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-acca-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
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     Quilting Group
Thursdays 9:00am – 12:00pm     Volunteer Opportunities.
Thursdays 12:00pm – 1:00pm     Volunteer/Staff potluck lunch.
Fridays 3:00pm – 4:00pm     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!
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](http://www.HCREADY.org) and follow the “warning” tab to enter your information or you can also sign up at [www.smart911.com](http://www.smart911.com).
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- **Memberships on Sale**
- **Natural Holiday**
- **Holiday Cookies**
- **Visit with Santa**
- **Stargazer’s Painted Holiday Party**
- **Last Day for Toys & Fill the Truck Collection**
- **Chair Volleyball Tournament**
- **Holiday Luncheon & Bingo**
- **Gingerbread House Making**
- **Subcommittee Meeting**
- **Gingerbread House Making**
- **Deadline for Letters to Santa**
- **Council Meeting**
- **Jr. Holiday Bingo**
- **Council Meeting**
- **EPC Meeting**
- **Hoxworth Blood Drive**
- **Gingerbread House Making**
- **Subcommittee Meeting**
- **Deadline for Letters to Santa**
- **Recreation Center Closes at 2:00 PM**
- **Recreation Center Closes at 2:00 PM**
- **Recreation Center Closes at 2:00 PM**

**Cultural Arts**

**Fire**

**Gorman Farm**
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 Please Housing Court; and encouraging the Judiciary to support and the Ohio General Assemble to enact legislation implementing necessary changes to create such a court. 

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

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

**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.

**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.

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

**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.

**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.

**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.

**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.

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.
VILLAGE OF EVENDALE - DECEMBER, 2018

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

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Wednesday, December 5
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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.

MNTR 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

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

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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

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

STARCIRCUS 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.
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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.

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.

Visit the Cultural Arts webpage for a complete listing of classes and activities!
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.

<table>
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<tr>
<th>Resident Memberships</th>
<th>Facility</th>
<th>Individual</th>
<th>Senior</th>
<th>Other Notes</th>
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<tr>
<td>Family</td>
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<td>Includes Pool, Tennis, Racquetball, Fitness, Sauna, Spa, and Locker Rooms</td>
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<td>Fitness</td>
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<td>Locker Rentals</td>
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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.

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!
PROGRAMS FOR THOSE AGE 18 AND YOUNGER

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.

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.

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.

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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.”

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Tuesdays 10:30 – 11:30 am
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Come down and join us for family free play, table time and other various activities throughout the session.

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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.

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 signup.
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 holi-
days 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
Kick off 2019 with a wonderful meal
with friends and neighbors. Menu
and additional information to follow
in January’s newsletter.

ADULT PROGRAMS

Wii BOWLING LEAGUE
Evendale Residents  $5.00
Guest of Resident Fee $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 en-
sure 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 child-
care door. Our hope is to accommo-
date 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
of 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 establish-
ments, this group is for YOU!

JULIET’s (a.k.a. Just Us Ladies in
Eateries Tasting Samples!)
Contact: Donna Dick, 923-2027
This group meets the 3rd Wednesday
each month, 12:30 pm, at a
designated restaurant. Join these
ladies for lunch on your own; enjoya-
ble 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 Di-
ana to be added to their Facebook
page or obtain more information.
### Tis The Season To Sweat (Dec) promotion $40 unlimited classes or $10/walk-in.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td><strong>HITT Bootcamp</strong></td>
<td>5:00-5:45a</td>
<td>Yoga</td>
<td>NEW!!! HITT Bootcamp</td>
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<td><strong>5:00-5:45a</strong></td>
<td>Rob</td>
<td><strong>8:15-9:15a</strong></td>
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<td><strong>Rob</strong></td>
<td><strong>Sheri</strong></td>
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<td><strong>Cardio &amp; Strength</strong></td>
<td><strong>9:30-11:00a</strong></td>
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<td><strong>Spin</strong></td>
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<td><strong>9:30-11:00a</strong></td>
<td>Lisa</td>
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<td><strong>NEW!!! Step N Sculpt</strong></td>
<td><strong>5:30-6:30p</strong></td>
<td><strong>Spin</strong></td>
<td><strong>NEW!!! Body Blast</strong></td>
<td><strong>5:30-6:30p</strong></td>
<td><strong>Strictly Muscle</strong></td>
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<td><strong>Sharon</strong></td>
<td><strong>6:00 – 6:45p</strong></td>
<td><strong>5:45 – 6:30p</strong></td>
<td><strong>6:00 – 7:00p</strong></td>
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<tr>
<td><strong>NEW!!! POP Pilates</strong></td>
<td><strong>6:30-7:30p</strong></td>
<td><strong>DanceBlast</strong></td>
<td><strong>NEW!!! HIIT</strong></td>
<td><strong>Amy</strong></td>
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<td><strong>Helene</strong></td>
<td><strong>7:00-8:00p</strong></td>
<td><strong>7:00 – 8:00p</strong></td>
<td><strong>6:30-7:15p</strong></td>
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<td><strong>NEW!!!</strong></td>
<td><strong>Lisa S.</strong></td>
<td><strong>Mike</strong></td>
<td><strong>Mike</strong></td>
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<td><strong>Hiit</strong></td>
<td><strong>NEW!!!</strong></td>
<td><strong>Tae Kwon Do</strong></td>
<td><strong>Tae Kwon Do</strong></td>
<td>*<em>Check website for updates. <em>Classes could change.</em></em></td>
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<td><strong>7:00-8:00p</strong></td>
<td><strong>Tae Kwon Do</strong></td>
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<td><strong>Yoga</strong></td>
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**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.
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!

Dance Blast – 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.

POPs® Mondays 6:30 – 7:30 p.m.  
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 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.
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
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Cincinnati, OH 45241
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www.mrhandyman.com
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Follow us on Instagram at mrhandymancincy