



VILLAGE OF EVENDALE

FEBRUARY 2021

Dear Neighbors and Friends,

The Ohio General Assembly recently passed the state's capital budget which they do every two years. The village had a request for a grant for \$500,000 to make the Cultural Arts Center (CAC) handicap accessible. We received \$100,000 instead. The CAC project construction estimate is over \$700,000 which is not in our budget. Just as an aside, FC Cincinnati got \$16,000,000 of the \$35,000,000 that was available.

Speaking of budgets, we were able to meet our 2020 Earnings Tax Receipt budget figure of \$14.8 million. As I have said before, we are going more conservative in 2021 with a Earnings Tax Receipt budget of \$14.4 million. We again have asked all departments to not make any capital commitments for the first six months. We predict that income tax receipts will continue to decline for this year. The downward trend in receipts is evident by the numbers reported by our Tax Administrator and our Chief Fiscal Officer in the last newsletter and in this newsletter for November and December.

The I-75 Thru the Valley project has been shut down until spring. The asphalt plants have closed for the winter. Actually, for us, that is good news; the Village can now commence construction of the Glendale-Milford bridge towers. The contractor could not do it before as the big cranes needed for the project would interfere with road work. Tower construction should begin at the end of January and continue for about fourteen weeks. This has been a long time coming but the wait will be worth it.



As I write this in January, the snows have not given us a problem. And with the mild winter last year, we have salt piles everywhere. Maybe one day of snow?

Sincerely,
Dick Emman

Your Mayor



FINANCE DEPARTMENT

Financial Comparison

	2020		2019	
	December	Year to Date	December	Year to Date
Total Revenue	\$ 1,531,611	\$ 18,007,260	\$ 1,440,904	\$ 19,338,758
Total Expenditures	\$ 1,545,307	\$ 15,770,817	\$ 1,555,170	\$ 16,389,319
Net Result	\$ (13,696)	\$ 2,236,443	\$ (114,266)	\$ 2,949,439

VILLAGE OF EVENDALE ADOPTED ORDINANCES AND RESOLUTIONS

The following ordinances were opted by the Council of the Village of Evendale at the Regular Council Meeting on January 12, 2021.

ORD #21-01

ORDINANCE APPROVING TRANSFERRING GENERAL FUNDS TO VARIOUS OTHER FUNDS, AND DECLARING AN EMERGENCY. Unanimously approved

ORD #21-02

ORDINANCE AUTHORIZING THE MAYOR TO HIRE MARK RIEDMILLER AS A PART-TIME BUILDING ATTENDANT FOR THE RECREATION DEPARTMENT AND DECLARING AN EMERGENCY.

Unanimously approved

ORD #21-04

AN ORDINANCE RATIFYING THE MAYOR'S EXECUTION OF AN AGREEMENT WITH PEEL9 INC. TO PROVIDE A RECORDS MANAGEMENT AND ANALYTICS SYSTEM TO BE USED BY THE EVENDALE POLICE DEPARTMENT 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 five members of Council. It must include a reason for why it is necessary .



INCOME TAX DEPARTMENT

Tax Forms - The 2020 Evendale Individual Income Tax Returns were mailed out on January 13, 2021. If you have not received your tax return, the forms are available on our website, evendaleohio.org/tax-department

COVID-19 Impacts on operations – The current public health emergency has impacted normal business operations. In-person taxpayer assistance remains suspended at this time. Taxpayer assistance is available by telephone and by email.

If you need to visit our office to drop off information or to drop off your completed tax return, you may do so at the Administration Lobby window, M-F 8:00am to 4:00pm. You may also use the secured Tax Department Drop Box located in the Lobby of our Police Department after normal business hours. The Police Department Lobby is open 24/7.

E-file/E-pay – The E-file system is available for most individuals to file their 2020 Evendale Income Tax Return. You may access the system by visiting our website. An E-pay system is included as an option for paying the balance of tax due by credit card. A service fee is charged by the 3rd party credit card processor if utilizing E-Pay.

For questions or assistance with your tax return, we are happy to help! Please email Cindy Vaske, Tax Administrator at cindy.vaske@evendaleohio.org or call the Tax Department at 513-563-2671.



