



# CITY OF HAGERSTOWN, MARYLAND STATUS & INFORMATION REPORT NO. 17 FOR 2024

To Members of the City Council:

April 26, 2024

## APRIL 2024

*For additional information and a complete list of City events, please visit our  
Calendar of Events on the City's website at <http://www.hagerstownmd.org/calendar.aspx>*

**Questions about any of the Downtown Event listed, please email [events@downtownhagerstown.org](mailto:events@downtownhagerstown.org)**

**Visit Hagerstown Parks & Recreation website and flip through the Spring/Summer 2024 digital Program Guide  
<https://www.hagerstownmd.org/145/Parks-Recreation>**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
•	1	2 Mayor & Council Work Session 4 PM	3	4	5 April 5 thru October 5 Friday/Saturday City Park Train Hub Museum & Steam Engine 202 10 AM to 4 PM	6 Hagerstown Youth Council's Charge for Change Event Fairgrounds Park 10 AM to 2 PM ----- German Easter Tours Held April 5 and April 6 10 AM to 4 PM (Last Tour at 3 PM)
7	8 Solar Eclipse Viewing Party University Plaza 2 PM to 4 PM  Eclipse estimated time at 3:20 PM	9 Mayor & Council Work Session 4 PM	10	11	12 Garden Volunteer Day 4 PM to 5 PM Historic Garden – Hager House at City Park  Great way for students to earn SSL Hours	13 Community Yard Sale Fairgrounds Park 7 AM to 2 PM
14	15	16 National League of Cities visiting Hagerstown as part of the Centennial Roadshow: 100 Years, 100 Cities Tour  ----- No Mayor & Council Meeting Scheduled	17	18	19	20 Hub City 100 Miler Final Mile Walk City Park Train Hub 9 AM to 10:30 AM  ----- Arbor Day/Earth Day Jonathan Hager House 11 AM to 1 PM
21	22	23 Mayor & Council Work Session 4:00 PM  Regular Session 7 PM	24	25 <b>VOLUNTEERS NEEDED – Spring Planting</b> 9 AM to 1 PM See Community Engagement for Sign-up	26 DECADES Music Series Headliner: The Cruisers University Plaza 6 PM to 8 PM  ----- Thunder in the Square 5 PM to 9 PM	27 Handmade Hagerstown Spring Market University Plaza & 10 AM to 4 PM
28	29	30 Mayor & Council Work Session 4 PM				

*For additional information and a complete list of City events, please visit our  
Calendar of Events on the City's website at <http://www.hagerstownmd.org/calendar.aspx>*

## UPCOMING MEETINGS

To obtain City Department or City Boards and Commissions meeting information, please visit <https://www.hagerstownmd.org/27/Government>.

We encourage you to visit our website at <https://www.hagerstownmd.org> for all City-related updates.

Other inquiries may be made by visiting the City Resident 311 page at <https://www.hagerstownmd.org/841/Services>.

### **Mayor and City Council**

Work Session - Tuesday, April 2 – 4 PM  
Work Session - Tuesday, April 9 – 4 PM  
No Meeting Scheduled - Tuesday, April 16 – 4 PM  
Work Session - Tuesday, April 23 – 4:00 PM  
Regular Session – Tuesday, April 23 – 7 PM  
Work Session - Tuesday, April 30 – 7 PM

### **Board of Traffic & Parking**

Thursday, April 11 – 4 PM

### **Board of Zoning Appeals**

Thursday, April 25 – No Meeting Scheduled

### **Historic District Commission**

Thursday, April 11 – 4:30 PM  
Thursday, April 25 – 4:30 PM

### **Planning Commission**

Wednesday, April 10 – 4 PM  
Thursday, April 25 – 7 PM

# COMMUNICATIONS

## This Week's Headlines & Media Releases:

- Tree Planting Event to be Held on Earth Day, April 22
- Road Work on S. Edgewood Dr., at Paul Smith Blvd., set for April 22-23
- Earth Day Celebration at Hager House, April 20
- Hagerstown Wrestler Aaron Brooks Achieves Olympian Status
- Flags to be Flown at Half Staff in Honor of Boonsboro Police Chief
- Political Notebook: Who's Endorsing School Board Candidates?
- Aaron Brooks Clinches Emotional 'Penn State' Olympic Wrestling Trials
- Maryland's Mail-in Ballot Process is Already Underway. What to Know.
- Third Time's the Charm? County Settles on a Date for Budget Hearing
- County Trims its Capital Budget Wishlist for FY 2025. What Changed?
- Hagerstown Man Pleads in Case Tied to 2021 Shooting
- Lawsuit with Maryland's Election Board Draws AG 'Motion to Dismiss'
- Portion of W. North Ave. to be Paved April 25, 2024
- Event to Close Downtown Streets April 26 from 4:30 to 10pm
- Press Release: Horizon Corner Store Grand Opening
- Traffic Advisory: S. Edgewood Drive
- Traffic Advisory: W. North Avenue
- Traffic Advisory: Thunder in the Square

