



VILLAGE OF EVENDALE

DECEMBER, 2018



Dear Neighbors and Friends:

The Interstate project is currently halfway through the scheduled timeline. The contractor has begun with Phase 5 of the 8 phases of the project. 2019 will see the completion of the work scheduled for Glendale Milford and the northbound interstate lanes. Work will switch to the southbound lanes and replacement of the bridge at Shepherd Ave.

The Village has invested in decorative enhancements of the bridge at Glendale Milford, as shown in the concept below. These should be started in 2019.

From my family to yours I would like to wish you a Happy Holiday and the best in the New Year.

Sincerely,

Your Mayor



Thank you
for your
patience

Getting to Know Your Neighbors



For Adele and Tom Lippert, attending the 1985 Homearama in Park Hills opened their eyes to the beauty and countless amenities of Evendale. Both Cincinnati natives, they were looking to downsize from their Finneytown home after most of their eight children were in college or entering the workplace.

They quickly chose a lot and moved into the retirement house of their dreams the very next year. Tom was Marketing and Advertising Vice President of Hamilton Caster in Hamilton, and Adele was a campus minister at Ursuline Academy where their youngest daughter was a junior. Both were active volunteers for the Cincinnati Art Museum.

Tom became an officer of the Park Hills Homeowners Association and more recently left a 12-year stint on the Evendale Board of Zoning Appeals. Adele was able to spend more time tending a backyard garden viewed below from the deck and gazebo designed to complement their home. Adele's green thumb has twice been recognized by the community: In October of 2010 *The Enquirer* featured the garden and deck layout in a colorful 2-page spread; and on October 4 of this year the Cincinnati Horticultural Society presented her a "Garden Stake" Award. The whole family loves the rec center, the gorgeous pool is still a venue for summer reunions, and now that tennis is passing out of the picture both have become regulars at our Village's first-rate Nautilus Fitness Center.

WAYS TO GIVE BACK during November and December



The Fire Department will be collecting for Toys for Tots again this year. Please donate a new unwrapped toy. Collection Boxes will be placed in the lobby of the Fire Department, which is open 24/7, the Recreation Center lobby and near the entrance to the Fitness Center. They will be collecting toys through 12/15/2018. Thank you in advance for your support.

FILL THE TRUCK

November 23 – December 15

Evendale Recreation Department will be participating in the 9th Annual Fill the Truck, an Initiative of Frame USA. We will be collecting TOILETRIES, CLEANING SUPPLIES and CANNED FOODS in boxes at the Recreation Center. Be a part of the greatest year-end charity in the Tri-State. Local organizations benefitting from this campaign include **Princeton's Closet**, The Healing Center, Valley Interfaith, CAIN (Churches Active in Northside), The Children's Home in Northern Kentucky, NEEDS (NorthEast Emergency Distribution Services) and the Loveland Inter Faith Effort Food Pantry (LIFE.) Items will be collected at the Recreation Center through December 15th. For more information, www.FillTheTruck.org or call the Evendale Recreation Center at 563-2247. FillTheTruck.org, Inc. is a 5013C Charitable Organization. *Thank you in advance!*



GORMAN HERITAGE FARM

Gorman Heritage Farm is proud to announce we have received accreditation from the American Camp Association. We are one of only a small number of accredited camps in the Cincinnati area. ACA accreditation is solid proof of a camp's accountability, credibility, and commitment.

Learn more at <https://www.acacamps.org/campers-families/planning-camp/preparing-camp/fun-safety-aca-accredited-camps-set-standard>

Summer Kids Camp registration opens for Members on February 1, 2019 and for non-members on February 15, 2019. Our camps have always sold out fast, and with ACA accreditation, they will sell out even quicker! Become a Member to be sure to get in the camps you want for your kids or grandkids, and at a discounted rate!

Memberships make great gift this Holiday Season!

Family Memberships \$75

Grandparent and Grandkids Membership \$50

<http://gormanfarm.org/product/membership>

Upcoming Classes & Events

Find info at gormanfarm.org and [Facebook.com/gormanfarm](https://www.facebook.com/gormanfarm)

Dec 1 Master Gardeners Present ~ Natural Holiday Ornaments

Dec 8 Holiday Cookies on the Farm

Dec 15 Gorman Heritage Farm ~ Holiday Feast

Weekly Events

Wednesdays 6:00pm – 7:30pm

Thursdays 9:00am – 12:00pm

Thursdays 12:00pm – 1:00pm

Fridays 3:00pm – 4:00pm

Quilting Group

Volunteer Opportunities.

