Dear Neighbors and Friends:

Given the tragic shooting events that continue to plague our society, now is an appropriate time to review our current emergency management and safety protocols. Evendale officials are forming an ad-hoc task force to study best practices for security and emergency management at our public events (i.e. 4th of July Fireworks, Halloween Festival, Pavilion Concerts, etc.). Evendale has residents who are knowledgeable in related professions. Please contact me if you would like to participate on the Task Force. Meeting dates, times and agendas are forthcoming.

A few residents have expressed interest in using golf carts to get around the Village. This is an interesting idea worth further review. Village staff are researching golf cart legislation from other communities and will be making recommendations to elected officials on adopting safety-conscious regulations. More to come on this topic in the future.

Tom and John, our new mule team, have arrived at the Gorman Heritage Farm. They replace Jim and George who are retired and now enjoying life after public service. Please visit the new mules during Farm hours.

The Village is again seeking State grant funds for an elevator at the Cultural Arts Center. In 2017, Evendale applied for $700,000+ but was awarded only $125,000; FC Cincinnati received a bulk of the available grant that year. The Villages hopes to obtain more funding this round.

Exterior painting of the Bell Tower Arts Pavilion is underway and will likely be completed by the time you receive this Newsletter. What a difference! Thanks to all who worked on the project. It looks very professional.

Sincerely,

[Signature]

Your Mayor

Village of Evendale

2019 Annual Town Meeting

You’re Invited

Sunday, November 3rd at 5pm
Recreation Building Gym
Dinner to follow the business meeting.

RSVP to 563-2247 no later than Friday, November 1st.
GETTING TO KNOW YOUR NEIGHBOR

EVENDALE IS PROUD TO INTRODUCE OUR NEW BUILDING, PLANNING AND ZONING MANAGER

In July 2019, Evendale Village Council authorized the hiring of Andrew Rodney as the Village’s full-time Building, Planning and Zoning Manager. His first day of employment was August 5th. Mr. Rodney brings more than 14 years of planning, zoning and code enforcement experience to Evendale, having most recently served as City Planner for the City of Centerville, Ohio. His previous experiences included positions with the City of Dayton and Miami Valley Regional Planning Commission. Mr. Rodney earned a Master’s Degree in Public Administration from Wright State University and is a Certified Planner with the American Planning Association. “We are delighted to have Mr. Rodney join our Evendale team,” said Mayor Richard Finan. “He brings a wealth of experience and knowledge to our community,” Finan continued. Mr. Rodney is replacing Pam Morin who retired at the end of August after 24 years of professional and appreciated service with the Village. Please contact Mr. Rodney at 513-956-2665 with any planning, zoning or code enforcement questions.

The EVENDALE FIRE DEPARTMENT would like to invite all residents of the Village and business members and their families to our Open House!

We will open the fire house on Saturday, October 12th to the public for tours, demonstrations and kid’s activities. Everything kicks off at 1:00pm and will wrap up at 4:00pm. We will have the opportunity for mom and dad to dress as a firefighter in turnout gear, kids will be able to complete a smaller version of the physical fitness testing that the department conducts annually, and we will have tours available to see the inner workings of the station and how the members live and work here. The trucks will be available so you can look at the equipment and get some hands on feel for our activities. You will have the opportunity to purchase bike helmets, CO detectors, get a free smoke detector and have your blood pressure checked. Light refreshments will be served.

SERVICE DEPARTMENT

RESIDENTIAL LEAF BAG POLICY

The Evendale Service Department enacted a new procedure for the Residential Leaf Bag Program in 2017. If you have any questions, please contact the Service Department at 513-563-4338.

1. Leaf bags will only be issued on Saturdays from 9:00 am to 1:00 pm and Wednesdays from 1:00 pm to 7:00 pm. For 2019 the dates will be: Saturday, October 5, 12, & 19; Wednesday, October 2 & 9
2. To ensure bags are available for all homeowners, during the month of September each household will be issued a maximum of 50 bags. These may be picked up at any one of the dates above.
3. Any additional bags available will be issued on the October dates, up to a maximum of 75 total bags per household, while supplies last.
4. Each household will have to sign for the bags. (Proof of residency may be required)
5. You may only pick up the bags for your household.
6. There are a limited amount of bags available and are issued on a first come basis.