FIRE DEPARTMENT

Hamilton County Vaccination Information

Hamilton County, the City of Cincinnati, the Health Collaborative and Kroger held a joint press conference to announce the launch of a single “one-stop shop” for vaccine information in Hamilton County: www.testandprotectcincy.com. Individuals can view testing locations, regional trends and locate providers within the County that have received COVID-19 vaccine doses. This website will direct individuals to the various providers; however providers may have different systems for making appointments and individuals will have to work directly with the provider. Statewide, the number of doses available remains extremely limited. Individuals that do not have access to a computer can call 211 for additional information. This press conference can be watched on-demand on the [County Youtube page](https://www.youtube.com/watch?app=desktop&v=ILyws9einEA&t=1s) at <https://www.youtube.com/watch?app=desktop&v=ILyws9einEA&t=1s>.

On January 19th, tier 1B opened for those 80+ in age. Each subsequent week the age will be lowered by 5 years until the age of 65 is reached. Those wishing to be vaccinated should sign up ASAP for a site as there is a limited amount of vaccines currently. President Biden is pushing for 100 million Americans vaccinated in his first 100 days in office. For this to happen, vaccination doses will become more readily available. If you are already on the list, then you will have a better chance of being called for the vaccination as doses become available.



SERVICE DEPARTMENT

The Service Department would like you to know that snow removal will take place, just like in past years, with the main roads requiring attention first. The neighborhood streets will be taken care of as soon as possible. Along with clearing snow, please remember to move vehicles off the roads to allow the plow crews to do the best possible job. Your help with this process will be appreciated.

The department’s branch chipping service will not take place when the streets need snow removal. Safe roads are our first priority.

Reminder: Rumpke requests residents to place leaf bags and waste containers in the same spot.





GORMAN HERITAGE FARM

Are you looking for a safe and fun way to celebrate a birthday, anniversary, or special occasion? Or maybe you just need to get your animal fix! **Schedule a private farm experience** where you can safely explore the farm with a guide to lead you around and give you insider information about our animals, history, and more. Schedule some Farm fun at <https://form.jotform.com/203644885153157>

Preschool Story Hour in February and March at Gorman Heritage Farm is a wonderful winter tradition we are prepared to continue this year in light of the pandemic, with safety precautions in place. This class series is designed for emergent readers ages 2 - 5 years, with an adult caregiver, and builds connections between the five senses, caring for farm animals, planting and growing food, farm machines, and music with early literacy components (reading, writing, listening, speaking, viewing, and visualization). This is a fun, age-appropriate class with lots of hands-on activities for a child/caregiver team paired with the best in children's literature. Each class will begin with a song/story/activity component indoors and continue with a trip to the garden or farmyard. Classes are taught by Gorman Heritage Farm Education Manager, Krystal Gallagher. Learn more and register at www.gormanfarm.org



Private Gardening Lessons

We are proud to announce that we will be offering private gardening lessons this year! Gardening lessons are taught by our Gardener, Jason Kamp, on various topics depending on the season and last up to one hour. You can purchase a single lesson for \$60 or a series of five lessons on different topics for \$250. Register at <https://form.jotform.com/203645695563162>.



The **Farm Shop** has fresh eggs and some limited produce as well as choice local food and artisan products. Call 513-563-6663 for availability. Email info@gormanfarm.org to be added to the 2021 CSA, beef, pork, chicken or turkey waitlists.

Just a friendly reminder that *unleashed dogs are not allowed anywhere* on the Farm and you must pick up after them. Dogs are not allowed in the Farmyard around livestock. Please be respectful of other guests on the Farm by following these rules.



Performing Arts, Dance & Yoga

PLAYHOUSE IN THE PARK'S VIRTUAL PRESENTATION OF

Free, Ages 5+

Feb. 19-21

Where: In Your Own Home!