## This Week's Video Projects

- Mayor & Council Work Session
- Mayor & Council Regular Session
- Preliminary work, scripting for social media water videos
- **Script writing and voice-over recording for Decades Music Series**

## Channel 25 Hub City Now Programming:

- Mayor & Council Meeting
- "Council wRap"
- "State of the City" Event Presentation
- Invest Hagerstown Promo
- Water 101 Video
- "Visit Hagerstown" Promo
- Fit Room :30 Promo
- Hagerstown Fire Museum Videos
- "Council wRap" Promo

## City Website:

- [www.hagerstownmd.org](http://www.hagerstownmd.org) attracted 9,903 user visits for the week of April 18-24
- The most popular top entrances (the first page users accessed on the website):

1. Home Page	1,923
2. Online Payment Portal Page	1,451
3. Utility Billing Page	726
4. Directory Page	364
5. Police Page	357
6. Jobs Page	300
7. Search Page	283
8. Parks & Recreation Page	252
9. Bid Postings Page	227
10. Skate Park Page	210

- Top searches

1. City of Hagerstown
2. Hagerstown Light Department
3. Hagerstown MD
4. Hagerstown
5. City of Hagerstown Jobs

## COMMUNITY ENGAGEMENT

- 30 Planters were installed at Market Walk as a beautification project in the downtown **(I will send you pictures tomorrow morning)**
- Thunder in the Square is on Friday, April 26<sup>th</sup> from 5-9 PM in Downtown
- Decades Music Series kicks off on Friday, April 26<sup>th</sup> in University Plaza with The Cruisers—performance will be from 6-8PM
- Handmade Spring Market will take place from 10AM-4PM on Saturday, April 27<sup>th</sup> in University Plaza. Shop from over 25 handmade and artisan vendors!
- Main Street Business Owners meeting will take place on Tuesday, April 30<sup>th</sup> at 9AM at BuroBox
- Clara Barton Memorial Dedication is scheduled for Tuesday, May 7<sup>th</sup> at Park Circle at 1:30 PM
- Submitted 3 grants totaling \$500,000 to the Department of Housing and Community Development this week: Project Restore 2.0, Community Health and Safety Works: Community Placemaking and Camera, Lighting and Safety

# DEPARTMENT OF COMMUNITY & ECONOMIC DEVELOPMENT

## Department Representation at Events

Staff presented department services & programs and economic development highlights at a “Small Business Lunch & Learn” conference at USMH hosted by Washington County NAACP Branch 7030B & Andrew Keller. Several small business owners filled out business interest forms and we will follow up with one-on-one meetings with each lead.

## Grand Openings & Anniversary Celebrations

Horizon Goodwill Industries (HGI) celebrated the grand opening of Horizon Corner Store, 8 Walnut Street, on Monday, April 22. This collaboration between HGI and the Hagerstown Housing Authority yields its second convenience store location in the City providing access to affordable choices for food and convenience items, as a much needed resource to the neighborhood it serves.

# ENGINEERING

1. **Hagerstown Field House** – the metal frame for the turf field section of the building should be erected by the end of this week; the contractor will begin installing the roof on that building, while a second crew begins erection of the building at the hard court end of the site.
2. **Greens at Hamilton Run Stream Restoration** – the contractor has completed the in-stream work, and is performing final grading and cleanup around the site. We hope to reopen the course in mid to late May.
3. **Meritus Park Wayfinding Signage** – over the next week, staff will be installing new wayfinding signage to direct visitors from the University District and Arts & Entertainment parking decks to the stadium. Staff plans to observe vehicular and pedestrian traffic patterns after the stadium opens, and will make adjustments as necessary to make access as safe and efficient as possible.
4. **Engineering Statistics**

Description	Week of 04/22/24	Calendar Year 2024 TOTALS
Traffic complaints received	7	62
Work Orders completed	7	53
Traffic counts completed	0	6
Construction Projects		
Description	Week of 04/22/24	Calendar Year 2024 TOTALS
Construction Projects advertised for bids	0	2
RFP's Advertised	0	3
Projects under construction	16	16
Projects completed	0	1

# FIRE

4/17/24 – 4/23/24			
Total Incidents (City only)	58	Mutual Aid to surrounding FDs	24
• Unit Responses	109	• Halfway FD	3
• Fire/Rescue Responses	42	• Maugansville FD	2
• EMS Responses	16	• Funkstown FD	10
Inspections/System Tests	21	• Longmeadow FD	2
Community Events, Smoke Alarm Installs	2	• Other	7

### Significant Incidents

4/22/24 - *Working House Fire* – At 2320 hrs, HFD units responded for a house on fire with reported entrapment at 710 Chestnut Street. Bystanders reportedly pulled at least one occupant from the structure prior to FD arrival. Engine 5 arrived to find fire showing from the 2<sup>nd</sup> floor of a multi-family dwelling. Crews initiated an interior attack on the fire to bring it under control. There is no update on occupant status at this time.



