



BULLETIN

AN OFFICIAL PUBLICATION OF THE CITY OF MONTGOMERY • MAY 2021

MONTGOMERY QUARTER PHASE 1 UNDERWAY

Construction is well underway on Phase I of the Montgomery Quarter, located on Montgomery Road at the end of Ronald Reagan Highway. Initial site work has been completed, and construction of a 544-space parking garage is underway. Construction of a second garage will begin soon, and both garages in Phase I of the overall project are expected to be complete by the end of 2021.



The Montgomery Quarter is a premier mixed-use development and includes a boutique hotel, with meeting and event space, and amenities such as a bar, spa, and retro game room and lounge. The development will also include about 38,000 square feet

of retail and restaurant space, 260,000 square feet of office space, 128 luxury apartments, and 48 condominiums. There are multiple parking garages included within the development providing approximately 940 parking spaces along with on-street parking. Private parking garages will serve the new apartments and condominiums.

The luxury apartments include two ‘flats’ buildings and two townhome-style buildings. The construction of the apartments is expected to begin this spring, with an estimated completion of the first quarter 2023.

Construction of the first office building is expected to begin later this summer and is scheduled to be completed by the spring of 2022. Fifth Third Private Bank, a division of downtown Cincinnati-based Fifth Third Bank (Nasdaq: FITB), has signed a lease for 15,000 square feet, covering the entire top floor of the four-story first office building that will be built in Montgomery Quarter. This lease helps kick off the development that has been in the works for six years.

Montgomery is working on the Montgomery Quarter project with the Gateway Partners Montgomery development team, which consists of Brandicorp of Bellevue, Kentucky; Casto, which has one of its offices in Sycamore Township; and Neyer Properties of Evanston.

For more information on this project, contact Tracy Henao, assistant city manager / acting community development director, at thenao@montgomeryohio.org or 513-792-8312.

Council Message and Council Corner
2, 3

Electronic Charging Stations
5

New! History Explorer Program
7

Local Styrofoam Recycling
8

Call for Parade Entries
12



Mike Cappel
City Council

THE REAL COST OF DEFERRED MAINTENANCE

The day was perfect for a morning run near the University of Cincinnati. The sidewalks were shoveled, salted, and dry. I was working to increase my jogging pace, and while keeping my eyes glued on the joggers ahead, I failed to notice a hole in the sidewalk. I tried to balance, but my entire body hit the ground hard. Stunned, I tried to move, and everything worked, but my body was sore. I got up, looked back, saw the hole, and decided to walk the last half mile. No big deal, I thought.

After a shower, I noticed that my joints were swelling, and I had a large bump over my eye. Later, I noticed that I had a black eye. My doctor recommended that I visit the Emergency Room. Luckily nothing was broken, but I sure didn't feel good! The Emergency Room bill totaled nearly \$4,000. Two months later, my knee still hurts; I now wear a brace, and running isn't fun anymore.

In 2000, the City of Montgomery implemented a master sidewalk program initiative that now includes over 25 miles of sidewalk within Montgomery. Beginning in 2000 the City of Montgomery also appropriated funds each year to repair and maintain our sidewalk network to ensure safety and to prevent unfortunate experiences such as what I encountered. The City inspects one quadrant each year, approximately 6.5 miles, of concrete and brick paver sidewalks for trip hazards, cracks, failing or sinking bricks, or locations where tree roots may have caused damage. Identified areas from inspections, combined with residents or businesses that report sidewalk issues along their frontage, are then repaired. The City of Montgomery currently budgets \$48,000 each year for sidewalk inspection and repair as the safety of pedestrians is of the utmost importance to our City Council and staff.

If you see sidewalks in need of repair in the City of Montgomery, notify the City at 513-891-2424.



Montgomery's sidewalk repair initiative helps keep City sidewalks safe for residents.

COUNCIL CORNER

Montgomery City Council met in its regular monthly Work Session on April 21, 2021 as a hybrid meeting at City Hall and via teleconference. Meetings begin at 7:00 p.m., with public comment welcomed on each item before City Council.

