

### **VILLAGE OF EVENDALE**

**JULY 2022** 

Dear Neighbors and Friends,

June was a very big month for us in the Village. Evendale, Hamilton County, Cincinnati, Woodlawn and Lincoln Heights officials had a Zoom call with Governor DeWine about relocating the Cincinnati firing range from its present location on Spartan Drive in Evendale. As a result, the Governor sent a staff member to visit the range. The Governors representative witnessed active shooting practice in immediate proximity to Woodlawn and Lincoln Heights neighborhoods. He also noticed the poor facility conditions; and, quickly concluded that relocating the Range out of Evendale was both prudent and needed. Hamilton County and Cincinnati officials are in discussions about expanding the existing Hamilton County range in Colerain Township to accommodate Cincinnati needs.

Next, we had a Zoom call with the Ohio Higher Education Chancellor, Randy Gardner. He is a good friend of mine, having served with me as a State Senator. The call's purpose was to bring him into-the-loop on potential plans to move the Cincinnati State Workforce Development Center, currently located in Evendale on Reading Rd., to AeroHub. Representatives from Miami University also participated in the call as the newest members of the AeroHub workforce development team.

I want to again remind everyone of changes on the grounds for the 4th of July event. Some roads and parking lots will now be closed for security reasons. The Recreation Department has more information within this newsletter.

Please thank our Service Department employees for their cleanup of trees, branches and debris-from the June 13<sup>th</sup> storm. They did it in 90 degrees plus temperatures.

In May, our annual Shred Day saw 250 vehicles come to our campus with 23 tons of material. We thought participation might taper off after last year; however, this was not the case. This year's event still brought in a large amount of recycling. We plan to offer the event next year.

Unfortunately, the recent inflation spike has impacted Village expenses. For example, the Village spent \$73,316 in 2021 on fuel for vehicles. This year, we project that fuel expenses will reach \$106,427. Fortunately, our overall tax receipts are improving from last year.

I've received a number of emails about the uncut grass along Reading Road south of Walgreens. The property owner has been issued a Notice of Violation. Failure to comply with the Notice will result in the Village cutting the grass, at the owner's expense, which will likely be done before you receive this letter. Additionally, the Village can pursue minor misdemeanor charge in court against the owner. I assure you, the Village is not ignoring this problem which is being caused by unresponsive property owners. We will keep on them.

Have a happy and safe 4th of July.

Your Mayor

FINANCE DEPARTMENT

**Financial Comparison** 

		2022		2021	
	May	Year to Date	May	Year to Date	
<b>Total Revenue</b>	\$ 1,985,223	\$ 8,272,368	\$ 1,694,115	\$ 7,577,173	
Total Expenditures	\$ 1,148,698	\$ 6,259,364	993,174	\$ 6,844,664	
Net Result	\$ 836,525	\$ 2,013,004	\$ 700,941	\$ 732,509	

# FIRE

### **FIRE DEPARTMENT**

# Summer Celebrations and Environmental Safety

Happy Independence Day! Summer is here, school is out, and celebrations have begun. The Evendale Fire Department would like everyone to enjoy this season safely and responsibly. In the month of July, in particular, we would like to remind everyone to stay cool and hydrated and to leave the firework displays to the professionals. Nothing embodies Independence Day like an extravagant fireworks display, and fortunately, the Village of Evendale hosts a fantastic one. The fire department would like to encourage residence and their families to stop by the Village Campus for Independence Day festivities, visit us at the fire house, and stay to enjoy the firework show.

Along with fireworks, July brings us some of the hottest weather of the year. We would like everyone to have fun in the sun, but would like to inform you of some of the signs and symptoms of heat related illness. Heat related illness can result when the body is exposed to more heat over time than it is able to dissipate, either through sweat evaporation or blood vessel dilation. These illnesses can range from heat cramps and heat exhaustion, to heat stroke. Heat cramps are a first

