



VILLAGE OF EVENDALE

FEBRUARY 2023

Dear Neighbors and Friends,

As you can tell by the final revenue numbers below, 2022 was a good year for the Village. We will now be able to do some long-awaited capital projects. First off is a new garage for the Service Department. We need a place to keep our equipment out of the weather. We were using the old Aberdeen Trucking site by AeroHub, but that building was demolished last year to create a pad-ready site for new commercial development in AeroHub. The cost for the new service garage will run in neighborhood of \$4.5 million. One of the next big jobs is a new roof on the Cultural Arts building. It has been patched multiple times over the past several years. It has a cost estimate of \$75,000. Also on the list is half a million dollars for street resurfacing.

The Duke sub-station on Glendale-Milford Rd. is now complete. The brick buildings with metal roofs and wrought iron fencing look pretty nice considering Duke could have put anything they wanted on the site due to their power of eminent domain. Instead, they chose to work with us. The heated buildings contain equipment to measure, monitor and regulate pipeline gas flow.

One of our police officers recently received the Award of Valor from the Hamilton County Police Association. Caleb Kaminsky, while employed with the Village of Fairfax, rescued, with assistance from a Mariemont officer, a wheelchair bound person from a burning building. Tragically, two other persons died in that fire. Please join me in congratulating Officer Kaminsky for his award and for his life saving actions.

I think it is worth noting the grants The Gorman Heritage Farm has been awarded over the past year. First there was a \$90,000 grant from the Ohio Department of Natural Resources for a nature play trail. Then came a \$25,000 grant from the Greater Cincinnati foundation for an outdoor classroom in conjunction with the Soil and Stars building. Next came \$9,700 for a compost and waste station at Soil and Stars. Finally, they succeeded in getting a \$280,000 EPA 319 Grant for improvements to the lower watershed project. Nice going, Nicole and team!!!

Lastly, a special thank you to Lori Radcliff for having served on the Village's Records Commission for 20 years. I am always amazed at the willingness of our residents to serve.

See you next month.

Sincerely,

Your Mayor



FINANCE DEPARTMENT

Financial Comparison

	2022		2021	
	December	Year to Date	December	Year to Date
Total Revenue	\$ 1,419,268	\$ 18,408,606	\$ 1,311,796	\$ 16,436,682
Total Expenditures	\$ 1,204,951	\$ 15,848,179	1,123,032	\$ 15,798,787
Net Result	\$ 214,317	\$ 2,560,427	\$ 188,764	\$ 637,895



VILLAGE OF EVENDALE ADOPTED ORDINANCES AND RESOLUTIONS

The following ordinances and resolutions were adopted by the Council of the Village of Evendale at its Regular Council Meeting on January 10, 2023.

ORD # 23-01

ORDINANCE MAKING APPROPRIATIONS FOR TRANSFERS AND CAPITAL EXPENDITURES FOR THE FISCAL YEAR ENDING DECEMBER 31, 2023 AND DECLARING AN EMERGENCY. (Unanimously Approved)

ORD #23-02

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

(Unanimously Approved)

ORD #23-03

ORDINANCE AUTHORIZING MAYOR TO EXECUTE AN AGREEMENT WITH MCGILL, SMITH AND PUNSHON FOR PROFESSION DESIGN SERVICES AND DECLARING AN EMERGENCY.

(Unanimously Approved)

ORD #23-04

AN ORDINANCE AUTHORIZING THE PAYMENT OF AMOUNTS DUE UPON CERTAIN CONTRACTS REQUIRING CERTIFICATION OF AVAILABILITY OF FUNDS AND DECLARING AN EMERGENCY. (Unanimously Approved)

ORD #23-05

AN ORDINANCE AUTHORIZING THE CONSTRUCTION OF A NEW ANIMAL BARN ON THE PROPERTY OF THE GORMAN HERITAGE FARM AND DECLARING AND EMERGENCY.

(Unanimously Approved)



SAVE THE DATE!!

Village Shred/Recycle Day for our residents

April 22nd 9:00am-Noon

Once again we are offering:
document shredding, household chemical disposal and electronics.



