

# CenterPoint

News and Activities for Mason and Deerfield Township



## A 9/11 SURVIVOR SPEAKS

**UNVEILING OF  
9/11 MEMORIAL**  
MASON MUNICIPAL CENTER

**PREVENTING  
HEART DISEASE**  
TRIHEALTH

**DEERFIELD TOWNSHIP  
SEEKS BOARD MEMBERS**  
[WWW.CHOOSDEERFIELD.COM](http://WWW.CHOOSDEERFIELD.COM)

**MASON  
INNOVATION DAYS**  
IN PARTNERSHIP WITH FESTO

WINTER 2017

# BEST ROAD — TO YOUR — FUTURE



Sinclair's Campus in Mason offers over **50 degree and certificate programs**. Whether you want to acquire a new skill, launch a new career or get your degree or certificate, we're proud to offer comprehensive education opportunities. Sinclair partners with area universities offering upper-level and graduate courses on the Mason Campus, making transfer seamless for students.

## UNIVERSITY TRANSFER DEGREES

Complete Sinclair associate degrees designed for transfer into four-year schools. Sinclair partners with area universities offering upper-level and graduate courses on the Mason Campus, making transfer seamless for students. Featured programs:

- Associate of Arts
- Associate of Science
- Business Administration
- Communication Studies
- Engineering University Transfer
- Psychology
- Political Science
- Social Work
- Sociology

## COMPUTER INFORMATION SYSTEMS

Sinclair is on the cutting edge of IT, meeting the region's demand for IT industry experts. Featured programs:

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Health Sciences programs have earned a strong reputation for preparing professionals to encourage healthy lifestyles, assess levels of wellness, and treat compromised health:

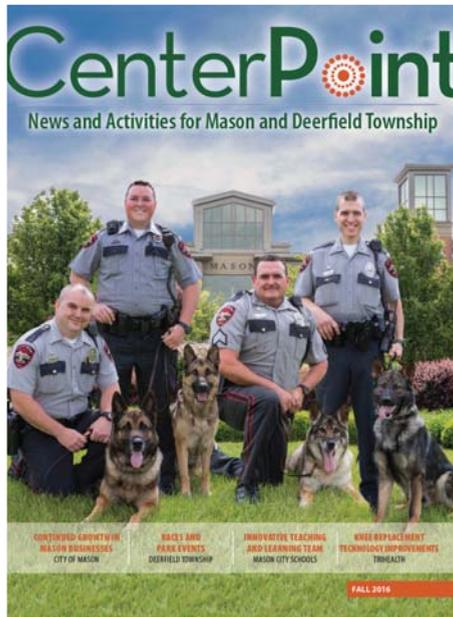
- Biotechnology
- Medical Assisting
- Medical Office Receptionist
- Mental Health
- Nurse Aide Training
- Pharmacy Technician
- Physical Therapist Assistant
- Reimbursement Specialist
- Specimen Processing
- Sterilization Processing

## ENROLL NOW!

**Spring Classes Start January 9  
Registration Begins October 31**

[www.sinclair.edu/courseview](http://www.sinclair.edu/courseview)

# Cincinnati Magazine is proud to partner with the City of Mason & Deerfield Township to produce *Center Point Magazine*



If you'd like to receive a copy of *Center Point Magazine* or if you have interest in promoting your business in *Center Point Magazine*, please contact Maggie Goecke at [mgoecke@cincinnatiimagazine.com](mailto:mgoecke@cincinnatiimagazine.com).



*Eric Hansen*  
**Eric Hansen**  
City of Mason  
Manager

# Mason Unveils New 9/11 Memorial

In 2013, the City petitioned and received a piece of steel that once was a part of the World Trade Center. After some exploratory work and development of some options, the Council Veterans Affairs Committee selected the preferred design, which features the piece of steel as the focal point and an engraved monument that describes the purpose of the monument; remembers all who lost their lives during the attack; and honors heroes from the military, firefighters, police, and citizens, specifically honoring Mason residents Wendy Ruth Faulkner and Robert David Peraza who were killed in the attacks. The new memorial, located inside the entrance of the Municipal Center at 6000 Mason-Montgomery Road, was unveiled on September 12.

That fateful day as the towers collapsed we prayed for the people of New York and the people in the planes with a fear about what to expect next. Most of us watched in detached horror. Then slowly the names of the deceased or missing began emerging. Residents in communities across the United States began learning of family, friends, and neighbors who were killed in the attack. And the realization set in that our lives and the world had forever changed. Like so many other communities Mason learned of two residents who lost their lives that day—Wendy Ruth Faulkner and Robert David Peraza.

Mason was fortunate to receive a piece of history. With that goes the responsibility to educate those who have no recollection, to honor those who lost their lives, and to thank those who assisted others in need. The monument is a place that allows for a moment of reflection and those visiting the memorial an opportunity to heal and find peace, while demonstrating Mason's sense of community.



# A Word From...the Board of Trustees Kingswood Poised for Development



**Dan Corey**  
Board President

**Pete Patterson**  
Trustee

**Chris Romano**  
Board Vice President

Deerfield Township purchased the former Kingswood Golf Course property in 2006 as an investment into the future of the township. While the property has remained idle since that time, and used primarily as a passive green space with trails, it has never been the intention of the Trustees for the property to become a public park.

The extension of Innovation Way from Socialville Foster Road to Duke Boulevard has been a part of the Warren County Thoroughfare Plan long before the township took ownership of the property. This extension will be completed as part of the overall improvements to the Fields Ertel and Western Row interchanges, allowing better access to those interchanges.

This project is one of many projects agreed to by Warren County and Procter & Gamble (P&G) in the mid 1990s as an enticement for P&G to locate in Warren County. The construction of this roadway is being paid for out of the P&G Tax Increment Financing Funds, which are funds paid in lieu of normal property tax by a business for such things as infrastructure improvements. These same TIF funds have helped pay for the Loop Ramp, Western Row Improvements, and other projects planned to alleviate traffic in the P&G area. The Warren County Transportation Improvement District began the bidding process for the construction of Innovation Way in October of 2016. The roadway is expected to be open in late 2017.

The intent for the remainder of the property is to develop a high-end, mixed-use development, allowing for substantial green space to remain. This overall development will include a series of walking trails to complement the development, and those trails will remain available for all citizens and visitors to use.

The Township intends to have the development of this land include space reminiscent of a historic town square to allow for the gathering of residents as a community, surrounded by smaller scale businesses, houses, condominiums, and apartment buildings, while allowing for maximum walkability. To the extent it is commercially reasonable, prominent sites within the project will include civic buildings and spaces for meetings, education, cultural and wellness activities, and public entertainment. Large and small parks and playgrounds accentuating the existing natural terrain of the site will be interspersed among the businesses and residences, which along with tree-lined streets, will create a lush, natural feel.

Currently, the Township is working to create a Request for Qualifications (RFQ) document, which will help in selecting a Master Developer for the site. The Master Developer will be selected based on their overall experience and ability to provide the type of development that the community is seeking. It is expected that the actual development of the site may begin as soon as the fall of 2017.

# WHERE ARE YOU MASON PROUD?

Show your community spirit! Join the Mason Proud crowd! Help raise funds for the Common Ground Playground and take your Mason pride wherever you go.

## Here are a few reasons we're Mason Proud!

### Entertainment

From international sporting events to one of the nation's top amusement parks and local events for everyone, there's always something to do.

### Culture of Wellness

Mason has worked hard to develop a strong ecosystem of health and wellness, including the state-of-the-art Mason Community Center, the Golf Center, and more than 300 acres of parks and 18 miles of bike/walking paths for every activity and fitness goal.

### Overachieving Schools

Mason's public, private, and parochial school systems consistently rank among the highest in the state.

### Cultural Diversity

There are more than 30 languages spoken in the Mason School District and many diverse shopping and dining options in and nearby Mason.

### Vibrant Business Community

We have a thriving business environment, including a rapidly growing biohealth and technology industry hub, that consistently gives back to our community.

## Now, tell us why you're Mason Proud.

Purchase your T-shirts in sym•bi•o•sis at Mason Community Center for \$10. Then shoot us a selfie from wherever you're Mason Proud and we'll share it with our social media fans. Let's see how many states and countries we can represent, while supporting the Parks and Recreation Foundation's Common Ground Playground.

*By submission of the photograph participants grant permission to the City of Mason to use the photograph at its discretion, with no compensation to those submitting photographs or to any of the subjects in the photographs. When the photograph is of identifiable people, submission of the photograph provides permission of those in the photograph use of the photograph by the City of Mason.*

Check out the link below to submit your pictures!  
<http://bit.ly/1PJ50WP>



# On The Cover...Ron DiFrancesco, the Last Survivor of September 11

In September of 2001, Ron DiFrancesco was working with 350 financial brokers in the South Tower of the World Trade Center. He never saw the plane before it hit the North tower and when he did, he thought it was pilot error. He and his colleagues watched the horror unfold as people in the North Tower waved for help, many escaping the intense heat by leaping from the tower. He phoned his wife and when a telephone call from a friend convinced him to leave his office the second plane hit his tower. He was on the 84th floor—one of the floors in the crash zone. Many of his colleagues were killed upon impact. He and a coworker made it into a stairwell. Struggling through suffocating smoke and on the verge of passing out, he heard a voice commanding him to “get up and keep moving.” He fought through the smoke, shattered drywall, darkness, and fire—then water from the sprinkler system as he made his way down the stairs from the 84th floor. On his journey down he ran into three firefighters running up the stairwell trying to reach those in need. As he reached the ground floor, 56 minutes after the second plane hit, the South Tower came down on itself and a few days later, DiFrancesco woke up in St. Vincent’s Hospital, with burns over 60% of his body and barely recognizable by his family.



Ron DiFrancesco speaks to students and invited guests about his experience on September 11, 2001.

## Mason Residents Remembered

Rob Peraza was a 30-year-old young man who played rugby, ran marathons, was engaged to be married, and was working as a bond trader at Cantor Fitzgerald on the 104th floor of the North Tower the day he lost his life. Rob’s parents Bob and Suzanne Peraza used funds received from the tragedy to open a feeding center in Nicaragua and started two scholarships in their son’s name. One is with the New York state school system and the second is a Rugby scholarship with St. Bonaventure. Bob Peraza and his wife planned on attending Mason’s 9/11 dedication ceremony. Bob passed away just a week before the dedication.



Photograph of Wendy Faulkner provided by Faulkner family for the 9/11 ceremony.



Photograph of Rob Peraza provided by the Peraza family for the 9/11 ceremony.



# Mason Community Center Activities

30 Family

32 Preschool

33 Youth

39 Teen

40 Adult

47 Senior

## REGISTRATION

Mason Community Center

Walk-in, online at [www.imagemason.org](http://www.imagemason.org), or by phone at 513.229.8555

### ALL PROGRAMS

#### Registration Begins

Premier members	Friday, November 18, 8 a.m.
Open	Monday, November 21, 8 a.m.

The programs and events in *CenterPoint* are brought to you by the City of Mason, which operates Mason Community Center.

**Mason Community Center, 6050 Mason-Montgomery Road, Mason, Ohio 45040, p 513.229.8555 f 513.229.8556**



## PROGRAM FEES

Program fees are set by membership and residency:

**PRE:** Premier pass holder

**BAS:** Basic pass holder

**MR:** Mason resident (if you reside within the boundaries of the City of Mason)

**NR:** Nonresident

Register online at [www.imagemason.org](http://www.imagemason.org)

Recreation programs and facilities presented by the City of Mason are open to all citizens regardless of race, gender, color, religion, nationality, or disability, including those who live outside of Mason and those who do not have a community center membership. City of Mason is an Equal Opportunity Employer and is committed to supporting the Americans with Disabilities Act. Please contact us if you require special accommodations.

*Thank you*

5  
YEARS





CITY OF **MASON** OHIO  
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6000 Mason-Montgomery Road • Mason, Ohio 45040  
 Office Hours: 8:00 a.m.–4:30 p.m., Monday–Friday  
 513.229.8500 • www.imaginemason.org



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**Victor Kidd**



**Vice Mayor**  
**Barbara Berry Spaeth**



**Ashley Chance**  
 Council Member



**Kathy Grossmann**  
 Council Member



**Diana K. Nelson**  
 Council Member



**Charlene Pelfrey**  
 Council Member



**Don Prince**  
 Council Member

**Main Number**  
 513.229.8500

**City Hotlines**  
 513.229.8502

**Administration**  
 513.229.8510

**Community Center**  
 513.229.8555

**Emergency**  
 911

**Engineering & Building**  
 513.229.8520

**Finance**  
 513.229.8530

**Fire Department Administration**  
 513.229.8540

**Parks & Recreation**  
 513.229.8555

**Police Department Administration**  
 513.229.8560

**Public Utilities**  
 513.229.8570

**Public Works**  
 513.229.8580

**Tax Office**  
 513.229.8535

**Utility Customer Service**  
 513.229.8533

**Utility Billing Questions: Greater Cincinnati Water Works**  
 513.591.7700

**Utility Service Questions: Sewer Service and Emergencies**  
 513.229.8570  
 (nights, holidays & weekends, emergencies only)  
 513.925.2525

**Stormwater**  
 513.229.8570

**Waste Collection and Recycling**  
 513.229.8533

**Water Service and Emergencies - Greater Cincinnati Water Works**  
 513.591.7700



4900 Parkway Dr., Suite 150 • Deerfield Township, Ohio 45040  
 Office Hours: 8:00 a.m.–5:30 p.m., Monday–Thursday; 8:00 a.m.–4:30 p.m., Friday  
 513.701.6958 • www.choosedeerfield.com



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 President



**Chris Romano**  
 Vice President



**Dan Corey**  
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Photo not available  
 at press time.

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 Fiscal Officer

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# CenterPoint

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 in partnership with TriHealth and Mason City Schools.

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# K9 Donation



The Spike's K9 Fund donated two ballistic vests to Mason's K9 unit. Spike's K9 Fund is a nonprofit organization founded by veteran Navy SEAL James Hatch. Hatch's life was regularly spared by the work of K9s. One of the most memorable was Spike who saved James' life but lost his own. The mission of Spike's K9 Fund is to provide protective gear and medical care when K9s become sick or injured. The Besse Family of Mason donated the funds to Spike's K9 to purchase custom-fit protective vests for Mason's K9s Banshee and Major.



Pictured from left to right: Officer Sechrist, Officer Banshee, Mr. and Mrs. Besse, veteran Navy SEAL James Hatch, Officer Bishop, Officer Major, Council Member Don Prince.

## THANK YOU

Westshore Pizza for your continued support of Parents' Night Out!