The artistic world of beloved author Ezra Jack Keats unfolds onstage! Follow the adventures of Peter and his friends through heartwarming stories. Written with whimsical

spirit, this imaginative play with music celebrates the tiny moments of joy within a child's world. **Register online:**

<https://ticketing.cincyplay.com/24447/evendalecac>

CINCINNATI ACTOR'S STUDIO (18+)

Mondays, Wednesdays & Thursdays

\$25 per class, Call Steve 513-615-2827 to register

TIPPI TOES TINY TOES (AGES 2-3)

Mondays OR Tuesdays, 5:00–5:30 pm

\$50 month, (residents receive discounts)

TIPPI TOES BALLET, TAP & JAZZ

Mondays (ages 5-8) OR Tuesdays (ages 4-7)

5:45 - 6:30 pm

\$60 month (residents receive discounts)

GENTLE FLOW YOGA (13+)

Mondays & Wednesdays, 9:30-10:30 am

\$10 per class, Deb Bagley—instructor

Register at debbagley01@gmail.com

DANCEBLAST! (16+)

Tuesdays, 7:15 pm, Register @ danceblastinfo.com

MY NOSE TURNS RED CIRCUS ARTS CLASSES (AGES 4-

18) Register online @ mynoseturnsred.org

Music

Evendale residents 18 and younger qualify for scholarships.

Drum & Percussion—Chris Ellison— call 513-259-9664

Guitar—Lou Larson—call 513-675-9545

Piano—Aisha Butler—call 513-236-5711

Piano & Voice—Roxanne Engle—call 513-948-9896

Violin & Viola—Gayle Castle—513-310-9147

Visual Arts

WATERCOLOR WEDNESDAY

Wednesday, February 3

6:30–8:30 pm, \$20

Instructor: Diana Marra

Email registration to designbydiana@aol.com

(Class size limited to 9—register today!)

OPEN PAINTING STUDIO

Mondays, Wednesdays & Fridays

Bell Tower Arts Pavilion—lower level

10 am–2:30 pm, Free

Email susan.gordy@evendaleohio.org for info

Arts Delivered!

We deliver the kit to your porch. Kits include everything you need to make the project. Call the Recreation Center Front Desk to reserve your kit.

DEADLINE TO ORDER IS FEBRUARY 10



**CACTUS OR
TOASTER PASTRY
SEWING KIT**
\$10 per kit,
Ages 8+

PAPER ACORN DIY PAPER CRAFT KITS

Choose from Bird, Dragonfly, Succulent Plant, Cupcake \$7 per kit. Ages 8+



Exhibits

2021 EVENDALE FINE ARTS EXHIBIT CALL TO ARTISTS NOW OPEN!

The Evendale Cultural Arts Center is now accepting applications for the Evendale Fine Art Exhibit to be held at the Evendale Recreation Center APRIL 30—MAY 4, 2021. Visit the Village webpage for complete entry guidelines. No application fees for Evendale residents if you apply by March 2, 2021. Contact Susan Gordy for more information at 563-1350 or susan.gordy@evendaleohio.org



EVENDALE RECREATION
Your Center For Life

MASKS ARE REQUIRED TO ENTER AND WALK THROUGH THE RECREATION CENTER. MASKS DO NOT NEED TO BE WORN WHILE WORKING OUT IN THE FITNESS CENTER OR GYMS.

Please Maintain 6' Social Distancing at All Times.

HOURS OF OPERATION AT THE RECREATION CENTER

Monday–Thursday 5:00am–8:00pm
(Front Desk opens at 9:00 AM)
Friday 5:00am-7:00pm
(Front Desk opens at 9:00 AM)
Saturday 8:00am–12:00Noon
Sunday CLOSED

For the latest, follow us on Facebook at Village of Evendale, Ohio.

The Great Snowflake Adventure

Where: Municipal Complex and Evendale Streets
When: February 8 – February 21

Olaf is very sad for he has lost his snowflake friends. Can you help him find them?

What you need to know:
My snowflake friends are throughout the complex and Evendale streets.
On a sheet of paper be sure to note your family name, and phone number as well as the 10 places you find my friends.
Be sure to leave my friends for others to find.

After you find my snowflake friends your next task is to find me, Olaf! Our complex is quite big and so am I.
Need a clue to find me: I'm the big star of this adventure and I hope you come out for my debut!

Email sarah.hilton@evendaleohio.org a photo of the paper listing my snowflake friends' locations as well as a photo with me, Olaf, no later than Tuesday, February 23.

All entries eligible for the prize drawings! You may just receive a special package dropped at your door.

My snowflake friend is a blue circle sign with a white snowflake staked into the ground.