TAX DEPARTMENT

Tax Forms - The 2022 Evendale Individual Income Tax Returns (Form IR) will be mailed out during the 2nd week of January, 2023. Forms are also available on our website, <https://www.evendaleohio.org/tax-department> and in the lobby of the Administration Department. The Due Date for filing your 2022 Evendale Individual Income Tax Return, and paying any tax due, is **April 18, 2023**.

E-file/E-pay - The E-file system is available for most individuals to file their 2022 Evendale Individual Income Tax Return. An E-pay system is included for paying the balance of tax due by credit card. Credit card payments will be accepted without assessment of a convenience fee by the 3rd party credit card processor (some restrictions may apply), if utilizing E-Pay for the tax year 2022. VISA, MasterCard and Discover are accepted. The E-file system may be accessed by visiting our website at <https://www.evendaleohio.org/tax-department>

NEW THIS YEAR - Securely pay tax due by accessing the PAY NOW button on our website. Credit card payments will be accepted without assessment of a convenience fee by the 3rd party credit card processor (some restrictions may apply). Please visit <https://www.evendaleohio.org/tax-department>

Work From Home - If you requested a refund from your work place city for the tax year 2022 because you worked from home, your credit for Tax Paid to Another Municipality (Evendale Individual Income Tax Return, Line 5c) must be reduced by the amount of the refund received from your work place city.

Taxpayer Assistance - In-person taxpayer assistance remains by appointment only at this time. Taxpayer assistance is also available by telephone and by email.

Dropping off Tax Information - If you need to visit our office to drop off tax return 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.

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.



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. Rumpke requests residents to place leaf bags and waste containers in the same spot. The department's branch chipping service will not take place when the streets need snow removal. Safe roads are our first priority.



The Service Department is now accepting applications for Seasonal workers. Applications can be found online on the Village web site or picked up at the Service or Administration Departments. All applicants must be at least 18 years of age. Starting wage is \$15.00/hour. If you have questions, please call Paula at 513-563-4338.



GORMAN HERITAGE FARM

Visit the Farm this Winter!

Gorman Heritage Farm is a great way to spend time in nature, even in the winter time! Come enjoy your neighborhood farm by walking our trails, saying hello to the farm animals, attending an education program, or simply stopping by the Farm Shop to buy some honey or eggs. We hope to see you here soon!

February Programs at the Farm:

Learn more and register here: <https://www.gormanfarm.org/adult-and-family-programs/>



Introduction to Sustainable Home Food Production

Sunday, February 5th, 1:00-3:00pm

The January class sold out, so we are offering it again in February! Join our Gardener, Jason Kamp, to grow your garden knowledge and get ready for spring. This program includes a classroom portion, hands-on learning, overview of different gardening techniques and a walk through the Gorman Heritage Farm garden with an expert!



Historic Barn Walk

Saturday, February 25th, 12:00-2:00pm

Experience a guided walk of the historic farm buildings not typically open to visitors in this delightful farm stroll! Walk through the barns and the private Farm House that started it all here at the farm as we reveal the story of the founding family and how they lived through the years, from the 1835 Bank Barn to the 1930s Hen House.



For the Love of Farm Animals

Saturday, February 11th, 10:30am -12:00pm

Saturday, February 11th, 1:00-2:30pm

Bring your little ones to the Farm to get ready for Valentine's Day by caring for our animals, crafting a card, and sipping some hot cocoa! You can even get a farm footprint from one of our animals on your card! A fun program for all ages.



Summer Camp Registration Opens THIS MONTH!

Registration will open for Members for Summer Day Camp on February 7th and for non-members on February 21st, 2023. In addition to early access, members of Gorman Heritage Farm at the level of "Family" and "Grandparents & Grandkids" receive a \$35 discount on each camp registration. Summer Day Camp is such a special way for children to spend time outside, learning about farms, food, animals, nature, and having so much fun together. Start planning your children's or grandchildren's summer activities! Become a Member of the Farm today!