**westshore**  
PIZZA & CHEESESTEAKS

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Mason, OH 45040

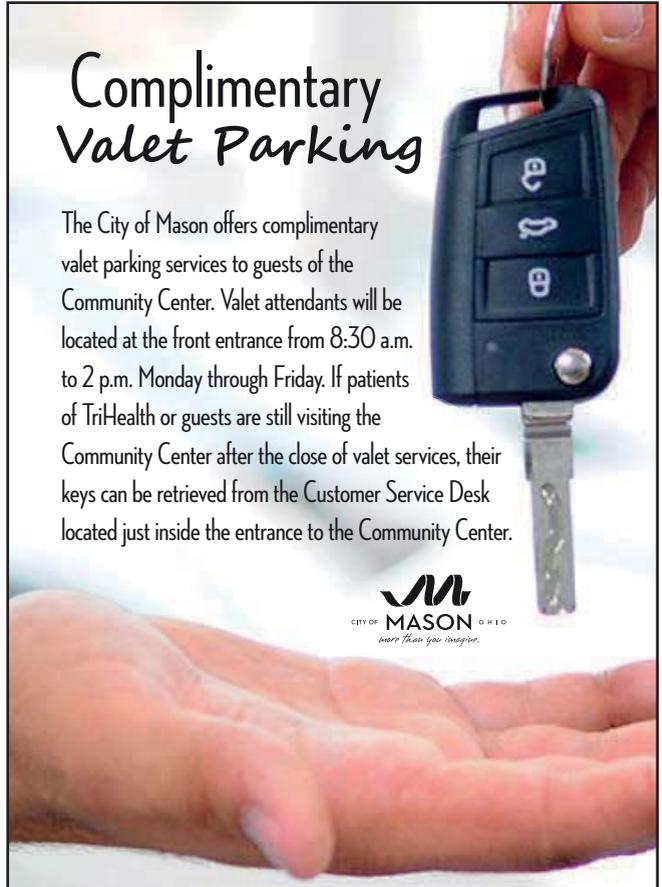
513-754-8200  
westshorepizza.com

## Complimentary Valet Parking

The City of Mason offers complimentary valet parking services to guests of the Community Center. Valet attendants will be located at the front entrance from 8:30 a.m. to 2 p.m. Monday through Friday. If patients of TriHealth or guests are still visiting the Community Center after the close of valet services, their keys can be retrieved from the Customer Service Desk located just inside the entrance to the Community Center.



**M**  
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# Mason High School Named One of Best in Nation

William Mason High School has been named a 2016 National Blue Ribbon School. MHS is one among 279 public and 50 private schools receiving this honor.

“Our high school is very honored to be recognized for the greatness that is happening as our students, staff, and families grow together. The award is not only for our school but the entire Mason community,” said Dr. Gail Kist-Kline, Mason City Schools Superintendent.

Schools are usually recognized in one of two categories—closing a wide gap between low- and high-performing students, or, as with MHS, exemplary high performance over a five-year period.

MHS Principal Dave Hyatt said there are many things that make Mason High School special, but the school is particularly proud of a culture that empowers student voice. “Our students tackle issues large and small that make our school, our community, and our world better. We are grateful to learn beside these young people who are already making their mark,” said Hyatt. “We have an amazing staff that truly does ‘grow greatness’ in the many ‘classrooms’ we provide for our kids and community. I cannot begin to tell you how proud I am to walk alongside each of the high school employees.”

Schools are nominated for the award by the state department of education, and then complete a comprehensive application about school practices. Kist-Kline, Hyatt, and a MHS teacher chosen by the high school staff, Tim King, will represent Mason High School at a two-day awards ceremony in Washington, D.C., to celebrate their hard-won achievements.





## About MHS

The largest high school in Ohio, William Mason High School creates big opportunities for each of our 3,500 students to lead their learning, find their niche, and hone their passions. MHS students are securing patents, starting businesses, serving others, and speaking out.

### Students Leading Their Learning

Students engage in a strong college-preparatory curriculum that includes 24 Advanced Placement courses, a student-run school bank, a student-run school store, student-run media outlets, and internships. Students learn outside the classroom in more than 70 clubs, 68 athletic teams, three yearly theatrical productions, and nationally-recognized performing arts and visual arts programs.

### Students Creating a Safe & Inviting School Culture

The Say Something Campaign was fueled by our students and is now part of our school's DNA. Students take seriously their responsibility to keep our school safe by reporting anything that could cause harm to a student or staff member, and have shared information that resulted in avoiding tragedy and saving lives.

### Students Changing the World

Whether through a school-wide lip dub video that helped raise more than \$65,000 for cancer research, the male student athletes who mentor male students with special needs, the nationally qualifying speech and debate team who worked without an adult coach, or the Mason African American Students for Change leaders who organize our month-long Black History Lecture series, student leadership is on display in every facet of MHS. Our students tackle issues large and small that make our school, our community, and our world better.





Mason Community Band's November 9, 2014 concert.

Tim Holt created the Mason Community Band in 1996.



John Morris Russell, conductor of the Cincinnati Symphony's Pops Orchestra conducting Mason Community Band rehearsal.

# The Mason Community Band

## One of Mason's Hidden Gems

The Mason Community Band got its start back in 1996 when Dave Lenert, a Mason School Board member, discussed with then-high school band director Tim Holt the idea of creating an adult community band as a continuation of the Mason School District's music program. A few months later, Holt and a few of his friends had the band organized. Holt commented "What a joy it is for me to sit down at a rehearsal and play my saxophone with adults who also share the love of music."

The band was organized to be a recreational music program for the citizens of Mason and surrounding areas, and to be a place where musicians could assemble and play music for their mutual enjoyment. The band's current conductor and music director is Scott Cook, who was one of Holt's top students in the '80s. Members of the Community Band include a wide variety of band directors, professional musicians, and former high school players.

To commemorate its 20th anniversary, the Mason Community Band commissioned world renowned Ohio composer David Shaffer to prepare a piece for the symphonic band. Shaffer's piece, entitled *Freedom's Voice*, is inspired by the mantra of the Voice of America (VOA): "Tell the truth and let the world decide." The piece will be conducted by David Shaffer and featured at the upcoming concert on November 6, 7:00 p.m., at the Mason Middle School auditorium.



Mason Community Band plays at the Mason Summer Sunshine Concert Series.

Also in commemoration of the anniversary, John Morris Russell, conductor of the Cincinnati Symphony's Pops Orchestra, visited one of the band's rehearsals and conducted the band through a number of songs. That evening the band hosted a reception for Russell and guests.

The Mason Community Band presents three formal concerts a year at the Mason Middle School Auditorium. Concerts are free to the public. These concerts are enjoyed by all ages and include pieces from marches, to pop, plus theatrical medleys,

and symphonic works. The Community Band has been featured at Mason's Heritage Days, Summer Sunshine Concert Series, Memorial Day and Veterans Day ceremonies, and as the pep band at Mason High School basketball games.

The band is always looking for new members. No auditions are required. Please visit their website at [www.MasonCommunityBand.org](http://www.MasonCommunityBand.org) if you are interested in participating in the band, learning more about upcoming concerts and events, or would like to receive information by email.



# Festo Celebrates Its North American Headquarters Grand Opening with Mason Innovation Days

After a very successful Mason Innovation Week, presented by Festo in 2015, the City of Mason and Festo teamed up again. This year, to celebrate its Grand Opening and showcase Mason as an optimal business location, Festo and Mason partnered to host Mason Innovation Days Oct. 8–14 in the City of Mason.

Festo, a German-based leading supplier of pneumatic and electrical automation technology, and the City of Mason developed a unique partnership in 2013 when Festo chose the City of Mason for

its 47-acre North American headquarters. Impressed by the city’s strategic access to Festo’s customer base, a growing pool of professional talent, Mason’s business resources, and the strategic collaborative ecosystem of bioscience and technology companies, Festo felt that Mason was the perfect place for its future expansion.

Mason Innovation Days attracted visitors from all over the globe, including corporate partners in Asia, Europe, and the U.S.; key business and regional leaders; City of Mason employees; residents; and members of

the Mason business community.

Event attendees had the opportunity to enjoy exclusive rides in the Festo airship and hot air balloon, participate in a balloon glow event, and attend the Global Regional Business Center Annual Meeting and International Trade Press Conference. Following the week of activities, Festo held its Grand Opening Celebration on Friday, October 14.

To learn more about Festo and the City of Mason’s ongoing partnership, please visit [www.MasonInnovates.com](http://www.MasonInnovates.com).

**Festo Community Day**  
The City of Mason invited the community to attend a unique and exciting event in partnership with Festo! Activities included face painting, balloon artists, crafts, inflatables, and tethered hot air balloons rides. The City of Mason Golf Center offered complimentary food and drinks. The evening concluded with a movie on the green, featuring *UP* by Pixar Animation Studios. Thank you for coming out to celebrate innovation in Mason!



Pictures provided from Jennifer Heft



On Monday, October 10, the City and Mason City Schools facilitated an educational presentation and activities that included science, technology, engineering, and math principles. Students learned about the forces of lift and gravity used for hot air ballooning. This initiative supports the City of Mason’s continuing commitment to promote the growth of advanced technology, bioscience, and talent attraction.

# Mason Tax Reminders

## Quarterly Tax Payments

Mason residents who have earned income and whose city tax is not fully withheld are required to make quarterly tax payments. The final quarterly tax payment for 2016 is due December 15, 2016.

Quarterly tax payments also help residents meet the requirement that 90% of their 2016 tax liability be paid by December 15, 2016. The Mason Tax Office offers two ways for making quarterly tax payments:

- **Online Tax Tool**—The Online Tax Tool offers a convenient way to make electronic tax payments from a checking or savings account. To access the tool visit the City's website at: [www.imagemason.org/services/tax-information/tax-payments.cfm](http://www.imagemason.org/services/tax-information/tax-payments.cfm).
- **Paper Forms**—Quarterly estimated payment vouchers are available online at [www.imagemason.org/services/tax-information/tax-forms-for-individuals.cfm](http://www.imagemason.org/services/tax-information/tax-forms-for-individuals.cfm). Print the voucher, complete and mail it or bring it in to the Mason Tax Office at 6000 Mason Montgomery Road. Office hours are Monday–Friday from 8:00 a.m. to 4:30 p.m.

After hours please use the drop box along the drive in front of the Municipal Center. We accept check, money order, Visa, and MasterCard. Please do not mail cash with your payment.

## New Tax Due Dates

Beginning tax year 2016, the State of Ohio changed the due dates for estimated City income tax payments. The new due dates are April 15, June 15, September 15, and December 15.

## Tax Information

More information about Mason's income tax is available on the City's website: [www.imagemason.org](http://www.imagemason.org).



## Tax Advice

For all tax questions or for more information please contact the Mason Tax Office at 513.229.8535 or stop by offices at 6000 Mason-Montgomery Road. Our courteous staff is available to assist Monday–Friday from 8:00 a.m. to 4:30 p.m.

Mason residents who do not have local income taxes (for Mason or their work city) fully withheld from their paychecks on all earned income and expect to owe these taxes are required to make quarterly tax payments. The final quarterly tax payment is due **December 15th**.

Mason residents who are expected to owe income taxes to the City are required to make quarterly tax payments. (If local tax is being fully withheld from the resident's paycheck for either Mason or the city in which they work on all taxable wages no additional tax may be owed.) The final quarterly tax payment is due **December 15th**.

# D Snow Removal in the Township

The first snowfall of the season will be here before we know it and Deerfield Township has been preparing for the winter season for several months now. We evaluate our snow routes each year, as we continue to see construction of new streets and new developments, and assess the most effective way to handle snow and ice removal.

This year, as we've done in years past, we worked cooperatively with the Warren County Engineer and several other communities in the county for our annual salt purchase. By collaborating with the Engineer's Office and our neighbors, we were once again able to receive more competitive pricing than we did the year prior, helping our overall budget and stretching the salt dollar even further.

For more detailed information about the Township's snow removal operations, please visit our website at: [www.choosedeerfield.com/public-works/snow-removal-7/snow-protocol-8/](http://www.choosedeerfield.com/public-works/snow-removal-7/snow-protocol-8/).



Pictured from left to right: Jeremy Murphy, Randy Hacker, Chip Cowan, Jim Houston, Denny Reynolds, Bill Hall, and Bill Wallace.

# Deerfield Township Seeks Board Members D

The Township seeks township residents who might be interested in serving as board members for the Zoning Commission, Board of Zoning Appeals, or Deerfield Regional Stormwater District.

The Zoning Commission is composed of five regular members and one alternate member. The Commission's responsibilities include initiating text and map amendments to the Zoning Resolution as needed, and making recommendations to the Board of Trustees on amendments and planned unit development projects. The Commission meets the second Monday of the month and each member receives a \$50.00 stipend at the end of the year for each meeting they attend.

The Board of Zoning Appeals is composed of five regular members and one alternate member. The Board's responsibilities include hearing the following types of cases: appeals of the decision of the Zoning Inspector, variances of the requirements of the Zoning Resolution, conditional use requests, questions regarding nonconforming uses, and revocation of zoning permits. The Board meets the second Thursday of the month and each member receives a \$50.00 stipend at the end of the year for each meeting they attend.

The Stormwater District is governed by a three-member Board of Trustees appointed by the Deerfield Township Trust-

ees. The Board holds regular meetings on the second Tuesday of every month at 6:00 p.m. at the Township meeting room on Parkway Drive. Essential duties include overseeing operations relating to the maintenance and repair of storm sewer issues as presented to and approved by the Board. Also, the District is responsible for implementing activities related the Ohio EPA's Stormwater Permit Activities, and the six 'Minimum Control Measures' that are required to be performed. Details about the DRSWD may be found on their website, [www.deerfieldstormwater.com/](http://www.deerfieldstormwater.com/).

For more information or board applications, visit [www.choosedeerfield.com](http://www.choosedeerfield.com) or call the Township at 513.701.6958.



## Audit Award

The City's 2015 annual audit report is available to the public at the Auditor of State's website: <https://ohioauditor.gov/>. Annually, the City of Mason is required, by the State of Ohio Auditor's Office, to undergo an audit of its financial records in accordance with the issuance of general-purpose

financial statements. The City received an Award with Distinction from the Auditor of State for excellence in financial reporting for its 2015 audit. The exemplary reporting "serves as the standard for clean, accountable government representing the highest level of service to Ohioans."

## Crazy for Kale! D



The Township will welcome a new restaurant this February named Crazy Bowls & Wraps. The St. Louis chain is a fast casual restaurant serving minimally processed food made from fresh, quality ingredients.

The restaurant will be located at 8250 Arbor Square. Health-conscious guests may choose from a wide array of ingredients, including tofu, antibiotic and cage-free chicken, and grilled wild Alaskan salmon in wraps and salads. Bowls at Crazy Bowls feature a variety of fresh vegetables and organic grains, among other healthy ingredients.

For more information visit: [www.crazybowlsandwraps.com](http://www.crazybowlsandwraps.com).

# Cintas Executive Retiree Receives Key to the City

After serving seven years as the Chairman of the Cintas Board of Directors and nearly 50 years with the company, Robert J. Kohlhepp is retiring. Headquartered in the City of Mason, Cintas is a corporate supplier and industry leader of corporate identity uniform programs,

entrance mats, restroom supplies, promotional products, and safety products, with a multibillion dollar annual revenue. To honor his years of business development and contribution to economic growth, the City of Mason will honor Kohlhepp with a key to the City.



