



OFFICIAL PUBLICATION OF THE CITY OF MONTGOMERY • JULY 2024

BASTILLE DAY

Celebration



Bastille Day, July 20

Live music, food, beer, wine, and fun!

Page 9

I-275
SmartLane

5

Independence Day
Parade & Festival

6

Fall
Food Tour

11

COUNCIL MESSAGE

CELEBRATING FREEDOM AND INDEPENDENCE

BY SASHA NAIMAN

In this season, many Americans take part in celebrations of Freedom and Independence – including right here in our Montgomery community! With Montgomery’s iconic July 4th parade and festival, as well as the BAMSO concert on July 3rd, we celebrate the signing of the Declaration of Independence in 1776. Another important holiday, Juneteenth, is just behind us – commemorating the path to freedom for people who had been enslaved in America. (Check out the June Bulletin for an article about Juneteenth.) These federal holidays embody the spirit of our nation and the values to which we should aspire: self-determination, democracy, citizenship, opportunity, good governance, and the ability of each person to control their own life, liberty, and pursuit of happiness.

The City of Montgomery works hard to live up to these values, including through the work of our Diversity and Inclusion Commission, police and fire departments, community development initiatives, mental-health support programs, and many others. We do this all year long, in partnership with you – the people who live, work, and spend time in Montgomery.

One of my favorite parts of being on the City Council is hearing from all of you, working to be responsive to different (and sometimes conflicting) interests of residents, understanding concerns, and helping seek solutions. I am confident that my colleagues on Council and the City Administration share this feeling. Your power, your voice in government, and your right to influence the future of your community are all important locally – just as these are themes of the holidays we celebrate nationally.

I hope to see you at the Independence Day Parade and to hear from you any day of the year!



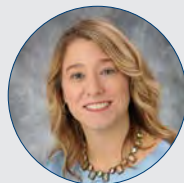
COUNCIL MEMBERS



Mayor
Ron Messer



Vice Mayor
Sasha Naiman



Member
Lee Ann Bissmeyer



Member
Chris Dobrozsi



Member
Craig Margolis



Member
Catherine Mills-Reynolds



Member
Ken Suer



COUNCIL CORNER

JUNE 19, 2024 WORK SESSION

Montgomery City Council met in its regular monthly Work Session on Wednesday, June 19, 2024, at City Hall. Meetings begin at 6:00 p.m., with public comment welcomed on each item before City Council.

Pending Legislation

There was no pending legislation

New Legislation

A **Resolution** Adopting A Tax Budget For 2025

A **Resolution** Authorizing Internet Auction of Surplus Personal Property Through Govdeals.com

A **Resolution** Accepting a Bid and Authorizing the City Manager to enter into an Agreement with Sunesis Construction Company for the Huntersknoll Court Drainage Improvement Project

A **Resolution** Accepting a Bid and Authorizing the City Manager to enter into an Agreement with Bansal Construction, Inc. to complete the Montgomery Road and Vintage Club Boulevard Traffic Signal Improvements Project

An **Ordinance** To Amend Appropriations For Current Expenses And Other Expenditures Of The City Of Montgomery, State Of Ohio, During The Fiscal Year Ending December 31, 2024

RECENT COUNCIL ACTION

Approved Legislation

May 15, 2024

ORDINANCE 4 2024

An **Ordinance** Establishing Schedules of Municipal Compensation (**passed 7-0**)

ORDINANCE 5 2024

An **Ordinance** Amending Chapter 34, Personnel Policies; Bond (**passed 7-0**)

June 5, 2024

RESOLUTION 10 2024

A **Resolution** Authorizing The City Manager To Contract With Frost Brown Todd, LLC To Provide Special Counsel Services (**passed 6-yes, 1-absent**)

June 19, 2024

RESOLUTION 11 2024

A **Resolution** Authorizing The City Manager To Contract With Frost Brown Todd, LLC To Provide Special Counsel Services (**passed 7-0**)

These pieces of approved legislation can be reviewed on the City's website at www.montgomeryohio.gov or in the Safety Center vestibule at 10150 Montgomery Road, Montgomery Ohio 45242.