Become a Member here: <https://www.gormanfarm.org/memberships/>

Find out more about Day Camp here: <https://www.gormanfarm.org/summer-day-camp/>



Arts

OPEN PAINTING STUDIO

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

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

YOUTH FIGURE STUDIES (AGES 13+)

Mondays, 4:30-6:30 pm
\$99 for 6 week session
February 27– April 3
Instructor: Chris Taulbee
Register at Recreation Center Front Desk

ADULT FIGURE STUDIES (AGES 18+)

Mondays, 6:30-8:30 pm
\$99 for 6 week session
February 27– April 3
Instructor: Chris Taulbee
Register at Recreation Center Front Desk

INTRO TO CLAY (AGES 13+)

Tuesdays, 3:30-6 pm OR 6-8:30 pm
\$140 for 6 week session or \$23 per class, February 28– April 4
Instructor: Chris Taulbee
MIN: 3, MAX: 8, Register at Recreation Center Front Desk
Learn the basics of working with clay, including both hand building techniques and wheel throwing. Participants will receive 25lbs of clay and a shelf space for their work and supplies.

OPEN POTTERY STUDIO

Fridays
Cultural Arts Center, Lower Studio
10:30 am–2:30 pm, \$5
Register at Recreation Center Front Desk

SIP AND SPIN POTTERY NIGHT!

Saturday, March 4
6:00-8:30 pm, \$25 per person
Instructor: Chris Taulbee
MIN: 3, MAX: 8,
Register at Recreation Center Front Desk
Come out and bring your friends or a date to this class designed for absolute beginners! Students will learn the basics of clay with in depth instruction throughout the class should you need

help at any point with your project!
Expect to get a little messy, and to have a lot of fun!

Exhibits & Events

2023 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 MAY 5-8, 2023. Visit the Village webpage for complete entry guidelines. No application fees for Evendale residents if you apply by March 10, 2023

Fine Living

EVENDALE MONTHLY WINE TASTING

Saturday, February 11
6:00 pm at the Evendale Enclosed Shelter House
Price: \$20 per person.
Please visit www.evendaleohio.org to sign up! Pay at door. Must be 21 and older. Reservations required.

MARIA'S BOURBON FLIGHT + JANET'S SMALL BITES

Friday February 24
6:30 pm at the Evendale Enclosed Shelter House
Price: \$35 per person.
Please visit www.evendaleohio.org to sign up! Pay at door. Must be 21 and older. Reservations required.
Come warm up with Bourbon during the chilly month of February. Taste a themed bourbon flight curated by Maria Yost with a DIY cocktail at the end. Small bites provided by Janet Smeal. This month's theme: Extra Oak.

Performing Arts

PLAYHOUSE IN THE PARK PRESENTS "STELLALUNA"

Friday, February 3, 7:00 PM
Bell Tower Arts Pavilion Theater
Please visit www.evendaleohio.org to

save your FREE seat today!

A Mother Bat loves her baby, Stellaluna, with all her heart. But when an owl knocks Stellaluna out of her nest one night, she finds herself in Mama Bird's nest with all her baby birds. Stellaluna adopts the ways of her newfound family, but when she has an opportunity to show them what life is like as a bat, they're reluctant to do so. This popular children's story lifts up the powers of friendship and understanding.

Recommended for pre-k and up.

CINCINNATI ACTOR'S STUDIO (18+)

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

TIPPI TOES TINY TOES (AGES 2-3)

Tuesdays, 5-5:30 pm, \$59 month (Evendale residents receive discount)
Register @ tippitoesdincinnati.com

TIPPI TOES BALLET, TAP & JAZZ (AGES 3-5)

Mondays, 5:45–6:30 pm, OR
Tuesdays, 5:45–6:30 pm, \$69 month (Evendale residents receive discount)
Register @ tippitoesdincinnati.com

TIPPI TOES TINY TOES (AGES 2-4)

Tuesdays, 5:00–5:30 pm, \$59 month (Evendale residents receive discount)
Register @ tippitoesdincinnati.com

GENTLE FLOW YOGA (13+)

Mondays & Wednesdays, 9:30-10:30 am, \$10 per class,
Register at debbagley01@gmail.com

MY NOSE TURNS RED CIRCUS

CLASSES! Times vary. Check website.