# D Ash Tree Removal in the Township Continues

It's no secret that the Emerald Ash Borer, the pest insect native to Asia responsible for widespread decimation of Ohio's Ash trees, has taken a mighty toll in and around Deerfield Township. As part of the Township's continuing commitment to mitigate the hazard caused by dead Ash trees in the right-of-way, 2016 saw us fell 83 separate trees that were considered terminal. As we've written, removal of the dead ash trees in public right-of-ways has been done in a phased approach. The first round of removal began in 2013, when we harvested approximately 30 trees that posed an imminent danger to the travel-

ing public on Township right-of-ways. In 2014 another 100 trees were felled, and in 2015, a whopping 200 were removed. We expect to remove another 50 to 75 Ash trees in 2017. The Ash Borer's cost to Ohio's economy in the lost hardwood crop, plus the cost to remove dead trees in populated areas was estimated as high as \$3 billion, according to Ohio's Department of Natural Resources, Division of Forestry.

For further information on the Deerfield Township Street Tree Policy, please visit: [www.choosedeerfield.com/public-works/tree-policy-9/](http://www.choosedeerfield.com/public-works/tree-policy-9/).



# City of Mason Approves Wireless Small Cell Facility

Ever wonder what those curious looking small towers are that are sprouting up around the City? These pole-like structures are small cell facilities. A small cell facility has been developed by wireless carriers to improve coverage in high demand areas by offloading wireless data and funneling it through a fiber optic network.

As these facilities are new, the Zoning Code did not previously specifically address placement of small cell facilities. After thorough consideration, Ordinance 2016 – 69 was drafted to amend

the Zoning Code, permitting small cell facilities while controlling the aesthetics and locations of each tower.

Small cell facilities are regulated by the FCC and are required to be more than 100 feet away from a residential home and more than 2,000 feet away from another small cell facility. These small cell facilities will be painted black or gray depending on surrounding aesthetics and will not exceed more than 30 feet in height. All small cell facilities installed in Mason will follow these regulations.

So now you know!



Above is an example of an approved small cell facility that fits the Mason City Council amendment requirements. This facility is at 9435 Waterstone Boulevard.



# 7 days of the week

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TriHealth Priority Care is urgent care. When you come to us, you'll experience short wait times and receive care from physicians and health care professionals. Then we'll work with you and your primary care doctor to get you back on the road to recovery. To learn more, call 513 346 3399 or visit [TriHealth.com](http://TriHealth.com).

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Monday–Friday  
8 a.m.–7:30 p.m.  
Saturday–Sunday  
9 a.m.–4:30 p.m.

# Women and Heart Disease: What You Can Do

When asked what they are most likely to die from, 60% of women polled by the American Heart Association said breast cancer, while only 18% believed they will die from heart disease. In reality, 53% of women will from heart disease, with only 4% dying of breast cancer.

“Most men know that heart disease is their number one killer. But for women, there’s a misconception about how prevalent it is,” says Najam Ansari, M.D., interventional cardiologist for the TriHealth Heart Institute.

And the startling truth is that the vast majority of deaths from heart disease, heart attacks, and stroke could be prevented by lowering certain risk factors. So what is keeping women from taking care of their hearts?

“Women wear many hats, often looking after their families’ health, their careers, school, and activities,” Ansari says. “They don’t always make time for their own health. As doctors, we want to encourage them to take time for themselves as a total person.”

## Clearing up Misconceptions

Estrogen will protect me.

This is true, but only until menopause, which occurs around age 40 or 50. And hormone replacement therapy has been disproven to safeguard the cardiovascular health of post-menopausal women.

I don’t have crushing chest pain, so it can’t be a heart attack.

It’s been firmly established that women experience signs of heart attack differently than men.

The classic symptoms of heaviness in the chest and pain radiating to the jaw or down the left arm may or may not happen for women. Ansari says it’s more likely that they’ll have no warning signs or that heart attack pain will show up as shortness of breath, dizziness, nausea, vomiting, fatigue, or indigestion. Knowing your risk for heart disease may help you know when to take action.



## Conditions that Impact Women’s Heart Health

Women are at higher risk for stroke than men. Other health conditions also can have a negative impact on your cardiovascular health—*anxiety and depression, and autoimmune diseases such as lupus and rheumatoid arthritis.*

Pregnancy complications, including preeclampsia, gestational diabetes, high blood pressure, and congenital heart disease, can have a negative impact on your heart.

Plus, certain types of chemotherapy for breast cancer have been found to cause heart damage. Ansari notes, “There’s a burgeoning field of medicine called cardio-oncology that looks at how cancer treatments are affecting the heart.” Experts are looking at ways to assess and minimize risk.

## Preventing Heart Disease in Women

The American Heart Association and other organizations have raised awareness about the need to address heart disease in women. Cardiology fellowships have made it part of their training.

“You don’t have to be a woman cardiologist to be interested in women and heart disease—I have three girls who will grow up to be women,” Ansari says. “We have blood tests and imaging tests that can help us clarify if a woman is at higher or lower risk for heart disease.”

Since risk factors like age and family history can’t be changed, it’s important to identify the factors you can control.

Ansari encourages you to find a doctor who can help you assess your risk for heart disease and work to prevent:

- High blood pressure
- High cholesterol
- Metabolic syndrome (cluster of symptoms that can lead to diabetes) and diabetes
- Smoking
- Being overweight
- Being inactive
- Stress

“If we can get these right and focus on a foundation of eating well, exercising and not smoking, we can make a difference.”

Ansari continues, “As a community of doctors and health providers, we’re trying to prevent that first event from happening. If you have vague symptoms you’re concerned about, pay attention to your instincts and get them checked out.”

*A resident of Mason, Najam Ansari, M.D., is an interventional cardiologist with the TriHealth Heart Institute. He sees patients at 10525 Montgomery Road in Montgomery, across from Bethesda North Hospital, and in West Chester and Clifton. For appointments or information, call 513.745.9800.*



# 2016 Fire Fighter of the Year

Annually the Mason Fire Department recognizes one of their employees for outstanding efforts that year. This year the Department recognized Firefighter/Paramedic Dustin McGhghy. In 2005 Dustin started his career in Mason as a part-time firefighter. A year later in July he was promoted to full time. Over the past several years Dustin has worked

to become a certified rescue technician, fire apparatus operator, a CPR instructor, and is currently enrolled in the Blue Card Incident Command training program. In 2011, Dustin was recognized with the Certificate of Commendation and a Life Saver Award. Dustin was part of a crew of firefighters who successfully resuscitated a toddler.



# 2017 Calendar Contest Winners



At the Council meeting on September 12, Mayor Kidd announced the photo winners for the City's 2017 calendar. Winners from left to right:

- |   |                               |
|---|-------------------------------|
| <b>January</b> – Jayson Gomes           | <b>February</b> – Jim Simpson |
| <b>November</b> – Rebecca Haas          | <b>March</b> – Amy Grimes     |
| <b>September</b> – Michael Greenstone   | <b>June</b> – Jackie Chunko   |
| <b>Cover &amp; July</b> – Warren Spreng | <b>April</b> – Linda Prince   |

Winners not pictured include:

- May** – Chief Ron Ferrell
- August** – Leslie Kauffman
- October** – Jacob Burress
- December** – Prabhakar Sundarajaan

Thanks to all who submitted photographs. 2017 Calendars are available at the Mason Municipal Center located at 6000 Mason Montgomery Road.

# Irwin Simpson Road, Socialville-Foster Roundabout Now Open



The Irwin-Simpson Road Widening Project is now complete and open to the public. The new road has been widened and somewhat leveled out to improve vehicular and pedestrian safety. A new sidewalk was constructed along the north side of the road, which now has been widened from Wilkins Boulevard west to Butler-Warren Road. In all, that stretch of road now has a closed storm sewer system, curb and gutter, three lanes of pavement, pedestrian sidewalk, and improved signage. The final phase of the project was completed nearly two months ahead of schedule.

The final landscaping at the new roundabout at Socialville-Foster Road is expected to be installed later this fall when planting conditions are ideal. The Warren County Transportation Improvement District (WCTID) intends to have the bridge over



I-71 reopened sometime in late November to mid-December to ease holiday traffic congestion. In 2017, the WCTID and the Township will begin work on extending In-

novation Way through the old Kingswood Golf Course property, which will then connect back into Duke Boulevard to allow for access to Irwin-Simpson Road.

# D Deerfield Township Parks and Recreation Events

For more information, please visit [DeerfieldRec.com](http://DeerfieldRec.com) or contact Stephanie at [sgebe@deerfieldtwp.com](mailto:sgebe@deerfieldtwp.com) or 513.701.6977.

## Paint-Your-Own Pottery

Create something unique for the holidays! Participants may select from a variety of options—cups, bowls, boxes, banks, and more. We provide all the supplies you need to relax and paint your piece. Finished pieces will be glazed and fired for you; items will be available for pick up at the Deerfield Township offices within two weeks.

Reserve your spot online at [DeerfieldRec.com](http://DeerfieldRec.com).

Fee: Payment is collected by the instructor at the event. Pottery pieces range from \$8 to \$25. Studio Fees are \$0 Residents / \$2 Nonresidents.

Event Date	Start Time	End Time	Location
11/15/2016	6:00 PM	8:00 PM	Snyder House at Cottell Park

## Santa's Workshop

Santa's helpers scurry about to create special gifts for people on their holiday lists at Deerfield Township's annual Santa's Workshop. This free event for Deerfield Township residents offers children 3–8 years old an opportunity to visit Santa and create something special to give for the holidays.

Deerfield Township Residents Only; register online beginning November 1st at [DeerfieldRec.com](http://DeerfieldRec.com).

Fee: Free for Deerfield Township Residents. (All children must be accompanied by an adult.)

Event Date	Start Time	Location
12/3/2016	10:00 AM OR 11:00 AM	Snyder House at Cottell Park

## Thanksgiving Day 5K & 10K Run

Come join us for the 7th Annual Deerfield Township Life Time Fitness Turkey Day Race! The 10K run and 5K run & walk will begin and end at Life Time Fitness. Runners and walkers of all levels are welcome. This is a chip-timed event!

Register online at [www.RegistrationSpot.com](http://www.RegistrationSpot.com) (search "Deerfield").

Event Date	Start Time	Location
11/24/2016	8:00 AM	Deerfield Township LifeTime Fitness

## Annual Menorah Lighting

The Deerfield Towne Center invites you to celebrate the Festival of Lights with the lighting of a giant Menorah, Chanukah treats, petting zoo, and a fire-eating performance! The 12-foot Menorah will stand next to the Christmas tree at the Towne Center. This is a free community event.

Event Date	Start Time	End Time	Location
12/27/2016	5:30 PM	6:30 PM	Deerfield Towne Center

## Holiday Lights / Tree Lighting

Come join the holiday magic with the annual tree lighting at the Deerfield Towne Center! Enjoy arts & crafts, holiday music, horse-drawn carriage rides, Santa arriving on a Fire Truck, and more. This is a free community event.

Event Date	Start Time	End Time	Location
12/3/2016	5:00 PM	7:00 PM	Deerfield Towne Center

## Performing Arts Series

Deerfield Township and The Arts Alliance are partnering once again to bring a Performing Arts Series to the community. All performances are family friendly and affordable. Join us for puppet shows, theater in the park, and more! Please visit our website, [DeerfieldRec.com](http://DeerfieldRec.com), in January for more details.

# D Keep the Wreaths Red

With the holidays in full swing, it's important to remember that we want to 'Keep the Wreath Red,' a safety program Deerfield Township Fire Rescue will once again promote this season to remind residents that fires are too often caused by holiday decorations.

Beginning in December, each of your three township fire stations will display a wreath decorated with illuminated red bulbs. If a fire in the community is caused directly by holiday decorations,

one red bulb will be replaced with a white bulb.

This program originated in Illinois in 1954, and each year, more fire departments across the country have joined in to make the holidays safer and happier. Deerfield Township Fire Rescue encourages everyone to be aware of special safety tips from the National Fire Protection Association (NFPA) throughout the holiday season.



# Recognition of Assurex Health and ConnXus

## State Awards Prove Mason Is an Entrepreneurial Powerhouse

At the 2016 third-annual VentureOhio Awards, Mason's own Assurex Health and ConnXus received awards in three of the six categories. The VentureOhio Awards recognize individuals and organizations that have contributed substantially to Ohio's entrepreneurial ecosystem, and have demonstrated the success that can be accomplished in Ohio.

Of 88 nominations throughout the state, VentureOhio honored seven companies, two of those from Mason. ConnXus was honored as the "Early Stage Company of the Year" for its innovative supplier diversity software. Assurex Health was honored with the "Exit of the Year" for its recent acquisition by Myriad Genetics for \$225 million. In addition, Assurex Health Executive Vice President and Chief Operating Officer, Don Wright, was honored as "Entrepreneur of the Year."

"The innovation and industry impact these companies have is incredibly impressive," says Michele Blair, City of Ma-



son Director of Economic Development. "Our unique public-private partnership and collaborative growth continues to put Mason on the map as a hub for industry-changing biohealth and technology companies and a thriving startup ecosystem, not only within the region but in the entire state of Ohio."

Both Assurex Health and ConnXus are

part of CincyTech, a local seed fund portfolio company. Assurex Health developed and expanded from 1,800 square feet into a 90,000-square-foot headquarters in Mason, creating hundreds of jobs in the City. ConnXus is also continuing to evolve and grow and is currently occupying 6,000 square feet in the Mason Tech Elevator.

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## Arts Alliance Great Arts for 2017



As 2016 comes to a close, The Arts Alliance would like to thank Deerfield Township for their support of the organization.

Look for great arts programming from The Arts Alliance in 2017! Guests will enjoy a brand new series of Creative Exchange Workshops. Most will be half-day workshops that include mixed media, fiber, jewelry making, and much more.

The Arts Alliance will collaborate with the Cincinnati Art Museum to present ART SPEAKS in 2017. These quarterly events will be held in the mornings at the Snyder House and will be free to the community. Guests may enjoy learning all about the wonderful collection of artwork housed at the Museum.

ART GROW, also sponsored by the

Cincinnati Art Museum, returns for the little ones. These hour-and-a-half sessions include circle reading time, learning about a work of art at the Museum, and then some art making time. These sessions are held at the Snyder House at Cottell Park.

The Arts Alliance looks forward to partnering with Deerfield Township for a wonderful Performing Arts Series season! Starting with their indoor performances to be held at the Kings High School and then moving to their outdoor concerts at Cottell Park as the weather warms up.

Summer Art Camps will be better than ever in 2017! These half-day camps are for children in grades K-8. Camps are held at the Cottell Park Arts Bungalow and at the Kings Mills Elementary.

The FallFair Arts Festival, nominated for *Cincy* magazine's Best of the North 2016, will feature even more artists, performing artists, kids' arts making, and a few more surprises are in store, too!

Enjoy The Arts Alliance's NEW website! The Arts Alliance thanks The Deciding Factor for generously designing this newer, faster, and more up to date website.

The Arts Alliance wishes to thank the community for their support, and invites anyone from this area who is moved by or appreciates the arts to join our organization!

For more information, membership, volunteerism, and a schedule of events, please visit [www.the-arts-alliance.org](http://www.the-arts-alliance.org) or call 513.309.8585.



