

October, 2006

**RECREATION CENTER:**



**HULA DANCING**

The Beginning Hula class, for students' ages 8 through 80, will teach the basics of hula dancing and progress with the basic steps, and the student will begin to learn simple hula dances. No prior experience is necessary for the beginning class. In the Intermediate "Children's" Hula class, students will continue to use the basic hula steps to learn more advanced hula routines. Please wear loose fitting clothing. Where: Recreation Center, Group Exercise Rm. Day: Saturday Weeks: 12 (Min. 6; Max.15) Dates: Sep 16 – Dec 16 (No classes Nov 4 or Nov 25) Time: Intermediate, 11-11:45am; Beginning, Noon-12:45 pm Fee: Residents \$60; Non-residents \$72 Instructors: Intermediate – Julie; Beginning – Wendy



**After School Action Hour – new!**

**Thursdays 4:15 - 5:15**

**October 12<sup>th</sup> – December 21<sup>st</sup>**

**2<sup>nd</sup> – 4<sup>th</sup> Graders (Min 6, Max 18)**

Evendale Recreation Center invites all 2<sup>nd</sup>-4<sup>th</sup> graders to join friends every Thursday for an hour full of FUN! Each week we will be completing a different activity. Whether it is a group game, project or a special themed day it is sure to be a fun way to unwind from a long school day and escape the cold weather! \$10 per child



**Fall Children's Programs**

Fall Children's Programs, Sept.11 – Nov 10  
\$15 per class after September 1

**"Theme Thursdays" - NEW CLASS ADDED!**

3 and 4 year olds. (Max 12, Min 6)  
Thursdays 9:30 – 10:30 am

**"Kit 'n Kaboodle"**

18 months - 36 months, Accompanied by an Adult.  
(Max 12, Min 6)  
Mondays 9:30 - 10:30 am

**"Ready - Set - Go!" - FULL**

18 months - 36 months, Accompanied by an Adult.  
(Max 12, Min 6)  
Wednesdays 9:30 - 10:30 am

**"Music, Mom & Me"**

18 months - 36 months, Accompanied by an Adult.  
(Max 12, Min 6)  
Fridays 9:30 – 10:30 am

**"Explore with Dora" – new! - FULL**

3 and 4 year olds. (Max 12, Min 6)  
Mondays 10:45 – 11:45 am

**"Wiggle, Giggle & Shake" - FULL**

3 year olds. (Max 12, Min 6)  
Fridays 10:45 – 11:45 am

**"Edible Art" – new!**

4 – 6 year olds. (Max 12, Min 6)  
Tuesdays 1:15 – 2:15

**"Around the World in Nine Days" – new!**

4 – 6 year olds. (Max 12, Min 6)  
Wednesdays 1:15 – 2:15 pm

**"Nuts about Nature"**

4 – 6 year olds. (Max 12, Min 6)  
Thursdays 1:15 – 2:15 pm

**"Shake - Rattle - Roll" - FULL**

4 - 6 year olds. (Max 12, Min 6)  
Fridays 1:15 - 2:15 pm



## Trick or Treating Monday, October 30

**FREE!**

Meet at the Recreation Center at 1:15 PM, *in costume*, to Trick or Treat at the Fire Department, Police Department, Administrative Offices and of course, the Recreation Department!

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## “P is for Jack O’ Lantern”

**Wednesday, October 25**

6:00 – 8:00 PM

Ages 5 – 10,

Accompanied by an Adult

\$2 per person by Oct. 23

\$4 per person after Oct. 23

*Pumpkin Carving &  
Refreshments at the Shelter  
House!*

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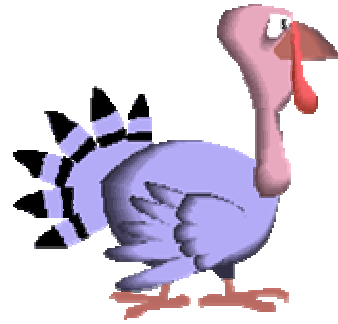
## Spanish Classes for Fall – *new!*

1<sup>st</sup> – 3<sup>rd</sup> Graders, Wednesdays 4:30 – 5:30 P.M.