stage heat illness that may result in muscle cramps. heavy sweating, and rapid breathing. In this stage your body is still able to compensate for the environment through sweat, rest, and fluid intake. Heat cramps are able to be resolved at home by taking shelter in a cool environment, resting, removing tight clothing, and drinking plenty of fluids. Heat exhaustion is a more severe progression of heat illness where your body's ability to compensate for the environment is pushed closer to its limits. Heat exhaustion may result in the following symptoms: heavy sweating causing severe dehydration, rapid heart rate and breathing, fatigue, lightheaded or dizziness, and nausea. Heat stroke is the most severe of these illnesses, and results when the environment pushes your body past its ability to compensate for the elevated temperatures. Heat stroke is a very serious medical condition that may result in the following symptoms: elevated body temperature, irritability or combativeness, bizarre behavior, fainting, or seizures. While heat cramps are relatively mild and are able to be resolved at home, both heat exhaustion and heat stroke are a more serious medical emergency and 911 should be called to provide the appropriate care needed to treat these illnesses.

As always, feel free to call or stop by the fire house with any questions or concerns.



### SERVICE DEPARTMENT

### 2022 Street Resurfacing Program

The Village has contracted with the John R Jurgensen Company to resurface the following streets:

Cooper Hill Moorhill Dr Fawn Run Dr Plateau Pl Giverny Blvd Sharondale Knollview (East side only) Twilight Margate Ter (West side only) Woodleigh

This work will entail milling of the existing surface course and installing new surface courses. It is anticipated that this work will begin the week of July  $11^{th}$  and should be completed within 45 days.

The Service Department reminds everyone it is the responsibility of the resident to have contractors, tree surgeons, landscapers, etc., remove their own materials and waste from the property.

- All items to be chipped are to be at the curb by 7:00 a.m. on Monday morning.
- Tree limbs and branches should be no larger than 8" in diameter.
- Pile tree limbs neatly with the stalk end at the curb.
- The following <u>CANNOT</u> be chipped: vines, garden waste, wood with nails or bushes with an excessive amount of dirt on roots. All vines and garden waste should be in bags for Rumpke pickup, not more than 50 pounds.
- Please remove the root ball from trees and bushes for pickup.

# G O R M A N

### GORMAN HERITAGE FARM



### Thanksgiving in July??

Not really, but it isn't too early to start planning ahead for your festive meal. Make a Gorman Heritage Farm turkey the centerpiece of your Thanksgiving dinner. Our turkey is raised in the pasture, eating seeds, bugs and weeds while enjoy-

ing the warm sunshine. Their diet is fortified with non-GMO feed, to support their growth and optimize their health. As a result they are not only healthier but taste better too! Reserve your turkey in advance; we sell out every year. Find out more information and place your deposit on our website at

https://www.gormanfarm.org/meats/

### Upcoming Public Programs: Farm Encounters Walk

July 23, 10:00-11:30 or July 23, 12:30-2:00

Explore the gardens, join the animals in their pasture, learn to feed chickens, and walk through our historic buildings in this guided farm walk! This program is the perfect introduction to all that happens at Gorman Heritage Farm for new members, first time farm visitors, families, and individuals looking to get closer to the animals and gardens.

### **Farm Story Time -**

July 16, 10:00-11:00 (Sheep & Cows) July 30, 10:00-11:00 (Bunnies) Aug 6, 10:00-11:00 (Chickens & Eggs) Come to the farm with your family to en-



joy kid's farm books read aloud while we practice early literacy skills like reading comprehension and vocabulary. We'll then walk to the garden to meet and interact with our animal of the day! Join us for all of our sessions this summer to meet all of the animals or just for one.

### Volunteer at the Farm!

Looking to give back, and make the most of your free time? The Farm is always in need of Volunteers. There are many individual and group volunteer opportunities including photography, gardening, animal care, paint-



ing, lawn care, general maintenance, fence building, cleaning, even professional opportunities to provide pro-bono services. Or join one of our Volunteer Teams: Education Team, Harness Club, Quilting Club, Habitat Restoration Team, or Honey Bee Team. Let us know your passion and we will find the perfect outlet for you on the Farm. Learn more and fill out an application at <a href="https://www.gormanfarm.org/become-a-volunteer/">https://www.gormanfarm.org/become-a-volunteer/</a>









### WATERCOLOR WEDNESDAY

Wednesday, July 6 6:30—8:00 pm, \$20 Email registration to designbydiana@aol.com

### **PAINTING WITH LIGHT (AGES 5+)**

Friday, July 8 9:00-10:30 pm, \$10 Register Online @ Eventbrite Min: 4, Max: 10

Amy will give a quick overview of camera basics and long exposure photography. We will then head outdoors where participants will have a turn to create their own piece(s), painting with light. Images will be emailed within 3-5 days. Participants can then choose to print and/or use on social media as they wish. This is an outdoor event so please dress for the elements.