Volunteer/Staff potluck lunch.

Free horse drawn wagon rides
(weather permitting)

Follow us on Facebook, Twitter and on our website www.gormanfarm.org. You can also email tricia@gormanfarm.org to sign up for our monthly newsletter!



Fire & Police Departments



Hamilton County is rolling out a new notification system for residents. This is a twofold system, HC Alerts and SMART911.

What Kind of HC Alerts Can You Receive?

- National Weather Service Watches and Warnings for Hamilton County
- Phone Call Alerts Available for: Civil Danger Warnings, Civil Emergency Messages, Evacuation Immediate Alerts, Flood Warnings, Flash Flood Warnings, Shelter in Place Warnings, and Tornado Warnings
- Critical Safety & Emergency Information
- Non-Emergency Messages from your Community



How Can You Get These Alerts?

- Text Messages
- Email
- Voice Call (Available for the following alerts: Flood Warning, Tornado Warning, Evacuation, Civil Danger Warning, Civil Emergency Message, Flash Flood Warning, Shelter in Place Warning)

What is Smart911?

SMART911 allows first responders to have quicker access to important information in case of an emergency. By creating a profile, you provide first responders with key information about members of your household (names, physical descriptions, photos, pet information), as well as medical information. This information is crucial during an emergency.

What Information Should I Include in My Profile?

- People – Names, physical descriptions, and photos will help responders act quickly if a child goes missing, or help identify individuals in an emergency.
- Phones – Add all phone numbers (especially cell phones) so that 9-1-1 will have a better idea where you are when you need help.
- Animals – Include information about your pets and service animals that responders need to be aware of.
- Medical Information – Existing conditions, allergies, disabilities and equipment, medications being taken by all members of your household.
- Address and Location Information – Property details, photographs of your residence, utility shutoff locations, access points to the residence, floor layout and bedroom locations.
- Vehicle Information – Include a description of your vehicle, as well as the license plate number.
- Emergency Contact Information – Include the information of family members, friends, or neighbors in the event of an emergency.
- Communication Preferences – If an individual is deaf or hard of hearing, or English is not the primary language, dispatchers will immediately know that an alternate form of communication is needed.

How Do I Sign Up?

You can log onto www.HCREADY.org and follow the “warning” tab to enter your information or you can also sign up at www.smart911.com.

DECEMBER 2018

Council Cultural Arts Fire Gorman Farm	Police Recreation Service Civic Events
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Memberships on Sale Natural Holiday
2 Holiday Lite Up	3	4 Subcommittee Meeting Gingerbread House Making	5 Gingerbread House Making	6 Chair Volleyball Holiday Luncheon & Bingo	7	8 Holiday Cookies Visit with Santa Stargazer's Painted Holiday Party
9 Deadline for Letters to Santa	10 Adults Holiday Party	11 Council Meeting Jr. Holiday Bingo	12	13	14	15 Last Day for Toys for Tots & Fill the Truck Collection
16	17	18 CIC Meeting EPC Meeting	19 Hoxworth Blood Drive	20	21	22
23	24 Recreation Center Closes at 2:00 PM	25 Recreation & Administration Offices Closed	26	27	28	29
30	31 Recreation Center Closes at 2:00 PM					

ADOPTED ORDINANCES & RESOLUTIONS

The following ordinances were adopted by Council at their Regular Council Meeting on November 5, 2018. The complete ordinance and support information are available at the Administration Office. If you would like to view this information or if you have any questions, please contact our Village Clerk, Barb Rohs, at 563-2244.