ADMINISTRATION



City Manager
Brian Riblet



Assistant City Manager
Tracy Henao



Clerk of Council
Connie Gaylor

Emergency 911

Non-Emergency
• **Police Dept.**
513-985-1600

• **Fire Dept.**
513-985-1633

• **Care Solace**
888-515-7881

Public Works
513-792-8355

**Planning/Zoning/
Building**
513-792-8309

City Hall
513-891-2424

TRILLIUM AT TWIN LAKES

Construction has started for a new active adult living complex (age 55 and older) at the property located at the northeast corner of Montgomery Road and Schoolhouse Lane. Trillium consists of three 'flats' style buildings with 30 luxury independent living units with a community room, fitness area, and outdoor amenities. The units will range from 2,100-2,300 square feet with two bedrooms and two full baths. The project will provide another form of diversified housing type within the City to serve our residents. A private driveway from Schoolhouse Lane will serve this new complex. The drive was dedicated as Don Neyer Way to recognize Don's legacy of contributions at Twin Lakes and the Greater Cincinnati area. For more information about this project, go to: lec.org/trillium/.



CITY AWARDS SERVICE TO THE COMMUNITY GRANT

On April 17, Montgomery City Council awarded the 2024 Service to the Community Grant to A Kid Again, Neighborhood Bridges Sycamore, Montgomery Elementary, Evergreen Presbyterian Church, and American Legion NE Post 630.

The Service to the Community Grant aims to support local nonprofits that provide a beneficial service, project, or event that engages or improves the quality of life of Montgomery residents.

The City of Montgomery is proud to support the efforts of civic-minded organizations that genuinely enhance the quality of life in our community. For more information on the Service to the Community Grant program, visit montgomeryohio.gov.

REGISTER NOW FOR THE MONTGOMERY CITIZENS' LEADERSHIP ACADEMY

Whether you've lived in Montgomery for 50 years or five minutes, the Montgomery Citizens' Leadership Academy is for you. Every student graduates learning something new about the City. The program is a great way to connect with the City you love and your neighbors.

Join us for ten engaging sessions every Thursday night, starting January 9. Each session, which includes dinner, is designed to provide you with a comprehensive understanding of our City. We will give a behind-the-scenes look at the Safety Center, Public Works, City Hall, Taxes, Bethesda North Hospital, Twin Lakes, and Sycamore Schools

Students have already started registering for the 2025 class, so don't miss your chance. Registration ends November 1.

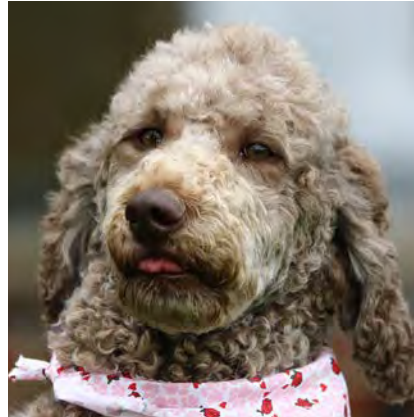
"I was so impressed with the time commitment all of you folks at Montgomery Leadership take for each of these sessions, but especially session three. The planning, creativity and execution of the mock council hearing added meaning to the preceding discussion from each council member."

Scott Stoelting, MCLA Class of 2024



THE CITY WOULD LIKE TO THANK ASHA'S CARE TEAM

Montgomery's Therapy Dog, Asha, plays a vital role in the City. She has been on the job for several months and is already an expert at helping people feel at ease. The City of Montgomery would like to thank her care team for donating their services and products to Asha, so she is at her best to help others. Asha's calm presence has already made a significant difference, offering comfort and emotional support to everyone she interacts with.



EarthWise Pet at Harper's Point is owned by Dan and Lisa Woods and provides food, bathing and grooming services for Asha as supporting mental health is important to them. EarthWise Pet at Harper's Point opened in August 2014 and their motto is "Pets are Family". They offer high-quality foods, treats, toys, and accessories for cats and dogs. EarthWise also has pet dieticians on staff, provides pet grooming and has a self-wash area with two tubs.

Cincinnati Hills Animal Clinic is located on Montgomery Road near Kenwood Towne Center and is owned and operated by Dr. Katie Carullo and provides veterinary care for Asha. Cincinnati Hills Animal Clinic opened in September 2014 and strives to uphold their motto "Your Pet...Our Priority". Dr. Carullo and her team provide primary veterinary services, including wellness appointments and vaccines, behavioral consultations, ill pet urgent appointments, and surgical care.

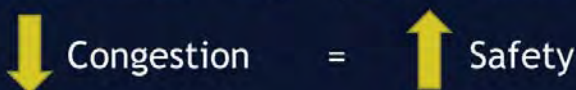
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SMARTLANE ON INTERSTATE 275 WEST

The Ohio Department of Transportation (ODOT) opened a SmartLane on Interstate 275 westbound between Loveland-Madeira and US 42 in June. The SmartLane opens up an additional travel lane only during certain times and heavy congestion. This is typically Monday through Friday during rush hour traffic. The goal is to reduce the number of accidents and increase traffic flow. ODOT will continue to monitor traffic, and when the congestion is over, the shoulder will be closed again. ODOT has plans to add the SmartLane to eastbound traffic in the future. ODOT has already seen success in a pilot program they launched in Columbus.