September 13 – October 18 (Min. 6, Max. 8)

Evendale Residents \$75 Non

-Residents \$85 (six week class)



## Turkey Shoot Saturday, November 11

**10:00 a.m. Turkey Shoot:** Basketball fun for the entire family. A free-throw competition with a Turkey as the bounty.

This is a fun family event- all ages and skills are encouraged to try for a turkey.

**Teams:** Two family members...one adult 18 or older and one from the division below. Parents may team up with more than one child but child may only enter once.

**Divisions:** 3 - 5 6 - 8 9-11 12 - 14  
15 - 17 Moms & Pops

**Competition:** Everyone shoots three rounds of five shots. Basket heights and distances will be adjusted by age. Special baskets for 3-5 year olds will be used.

**Awards:** One girl team and one boy team in youth divisions will receive a Turkey for Thanksgiving. (Families can only win in one division- youngest age group will be awarded turkey- girls will be announced first.) Special door prizes will be awarded. Must be present to win.

**Fee:** \$1.00 per team by November 3  
\$2.00 per team after Nov. 3

**(No sign-ups after 9:00 p.m. on November 10<sup>th</sup>)**

# A Spooktacular Night In Evendale!

## THE HALLOWEEN FEST

Saturday, October 21

**6-10 PM**

**6:00 PM**

Show off your Halloween Costume at the Halloween Parade led by

*The Redd Khatt Jazz Band*

**Following the Parade, enjoy an evening of fun, food & games!**

Take a walk through the Phi  
Lambda Pi Haunted Trail

Visit the Pumpkin Patch  
Games and Crafts

**FORTUNE TELLING**

**Take a Hayride  
and sing along  
with Jim Gillum**

Roast a Hotdog  
Make a S'more  
Dip Caramel Apples,  
Hot Chocolate. Soft Drinks.

**Hot  
Apple Cinnamon  
Donuts**

**LOTS OF  
GHOULISH  
PRIZES !**

**Relax around the toasty  
bonfire or dance to your  
favorite music!**

**Candy  
Corn Hole**

This Family Event is for Evendale Residents and their Grandchildren

(children must be accompanied by an adult)

\$1 per person before Oct. 17

\$2 per person after Oct. 17

3

Please dress for the weather...event will be moved inside for rain only

## PHI LAMBDA PI NEWS:

### TRIPS

**Boys Day In, October 1<sup>st</sup>**, 4:00,  
Watch the Bengals & Eat!  
**Girls Day Out, October 1<sup>st</sup>**, 12:00-4:30,  
Lunch, Movie & Shopping  
**Paintball, October 7<sup>th</sup>**, 10:00-2:45,  
Paintball at Cabin Creek & Lunch

### SERVICE PROJECTS

**Haunted Trail, October 21<sup>st</sup>**, 4:00-10:00,  
Lots of Members Needed

### FUNDRAISERS

**Entertainment Book Sale**, \$20 at the  
Recreation Center, on-line or from a member  
**Home Interiors Candle Sale** – display &  
order forms at the Recreation Center

### OPEN HOUSES

October 4, 11, 18, 25 from 7:00-10:00 PM

Phi Lambda Pi

## ENTERTAINMENT BOOK SALE

Cincinnati Edition

# Only \$20



**Available Now at the Following  
Locations:**

- (1) Evendale Recreation Center**
- (2) From a Phi Lambda Pi Member**
- (3) [www.entertainment.com](http://www.entertainment.com), account  
#101096.**

**Out-of-Town Editions May Also be  
Ordered from Phi Lambda Pi.**

## YOUTH SPORTS:

### BASKETBALL

Youth Basketball 5-17 yr olds

**Sign ups begin Thursday, Sept. 1 at 9:00 am**

Season runs December - February

Sign up by Birth date!!!

Fee: \$10.00 resident by October 5th

\$20.00 resident starting Oct. 6th if space still  
remains.

\$30 non-residents starting Oct. 6th if space still  
remains

Teams will be limited to 10 players.