Time to bundle up, have some fun and hopefully grab some much needed Vitamin D!



**Have you seen it!!
The Winter Wonderland display will grace the Glendale-Milford Road islands throughout February so come and see it during the day and at night for two different experiences.**

**2021
Daddy Daughter Dance
Postponed**

EVENDALE RECREATION NOW HIRING

Summer Camp Counselor – Seasonal

The Village of Evendale Recreation Department is being hopeful about summer, so we are seeking qualified individuals to help administer summer camp program, Fun in the Sun. Candidates must be energetic, creative and enjoy working with children ages 3 – 13. Must be 15 years of age by June 1st and able to lift 50 lbs.

Needed June – July.

***Returning Summer Employees – should have submitted applications by January 31.**

***New Summer Employees** – Pick-up applications starting February 1, *if positions are available*. See web-site for updates, www.evendaleohio.org.

Applications available at the Evendale Recreation Department, 10500 Reading Rd., Cincinnati, OH 45241 or www.evendaleohio.org.

Deadline to submit new hire applications is March 1st. Starting Salary \$8.80 EOE

Pool Concession Stand Assistant Managers – Seasonal

The Village of Evendale Recreation Department is seeking qualified individuals to work in the pool concession stand. Responsibilities include taking orders, preparing food, supervising Phi Lambda Pi volunteers, cleaning, and maintaining inventory. Excellent customer service skills required. Should be at least 18 years old and able to lift 75 lbs. Needed May – August.

Applications available at the Evendale Recreation Department, 10500 Reading Rd., Cincinnati, OH 45241 or www.evendaleohio.org.

Deadline to submit application is March 1.

Starting Salary \$8.80 EOE

Evendale Recreation Childcare Attendant

*Temporary position that would move to sub when normal hours return.

Our future Childcare Attendant will be a team player who loves having fun, working with kids, is outgoing, friendly and positive.

18 yrs old, and a high school graduate or equiv. Hours include, but not limited to, Tuesdays 8:20 a.m. – 1:00p.m., Wednesdays 3:45 – 7:15p.m., Saturdays 7:50 a.m. – 12:15 p.m.

\$8.71/hour + individual membership, casual work attire. EOE

Recreation Early Bird Building Attendant Needed!

Our future “Early Bird” will be a team player who loves fitness, sports, is a go-getter, outgoing and positive. Have muscles? Need to be able to lift 75 lbs.

18 yrs old, and a high school graduate or equiv. Hours include, but not limited to, Monday- Friday 4:45 AM – 8:00 AM/8:30 AM/9:00 AM depending on time of year.

\$15/hour + individual membership, casual work attire. EOE Be a part of the FUN team and apply today!

Tennis Pro – Seasonal

The Evendale Recreation Department is seeking a Tennis Pro to coordinate and teach youth and adult programs. Must be at least 21 years old, 10 & Under & Cardio Tennis experience preferred. Experience feeding balls required. College play or coaching experience preferred. Seasonal position - daytime, evenings, & Saturdays. \$30-\$35/hour depending on experience + private lesson incentive. Applications available at the Evendale Recreation Department or www.evendaleohio.org.

Tennis Assistant – Seasonal

The Assistant Tennis Instructor is under the immediate supervision of the Head Tennis Pro and the overall supervision of the Evendale Recreation Department Program Supervisor. The Assistant Tennis Instructor is responsible for the direct delivery of tennis programs and services which may include planning, implementing and evaluating these programs. This position is intended to provide supervision and active leadership over the youth tennis programs and requires a high level of physical activity, energy and enthusiasm. Work hours/schedule is specific to the needs of the tennis program and requires a flexible schedule that includes working days, a few evenings and occasional Saturdays.

The applicant must be a minimum of age 15, must enjoy working with kids and adults, \$10-\$15/hour depending on experience. Part-time/seasonal position. Applications in the Rec. lobby or online at www.evendaleohio.org Further questions:

Kristen.Maiden@EvendaleOhio.org

SwimSafe has a few spots left at the pool to fill, Swimsafepool.com

YOUTH SPORTS

WINTER/SPRING 2021 SKILL-BASED PROGRAMS

Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.