DO YOU KNOW THE HISTORY BEHIND THIS BUILDING?

Haute Chocolate calls the building at 9424 Shelly Lane home today, but do you know what business was the original occupant of this building? The building was built in 1955 by Marion Kjellenberg who used the facility to publish the weekly newspaper, the Sycamore Messenger. Kjellenberg began publishing the weekly newspaper in 1947 in a different facility at the corner of Montgomery and Cooper Roads prior to constructing the new building on West Street. Subsequently, this portion of West Street was renamed to Shelly Lane in honor of Kjellenberg, whose nickname was Shelly. Kjellenberg also purchased the Pure Oil Gas Station to save it from demolition and had it moved to its current location next to the Sycamore Messenger building, where he used it for an office for many years. Kjellenberg was very interested in history and also published the first written history of Montgomery in 1952 titled, "Ole Montgomery - The Interesting Village of Southern Ohio".



CITY OF MONTGOMERY
A CHARMING PAST. A GLOWING FUTURE.

All American Independence Day!

- ★ **Blue Ash Montgomery Symphony Concert**
Wednesday, July 3rd,
Welcome and Introductions, 7:15 p.m.
Concert, 7:30 p.m.
Montgomery Park
- ★ **Parade** Thursday, July 4, 10 a.m.
Cooper & Montgomery Roads
- ★ **Festival** Thursday, July 4, 11 - 2 p.m.
Montgomery Park

Sponsored by: **BESL** POWERED BY **exp**
BADEN & CHRISTY JONES REALTY

www.montgomeryohio.gov or call 513-792-8316 for more information.

FREE LAF N LUNCH

BRING YOUR LUNCH AND ENJOY THE SHOW

12:00 - 12:45 PM

- JULY 10 - Remy & Friends Illusion
- JULY 24 - Tom Bemmes Magic
- JULY 31 - Cool Critters Animal Show

SWAIM PARK
LARGE SHELTER
7650 COOPER ROAD
MONTGOMERY, OHIO

CALL CITY HALL
513-891-2424

WWW.MONTGOMERYOHIO.GOV

NO REGISTRATION REQUIRED

AUGUST 29 PANEL PRESENTATION ON SUICIDAL IDEATION SIGNS, TREATMENT, AND SURVIVORS

In a continued effort to destigmatize discussions around mental health topics the City of Montgomery is hosting a powerful panel discussion on suicide survival, loss and treatment of suicidal ideation.

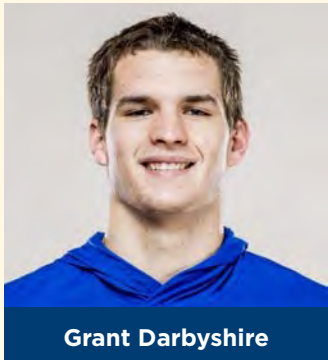


The City of Montgomery is privileged to partner with the **Church of the Saviour** at **8005 Pfeiffer Road** to host this presentation on **Thursday, August 29 beginning at 6:30 p.m.**



You don't want to miss this important evening. Register now to secure your seat at montgomeryohio.gov, call City Hall at 513-891-2424, or scan the QR Code.

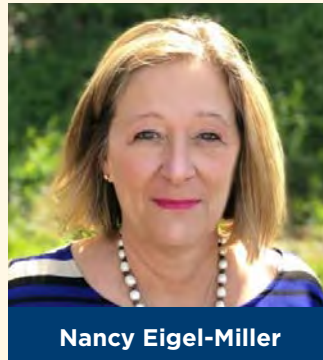
Panelists Include:



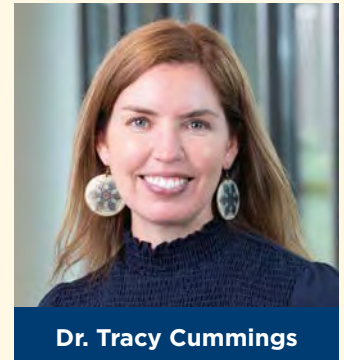
Grant Darbyshire



Don Scalf



Nancy Eigel-Miller



Dr. Tracy Cummings

Grant Darbyshire, a Montgomery resident who graduated Summa Cum Laude from Sycamore High School and as a senior, served as a captain for the basketball team and helped lead them to the Greater Miami Conference championship and an overall record of 20-3. Grant was also a National Merit Scholar Commended, member of the National Honor Society, Spanish National Honor Society, Student Ambassador, and a Four-time All-Conference Academic Team member. Grant is currently a student-athlete on the University of Kentucky Men's Basketball and serves as the Head Representative for the Student-Athlete Advisory Committee. Grant will share his personal struggles with suicide and survival.