8/1/99 - 7/31/01 - Beginner (Co-Ed)

8/1/98 - 7/31/99 -Instructional

8/1/97 - 7/31/98 - Bantam

8/1/96 - 7/31/97 - Midget

8/1/95 - 7/31/96 - P Wee

8/1/94 - 7/31/95 - Intermediate

8/1/93 - 7/31/94 - Jr. High I

8/1/92 - 7/31/93 - Jr. High II

8/1/90 - 7/31/92 - High School I

7/31/87 - 7/31/90 - High School II \*\*\*

\*\*\*Must still be enrolled in H.S.

## ADULT SPORTS:

**Men's Golf Outing** – Sharon Woods- Sept.  
12th

First tee time is at 11:30 a.m.

Maximum of 80 players - please sign up as a  
foursome. All players must pay when they sign up for  
their tee time.

Cost is \$60/person - fee includes 18 holes of golf, golf  
range, cart, dinner, drinks and prizes! If there are  
spots available after August 22nd, non-residents may  
sign-up for \$80.00/person.

**ADULT LEAGUE SIGN-UPS UNDERWAY FOR:**

**MEN'S BASKETBALL**

**SUNDAY LEAGUE**

**CO-REC VOLLEYBALL**

**MONDAY LEAGUE**

Entry forms online at [www.evendaleohio.org](http://www.evendaleohio.org)

## TENNIS:

**OCTOBER 2 – OCTOBER 21**

### Adults

**Mondays & Wednesdays**                      **9:00-10:00am**  
 Stroke Development & Match Play  
 \$24 Resident    \$36 Non-Resident

**Saturdays**    **9:00-10:00am**  
 Tennis Fitness for all levels  
 \$15 Resident    \$25 Non-Resident

### Youth

**Mondays & Wednesdays**                      **5:00-6:00pm**  
 Elementary Age & Jr./Sr. High School Age  
 \$24 Resident    \$36 Non-Resident

### SIGN UP REGISTRATION

**Sign up one week prior to each session. Minimum of four pre-registrants required to have each program**

## CHILDCARE ROOM HOURS:

M - F            9:00 a.m. - 11:45 a.m.  
 W                5:00 - 8:00 p.m.

## FITNESS:

**REMEMBER: Please check with your doctor before starting any fitness program.**

### EVENING YOGA with Roger

Current session: 8/21 – 10/16                      6:30-8:00pm  
 Mondays in the Group Exercise Room  
 Residents: \$56 Non-Residents: \$72  
 Walk-In Fee: Res.: \$10 Non-Res.: \$12

### MORNING YOGA with Stephanie

NEXT session: 8/16-10/4                              9:30-11:00am  
 Wednesday s in the Group Exercise Room  
 Residents: \$64 Non-Residents: \$82  
 Walk-In Fee: Res.: \$12 Non-Res.: \$14

### AEROBICS with Lisa

Next session runs: 9/6-10/27                      9:30 - 11:00 a.m.  
 Top Shape on Mondays & Wednesdays in the South Gym, Step on Fridays in the Group Exercise Room  
 3 days a week= \$96 Resident                      \$98 Non-Res.  
 2 days a week= \$80 Resident                      \$82 Non-Res.  
 1 day a week = \$48 Resident                      \$50 Non-Res.  
 \$7.00 walk-in fee

### TAE KWON DO with Mike

Sessions run monthly. Tuesdays & Thursdays  
 6:00 p.m. - 7:00 p.m.  
 \$25 per person. If more than one family member signs up, only \$20 each.