Pending Legislation

An Ordinance Designating the Wooley-Hattersley Carriage House as A Montgomery Landmark (3rd Reading)

An Ordinance Agreeing to Adjust the Boundaries Between the City of Montgomery, Ohio And the City of The Village of Indian Hill, Ohio Pursuant to Ohio Revised Code Section 709.37 (3rd Reading)

An Ordinance Authorizing the Law Director to Initiate Proceedings to Appropriate Property for The Purpose of a Road Improvement Project on Montgomery Road in The City of Montgomery, Hamilton County, Ohio (3rd Reading)

New Legislation

A Resolution Recognizing the Month of May 2021 as National Historic Preservation Month in The City of Montgomery

An Ordinance Providing for The Issuance of Not to Exceed \$7,500,000 Of Notes by The City of Montgomery, Ohio, For the Purpose of Making Public Infrastructure Improvements Within the City

RECENT COUNCIL ACTION - Approved Legislation

April 7, 2021

RESOLUTION 9 2021

An Ordinance A Resolution Authorizing the City Manager to Enter into A Contract with Jake Sweeney Chrysler Jeep Dodge Ram for The Purchase of Three (3) Dodge Charger Police Cruisers (**7-yea, 0-nay**)

These pieces of approved legislation can be reviewed on the City's website at www.montgomeryohio.org



SAFETY VILLAGE CANCELLED FOR 2021

Due to continued COVID-19 concerns, Safety Village for 2021 has been cancelled. Please direct any questions to the Montgomery Police Department at 513-985-1600.

MCLA 2022 APPLICATIONS NOW BEING ACCEPTED

The Montgomery Citizens' Leadership Academy (MCLA), "The Best Community Experience You'll Ever Have," is now accepting applications for the 2022 session. Oversubscribed for the last 12 years, MCLA, locally developed and nationally recognized, is a program designed to move individuals from being residents to become actively engaged citizens. MCLA allows residents to realize a dimension few will ever see. Comprised of 10 unique workshop experiences:

- We Are Montgomery!
- Zen & the Art of Citizenship
- Montgomery... Our Town, USA
- Sycamore Community Schools and The 21st Century Learner
- Homeland Safety and Security in Your Own Backyard
- Taxes, TIFs and Our Town
- Health Care: Montgomery's Signature Industry
- Innovative Solutions in Public Works, Recreation, and Parks
- History and Development... The Art of Co-Existence
- Service and Volunteerism: A New Call to Action!

Each workshop goes beyond the classroom and into the community to make the Montgomery Citizens' Leadership Academy an encounter no resident should miss. Space is limited. For more information, or to apply, visit montgomeryohio.org/montgomery-citizens-leadership-academy or contact Matthew Vanderhorst, community and information services director, at mvanderhorst@montgomeryohio.org.

WELCOME MONTGOMERY BRIDAL TO DOWNTOWN MONTGOMERY

With a combined 35 years of bridal experience, owners Martha and Amanda have decided now is the time to bring Cincinnati brides a refreshing alternative to business as usual in the local bridal market.

“We pride ourselves on our relaxed, friendly atmosphere, knowledgeable master stylists, and gorgeous, unique designs from across Europe, all showcased in the beautiful historic district of Montgomery.”

We look forward to welcoming Cincinnati brides to the new home of fresh, exclusive designs in Cincinnati. Come for an experience you'll never forget!

Location: 9412 Montgomery Road
www.montgomerybrides.com
 Phone: 513-239-7447
 Email: montgomerybridal@gmail.com



LOOKING FOR A WAY TO BECOME INVOLVED IN THE CITY?

The City of Montgomery is looking to fill the following vacancies. The initial step in getting involved is attending an upcoming meeting of the Commission you are interested in to learn more about their project work and meet the current members.

Arts Commission

Meetings are scheduled for the fourth Monday of each month at 5:00 p.m.

Landmarks Commission

Meetings are scheduled for the second Wednesday of each month at 7:00 p.m.

Parks & Recreation Commission

Meetings are scheduled for the second Thursday of each month at 6:30 p.m.

There are no special qualifications required to volunteer for any Montgomery board or Commission.

For details on each of the Commission responsibilities, please visit the [Boards & Commissions page on the City website, montgomeryohio.org/departments/boards-and-commissions](http://montgomeryohio.org/departments/boards-and-commissions). Those interested in volunteering on a Board or Commission should submit a [Boards & Commissions Application available online at, montgomeryohio.org/volunteer](http://montgomeryohio.org/volunteer) or contact Connie Gaylor at cgaylor@montgomeryohio.org.