KIDS FENCING CLASS (GR. 1st –8th)

Thursdays, February 2, 9, 16, 23
4:30 pm, \$60
Sign up online at QueenCityFencersClub.com
Channel your inner musketeer and learn about the art of fencing! Practice technique before sparring with classmates! Queen City Fencers Club will be leading this class and all fencing equipment is provided. No prior experience necessary!



2023 Memberships

Renew your membership today and take advantage of all the great facilities Evendale has to offer!

HOURS OF OPERATION AT THE RECREATION CENTER AND FITNESS CENTER

Monday – Thursday 5:00 AM – 8:00 PM
Fridays 5:00 AM – 7:00 PM
Saturdays 8:00 AM – 2:00 PM
Sundays 12:00 Noon – 4:00 PM

FRONT DESK HOURS

Monday – Thursday 9:00 AM – 7:30 PM
Fridays 9:00 AM – 6:30 PM
Saturdays 8:00 AM – 1:30 PM
Sundays 12:00 Noon – 3:30 PM

2023 POOL SEASON – SWIMS SAFE HIRING

Returning Employees – Please reach out to SwimSafe if you haven't already heard from them!

New Employees; Hiring begins in January if staff is still needed at Evendale Pool. You can also apply to work at another pool SwimSafe manages.

To apply, simply go to Swimsafepool.com and navigate to the applications under the Employment tab or click on the Apply Here button on the home screen. If you have any questions, please reach out to Kristenbailey@swimsafepool.com



EVENDALE RECREATION NOW HIRING

SUMMER CAMP COUNSELOR – SEASONAL

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

***Returning Summer Employees – Must submit applications by January 31**

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

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

Deadline to submit applications is March 1. Starting Salary \$11.30 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/September. Applications available at the Evendale Recreation Center, 10500 Reading Rd., Cincinnati, OH 45241 or www.evendaleohio.org.

Deadline to submit application is March 1. Starting Salary \$11.30 EOE

Tennis Assistant

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, \$11.30-\$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



Thank you to the following Phi Lambda Pi members for joining the Recreation staff in making the winter family event *Snow Much Fun*: Ethan Barzman, Jack Carmody, Gloria Dunlap, Mia Dunlap, Zoey Eagan, Evie Fortner, Adrian Gordy, Mallory Green, Sam Green, Rayne Hannah, Mitchell Kessler, Mel Kessler, Kalee Knight, Bhodi Kretschmar, Colin McAllister, Jack McDaniel, Carson McDaniel, Dillon Pommering, Sophie Pressler, Cami Reiser, Andrew Senter, Gabbie Terlinden, Austin Young.

Walk Your Way To A Healthy Heart in February (American Heart Month)

Feb. 1- Feb. 28

All Ages are welcome!

The Recreation Department is challenging *all residents* to get 10,000 steps each day in February!

Those that achieve this heart, healthy goal should email kristen.maiden@evendaleohio.org by March 2, 2023.

All names will be entered for a chance to win a \$25 gift card to the location of your choice. Two gift cards will be awarded. Get walking Evendale!!! If you use our fitness center, you will receive an extra entry in drawing.



EGG-STRAVAGANZA

April 1

Wee Egg Hunt

- 10 am - 12 pm
- ages 0-4
- hunt in the baseball outfield at your own pace

Family Egg Hunt

- 10:30 am - 12 pm
- all ages welcome
- hunt throughout the complex at your own pace

MORE FUN!
VISIT THE BUNNY
DECORATE A COOKIE
EGG DYEING
VISIT WITH THE LITTLE
ANIMALS FROM
GOOD GREEN EARTH FARM

By March 20
\$3 per child, \$6 per Resident's grandchild

Between March 21 - March 25
\$10 per child, \$15 per Resident's grandchild

No signups after March 25

Rain date - April 8

Soccer Referee Training:

Want to earn some extra money? Get certified as a **Cincy Central SAY** soccer referee on **March 4th** at the Evendale rec center!

Free referee training
March 4th
9:00 am to 12:00 noon.



Email Kristen at
Kristen.maiden@EvendaleOhio.org
to register.

Family Bingo
Friday, March 17
6:30 - 8:00 PM

POT O' LUCK BINGO

\$3 per person by March 10
Includes Bingo, Prizes, Popcorn & Soft Drinks for the Whole Family!
Be sure to wear something GREEN!