Res. #18-10 – Resolution **recognizing the need for Hamilton County to create a dedicated Common Pleas Housing Court**; and encouraging the Judiciary to support and the Ohio General Assembly to enact legislation implementing necessary changes to create such a court. Unanimously Approved

Res. #18-11 – Resolution of the **Village of Evendale's support for overall and combined pathways with Hamilton County Public Health's WeThrive Program**. Unanimously Approved

Ord. #18-70 – Ordinance **authorizing the payment of amounts due upon certain contracts requiring certification of availability of funds** and declaring an emergency. Unanimously Approved

Ord. #18-71 – Ordinance **authorizing Mayor to enter into contract with the lowest and best bidder for operation of the Evendale Recreation Center's Fitness Center** and declaring an emergency. Unanimously Approved

Ord. #18-72 – Ordinance **authorizing the Mayor to hire Mary Carole Schneider as the Permanent Part-Time Childcare Attendant for the Recreation Department** and declaring an emergency. Unanimously Approved

Ord. #18-73 – Ordinance **appropriating funds and appointing Stephen E. Roos as Fire Fighter/Paramedic** for the Village of Evendale and declaring an emergency. Unanimously Approved

Ord. #18-74 – Ordinance **authorizing Mayor to purchase from the State of Ohio Department of Transportation Procurement Program a Sourcewell Cooperative Purchasing Program for a single axle dump truck and related equipment** and declaring an emergency. Unanimously Approved

Ord. #18-76 – Ordinance **authorizing Mayor to enter into contract with Rumpke of Ohio, Inc., the lowest and best bidder for waste and recycling services** for a three-year period with two additional option years and declaring an emergency. Unanimously Approved

Ord. #18-77 – Ordinance **authorizing Mayor to enter into contract with the lowest and best bidder for the traffic island landscape maintenance project** and declaring an emergency. Unanimously Approved

Ord. #18-78 – Ordinance **authorizing the Mayor to enter into agreement for Ancillary Health and related insurance with Dental Care Plus, Avesis and Reliance Standard Insurance** to provide dental, vision, basic life and voluntary life and accidental death and dismemberment insurance benefits to full time village employees and declaring an emergency. Unanimously Approved

An Emergency clause is frequently added to an ordinance in order to allow the ordinance or resolution to go into effect immediately upon adoption. Under Evendale's Charter the emergency provision must be separately voted on and approved by no less than 5 members of Council. It must include a reason for why it is necessary



SPARKLING WINE TASTING

Ages 21 & Over

Saturday, December 1

3:00 - 5:15 pm

\$25 per person

RSVP required: 563-1350 or
susan.gordy@evendaleohio.org
MAX: 24

The daylight hours shorten and the colors of autumn are slowly fading. Before we are greeted by the harshness of winter and the start of a new year, we should celebrate this year by having some sparkling wine! That is correct, it is time again for the annual sparkling wine tasting! Bringing a plate to share, is encouraged, but is **NOT** required.



WATERCOLOR WEDNESDAY:

EVERGREEN SCENE

Wednesday, December 5

6:30 pm, \$20.00

Lower Studio,

Ages 16 & Over

Holiday Gift Set! Paint a watercolor evergreen scene with Stickles used as snow with matching notecard and gift tag. Contact Diana Marra at 513-884-2574 to sign up or at designbydiana@aol.com.

STARGLAZERS PAINTED HOLIDAY PARTY

Saturday, December 8

ALL AGES

10:00 am – 1:00 pm

Plan a creative stop this holiday season to the Cultural Arts Center to make your own holiday keepsake! Price per piece ranges from \$9 - \$40. You will pay Star Glazers directly. Cash, credit and checks accepted. Pieces fired and returned in 2 weeks.

Register @ 563-2247



MINTR CIRCUS ARTS CLASSES

Wednesdays, Thursdays, Saturday & Sundays, start anytime, ALL AGES
Evendale residents receive 50% discount on classes.

TIPPI TOES DANCE CLASSES

Tuesdays

Baby Ballet (ages 2-3) 5:15–6 pm

Ballet, Tap, Jazz (ages 4-6) 6:15–7 pm

Resident Annual Registration Fee: \$20,
\$10 for siblings

Resident Monthly Tuition: \$40,
\$30 for siblings. Start anytime. Call
Andrea at 513-578-1280 to register

CINCINNATI ACTOR'S STUDIO ACTING CLASSES

Mondays & Thursdays

7:00 pm–9:00 pm, \$25.00 per class

Register @ cincyact@gmail.com

We teach EVERYTHING you need to be a successful Actor! Affiliated with the Tri-State's largest talent agency, our actors work in local theater, major motion pictures and everything in between. For information, call: 513-615-2827