UPCOMING VOLUNTEER OPPORTUNITIES

Beautification Day

Who: Beautification and Tree Commission, church groups, youth groups, civic organizations, businesses, or neighborhood associations.

When: Saturday, May 15, 9:00 a.m.

What: Help plant the thousands of flowers that will grace the City.

Independence Day Festival

When: Saturday, July 3

Time: Opening Shift 10:45 a.m. – 12:30 p.m.
 Closing Shift 12:30 p.m. – 2:15 p.m.

Where: Montgomery Park

Who: Craft Table Volunteers

Adopt-a-Spot

When: Flexible to your schedule.

Where: Various locations.

What: Help to maintain flower beds in the parks through deadheading and weeding.

To sign up to volunteer for any of these short-term projects, contact Shawn Cooper at scooper@montgomeryohio.org or 513-792-8301.



PHASE 4 OF THE ROUNDABOUT CONSTRUCTION TO BEGIN IN MAY

John R. Jurgensen will transition traffic into “Phase 4” configuration at Montgomery Road and Ronald Reagan Cross County Highway beginning in late-May. This fourth phase is anticipated to last 3 to 4 weeks. Phase 4 traffic modifications will consist of:

- Northbound and southbound Montgomery Road traffic will no longer be carried on the by-pass. Instead, traffic will be directed to a temporary traffic signal positioned over the future roundabout location, which will also accommodate traffic entering and exiting Cross County Highway.
- The two existing temporary traffic signals will be eliminated and replaced with a single traffic signal controlling both Montgomery Road and Cross County Highway traffic.
- The sidewalk on the east side of the by-pass will no longer be in service, and there will temporarily be no pedestrian accommodations through the area.
- Modifications will be made to the number of lanes and lane configuration on Montgomery Road. New traffic signage and pavement striping on Montgomery Road will be installed to achieve this new traffic pattern. Please stay alert when driving through this location so you can get into the proper lane based on your destination.



The Phase 4 traffic pattern will allow the contractor to perform construction activities in the work areas, as shown.

Expect delays during construction. Please use an alternate route if one is available. More details on the construction phasing and schedule will be provided on the City’s website at montgomeryohio.org/montgomery-roundabout-information/ and in future Montgomery Bulletins. Contact Public Works Director Gary Heitkamp with any additional questions at gheitkamp@montgomeryohio.org.

ELECTRIFYING THE CITY: MONTGOMERY UNVEILS ELECTRIC VEHICLE CHARGING STATION WITH MORE ON THE WAY

The City of Montgomery has partnered with local electric mobility company Electrada to offer electric vehicle (EV) charging to its residents at the Shelly Lane public parking lot.

“The City of Montgomery is proud to provide our residents and the greater community the opportunity to charge their EVs at one of our busiest properties,” said Brian Riblet, City Manager. “The City is dedicated to accelerating the transition to clean mobility, and we believe that this installation is an important step in that direction.”

Four additional locations are planned for 2021:

- City Hall Parking Lot – 2 EV stations (installation summer of 2021)
- Vintage Club/Christ Hospital Public Parking Garage – 4 EV stations (installation summer of 2021)
- Montgomery Quarter Garage #1 – 8 EV stations (installation fall of 2021)
- Montgomery Quarter Garage #2 – 8 EV stations (installation fall of 2021)

Through the partnership with the Ohio EPA and the recent Diesel Mitigation Trust Fund award for EV charging infrastructure, Electrada will install EV charging stations.



CONSTRUCTION OF NEW MIDDLE SCHOOL APPROVED



The Planning Commission approved a Final Development Site Plan with an equivalency to construct a new Junior High at 5757 Cooper Road. The new school will be built behind the existing junior high, which will allow students to continue to attend the junior high during construction. The plan also calls for relocating the bus depot and separation of bus and car traffic, which should help alleviate traffic congestion during pick-up and drop-off on Cooper Road. The new school will create a safer, modern school building that will allow the District to meet the needs of their students today and for years to come.