Don Scalf, has been a Cincinnati police officer for 25 years, 20 of those years as a Police Sergeant. Don's vast career has been spent as an investigator in the Criminal Investigations Section, the ATF Task Force, and Internal affairs. Currently, Don is assigned to the Officer Wellness Unit. Don will share his journey of his attempted suicide and treatment, and how police officers struggle with the situations they face every day.

Nancy Eigel-Miller, 1N5 Founder and Executive Director. In 2008, Nancy lost her husband, Jim, to suicide. Determined to prevent others from facing the same pain and loss her family did, Nancy created 1N5 a few years after Jim's death, following two fund-raising walks in the community. 1N5 focuses on stigma reduction, community engagement and outreach, education and programming, measurement and data, and policy and advocacy. 1N5 has raised over \$2 million for mental health and suicide prevention programs to serve 85 high schools, 72 community partners, and six universities.

Dr. Tracy Cummings, a 2023 Cincy Best Doc in the Child & Adolescent Psychiatry category, serves as the Chief of Child and Adolescent Psychiatry and Medical Director, Adolescent PHP for the Lindner Center of HOPE. As a staff psychiatrist for Lindner Center of HOPE, Dr. Cummings specializes in the assessment and treatment of children through emerging adulthood and has vast experience working with individuals and families coping with severe and chronic psychiatric issues.

SPRING 2024 SEASONS OF BEAUTY AWARD WINNER

The City of Montgomery Beautification and Tree Commission has awarded Kirti and Charu Singh the spring 2024 *Seasons of Beauty* award. Their traditional and grand home was a spring beauty this past April and May.

The Singh residence was a standout beauty this spring season, even with the many rains. The home was eye-catching and aglow, with a brilliant display of more than ten blooming pink azaleas lining the stone and painted brick façade. A large red maple tree on the left and a white blooming magnolia on the right were complementary bookends to the vibrant blooms of those bushes.

Touces of green can also be found throughout the blooms, including perfectly manicured boxwood, burning bushes, and white variegated Hosta flanking the front door. A fresh cut of the yard for the spring highlighted the grandeur of the home and its impeccable landscaping.

The *Seasons of Beauty* award recognizes homes and businesses in Montgomery with special front yards, window boxes, and planters that peak during certain seasons as well as those homes and businesses with decorative features that celebrate the “season” or holiday.

Nominate your home or neighbor’s home by emailing a photo and short description to aaronkellenberger@gmail.com. The summer award winner will be selected in July and announced in the September Bulletin.



Join us for a Free Movie in the Park

MOVIE NIGHT

Under the Stars


Friday, August 2nd at Dusk

Weller Park Ferris Bueller's Day Off

Presented by the Parks and Recreation Commission and sponsored by:



Contact Lisa Lorenz at 513 792-8317 with any questions

MONTGOMERY ARTS COMMISSION PRESENTS

LIVE AT THE UNI

REGISTER AT MONTGOMERYOHIO.GOV STARTING JULY 1

| | |
|--|---|
|  <p>OCT 8: Transatlantic music: Sylvain Acher, Rob Allgeyer, Nick Fryer, John Zappa in a musical journey around the world with Brazilian, French, gypsy and jazz music</p> |  <p>OCT. 29: James Taylor: 201 with "The Three Bald Guys" Inside the songs of the Grammy-winning singer-songwriter by Tom Steele, Josh Steele and Rick Hagee</p> |
|  <p>NOV. 12: Jazz vocalist Lynne Scott with Phil Degreg, piano, Aaron Jacobs, bass and John Taylor drums with a lyrical journey of the Great American Songbook</p> |  <p>SUNDAY, DEC. 15: Jazz Vocalist Mandy Gaines and Friends spreading holiday cheer!</p> |

