



The Solon Blue Ribbon Adapted Recreation Program provides community-based recreation and leisure activities for persons with developmental disabilities, enabling each to enhance his or her personal potential by sharing in the emotional, social and physical benefits fostered by such experiences. This program promotes participation in general (inclusive) community recreation programs through advocacy and support services.

Blue Ribbon programs are open to non-Solon residents as well as residents. Solon's Blue Ribbon program will comply with all COVID-19 protocols recommended by the City of Solon, the state and federal CDC. In addition, because of the special vulnerability of the people we serve, we may continue some requirements (e.g., wearing masks, hand sanitizing, social distancing, etc.) after other programs have dropped them for those who have been vaccinated. We will communicate any requirements close to the program dates. To obtain the most up to date program information, please subscribe to our "Notify Me" email list(s). Go to the www.solonohio.org website, click on "Notify Me" (envelope logo) and follow the directions to subscribe to Blue Ribbon Recreation Participants and/or Blue Ribbon Recreation Volunteers.

You may also like us at www.facebook.com/solonblueribbon.

Program Registration Online: Go to www.solonohio.org. On the homepage, click on the Program Signup button (clipboard icon.) On the next screen, create an Account/Login. Click on Browse Programs, then REC-Blue Ribbon to view or register for programs.

Registration In Person: At Solon Community Center, 35000 Portz Parkway, Solon; weekdays 8am-7pm and weekends 8am-5pm.

For more information, contact Jillian Babej at 440-337-1427 or jbabej@solonohio.org or Jane Voelker at jvoelker@solonohio.org

To locate other Cleveland area recreational and social activities for those with developmental disabilities go to: Guide to Inclusive Places, Jobs, and Events | Cuyahoga County Board of Developmental Disabilities (cuyahogabdd.org)



STEP IT UP LINE DANCING

AGES 16 AND OVER

Try out the hottest dances with a group of friends when you follow the steps of our music-loving DJs, George and Paula. You'll learn group dances in which participants stand side-by-side in one or more lines as they practice a sequence of dance steps in unison to music. Register for this four-week session to be ready to dance like a pro at our December holiday party! Snacks and drinks will be provided afterward.

SESSION	DATE	TIME
Friday	9/2 – 9/23	6:30 – 7:30 PM

FEE: \$20**LOCATION:** Solon Community Center Aerobics Room**REGISTRATION:** Through 8/26**LIMIT:** Minimum 6 / Maximum 15**PICKLEBALL**

AGES 16 AND OVER

It is the fastest growing sport in America. Everyone's playing Pickleball, and now you can play, too! Our Pickleball instructors will teach you the skills to play this racket sport that combines badminton with ping pong paddles and a wiffle ball to give you a fun workout with friends on a smaller-than-tennis court. Play to improve your hand-eye coordination, test your reflexes – and best of all, socialize.

DAY	DATES	TIME	FEE
Thurs	9/8 – 9/23	6:15 – 7:15 PM	\$15

LOCATION: Outdoor Pickleball courts at Solon Community Park**REGISTRATION:** Through 9/1**LIMIT:** Minimum 4 / Maximum 8**GOLF CLINIC**

AGES 14 AND OVER

Any time is golfing time! Team up with Blue Ribbon and Empower Sports at Grantwood Golf Course in Solon for a Golf Clinic. Participants will learn and practice introductory golf skills on the putting green and driving range – and hopefully progress to playing on the golf course! Golf clubs are available if you do not have your own.

DAY	DATES	TIME	FEE
Mon	9/12 – 10/10	4:00 – 5:00 PM	\$30

REGISTRATION: Through Empower Sports <https://www.empowersports.org/programs>**LIMIT:** Minimum 10 / Maximum 30**WORLD OF BOOKS**

Dr. Audet is an Assistant Professor in Speech-Language Pathology and Audiology at Kent State University. She is an expert in Autism Spectrum Disorders, as well as numerous other disability related areas. Dr. Lisa Audet combines her expertise in speech-language therapy and her love and respect for our participants with her creativity in making all things fun and applicable to each individual. In the process, they learn better communication skills, awareness of how print is all around them, confidence as a reader, and an increased appreciation for books. All reading levels are welcomed.