### ENCAUSTIC PAINTING DEMONSTRATION WITH JOHN METZ

Monday, July 11 1:00-4:00 pm, \$25 Register at the Evendale Recreation Center Front Desk Min: 10, Max: 20

Learn encaustic painting technique to add drama and texture to your work. Encaustic wax is a historical painting technique where the wax is heated up and painted with. John will demonstrate his painting techniques and students will try their hand as well.

### **OPEN PAINTING STUDIO**

Mondays, Wednesdays & Fridays Bell Tower Arts Pavilion 10 am—2:30 pm, Free.

### **OIL PAINTING CLASS**

Tuesdays, 9:30 am—2:00 pm, \$13 each class

Email jhaslit@fuse.net for registration and information. Class held at Bell Tower Arts Pavilion lower level.

### **ACRYLICS AND OIL PAINTING CLASS**

Thursdays, 6:30 pm, \$99 for 6 week session—start anytime Instructor: Robert Hebenstreit Call 513-681-8995 to register

### CRAZY LADY PLANTERS! (AGES 10+)

Wednesday, July 13 @ 6:30 pm OR Saturday, July 16 @ 2:00 pm, Cultural Arts Center. Instruction and all supplies provided. Registration required. To register contact Linda at:BobbinsNBrushstrokes@gmail.com

### ART AND DANCE MOVEMENT CLASS FOR SENIORS WITH PAMELA (AGES 55+)

Session 1: July 25-29 Session 2: August 15-19 10:30 am – 12:00 pm each day FREE, MIN: 10, MAX: 20

Have fun this summer making creative art projects and participating in interactive exercise movement activities with Pamela. You will have the opportunity to create new art projects such as; rock painting for your summer garden, geometric tape painting, watercolor luminaries, canvas painting and ombré pine cone painting. Get ready to explore a low-impact exercise movement class, while learning some fun dance movements you can do at home. All levels are welcome, and you can move at your own pace. Register at the Recreation Center Front Desk.

### A A A

### **Exhibits**

SAVE THE DATE!
2022 FOTOFOCUS—EVENDALE JURIED
PHOTO EXHBIIT OUTSIDE!
"THE WORLD AROUND US"

Start taking your photos now for our annual photo exhibit. The exhibit opens October 2. Apply online at evendaleohio.org!!.



### Fine Living

### EVENDALE WINE CLUB WINE TASTING

SATURDAY, JULY 9 AT 5:30 PM RECREATION CENTER POOL, \$20 each

Please visit www.evendaleohio.org to sign up! Spaces limited. Must be 21 and older. Reservations required.

### ARTVENTURES! (AGES 21+) NEWPORT CASINO!

Friday, July 29 Leave Evendale @ 10:00 am FREE Lunch is on your own. Min: 6, Max: 10 Register at Evendale Recreation Center Front Desk



### **Music**

Evendale residents 18 and younger qualify for scholarships.

Band Instruments—JM Bunny Driscoll—call 513-235-0142

**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—call 513-310-9147

**Voice Lessons** - Junbo Zhou—Email <u>junbozhoubaritone@gmail.com</u>







### CINCINNATI ACTOR'S STUDIO (18+)

Mondays, Wednesdays & Thursdays \$25 per class, Register 513-615-2827

#### TIPPI TOES TINY TOES (AGES 2-3)

Tuesdays, 5:00-5:30 pm, \$50 month (residents receive discounts)

### TIPPI TOES BALLET, TAP & JAZZ

Mondays (ages 3-5) 5:45 - 6:30 pm \$60 month (residents receive discounts)

### **GENTLE FLOW YOGA (13+)**

Mondays & Wednesdays, 9:30-10:30 am, \$10 per class. Register at debbaglev01@gmail.com

#### DANCEBLAST! (16+)

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



### **Summer Camps for Kids in July and August**

### **UKULELE KIDZ CAMP**

(GRADES 2-6)

July 11-14, 1:00- 3:00 pm, \$120 8 Hours of jamming, over 4 days of consequences. This scrumdidilyump-FUN! Covering 3-4 songs, our camps tious musical features songs from are perfect for Beginners with no the beloved 1971 film, as well as a experience & Intermediates to keep host of new tunes. Over two weeks, their skills FRESH! Register online @ https://www.ukulelekidz.com/camp- put together a full production while registration

### **VIDEO GAME VICTORIES: A ROLE** PLAYERS ADVENTURE

(GRADES 6-12) July 25 - 29, 9 a.m. to 4:30 p.m., \$245

Performance: July 29 at 4:30 p.m.