BASTILLE DAY

Celebration

SATURDAY, JULY 20

4 - 11 PM

Music Headliners

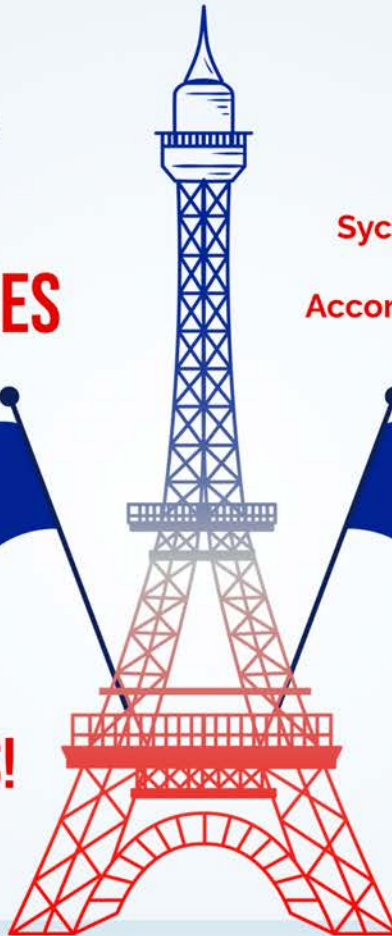
THE MISTICS
CASSETTE JUNKIES

Entertainment

Ricky Nye Inc.
Sycamore Community Band
La Petite Musique
Accordian Player Matt Tolentino

BEER & WINE
15 FOOD VENDORS!

MADAME GIGI
CAN CAN DANCERS



THANK YOU SPONSORS!



FOR MORE INFORMATION
MONTGOMERYOHIO.GOV



COMMUNITY-WIDE GARAGE SALE OFFERS GREAT DEALS

Looking for a bargain? Come to the City of Montgomery Community-Wide Garage Sale on Saturday, August 3, from 9:00 a.m. until 1:00 p.m. This grassroots public awareness campaign is designed to promote reuse, repair, and resale opportunities in the City of Montgomery. A Garage Sale Treasure Map, with a complete listing of locations, will be available



at Montgomery City Hall, 10101 Montgomery Road, starting on Wednesday, July 31 through Friday, August 2, from 8:00 a.m. to 4:30 p.m., to help shoppers prepare for the sales and map out deal-finding strategies. Anyone that wants to participate should sign up at montgomeryohio.gov or call 513-891-2424 by Friday, July 26. There is no fee to participate.

RECYCLE MORE IN YOUR CURBSIDE BIN

By Ellen Hall, EAC Member

Discover a convenient way to recycle more plastic

Grocery bags, candy wrappers, plastic straws, and Styrofoam™ cups no longer need to end up in the landfill. Thanks to an initiative between Rumpke Waste and Recycling and the Hefty ReNew™ program, you can recycle more plastics right from home.

The Hefty ReNew program complements — but does not replace — your current recycling routine. You'll continue to recycle all your regular items the same way, but now you

can put other items like cling wrap and cereal box liners in an orange Hefty ReNew bag and drop it in, too.

How does the Hefty ReNew program work?

- Buy the orange Hefty ReNew bags at Kroger, Target, or Walmart. A box of 20 bags costs \$7-\$8, which covers the costs of the bags, collection, and processing.
- Fill the bag with the items listed below.
- When it's full, tie the bag and place it in your curbside Rumpke recycling bin or a public drop-off dumpster.

You can request a free starter kit at heftyrenew.com



**ACCEPTABLE
Hard-To-Recycle
Plastic Items**
ALL ITEMS MUST BE CLEAN,
DRY AND FREE OF FOIL LINING



KITCHEN PANTRY

Candy wrappers
Cereal box liners
Chip bags
Cookie/cracker box liners
Dry mix liners (cake, powder mixes)
Foam egg cartons
Fresh/frozen vegetable & fruit bags
Granola & energy bar wrappers
Plastic pet food bags
Salad bags
Shredded cheese packages
Snack food bags
Stand up pouches



STORAGE & CLEANING

Dry and wet disposable cleaning cloths
Food Storage Bags
Plastic food wrap
Plastic grocery bags
Plastic wraps on paper towels and toilet paper

*Please include plastic bags & wraps if store drop-off recycling programs are not available locally



DINING & EATING

Foam cups
Foam to-go boxes
Plastic colored cups
Plastic or foam plates and bowls
Plastic straws and stirrers
Plastic utensils



OFFICE & SHIPPING

Bubble wrap
Clear plastic overwraps
Foam block packaging
Foam peanuts
Plastic air pillow pack

The following items **ARE NOT** accepted in the orange bags



*Please include plastic bags & wraps if store drop-off recycling programs are not available locally.

CITY WELCOMES NEW FIREFIGHTERS

The City of Montgomery proudly welcomes two firefighter/paramedics to our Department. Terrence Zellars and Emilie Ziese both bring experience to the Montgomery Fire Department.