RUMPKE REQUESTS THAT LEAF BAGS, TRASH CANS & RECYCLE BINS ARE PLACED IN THE SAME SPOT.
Join us at the Farm for the 22nd Annual SUNFLOWER FESTIVAL, October 5 & 6. We encourage you to make plans to join us for hay rides, live music, meet the farm animals, pumpkins, mule drawn carriage rides (featuring our new mule team Tom and John), craft vendors, food trucks and our farm fun education station! Admission $8 adults, $5 seniors 60+ and kids ages 3-17, kids under 3 are free. Members get free admission.

Stop by and meet our new mule team John & Tom. Tom is 11, has black in his mane, a white spot on his head, lighter legs, and black in his tail. John is 10, has a blond mane, darker legs, and a blond tail. They are Belgian mules, meaning that their mother was a Belgian Horse and their father was a Mammoth Jack Donkey.

Pastured Beef and Chicken are available in our Farm Shop freezer. You may also pre-order chickens through October.

Thanksgiving turkeys are selling fast. Pre order today! [http://gormanfarm.org/products/meat-poultry](http://gormanfarm.org/products/meat-poultry)

Upcoming Classes
Nuts About Nuts. November 7, 6PM.
Find info about upcoming Classes & Events at gormanfarm.org and Facebook.com/gormanfarm

Follow us on Facebook, Twitter and on our website [www.gormanfarm.org](http://www.gormanfarm.org).

You can also email tricia@gormanfarm.org to sign up for our monthly newsletter.
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Elections is next Tuesday, November 5th
ADOPTED ORDINANCES & RESOLUTIONS

The following ordinances and resolutions were adopted by the Council of the Village of Evendale at its Regular Council Meeting on September 12, 2019. 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. #19-04
RESOLUTION ACCEPTING THE AMOUNTS AND RATES AS DETERMINED BY THE BUDGET COMMISSION AND AUTHORIZING THE NECESSARY TAX LEVIES AND CERTIFYING THEM TO THE COUNTY AUDITOR

ORD. #19-55
AN ORDINANCE AUTHORIZING THE MAYOR TO EXECUTE AN AMENDMENT TO THE CONTRACT FOR OPERATION, MANAGEMENT, AND MAINTENANCE OF THE GORMAN HERITAGE FARM WITH THE GORMAN HERITAGE FARM FOUNDATION.

ORD. #19-56
AN ORDINANCE MAKING APPOINTMENT TO THE GORMAN HERITAGE FARM FOUNDATION BOARD AND DECLARING AN EMERGENCY.

ORD. #19-57
AN ORDINANCE AUTHORIZING THE MAYOR TO EXECUTE AN ENGAGEMENT LETTER WITH THE INCENTIVE REVIEW GROUP.

ORD. #19-58
AN ORDINANCE APPROVING AN ADDITIONAL APPROPRIATION FROM THE CAPITAL FUND FOR AEROHUB PHASE ONE INFRASTRUCTURE AND DECLARING AN EMERGENCY.

ORD. #19-60
AN ORDINANCE APPROVING THE PURCHASE OF A POLICE VEHICLE AND A TRANSFER FROM THE CONTINGENCY FUND TO THE POLICE DEPARTMENT AND DECLARING AN EMERGENCY.

ORD. #19-61
AN ORDINANCE AUTHORIZING THE PAYMENT OF AMOUNTS DUE UPON CERTAIN CONTRACTS REQUIRING CERTIFICATION OF AVAILABILITY OF FUNDS AND DECLARING AN EMERGENCY.

ORD. #19-62
AN ORDINANCE AUTHORIZING THE MAYOR TO EXECUTE AND CONVEY A STORM DRAINAGE EASEMENT TO THE MODAL SHOP, INC. AND DECLARING AN EMERGENCY.

ORD. #19-63
ORDINANCE AUTHORIZING THE MAYOR TO EXECUTE A GRANT OF EASEMENT TO DUKE ENERGY OHIO, INC. TO PROVIDE ELECTRIC SERVICE TO THE GRIFFIN FAMILY NATURE PRESERVE POND FOUNTAIN AND DECLARING AN EMERGENCY.