Ready Player One! Choose your McDonald | Based on the book fighter, champion or hero as you log Charlie and the Chocolate Factory by in and transform into your favorite Roald Dahl video game character. Spend the week gaining experience points CREATING CAPERS: through costume design, character AN ADVENTURE A DAY creation, monologue writing and (GRADES 6-10) performance classes. At the end of Aug. 1 - 5, 9:00am. to 4:30pm, the week, share your player's story \$245 by performing your monologue for Performance: Aug. 5 at 4:30pm family and friends. Classes Include: The world is an open book — you al and Performance.

### (GRADES 1-6)

July 25 - Aug. 5, 9 a.m. to 4:30 p.m., \$545

Performance: Aug. 5 at 4:30p.m. mysterious chocolate factory — and a Rehearsal and Performance lifetime supply of candy! Four of the five winning children are insufferable brats, but the fifth is a likeable young lad named Charlie Bucket, who is accompanied by his equally amiable

grandfather. The children must learn to follow Mr. Wonka's rules in the factory or suffer some wild performers will work as a group to learning acting, singing and dancing through fun theatre games. Classes Include: Acting, Singing, Dancing, Theatre Crafts, Rehearsal and Performance. Lyrics and Music by Leslie Bricusse and Anthony Newley I Adapted for the Stage by Leslie Bricusse and Timothy Allen

Acting, Improvisation, Character just have to tell the story! Join us Creation, Costume Design, Rehears- as we pick up our pens and imagine exciting adventures in this writing and performance ROALD DAHL'S WILLY WONKA KIDS camp. Each day, you and your fellow artists will write a new short play based on a classic plot device, be it overcoming the monster, rags-to-riches or a great You've got a golden ticket! Enigmatic quest. We'll give you the candy man Willy Wonka stages a parameters, you create the story! contest by hiding golden tickets in On the final day, perform your five of his scrumptious candy bars. pieces for friends and family. Whomever comes up with these Classes Include: Acting, tickets will win a free tour of his Improvisation, Playwriting,







### **EVENDALE POOL**

2022 Membership and ID card required for entry.

New - Member must be 12 years of age or older to enter without supervision.

Guests: \$2 per person; Max of 30 guests a summer per membership; guests must remain with member.

#### **2022 POOL HOURS**

REGULAR POOL OPERATING HOURS
MAY 31 - AUGUST 14

Saturdays 11:00 AM - 8:00 PM Sundays 12:00 PM - 8:00 PM Monday - Friday 12:00 PM - 9:00 PM

### EARLY MORNING ADULT OPEN SWIM FOR POOL MEMBERS

June 6 - August 11

6:00 AM - 7:30 AM M, W, F Sign-in required at the pool desk.

### **ADJUSTED POOL HOURS**

**Dates Pool Hours** Reason Monday, July 4 11:00 AM - 8:00 PM Holiday Monday, July 18 POOL CLOSED FOR SWIM CHAMPIONSHIPS Tuesday, July 19 POOL CLOSED FOR SWIM CHAMPIONSHIPS Mon - Thurs, Aug 15 - Sept 1 4:00 PM - 8:00 PM Fridays, August 19 - Sept 2 4:00 PM - 9:00 PM 12:00 PM - 8:00 PM Sundays, August 21 & 28, Sept. 4

12:00 PM - 8:00 PM

### DOG DAY AT THE POOL

Labor Day, Monday, September 5

### **Tuesday, September 6**

Proof of Immunizations REQUIRED when Registering.

5:30 – 6:45 PM Dogs 30 lbs. and over (Max of 40 dogs) 7:00 – 8:00 PM Dogs 30 lbs. and under (Max of 40 dogs)

Evendale Residents only.