For information on these projects, contact Tracy Henao, assistant city manager / acting community development director, at theno@montgomeryohio.org or 513-792-8312.

DO YOU KNOW HOW TO DRIVE THROUGH A ROUNDABOUT?

With the help of about 35 local residents under the age of nine, the City of Montgomery produced a five-minute video to educate the public on the safe use of roundabouts. Look for the video on our YouTube Channel, Facebook, Twitter, Instagram, and the City website, montgomeryohio.org.

Our young partners rode their power wheel vehicles around the roundabout model located at Summit Park, demonstrating the rules of driving a roundabout safely.

Roundabout Rules

1. Slow Down
2. Observe Road Signs and Pavement Markings
3. Choose Your Lane
4. Yield to Traffic Before Entering the Roundabout
5. Stay in the Middle of Your Lane
6. Follow the Rules of the Road



TAX FILING UPDATE

The City Income Tax Commissioner has extended the date to file annual income tax returns until May 17, 2021. This extension follows the Ohio Department of Taxation's decision to extend Ohio's tax return deadline to the federal government's May 17, 2021, due date. Both penalty and interest will be waived during the time of the extension.

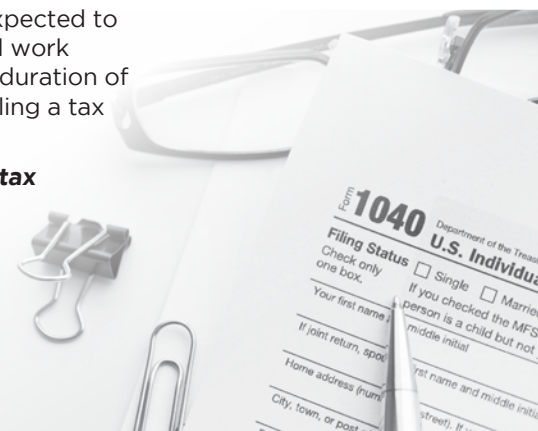
Unlike the extension in 2020, this extension does not apply to individuals or businesses required to remit quarterly net profit estimated taxes by April 15, 2021. Also, this extension does not extend the due dates for remitting employers' withholding tax.

Refunds for days worked at home during the Covid-19 Emergency

Under Ohio House Bill 197, during the Covid-19 Health Emergency, employers were expected to withhold Montgomery tax for employees working from home rather than their normal work location within Montgomery, regardless of their home location. This would be for the duration of the health emergency plus 30 days. Therefore, there is no refund opportunity when filing a tax return for 2020 if you work at home due to Covid-19.

Please Note: The Tax Office is happy to assist with the preparation of Montgomery tax returns. Please mail, drop off, or submit necessary documents through the online filing and payment portal or the secure email portal. Someone from the Tax Office will contact you when your return is completed.

For questions, contact the Tax Office at 513-792-8333.



CELEBRATE HISTORIC PRESERVATION MONTH

The month of May is designated as National Historic Preservation Month. The National Trust for Historic Preservation established this event in 1973, and it is celebrated every year by cities, historical societies, preservation groups, and various civic organizations throughout the country. Founded in 1795 by settlers from Montgomery, New York, the City has a rich history that has been preserved to create a strong sense of place. The downtown historic district is appreciated throughout the region, and its unique character draws visitors to the restaurants, shops, and services.



To preserve the City's cultural heritage, the Montgomery Landmarks Commission was established in 1976 by a group of citizens. The Commission has identified 32 Landmarks to commemorate the City's historical beginnings. In addition, six of these buildings are also listed on the National Register of Historic Places. These Landmarks will be preserved for future generations as a tribute to Montgomery's past. The Commission also works to ensure new construction and development is architecturally cohesive with the historic district.

The City is fortunate to have a great partner in historic preservation in the Montgomery Historic Preservation Association (MHPA). Located in the Wilder-Swaim house at the corner of Cooper and Zig Zag Roads, MHPA is a 501 (C) (3) organization founded in 1997 to protect our historic buildings and collect and share materials that document our community history whose purpose is to preserve the historical and cultural atmosphere of the City.

We encourage you to learn about the Landmark properties on the City's website at montgomeryohio.org or stroll around the downtown historic district. A history book can also be viewed online or download the walking tour app "Our History" in the Apple Store.



