

# MAY JCRC NEWSLETTER



JEFFERSON COMMUNITY RECREATION CENTER

## SPECIAL POINTS OF INTEREST:

- \*T Ball at Memorial Park
- \*Soccer at Giddings & East Park
- \*Registration fee \$35 both
- \*T Ball ages 3-8
- \*Soccer ages 3-12

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## SUMMER TIME SPORTS ARE UPON US!

Who among us doesn't love a good Tee Ball or Youth Soccer game? Here at the Jefferson Community Rec Center, we know that everyone in our area loves to watch our little ones exhibit their sportsmanship in both of these games!

We are currently accepting registrations for this Spring's session of Tee Ball and the Summer session of Youth Soccer.

For Tee Ball, the practices and games will be held on Tuesdays and Thursdays from 5:30-6:30PM at Me-

morial Field, located on East Jefferson St. We are hosting children ages 3-8. The registration fee of \$35 must be paid by May 11th.

Our soccer league will be practicing and playing at Giddings Park and East Park, depending on the age group. Practices and games will be on Mondays and Wednesdays. Children ages 3-5 and 6-9 will be at Giddings Park from 5:30-6:20PM and 6:30-7:30PM. Children ages 10 and up will be at East Park from 6:00-7:00PM. The registration fee

of \$35 must be paid by May 31st!

Both fees include t shirts that your child gets to keep. If you have any further questions, please don't hesitate to call us here at the Community Center. Our phone number is (440)576-9052.

## YOGA IS BACK!

Jefferson Community Center is proud to say that we have a new instructor for our Yoga program-Katie Brockway. Classes are Mondays from 8:00-9:00AM and 5:00-6:00PM and Wednesdays 5:00-6:00PM. The cost is

\$35/month, or \$10/class. But, if you're a high school/college student, the price is \$25/month or \$7/class.

Katie will help you work on flexibilities with the mind and

body. She'll also help with freeing self-anxieties through breathing techniques.

If you have your own yoga mat, please bring it. Wear comfortable clothing, too!

## JCRC OFFERS SUMMER DAY TRIPS

Our preschool instructor, Ms. Cheryl Riggleman, has been taking our young ones on a wide variety of day trips during the months of June and July for the past several years.

The trips are fun and education based, and are for children in grades kindergarten and up. We ask that the children be preregistered and prepaid at least one week prior to the activity. We won't be offering refunds if the trip is not cancelled at least 48 hours prior.

Your children must bring a bagged lunch, extra drinking water, and be dressed appropriately for the weather and the activity. We also suggest that the children apply sunscreen and/or bug spray, if necessary, and that they wear tennis shoes. Please have the children bring extra clothes and/or water shoes, if they are appropriate. Most trips will occur rain or shine.

All of the trips will leave from JCRC at 9:00 A.M., except for the Waldameer trip, but the

return times will vary.

Please stop in or call (440)576-9052 to register today!

LAKE METROPARKS  
STAFF WILL  
INSTRUCT YOUR  
CHILDREN WITH  
EQUIPMENT THEY  
PROVIDE.

## ARCHERY FOR KIDS

Besides the two day trips we are offering for archery, Ms. Cheryl will be featuring a four session archery course for children 7 & up.

The classes will be Fridays, June 22nd and 29th, and July 6th and 13th. The bus will leave JCRC at noon and return at 2:45PM.

We will travel to Lake

MetroParks Environmental Learning Center for this four session archery adventure. Your children will be instructed by certified Lake MetroParks Staff. Equipment will be provided for the children.

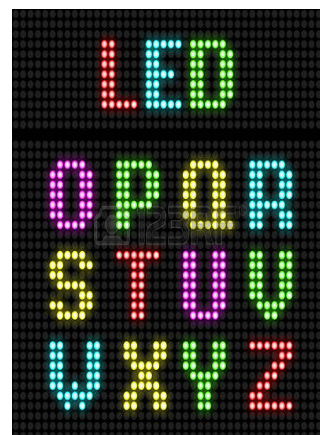
Please register and pay by June 15th. The cost is \$60. Space is limited, so act quickly!