FLAG FOOTBALL FUELED BY USA FOOTBALL

Skyhawks Flag Football Fueled by USA Football is an exciting introduction to America's favorite game! Using skills and drills from the Football Development Model, developed by the experts at the sport's national governing body - USA Football - players will gain confidence and prepare for league play. Coaches will teach the key concepts of passing, receiving, running, kicking, punting and flag pulling, all presented in a positive environment. Athletes will learn developmentally appropriate fundamentals and critical life lessons leading to the Skyhawks Sports Bowl, where participants showcase their skills!

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA124217	3/29-4/19	Mon	5:15 p.m. - 7:15 p.m.	6-10	\$75	Evendale Recreation Department
SSA124218	5/03-5/24	Mon	5:15 p.m. - 7:15 p.m.	6-10	\$75	Evendale Recreation Department

MINI-HAWK® (BASEBALL, BASKETBALL & SOCCER)

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA124215	3/30-4/20	Tues	5:15 p.m. - 7:15 p.m.	4-7	\$75	Evendale Recreation Department
SSA124216	5/04-5/25	Tues	5:15 p.m. - 7:15 p.m.	4-7	\$75	Evendale Recreation Department

BEGINNING GOLF

Participants will learn the fundamentals of swinging, putting, body positioning, etiquette and keeping score. The program is specifically designed for the entry-level player, simplifying instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided.

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA124213	3/31-4/21	Wed	5:15 p.m. - 7:15 p.m.	5-9	\$75	Evendale Recreation Department
SSA124214	5/05-5/26	Wed	5:15 p.m. - 7:15 p.m.	5-9	\$75	Evendale Recreation Department



SPACE IS LIMITED! REGISTER TODAY
Online: skyhawks.com Phone: 800.804.3509

SPRING YOUTH SPORTS

RESIDENTS PLEASE SIGN UP IN JANUARY TO ENSURE WE HAVE ENOUGH FOR A TEAM!!!

DEADLINE WAS Feb. 1 FOR RESIDENTS

IF SPACE IS AVAILABLE, non-residents can begin signing up Feb. 2nd.

We often have to send kids to Reading and Sharonville.

2021 Spring Soccer

- Pee Wee** Born in 2016
- Dribblers** Born in 2015
- Passers (U8)** Born in 2013 & 2014
- Wings (U10)** Born in 2011 & 2012
- Strikers (U12)** Born in 2009 & 2010
- SAY North Kickers (U14)** Born in 2007 & 2008
- SAY North Minors** Born in 2005 & 2006
- SAY North Seniors** Born in 2002, 2003, & 2004



Resident players pay \$30 (plus \$5 if you have not viewed the PAYS video.)

Non-Residents may sign up beginning Feb. 2 if space allows. Non-Resident fee is \$30 (plus \$6 if you have not viewed the PAYS video.) \$40 refundable uniform deposit check is required. Non-residents must view PAYS video prior to registering. Can view online - see link on our website.

SPRING YOUTH SPORTS (con't.)

**RESIDENTS PLEASE SIGN UP IN
JANUARY TO ENSURE WE HAVE
ENOUGH FOR A TEAM!!!**

**EarlyBird Fee DEADLINE WAS
Feb. 1 FOR RESIDENTS**

**IF SPACT IS AVAILABLE,
non-residents can begin signing up
Feb. 2nd.**

Knothole Baseball –

AA 5/1/02– 4/30/05

A 5/1/05 – 4/30/07

B 5/1/07 – 4/30/09

C2 5/1/09 – 4/30/10

C1 5/1/10– 4/30/11

D2 5/1/11 – 4/30/12

D1 5/1/12 – 4/30/13

Machine Pitch – Rookie Division
6U/7U – play with Lakota League-
July 2013 and Aug 2015 (inclusive)
Registration Fee: \$10 by Feb. 1
Late Fee if space allows on team:
\$20 starting Feb. 2
Non-residents can begin signing up
Feb. 2 if space allows. \$30.00
Hats are an additional \$10 each

T-ball 5/1/14 – 4/30/16

Youngsters, ages 5 & 6, wishing to
get a head start on baseball and
softball may wish to participate in
this league. This is a traveling
league that plays in May & June.
Fee:~ \$20 (They will receive a T-shirt
and hat.)
Only \$10~ if they already have a hat
& t-shirt