# PLANNING & CODE ENFORCEMENT

### Historic District Commission:

The next HDC meeting will be held May 9, 2024 @ 4:30 pm.

**HDC 2024-19-** 908 The Terrace- Application for a deck.

**HDC 2024-20-** 234 North Potomac Street- Application for a fence.

**HDC 2024-21-** 7 East Washington Street – Application for a Dumpster Encloser.

**Board of Zoning Appeals:**

Next Meeting date is May 9, 2024, to hear an Administrative Appeal for the property located at 309 South Potomac Street and a Variance for the property located at 29 Moller Parkway.

**Zoning Verification Letters issued for the following properties:**

There are no current Zoning Verification Letter Requests

**Zoning Certificates issued for the following properties:**

18077 Garland Groh Boulevard – Spark Dental LLC.  
1183 Luther Drive– Creekside SNF Operating Company LLC.

**Planning Commission:**

The next Planning Commission Meeting will be held May 9, 2024 @ 4:00 pm.

**Development Review Plans received:**

Minor Site Plan Revision for YMCA located at 1100 North Eastern Boulevard.  
Minor Site Plan Revision for 825 Commonwealth located at 825 Commonwealth Avenue.  
Concept Plan for Lot 13 Hagerstown Commons located at Paul Smith Boulevard.  
Revision of a Subdivision Plat for Lot 19 Eyerly’s Addition to Hagerstown.  
ESD Sketch Plan for a residential project that is over two acres.

**POLICE**

***STATS (04/18/2024 – 04/24/2024***

Calls for Service:	1825	Field Interviews:	17
Arrests/Warrants Served:	27	Moving Violations:	13
Domestic Violence Calls:	19	Safety Repair Orders:	0
DUI Arrests:	1	Warnings:	45
Reports Filed:	113		

**Welcome:** The Hagerstown Police Department would like to welcome recent new hires. Greg Alton was selected as the MCIN Coordinator (Maryland Criminal Intelligence Network). Greg was previously a Community Service Officer assigned to the Watch Center. Chase Renner joined HPD as a Police Trainee and will begin the Washington County Police Academy in June 2024. Sabrina Bohrer joined HPD as a Police Cadet and will be assigned to the Training Division. We wish them well as they pursue their law enforcement career here at HPD.

**Crime Victims Awareness Walk:** The Washington County State’s Attorney’s Office, in partnership with the Hagerstown Police Department, will be sponsoring a Crime Victims Awareness Walk in downtown Hagerstown to raise awareness of National Crime Victims’ Rights Week! Tomorrow, Friday, April 26 at 11:00 AM, participants will meet at the Hagerstown Police Department, walk to the square in Hagerstown and back. The goal of this walk is to help raise community awareness to the different types of crime and violence and to honor and support those who have been victimized.

# PUBLIC WORKS

**CHART NO. 1 – GENERAL PARKING SYSTEM DATA**

		Current Week	Previous Week
<b>Number of Permit Holders</b>	A & E Deck	209	209
	University District Deck	292	292
<b>Number of Student Permits</b>	Central & Rochester Lots	70	64
<b>Number of Patrons Using Decks</b>	A & E Deck	1609	1706
	University District Deck	1500	1598
<b>Number of Citations Issued</b>	(Includes Warnings)	203	198
<b>Peak Occupancy (%)</b>	A & E Deck	91% Tu @ Noon	86% Tu @ 4PM
<b>Peak Occupancy (%)</b>	University District Deck	55% Tu @ 10AM	45% Th @ Noon