EMILIE ZIESE grew up on a farm in northwest Indiana. She likes basketball, which landed her in Cincinnati after college.

“My medical background fit well with the fire service, and I quickly fell in love with the direct impact and service I gratefully provide for the community. My favorite part is having the privilege to know the people I work with and the citizens we care for. The people I work with have become a part of my family.”

Emilie Ziese

Emilie and her wife, Jenn, are the proud parents of a nine-month-old daughter, Clarke. They also share their home with their beloved lab mix, Phoebe. Emilie says her family, both immediate and extended, continues to grow.

Emilie enjoys biking, woodworking, cooking, and basketball in her spare time.



Emilie Ziese



Terrence Zellars

TERRENCE ZELLARS has been a firefighter for 16 years. Most of his experience comes from working in Colerain Township and Middletown fire departments.

“I became a firefighter to give back to others and have a more active career that changes daily. I enjoy being challenged. The harder the task, the better!”

Terrence Zellars

Terrence and his wife celebrate their 20th wedding anniversary this month. The couple have two boys and a cat.

When not working, Terrence enjoys woodworking and golf and runs a home improvement company.

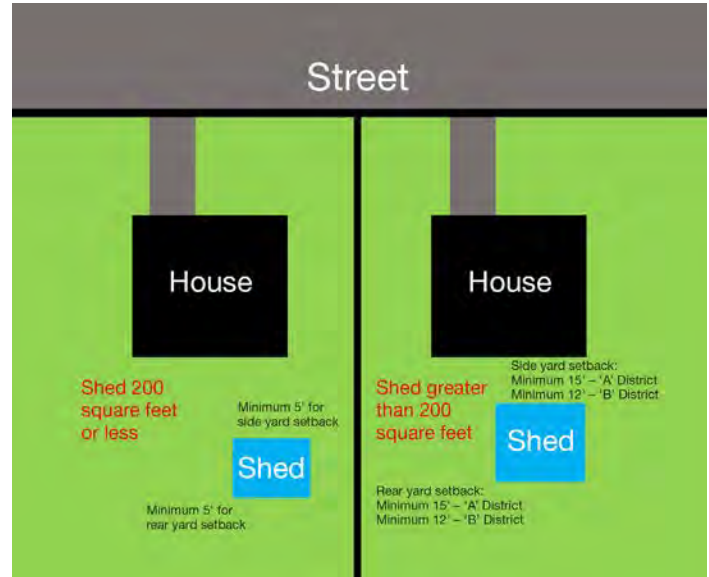
Congratulations, Emilie and Terrence. Welcome to the City of Montgomery!

SHEDS NEED PERMITS, TOO!

The City of Montgomery wants to remind property owners that a zoning permit is required before installing a shed in their yard.

- If the shed is larger than 200 square feet in size, a building permit will also be required.
- Sheds 200 square feet or less must be located a minimum of five (5) from all property lines.
- Sheds greater than 200 square feet must comply with the side yard setback requirements for the principal dwelling.
- Sheds may be located in the rear or side yard areas and may not exceed 576 square feet in size.

Correct shed placement should consider all land use concerns, such as drainage and/or utility easements. If you are in doubt about when a permit is required or have any additional questions, please call the Community Development Department at 513-792-8309.



Kids on Bike Parade Unit

Ride in Montgomery's Independence Day Parade!

July 4, 9:45 a.m.



Bring your decorated bike!
 Meet at Montgomery Elementary School. End at Montgomery Park.
 Parents can walk with their kids. No registration required.
 Call 513-792-8316 with questions.



UVA/UVB PROTECTION

SKIN CANCER PREVENTION

What Does the SPF Number Mean?

The SPF number tells you how long the sun's UV radiation would take to redden your skin when using the product as directed versus the amount of time without any sunscreen. So with SPF 30 it would take you 30 times longer to burn than if you weren't wearing sunscreen.

An SPF 30 allows about 3 percent of UVB rays to hit your skin. An SPF of 50 allows about 2 percent of those rays through. That may seem like a small difference until you realize that the SPF 30 is allowing 50 percent more UV radiation onto your skin.

Under ideal conditions, a sunscreen with higher SPF protection and broad-spectrum coverage offers more protection against sunburn, UVA damage and DNA damage than comparable products with lower SPF values.