Girls Softball

\$25 – Jersey shirt & visor included
in registration fee (girls must pro-
vide own pants)

- 14U - 2006, 2007
 - 12U - 2008, 2009
 - 10U - 2010, 2011
 - 9U - 2011
 - 8U - 2012,2013,2014
- Roster: First 16 eligible girls



PROGRAMS FROM THE FITNESS CENTER

Free Sessions with a Registered Dietician

Meal planning, macro tracking, or
calorie counting can all be difficult to
not only understand, but to put into
practice. You may have even paused
at macro tracking and wondered
what that truly means. But with help
and guidance from a Registered
Dietitian, you can reach your health
and nutrition goals faster.

Sign up for a FREE, 20-minute
session with a registered dietician on
Saturday, February 13. There are 6
spots available between 9 and 11
a.m.

Stop by the Fitness Center Desk to
sign up or ask any FitMees Team
member for details.

Free 20-Minutes Massages on Feb- ruary 20

FitMees is bringing in a Massage
Therapist on Saturday, February 20
from 10 a.m. to noon. This is your
chance to get a free, 20-minute
massage that focuses on any trouble
areas you may have.

There are only 6 spots available, so
be sure to sign up soon at the Fitness
Center desk. Ask any FitMees Team
Member for details.

February Fitness Center Attendance Challenge

Don't quit on your New Year's goals ...
instead compete for 2, \$25 gift
cards! No matter how much time you
have to spare in the gym, it's better
than no time at all.

FitMees will award the 2 people with
the highest Fitness Center
attendance in February with a \$25
gift card.

Reps & Steps: February Fitness Pro- gram

Starting Feb. 15, join the FitMees
Team in a new, monthly fitness
program. This program will run for 4
weeks and has been designed to
assist you in hitting your fitness
goals.

Think of it like a mini Biggest Loser,
there are 5 trainers, each with a
small team of people competing both
as a team and as individuals. Sure,
you want your team to win the glory
and the T-shirts, but the big prize
(Beats wireless headphones) will go
to the individual with the highest
percent change in body fat loss.

Here's what you can expect:

1 training session per week.

1 fitness challenge per week.

2 InBody measurements.

Fun, accountability, and the shake
up your fitness routine needed.

The cost is \$100 for the 4 weeks but
sign up by February 8 and get \$10
off. Sign up at the Fitness Center
Desk and ask any FitMees Team
Member for details.

NEW: InBody Measurements

Knowledge is power but how much
do you really know about your fitness
level?

For instance, do you know if you have
enough lean body mass in your legs
to support your body weight? You will
once you've had your InBody
test. The test only takes 15 seconds
to complete and you'll get a
personalized printout of your results.

A FitMees Trainer will take you
through your printout and help you
understand what your numbers
mean, including coming up with a
game plan for your fitness routine.
Maybe your legs don't have enough
lean body mass, which means you're
at a higher risk of injury, so the
trainer may recommend squats and
deadlifts.

It's the perfect way to understand
where you're starting so you can
track your progress periodically,
knowing your effort in the gym is
making a difference in your health.

For the month of February, all InBody
measurements are \$5 off the normal
\$20 fee. Ask any FitMees Team
Member for details or to go through
your InBody test.

Group Fitness Class Schedule

BUY FITNESS PASS \$30/month - unlimited classes!!!

OR Walk-in for \$10

Monday	Tuesday	Wed.	Thursday	Friday	Saturday
	HIIT Bootcamp 5:00- 5:45a Michael GYM		HIIT Bootcamp 5:00- 5:45a Michael GYM		FYI: Childcare is currently NOT being offered until further notice.
	Slow Flow Vinyasa Yoga 8:30-9:30 a Helene Strength, Stability & Balance 9:45-10:45 Helene- South Gym			Yoga 9:15-10:30a Sandy	Spin 8:30-9:15a Amy
Cardio & Strength 9:30-11:00a Lisa Gym	Barre 10:00-11:00 am Amy	Cardio & Strength 9:30-11:00a Lisa Gym	Barre 10:00-11:00 am Amy	NEW!!! SilverSneakers BOOM Move 11:15 a - Noon Kari	Strictly Muscle 9:30-10:30a Amy
Please wear mask to and from class. You can remove during class. All participants must enter South Entrance. Use hand sanitizer or wash hands. Clean ALL equipment used with spray and towels provided. Please purchase pass 1 st week at the front desk. You may call the front desk to purchase this deal.					
Indoor Cycling 5:30-6:15 p Helene Functional Core Conditioning 6:30-7:15p Helene	Strength Training 5:30-6:15p Helene Slow Flow Vinyasa Pilates Fusion 6:30-7:15p Helene	Mindful Yoga 5:45 - 6:45 p Cynthia	Strength Training 5:30-6:15p Helene Yin Restorative Yoga 6:30-7:15p Helene		
**New Time starts Feb. 1 Yoga 6:00- 7:15p Sandy Activity Room	Tae Kwon Do 5:45-6:45 p Mike		Tae Kwon Do 5:45-6:45 p Mike		Check website for updates. *Classes could change.