**CHART NO. 2 – A&E PARKING DECK WEEKLY OCCUPANCY**

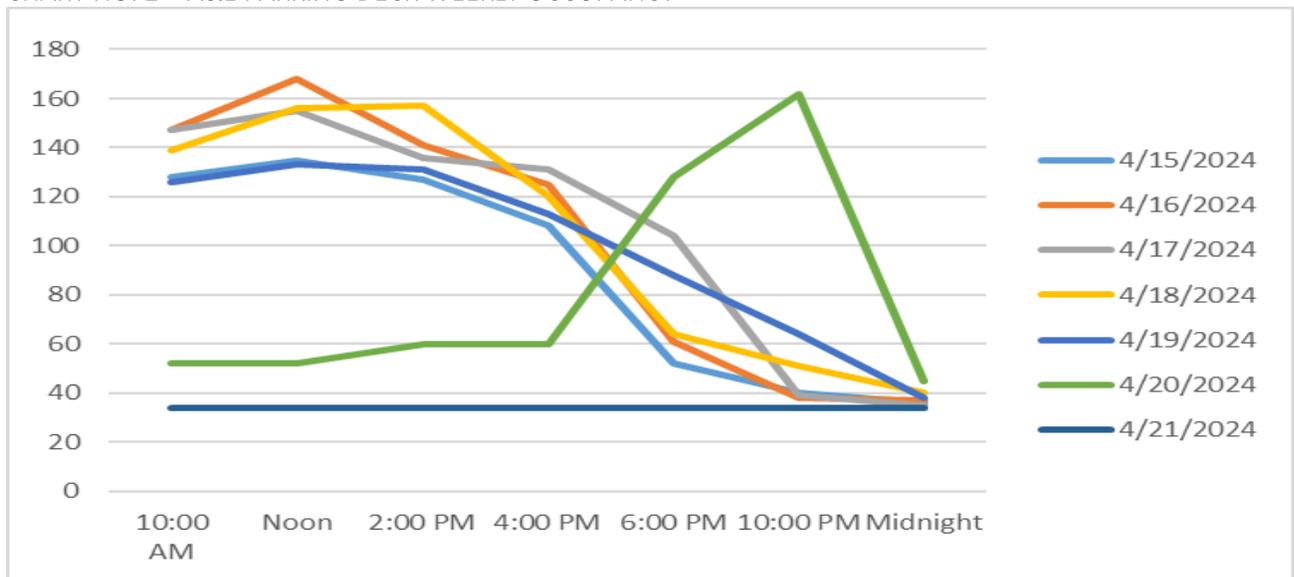
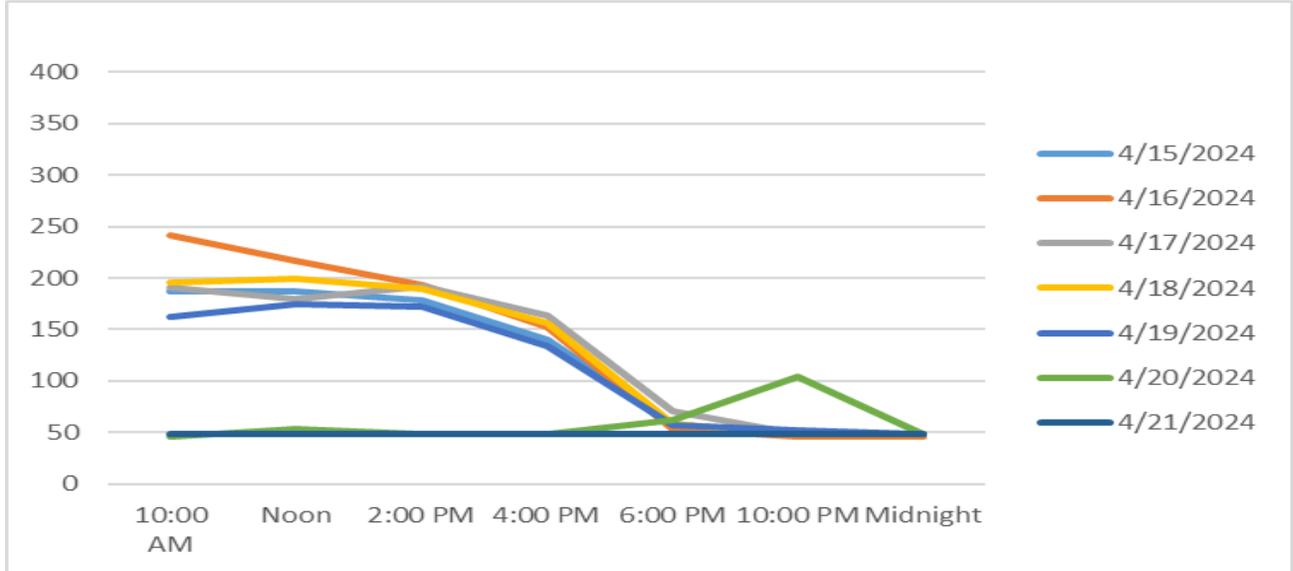


CHART NO. 3 – UD PARKING DECK WEEKLY OCCUPANCY



CENTRAL MAINTENANCE GARAGE REPAIR DATA

	Current Week	Previous Week
DCED	0	0
Planning & Code	1	1
Fire	1	2
Engineering	0	0
Parks & Recreation	0	1
Public Works	3	3
Police	10	15
Water	3	5
Wastewater	2	3
Light	3	3
Human Resources	0	0
Weekly Totals	23	33
Yearly Total	329	306

**AFTER HOURS CALL BACKS**

Tuesday, April 16, 2024 @ 6:54PM: Fairgrounds Park attendant contacted supervisor that the juveniles who vandalize the bathrooms were back, and he was able to obtain pictures of them. The pictures were forwarded to HPD for assistance with identification.

Wednesday, April 17, 2024 @ 5:06PM: Parking deck attendant reported the tickets were cutting off at the entrance and not printing correctly at the A&E parking garage. The technician re-booted the machine and fed new tickets into the dispenser. Then a bill got stuck in the bill cassette and the technician reported back to pull the cassette and remove the jam.