PROGRAMS FOR THOSE OVER AGE 18

MONDAY NIGHT CARDS AND GAMES

February 6, 13, 20, 27

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.

MARDIS GRAS PARTY! (FEBRUARY MEET N GREET)

Monday, February 6

5:30 PM

Evendale Residents \$ 3.00

(and grandfathered friends)

Limited Seating. Please register by January 30

Laissez les bon temps rouler! Join us for our second annual Mardi Gras Party! Enjoy cajun style food from J. Gumbo including jambalaya and etouffee! We'll also be serving Louisiana fried chicken, red beans and rice, mac and cheese and slaw.... And of course, King Cake! Live music by Lagniappe. Show us your.... fun side!



CARD MAKING

Monday, February 13, 27

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!

LUNCH & LEARN: CINCINNATI ENTERTAINERS

Wednesday February 22

12Noon-1PM

No fee. Please Register by February 21

Calling all history buffs! Bring your lunch and listen to a lecture from the Cincinnati Museum Center about Cincinnati entertainers! Many professional entertainers got their start in Cincinnati. We will take a look back at the life and careers of some of the biggest stars who were either born in Cincinnati or lived here early in their professional careers, including Tyrone Power, Vera-Ellen, Andy Williams, Doris Day, Rosemary and Betty Clooney, Theda Bara, Libby Holman and Roy Rogers.

ARTVENTURES! ANTIQUE CAR COLLECTION TOUR + LUNCH

Friday, February 24

Leave Evendale @ 9:30 am

\$15.00 per person, Lunch is on your own

Min: 6, Max: 12

Deadline to Register: February 22

Questions? Contact Susan Gordy at

513-563-1350 or email

susan.gordy@evendaleohio.org

Tour an impressive private car collection in Erlanger featuring over 200 vintage & antique vehicles. The collection ranges from the evolution of the automobile in the early 1900s through a 1980s DeLorean. Following the tour we will have lunch at the Greyhound Tavern founded in 1921 and famous for their onion rings!

MEET & GREET & EAT

Monday, March 6

5:30 PM

Evendale Residents \$ 3.00

(and grandfathered friends)

Limited Seating.

Please register by February 27

Join us as we celebrate the Luck O' the Irish with a hearty meal and music from the Bridgewood Players.



Pickleball Open Play

Wednesdays 12:00 - 3:00 p.m.

(2/22 and 3/29 are 2:00-4:00pm)

Thursdays 6:00 - 8:00 p.m.

Evendale residents are welcome for open play. Residents may bring a guest for \$2/person.



PROGRAMS FOR THOSE UNDER AGE 18

Bumper Bowling

Monday, February 20 *President's Day

1:00 – 3:00 pm

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

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

Sign-up by February 13.

Meet at Crossgate Lanes, 4230 Hunt Road.

Winter Children's Programs:

Tuesday January 17th – Friday March 31st

\$30 per class after January 9th

MAX OF 2 CLASSES PER CHILD AT SIGN UPS – We will waitlist if interested in potential additional openings

Please adhere to age guidelines when signing up.

Children should remain in the same age class for the entire "school year."

SING & PLAY THE TODDLER WAY

Mondays 9:30 – 10:30 am (Min 5, Max 12)

18 months – 36 months, accompanied by a caregiver.

No siblings in class outside of the age range.

Come and join us as we explore nursery rhymes, finger plays, songs, simple crafts and more. It's fun to learn to share and cooperate together!

GUYS, GALS & GAMES

Mondays 1:15 – 2:15 pm (Min 5, Max 12)

3 – 6 year olds. MUST BE POTTY TRAINED.

Let's play some games with our friends!

Sports, Board Games, Puzzles and More!

MUSCLES IN MOTION

Wednesdays 10:30 – 11:30 am (Min 5, Max 12)

18 months – 36 months, accompanied by a caregiver.

No siblings in class outside of the age range.

We like to move it, move it. Come down to move it, move it with us. Sing and play with friends while getting those muscles in motion.

OPEN GYM

No Fee – drop in activity.