Montgomery History Explorer

Enjoy the Montgomery History Explorer program together as a family. This free program includes a workbook for ages 6 and up. The workbook provides participants with a variety of fun activities that will engage them in learning about local Montgomery Landmarks.

Pick up a workbook at City Hall or download at montgomeryohio.org



History Explorer



City of Montgomery, Ohio

Once completed, participants can turn in the workbook any time, Monday through Friday, from 8:00 a.m. to 4:30 p.m. at Montgomery City Hall, 10101 Montgomery Road.

A member of the City recreation team will review the workbook and follow up with the participant. Completed workbooks will be given back to the participant to keep along with a certificate and patch.

For more information on this free program, contact Sarah Fink, recreation specialist, at 513-792-8317.

The first 50 participants to complete the History Explorer workbook will also receive a free Landmark ornament.

RECYCLE YOUR STYROFOAM/EPS

Styrofoam (expanded polystyrene) is a commonly used product because of its insulating and rigid properties. This material is used in such things as insulation, beverage cups, food “clamshells”, and packing/packaging materials. The downside of Styrofoam is that it degrades very slowly over hundreds of years when placed in landfills. Until now, there was not a readily available place to recycle this material; however, Ohio has a new Styrofoam/EPS Consumer Drop Off program, and it is just minutes from Montgomery!

Eco Development in Mason, Ohio, is now offering an opportunity to recycle Styrofoam/EPS products and keep them out of our landfills and oceans. The drop-off center is located at 4219 U.S. State Route 42 in Mason. Access points to the drop-off center are located both on Bethany Road as well as Route 42. The drop-off building is located in the rear of the recycling plant; look for a facility for drop-off items and a green sign mounted on a chain-link fence with guidelines. See the attached map.

Please follow these rules regarding acceptable Styrofoam/EPS:

- 1) Styrofoam must be clean.
- 2) No stickers or tape.
- 3) Please no food containers - these are not accepted in this program.**
- 4) It would be helpful if items are placed in clear plastic bags when disposing.



If you have questions regarding your items, please call the Drop-Off Hotline at 1-866-362-6326. Also, for more information about Eco Development, check out their website at www.ecoenergydevelopment.com.

MONTGOMERY'S RESIDENTIAL-RECYCLE PROGRAM PERFORMANCE FOR 2020

You, the citizens of Montgomery, did an excellent job keeping waste out of the landfill during 2020! As you know, our Residential Recycle Program (RRI) is the key venue for diverting materials from landfills. The Hamilton County incentive also represents an important income stream that supports our good environmental stewardship. The more we divert from landfills, the more we are compensated from Hamilton County. In 2020 we diverted 64.48% or 2,267 tons out of a total of 3,516 tons of waste generated! The diverted amounts include 1,168.5 tons of recycled material and 1,098.7 tons of yard-waste. This diversion rate is a substantial increase over the 38.7% diverted during 2019 and is on par with the best of our surrounding communities.

YARD WASTE - INCREASED DIVERTED TONNAGE

During 2020 you have significantly increased the recycling of yard waste, a compostable material. In 2020, Yard waste represented almost half of Montgomery's 64.48% total diverted and is a substantial increase over the 19% of the total diverted in 2019. We are now on par with surrounding communities in diverting yard waste. Yard waste continues to be a focus area this year because it is picked up every trash day and is especially easy to divert! Please continue to ensure that yard waste is not going into the landfill. If you don't already have one, consider getting a separate yard-waste container, then fill it by trash day to keep your home looking neat and tidy!

FOOD WASTE - REDUCE LANDFILL WASTE

In general, food waste represents around 20% of material going into the landfill. Food can be removed from the landfill stream by improved food management and composting. Hamilton County has extensive information and a virtual seminar on “Save the Food.” More information can be obtained under “Preventing Food Waste” at Hamiltoncountyrecycles.org. They also have an informative “Backyard Composting” seminar that explains how corn husks and other food-related items of this nature can be added to yard waste in the composting process. Smart food-management saves money, and attention to food waste increases our diversion rate in addition to creating nutritious compost for our gardens!

Thank you for doing a fantastic job in conserving landfill space while protecting our environment!