Saturday, April 20, 2024 @ 10AM: HPD requested assistance with obtaining video footage of a robbery suspect who ran behind the A&E parking garage. Parking supervisor pulled up the requested security footage for the Officer.

## **PARKS AND RECREATION**

### **100 Miler Final Mile Celebration**

The City Park Train Hub hosted the 100 Miler Celebration on Saturday, April 20. Grand Prize winners were announced, and attendees enjoyed a health and wellness fair under the pavilion.



### **Earth Day & Arbor Day**

The Hager House hosted this annual program on Saturday, April 20. 37 volunteers participated. 10 trees were planted and over 10 bags of garbage removed from the stream and park.

### **Fit Room**

See Fit Room report attached with weekly recreation classes. No private rentals this weekend.

### **Golf Course**

The course is still closed due to the ongoing Stream Restoration Project. Construction experienced weather delays and work is expected to be completed by the end of April. After construction is complete, the Greenskeepers need time to prepare the course for re-opening. The course is now scheduled to re-open the middle of May 2024, shooting for around May 15.

### **Outdoor Programs -**

- NEW Program – Shinrin-yoku (Forest Therapy) begins this Thursday, April 25 . See flyer attached.
- Crazy Running, Tuesdays, 4:30-5:30pm at Fairgrounds Park
- Parkour, Fridays at 4pm, at Fairgrounds Park
- Skateboarding Lessons, Saturdays, 8am – 10am

### **University Plaza & Other Events:**

- Thunder in the Square, Friday, April 26, 5pm – 9pm, Downtown Hagerstown
- Decades Music Series, Friday, April 26, 6pm – 8pm, University Plaza
- Rock the Run 5k, Saturday, April 27, 9am – 11am, Fairgrounds Park
- Spring Handmade Market, Saturday, April 27, 10am – 4pm, University Plaza

# UTILITIES DEPARTMENT

## ELECTRIC DIVISION

### Service Calls

Tues. 4/23 - 710 Chestnut Street – house fire; service disconnected at request of fire dept.  
Time Out: 0.0-1.0

Thur. 4/25 - Corner of, Cannon Avenue and East Antietam – pole struck in vehicle accident.  
Time Out: 0.3-7.0

Lamps Replaced	New Fixtures Added	Changeouts	Fixtures Removed
10	0	13	0

- Engineering staff continued valuation calculations for the electric utility system to provide proper accounting within the Work Order Management software for proper asset accounting.
- The delivery and testing of the second transformer unit for the Frederick Street substation has been coordinated.
- Engineering staff performed multiple permit reviews, service upgrades requests, and electrical load calculations to design upgrades to our system to accommodate customer improvements.

## WASTEWATER DIVISION

### Wastewater Treatment Plant at Frederick Street

Date	Flow (mgd)	Rainfall (inches)
Wednesday, April 17, 2024	7.20	0.02
Thursday, April 18, 2024	7.10	0.00
Friday, April 19, 2024	6.87	0.00
Saturday, April 20, 2024	6.61	0.00
Sunday, April 21, 2024	6.59	0.00
Monday, April 22, 2024	6.55	0.00
Tuesday, April 23, 2024	6.48	0.00
Weekly – Avg. Flow/Total Rainfall	6.77	0.02
April – Avg. Flow/Total Rainfall	8.35	2.70

- Continued installing new wiring to Operations Conference Room
- Isolated Bar Screen #1, replaced defective chain (links), sprocket and wall bearing
- Installed rebuilt mixer in Final #1
- Routine MVP Plant Work orders & Corrective Work Orders

## Wastewater Collection

### SSES Weekly Progress

Activity	Districts	L. F. main	Feet of lateral	# Inspected
CCTV Inspections	10	647	283	12
Flushing	7, 10, 13	200, 310, 2195		

### Collection System Maintenance Tasks

- Construction crew work laid blacktop at multiple locations on The Terrace
- Repaired manhole ring at Manhole # 03014 on Cathedral Avenue
- CCTV crew and flusher crew helped with root cutter demo on Commonwealth Avenue.
- Worked on 2025 overlays on Pope Avenue
- Cleared blockages at 1041 Georgia Avenue, 22 Mulberry Avenue and Cathedral Avenue
- Flushed District 13
- Picked up Unit 528 from Maryland Industrial Truck in Baltimore
- Pump crew worked on grinder pump at 1650 Woodlands Run
- Repaired generator issue at Pump Station 26
- Reset SCADA at Pump Stations 21 and 27
- Located lateral for customer on 22 South Mulberry Street
- Located sewer lines for USIC

Wastewater Division – Customer Call Log Summary 2024							
Type	Blockages	Grinder Pumps	Odor Complaints	Flushing	WW Pump Stations	Other	Totals
Weekly	1	0	1	0	0	4	6
YTD 2024	35	14	3	0	0	93	145