Wednesdays, Noon - 2pm

All ages welcome, accompanied by an adult.

Parents must provide supervision at all times.

STORY ADVENTURES (Please note time change from last session)

Thursdays 9:30 – 10:30 am (Min 5, Max 12)

18 months – 36 months, accompanied by a caregiver.

No siblings in class outside of the age range.

Come join our adventures to places through books, music and open play.

GET UP & GO!

Fridays 10:00 am – 11:00 am (Min 5, Max 12)

3 – 6 year olds. MUST BE POTTY TRAINED.

Come explore movement. Run, hike, dance, and play games with friends. Dress for the weather as we will get up and go. (No open-toe shoes and bring a water bottle).

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.

Walking Challenge

We are excited to announce our latest fitness challenge: the 10,000 Step Walking Challenge.

The goal of this challenge is to encourage everyone to incorporate more physical activity into their daily routine, and what better way to do that than by walking? By participating in the challenge, you'll be motivated to walk at least 10,000 steps every day, which is the recommended amount for overall health and wellness.

To participate, simply sign your name at the top of a step counter tracking sheet at the fitness center desk. Then, track your daily step count using a fitness tracker or smartphone app. The next time you are in the fitness center log your steps from the previous day.

We'll draw randomly two participants who complete 15 days of logging their 10K steps and a grand prize for the person who logs the most days overall.

Don't miss out on this opportunity to get moving and improve your health!

Personal training

Are you tired of feeling stuck in your fitness routine? Want to take your workouts to the next level? Look no further! FitMees trainers are certified personal trainers who can help you achieve your goals through expert guidance, motivational support, and a personalized exercise plan tailored to your unique needs and abilities.

Whether you're looking to lose weight, build muscle, improve your overall health and wellness, or simply feel better in your own skin, your trainer will be there to guide you every step of the way. You'll see results faster, stay motivated, and reach new heights of fitness and overall wellness.

Start your journey to a stronger, healthier you today with personalized one-on-one training!

See Your 2023 Progress

Did you make changes in January to kick off your New Year's Resolutions? Check in on your progress with an InBody analysis.

Understanding the changes you're making, that may not be visible can help keep you motivated as we head into February and most people have given up on their resolutions.

That's where the InBody comes in. It only takes 15 seconds and you'll get a personalized printout of your results. Once you get your baseline, every time you get back on the scale, you'll be able to see how your efforts are making a difference in your health.

A FitMees Trainer will take you through your printout and help you understand what your numbers mean, and offer suggestions on how you might tweak your fitness plan.

FitMees offers InBody analysis to Evendale residents for only \$20. Talk to any FitMees trainer to get on the scale!

Registration still open, If space allows:

2023 Spring Soccer

Pee Wee	Born in 2018
Dribblers	Born in 2017
Passers	Born in 2015 & 2016
Wings	Born in 2013 & 2014
Strikers	Born in 2011 & 2012
Kickers	Born in 2009 & 2010
Minors	Born in 2007 & 2008
Seniors	Born in 2004, 2005, 2006

Resident players pay \$25 (plus \$5 if you have not viewed the PAYS video.)

Non-Residents may sign up beginning Feb. 1 if space allows. Non-Resident fee is \$45 (plus \$6 if you have not viewed the PAYS video.) \$40 refundable uniform deposit check is required. **Residents and Non-residents must view PAYS video prior to start of season. Can view online – see link on our website.**

Knothole Baseball –

AA	5/1/05 – 4/30/07
A	5/1/07 – 4/30/09
B	5/1/09 – 4/30/11
C2	5/1/11 – 4/30/12
C1	5/1/12 – 4/30/13
D2	5/1/13 – 4/30/14
D1	5/1/14 – 4/30/15
Coachpitch	Dec. 2015– Jan. 2017
Resident Fee:	\$45 starting Feb. 1

T-ball - 5/1/15 – 4/30/17

Registration Fee: \$45 starting Feb. 1
Non-residents can begin signing up Feb. 1 if space allows. \$55.00

Girls Softball

Age Group Divisions (birth year)

- 8U: 2014,2015, 2016
- 9U: 2013
- 10U: 2012, 2013
- 12U: 2010, 2011
- 14U: 2008, 2009

Resident Fee: \$45 starting Feb. 1
Non-residents can begin signing up Feb. 1 if space allows. \$55.00

Coaches are certified and background checked. If interested in coaching, please email or call Kristen.
Kristen.maiden@evendaleohio.org

See January newsletter for full program details.