Only dog owners may get in pool with their dog.

No Fee if immunizations are submitted by August 29.

\$3 per dog after August 29.

Please enter through the concession gate area.





### JULY 4TH FESTIVITIES RETURN TO EVENDALE!

### 41st ANNUAL 10K RUN & 4.5 MILE WALK

### 8:00 AM

- Please call 911 if you notice a participant having difficulty on the course.
- Race day only registrations after June 19 and t-shirts will not be available.
- Chip-timed event. Race benefits Phi Lambda Pi, Evendale's teen organization. Course map posted online.

## **ROAD CLOSURES** – In the event of public safety, we are changing traffic control measures this year to make the event safer for all involved.

- New! Reading Road will be **CLOSED completely to ALL traffic** from Cooper Road to Glendale-Milford Road from 8:00 AM until the conclusion of the race at approximately 9:30-10:00 AM.
- Cooper Road will be **CLOSED completely to ALL traffic** from Reading Road to Otterbein Road from 8:00 AM until the conclusion of the race at approximately 9:30-10:00 AM.
- Glendale-Milford Road will be **CLOSED completely to ALL traffic** from Reading Road to Giverny Blvd. from 8:00 AM to approximately 8:20 AM.
- All motorists throughout Evendale should drive cautiously until the race is finished at approximately 10:00 AM. Course map posted online.
- Evendale Police Officers will be located at all major intersections.

### **POOL GAMES** for Residents, Members, and their Guests

2:00 PM Sponsored by SwimSafe Pool Management, Inc. Pool Open 11:00 AM – 8:00 PM on July 4th.

### FOURTH FEST'

### 6:00 - 10:00 PM

- Festival Occurs Rain or Shine.
- Service Dogs Only.
- Enhanced Safety Protocols in Place.
- Food Trucks: Sweets & Meats BBQ, JC's Taco Truck, Roc-a-fella's Pizza, Hometown Swirls and Little Trolley Donuts.
- Inflatables, DJ, Phi Lambda Pi's Kid's Carnival, Raffle, Corn hole, Split the Pot & More!
- Rozzi's Famous Fireworks at 10:00 PM. Fireworks are weather permitting; if cancelled due to weather, they will not be rescheduled.

### **EVENT PARKING**

- The municipal driveway between the Tennis Courts and the Pavilion will be CLOSED from 1:00 PM 11:30 PM.
- Baxter Park Parking Lot will remain closed 30 minutes post fireworks. Police will be directing traffic.
- Handicap parking will be available in front of the Recreation Center. A handicap parking pass will be required to park in these dedicated spaces.
- The Enclosed Shelter House Lot is closed due to the fireworks safety zone.
- Parking will be available at Baxter Park Lot, the Tennis Courts Lot, the Bell Tower Arts Pavilion, G.E.
   Credit Union and Evendale Crossings Shopping Plaza. Residents are encouraged to carpool, walk or bike to the event, if possible.

### PROGRAMS FOR THOSE OVER AGE 18

### **MONDAY NIGHT CARDS AND GAMES**

July 11, 18, 25 5:00-8:00 PM

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. We have a few people interested in starting a Bridge table! E-mail Allison for more information.

Allison.Nasser@evendaleohio.org

### **CHAPTER ONE BOOK CLUB**

Contact: Georgia Bergan, 513-477-9547

Join other book enthusiasts for Evendale's monthly book club the fourth Tuesday of the month. If you are new to the book club, please contact Georgia for book information and to confirm meeting time.

### **MEET & GREET: LIVE BLUES AND HOT BBQ**

Monday, August 1

5:30 PM

Evendale Residents \$ 3.00 (and grandfathered friends) Limited Seating. Please register by July 25.

We're deep into summer.... Time for some Blues and BBQ! Join friends and neighbors for a night of Folk Rockin' Blues with Jeff Henry and the Necessary Evils. Pulled pork and smoked brisket with all your favorite sides and delicious desserts. We'll provide LADIES DAY AT THE POOL soda, water and ice.... Feel free to bring your own Sign up at the front desk 5:30 favorite beverage! today! \*\*\*\* Limited childcare available!\*\*\*\*

### **MEET AND GREET AND EAT**

Monday, September 12 5:30 PM

Evendale Residents \$ 3.00 (and grandfathered friends) Limited Seating. Please add your name to wait list if Sept. 9 - Nov. 11 program is full.