ORD. #19-64
AN ORDINANCE APPROVING AN ADDITIONAL APPROPRIATION FROM THE GRIFFIN FAMILY NATURE PRESERVE FUND FOR ELECTRIC INSTALLATION TO THE POND AND DECLARING AN EMERGENCY.

ORD. #19-65
ORDINANCE AMENDING SECTIONS 258.026 OF THE CODIFIED ORDINANCES OF THE VILLAGE OF EVENDALE PROVIDING FOR EXEMPTIONS TO THE REQUIREMENT TO PUBLISH ANNOUNCEMENTS OF OPENINGS IN FULL-TIME EVENDALE POSITIONS AND DECLARING AN EMERGENCY.

ORD. #19-66
AN ORDINANCE AUTHORIZING MAYOR TO REJECT ALL BIDS FOR GLENDALE MILFORD ROAD BRIDGE TOWERS PROJECT AND DECLARING AN EMERGENCY.

ORD. #19-68
AN ORDINANCE APPROVING AN APPROPRIATION TO THE FIRE DEPARTMENT CAPITAL IMPROVEMENTS ACCOUNT 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.
**Performing Arts**

**BEGINNER BALLROOM DANCE**
Fridays, 8 pm
$10 per class
Register with Malinda @ 513-532-0921

**CINCINNATI ACTOR’S STUDIO**
Mondays & Thursdays
$25 per class
Call Steve 513-615-2827 to register

**DANCEBLAST**
Tuesdays, 7 pm
$10 per class
Call Lisa 513-519-4062 to register

**GENTLE FLOW YOGA**
Wednesdays, 9:30-10:30 am
$10 per class, Deb Bagley

**TIPPIE TOES BABY BALLET (AGES 2-3)**
Wednesdays, 5:00 pm
$55 monthly
(Evendale residents receive discount)
Register at tippitoesdance.com

**TIPPT TOES BALLET, TAP & JAZZ**
(Ages 4-6)
Wednesdays, 6:00 pm
$55 monthly
(Evendale residents receive discount)
Register at tippitoesdance.com

**MY NOSE TURNS RED YOUTH CIRCUS**
Saturdays and Sundays
(Evendale residents receive discount)
Register at mynositurnsred.org

My Nose Turns Red offers your child the opportunity to run away and join the circus without leaving home. Learn how to juggle, balance on the rolling globe and learn the basics of creating a clown character. Classes are highly engaging; challenging youth to walk on the wire, balance on the rola bola and build human pyramids. My Nose Turns Red classes are led by highly experienced, professional circus coaches and experienced assistant coaches. Gym wheel coaches are certified by Internationaler Rhönradturn-Verband.

**Visual Arts**

**ACRYLIC PAINT POURING**
Saturday, October 26
1-3 pm, $25
All Supplies Included
Sign up at www.ArtbyAutumnM.com or email Autumn@ArtbyAutumnM.com or 513-443-8152

**ILILENGA ART DOLL**
(WOMEN, AGES 17+)
Wednesdays, Oct. 9, 16, 23
6-8 p.m. Lower Art Studio
$50 per person/ 10 participant limit
Register by 9/30/2019 at: thekimberfongkreations@gmail.com
*participants must furnish their own hot glue gun and sticks

**OIL PAINTING CLASS**
Tuesdays
9:30 am—2:30 pm
$13 each class
Email jhaslit@fuse.net for registration and information

**OPEN PAINTING STUDIO**
Mondays & Fridays
10 am—2:30 pm, Free
Email susan.gordy@evendaleohio.org for info

**PAINTING CLASS, ALL MEDIUMS**
Thursdays, 6:30 pm
$99 for 6 week session, start anytime
Instructor: Robert Hebenstreit
Email rhebenstreit@fuse.net to register

**PORTRAIT WORKSHOP WITH CARIN HEBENSTREIT**
April 26-28, 9:30-4:30 each day
$300, Call 513-681-8995 or email chebenstreit@fuse.net to register

**PROBLEMS IN PAINTING CLASS**
Tuesdays
6:30-8:30 pm
September 24—November 12
$160 for 8 week session
Contact DJ Berard at djberard@gmail.com to register and for supply list.