# Team of the Week

Grier Gordan as well as teammates on Mason Manta Rays in Discovery 2 and Challenge 1 (10 years old and younger) were selected to be a team of the week by ivivva's in Kenwood Towne Center. ivivva's showcase strong girls weekly who are out in the community in action.



## Holiday Waste and Recycling Removal



### Mason Residents • No delays in service

Thanksgiving Day Thursday, November 24, 2016  
 Christmas Day Sunday, December 25, 2016  
 New Year's Day Sunday, January 1, 2017

### Normal Operating Schedules

Week of November 20–26  
 Week of December 25–31  
 Week of January 1–7



## Calendar

### Mason Schools Winter Break

Thursday, December 22–Tuesday, January 3  
 Schools Closed

### Christmas

Friday, December 23

Mason Community Center open normal hours  
 City office closed:  
 Greater Cincinnati Water Works payments not accepted



Saturday, December 24

Mason Community Center open 7 a.m.–5 p.m. (full facility)

Sunday, December 25

Mason Community Center open 12 p.m.–4 p.m. (limited facility)

Monday, December 26

Mason Community Center open normal hours

City office closed:

Greater Cincinnati Water Works payments not accepted

### New Year's

Saturday, December 31

Mason Community Center open 7 a.m.–5 p.m. (full facility)

Sunday, January 1

Mason Community Center open 8 a.m.–8 p.m. (full facility)

Monday, January 2

Mason Community Center open normal hours

City office closed:

Greater Cincinnati Water Works payments not accepted



### Martin Luther King, Jr. Day

Monday, January 16

Mason Community Center open normal hours  
 City offices open  
 Mason City Schools closed

### 4th quarter taxes due for 2016

Tuesday, January 31

[www.imaginemason.org](http://www.imaginemason.org) or at Mason Municipal Building

### Presidents Day

Monday, February 20

Mason Community Center open normal hours  
 City office closed:  
 Greater Cincinnati Water Works payments not accepted  
 Mason City Schools closed February 17 and 20



# Shake Your Mailbox & Posthaste

Mailboxes take a beating in the winter-time with snow removal efforts and the freezing and thawing of the ground, so it's beneficial to inspect your mailbox seasonally. Every winter mailboxes are damaged due to snow drifts, vehicle incidents, or snowplow damage. The Deerfield Township Public Works Department would like to encourage all residents to take some precautions this year in stabilizing their mailboxes for the winter season.

Common repairs include replacing loose hinges on a mailbox door, remounting a mailbox post that may have come loose, and replacing or adding house numbers. Residents installing new mailboxes or replacing old ones must use United States Postal Service-approved traditional or contemporary mailboxes. Generally, the bottom of a mailbox should be between 40 and 42 inches above the road surface and placed

so that carriers may safely and conveniently serve them without leaving their vehicles.

For any mailbox located by the road, there is always the risk of damage caused by snow plows. Damage may also be caused by not only contact with a snowplow, but by heavy, wet snow being thrown off the plow. When inspecting your mailbox, check and repair any weaknesses you may see, such as rotten wood, deterioration, and/or cracks in the post, as well as a leaning mailbox.

Damage to mailboxes resulting from snow plowing will be evaluated on a case-by-case basis. It is an unavoidable fact that there is always the potential for damage to mailboxes and fences during the snow removal process. Mailboxes and fences that are damaged by actual physical contact with Township snow removal equipment will be repaired at the Township's expense,



but only if they were properly located and installed. A mailbox owner is responsible for repair or replacement of the mailbox if it was damaged by the pressure of piled snow, but there was no physical contact with the plow equipment.

For further information about the Township's snow removal policy, please visit [www.choosedeerfield.com/public-works/snow-removal-7/mailbox-%2B-fence-damage-18/](http://www.choosedeerfield.com/public-works/snow-removal-7/mailbox-%2B-fence-damage-18/).

**FIRING UP THE OVEN IN DEERFIELD THIS DECEMBER!**

**WOOD FIRED PIZZAS  
SALADS • PASTAS • WRAPS  
24 CRAFT DRAFTS  
14 WINES BY THE GLASS**

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## Christmas Tree Recycling

**Mason residents** can place their old Christmas trees at the curb for pickup starting Tuesday, January 3. Christmas trees will be recycled through our mulch program instead of ending up in the landfill. Please remove ALL decorations and place the cut end to the street. **DO NOT** place the tree in a bag unless you intend for Rumpke to pick it up.

Call 513.229.8580 for more information.

**CITY OF MASON**  
more than you imagine.

# Mason Unveils New 9/11 Memorial

Wendy Faulkner was strong in her faith, intelligent, quiet, and a bookworm whose favorite pastime was sitting by the fireplace reading Agatha Christie novels. She was a Senior Vice President at Aon attending a one-day meeting on the 104th floor of the South Tower. She was last seen at the elevator bank on the 78th floor, an area that was devastated when the second plane hit the South Tower. As Wendy was trying to escape the tower she allowed a co-worker to take the crowded elevator down, in her place. This sacrificial act was remembered as her last. Years before, Wendy Faulkner started collecting names from her missionary parents of families in poverty-stricken countries. She would then fill up boxes of clothing and goods and send them off to those families. Wendy's husband Lynn Faulkner established the Wendy Faulkner Memorial Children's Foundation to help orphanages in developing countries in Wendy's name.



Photographed at Mason's new 9/11 Memorial from left to right: Council Member Ashley Chance, Vice Mayor Barbara Berry-Spaeth, Council Member Kathy Grossmann, guest speaker Ron DiFrancesco, Council Member Charlene Pelfrey, Council Member Diana Nelson, Mayor Victor Kidd, Council Member Don Prince.

## Mason Remembers September 11, 2001

September 11, 2001, one of those beautiful late summer/early fall days in Ohio when the sky is a brilliant blue, filled with cotton ball-like clouds and the temperature is just perfect. Many of us can recall exactly where we were on that fateful day, but those who are 20 years old and younger have little or no memory of the events from that day that forever changed our history and reshaped their future.

We all watched our televisions in stunned, horrified sorrow as the plane hit. Thousands perished—some leaping to their own deaths to avoid being burned alive—and the towers fell to the ground. On that day and in the days to come there was a fear and uncertainty only familiar to those who could recall the Pearl Harbor attack 60 years before. We as one na-

tion resolved to overcome and heal.

That day 2,977 people were killed and more than 6,000 others were wounded during the attacks. After the towers collapsed, only 23 individuals in or below them escaped from the debris, including 15 rescue workers. An unknown number of other people survived initial collapse, but were buried in air pockets deep beneath the rubble and could not be rescued in time. The last survivor removed from the WTC collapse debris was found in the ruins of the North Tower 27 hours after its collapse.

After the South Tower was struck, only 14 people escaped from the impact zone—floors 77 to 85—and only four people from the floors above it. Ron DiFrancesco was one of those survivors.

As part of the unveiling ceremony the City was honored to host Ron DiFrancesco—the last survivor of 9/11. Mason City Schools hosted DiFrancesco as he spoke to more than 200 students from Royalmont Academy and St. Susanna Catholic School and invited guests as part of a community educational outreach program.

The 9/11 Commission reported that he was one of only four from above the 81st floor who survived, and the last man to make it out of the South tower alive. DiFrancesco's story was of deep personal pain and the struggles he has endured. He spoke of gratitude, resilience, adversity and giving back.

The City was honored to host DiFrancesco—the last survivor of 9/11.



Ron DiFrancesco responds to questions from Royalmont Academy students, faculty, and parents.



At the conclusion of DiFrancesco's presentation students and guests provide a standing ovation acknowledging his incredible efforts as he continues to overcome the tragedy.

# GLOW RIDE

SATURDAY, DEC 31 • 9:30 - 11 A.M.



Get your New Year's party started early with this fun and energetic cycling workout under black lights!

Ages 12 & up. Register by December 24.



**MASON COMMUNITY CENTER**  
6050 Mason-Montgomery Rd  
Mason, OH 45040

[www.imagemason.org](http://www.imagemason.org)  
513.229.8555

# BIGGEST WINNER

**JANUARY 7 - MARCH 4, 2017**

Make your New Year's resolution count with this 8-week challenge! Join forces with your teammates to compete against other teams to be the Biggest Winner. Compete for the **most percent of strength gained or most percent of inches lost** to be our Biggest Winner champions.

Your fitness coach will encourage and challenge you through twice-a-week team workouts, motivational e-mails, and friendly competitions.



**CHOOSE YOUR TEAM** > [www.imagemason.org](http://www.imagemason.org) or 513.229.8555



# Maintenance Matters in Mason

## Annual Street Maintenance Program

Asphalt surfaces have a typical service life of 10 to 15 years, depending on traffic and weather conditions. Asphalt resurfacing is necessary when the asphalt surface has reached the end of its service life or if other methods of restoration cannot repair the roadway.

Development of the annual street maintenance program begins in the fall/winter with annual inspection and ranking of every street in the City by Engineering staff. Each street is given a Pavement Condition Index (PCI) number based on the amount of pavement distress currently occurring. Several characteristics are considered during this review, including pavement cracking, weathering, curbs, rideability, and drainage. Streets with “poor” to “failing” PCIs are considered for resurfacing. Streets in “fair” condition are placed on the list for crack sealing and pavement repair that will extend the life of the pavement. This pavement management system provides a consistent mechanism for determining the streets eligible for the city’s street resurfacing program.

## Street Lights

There are approximately 2,400 street lights throughout Mason. Duke Energy owns the vast majority of street lights and is responsible for the replacement of those lights. There are approximately 600 street lights that are owned and maintained by the City located in Downtown Mason, medians, and older subdivision in the community. In 2008 the City implemented an annual street light replacement program replacing lights that are antiquated and an increasing maintenance issue. The 2016 Budget included \$110,000 for this program. This year 18 lights along Windward Drive, Tradewind Drive, Jennings Court, and Anthony Lane were replaced. It is anticipated that by 2018 the oldest and most antiquated lights will have been replaced. Residents are encouraged to report street light outages or other issue at 513.229.8580.



## ► Sidewalk Replacement Program

Sidewalk repair and maintenance is the responsibility of the property owner. However, annually since 2007 the City has budgeted funds toward a program to replace the worst sidewalks in the City. Since 2007, this project has replaced deteriorated sidewalks in most of the downtown area, a portion of Kings Mills Road, Cambridge Drive, and within the Mason Hills and Wood Creek subdivisions. Many of the sidewalks are over 60 years old, and down to gravel with significant tripping hazards. Sidewalks completed in the 2016 program included Tradewind Drive, St. Lawrence Drive, Britt Place, Leslie Court, and Forsythe Court. The most cost effective approach for sidewalk replacement is to mobilize efforts in one area of the community. The 2016 Budget includes \$100,000 for this annual program.

## ► Curb Repair

Holes forming in the curb along the driveway apron can create obstacles and are an inconvenience when driving vehicles in and out of the driveway. Curb repair, similar to sidewalks, is the responsibility of the abutting property owner. However, prior to resurfacing a street, the City will have the contractor perform curb replacement along areas of the street being resurfaced. This year the City began testing a temporary curb patch—hot asphalt mix—in areas where the roadway is not quite ready to be resurfaced, but curbs are deteriorating. While not a permanent solution, it provides a smoother transition for residents entering and exiting their driveways and is anticipated to last longer than a cold asphalt patch or a concrete patch which can fail due to the freeze-thaw cycle.





# PARTNERS IN wellness

City of Mason • TriHealth



## GROUP HEALTH PHARMACY HOURS

Monday	8 a.m. – 8 p.m.
Tuesday	8 a.m. – 8 p.m.
Wednesday	8 a.m. – 8 p.m.
Thursday	8 a.m. – 6 p.m.
Friday	8 a.m. – 5:30 p.m.
Saturday	8:30 a.m. – 12 p.m.
Sunday	CLOSED

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UNITED STATES POSTAL SERVICE

Contract postal unit available in **sym • bi • o • sis**  
at Mason Community Center. Featuring:

- holiday postage stamps
- mailing services
- mailing supplies

### HOURS

Monday - Friday: 8 a.m. - 7 p.m.

Saturday: 9 a.m. - 1 p.m.

Sunday: 12 a.m. - 5 p.m.



MASON COMMUNITY CENTER • 6050 Mason-Montgomery Road  
513.229.8555 • [www.imagemason.org](http://www.imagemason.org)



# Leaves! Mulch, Composting, and Removal

The City of Mason offers a curbside leaf removal program that is free. The program begins October 10 and runs through December 16. Residents should rake leaves to the edge of their yard or the area between the curb and sidewalk. Please do not rake leaves into the street. Leaves raked into the street are a traffic hazard and clog storm sewers creating additional roadway hazards. Last year City crews collected over 2,250 cubic yards of leaves. The leaves are taken to nearby mulching and composting facilities, eliminating material going to the landfill. Mason's leaf pickup program also reduces the volume of material picked up by Rumpke, helping keep monthly waste

removal fees low.

Mulching leaves now will allow them to biodegrade almost completely, if not completely, by spring. If you wait until Spring the decomposition process will compete with your plants for nutrients just when the plants need it most, to make energy to produce the flowers you've waited all winter to enjoy! You can use a mulching lawn mower or purchase a mulching blade that attaches to your lawn mower to mulch leaves into your yard, or place into flower beds, gardens and arounds trees and shrubs. The mulch will prevent weeds, enhance the soil with much needed nutrients and prevent tem-

perature fluctuations during the winter. The decomposing leaves and grass cover the soil between the individual grass plants where weeds can germinate. Studies have shown that homeowners can attain a nearly 100 percent decrease in dandelions and crabgrass after mulching fall leaves for just three years. Mulching can save you money on weed control products and fertilizer, will save you time from raking and mowing, and is easier on the back than raking. If you use a landscaping service, ask them to use a mulching mower in the fall and not bag the leaves. Backyard composting is another alternative that offers some great benefits.