Evendale Recreation Department Group Exercise Classes

Barre – Tuesday & Thursdays 9:30-10:30 a.m. Instructor: Amy Dickinson

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

Body Sculpting – NEW!! - Tuesday 6:30-7:30 p.m. and Friday 6:30-7:30 AM

Instructor: Katie Meyer

This class will be a fast paced class incorporating strength building and cardio to achieve an all over sculpted physique!

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!

Cardio Tennis - Saturdays 9:00 – 10:00 a.m. Tennis Staff Hit the courts and use your tennis skills to get your exercise in for the day!

Core Mat – NEW!! - Tues & Thurs 5:30-6:30 p.m. Instructor: Katie Meyer

This class will be held on a mat while using exercises to increase core strength. This will result in better posture and overall strength and stability.

HIIT - Tues & Thurs 5:00-5:45 a.m., Instructor: Michael Mees

Looking to build lean muscle, shed 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, & 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.

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

An adventurous cycling excursion with inspirational music. Break free of your comfort zone & improve your fitness level! *Limited bikes=1st come, 1st serve.*

Strictly Muscle—Saturdays 9:30-10:30 a.m. Instructor: Amy Dickinson

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

Yoga – Mondays 5:30 – 6:45 p.m. \$10/walk-in Instructor: Sandy Nardini

Slow Flow Vinyasa - Tuesdays 8:30 – 9:30 a.m. \$10 Walk-in Instructor: Helene

Everhart -Postures are generally held for longer periods, and the transitions between poses are a little slower. Appropriate for all levels.





Yoga - Fridays 9:15 – 10:30 a.m. \$10/walk-in Instructor: Sandy Nardini

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

February Class Schedule

BUY FITNESS PASS \$25/month unlimited classes!!!

OR Walk-in for \$10

Monday	Tuesday	Wed.	Thursday	Friday	Saturday
	HIIT Bootcamp 5:15-6:00a Michael		HIIT Bootcamp 5:15-6:00a Michael	NEW Body Sculpting 6:30-7:30a Katie	Spin 8:30-9:15a Amy
Cardio & Strength 9:30-11:00a Lisa	Yoga 9:30-10:30a Back Evendale Room Helene	Cardio & Strength 9:30-11:00a Lisa			Strictly Muscle 9:30-10:30a Amy
Clean ALL equipment used with spray and towels provided.	Barre 9:30-10:30a Amy		Barre 9:30 - 10:30a Amy	Yoga 9:15-10:15a Sandy	
	NEW Core Mat 5:30-6:30 p Katie	Childcare offered 9:00 - Noon Mon-Sat & 5:30-8 p.m. Wed Pay at the front desk.	NEW Core Mat 5:30-6:30 p Katie	Help me welcome our new instructor: Katie Meyer Katie is a certified aqua aerobics and yoga instructor. She played women's semi-pro football, currently is a red belt with black stripe in Tae Kwon Do (she is working towards her black belt) and she pro wrestled and competed in MMA. She is currently working as a health & wellness specialist. Her passion is helping individuals reach their peak physical levels!	
Yoga Activity Room 6:00- 7:15p Sandy	NEW Body Sculpting 6:30-7:30 p Katie	Mindful Yoga 6:00 - 7:00 p Cynthia C.			
Amy will not be teaching any evening classes. Please try our new classes being offered.			Please purchase pass 1 st week at the front desk. You may call Front desk to purchase. 563-2247		



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Evendale, Ohio 45241

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IMPORTANT PHONE NUMBERS

Administration Office	513-563-2244
Director of Administration	513-956-2666
Building Department	513-956-2665
Tax Department	513-563-2671
Village Clerk	513-563-2244
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.



in Recreation and Service Departments.

See the village website for details:

<https://www.evendaleohio.org/mayor-village-council/pages/employment-opportunities>