### **CARD MAKING**

Monday, July 11, 25 11AM-1PM

No fee. No sign-ups.

B.Y.O.A. (Bring Your Own Adhesive)

Card making is back! Enjoy an abundance of creative supplies needed to make cards. Make cards for friends and family! Additionally, we will be making blank cards to send to deployed soldiers to use through the Cards for Soldiers program. Come test out your creative side!

### **SUMMER PUTT PUTT LEAGUES**

Tuesdays August 2, 9, 16, 23, 30

Evendale Residents \$45 (and grandfathered friends) Evendale Guests \$50

Five week putt putt leagues ending in a final night with an awards ceremony and prizes for the winners (and booby prizes for the worst players!) Enjoy a weekly game of putt putt with friends and neighbors on summer evenings. League members can also play an additional bonus game on Tuesdays after the official game if they have the time and desire. Create a team or sign up solo and we will put you on one! Teams can be two or more players. We will take the average score

Allison.nasser@evendaleohio.org Sign up today at the front desk!

to determine winners. Email Allison with team

### **KARAOKE AT THE REC CENTER**

names, scores or questions at

Wednesday, August 3

5:30-7:30

No fee. Sign up at the front desk

Channel your inner pop star and join us for a night of karaoke in the Evendale room! Bring a friend and sing your heart out! We'll provide the soda and microphone. Bring your best (or worst) voice (and maybe some liquid courage) for a fun filled night with friends and neighbors!

Thursday, August 11

Mark your calendars! Grab your girlfriends and head to the pool! We'll provide the music, the food and the soda. You provide the bathing suit and towel! This event is open to Evendale ladies age 18 and older.

### Wii BOWLING

Friday nights 4:30 - 6:30 p.m. Join other adults for a fun night of Wii Bowling. Find a partner and sign up today! \$5/residents/grandfathered residents

\$10 for nonresident partner (one member must be a resident)

### ARTVENTURES! (AGES 21+) **NEWPORT CASINO!**

Friday, July 29 Leave Evendale @ 10:00 am FREE Lunch is on your own. Min: 6, Max: 10 Register at Evendale Recreation Center Front Desk



### **2022 PAVILION SERIES**

New this year! A food truck (or ice cream truck) will be available during the concerts! Check our Facebook page for updates on which truck will be available.

Saturday July 16th 7:30 p.m. Dead Centric (Grateful Dead Jam Band)

Wednesday July 27th 12 noon Madcap Puppets (Jack and the Gentle Giant)

Friday August 5th 7:30 p.m. Hot Magnolias (New Orleans Style Party Band)

Saturday August 20th 7:30 p.m. The Missy Werner Band (Bluegrass)

Wednesday August 31st 7:00 p.m. Cincy Shakes (Twelfth Night)

Saturday September 10th 7:30 p.m. The Remains (60s to Today)

Saturday September 24th 7:30 p.m. The Eagles Project (Eagles Tribute Band)

Free Yoga in the Pavilion every Monday at 5:30. No Yoga July 4.



### **The Amazing Mother/Son Race**

1st -6th Graders

Friday, Sept. 16

6-8 p.m.

Join Us for FUN activities & Refreshments! Who will win the Race?

Dress in comfy clothes & gym shoes.

\$5 per person Includes activities, photo, refreshments & door prizes!

### SUMMER SPECIALITY CLASSES

Participants do not have to be enrolled in the Fun in the Sun camp to sign-up.

**ENRICHING KIDZ BETTER BABY SITTERS (GRADES 5-8)** 

July 11 and 13, 2pm - 6pm (Min 6, Max 25) \$85 per person

The Evendale Recreation Department is proud to partner with Enriching Kidz to bring you a new and improved babysitting course. Participants will learn CPR, the Heimlich maneuver, sitter professionalism, important safety information, choking and cardiopulmonary resuscitation, how to handle emergencies, first aid, creative problem solving, infant and toddler care and how to create a marketing plan. Participants will receive their own first aid kit. Participants are asked to bring a lunch or snack.