## Group Fitness Schedule

**September 9th - December 21st**

**No classes November 22nd-25th**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SPINNING 8:00-8:45am	PILATES 8:00-8:45am	SPINNING 8:00-8:45am	PILATES 8:00-8:45am		SPINNING 8:05-8:50am

	SIMPLY FIT 9:15-10:15am		SIMPLY FIT 9:15-10:15am		MUSCLE 9:15-10:15am
		<b>Sign-up 72 hours before a class is  schedule to begin. Too few sign-ups  at that time may cancel the class.  Signing up the day the class starts will  not save it.</b>			
YOGA 4 TOTS (age 3-5) 1:15-2:00pm	BALLET (age 3-5) 1:15-2:00pm				
	SPINNING 6:15-7:00pm	YOGALATES 6:00-7:00pm	SPINNING 6:15-7:00pm		
	MUSCLE 7:15-8:15pm		STEP 7:15-8:00pm		
PILATES 8:10-8:55pm					

**Walk-in Fee for TriHealth classes (resident or non-resident):  
45 minute class = \$5 60 minute class = \$6**

**BALLET** – Children 3-5 years of age will learn the basics of ballet dance. They will gain body awareness, coordination and balance. Instructor: Darla, group fitness room  
Tuesday 1:15-2:00pm Residents: \$42/14 weeks Non-residents: \$53/14 weeks

**MUSCLE** – This class includes a warm-up and exercises to target major muscle groups to build muscular strength and endurance. All levels welcome. Instructors: Stephanie / Tamara, group fitness room  
Tuesday 7:15-8:15pm or Saturday 9:15-10:15am  
Residents: \$56/14 weeks Non-residents: \$70/14 weeks

**PILATES** – The focus of this class is on the core muscles in the hips, abdominals and back. You will gain muscle toning, stability and balance. All levels welcome. Instructors: Sindy / Sherry, group fitness room.  
Monday 8:10-8:55pm or Tuesday 8:00-8:45am or Thursday 8:00-8:45am  
Residents: \$42/14 weeks Non-residents: \$53/14 weeks

**SIMPLY FIT** - This class is a mix of muscle toning, balance exercises and flexibility training. All exercises will be slow and controlled. This class will assist those who need exercise for osteoporosis, range of motion loss, back pain and instability, to name a few. All levels welcome. Instructors: Lynne / Jane, group fitness room.  
Tuesday 9:15-10:15am or Thursday 9:15-10:15am  
1 day/week Resident: \$37/14 weeks 2 day/week Resident: \$74/14 weeks  
Non-resident: \$42/14 weeks Non-resident: \$84/14 weeks

**SPINNING** – A bicycling class with an instructor that will talk you through peaks and valleys of a virtual bike ride. This is an interval type of workout in which you are challenged to break free of your comfort zone and to improve your fitness level. Beginners are welcome. Motivational music plays a large part of this workout. Only 6 bikes are available, Sign up right away! All levels welcome.

Instructors: Sherry / Terry / Diane, group fitness room.

Monday 8:00-8:45am or Wednesday 8:00-8:45am or Tuesday 6:15-7:00pm or

Thursday 6:15-7:00pm or Saturday 8:05-8:50am

Residents: \$42/14 weeks                      Non-residents: \$53/14 weeks

**STEP** – This is a high energy class that is choreographed to motivating music. A great workout for your legs on up! Beginners welcome. Instructor: Tamara, group fitness room

Thursday 7:15-8:00pm

Residents: \$42/14 weeks

Non-residents: \$53/14 weeks

**YOGA 4 TOTS** – Children 3-5 years of age learn to move their bodies with coordination and balance while using appropriate breathing for physical and mental awareness. This is a class they will benefit from for years. Instructor: Monica, group fitness room

Monday 1:15-2:00pm

Residents: \$42/14 weeks

Non-residents: \$53/14 weeks

**YOGALATES** – A class that will tone all your muscles while incorporating the stability ball and yoga poses for muscular balance and endurance. An ALL-OVER great class! All levels welcome. Instructor: Jane, group fitness room

Wednesdays 6:00-7:00pm

Residents: \$56/14 weeks

Non-residents: \$70/14 weeks

AEROBICS, TAE KWON DO & YOGA – Call 563-2247 for information on these classes (these are not TriHealth classes)

\*\* please see your physician before taking group fitness classes or beginning any exercise programs.

## ADULT SERVICES' PROGRAMS:

*Adult Services provides several "on-going" programs to meet the various interests of the membership. Let us know if there are programs of special interest you would like to see offered.*

### **Mexican Train Dominoes**

3<sup>rd</sup> Monday of every month

6:30 PM

Adult Gathering Room

Beginners Welcome

Feel free to bring a snack to share.

