henry 354-5307.

III. PHOTO CONTEST

The 21st annual Photo Contest will be held this year with 6 categories in the Adult division, plus a Junior division

for ages 16 and under. There will be prizes awarded for 1st, 2nd, and 3rd in each category and the Junior division plus a Best of Show award. The contest is open to the general public. Entry forms are available at Concord Town Hall, Van's Photo, Dodd Camera and Frame Outlet, the Painesville and Mentor CVSs and Lake Metro Parks. The deadline is Wednesday, September 1st. Photos must be less than 8" x 12" and must be matted or mounted on mat board. For more information please call Ed Krause at 440-354-3844.

IV. SOFTBALL AND CORNHOLE

If by the time you read this you are not on a Neighborhood softball team and would like to play please call Tom Trombley at 352-3588. Also contact Tom to get registered for the Cornhole tournament that will take place beginning Sunday at 9AM. Registration will also be taken at the softball fields on Saturday.