According to the composting council, if everyone in the United States composted all of their food waste, the impact would be equivalent to removing 7.8 million cars from the road.

US Composting Council webpage <https://www.compostingcouncil.org/>



THEFT PREVENTION TIPS

Theft is the #1 crime Montgomery Officers investigate. Historically, as temperatures increase, so does the theft of property. These thefts occur at residences, parking lots, and businesses. Also, there has been an increase in identity theft over the past several months. This is often a difficult crime to prevent and investigate because the perpetrators are often in other states or nations. Another complication is that identity theft is an intangible crime with little physical evidence. Victims are often unaware of how and when their identities were stolen. Here are some recommendations to protect yourself from thefts in the real world and online.

TIPS TO PREVENT PROPERTY THEFT:

- Lock your car doors. Very few thefts occur from locked cars in Montgomery.
- Keep valuables out of sight. Do this before going out in public because criminals might be watching.
- Do not carry credit cards you rarely use. Use a digital wallet if possible.
- Park in a well-lit area that is clearly visible.
- Keep garage doors closed when out of sight. Criminals could see an open garage door as an invitation to steal: Tools, gas cans, extension cords, and lawn equipment.
- Motion sensor driveway lighting for overnight hours and inexpensive doorbell cameras are excellent deterrents.

TIPS TO PREVENT IDENTITY THEFT:

- Beware of unsolicited calls, emails, or text messages from familiar companies. Scammers often spoof phone numbers, company logos, and websites in an attempt to bring legitimacy to their illegal activity.
- Do not click on links or call phone numbers embedded in emails and text messages. These can take you to the scammer's sites. Always independently verify phone numbers, emails, and websites.
- Scammers also pretend to be law enforcement or fraud investigators from businesses to solicit information.
- Purchase credit monitoring services that notify you of suspicious activity.

If you suspect that a theft offense has occurred, immediately contact the Montgomery Police Department for a report at 513-985-1600. Timeliness is critical to limiting your personal loss and recovering property. Stay safe and have a great summer.



NATIONAL STROKE AWARENESS M O N T H

MAY IS STROKE AWARENESS MONTH – DO YOU KNOW THE SIGNS?

A stroke occurs when the blood supply to part of your brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. Brain cells begin to die in minutes. A stroke is a medical emergency, and prompt treatment is crucial. Early action can reduce brain damage and other complications. Effective treatments can also help prevent disability from stroke.

If you think you or someone you're with might be having a stroke, pay particular attention to the time the symptoms began. Some treatment options are most effective when given soon after a stroke begins.

Signs and symptoms of stroke include:

- **Trouble speaking and understanding what others are saying** – You may experience confusion, slur your words or have difficulty understanding speech.
- **Paralysis or numbness of the face, arm, or leg** – You may develop sudden numbness, weakness, or paralysis in your face, arm, or leg. This often affects just one side of your body. Try to raise both your arms over your head at the same time. If one arm begins to fall, you may be having a stroke. Also, one side of your mouth may droop when you try to smile.
- **Vision problems** – You may suddenly have blurred or blackened vision in one or both eyes, or you may see double.
- **Headache** – A sudden, severe headache, which may be accompanied by vomiting, dizziness, or altered consciousness, may indicate that you're having a stroke.
- **Trouble walking** – You may stumble or lose your balance. You may also have sudden dizziness or a loss of coordination.

F Facial drooping
A Arm weakness
S Speech difficulties
T Time to call emergency services

Seek immediate medical attention if you notice any signs or symptoms of a stroke, even if they seem to come and go or they disappear entirely. Think “FAST” and do the following:

- **Face.** Ask the person to smile. Does one side of the face droop?
- **Arms.** Ask the person to raise both arms. Does one arm drift downward? Or is one arm unable to rise?
- **Speech.** Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?
- **Time.** If you observe any of these signs, call 911 or emergency medical help immediately.

Call 911 or your local emergency number right away. Don't wait to see if symptoms stop. Every minute counts. The longer a stroke goes untreated, the greater the potential for brain damage and disability.



All American Independence Day!

★ Save the
dates!