### Engineering

- Review of Site Development and City Permit Drawings
- Gathering information for service inquiries
- Updating GIS databases completed with water projects

## Lab

### WASTEWATER

- Process and regulatory testing were routine for the week
- Completed QC verifications: weekly (pH, Cl, Conductivity) on DI water
- Collected samples for Biobot COVID study
- Collected Wastewater-SCAN Program samples for pathogen monitoring
- Collected CDC-NWSS Program samples for pathogen monitoring
- Collected CDC-NWSS Program samples for pathogen monitoring
- Collected samples for Bacteriophage research study with Locus Biosciences
- Met with Suburban Laboratories regarding UCMR-5 study results and discussed PFAS method certifications for anticipated wastewater testing.
- Visited Washington County Water/Wastewater Laboratory to see their new Seal AQ400 discrete nutrient analyzer operation and other equipment upgrade options
- Met with Thermo Scientific to review their new Gallery nutrient discrete analyzer to replace dated equipment
- Scheduled meeting with WVU Environmental Engineering Lab to observe Gallery discrete analyzer from end-user perspective

### Environmental Coordinator & Pretreatment

- Updated 2024 Permit Renewals
- Completed Volvo-Mack annual inspection visit
- Entered Berwick POTW sample results in Synexus
- Completed Volvo Mack POTW sampling

## WATER DIVISION

### Plant Flows - System Demand (MGD)

<u>Date</u>	<u>Willson</u>	<u>Breichner</u>	<u>Total</u>
04/18/24	11.71		11.71
04/19/24	11.40		11.40
04/20/24	11.20		11.20
04/21/24	11.12		11.12
04/22/24	12.06		12.06
04/23/24	11.73		11.73
04/24/24	12.09		12.09
		<b>Average:</b>	<b>11.62</b>

### Water Production at R. C. Willson & Pump Station Distribution

- Staff worked on facility maintenance and routine preventative maintenance.
- Staff assisted with basin cleaning, repaired trac-vac, and worked on iFix upgrade for pump stations.

### Water Production at Breichner / Edgemont Reservoir

The Edgemont Reservoir pool elevation is currently at 3.50 ft. Site evaluation continues per the contract with Hazen and Triad. City staff and Hazen and Sawyer continue to work with MDE Dam Safety on the final Dam Evaluation Report, design criteria, and project schedule.

### Water Distribution

- Staff performed customer service work and new meter installations as needed.

### Laboratory

- Process and regulatory testing were routine for the week.
- Completed QC verifications for benchtop microbial surface monitoring and incubator sterilization.
- Completed QC procedures on new lots of colilert media and mono-free-ammonia reagents.
- Collected bacteriological monitoring samples for April.
- Collected nitrification monitoring samples.
- Collected two (2) lagoon discharge samples.
- Prepared R.C. Willson bench reagents.
- Attended Webinar: EPA: Drinking Water Webinar – EPA’s Final PFAS NPDWR.
- Submitted monthly water compliance sample results to EPA – CMDP – Production.

### Engineering

- Construction inspection of ongoing projects
- Review of City permit and site plan drawings
- Review of County building permits
- Updating GIS mapping
- Concept design of upcoming capital improvement projects