Barre

Tuesday & 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.

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!

HIIT

Tues & Thurs 5:00-5:45 a.m.,

Thurs 5:45-6:45 p.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 5:45-6:45 p.m.

Instructor: Cynthia Caracci

A mixed level class which connects breath and physical movement in a mindful way. This class includes meditation and slow yoga flow to reduce stress and increase flexibility. Mixed level class that connects breath and physical movement in a mindful way. This class includes meditation and slow yoga flow to reduce stress and increase flexibility.

SilverSneakers – BOOM Move

Friday 11:15 a.m. – Noon

Instructor: Kari Houston

This class is a fun, dance-inspired workout that improves cardio fitness with easy-to follow movement patterns. Class Structure Warm-up and range of motion Dance-based movements Cool down Final stretch Relaxation. Each MOVE class includes: functional movements to improve activities for daily living exercises for cognitive health fall prevention training through balance, power, speed, agility, and coordination drills progressive intensity options to meet a variety of skill levels exercise adaptations for common chronic conditions

Strength, Stability & Balance

Tues 9:45-10:45 a.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.

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

Saturdays 8:30 – 9:15 a.m.

Instructor: Amy Ash

Spin

Mondays 6:00-6:45 p.m.

Instructor: Helene Everhart

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

5:45-6:45 p.m.

Instructor: Mike Wissel

Yoga

Mondays 6:00-7:15 p.m.

Instructor: Sandy Nardini

Yoga

Tuesdays 8:30-9:30 a.m.

Instructor: Helene Everhart

Yoga

Fridays 9:15-10:30 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)* Balance Vinyasa Flow – Fri Am and Monday PM (more gentle flow)

Adult Pickleball

Currently: Tuesdays 10 a.m. - Noon
Thursday 10 a.m. - Noon
Thursday 6:00 - 8:00 p.m.

Through February

Residents only, no guests at this time.

Not sure how to play? Read rules at: <http://pickleball.com/pages/rules-how-to-play-the-game>

We have rules here if you don't have internet! ON YouTube –search: pickleball how to play

Then come on down! It's easy and REALLY FUN!!! Three courts available for recreational and competitive players.





10500 Reading Road
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
Rumpke Trash Service	1-800-828-8171
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.

FEBRUARY IS HEART MONTH

TIPS FOR A HEALTHY HEART

- 1 DON'T SMOKE OR USE TOBACCO**
Chemicals in tobacco can damage your heart and blood vessels, leading to narrowing of the arteries.
- 2 EXERCISE FOR 30 MINUTES ON MOST DAYS OF THE WEEK**
Physical activity helps you control your weight and can reduce your chances of developing other conditions that may put a strain on your heart, such as high blood pressure, high cholesterol and diabetes.
- 3 EAT A HEART HEALTHY DIET**
Choose healthy fats over unhealthy fats; Increase intake of fruits, vegetables, whole grains and low fat dairy products.
- 4 MAINTAIN HEALTHY WEIGHT**
Reducing your weight by just 10 percent can decrease your blood pressure, lower your blood cholesterol level and reduce your risk of diabetes.
- 5 GET REGULAR HEALTH SCREENINGS**
Make sure to monitor your blood pressure, cholesterol levels and have your diabetes screening.

BROUGHT TO YOU BY: Office of Food Safety and Quality Assurance
REFERENCE: <http://www.mayoclinic.org/>