Symphony Concert

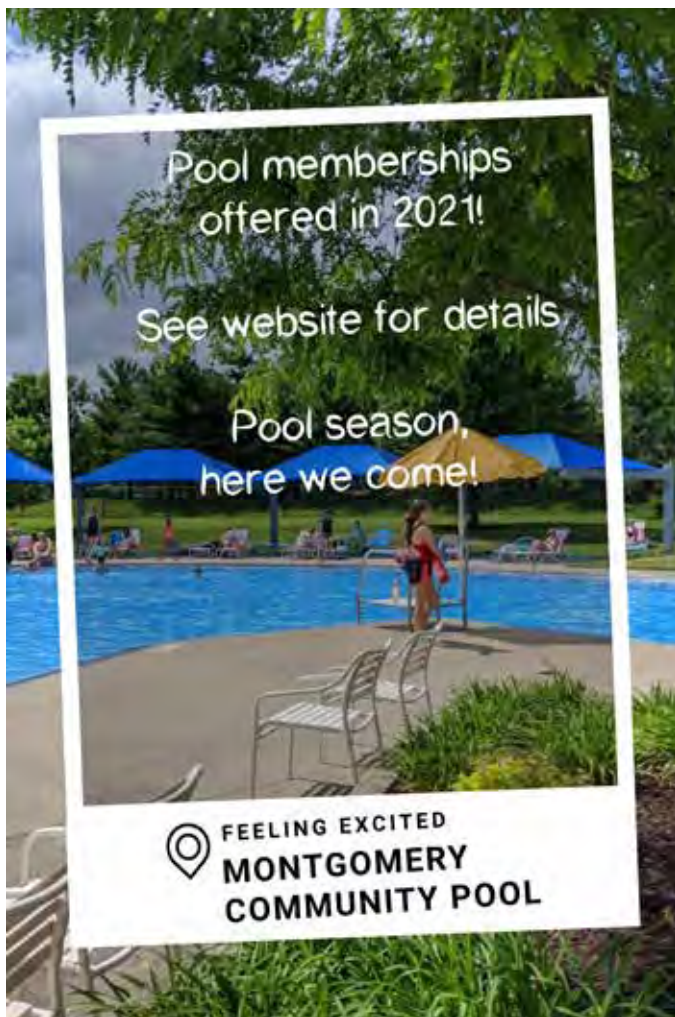
Friday, July 2, 7:30 p.m.
Montgomery Park

Parade

Saturday, July 3, 10 a.m.

Festival

Saturday, July 3, 11 - 2 p.m.
Montgomery Park



Montgomery Park Explorer

Montgomery Tree Explorer

Enjoy the Montgomery Park Explorer and the Montgomery Tree Explorer programs together as a family. These free programs include workbooks for ages 2 to 5 and ages 6 and up. The workbooks provide participants with a variety of activities that will engage them in learning about local Montgomery parks and trees in a fun and active way.

For more information on these free programs, contact Sarah Fink, recreation specialist at 513-792-8317.

Pick up workbooks at City Hall or download at montgomeryohio.org

COME JOIN THE PARADE!

The City of Montgomery is proud to present the Independence Day Parade on **Saturday, July 3 at 10:00 a.m.** Planning is underway for this annual tradition. The safety and wellbeing of our community are our top priority!

Parade entry applications can be found online at montgomeryohio.org. Residents, neighborhood associations, and local businesses are invited to be a part of Montgomery's Independence Day Celebration, a day filled with patriotism, community pride, and memories that will last a lifetime. **Applications for parade entries are due no later than Friday, June 4.**

For more information or questions, please contact Recreation Specialist Sarah Fink at 513-792-8317 or by email at sfink@montgomeryohio.org.





CITY OF

MONTGOMERY

A CHARMING PAST. A GLOWING FUTURE.

BASTILLE DAY



Save the
date!
JULY 17

sponsored by:



General Electric
Credit Union



*Bastille Day will be contingent
on Covid restrictions.*



FITNESS

Experience updated group exercise equipment and classes. All equipment needed for classes is provided. Registration for **2021 - Session C** of fitness classes is open. Please visit the fitness page at montgomeryohio.org for class descriptions, important information and registration.