## NEW ELECTRONIC SIGN AT GAZEBO LOCATION

To replace the wooden sign that was in front of the Gazebo in the center of town, the Village of Jefferson purchased a brand new electric sign. This sign, along with the one down at Giddings Park, are both available to advertise for local and community events. Sign reservations must be made no later than the Wednesday before the week the message is to go up. Please

come in to the Community Center to make these reservations. This is a free service to the community, and non-profit organizations in and around the Village of Jefferson.



## SUMMER BRINGS KINDERGARTEN KICKSTART

Is your five year old ready to start Kindergarten? Would you like him or her to receive quality readiness from a certified Pre-school teacher? Then the Jefferson Community Rec Center's preschool instructor is just the person you are looking for!

Cheryl Riggleman will be teaching an 8-week session of kindergarten readiness to prepare your child for the upcoming school year.

Classes will be held on Fridays from June 8th through July 27th,

from 9:30 to 11:30AM. This session will cost \$100. We ask that you pay by June 1st to secure your child's spot.

This class will focus on various Early Learning Development Standards: including rhyming, letter identification and sound association, number sense and counting, number relations and operations, grouping and categorizing, patterns, shapes (analyzing, comparing and creating), and Social Studies and Science.

We look forward to signing your children up for this very important step in their learning goals. Let us help your children learn to the best of their abilities!

## Laughter Yoga to Return This Spring

In January we had started a fun class called Laughter Yoga with Josh. Unfortunately, due to a lack of interest, we had to put the class on hold.

But now, with spring coming up, we are hoping interest in this class will build back up. The classes will be held Mondays at 1:15PM, and Thursdays at 6:45PM, and will cost \$5 a class.

You may be wondering: how can my body benefit from laughter? Well, let me give you a few of those benefits: 10-15 minutes of laughter burns about 50 calories, laughing reduces the stress hormones cortisol and adrenaline, and it can improve alertness, creativity and memory function.

Keep watching our Facebook

page for further details as to when this class will resume and how we will be handling sign ups this time around. This really is a fun class. We all need more laughter in our lives!

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## Who Doesn't Love Aladdin?

To try something new, we've decided to host a bus trip to see the hit Disney movie, Aladdin, on Playhouse Square.

Our trip will be Sunday, May 20th. In order to make it downtown to see the 1PM performance, our bus needs to leave at 11AM. We are scheduled to return at 7PM, following a dinner stop along the way.

There are six seats left to fill. At the time of reservation, payment must be made in full. The amount is \$87 per ticket.

We hope you'll join us for an afternoon of fun and excitement!

UPDATE: All tickets have been sold!



**JEFFERSON COMMUNITY RECREATION CENTER**

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WHERE YOU CAN MEET YOUR  
PERSONAL FITNESS & ENRICHMENT  
GOALS, YOUR KIDS CAN ATTEND  
PRESCHOOL AND OUR SENIORS  
HAVE ACTIVITIES, TOO.

*The Jefferson Community Recreation Center is a good place to meet new and old friends, alike. We offer a wide variety of activities: exercise classes for adults and children, exercise classes and other activities for our seniors, preschool for ages 3-5, a full service gym/fitness center, minus a pool, and some personal enrichment activities, as well.*

*We are open Monday through Thursday from 6AM-8PM, Friday 6AM-5PM, and Saturday 8AM-12PM, we are CLOSED Sundays, open to rentals only.*

*Our Preschool follows the Jefferson Area Local Schools school calendar and calamity days schedule..*



## SENIOR VAN SCHEDULE FOR MAY

Our senior van will only be running for a minimal time for the month of May. If you are a senior and you have any appointments here in Jefferson, please call the Community Center to find out the days and times the bus will be running. We ask that you schedule your appointments accordingly.