GENTLE VINYASA FLOW YOGA

Tuesdays

10:00-11:00 am

\$10 per class

Deb will guide you through a moderately strong class beginning with pranayama (breath) & centering, then moving through sun salutations & balance postures to encourage length & develop strength while incorporating alignment concepts. For information call Deb @ 513-289-4831 or email bagley01@gmail.com

OIL PAINTING

Tuesdays

9:30 am–2:00 pm

\$13 per class

Register @ jhaslit@fuse.net

For Beginner to Intermediate students. Learn with demonstration, exercises and personal coaching.



PAINTING CLASS

Thursdays

6:30–9:00 pm

\$90 for 6 week session, start anytime.

Watercolor, oil acrylics, all mediums welcome. All levels from beginner to more advanced. Work on your painting skills and techniques with a proven art instructor. For information call 513.681.8995.

Email instructor Bob Hebenstreit
@ rehebenstreit@fuse.net

MUSIC AT THE ECAC

The Evendale Cultural Arts Center offers private and group music lessons at a 50% discount to all Evendale residents 18 and under. We offer piano, trumpet, trombone, baritone, French horn, clarinet, flute, saxophone, drum, percussion, voice, violin and viola lessons with highly trained expert instructors. Our instructors work closely with your child and their music goals to give your students an amazing music education. Call Susan for more information or check the Village website.



VILLAGE OF EVENDALE

RECREATION DEPARTMENT

2019 EVENDALE RECREATION MEMBERSHIPS ON SALE

**Starting Saturday, December 1 at
9:00am**

Memberships Valid for the Calendar Year;

January 1 – December 31

All 2018 Memberships Expire December 31.

Limited Number of Locker Sales also available.

EVENDALE RESIDENTS

Full-Facility Family Membership is only \$100!

If you are a new resident, or if you have never purchased a membership, you must first register with our Tax Department, located in the Administration Building. Afterwards, you will be eligible to purchase your membership at the front desk of the Recreation Center.

	Resident Memberships			Other Notes
	Family	Individual	Senior	
Facility	\$100	\$70	\$25	Includes Pool, Tennis, Racquetball, Fitness, Sauna, Spa, and Locker Rooms
Fitness	\$40	\$30	\$10	Opens 5:00 AM Mon-Fri.
Locker Rentals	n/a	\$25	\$25	
Note: All new members must go through a Fitness Orientation with a Lifestyle staff person before using the Fitness Center. 10 annual guest pass (\$2.00 each) are included with each membership. Locker Rentals are limited to 12 lockers total in each locker room with a maximum of four for business members to rent.				
Racquetball	\$40	\$30	\$10	Guest Fee \$2/hour
Swimming Pool	\$50	\$30	\$10	Baby-sitting Pass \$30.
Tennis	\$10	\$10	\$10	

Snow Creation Contest

NOW through January 21

E-mail photos to: Nancy.Hagner@evendaleohio.org.

Photos will be on display at the Snow Much Fun! Winter Family Fest' on Friday, January 25

Build your best snowman, snow dragon or any snow creation! E-mail your picture by January 21.

(Residents may submit Snow Creation pictures taken between 1/20/2018 - 1/21/2019)

Be sure to include your name and address with the picture. All ages are welcome!

Be creative and let's hope for lots of snow this winter!



Daddy Daughter Dance

Saturday, February 2

7 – 9 PM

Grades K – 6

Early Bird Fees by January 20: \$10 per person

After January 20: \$20 per person

(No Reservations after January 28)

Appetizers & Desserts, Dancing & Special Photo!

Fireworks in January! At the Snow Much Fun Winter Family Fest'

Friday, January 25 7:00 – 9:00 PM

\$1 per person by January 21

\$2 per person after January 21

Snow or Shine . . . dress for outdoor play!

Jump in the FROZEN Bounce House or slide down the Alpine Slide! Make a winter craft, take a train ride, play Snowflake Bingo or watch the creation of a beautiful Ice Sculpture! We are even expecting a few special visitors from FROZEN!