**Fine Living**

**MONTHLY WINE TASTING**
Ages 21 & Over
Saturday, October 12
5:00 pm, $10 per person, MAX: 24
RSVP deadline: October 5
Call 563-1350 or email susan.gordy@evendaleohio.org
A Spooktacular Night in Evendale!

HALLOWEEN FEST

Saturday, October 19
6:00 - 9:30 PM

$1 per person by 10/16 $2 per person after 10/16

This Family Event is for Evendale Residents of All Ages!
(Children MUST be accompanied by an adult)
Residents may register their non-resident Grandchildren or Grandparents for this event!

An evening of fun, food and games for Evendale Residents!

Hot Dogs, S’mores, Apple Cider, Hot Chocolate, Caramel Apples, Apple-Cinnamon Donuts and Fresh Popcorn!

Take a hayride, dance to great music, enjoy face painting, balloon sculpting, games & crafts. Jump in our famous Jumpin’ Pumpkin, take a pony ride or just relax around a giant bonfire! So put on your Halloween Costume…we’re going to have a Spooktacular night!

Gingerbread House Making

Session I: Tuesday, December 3
Session II: Wednesday, December 4
(Please note: each family may only reserve ONE spot for this event to allow space for all families who want to participate)
6:30 – 7:45 PM

$12 per Family by November 17
(REGISTRATION ENDS November 17)
(Min 15 families, Max 22 families per session)

• Children must be accompanied by an adult
• Create your own gingerbread house with edible and non-edible items!
• All supplies are included in fee but you are welcome to bring additional decorating items and/or tools for your creation!
• Please bring a tray to transport your masterpiece home.

MAKE SOME GREAT HOLIDAY MEMORIES WITH YOUR FAMILY! Space is limited so sign up early!

New for 2019!!!

Payment is due at time of registration. We will not place you on the roster without payment.

Turkey Shoot
FRIDAY, November 22
6:30 p.m.

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. Child must shoot with parent vs. an older sibling.

Age Divisions: 3-5, 6-8, 9-11, 12-14 15-17, Mom & Pops

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. Families limited to one turkey/door prize.

Fee: $1.00 per team by November 14
$2.00 per team Nov. 16 by 5:00 p.m.
(No sign-ups after 5:00 p.m. on November 16th)

CONGRATULATIONS

Please join the Recreation Department in congratulating Nancy Hagner, Program Supervisor, on her upcoming retirement. Nancy will be retiring at the end of October, after working numerous roles throughout her forty year career with the Village of Evendale Recreation Department. Her successes include bringing multiple new family special events to our community including the Snow Much Fun Festival, Potluck Dinner and Dances, Fashion Shows, Dive-In Movies, Family Camp Outs, Halloween Fest’ and the Gingerbread House Making event. Nancy organizes numerous other family special events for the department and she has helped Phi Lambda Pi raise thousands of dollars through the Combination Raffle on July 4th. We will definitely miss her exceptional organization skills, her acute attention to detail and her passion for excellence. Best wishes, Nancy, and thank you for the memories you helped create for so many!
Programs for Those Under Age 18

**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 more information.

**Election Day Bake Sale**
Tuesday November 5
Donations of baked goods are needed for Phi Lambda Pi’s Annual Election Day Bake Sale! Can you help? Donations may be dropped off on Monday evening, November 4th at the Recreation Center. Thank you in advance from Phi Lambda Pi!

**Rake-N-Run**
Evendale seniors needing a little extra help raking their leaves may call Adam Knight, 563-2247 by November 1st and have their names placed on our list. Every effort will be made to rake leaves at the beginning of November. Residents will be notified 24 hours in advance of our arrival. Please note that we may not be able to fulfill all requests. Those residents who normally utilize a lawn service are asked not to sign up for this service project. Residents must provide leaf bags.

**Trick-or-Treating**
Thursday October 24
Free to Attend
Meet at the Recreation Center at **1:00 PM** in costume. We will Trick or Treat at the Fire Department, Police Department, Administrative Offices and of course the Recreation Center! Please bring a treat bag. All ages welcome!