In real life, products with very high SPFs often create a false sense of security. People who use them tend to stay out in the sun longer. They may skip reapplying. And they may think they don't need to seek shade, wear a hat or cover up with clothing. They end up getting a lot more UV

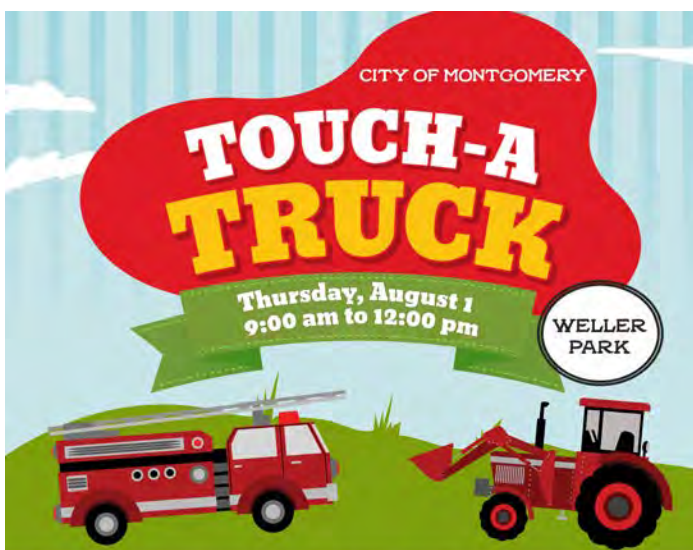
damage, which defeats the purpose. For people who have a history or high risk of skin cancer, SPF 50 may not be enough. Same goes for certain scenarios, such as hiking or skiing at high altitude or vacationing near the equator.

The Skin Cancer Foundation recommends a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher for any extended outdoor activity. It's important to apply one ounce (two tablespoons) 30 minutes before going outside and reapply it every two hours or immediately after swimming or sweating.

Beyond Sunscreen What is the best overall strategy to protect my skin?

Here's the answer: It's important not to rely on high-SPF sunscreens alone. No single method of sun defense can protect you perfectly. Sunscreen is just one vital part of a strategy that should also include seeking shade and covering up with clothing, including wide-brimmed hats and UV-blocking sunglasses.

Article provided by Steven Q. Wang, MD, - director of Dermatologic Surgery and Dermatology at Memorial Sloan Kettering Cancer Center in Basking Ridge, New Jersey.



CITY OF MONTGOMERY

TOUCH-A-TRUCK

Thursday, August 1
9:00 am to 12:00 pm

WELLER PARK

Public Works, Police and Fire Department Vehicles

Thanks event
sponsors!

BESL
BADEN &
CHRISTY JONES
REALTY

exp
REALTY

LEGACY
BUILDERS GROUP
DESIGN | BUILD | REMODEL



City of Montgomery Diversity and Inclusion Commission

August 24th 6:30-8 PM
Save the Date

DIVERSITY DINNER

Swaim Park

OUR VOLUNTEERS SHINE!

Thanks to our 53 wonderful volunteers for an awesome Safety Village! You helped our young Safety Village campers have a fun-filled, informative week.



Register Now For Upcoming Volunteer Events:

Bastille Day

Saturday, July 20 - Montgomery Rd in Historic Downtown Montgomery.

We still need volunteers to be a part of the Bastille Day festival fun in the heart of Montgomery. Work a shift at a wine, beer, ticket, or information booth and still have time to enjoy the festival! - Adults 21+ work 2 hour shifts from 3:45 p.m. - 11:00 p.m.

One Stop Drop Recycling

Saturday, September 21 from 10:00 a.m. - 1:00 p.m.

Volunteers help remove items from cars and place in the appropriate bins. The items will be taken to various facilities to be recycled and kept out of the landfill. This is a great opportunity for groups, families with teens, and students, 16 years or older, who need volunteer hours.



Amazing Race

Saturday, September 28 from 2:00 p.m. - 5:00 p.m.

Volunteers are stationed at different locations throughout Montgomery to judge the completion of various team challenges. Be part of the fun for the second year of this amazing event!

It's easy to sign up! Visit montgomeryohio.gov/volunteer for more details or to sign up. If you have questions or if you can't remember your log-in information, please contact Wendy Grethel wgrethel@montgomeryohio.gov or 513-891-2424.