Enjoy Starbucks Coffee, Hot Chocolate & Desserts! Hang out with friends & top off the night with a Spectacular Winter Fireworks Show! (8:45PM)

ALL AGES WELCOME! (Children MUST be accompanied by an adult)

Residents may register their non-resident Grandchildren or Grandparents for this event!



SPECIAL EVENTS

FILL THE TRUCK

November 23 – December 15

Evendale Recreation Department will be participating in the 9th Annual Fill the Truck, an Initiative of Frame USA. We will be collecting TOILETRIES, CLEANING SUPPLIES and CANNED FOODS in boxes at the Recreation Center. Be a part of the greatest year-end charity in the Tri-State. Items will be collected at the Recreation Center through December 15th. For more information, visit www.FillTheTruck.org or call the Evendale Recreation Center at 563-2247. FillTheTruck.org, Inc. is a 5013C Charitable Organization. *Thank you in advance!*

HOLIDAY LITE-UP

Sunday, December 2

5:30 PM

Evendale Residents Only

\$5 per person beginning November 27

Celebrate the holidays with a community dinner. Photos from 2018 to be projected on a screen throughout the evening. Everyone is encouraged to bring toiletries, cleaning supplies or canned goods to donate to the Fill the Truck initiative. We will be gathering outside following the event to sing carols and officially throw the switch on our village décor!

LETTERS TO SANTA

November 26th – December 9th

Mailbox located in the Lobby of the Recreation Center. *Make sure your first and last name and address appear on the letter so that Santa can write you back!*

Letters must be dropped off by December 9th!

JR. HOLIDAY BINGO

Tuesday, December 11th

6:30 – 8:00 PM

2nd – 7th graders (Min 20)

\$3.00 per person

Deadline to register is December 9th!

Please bring a \$10 Gift Card (WRAPPED) to be used for bingo prizes. Pizza and drinks provided.

PROGRAMS FOR THOSE AGE 18 AND YOUNGER

PHI LAMBDA PI

Evendale Residents in 8th – 12th grades are eligible to join Phi Lambda Pi for Open House! Any interested resident can join anytime. The group meets every Wednesday night from 7:00- 9:00 P.M. at the Recreation Center for Open Houses. Trips, service projects and fundraisers are held throughout the year. Email adam.knight@evendaleohio.org for details.

Winter Children's Programs

Monday January 14 – Friday March 15th

\$10 per class by Jan 4 \$15 per class after Jan 4

MAX OF TWO CLASSES PER CHILD. Please adhere to age guidelines when signing up. Children should remain in the same age class for the entire "school year."

MOSTLY MOTHER GOOSE Mondays 9:30 – 10:30 am

18 months – 36 months, accompanied by a caregiver.

No siblings in class, please. Child care available.

Join us each week as we discover Mother Goose nursery rhymes and more through songs, finger plays, simple art projects and other activities.

MONDAY FUNDAY

Mondays 1:00 – 2:00 pm

(Min 8, Max 15)

3 – 5 year olds. MUST BE POTTY TRAINED. Children will be entertained with crafts, songs, games and other activities.

TOT TIME

Tuesdays 10:30 – 11:30 am

(Min 8, Max 15)

All ages are welcome with an adult

Registration fee is PER CHILD NOW for the whole session

Come down and join us for family free play, table time and other various activities throughout the session.

READY – SET – GO! (choice of two times)

Wednesdays 9:30 – 10:30 am or 10:45 - 11:45 am

(Min 8, Max 15 each time slot)

18 months – 36 months, accompanied by a caregiver.

No siblings in class, please. Child care available.

This class features large muscle activities such as tumbling, parachute, hula hoops and scooters, as well as simple songs and finger plays.

OPEN GYM

Wednesdays, Noon-2pm

No Fee – drop in activity.

All ages welcome, accompanied by an adult. Parents must provide supervision at all times. Pizza lunch the last Wednesday of each month!

WIGGLE, GIGGLE & SHAKE (choice of two times)

Fridays 9:30 – 10:30 am or 11am - Noon

(Min 8, Max 15 each time slot)

3 – 5 year olds. MUST BE POTTY TRAINED.

Come each week to "shake your sillies out!" We'll start with a brief time of free play, and then we'll wiggle, giggle, shake, dance, move and sing as we learn to share and cooperate in a fun setting. GYM SHOES REQUIRED.