**Thanksgiving Feast**
Thursday November 21
12:15-2:15pm (Min 10 kids)
Ages 3 years old and up (must attend with an adult)
$4 per attendee
Kids will prepare a Thanksgiving Feast for all to enjoy. Craft time will follow. Child care will be available for any younger siblings.

**Letters to Santa**
December 1st – December 14th
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 14th!

**Visit with Santa**
Saturday December 14th
Session A 9:00 – 10:00 A.M.
Session B 10:45 – 11:45 A.M.
$3.00 per person
Deadline to register is December 8th!
Each Session Limited to 50 Children and Infants.
1st grade & younger, accompanied by an adult. No older siblings please.
Everyone must pre-register and pay to attend, including babies in seats and strollers, parents, grandparents, and 1st graders and younger. Seating is limited. Please bring a wrapped gift for each child and infant to the Recreation Center by December 8th. Remember to mark each package with child’s first and last name. Pastries, Coffee, Tea, Orange Juice, Milk and a Photo with Santa Included!

**Pre-School Classes**
Now – Friday Nov.15th
$15 per class after Sept. 1
Please adhere to age guidelines when signing up. (Min 8, Max 15 each class)

**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.

**Krafty Kids**
Mondays 1:00 – 2:00 pm 4 & 5 year olds. Must be Potty Trained. Class will focus on crafts, but will have a fair share of songs, games and other activities as well.

**Tot Time**
Tuesdays 9:30 – 10:30 am
All ages are welcome with an adult Come down and join us for family free play, table time and other various activities throughout the session.

**Ready – Set – Go!**
Wednesdays 9:30 – 10:30 am OR 10:45 - 11:45 am
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.

**Wiggle, Giggle & Shake (choice of two times)**
Fridays 9:30 – 10:30 am OR 11am–Noon
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.
MONDAY NIGHT CARDS & GAMES
October 7, 14, 21, 28
November 4, 11, 18, 25
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 AND GREET
Monday, October 7
5:30 PM
Evendale Residents $3.00
Guest of Resident Fee $5.00
(One guest to one resident ratio)
Please register by Thursday, October 3
Enjoy Italian night at the Recreation Center. Classic and Vegetarian Lasagna to be served, with Tossed Green Salad, Vegetable Medley, Homemade Garlic Bread and Walnut Apple Crisp with your choice of Vanilla Ice Cream or Whipped Cream. Happy to report that KJ Summerville will join us again to share his musical talent.

Evendale Room
All Moms are welcome! Light snacks, coffee and bottled water will be available. Need childcare: be sure to sign-up at the front desk or via the sheet posted on the childcare door. Our hope is to accommodate all childcare needs but we can only accept children to our capacity.

TRIP TO AMISH COUNTRY
Maximum registrations reached; feel free to add your name to the waitlist.
Friday, October 11
9:30 AM Meet at the Rec. Center
Return to Recreation Center by 4 – 5 pm, earlier time by group consensus
Cost: FREE! Lunch and shopping at your own expense.
Maximum: 10
Take a trip to The Wheat Ridge Olde Thyme Herb Fair & Harvest Festival in West Union and Adams County, Ohio, for the fall harvest festival that features herbs and herbal products. Enjoy about 150 crafters and artisans and plenty of classes, entertainment and fresh foods. Don’t forget to launch a pumpkin from the pumpkin cannon while you’re there. On the return trip, the bus will stop at Miller’s Bakery for some tasty treats. Space limited!

HISTORIC HAUNTINGS OF CINCINNATI
Tuesday, October 29
7:00 PM – Evendale Room
FREE! Please register by Monday, October 28
Join us for dessert and a program presented by a Cincinnati Museum Center representative. Learn the history of ghost stories and hauntings in the Cincinnati and Northern Kentucky area from the founding of the city to the present time. Did you know many older houses, as well as public places, have a resident ghost? Hear the stories of local citizens which were and are still affected by the supernatural.

JOY TOUR & TRAVEL 2020 TRIP PREVIEW NIGHT
Wednesday, November 6
7:00 – 8:30 PM
Come for coffee & dessert and to learn about Joy Tour & Travel’s day trips and extended trips for 2020. Evendale residents enjoy $25 off advertised pricing on day trips and $50 off extended trips. When you think travel, think Joy Tour & Travel! See their website for program details, www.joytours.com.