TEENS THAT READ

AGES 12-15

New! Teens don't just read, they want to talk about it all too. Let's get together to read and enjoy talking about books and ideas. All reading levels welcome.

SESSION	DAY	DATES	TIME	FEE
3A	Mon	9/12 – 10/24	3:30 – 4:30 PM	\$80
4A	Mon	11/7 – 12/12	3:30 – 4:30 pm	\$80

NOTE: No class 10/10**LOCATION:** Solon Community Center**REGISTRATION:** Through 9/1 & 10/28**LIMIT:** Minimum 3 / Maximum 6**LET'S TALK BOOKS**

AGES 16 AND OVER

Join us for lively conversation, songs, games and other fun activities, using books as the basis for each session. This book club is one of Blue Ribbon's longest running and most successful programs.

SESSION	DAY	DATES	TIME	FEE
3B	Mon	9/12 – 10/24	4:45 – 5:45 PM	\$80
3C	Mon	9/12 – 10/24	6:00 – 7:00 PM	\$80
4B	Mon	11/7 – 12/12	4:45 – 5:45 PM	\$80
4C	Mon	11/7 – 12/12	6:00 – 7:00 PM	\$80

LOCATION: Solon Community Center**REGISTRATION:** Through 9/1 & 10/28**LIMIT:** Minimum 3 / Maximum 6**SOCCER**

AGES 12 AND OVER

Empower Sports takes to the field with you for another energetic season of soccer skill-building, topped off with competitions and games.

DAY	DATES	TIME	FEE
Mon	9/12 – 10/10	6:00 – 7:15 PM	\$30
	10/17 – 10/24	5:30 – 6:45 PM	

LOCATION: TBD**REGISTRATION:** Through Empower Sports <https://www.empowersports.org/programs>**LIMIT:** Minimum 10 / Maximum 30

Blue Ribbon

GAMES GALORE

AGES 16 AND OLDER

Calling all game-lovers to play Blue Ribbon's series of in-person games! Jump into the fun and laughter when you participate in a variety of TV show-like games, such as Bingo, Charades and Jeopardy. It's time to show off your gaming talents!

SESSION	DATE	TIME
Sunday		
Bingo	9/11	1:30 – 2:30 PM
Charades	10/9	1:30 – 2:30 PM
TBD	11/6	1:30 – 2:30 PM

FEE: \$10 per session

LOCATION: Solon Community Center

REGISTRATION: 9/4, 10/2, 11/1

LIMIT: Minimum 6 / Maximum 30

SATURDAY STROLL

AGES 16 AND OVER

Cleveland Metroparks Bedford Reservation is a must-see for outdoor lovers. Hike with us through this scenic and natural oasis, where we'll wind through some of the 2,200-acre tree-lined park on the paved Bedford Reservation All Purpose Trail. You'll catch glimpses of Tinkers Creek, and the deep gorge carved by it, as we search for animal tracks. Bring along your binoculars to look for our area birds – cardinals, nuthatches and dark-eyed juncos.

DAY	DATE	TIME	FEE
Sat	9/10	10:00 - 11:00 AM	\$5

LOCATION: Meet at Egbert Picnic Area, Bedford Reservation

REGISTRATION: Through 9/5

LIMIT: Minimum 4 / Maximum 10



COOKING CLUB

AGES 16 AND OLDER

Keri's Kitchen debuts this Fall with creative and tasty recipes! We provide the ingredients and supplies for each step of your culinary experience: following a recipe, measuring, cooking/baking, and kitchen cleanup. You'll get to be a taste-tester, too! September and November recipes are gluten-free. October recipe can be adapted for those who are gluten-free. Please let us know if you require this.