Bumper Bowling

Monday, January 21 *Martin Luther King, Jr. Day

1:15 – 3:00 pm

4 years old – 3rd grade (Min 6, Max 25)

\$10 per child includes shoes, bowling & a soft drink.

Sign-up by January 15.

Meet at Crossgate Lanes, 4230 Hunt Road.

Bumper Bowling

Monday, February 18 *President's Day

1:15 – 3:00 pm

4 years old – 3rd grade (Min 6, Max 25)

\$10 per child includes shoes, bowling & a soft drink.

Sign-up by February 12.

Meet at Crossgate Lanes, 4230 Hunt Road.

ADULT PROGRAMS

HOLIDAY PARTY

Monday, December 10

6:30 – 8:30 PM

Evendale Residents \$3.00

Guest of Resident Fee \$6.00

(one guest to one resident ratio)

Childcare available with prior sign-up.

All residents 18+ are invited to join us for the Holiday Party. Invite your neighbor(s), and or a friend and enjoy an inexpensive evening out with fun music and a caterer sure to delight! Join us for hearty appetizers & desserts as we celebrate the holidays with friends. The Littlest Big Band will entertain us this evening. Littlest Big Band presents interactive reminiscing programs featuring songs from the 1920s through the 1960s. As they perform American Standards classics, Lynn & Bob share interesting facts about the songs. Please sign-up by Thursday, December 6th.

MONDAY NIGHT CARDS & GAMES

December 3, 17

January 7, 14, 21, 28

6:00 – 9:00 PM (come as early as 5:00 PM to socialize and find tables!)

No fee. No sign-ups.

Bring a snack, appetizer or dessert to share and join us any Monday night in the Evendale Room. Come alone, or bring others and play whatever game you like. We normally have two tables of Hand & Foot, and one table of Mexican Train Dominos.

MEET & GREET

Monday, January 7

Kickoff 2019 with a wonderful meal with friends and neighbors. Menu and additional information to follow in January's newsletter.

Wii BOWLING LEAGUE

Evendale Residents \$5.00

Guest of Resident ee \$10.00

(one guest to one resident ratio)

Please register by December 14.

Please indicate at registration if you have a teammate you plan to bowl with.

Join us on Fridays nights starting January 11th for our Wii Bowling League! The league plays until April/May, every other Friday evening at the Recreation Center.

Any questions call Kristen 563-2247 or email

Kristen.maiden@evendaleohio.org

LADIES BUNCO NIGHT

Thursday, January 17, 7:00 PM

Fee \$1.00. Lite snacks and drinks provided

Please register by January 14 to ensure enough players

It's back.... laugh, chat with old friends, make some new friends! Cash prizes!!

COFFEE & CONVERSATION – EVENDALE MOM'S CLUB

Friday, January 18

9:30 – 11:30 AM

Free

Join us to celebrate the first week of children's classes for the winter session. Light snacks and coffee will be available. We look forward to seeing many Moms at this morning social! Need childcare: be sure to sign-the sheet posted on the childcare door. Our hope is to accommodate all childcare needs but we only can accept children to our capacity.

CARD MAKING

Contact: Patti Lyon, 563-2247

The group meets the second and fourth Tuesday of each month at 1:00 at the Recreation Center. *Come test out your creative side!*

CHAPTER ONE BOOK CLUB -

Group does not meet in December!

Contact: Georgia Bergan, 477-9547

Join other book enthusiast in Evendale's monthly book club which meets the fourth Tuesday of the month at 7:00 PM in the Evendale Room. *Everyone is welcome.* Come for a cup of coffee or tea and see what the group is reading this month!

ROMEOS (a.k.a Retired Old Men Eating Out!)

Contact: Larry Gilland, 563-2318

This group meets the 2nd Wednesday each month at 11:00 AM to socialize at the Recreation Center and then heads out to enjoy lunch together at a designated restaurant around 11:30 AM. If you enjoy eating out amongst friends at local establishments, *this group is for YOU!*

JULIET's (a.k.a. Just Us Ladies in Eateries Tasting Samples!)