## Promote Your Holiday Event Here!

Are you planning a Holiday event or activity throughout the month of December? Don't miss out on the opportunity to be published in the City's

### 2016 Christmas in Mason Calendar!

Please see the below guidelines for submissions:

- Event or activity open for the public to enjoy
- Takes place within City of Mason limits
- Holiday or Winter theme

Please contact: The City of Mason 513.229.8500 or email [pio@masonoh.org](mailto:pio@masonoh.org) by Friday, November 18, 2016

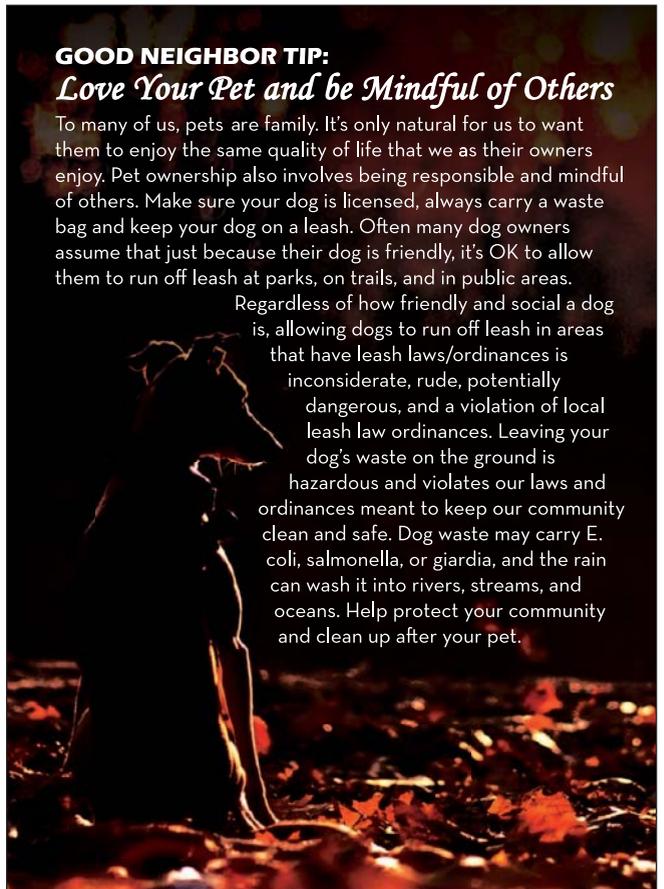


### GOOD NEIGHBOR TIP:

#### *Love Your Pet and be Mindful of Others*

To many of us, pets are family. It's only natural for us to want them to enjoy the same quality of life that we as their owners enjoy. Pet ownership also involves being responsible and mindful of others. Make sure your dog is licensed, always carry a waste bag and keep your dog on a leash. Often many dog owners assume that just because their dog is friendly, it's OK to allow them to run off leash at parks, on trails, and in public areas.

Regardless of how friendly and social a dog is, allowing dogs to run off leash in areas that have leash laws/ordinances is inconsiderate, rude, potentially dangerous, and a violation of local leash law ordinances. Leaving your dog's waste on the ground is hazardous and violates our laws and ordinances meant to keep our community clean and safe. Dog waste may carry E. coli, salmonella, or giardia, and the rain can wash it into rivers, streams, and oceans. Help protect your community and clean up after your pet.



# Mason Senior Center



Mason Community Center's Senior Center provides a place for adults ages 55+ with opportunities to socialize with friends and participate in activities that offer both mental and physical benefits.



## ▶ Carol Shisler

Member 1 year

I exercise 3 times per week on the Fitness Floor. I also love playing cards and enjoy the fellowship of the people. I have met some really nice friends through the Senior Center. We went out to dinner last night for the Safari Dinner.



## ▶ Martha Johnson

A Charter Member

Forever Fit classes are the biggest draw for me. I love Jackie's class.

Activity is encouraged to continue a healthy and positive quality of life. Mason Community Center offers an indoor walking track, Leisure pool, and Fitness Floor as well as ForeverFit and Silver Sneakers group exercise classes. Senior group exercise classes include Pilates,

water cardio, interval training, Zumba Gold®, and yoga. Senior Fitness Assessments are provided throughout the year to measure the functional fitness performance of older adults and as a way to give personalized feedback to help relate those results of the assessment

to the types of daily tasks and activities usually performed. Senior Fitness Assessments are free to Senior Premier and Silver Sneaker members. Senior Fitness Training is also offered as a small group circuit training program for older adults.



## ▶ Dave VanAs Member for 10 years

I come to the Community Center for the social interactions and fellowship. I enjoy playing Euchre in the Senior Center as well as the Thursday luncheon.



## ▶ Dee Brady A Charter Member

I love the hot tub and the pool.

A growing favorite at Mason Community Center is Pickleball. Pickleball is a sport that combines elements from badminton, table tennis, and tennis that has two, three, or four players involved. This program offers opportunities for all skill levels throughout the week.

Aside from fitness activities, the Community Center's Senior Center offers continued learning programs such as digital photo classes and computer basics. Many of our seniors attend the weekly Pot Luck

Luncheon held every Thursday and the Safari Lunch/Dinner options as well. The Senior Center also offers painting classes, line dancing, tai chi, and more.

Are you a card player? Join the Senior Center for many card and game groups including Hand and Foot Canasta, Euchre, Party Bridge, Mah Jongg, and Dominoes. Duplicate Bridge is also available by contacting the Senior Center to sign up.

Programs and helpful resources are available to older adults including support

groups, health management, and financial planning. Some of the free informational sessions include Medicare planning, Parkinson's support group, blood pressure checks, and diabetes management.

Join Mason Community Center's Senior Center today to make new friendships, connect with your community, and help build a culture of wellness in Mason. For more information, please visit [www.imaginemason.org](http://www.imaginemason.org) or stop by the Community Center.



## ▶ Alice Mills Member for 5 years

There is so much to do at the Community Center. I enjoy walking on the indoor track and using the workout equipment. I love the rowing machine, and the staff are so thoughtful and answer any questions I might have. I have lost 42 pounds since joining here. My cholesterol numbers are down and I am a lot healthier as a result.

## ▶ There Are Three Senior Membership Options You Can Choose From!

- 1 Social Program provides access to the Senior Center.
- 2 Healthy Lifestyle Exercise provides access to the Social Program and additional program offerings such as pool access during scheduled times.
- 3 Community Center Membership provides the above as well as additional Community Center access and program discounts.

# Monitor Your Heart Rate

Whether you're an athlete, just getting started into becoming a healthier you, or somewhere in the middle, knowledge about your heart rate is an important heart-health gauge and helps you monitor your fitness level.

Are you doing too much or not enough? Maintaining your target heart rate helps you ensure you're reaching your fitness



goals and assists in avoiding under- or over-exercise. Your target heart rate is the number of heart beats per minute you should achieve while exercising.

Before you learn how to monitor your target heart rate, you have to know what your resting heart rate is. Your resting heart rate measurements provide your cardiovascular health details and heart health progress. Your resting heart rate is the number of times your heart beats

per minute while at rest. The best time to check your resting heart rate is as soon as you wake up in the morning before any daily activity.

According to the National Institute of Health, the average resting heart rate is:

- 60–100 beats per minute for children 10 years and older, and adults (including seniors)
- 40–60 beats per minute for well-trained athletes

## Why is fitness important for a healthy heart?

Your heart is a muscle and it becomes stronger and healthier when you lead an active life. Regular exercises will help you burn calories, lower your blood pressure, and reduce your LDL cholesterol while boosting your HDL cholesterol.

It's never too late to start exercising. Even a brisk walk for 30 minutes a day can make a big difference.

## Why should I keep track of my heart rate when exercising?

When you exercise your heart beats faster in order to meet the demand for more blood and oxygen to reach your muscles. The harder you work, the faster your heart will beat. It is important to monitor your heart rate during exercise so you are aware of how hard you are working your body. If your heart rate is too low, you may not be getting the cardiorespiratory fitness training you are looking for. If your heart rate is too high, you might not be burning fat calories and you could be exercising at an unsafe fitness level.

## How do I know what I should be looking for?

There are a number of sites on your body used to monitor your heart rate (pulse). The two most common sites are the radial artery on your wrist or the carotid artery on the side of your neck. Accurate pulse-count assessment is crucial when monitoring exercise intensity and can be found by the first two fingers of one hand to locate and hold on the artery. Heart rate monitors that are worn during exercise are available as well.

## How do I get my maximum heart rate and why do I need to know what that is?

Your maximal heart rate (MHR) is calculated at 220 minus your age in years. For safety reasons you should never work at your maximum heart rate. This calculation will be used only as a point of reference for the next step, your target heart rate.

The target heart rates are ranges where most people should exercise. Lower heart rate zones are recommended for individuals who are beginning exercise programs, have health risks, or are pregnant. As your level improves you will be able to progress toward working at higher heart rates.

To find out your target heart rates you will use your maximum heart rate and calculate it by 50% to 85%. Once you find your target heart rate you should ex-

ercise with in these ranges based on your recommended times.

**220 – age = Maximum Heart Rate (MHR)**

**MHR x .55 = Lowest target range**

**MHR x .85 = Highest target range**

## Any additional advice you recommend for heart health?

Know your target heart ranges before you engage in any cardio exercise and always warm up and cool down. To find your warm up and cool down ranges, calculate your MHR by 40%. If you have not worked out in a while, remember to take your time returning to a fitness regimen; you will prevent injuries. Add a variety of exercises to your week including aerobic exercises, stretching, and strength training. All three types of exercises are good for a healthy heart.



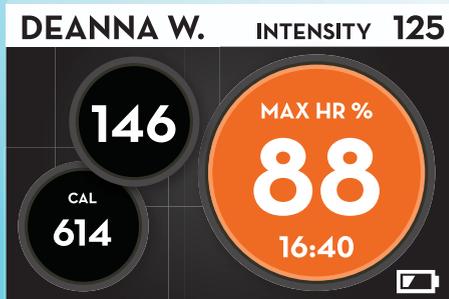
**Viola Perez** has been a personal trainer at Mason Community Center for 12 years and encourages heart rate monitoring during her training sessions.

Mason Community Center will be kicking off a heart rate monitoring program in February 2017! You'll be able to monitor your heart rate during most group exercise classes and on the fitness floor.

Through this program you'll be able to reach and monitor your three heart rate zones: weight loss, endurance, and cardiovascular strength.

Heart rate monitors will be available

for purchase in Symbiosis. Stay tuned to [www.imagemason.org](http://www.imagemason.org), e-newsletters and social media (Facebook: City of Mason Recreation; Twitter: @MasonOHRec) for program updates.



# COMING FEBRUARY 2017

Monitor your heart rate while at the Community Center! Stay in tune with your fitness in Studios A, B, and C and on the Fitness Floor.

Don't have a heart rate monitor? Get yours in **sym•bi•o•sis!**

Receive daily workout updates and track your progress.

*Stay tuned in January for heart rate monitor giveaways!*



MASON COMMUNITY CENTER  
6050 Mason-Montgomery Road • Mason, OH 45040  
www.imagemason.org • 513.229.8555



## SUPER BOWL RIDE

**Saturday, February 4 • 8:15 - 10 a.m.**

**Cycle in the Gym**  
8:15 - 9:15 a.m.

- referees
- penalties
- ride along-side those cheering for your team

**Yoga Stretch in Studio A**  
9:25 - 10 a.m.

- registration required
- proceeds will benefit the Mason Parks Foundation's Inclusive Playground



MASON COMMUNITY CENTER  
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**SUNDAY, FEBRUARY 5**  
7:00 a.m. - 12:00 p.m.

**BEGINNER:** 10 minute swim, 8 minute transition, 20 minute spin bike, 2 minute transition, 15 minute treadmill run

**ADVANCED:** 20 minute swim, 8 minute transition, 40 minute spin bike, 2 minute transition, 30 minute treadmill run

**MASON COMMUNITY CENTER**

6050 Mason-Montgomery Road • Mason, Ohio 45040  
www.imagemason.org • 513.229.8555

# Mason Community Center Activities

## FAMILY

### SPECIAL EVENTS

#### New Resident Coffee

##### Meeting Room

New to the area? Meet our new residents and their families to learn more about the area at our monthly new resident coffee held on the first Wednesday of every month from 10:30 to 11:30 a.m. The coffee is hosted by the Community Basket and is sponsored by the City of Mason and the Mason Deerfield Chamber of Commerce. Refreshments and tours of Mason Community Center will be provided. Those in attendance will also receive a one-day family pass to the Mason Community Center.



#### ★ PREMIER MEMBER PERK

Beginning January 2017, Premier members receive a one year FREE membership to the Mason Historical Society. The Alverta Green Museum is located at 207 W. Church Street, Mason, OH 45040.

[www.masonhistoricalsociety.org](http://www.masonhistoricalsociety.org)

### ENRICHMENT

#### Setting Effective Goals Seminar



##### Meeting Rooms

College Tutors presents a seminar on setting effective academic goals, both for yourself and for your child. We will cover how to set ambitious yet achievable goals, how to choose measurable benchmarks, and how to plan for success. Parents and students are both welcome.

Day	Date	Time	Age	Deadline	Fee	Activity
M	1/23	7:00-8:00P	7-12	1/16	Free	131602-03

#### Tae Kwon Do Beginner

##### Gymnasium



Tae Kwon Do is a well-balanced Korean martial art that specializes in kicking skills. No previous experience is necessary for this class. Adults, teens, and children will train together in a family oriented program.

Parents of all participants under the age of 13 are asked to remain on site, or in the gym if not a member, during class. Please note: A Tae Kwon Do uniform is not required for participation in this class; however, a uniform may be required for any participants who would like to enjoy this program long-term.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Tu,Th	12/1-12/15	6:30-7:30P	6 & up	11/25	\$26 /\$31 /\$39 /\$39	111108-01
Tu,Th	1/3-1/31	6:30-7:30P	6 & up	12/27	\$42 /\$50 /\$55 /\$55	111108-02
Tu,Th	2/2-2/28	6:30-7:30P	6 & up	1/26	\$42 /\$50 /\$55 /\$55	111108-03

#### Tae Kwon Do Advanced

##### Gymnasium



This advanced class focuses on overall self-control, self-discipline, self-defense techniques, balance, flexibility, and strength. Tae Kwon Do will build character and develop courtesy, integrity, honor, respect, loyalty, perseverance, concentration, and compassion to their highest potential.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Tu,Th	12/1-12/15	6:30-8:00P	6 & up	11/25	\$26 /\$31 /\$39 /\$39	111107-01
Tu,Th	1/3-1/31	6:30-8:00P	6 & up	12/27	\$42 /\$50 /\$55 /\$55	111107-02
Tu,Th	2/2-2/28	6:30-8:00P	6 & up	1/26	\$42 /\$50 /\$55 /\$55	111107-03

## COMMUNITY WELLNESS EXPO



SATURDAY, FEBRUARY 18

OPEN TO THE PUBLIC

WELLNESS EXPO • 10 a.m. - 1 p.m.  
MASON COMMUNITY CENTER

FINANCIAL PLANNERS | CHILD CARE | TRIHEALTH | AND MORE!



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#### ★ MYB GAME ADMISSION

Admission to each recreational or athletic league game is \$2 per adult and \$1 per child or senior, and not more than \$5 per family. Mason Community Center members do not need to pay the daily admission fee for games held at Mason Community Center.

Save time at the door and purchase a punch pass for games played at Mason Community Center. (Games in the Mason City Schools and away games are not covered by the pass).

**Family Pass (5-game pass) \$25**  
**Single Adult Pass (5-game pass) \$10**





Get **INSPIRED.**

Live **WELL.**

✓ Pay for a year in full and **save up to \$215** on a NEW PREMIER Membership!

✓ Pay monthly and receive your First Month Free for a NEW PREMIER Membership!

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- January 31, 2017

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- Senior Center
- Meeting and Party Rooms
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- No long term contracts

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- Kids' Korner provides a safe and fun environment for your kids
- Over 100 Group Exercise Classes offered each week
- Les Mills Certified Programs: BODYPUMP, GRIT and SH'BAM
- TRX (Suspension Training)
- Indoor Leisure Pool, Competition Pool and Whirlpool

## AQUATICS

### Me Too! Learn to Swim Class

Leisure Pool

This parent/child class is designed to teach you to work safely in the water with your child. Skills will be taught at an introductory level including pool safety, water acclimation, floating and gliding with support, submerging, and blowing bubbles through mouth and/or nose.



Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Sa	1/7-2/18	10:45-11:15A	6 mos-2yrs	12/28	\$65/\$77/\$97/\$116	152312-01

## ENRICHMENT

### Preschool Drawing

Activity Room B

Young Rembrandts® preschool program is designed with the youngest learners in mind. Your child will increase his/her fine motor skills, handwriting readiness, and attention to detail. The first session will entail silly mice, adorable ducks, and mouthwatering pizza. The second session will include parrots and pirate ships.



Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
W	1/4-2/8	5:30-6:15P	4-5	12/28	\$60/\$71/\$89/\$107	131200-01*
W	2/22-3/22	5:30-6:15P	4-5	2/15	\$60/\$71/\$89/\$107	131200-02

\*No Class 1/8

## SPORTS

### Tiny Tiger Tae Kwon Do

Activity Room A

The traditional Korean martial art of Tae Kwon Do is taught with emphasis on balance, coordination, discipline, courtesy, respect, along with a twist of FUN! Children will have an opportunity to test for different belt levels as they master the required skills for each belt. I.K. Kim school uniform purchase will be required to participate. Classes will be instructed by Sandy Kim, 4th degree black belt and President of I.K. Kim Tae Kwon Do Centers, Inc.



Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Tu	1/3-1/24	5:30-6:00P	4-5	12/27	\$41/\$49/\$54/\$54	111208-01
Tu	2/7-2/28	5:30-6:00P	4-5	1/31	\$41/\$49/\$54/\$54	111208-02

### Mom and Me Gymnastics

Multipurpose Room

This parent and child class will help develop your child's basic motor skills through jumping, skipping, hopping, running, and rolling. You will use beams, wedges, and mats to engage your child through structured play.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
W	1/11-2/22	10:00-10:30A	18mo-3yrs	1/4	\$49/\$58/\$73/\$87	123460-02
Sa	1/14-2/25	9:45-10:15A	18mo-3yrs	1/7	\$49/\$58/\$73/\$87	123460-03
W	3/1-4/26	10:00-10:30A	18mo-3yrs	2/22	\$56/\$66/\$83/\$99	123460-05*
Sa	3/4-4/29	9:45-10:15A	18mo-3yrs	2/25	\$56/\$66/\$83/\$99	123460-06*

\*No Class 3/27, 3/29 & 4/1

### Tiny Tumblers

Multipurpose Room

Your child will learn to follow directions without the assistance of a parent and focus on basic gymnastics skills such as forward rolls, backward rolls, headstands, and backbends. He or she will also be introduced to the vault, uneven bars, balance beam, and floor during circuit training.



Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
M	1/9-2/20	1:45P-2:30P	3	1/2	\$52/\$62/\$78/\$93	132469-01
W	1/11-2/22	10:30-11:15A	3	1/4	\$52/\$62/\$78/\$93	132469-02
F	1/13-2/24	4:00-4:45P	3	1/6	\$52/\$62/\$78/\$93	132469-03
Sa	1/14-2/25	10:15-11:00A	3	1/7	\$52/\$62/\$78/\$93	132469-04
M	2/27-4/24	1:45P-2:30P	3	2/20	\$59/\$70/\$88/\$105	132469-05*
W	3/1-4/26	10:30-11:15A	3	2/22	\$59/\$70/\$88/\$105	132469-06*
F	3/3-4/28	4:00-4:45P	3	2/24	\$59/\$70/\$88/\$105	132469-07*
Sa	3/4-4/29	10:15-11:00A	3	2/25	\$59/\$70/\$88/\$105	132469-08*

\*No Class 3/27, 3/29, 3/31 & 4/1

### Jumping Jacks

Multipurpose Room

Your child will improve gross motor skills, flexibility, and coordination through circuit training on the vault, uneven bars, balance beam, and floor.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
F	1/13-2/24	5:45-6:45P	4-5	1/6	\$65/\$77/\$97/\$116	132469-03
Sa	1/14-2/25	11:15A-12:15P	4-5	1/7	\$65/\$77/\$97/\$116	132469-04
F	3/3-4/28	4:00-4:45P	4-5	2/24	\$74/\$88/\$110/\$132	132469-07*
Sa	3/4-4/29	10:15-11:00A	4-5	2/25	\$74/\$88/\$110/\$132	132469-08*

\*No Class 3/27, 3/31 & 4/1

#### FACT:

There are valuable lessons involved in learning how to use a microscope.



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**Invitation-Only Classes**

Please note: Invitation to the following classes is at the gymnastic coach's discretion.

**ADVANCED JUMPING JACKS**

Multipurpose Room

Younger students who are ready for more advanced gymnastics skills may be invited by their instructor to practice in this class. He or she will work on more advanced skills on the vault, uneven bars, balance beam, and floor.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Tu	1/10-2/21	4:00-5:00P	4-5	1/3	\$65 /\$77 /\$97 /\$116	132474-01
Tu	2/28-4/25	4:00-5:00P	4-5	2/21	\$74 /\$88 /\$110 /\$132	132474-02*

\*No Class 3/28

**Little Hoops Basketball**

Field House Court 1

Introduce your youngster to basketball in this well-organized, fun-oriented, and age-appropriate format. Boys and girls are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding. All coaching will be conducted by Jump Start Sports staff coaches.



Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
W	1/11-2/15	5:30-6:30P	4-5	1/4	\$60 /\$71 /\$89 /\$107	132120-03
W	1/11-2/15	6:30-7:30P	4-5	1/4	\$60 /\$71 /\$89 /\$107	132120-04



**MASON FIRE DEPARTMENT**

**Smoke Alarm Tips**

Depending on the year your residence was built, your home is likely equipped with smoke alarms that are powered in one of two ways. Residential smoke alarms are either battery powered only or hard-wired with a battery backup.

Regardless of the type of smoke alarm, or technology changes, it is recommended that alarms be replaced once they are 10 years old. Check the date by rotating the detector head to remove it from the mounting bracket then look for the manufacture date located on the back of the detector.

Even if you do not need to replace your smoke alarms, it is recommended to replace the batteries in all smoke alarms twice a year. The best time to do this is at "daylight savings" time.

**Change your clock - change your battery!**



**AQUATICS**

**Station 1**

Leisure Pool



Your child will learn to put his or her face in the water and blow bubbles through his/her nose as well as complete 10 relaxed bobs. To participate in this class, your child must be comfortable in a group class setting without a parent.

**Class Times:** M or W 4:45-5:15P or 5:20-5:50P  
Sa 9:00-9:30A, 9:35-10:05A, or 10:10-10:40A

Date	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
1/7-2/20	3-14	12/28	\$65 /\$77 /\$97 /\$116	152321

**Station 2**

Leisure Pool



Your child will build on what he or she learned in Station 1 by learning to glide on his or her front and back in a streamline position. He or she will also learn to roll from front to back float.

**Class Times:** M or W 4:45-5:15P, 5:20-5:50P, 5:55-6:25P, or 6:30-7:00P  
Sa 9:00-9:30A, 9:35-10:05A, 10:10-10:40A, or 10:45-11:15A

Date	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
1/7-2/18	3-14	12/28	\$65 /\$77 /\$97 /\$116	152322

**Station 3**

Leisure Pool



Your child will enhance his or her breath control and streamlining skills learned in previous Stations while learning proper kicking.

**Class Times:** M or W 4:45-5:15P, 5:20-5:50P, 5:55-6:25P, or 6:30-7:00P  
Sa 9:00-9:30A, 9:35-10:05A, 10:10-10:40A, or 10:45-11:15A

Date	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
1/7-2/18	3-14	12/28	\$65 /\$77 /\$97 /\$116	152323

**Mason Water Moccasins**



Mason Water Moccasins had the most swimmers swimming in the Tri-County Championship Swim Meet than any other tri-county team. Mason scored 3rd in Division One as well as 3rd in a field of 13 teams. Throughout the swim team, Mason swimmers had 189 lifetime best swims! Carl Bloebaum broke 3 meet records for the 11-12 boys and Addie Robillard broke 1 meet record for 8 and under girls.

★ Kids' Korner



Kids' Korner at Mason Community Center is great for ages 6 months to 12 years!

ATTENTION  
WARREN  
COUNTY  
DOG  
OWNERS

DOG LICENSES ON  
SALE DECEMBER 1



Warren County dog licenses go on sale **December 1, 2016.**

<b>1 Year Regular Tag</b>	\$15	Online or at any agent location
<b>1 Year Bone Tag*</b>	\$20	Online or at select agent locations
<b>3 Year Tag</b>	\$45	Online at the Warren County Auditor's Office
<b>3 Year Bone Tag*</b>	\$50	Online at the Warren County Auditor's Office
<b>Permanent Tag</b>	\$150	Online at the Warren County Auditor's Office

**\*Bone Tag** - \$5 of this fee is a donation to the Humane Association for the spay and neuter fund. One year bone tags are available at the Humane Association, Warren County Auditor's Office, Auditor's Website, Bigger Road Vet Clinic, Drug Mart, Lebanon Ace Hardware, and Morrow Buckley Brothers.

**Kennel Tag \$75** - This includes five tags. Each additional tag is \$1. Kennel tags are available only at Warren County Auditor's Office.

[www.wcauditor.org](http://www.wcauditor.org)

**2017 Dog Licenses may be purchased from December 1, 2016 through January 31, 2017** without penalty. **After January 31, 2017 the penalty is \$15 per dog for all tags** (regular, bone and multiple year tags). **Kennel penalty is \$75.** Dog tags available for purchase from the following locations:

**MASON LICENSING AGENTS**

Mason Animal Hospital • Mason Family Pet Hospital • Misty Vistas Pet Hospital

## CAMPS

### Station 4

#### Leisure Pool

Your child will begin the side glide and front crawl stroke, adding on to skills he or she learned in previous Stations.

**Class Times:** **M** or **W** 4:45-5:15P, 5:20-5:50P, 5:55-6:25P, or 6:30-7:00P  
**Sa** 9:00-9:30A, 9:35-10:05A, 10:10-10:40A, or 10:45-11:15A



Date	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
1/7-2/18	3-14	12/28	\$65/\$77/\$97/\$116	152324

### Station 5/6

#### Leisure Pool

Your child will add on to the techniques acquired in previous Stations and begin learning proper freestyle stroke with rotary breathing and the back stroke.

**Class Times:** **M** or **W** 4:45-5:15P, 5:20-5:50P, 5:55-6:25P, or 6:30-7:00P  
**Sa** 9:00-9:30A, 9:35-10:05A, 10:10-10:40A, or 10:45-11:15A



Date	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
1/7-2/18	3-17	12/28	\$65/\$77/\$97/\$116	152325

### Stroke School

#### Leisure Pool

Continue to build on your skills learned in previous Stations and learn advanced elements and stroke efficiency in all four stroke types. Stroke School meets twice a week and includes the skills taught in Stations 7 and 8 of the SwimAmerica program.

**Class Times:** **M & W** 6:00-6:45P or 7:00-7:45P  
**M & Sa** 7:00-7:45P (Mondays) & 10:45-11:30A (Saturdays)



Date	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
1/4-2/20	3-17	12/28	\$119/\$140/\$165/\$190	152326

### Swim Fit

#### Leisure Pool

SwimFit is Station 9 and 10 of SwimAmerica and focuses on building the swimmer's strength and endurance in every stroke through drills, multiple laps, and on-deck coaching. SwimFit allows swimmers to get the feeling of being on a swim team without the competition.

**Class Times:** **M & W** 7:00-7:45P



Date	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
1/4-2/20	3-17	12/28	\$119/\$140/\$165/\$190	152327

### Private Learn to Swim Classes

Are you looking for comfort in the water, improved stroke technique and endurance, or a supplement to the Mason Swim Academy Learn to Swim program? We offer classes for all ages and levels. Work one-on-one with a Mason Swim Academy coach who will customize the class to suit your goals.

You will have seven dates to choose from to take six classes. There will not be make-up classes or rescheduling for any absences beyond one class. While we cannot guarantee the same coach for every class, there will always be a certified Mason Swim Academy coach available.

**Class Times:** **T** 5:30-6:00P, 6:05-6:35P, 6:40-7:10P, or 7:15-7:45P  
**Su** 9:00-9:30A, 9:35-10:05A, 10:10-10:40A, 10:45-11:15A, or 11:20-11:50A



Date	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
1/10-2/19	4 & up	12/28	\$150/\$177/\$202/\$227	152319

### Laffalot's One Day Wonder Camp

#### Field House - Court 1



Join us for Laffalot's day camp, which includes fun and games like soccer, basketball, dodgeball, parachute, tag, and more! If you like being active and having fun with friends, this is the program for you!

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Tu	1/3	9:00A-4:00P	6-12	12/27	\$40/\$48/\$60/\$72	136502-01

### iDaP Computer Camp—3D Maker

#### Board Game Edition

#### Meeting Rooms



Join iDaP Academy for this two-day camp while Mason City Schools are out. Using 3D software, participants will create their own board game, pieces, cards, and storage box on day one. On day two, participants will have the opportunity to play one another's board games.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
F,M	2/17,2/20	9:00A-4:00P	6-12	2/10	\$96/\$113/\$138/\$163	136601-04

### Camp Before and After Care

#### Kids' Korner

Before and After Care is designed for Laffalot and iDaP campers who need dropped off early or picked up late for camp. Before and After Care will be provided by Kids' Korner.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
T	1/3	8:00-9:00A	6-12	12/27	\$6/8/\$10/\$12	136502-02*
T	1/3	4:00-5:00P	6-12	12/27	\$6/8/\$10/\$12	136502-03
M, F	2/17, 2/20	8:00-9:00A	6-12	2/10	\$12/\$15/\$19/\$23	136601-05*
M, F	2/17, 2/20	4:00-5:00P	6-12	2/10	\$12/\$15/\$19/\$23	136601-06

\*Kids Korner staff will take campers to camp at 9 a.m.

### Snow Day Registration

#### Mason Community Center

Snow Day Camp takes place whenever the Mason City School District cancels classes due to inclement weather. Each snow day will feature group games, crafts, sports activities, a movie, and swimming. Please pack a full lunch, refillable water bottle, plenty of snacks, extra clothing, gym shoes, swimsuit, and a towel for your child.



For same day announcements, registration begins at 5:30 a.m. or when the announcement is made, whichever is later. If announced the night before, early registration is available online only. To register, call 513.229.8555 or visit [www.imaginemason.org](http://www.imaginemason.org). Space is limited.

Day	Date	Time	Age	Fee (PRE/BAS/MR/NR)	Activity
M-F	November to April	9:00A-5:00P	6-12	\$37/\$44/\$55/\$66	733807*

\*You will not be able to register for Snow Day Camp until a snow day is announced.

## School's Out Fun Day

### Activity Room B

Mason City School District classes are cancelled today. Take this opportunity for your child to meet new friends and have fun while you have the comfort of knowing where your child will be. Be prepared for an active day and make sure your child is wearing gym shoes. Please pack a lunch, multiple snacks, swimsuit, towel, and refillable water bottle.