GROUP FITNESS

Group Fitness Class Schedule 2024 - Session D

| Day | Class Name | Dates of Session | Session Length | No Class | Time of Class | Res. | Non-Res. |
|-------|-------------------------------|------------------|----------------|----------|-------------------------|------|----------|
| Mon. | Mixed Level Yoga | 7/8 - 8/26 | 8 classes | | 9:30 - 10:30 a.m. | \$48 | \$64 |
| Mon. | Chair Yoga | 7/8 - 8/26 | 8 classes | | 11:00 a.m. - 12:00 p.m. | \$48 | \$64 |
| Mon. | Yang Style Tai Chi | 7/8 - 8/26 | 8 classes | | 7:00 p.m. - 8:00 p.m. | \$70 | \$80 |
| Tue. | Cardio Strength and Stretched | 7/9 - 8/27 | 8 classes | | 9:00 - 10:00 a.m. | \$48 | \$64 |
| Tue. | Tai Chi | 7/9 - 8/27 | 8 classes | | 10:20 - 11:20 a.m. | \$80 | \$90 |
| Tue. | Pilates | 7/9 - 8/27 | 8 classes | | 6:00 - 7:00 p.m. | \$48 | \$64 |
| Wed. | Mixed Level Yoga | 7/10 - 8/28 | 8 classes | | 9:30 - 10:30 a.m. | \$48 | \$64 |
| Wed. | Beginner Level Yoga | 7/10 - 8/28 | 8 classes | | 11:00 - 12:00 a.m. | \$48 | \$64 |
| Wed. | Bootcamp | 7/10 - 8/28 | 8 classes | | 6:00 - 7:00 p.m. | \$48 | \$64 |
| Thur. | Cardio Strength and Stretched | 7/11 - 8/29 | 8 classes | | 9:00 - 10:00 a.m. | \$48 | \$64 |
| Thur. | Restorative Yoga | 7/11 - 8/29 | 8 classes | | 11:00 - 12:00 p.m. | \$48 | \$64 |
| Thur. | Pilates | 7/11 - 8/29 | 8 classes | | 6:00 - 7:00 p.m. | \$48 | \$64 |

Please visit the fitness page at montgomeryohio.gov for class descriptions, important information and registration.

SAVE A LIFE, LEARN FIRST AID/CPR

The Montgomery Fire Department offers quarterly American Heart Association HeartSaver First Aid/CPR certification classes.

The next class is scheduled for Saturday, August 17 from 8:00 a.m. - 2:00 p.m.

Basic Life Support for Healthcare Workers 8:00 - 10:00 a.m.
HeartSaver CPR and AED 10:00 a.m. - 12:00 p.m.
HeartSaver First Aid 12:00 - 2:00 p.m.

There is a nominal fee to cover the cost of materials. For more information or to sign up, please call 513-985-1633.





10101 Montgomery Road
Montgomery, Ohio 45242



care-solace

Care Solace navigates the mental health care system to find available providers 24/7 matched to specific needs - so you don't have to.

513-515-7881



Emergency
911
Non-Emergency
• **Police Dept.**
513-985-1600
• **Fire Dept.**
513-985-1633
• **Care Solace**
888-515-7881

Public Works
513-792-8355
**Planning/Zoning/
Building**
513-792-8309
City Hall
513-891-2424

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JULY 2024 EVENTS

All event dates are subject to change or cancellation. Check the website and social media for the most up-to-date information.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|--------|--|
| | 1 Planning Commission, City Hall, 7:00 p.m. | 2 | 3 BAMSO Independence Day Concert, Montgomery Park, welcome and introductions start at 7:15 p.m., 7:30 p.m. | 4 Parade begins at 10:00 a.m. Festival Montgomery Park, 11:00 a.m. – 2:00 p.m. City offices closed, trash collection as usual Independence Day | 5 | 6 |
| 7 | 8 | 9 Environmental Advisory Commission, City Hall, 5:00 p.m. | 10 Laf-N-Lunch, Swaim Park Large Shelter, Noon to 12:45 p.m. Council Business Session, City Hall, 6:00 p.m. Landmarks Commission, TBA, 6:00 p.m. | 11 Parks & Recreation Commission, Montgomery Park, 5:30 p.m. | 12 | 13 |
| 14 Montgomery Community Pool midseason pool memberships go on sale online at montgomeryohio.gov | 15 | 16 | 17 | 18 | 19 | 20 Cardboard Recycling, 7315 Cornell Road, 10:00 a.m. – 1:00 p.m. Bastille Day – Historic Downtown Montgomery, 4:00 – 11:00 p.m. |
| 21 | 22 Arts Commission, City Hall, 5:00 p.m. Planning Commission, City Hall, 7:00 p.m. | 23 Diversity and Inclusion Commission, City Hall, 4:00 p.m. Board of Zoning Appeals, City Hall, 7:00 p.m. | 24 Laf-N-Lunch, Swaim Park Large Shelter, Noon – 2:45 p.m. Council Work Session, City Hall, 6:00 p.m. | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 Laf-N-Lunch, Swaim Park Large Shelter, Noon – 12:45 p.m. | | | |