SESSION	DATE	TIME
Sunday		
Mini Apple Crisps	9/18	2:00 – 3:15 PM
Meatball Sub Bubble-Up	10/16	2:00 – 3:15 PM
Pumpkin Party Bread	11/13	2:00 – 3:15 PM

FEE: \$12 per session

LOCATION: Senior Center Kitchen, Enter through Solon Community Center

REGISTRATION: 9/11, 10/9, 11/6

LIMIT: Minimum 4 / Maximum 6





STEARNS HOMESTEAD FALL FESTIVAL

AGES 16 AND OVER

Celebrate the harvest at Stearns Homestead's Fall Festival. This event is sponsored by the Parma Area Historical Society, and features apple fritters and pies, Ohio apples, Ohio apple cider and pumpkins. Stearns herbs and vinegars, souvenirs and gifts will be available at the Country Store. We may join a tour of the Gibbs House (1920) and the Stearns House (1855). Farm animals will be waiting to be fed. Bring cash/ credit for food/ drinks. Transportation Provided.

DAY	DATE	TIME	FEE
Saturday	10/1	TBD	\$10

LOCATION: Meet at Solon Community Center

REGISTRATION: Through 9/23

LIMIT: Minimum 4 / Maximum 8

KARAOKE

AGES 16 AND OVER

Your singing and dancing moves will be inspired by our musically talented DJ on this Fall karaoke night. Get ready for fun and fame as you sing to your favorite music jams. Pizza, chips, and a beverage will be served.

DAY	DATE	TIME	FEE
Fri	10/7	6:00 – 8:00 pm	\$12

LOCATION: Solon Community Center

REGISTRATION: Through 9/26

LIMIT: Minimum 10 / Maximum 50

FALL HIKE & SEEK

AGES 16 AND OVER

Treat yourself to fresh Fall air and fun discovery in the Cleveland Metroparks near Solon while scavenging for signs of Fall. We will search for everything from colorful leaves and plants to animal tracks and nutty squirrels. Our meeting place is a nearby Metropark (specific location TBD), where we will provide each participant with a Scavenger Hunt List, and directions. After a timed search, we will meet back together at our starting location and award prizes to the Best Fall Scavengers!

DAY	DATE	TIME	FEE
Sat	10/22	1:00 – 2:00 PM	\$5

LOCATION: TBD

REGISTRATION: Through 10/17

LIMIT: Minimum 4 / Maximum 10

MOVIE NIGHT IN: JUNGLE CRUISE

AGES 16 AND OVER

Leave the cooler weather behind for a cruise with friends when you watch the get-away adventure movie, Jungle Cruise, which follows the captain of a small riverboat who takes a scientist and her brother through a jungle in search of the Tree of Life. Snacks and a drink will be served.

DAY	DATES	TIME	FEE
Fri	11/11	5:30 – 8:00 pm	\$6

LOCATION: Solon Community Center

REGISTRATION: Through 11/4

LIMIT: Minimum 4 / Maximum 20

THE RAINFOREST

AGES 16 AND OVER

The RainForest at the Cleveland Metroparks Zoo showcases more than 10,000 plants and over 600 animals from the jungles of Asia, Africa and the Americas. More than 50 specimens of 15 different bird species fly freely overhead in The RainForest's free-flight, indoor aviary. Visit the two-toed sloths and be sure to meet the newest baby orangutan, Zaki, and the family of Bornean orangutans. Transportation provided.

DAY	DATES	TIME	FEE
Sat	11/19	11:00 – 2:30 pm	\$15

LOCATION: Meet at Solon Community Center

REGISTRATION: Through 11/4

LIMIT: Minimum 4 / Maximum 9

MIX IT AND GIFT IT PROJECT

AGES 16 AND OVER

With holidays just around the corner – here's a gift you can assemble and give to your favorite person – or yourself! We will supply the yummy ingredients and kitchen tools you'll need to measure and put together a unique, gluten-free, ready-to-mix-and-make Winter Hot Cocoa recipe in a colorful, decorative jar.

DAY	DATE	TIME	FEE
Sunday	12/4	1:30 – 2:30 PM	\$10

LOCATION: Solon Community Center Art Room

REGISTRATION: Through 11/25

LIMIT: Minimum 4 / Maximum 8