Please contact Sarah Fink, recreation specialist, by emailing sfink@montgomeryohio.org or by calling 513-792-8317 with any questions you may have.

| Fitness Class Schedule 2021 - Session C | | | | | | | |
|---|---------------------------------|------------------|------------|----------------|------------------|------|----------|
| Day | Class Name | Dates of Session | No Classes | Session Length | Time of Class | Res. | Non-Res. |
| Mon. | Mixed Level Yoga | 5/10 - 6/28 | 5/31 | 7 classes | 9:30-10:30 a.m. | \$35 | \$40 |
| Tue. | Cardio Strength and Stretched * | 5/11 - 6/29 | | 8 classes | 9:00-10:00 a.m. | \$40 | \$45 |
| Tue. | Tai Chi | 5/11 - 6/29 | | 8 classes | 10:20-11:20 a.m. | \$80 | \$90 |
| Tue. | Pilates | 5/11 - 6/29 | | 8 classes | 6:00-7:00 p.m. | \$40 | \$45 |
| Wed. | Mixed Level Yoga | 5/12 - 6/30 | | 8 classes | 9:30-10:30 a.m. | \$40 | \$45 |
| Wed. | Beginner Level Yoga | 5/12 - 6/30 | | 8 classes | 10:45-11:45 a.m. | \$40 | \$45 |
| Thur. | Cardio Strength and Stretched * | 5/13 - 7/1 | | 8 classes | 9:00-10:00 a.m. | \$40 | \$45 |
| Thur. | Pilates | 5/13 - 7/1 | | 8 classes | 6:00-7:00 p.m. | \$40 | \$45 |

GET FIT THIS MAY!

May is National Physical Fitness and Sports Month. This annual observance highlights the importance of staying physically active through fitness activities and sports. The American College of Sports Medicine and the CDC recommends that “all healthy adults should participate in moderate-intensity aerobic physical activity for a minimum of 30 minutes, five days per week, or vigorous-intensity aerobic activity for a minimum of 20 minutes, three days per week.” In addition, the ACSM and the CDC recommend that, “every adult should perform activities that maintain or increase muscular strength and endurance for a minimum of two days per week.”

ACSM and CDC Recommendations



150 minutes of moderate-intensity aerobic activity every week

2X per week Muscle-strengthening activities on 2 or more days a week that work all major muscle groups





10101 Montgomery Road
Montgomery, Ohio 45242

Mayor
Chris Dobrozsi

Vice Mayor
Craig Margolis

Council Members
Lee Ann Bissmeyer
Mike Cappel
Ron Messer
Lynda Roesch
Ken Suer

Clerk of Council
Connie Gaylor

City Manager
Brian Riblet

Emergency
911
Non-Emergency
• **Police Dept.**
513-985-1600
• **Fire Dept.**
513-985-1633

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

PRESORTED
STANDARD
U.S. POSTAGE
PAID
PERMIT #2417
CINCINNATI, OH



MAY 2021 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 | | | |
|---|---|--|---|--|-----------|--|-----------|--|----------|
| | | May is National Historic Preservation Month | | | | | 1 | | |
| 2 | Beautification & Tree Commission, TBD 9:00 a.m. Planning Commission, TBD 7:30 p.m. Spring Brush collection for residents with Friday trash pickup | 3 | 4 | Public Service Recognition Week | | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | National Police Week | | 12 | 13 | 14 | 15 | |
| Mother's Day | | Environmental Advisory Commission, TBD 5:00 p.m. | Landmarks Commission, TBD 7:00 p.m. | Parks and Recreation Commission, TBD 6:30 p.m. | | | | Beautification Day, 9:00 – 11:00 a.m. Cardboard Recycling, 7315 Cornell Road 10:00 a.m. – 1:00 p.m. | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | | | |
| | Planning Commission, TBD 7:30 p.m. | Sister Cities Commission, TBD 6:30 p.m. | Council Work Session, City Hall 7:00 p.m. | National Public Works Week | | | | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | | | |
| BAMS Memorial Day Concert, 7:00 p.m. CANCELLED 30 | Arts Commission, TBD 5:00 p.m. Memorial Day City Offices closed, Trash pick up as usual 31 | Board of Zoning Appeals, TBD 7:00 p.m. | | | | Beautification Day, 9:00 – 11:00 a.m. (rain date) Montgomery Community Pool opens, 10:00 a.m. | | | |