Be sure to register early! A minimum of 10 participants must be registered by the deadline for the program to run.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
M	1/16	9:00A-5:00P	6-12	1/9	\$37 /\$44 /\$55 /\$66	136501-01

## iDaP After School Computer Series: 3D Maker Class – You Sunk My Battleship

### Meeting Rooms

During the first three weeks of the class, participants will use 3D design software to create and print their own battleship. On the final day of class, each battleship will be tested to see if it can persevere through an epic sea battle in the Community Center's leisure pool.

Day	Date	Time	Grade	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Tu	1/31-2/21	5:00-7:00P	6-12	1/24	\$102 /\$120 /\$145 /\$170	136601-02

## iDAP After School Computer Series: Video Animation Production Under Water Edition

### Meeting Rooms

Participants will learn to shoot video under water with specialty cameras. They will then create video using special editing effects. Participants must be comfortable in the water and able to swim.

Day	Date	Time	Grade	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Tu	2/28-3/21	5:00-7:00P	8-14	2/21	\$102 /\$120 /\$145 /\$170	136601-03

## Pages 'N Paws

### Activity Room B

Pages 'N Paws help children improve their literacy skills as they read aloud to registered therapy dogs. These special animals volunteer with their owners to offer an effective and fun setting. All dogs have been trained and tested for health, safety, and skills. Please bring your own reading materials to class.



Day	Date	Time	Grade	Deadline	Fee	Activity
Tu	2/7-2/28	5:30-6:15P	5-18	1/31	Free	163700-03

## ENRICHMENT

## iDaP After School Computer Series: MindStorm Battle Bots

### Activity Room B

During the first three weeks of class, participants will create a Lego robot. On the final day of class, each robot will be tested to see if it can make it through the gauntlet in the battle arena.



Day	Date	Time	Grade	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Tu	1/3-1/24	5:00-7:00P	6-12	12/27	\$102 /\$120 /\$145 /\$170	136601-01



"Motivate Kids to Move"

The **Cardio Kids Fitness** area provides youth fitness equipment to children ages 7-12 years old.

Children can enjoy Cardio Kids Fitness in Kids' Korner or during Open Times with their parents or guardians.

### Premier Member Perk

Cardio Kids Fitness is FREE to Premier members of the Community Center.

### Parent/Child Usage (Open Times)

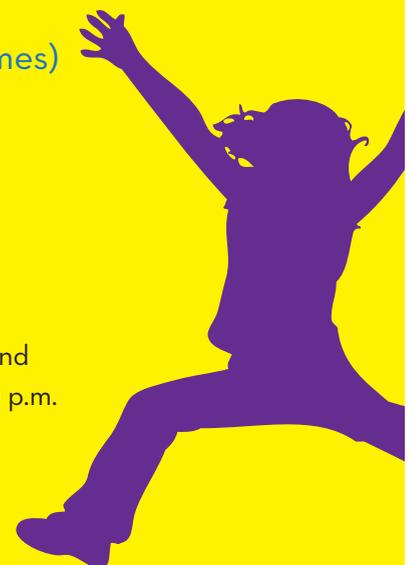
Monday-Friday	8 a.m.-9 p.m.
Saturday	8 a.m.-8 p.m.
Sunday	12 p.m.-8 p.m.

### Kids' Korner Usage

Monday-Thursday	5:30-7:30 p.m.
Saturday and Sunday	9 a.m.-1 p.m.
Summer Hours	9 a.m.-12 p.m. and 5:30 p.m.-7:30 p.m.

MASON COMMUNITY CENTER  
6050 Mason-Montgomery Road  
Mason, Ohio 45040

513.229.8555 · [www.imagemason.org](http://www.imagemason.org)



## Drawtooning

Activity Room B



Young Rembrandt's two most popular programs combined into one great workshop! With your child's imagination and Young Rembrandt's techniques he/she will learn new drawing skills such as cartooning, still life, portraits, abstract, graphic, line art, and more. Spark your imagination...come draw with us!

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
W	1/4-2/8	6:30-7:30P	6-12	12/28	\$60/\$71/\$89/\$107	131201-01*
W	2/22-3/22	6:30-7:30P	6-12	2/15	\$60/\$71/\$89/\$107	131201-02

\*No Class 1/18

## ICI Studio Junior Painting

Activity Room B



This painting series is for all levels of artists—no experience is required. I.C.I. Studio guarantees the children an opportunity for artistic freedom and how to think outside of their creative box.

Students will be challenged by new designs and given freedom to explore more colors outside of the presented design as they learn to make more creative decisions on their own. Each week students will make their own 16 x 20 canvas panel to take home.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
M	1/9-2/13	4:30-5:30P	5-7	1/2	\$85/\$100/\$125/\$150	163100-01

## ICI Studio Kids Painting

Activity Room B



This painting series is for all levels of artists—no experience is required. I.C.I. Studio guarantees the children an opportunity for artistic freedom and how to think outside of their creative box.

Students will be challenged by new designs and given freedom to explore more colors outside of the presented design as they learn to make more creative decisions on their own. Each week students will make their own 16 x 20 canvas panel to take home.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
M	1/9-2/13	6:00-7:15P	8-12	1/2	\$95/\$112/\$137/\$162	163101-01

## Junior Tech Academy Introductory Class

Activity Room B



Using a customized approach to the Code.org program, students will learn basic principles about computers, and will get an introduction into the world of programming. This class includes programming basics, control structures, variables, binary counting, and an introduction to using Scratch as a programming language. Computer not required.

Day	Date	Time	Grade	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Th	1/5-2/23	5:00-6:00P	1-8	12/29	\$155/\$183/\$208/\$233	163801-03

# Breakfast with Santa

December 10

9 - 11 a.m.

THE CITY OF MASON GOLF CENTER  
THE PAVILION



THE GOLF CENTER

6042 Fairway Drive • Mason, OH 45040  
www.thegolfcenter.com • 513.398.7700

## A personal letter from Santa

Request a personal written letter from Santa by completing the form below. Parents and guardians, please mail the completed form to:

Lisa Ahr | email:  
6050 Mason-Montgomery Rd | or | lahr@masonoh.org  
Mason, Ohio 45040 |

Requests for letters must be received by December 14, 2016 in order to guarantee a return letter from Santa.

Child's Name: \_\_\_\_\_

Child's Age: \_\_\_\_\_  Boy  Girl

Parent's Names: \_\_\_\_\_

Form Completed By: \_\_\_\_\_

Relationship to Child: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Brothers & Sisters Names: \_\_\_\_\_

What does child want for Christmas: \_\_\_\_\_

Special information Santa should write about: \_\_\_\_\_

## Junior Tech Academy Ongoing Classes



### Activity Room B

Students who completed the JTA Introductory class will work through various technology projects such as writing a videogame, building a video game controller, exploring engineering concepts through Technic LEGO(tm), making an animated movie, programming various robots, etc. Improve your tech skills and learn to think like an engineer.

Day	Date	Time	Grade	Deadline	Fee (PRE/BAS/MR/NR)	Activity
W	1/4-2/22	5:30-6:30P	1-2	12/27	\$155 /\$183 /\$208 /\$233	163801-01
W	1/4-2/22	6:45-8:45P	6-8	12/28	\$275 /\$324 /\$349 /\$374	163801-02
Th	1/5-2/23	6:15-8:15P	3-5	12/28	\$275 /\$324 /\$349 /\$374	163801-04

## SPECIAL EVENTS

### Parents' Night Out

#### Premier Member Perk! Kids' Korner



Enjoy a night out on the town while your children engage in a night full of fun at Mason Community Center. The evening will consist of themed programming and a pizza party sponsored by West Shore Pizza of Mason. We ask that you please pack a snack and drink for each event.

Children ages 6 and up will enjoy swim time while children under 6 will participate in preschool-themed activities on scheduled swim days. Please pack a swim suit and towel if your child will be swimming.

Parents' Night Out is available to Premier members only. We ask that each family sign up for only one Parents' Night Out per month.

### Early Bird Special

Online registration for Parents' Night Out starts at 7:45 a.m. on Friday, November 18. Phone registration starts at 8 a.m.



Day	Date	Time	Age	Deadline	Fee (PRE)	Activity
F	12/9	6:00-9:00P	3-12	12/2	Free	133805-02
<b>Karaoke Night:</b> Enjoy singing to your favorite kids tunes for an evening of fun!						
F	12/16	6:00-9:00P	3-12	12/9	Free	133805-03
<b>Comfy Cozy Night:</b> Come inside from the cold wearing your most comfy and cozy pajamas. Participants 6 years and older will enjoy swim time.						
F	1/13	6:00-9:00P	3-12	1/6	Free	133805-04
<b>Polar Bear Night:</b> Make your own artic polar bear craft. Participants 6 years and older will enjoy swim time.						
F	1/20	6:00-9:00P	3-12	1/13	Free	133805-05
<b>Yoga Night:</b> Dress in athletic gear and participant in a group yoga class for kids.						
F	1/27	6:00-9:00P	3-12	1/20	Free	133805-06
<b>Silly sock Night:</b> Wear the craziest socks you have! Participants 6 years and older will enjoy swim time.						
F	2/3	6:00-9:00P	3-12	1/27	Free	133805-07
<b>Super Bowl Night:</b> Come dressed in your sports attire for a night of fun! Participants 6 years and older will enjoy swim time.						
F	2/10	6:00-9:00P	3-12	2/3	Free	133805-08
<b>Valentine's Teddy Bear Night:</b> Wear your favorite red shirt and make your own teddy bear craft.						
F	2/17	6:00-9:00P	3-12	2/10	Free	133805-09
<b>Crazy Hair Night:</b> Come in with your craziest hairdo for an evening of fun! Participants 6 years and older will enjoy swim time.						
F	2/24	6:00-9:00P	3-12	2/17	Free	133805-10
<b>Country Western Night:</b> Wear your favorite country western outfit tonight.						

## SPORTS

### Sassy Sixes and Sevens Multipurpose Room

Students will work on gymnastics drills, conditioning, and skills similar to those introduced in the Beginners and Advanced Beginners classes. Students will continue to improve on basic gymnastic skills, flexibility, and strength.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
M	1/9-2/20	5:00-6:00P	6-7	1/2	\$65 /\$77 /\$97 /\$116	132471-01
Tu	1/10-2/21	4:30-5:30P	6-7	1/3	\$65 /\$77 /\$97 /\$116	132471-02
F	1/13-2/24	4:45-5:45P	6-7	1/6	\$65 /\$77 /\$97 /\$116	132471-03
Sa	1/14-2/25	12:15-1:15P	6-7	1/7	\$65 /\$77 /\$97 /\$116	132471-04
M	2/27-4/24	5:00-6:00P	6-7	2/20	\$74 /\$88 /\$110 /\$132	132471-05*
Tu	2/28-4/25	4:30-5:30P	6-7	2/21	\$74 /\$88 /\$110 /\$132	132471-06*
F	3/3-4/28	4:45-5:45P	6-7	2/24	\$74 /\$88 /\$110 /\$132	132471-07*
Sa	3/4-4/29	12:15-1:15P	6-7	2/25	\$74 /\$88 /\$110 /\$132	132471-08*

\*No Class 3/27, 3/28, 3/30 & 4/1

### Beginners Gymnastics Multipurpose Room

Introduce your child to the world of gymnastics. Students will learn basic gymnastics skills on the floor, uneven bars, balance beam, and vault. Conditioning and flexibility are also introduced at this level.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
M	1/9-2/20	6:00-7:00P	8-17	1/2	\$65 /\$77 /\$97 /\$116	132486-01
Tu	1/10-2/21	5:30-6:30P	8-17	1/3	\$65 /\$77 /\$97 /\$116	132486-02
Th	1/12-2/23	6:30-7:30P	8-17	1/5	\$65 /\$77 /\$97 /\$116	132486-03
M	2/27-4/24	6:00-7:00P	8-17	2/20	\$74 /\$88 /\$110 /\$132	132486-04*
Tu	2/28-4/25	5:30-6:30P	8-17	2/21	\$74 /\$88 /\$110 /\$132	132486-05*
Th	3/2-4/27	6:30-7:30P	8-17	2/23	\$74 /\$88 /\$110 /\$132	132486-06*

\*No Class 3/27, 3/28 & 3/30

### Invitation-Only Classes

Please note: Invitation to the following classes is at the gymnastic coach's discretion.

#### ADVANCED SASSY SIX SEVENS Multipurpose Room

Younger students who are ready for more advanced gymnastics skills may be invited by their instructor to practice in this class. He or she will work on more advanced skills on the vault, uneven bars, balance beam, and floor. *This class meets from 3:00 to 4:00 p.m. on Tuesdays and from 5:30 to 6:30 p.m. on Thursdays.*

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Tu,Th	1/10-2/23	Tu 3:00-4:00P Th 5:30-6:30P	6-7	1/3	\$125 /\$148 /\$173 /\$198	132467-01
Tu,Th	2/28-4/27	3:00-4:00P Th 5:30-6:30P	6-7	2/21	\$142 /\$168 /\$193 /\$218	132467-02*

\*No Class 3/28 & 3/30

#### ADVANCED BEGINNERS Multipurpose Room

Students in this class must have some gymnastics experience and have mastered the basic Beginner skills. This class will provide a greater challenge to students on the floor, uneven bars, balance beam, and vault.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
M,W	1/9-2/22	7:00-8:00P	8 & up	1/2	\$125 /\$148 /\$173 /\$198	132481-01
M,W	2/27-4/26	7:00-8:00P	8 & up	2/20	\$142 /\$168 /\$193 /\$218	132481-02*

\*No Class 3/27 & 3/29

AQUATICS

**Masters Junior  
Learn to Swim Class**



Leisure Pool

Did you graduate from the Mason Swim Academy Swim Fit class or pass a Swim Fit assessment? This program is for you! You'll continue to build endurance, improve stroke technique, and increase overall fitness. A coach will be available during practice times to help swimmers attain their personal goals. Swimmers are required to wear competition style swim suits, goggles, swim caps, and a pair of longfins.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
T,Th	1/5-2/21	4:45-5:30P	8-18	12/28	\$119 /\$140 /\$165 /\$190	152316-01

FITNESS & WELLNESS

**Teen TRX**

TRX

Are you getting ready for a sport, in the off-season, or just trying to stay in shape? TRX® suspension training uses body weight exercise to develop strength, balance, flexibility and core stability simultaneously.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
M	1/9-2/27	3:30-4:15P	10-14	1/2	\$52 /\$62 /\$78 /\$93	161800-01

**Youth Run & Cross Training**

Fitness Center

Stay active this winter with small group training sessions. Participants will receive energetic and effective exercise routines that will explore various aspects of exercise. Youth Run and Cross Training will include running, plyometric work, circuit strength, TRX, and functional fitness to help with speed, strength, and endurance.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Tu,Th	1/3-2/23	4:00-5:00P	9-14	12/27	\$85 /\$100 /\$125 /\$150	161802-03

ENRICHMENT

**ICI Studio  
Teen Classes**



Activity Room B

In this Painting and Drawing Class, the instructor will provide tips and techniques to help expand and improve each student's skills. Each week, a featured painting will be displayed with instructions for students to follow step-by-step. They will explore new paint brushes and practice mixing colors. Students will apply the steps directly to their own 16 x 20 canvas panel to take home each week. During the drawing portion of class, students will learn how to conceptualize contour lines in negative and positive space.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
M	1/9-2/13	2:45-4:00P	13-17	1/2	\$95 /\$112 /\$137 /\$162	153100-01

★ **Motivate Kids to Move**

Cardio Kids Fitness at Mason Community Center provides youth fitness equipment to children ages 7-12 years old.