### **Fabulous Friday Fieldtrips for FunShines**

Entering 1st – Entering 8<sup>th</sup> Grades; 1<sup>st</sup> Graders enrolled in SunBeams are not eligible for trips.

**Pump it Up, West Chester** 

Friday July 8th

Sign-up deadline July 6th (max 100)

\$10 per person

WAIVER NEEDED AT SIGN-UP. Available at the Front Desk. Includes two hours of fun in the inflatable arenas. Socks <u>must</u> be worn by all participants. Please eat lunch beforehand. Kids should bring their own water bottles as water fountains are turned off.

Meet in the Gym: 11:45 AM Return to Baxter Park: 3:00 PM

### **July & August Group Fitness Class Schedule**

Buy the 60\$ pass at the front desk for both months, or pay \$10 walk in per class

Monday	Tuesday	Wed.	Thursday	Friday	Saturday
	HIIT Bootcamp 5:00- 5:45a Michael		HIIT Bootcamp 5:00- 5:45a Michael		<b>Spin</b> 8:30-9:15a Amy
Cardio & Strength 9:30-11:00a Lisa	Yoga 9:30-10:30a Activity Room Helene	Cardio & Strength 9:30-11:00a Lisa			Strictly Muscle 9:30-10:30a Amy
	<b>Barre</b> 9:30–10:30a Amy		<b>Barre</b> 9:30 – 10:30a Amy	<b>Yoga</b> 9:15-10:15a Sandy	SUMMER ONLY! Cardio Tennis 9:00 – 10:00 a Staff
Indoor Cycling 5:30-6:15p Helene Functional Core Conditioning 6:30-7:15p Helene	Hit Me Up 5:30-6:15p Amy  Stretchability 6:15-7:00 p Amy	<b>Mindful Yoga</b> 5:45 – 6:45p Cynthia C.	<b>Way of Lift</b> 5:30-6:15p Amy	Please purchase pass 1st week at the front desk. You may call Front desk to purchase. 513-563-2247  Clean ALL equipment used with spray and towels provided.	
Yoga Activity Room 6:00- 7:15p Sandy		SUMMER ONLY! Water Aerobics 7:10-7:55p Helene	Core And More 6:15 – 7:00p Amy	Childcare offered 9:00 – Noon Mon-Sat 5:30-8 p.m. Wed	

## Minimize time and worrying about deadlines by putting a little money on your account here at the Recreation Dept.

"Oh no, I forgot to register! I know, I have money on my Recreation Center account, so thankfully, I can just call in to beat that deadline!" Has the first part ever happened to you? Wouldn't it be nice to have the second part available?

It is simple to do. The next time you stop in the Recreation Center, put some extra money on your account here and when that thought hits, *I forgot to register for an event*, just call the Center, we can get you registered because you have money on your account. Quiet times at the front desk are typically Noon-2:00pm,or in the evenings 4:00-7:00pm. And, as we do not store your credit card number here at Recreation; so this minimizes the number of times you have to repeat you card number to us.

Save time, and worry less...keep some money on your account at the recreation center.

### **SPORTS**

\*\* One week prior must have minimum of 4 to hold or will be cancelled.

### **LADIES' POST SEASON PLAY**

Mondays 6:30 - 8:00 p.m.

Rainout day will be Wednesday at same time.

\$10 will be added within one week of class

Session I: Aug 3 - 31

Pre-Registered one week prior to start \$20.

Session II: Sept. 14-28 (no class Sept. 7 Labor Day)

Pre- registered \$12.

### YOUTH TENNIS LESSONS

Session III: July 25- August 4 NEW TIMES!!!

Evendale continues teaching the <u>USTA Standards for 10</u> and Under!

\*\*\*Three days per week- Monday, Wednesday & Thursday\*\*\*

Lessons are held on Mondays and Wednesdays!

Thursdays will be match play and FUN!

Ages 5-7 Quickstart-Stage Red 8:45-9:30am Ages 8-9 Quickstart-Stage Orange 9:30-10:45 am Ages 10 & Up Stage Green/Yellow 10:45-11:45am Fees: \$27 residents/\$36 Non-Resident PLEASE SIGN UP ONE WEEK PRIOR TO CLASS TO ENSURE WE HAVE ENOUGH PARTICIPANTS. Must have 4 registered one week prior or may combine /cancel levels.