A VETERANS DAY CELEBRATION
Monday, November 11
Please register by November 3, 2019
Evendale Veterans Free, but please register by November 3, 2019, and indicate branch of military at sign-up.
Evendale Residents $10.00
Non-Residents $15.00
A celebration to honor America’s veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. Everyone is welcome to sign-up and attend.
5:30 PM Hors d'oeuvres & Socializing
6:00 PM Veteran’s Recognition
6:15 PM Dinner & Music
Music provided by Swingtime Big Band

Celebrate and Honor
SPORTS & FITNESS

MEN'S BASKETBALL LEAGUE  taking sign-ups. Leagues plays on Sundays. Team entry form available on the website.

Wii BOWLING LEAGUE
Evendale Residents $ 5.00
Guest of Resident Fee $10.00
(one guest to one resident ratio)
Please register by December 13.
Please indicate at registration if you have a teammate you plan to bowl with.

Join us on Fridays nights starting January 10th for our Wii Bowling League! The league plays until April/May, twice per month on Friday evenings at the Recreation Center.
Any questions call Kristen 563-2247 or email Kristen.maiden@evendaleohio.org

Group Exercise Classes

Balance Class
Thursdays
3:15 – 4:15 p.m.
Instructor: Helene Everhart
Improve balance now, prevent injuries and falls later!
This class focuses on exercises that emphasize coordination, stability, and balance. Chairs will be available for additional support.

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

Cardio
Mondays 5:45 – 6:30 p.m.
Instructor: Michael Mees
Simple, heart-pumping aerobics moves combined with weights workout. This is an excellent functional training class for all skill and fitness levels. Come give it a try!

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!

Functional Movement
Tuesday and Thursday
5:45-6:30 pm
Instructor: Michael Mees
This class will prepare our bodies for everyday movements. We utilize fitness equipment to help challenge and improve our range of motion, while burning fat and sculpting our bodies.

HIIT
Wednesdays
5:00-5:45 a.m.
Instructor: Michael Mees
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.

Mindful Yoga
Wednesdays 7:15-8:15 p.m.
Instructor: Cynthia Caracci
Stress reducing slow yoga flow for beginners to intermediate.

Pump & Pedal
Wednesday 6:00-7:00 p.m.
Instructor: Helene Everhart
Torch calories and sculpt lean muscle with 30 min high rep, low weight strength training followed by 30 min high intensity cycling intervals.

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!

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

CHAIR VOLLEYBALL NEEDS YOU!
Do you like to have fun? That’s all that is needed to play Chair Volleyball. No standing or lifting your rear off chair, but you’ll have fun trying to get the beach ball over the net.

Not sure if you want to join yet, stop in for a practice and try it out. Contact: Abby Moonitz, 563-2247 to get on the call/email list. The group meets every Tuesday and Thursday for practice 10:45 a.m. – Noon.
Teams have six matches each month. Transportation is provided to away matches.

Only $5 for the whole season for residents, team shirt provided. Sign-up today.
### Sept. – Nov Group Fitness Class Schedule