Contact: Donna Dick, 923-2027

The group meets the 3rd Wednesday each month, 12:30 pm, at a designated restaurant. Join these ladies for lunch on your own; *enjoyable conversation awaits you!*

EVENDALE MOM'S CLUB

Contact: Nicole Morand, 218-5827 or Diana Busam, 368-1440



A group to connect with Evendale Moms and post questions, comments and social events. Call Nicole or Diana to be added to their Facebook page or obtain more information.

Tis the Season to Sweat

Group Exercise Special All of December=\$40 unlimited classes!
Kick off your New Year's resolution early by taking group exercise classes.
Make us a part of your healthy routine!



Tis The Season To Sweat (Dec) promotion \$40 unlimited classes or \$10/walk-in.

Monday	Tuesday	Wed.	Thursday	Friday	Saturday
	HITT Bootcamp 5:00- 5:45a Rob	Yoga 8:15-9:15a Sheri	NEW!!! HITT Bootcamp 5:00- 5:45a Michael		
Cardio & Strength 9:30-11:00a Lisa		Cardio & Strength 9:30-11:00a Lisa			Spin 8:30-9:15a Amy
	Barre 9:30 – 10:30a Amy		Barre 9:30 – 10:30a Amy	Yoga 9:15-10:15a Sandy	Strictly Muscle 9:30-10:30a Amy
NEW!!!! Step N Sculpt 5:30-6:30 p Sharon	Spin 6:00 – 6:45 p Amy	NEW!!! Body Blast 5:45 – 6:30p Rob	Strictly Muscle 6:00 – 7:00 p Amy		
NEW!!! POP Pilates 6:30-7:30p Helene	DanceBlast 7:00-8:00p NEW START TIME Lisa S.	NEW!!! HIIT 6:30-7:15p Rob			
Yoga 6:30-7:45p Sandy	Tae Kwon Do 6:15-7:30p Mike		Tae Kwon Do 6:15-7:30p Mike		Check website for updates. *Classes could change.

Yogalab: Pain Free Feet

Instructed by: Heather Feather

Jan. 22, 2019

6:30 p.m.

FREE

Do you struggle with plantar fasciitis? Are you tired of hobbling to the coffee maker in the morning because your feet hurt so badly? Are you fed up with the sharp shooting pain in your heel? If you answered, "YES!" to any of these questions this session is for you. Heather struggled with plantar fasciitis for years and found a natural and holistic way to find relief. Heather Feather will be teaching the class and is a personal trainer, 500 hour trained yoga instructor, marathon & ultra-marathon runner. She has also completed an Ironman as well as long distance open water swim races. She can't wait to share her journey of kicking plantar fasciitis to the curb with you and how you can have Pain Free Feet.



Group Exercise Class Description - Curious for Something New!

Barre – Tuesdays & Thursdays 10:00 – 11:00 a.m.

Instructor: Amy Ash

This class uses a series of ballet moves done repetitively while incorporating light weights. The core is targeted with Pilates moves and Yoga is utilized in the stretching portion.

Body Blast Wednesdays 5:45- 6:30 p.m.

Instructor: Rob Landis

Forty five minute strength based class that focuses on toning and improving muscle strength. Total body workout that will target all major muscle groups. Low impact and great class for all fitness levels.

Cardio & Strength – Mondays & Wednesdays 9:30 – 11:00 a.m. Instructor: Lisa Morelock

This 90 minute long cross training class uses a mix of interval training with weights combined with fun cardio that incorporate elements of endurance training, calisthenics and strength training to help develop overall body fitness. Work out format and structure change from class to class to meet goals and offer participants a taste of the variety available in the world of group exercise. Come join the fun and watch your body change!

DanceBlast – Tuesdays 7:30 -8:30 p.m. Sign-up at www.danceblastinfo.com

Our dance fitness classes are fast paced, challenging and fun! We incorporate a variety of dance styles, including jazz, hip hop, Latin, ballroom, disco, Bollywood and plenty danced to popular music that you probably already know and love. Our classes appeal to former dancers as well as those who just want to dance but lack any formal training. Every week we add one new song/routine and discard one old one, so that there is enough new material to keep interesting but there is enough repetition for you to be able to really master some of the routines and have the opportunity to really add your own flavor to it. It takes about 2-3 classes for most people to be able to master most of the steps.