Respectfully submitted,



Scott A. Nicewarner  
City Administrator

**FIT ROOM SCHEDULE \* EVENT PICTURES**

*Planter Boxes at Market Walk*



# Fit Room at Fairgrounds Park at Fairgrounds Park

## Monthly Calendar For April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 6p-6:45p Pound #8355 7p-8p Belly Dance #8276	<b>2</b> 6p-7p Buti Yoga #8328	<b>3</b> 7p-8p Vinyasa yoga #8444	<b>4</b> 4p-4:30p Princess Ballerina #8318 4:35p-5:05p Ballet & Acro #8317 5:30p-6:30p Turn Up Dance Fitness #8393	<b>5</b> 4:45p-5:45p Gymnastics for Kids #8126 6p-7p Aerial Tricks #8477 7:15p-8:15p Aerial Stretch #8450	<b>6</b> 10a-11a Zumba #8525 11a-12p Step Aerobics #8531 12p-1p Locomotion #8403
<b>7</b> 11a-12p Gymnastics for Kids #8143	<b>8</b> 6p-6:45p Pound #8355	<b>9</b> 11a-3p Fedex Event 6p-7p Buti Yoga #8328	<b>10</b> 4p-7p CPR and First Aid #8335 7p-8p Vinyasa yoga #8444	<b>11</b> 10a-10:45a Creative Movement #8424 10:50a-11:50a Inspired Movement #8427 4p-4:30p Princess Ballerina #8318 4:35p-5:05p Ballet & Acro #8317 5:30p-6:30p Turn Up Dance Fitness #8393	<b>12</b> 4:45p-5:45p Gymnastics for Kids #8126 6p-7p Aerial Tricks #8478 7:15p-8:15p Aerial Stretch #8451	<b>13</b> 10a-11a Zumba #8525 11a-12p Step Aerobics #8531 12p-1p Locomotion #8403
<b>14</b> 11a-12p Gymnastics for Kids #8143 1:15p-2:15p Aerial Stretch #8409	<b>15</b> 8a-9a Slow Flow Yoga #8476 6p-6:45p Pound #8355	<b>16</b> 4:30p-5:30p Crazy Running #8523 6p-7p Buti Yoga #8328	<b>17</b> 8a-9a Slow Flow Yoga #8476 7p-8p Vinyasa yoga #8444	<b>18</b> 10a-10:45a Creative Movement #8424 10:50a-11:50a Inspired Movement #8427 4p-4:30p Princess Ballerina #8318 4:35p-5:05p Ballet & Acro #8317 5:30p-6:30p Turn Up Dance Fitness #8393 7p-8p Aerial Fitness-Powerhouse Studios #8535	<b>19</b> 3:15p-4:45p Gymnastics for Kids, Intermediate #8379 4:45p-5:45p Gymnastics for Kids #8367 6p-7p Aerial Tricks #8479 7:15p-8:15p Aerial Stretch #8452	<b>20</b> 10a-11a Zumba #8525 11a-12p Step Aerobics #8531 12p-1p Locomotion #8403 3p-9p LaKenya Austin Birthday Party
<b>21</b> 11a-12p Gymnastics for Kids #8373	<b>22</b> 8a-9a Slow Flow Yoga #8476 6p-6:45p Pound #8355 7p-8p Belly Dance #8362	<b>23</b> 4:30p-5:30p Crazy Running #8523 6p-7p Buti Yoga #8328 7p-8p Decades Dance 70s & 80S #8436	<b>24</b> 8a-9a Slow Flow Yoga #8476 7p-8p Vinyasa yoga #8444	<b>25</b> 10a-10:45a Creative Movement #8424 10:50a-11:50a Inspired Movement #8427 4p-4:30p Princess Ballerina #8318 4:35p-5:05p Ballet & Acro #8317 5:30p-6:30p Turn Up Dance Fitness #8393 7p-8p Aerial Fitness-Powerhouse Studios #8536	<b>26</b> 3:15p-4:45p Gymnastics for Kids, Intermediate #8379 4:45p-5:45p Gymnastics for Kids #8367 6p-7p Aerial Tricks #8480 7:15p-8:15p Aerial Stretch #8453	<b>27</b> 10a-11a Zumba #8525 11a-12p Step Aerobics #8531
<b>28</b> 11a-12p Gymnastics for Kids #8373	<b>29</b> 8a-9a Slow Flow Yoga #8476 10a-11a Actively Ageless- Functional Fitness #8356 6p-6:45p Pound #8355 7p-8p Belly Dance #8362	<b>30</b> 4:30p-5:30p Crazy Running #8523 6p-7p Buti Yoga #8328 7p-8p Decades Dance 70s & 80S #8436				