Beverage provided.

No fee for Adult Service Members

**October 16**

**November 20**

**December 18**

### **Card Making**

2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month

9:30 AM

Adult Gathering Room

Beginners Welcomed

Leader: Karen Martens

No fee for Adult Service Members  
(must make a card to for troops)

**October 24**

**November 14 & 28**

## Chapter I Book Club

4<sup>th</sup> Tuesday of each month

7:00-8:00 PM

Adult Gathering Room

Leader: JoAnne Shapiro

No fee for Adult Service Members

**October 25<sup>th</sup>**      The World is Flat

**November 28**      Snow Falling On Cedars

## Mah Jongg

Every Monday      1:00 PM

Adult Gathering Room

Interested in learning? Let us know and we'll try to arrange a 4 week session seminar.

Leader/Instructor: Karen Martens

## Ladies Duplicate Bridge

1<sup>st</sup> Wednesday of every month

9:30 AM

Adult Gathering Room

No fee for Adult Service Members

**October 4**

**November 1**

**December 6**

Leader: Alice Dimond

## Knitting

Meet with knitting enthusiasts of all levels on Tuesday & Thursday Mornings @ 9:30 AM.

Great for parents and grandparents of children in morning programs!

Beginners welcome

Leader: Lori Ciesko

## ROMEO

Retired Old Men Eating Out

**October 11**      **Golden Lamb**  
(Discuss 2007 destinations)

**November 8**      **Der Dutchman**

(Vote on 2007 destinations)

Leader: Ed Gassert

## Red Hat Society

Luncheon

**Pappadeaux Seafood Kitchen**

**October 19<sup>th</sup>**

Hosted By:

Dee Beresford & Karen Martens

Dollhouse Tea

**Thursday, October 26<sup>th</sup>**

**1:00 PM**

Queen: Barb Alge

## Financial Roundtables

Come discuss various financial topics in an informal environment.

Adult Gathering Room      7:00 PM

Discussion Leader: Gerry Motl, CPA, CFP,

One To Financial Services, LLC

**Wednesday, October 4 ...**

Annuities

**Wednesday, October 11 ...**

Planning for retirement

**Wednesday, October 18 ...**

College Funding

**Wednesday, October 25 ...**

Financial Planning 101

**Wednesday, November 1 ...**

Life Insurance

**Wednesday, November 8 ...**

Long Term Care

Please call to Register

## Meet and Greet

Gather in the Community Room on the first Monday of the month to **MEET** new people and **GREET** old friends.

Members must register one week prior to the event or pay \$5.00 to off-set the cost of the meal.

Please notify us if you must cancel to keep costs down.

**MONDAY, OCTOBER 2**      **Spaghetti Dinner**  
**MONDAY, NOVEMBER 6**      **Harvest Dinner**  
**TUESDAY, DECEMBER 12**      **Holiday Dinner**

Join the **Shuffleboard** group @ 4:00 PM

Join the group for "Dutch" Shuffleboard @ 5:00 PM

And/or stay for:

Stay afterwards for table games & cards.

**"The Computer Tutor"**

## **Adult Halloween Party/Dance**

**Saturday, October 28<sup>th</sup>**

**8:00-Midnight**

For more information click here

[WWW.evendaleohio.org/pages/EvendaleOH\\_recreation/programs/adulthalloweenparty06flyer.pdf](http://WWW.evendaleohio.org/pages/EvendaleOH_recreation/programs/adulthalloweenparty06flyer.pdf)

## **Honor Our Veterans**

Saturday, November 11, 2006

6:30 PM

Steak Dinner & Presentation by: Gary Griesser, "Ambassador Of Encouragement"

More Information:

[www.evendaleohio.org/pages/EvendaleOH\\_recreation/programs/honorveteransprogram.pdf](http://www.evendaleohio.org/pages/EvendaleOH_recreation/programs/honorveteransprogram.pdf)