HIIT - Wednesdays 6:30 – 7:30 p.m.

\$10/Walk-in Instructor: Rob Landis

Looking to build lean muscle, shred calories, or a new cardiovascular workout then HIIT is for you. Forty five minutes of high intensity designed to get your heart rate up and calories burning off. Every week HIIT will challenge you in new ways with incorporating many different training protocols such as: tabata, plyometrics, cardio, and strength all together to give you a total workout.

Muscle Combo class – Saturdays 9:30 – 10:30 a.m.

\$10/walk-in Instructor: Amy Ash

Strengthen and tone all of your muscles with compound exercises while periodically increasing your heart rate with bursts of cardio work.

POP Pilates® Mondays 6:30 – 7:30 p.m. \$10/Walk-in

Instructor: Helene Everhart

An incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched. This format takes classical Pilates to the next level like you've never seen before. While most POP Pilates® moves originate from classical Pilates; the class design, relationship with music, sequencing and reps, differ from reformer classes and traditional mat classes. The fundamentals of breathing, core engagement and powerhouse-based movements are shared.

Step N Sculpt Mondays 5:30 – 6:30 p.m.

Instructor: Sharon Young

Simple, heart-pumping step aerobics routines combined with strength training intervals to give you a complete cardio and weights workout. This is an excellent functional training class for all skill and fitness levels. You may be surprised to actually enjoy sculpting your body and following step combinations. Come give it a try!

Yoga – Mondays 6:30 – 8 p.m. \$10/walk-in

Instructor: Sandy Nardini

Wednesdays 8:30 – 9:30 a.m. \$10/walk-in

Instructor: Sheri Mitchell

Fridays 9:15 – 10:15 a.m. \$10/walk-in

Instructor: Sandy Nardini

A mix of movements designed to improve flexibility, strengthen, re-energize and relax the body and mind. *(If possible, please bring your own yoga mat-small mats available for use at the center) Balance Vinyasa Flow – Fri Am and Monday PM (more gentle flow)*

Strictly Muscle Saturdays 9:30-10:30 a.m.

Instructor: Amy Ash

Workout your entire body by using dumbbells in a high repetition class that uses different formats to fully fatigue every muscle!

Spin – Tuesday 6:00 -6:45 p.m. Must have 5 PRE-

Registered for this class to move forward

Saturdays 8:30 – 9:15 a.m. Instructor: Amy Ash

An adventurous cycling excursion with inspirational music. Break free of your comfort zone & improve your fitness level!

SPIN CLASSES: *Limited bikes=1st come, 1st serve.*

Tae Kwon Do Tuesday and Thursday 6:15- 7:30 p.m.

Instructor: Mike Wissel

Classes with less than five participants over a three week period may be cancelled.



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Evendale, Ohio 45241

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IMPORTANT PHONE NUMBERS

Administration Office	563-2244
Director of Administration	956-2666
Building Department	956-2665
Tax Department	563-2671
Village Clerk	563-2244
Cultural Arts Center	563-1350
Fire Department	563-2248
Gorman Heritage Farm	563-6663
Police Department	563-2249
Recreation Department	563-2247
Pool	563-2246
Weather Hotline	956-2667
Service Department	563-4338
Republic (Trash Service)	771-4200
Chamber of Commerce	383-7034

Website: www.EvendaleOhio.org

 Village of Evendale, Ohio -
Recreation, Administration and Cultural Arts.

 Evendale Emergency Services -
Police, Fire and the Service Department.

Did You Know...



Mr. Handyman of Greater Cincinnati/Northern KY, an independently owned and operated National franchise, has been in business since 2001. We were located in the heart of downtown Sharonville for 17 years and in October of 2018, we made the move to the Village of Evendale. At Mr. Handyman, we specialize in residential and commercial repairs and maintenance. No job is too small for the service professionals at Mr. Handyman, who have years of experience across the trades in carpentry, plumbing and electric. Our customer service representatives are ready to schedule your service and answer any questions you might have. Our hours are 8 AM to 5 PM Monday through Friday. If you are in the area, stop in and say HELLO!

Mr. Handyman of Greater Cincinnati/Northern KY
10268 Reading Road
Cincinnati, OH 45241
513-563-1999

www.mrhandyman.com

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