# Fit Room at Fairgrounds Park at Fairgrounds Park

## Monthly Calendar For May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 8a-9a Slow Flow Yoga #8476 10a-11a Actively Ageless- Functional Fitness #8356 7p-8p Vinyasa yoga #8445	<b>2</b> 10a-10:45a Creative Movement #8424 10:50a-11:50a Inspired Movement #8427 4p-4:30p Princess Ballerina #8318 4:35p-5:05p Ballet & Acro #8317 5:30p-6:30p Turn Up Dance Fitness #8393	<b>3</b> 3:15p-4:45p Gymnastics for Kids, Intermediate #8379 4:45p-5:45p Gymnastics for Kids #8367 6p-7p Aerial Tricks #8481 7:15p-8:15p Aerial Stretch #8454	<b>4</b> 10a-11a Zumba #8525 11a-12p Step Aerobics #8531 12p-1p Locomotion #8404 2p-7p Michelle Williams Baby Shower
<b>5</b> 11a-12p Gymnastics for Kids #8373 1p-6p Danielle Birthday Party	<b>6</b> 8a-9a Slow Flow Yoga #8476 10a-11a Actively Ageless- Functional Fitness #8356 6p-6:45p Pound #8355 7p-8p Belly Dance #8362	<b>7</b> 4:30p-5:30p Crazy Running #8523 6p-7p Buti Yoga #8329 7p-8p Decades Dance 70s & 80S #8436	<b>8</b> 8a-9a Slow Flow Yoga #8476 10a-11a Actively Ageless- Functional Fitness #8356 7p-8p Vinyasa yoga #8445	<b>9</b> 10a-10:45a Creative Movement #8424 10:50a-11:50a Inspired Movement #8427 4p-4:30p Princess Ballerina #8318 4:35p-5:05p Ballet & Acro #8317 5:30p-6:30p Turn Up Dance Fitness #8393	<b>10</b> 3:15p-4:45p Gymnastics for Kids, Intermediate #8379 4:45p-5:45p Gymnastics for Kids #8367 6p-7p Aerial Tricks #8482 7:15p-8:15p Aerial Stretch #8455	<b>11</b> 10a-11a Zumba #8526 11a-12p Step Aerobics #8532 12p-1p Locomotion #8404
<b>12</b> 11a-12p Gymnastics for Kids #8373 1:15p-2:15p Aerial Stretch #8411	<b>13</b> 8a-9a Slow Flow Yoga #8476 10a-11a Actively Ageless- Functional Fitness #8356 7p-8p Belly Dance #8362	<b>14</b> 4:30p-5:30p Crazy Running #8523 6p-7p Buti Yoga #8329 7p-8p Decades Dance 70s & 80S #8436	<b>15</b> 8a-9a Slow Flow Yoga #8476 10a-11a Actively Ageless- Functional Fitness #8356 4p-7p CPR and First Aid #8336 7p-8p Vinyasa yoga #8445	<b>16</b> 10a-10:45a Creative Movement #8424 10:50a-11:50a Inspired Movement #8427 4p-4:30p Princess Ballerina #8318 4:35p-5:05p Ballet & Acro #8317 5:30p-6:30p Turn Up Dance Fitness #8393	<b>17</b> 3:15p-4:45p Gymnastics for Kids, Intermediate #8380 4:45p-5:45p Gymnastics for Kids #8368 6p-7p Aerial Tricks #8483 7:15p-8:15p Aerial Stretch #8456	<b>18</b> 10a-11a Zumba #8526 11a-12p Step Aerobics #8532 12p-1p Locomotion #8404 4p-8p Glory Sterling Graduation Party
<b>19</b> 11a-12p Gymnastics for Kids #8374	<b>20</b> 8a-9a Slow Flow Yoga #8476 10a-11a Actively Ageless- Functional Fitness #8356 7p-8p Belly Dance #8363	<b>21</b> 4:30p-5:30p Crazy Running #8523 6p-7p Buti Yoga #8329 7p-8p Decades Dance 20s & 50s #8437	<b>22</b> 8a-9a Slow Flow Yoga #8476 10a-11a Actively Ageless- Functional Fitness #8356 7p-8p Vinyasa yoga #8445	<b>23</b> 4p-4:30p Princess Ballerina #8318 4:35p-5:05p Ballet & Acro #8317 5:30p-6:30p Turn Up Dance Fitness #8393 7p-8p Buti Yoga #8329	<b>24</b> 3:15p-4:45p Gymnastics for Kids, Intermediate #8380 4:45p-5:45p Gymnastics for Kids #8368 6p-7p Aerial Tricks #8484 7:15p-8:15p Aerial Stretch #8457	<b>25</b> 10a-11a Zumba #8526 11a-12p Step Aerobics #8532 12p-1p Locomotion #8404
<b>26</b> 11a-12p Gymnastics for Kids #8374 1:15p-2:15p Aerial Stretch #8412	<b>27</b> 8a-9a Slow Flow Yoga #8476	<b>28</b> 4:30p-5:30p Crazy Running #8524 7p-8p Decades Dance 20s & 50s #8437	<b>29</b> 8a-9a Slow Flow Yoga #8476 7p-8p Vinyasa yoga #8446	<b>30</b> 4p-4:30p Princess Ballerina #8318 4:35p-5:05p Ballet & Acro #8317 5:30p-6:30p Turn Up Dance Fitness #8394	<b>31</b> 3:15p-4:45p Gymnastics for Kids, Intermediate #8380 4:45p-5:45p Gymnastics for Kids #8368 6p-7p Aerial Tricks #8485 7:15p-8:15p Aerial Stretch #8458	

# Shinrin-Yoku (Forest Therapy)



## 4 Unique Walks Spring 2024

### **Earth Week**

Thursday 4/25 1 - 3 pm

Hager House Arboretum City Park

### **Spring Morning**

Saturday 5/18 10 am - 12 noon

Mills Park

### **Summer Full Moon**

Monday 8/19 7 - 9m

Hager House Arboretum City Park

### **Autumnal Equinox**

Saturday 9/21 2 - 4 pm

Pangborn Park Hamilton Run Trail



**\$40  
per  
walk**

Limited Spots  
Available -  
Register Now to  
Secure Your Seat  
at Tea Today!



## **What to Expect**

This outdoor healing practice, known as forest therapy, is led by trained guides who encourage participants to experience the natural environment through all senses. The two-hour experience concludes with light refreshments and tea, sometimes using wild foraged ingredients.

**Promoting  
Health,  
Happiness,  
and Overall  
Wellbeing.**

*The medicine of being in the forest.*

*Evergreen Afternoons*

**Connect With Us:**

evergreenafternoons@gmail.com