**BUY FITNESS PASS $125 unlimited classes!!!**

**OR Walk-in for $10**

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Saturday</th>
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<tr>
<td><strong>Cardio &amp; Strength</strong>&lt;br&gt;9:30-11:00a&lt;br&gt;Lisa</td>
<td><strong>HIIT Bootcamp</strong>&lt;br&gt;5:00-5:45a&lt;br&gt;Michael</td>
<td><strong>Mat Fusion</strong>&lt;br&gt;8:20-9:10 a.m.&lt;br&gt;Helene&lt;br&gt;Starts Oct. 1</td>
<td><strong>Cardio &amp; Strength</strong>&lt;br&gt;9:30-11:00a&lt;br&gt;Lisa</td>
<td><strong>HIIT Bootcamp</strong>&lt;br&gt;5:00-5:45a&lt;br&gt;Michael</td>
<td><strong>Spin</strong>&lt;br&gt;8:30-9:15a&lt;br&gt;Amy&lt;br&gt;Alyssa subbing in Sept.&lt;br&gt;Michael subbing 10/5 and 10/12 Cardio</td>
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<td><strong>Barre</strong>&lt;br&gt;9:45 – 10:45a&lt;br&gt;Amy&lt;br&gt;(classes 9/17, 9/24, 10/1, 10/8&lt;br&gt;TBD - check back for updates.)</td>
<td><strong>Cardio &amp; Strength</strong>&lt;br&gt;9:30-11:00a&lt;br&gt;Lisa</td>
<td></td>
<td><strong>Barre</strong>&lt;br&gt;9:45-10:45&lt;br&gt;Amy&lt;br&gt;10:15 – 11:15&lt;br&gt;Monica&lt;br&gt;9/12-10/10</td>
<td><strong>Yoga</strong>&lt;br&gt;9:15-10:30a&lt;br&gt;Sandy</td>
<td><strong>Strictly Muscle</strong>&lt;br&gt;9:30-10:30a&lt;br&gt;Amy&lt;br&gt;Alyssa subbing in Sept.&lt;br&gt;Michael subbing 10/5 and 10/12 Muscle Combo</td>
</tr>
</tbody>
</table>
| **Yoga Core**<br>4:30-5:30p<br>Sandy | **Balance Class**<br>3:15-4:15 p<br>Helene | | **Functional Movement**<br>5:45-6:30 p<br>Michael<br>New Class time will start 9/10 | **Functional Movement**<br>5:45-6:30 p<br>Michael<br>New Class time will start 9/12 | **NEW CLASSES**
Or **DATE/TIME CHANGE** |
| **Cardio**<br>5:45-6:30 p<br>Michael<br>New class time will start 9/9 | **Functional Movement**<br>5:45-6:30 p<br>Michael<br>New Class time will start 9/10 | **Pump & Pedal**<br>6:00-7:00p<br>Helene | | **Yoga**<br>9:15-10:30a<br>Sandy | **Check website for updates.**<br>*Classes could change.* |
| **Yoga**<br>6:30-7:45p<br>Sandy | **Tae Kwon Do**<br>6:15-7:30p<br>Mike | **Mindful Yoga**<br>7:15-8:15<br>Cynthia | | **Tae Kwon Do**<br>6:15-7:30p<br>Mike | **Classes with less than 5 participants over a 3 week period may be cancelled** |

**SPIN CLASSES:**
*Limited bikes=1st come, 1st serve.
Tuesday 6:00 - 6:45p.m. Must have five PRE-Registered for this class to move forward

**Saturdays 8:30–9:15 a.m.**
**Instructor: Helene Everhart**
An adventurous cycling excursion with inspirational music. Break free of your comfort zone & improve your fitness level!

**Yoga –**
**Mondays 6:30 – 8 p.m.**
**Instructor: Sandy Nardini**
Fridays 9:15 – 10:15 a.m.
**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)*

**Yoga Core**
**Tuesday 4:30-5:30 p.m.**
**Instructor: Sandy Nardini**
Yoga Core explores our inner core through guided vinyasa flows and strengthens our physical core using sequences inspired by YOGA Shred*. We end the class with mindful mediation and relaxation. *Yoga Shred is a combination of yoga and interval training.*

**Mat Fusion**
**Tuesday 8:20-9:10 a.m.**
**Instructor: Helene Everhart**
Blend of Yoga Flow, Mat Pilates, and Barre designed to strengthen, tone, and improve flexibility. Movements are choreographed to a fun pop music playlist to keep you motivated!
**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
- Rumpke Trash Service: 1-800-828-8171
- Chamber of Commerce: 383-7034

**Website:** www.EvendaleOhio.org

**DID YOU KNOW...**

The Cincinnati Race Bowl was a 3/8 mile paved oval located in Evendale, Ohio at the corner of Reading Road and Glendale-Milford Roads. It operated from 1948 to 1958.

The Cincinnati Race Bowl opened as a 1/4 mile high banked paved oval in 1948. The Race Bowl's straightaways were banked 15 degrees, and the turns at 34 degrees making it one of the fastest Race Tracks running at the time.

Stock Cars ran a 1/4 mile dirt oval that was inside the paved 1/4 mile beginning in 1951, under the track name Cincinnati Speedway. In late 1958 a local developer, P.G. Graves of Cincinnati, had purchased the 20 acre Race Bowl site for commercial development.