### **ADULT SUMMER TENNIS:**

Cardio- Kicked up a NOTCH!!! This is part of our Group

Fitness Pass! Tray a class today!!! 9-10:00 a.m. Saturdays

Walk In Fee: \$10 Res./\$12 NR

(Have a group fitness pass? This class is included!)

Held through August 27 every Saturday!



### Wii BOWLING LEAGUE for ADULTS

Sept. 9 – Nov. 11 Friday nights 4:30 – 6:30 p.m. Join other adults for a fun night of Wii Bowling. Find a partner and sign up today!

\$5/residents/grandfathered residents \$10 for nonresident partner (one member must be a resident)

### **PROGRAMS OFFERED BY FITMEES**

Please note that these programs are not offered through the Recreation Dept.

Please Ask a FitMees Team member about signing up or email michael@fitmees.com.

### The Evendale 100 is On!

Your favorite annual fitness challenge is here! The Evendale 100 begins July 1.

The challenge will run for 8 weeks from Monday, July 1 through Friday, August 26.

Your goal? To reach 100 "miles" by completing a variety of fitness activities - run, walk, play tennis, attend a fitness class, the list goes on. Just record your activity for the day at the fitness center desk - your max is 5 "miles" per day.

Every member who signed up by June 30 will receive a FREE T-shirt at the end of the competition (you can still sign up if you missed the T-shirt deadline). The first male and female to reach 100 "miles" will get their names on a plaque ... and all the glory.

Don't forget to log your miles in the notebook found at the Fitness Center desk. Good luck!

### InBody BOGO

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.

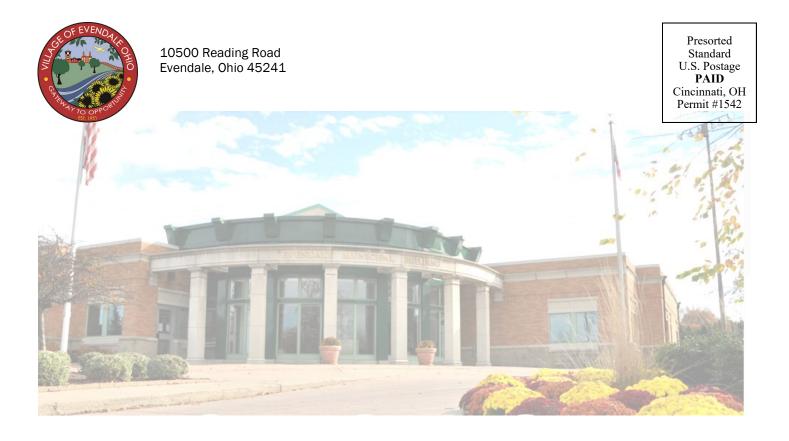
It's the perfect way to understand where you're starting so you can track your progress periodically, knowing your effort in the gym is making a difference in your health.

For the month of July, all InBody measurements are buy one, get one free! Talk to a FitMees Trainer or email michael@fitmees.com.

#### Come Train with Michael. FREE

On July 17, come train with Michael, free! Weather permitting, the workout will be held outdoors from 9-10 a.m. We will meet in the lobby of the fitness center.

Limit of five people. Sign up by emailing "July Fitness Day" to michael@fitmees.com



### **IMPORTANT PHONE NUMBERS**

513-563-2244 Administration Office Director of Administration 513-956-2666 **Building Department** 513-956-2665 Tax Department 513-563-2671 513-563-2244 Village Clerk **Cultural Arts Center** 513-563-1350 Fire Department 513-563-2248 Gorman Heritage Farm 513-563-6663 Police Department 513-563-2249 Recreation Department 513-563-2247 Pool 513-563-2246 Weather Hotline 513-956-2667 Service Department 513-563-4338 Rumpke Trash Service 1-800-828-8171 Chamber of Commerce 513-383-7034

Website: www.EvendaleOhio.org

Village of Evendale, Ohio -

Recreation, Administration and Cultural Arts.

Evendale Emergency Services -

Police, Fire and the Service Department.

# PROTECT YOUR **EVERY DAY**

If you **see** something, **say** something\*

REPORT SUSPICIOUS ACTIVITY 877-OHS-INTEL

(877-647-4683)

or 9-1-1 in case of emergency