- Free to Premier members
- Provided through the Community center Kids' Korner or with parent supervision



**WEDNESDAYS**

...  
**January 4 -  
February 22**  
...

**3:45 - 4:30 p.m.**

Enhance your sports performance with High Intensity Interval Training (HIIT). These full body workouts combine body weightlifting, running, and plyometrics.

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TEEN  
GRIT™**



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**25% OFF**

**ANY ONE ITEM**

sym·bi·o·sis is located along the Main Street corridor at Mason Community Center

One coupon per family. Not redeemable for cash. Facsimiles not accepted. Excludes discounted and postal items, and heart rate monitors.

• Valid through February 28, 2017 •

## AQUATICS

### Adult Group Learn to Swim Class



#### Leisure Pool

Beginner adults with little or no experience in the water will work on various skills and techniques to achieve the goal of water acclimation. Intermediate adults who have mastered submerging and floating will work on backstroke and freestyle readiness. Swimmers whose skills exceed the intermediate level should contact our Aquatics team for additional class options.

#### Beginner

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
M	1/7-2/18	7:05-7:35P	15 & up	12/28	\$65 /\$77 /\$97 /\$116	152334

#### Intermediate

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
M	1/7-2/18	7:05-7:35P	15 & up	12/28	\$65 /\$77 /\$97 /\$116	152334

### Bodies in Balance: Water

#### Leisure Pool

Join us to use to start your aquatic exercise program. You'll use the high resistance and low impact properties of water to increase overall muscle strength, endurance, balance, and flexibility. This water fitness program is ideal for those with arthritis, Parkinson's, fibromyalgia, discharged or phase 3 pulmonary rehab, or other joint complications. Led by a certified athletic trainer, Bodies in Balance: Water utilizes more rehab-based exercises compared to a traditional Water Fit class. There will be no make-up classes or rescheduling for any absences.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
M,W	12/5-12/28	9:10-9:55A	18 & up	11/28	\$56 /\$66 /\$83 /\$99	161607-01*
M,W	1/4-1/30	9:10-9:55A	18 & up	12/28	\$56 /\$66 /\$83 /\$99	161607-02*
M,W	2/1-2/27	9:10-9:55A	18 & up	1/23	\$64 /\$76 /\$95 /\$114	161607-03

\*No Class 12/26 & 1/16A

## ENRICHMENT

### CPR/AED Classes

#### Fire Station 51 Community Room

As part of our effort to make the community a safer place to live and work, the City of Mason Fire Department is offering a series of CPR classes in 2015. CPR training is free for Premier members and Mason residents, and a small fee for nonresidents (discounts available for nonresidents who are Basic members of Mason Community Center).

All CPR instructors are Mason Firefighter/Paramedics and Community Emergency Response Team (CERT) members. During the sessions, participants will learn adult and child CPR as well as the proper operation of an automated external defibrillator (AED). After the four hour class, participants will receive a certification from the American Heart Association.

Classes will be held in the community room at Fire Station 51, 4420 Mason-Montgomery Road. Please register through Mason Community Center.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
M	1/9	9:00A-1:00P	18 & up	1/2	\$0 /\$7 /\$0 /\$10	121620-03

### Foundations of Investment



#### Meeting Rooms

Building your investor IQ starts with understanding the basics. Whether you are new to investing or need a refresher, our Foundations of Investing presentation will help you learn about:

- The importance of developing a strategy
- The impact of asset allocation
- The influence of inflation on your long-term goals

Day	Date	Time	Age	Deadline	Fee	Activity
Tu	1/24	7:00-8:00P	18 & up	1/17	Free	113300-01

4th ANNUAL

## MASTERS SWIM MEET

Unleash your competitive edge against Masters Swimmers from all over the US.

Mason Community Center  
**COMING THIS JANUARY**

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- rehearsal dinners
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**CITY OF MASON OHIO**  
THE GOLF CENTER



**SH'BAM 25 Launch**  
Saturday, January 28



**GRIT Power Hour Launch**  
Saturday, January 14



**BODYPUMP 100**  
Launch

Saturday, January 21



**MASON COMMUNITY CENTER**  
6050 Mason-Montgomery Road • Mason, Ohio 45040  
[www.imagemason.org](http://www.imagemason.org) • 513.229.8555

# OPEN GYM TIME

December 2  
- March 12



CITY OF MASON OHIO  
*smarter than you imagine.*

**MASON COMMUNITY CENTER**  
6050 Mason-Montgomery Rd  
Mason, OH 45040

[www.imaginemason.org](http://www.imaginemason.org) • 513.229.8555



## WEDNESDAY

4 - 5P Gym A & B  
7 - 10P Gym A  
7:30 - 10P Field House Court 1\*

## THURSDAYS

4 - 5P Gym A & B  
5 - 6:30P Gym A  
6 - 7P Field House Court 1  
8 - 10P Gym A

## FRIDAY

4 - 10P Gym A  
4 - 7:30P Gym B  
8 - 10P Field House Court 1

## SATURDAY

8 - 10A Gym A  
8 - 9:15A Gym B  
10:30A - 12P Field House Court 1

## SUNDAYS

12 - 6P Gym A & B

## MONDAYS

4 - 5P Gym A & B  
6 - 10P Field House Court 1  
7 - 10P Gym A & B

## TUESDAYS

4 - 5P Gym A & B  
5 - 6:30P Gym A  
6 - 7P Field House Court 1  
8 - 10P Gym A

\*Beginning February 22, 2017, open gym will be available on Field House Court 1 at 6 p.m.

FITNESS & WELLNESS

### Train the Pig Info Session

Activity Room A

Have you yearned to do the Flying Pig Marathon but you don't want to run? Join the Mason Mighty Walkers for a free informational session to learn and join training for this premier event. Training begins in January at Mason Community Center and will include outdoor and indoor training sessions, nutritional information, and a great team atmosphere. Start your new year off right!

Day	Date	Time	Age	Deadline	Fee	Activity
W	12/7	6:30-7:30P	15 & up	11/30	Free	669102-03

### Fitness Assessments

Fitness Center

Take the first step toward better health today! To help you track your results and see how your hard work is paying off, we offer fitness assessments with our certified staff. Assessments include: heart rate, blood pressure, body composition, muscular strength, muscular endurance, cardiorespiratory fitness, and flexibility. Assessments are recommended every three to six months or at the start of an exercise routine. A full assessment takes approximately one hour. Please wear gym shoes and comfortable clothing. Please complete the Fitness Center Appointment Request Form at Mason Community Center or online at [www.imaginemason.org](http://www.imaginemason.org) to get started.

Day	Age	Fee (PRE/BAS)
Varies	15 & up	\$0*/\$30**

\*Up to 4 free assessments per year.  
\*\*Rate will be discounted from a personal training package purchased following your assessment.

## LES MILLS GRIT™ SERIES

30 MINUTE HIGH INTENSITY INTERVAL TRAINING

### Drop-in Group Exercise Classes

Beginning in 2017, Les Mills GRIT will be a drop-in group exercise class!

**Group Ex Class Fees:**

- Premier member: FREE
- Basic & Silver Sneaker members: \$2\*
- Healthy Living member: \$4
- Social member: \$6
- Nonmember: \$20 (adult day pass)

\*Older adult formats \$1



### Nutrition Tips

Member Lounge

Registered Dietitian Miriam K. Jackobs will be available to answer your nutrition questions and transform your eating habits. Stop by for some quick and easy tips about proper food planning and nutrition.

Day	Time	Age	Fee
Tu,Th	10:45-11:45A	15 & up	Free to members

### Living Well w/ Diabetes

Senior Lounge



Join other individuals who have diabetes to share ideas and support on living a healthy lifestyle.

Day	Date	Time	Age	Fee
Th	1/26	6:30-7:30P	18 & up	Free

### Starter Cycle

Studio C (2nd floor)

Starter Cycle is for the first-time cyclist. The class begins with tips on footwear, proper bike setup, and water intake. You'll then be guided through all the various climbs, jumps, and cadence speeds that are featured in our regular drop-in group exercise classes to ensure you build your strength and endurance for a safe and effective workout.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Sa	1/14	9:30-10:15A	12 & up	1/7	\$0/\$2/\$20/\$20	721300-08

### Starter TRX

TRX

This introductory class will prepare you for our regularly scheduled TRX classes. The instructor will help you focus on correct form, safety, and strength training that challenges your major muscle groups. This program will also feature cardio, flexibility, and balance elements that you will experience in the drop-in group exercise TRX classes. Registration is required.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Sa	1/14	8:30-9:15A	12 & up	1/7	\$0/\$2/\$20/\$20	721301-08

**JINGLE RIDE BE BEL**

**SAT. 24 DECEMBER**  
8:00 - 9:15 a.m.

Come with your holiday spirit and enjoy a holiday themed ride! Dress in your holiday workout gear and join us for the fun with a jingle. This program will feature icy intervals, holiday hills, and jolly jumps for 75 minutes of pedaling fun. Registration is required.

**MASON COMMUNITY CENTER**  
6050 Mason-Montgomery Rd • Mason, Ohio 45040  
[www.imaginemason.org](http://www.imaginemason.org) • 513.229.8555



## Personal Training Fitness Center

Looking for the best workouts to achieve your goals, need a coach to keep you motivated, or need to change up your routine of exercises? The certified personal trainers at Mason Community Center offer a variety of training packages to cater to individual needs, no matter what the goal. Stop by the Member Services Desk for more information or call 513.229.8555 to get started!

### Punch Passes for Multiple Visits

When you purchase a Personal Training package, your visits will be tracked through a punch pass system. Your visits will be linked to your membership card so you can find out how many sessions remain on your pass by stopping at the Member Services Desk.

Bring your membership card to the fitness desk when you come for your personal training appointment. Your trainer will scan your card at the beginning of each training session. You can renew your punch pass at Mason Community Center or by calling 513.229.8555.



## ★ Introductory Training Specials for Members

These are available to all members new to personal training for a one-time purchase. You can choose either package but won't have the option to take advantage of both.

- Three 30-Minute Introductory Sessions**     \$66
- Three 1-Hour Introductory Sessions**     \$99

### 30-Minute Personal Training Packages

Individual	Premier	Basic	Non-member
One 30-Minute Session:	\$35	\$42	\$63
Six 30-Minute Sessions:	\$189	\$223	\$273
Twelve 30-Minute Sessions:	\$370	\$436	\$486
Partner (train with a friend)	Premier	Basic	Non-member
One 30-Minute Session:	\$26 each	\$31 each	\$47 each
Six 30-Minute Sessions:	\$140 each	\$165 each	\$215 each
Twelve 30-Minute Sessions:	\$275 each	\$324 each	\$374 each

### 1-Hour Personal Training Packages

Individual	Premier	Basic	Non-member
One 1-Hour Session:	\$55	\$65	\$98
Six 1-Hour Sessions:	\$297	\$350	\$400
Twelve 1-Hour Sessions:	\$580	\$683	\$733
Partner (train with a friend)	Premier	Basic	Non-member
One 1-Hour Session:	\$41 each	\$49 each	\$74 each
Six 1-Hour Sessions:	\$221 each	\$260 each	\$310 each
Twelve 1-Hour Sessions:	\$433 each	\$510 each	\$560 each

### Small Group Training

30-Minutes	Premier	Basic	Non-member
3 Participants	\$18 each	\$22 each	\$33 each
4 Participants	\$14 each	\$17 each	\$26 each
Six 30-Minute Sessions	Premier	Basic	Non-member
3 Participants	\$97 each	\$115 each	\$165 each
4 Participants	\$76 each	\$90 each	\$135 each
Twelve 30-Minute Sessions	Premier	Basic	Non-member
3 Participants	\$190 each	\$224 each	\$274 each
4 Participants	\$148 each	\$175 each	\$225 each
1-Hour Session	Premier	Basic	Non-member
3 Participants	\$35 each	\$42 each	\$63 each
4 Participants	\$25 each	\$30 each	\$45 each
Six 1-Hour Sessions	Premier	Basic	Non-member
3 Participants	\$189 each	\$223 each	\$273 each
4 Participants	\$135 each	\$159 each	\$209 each
Twelve 1-Hour Sessions	Premier	Basic	Non-member
3 Participants	\$370 each	\$436 each	\$486 each
4 Participants	\$264 each	\$311 each	\$361 each

SPORTS

### Warm Water Aquatic Training

Fitness Center

Are you an athlete who is injured or unable to perform due to a past injury? Sign-up for Warm Water Aquatic Training with our certified Athletic Trainer! The Hydroworx Warm Water Pool features a built-in, powered aquatic treadmill that smoothly accelerates from .1 up to 8.5 mph to simulate land-based walking, running, or sports-specific activities without the bodyweight and joint impact experienced on land. Email [fitness@masonoh.org](mailto:fitness@masonoh.org) to sign up today!

### Clinical Exercise Program

Fitness Center

Our clinical exercise program is designed by a certified athletic trainer for those looking for a medically based exercise program. Through the various services the Community Center offers—the fitness floor, track, and warm water therapy pool—your certified athletic trainer will design a personalized exercise prescription to ensure your safe return to exercise and activity.

Please contact the Wellness Supervisor for more information at 513.229.8555.

#### Introductory Clinical Exercise Sessions

Three 30-Minute Introductory Sessions \$76  
 Three 1-Hour Introductory Sessions \$106

	PRE	BAS	MR	NR
One 30-Minute Session	\$40	\$48	\$60	\$72
Four 30-Minute Sessions	\$144	\$170	\$195	\$220
Eight 30-Minute Sessions	\$216	\$255	\$280	\$305
One 1-Hour Session	\$60	\$71	\$89	\$107
Four 1-Hour Sessions	\$216	\$255	\$280	\$305
Eight 1-Hour Sessions	\$422	\$497	\$522	\$547

### Adult Drop-In Badminton

Field House Court 1

Drop in for some open play during designated badminton times. A one-time per year free registration is all you need to begin. Once registered, members play for free as long as your membership remains active. Registered nonmembers can play any day for just \$5 each day.



Day	Date	Time	Age	Fee	Activity
<b>Members</b>					
T,Th,Sa	1/3-12/30	varies*	18 & up	Free	722201-0105***
<b>Nonmembers</b>					
T,Th,Sa	1/3-12/30	varies*	18 & up	Free**	722201-02***
*T,Th: 7 to 9P and Sa: 8 to 10:30A			**Registration is free; \$5/day to play, payable at the desk.		
***No 7/4, 9/16 and 11/23					



Call 513.229.8555 or stop in to Mason Community Center and learn more about Premier Member Benefits!



LEUKEMIA & LYMPHOMA SOCIETY®

RACE TO ANYPLACE

Out Pedal Cancer!

Help Raise Funds for Lifesaving Cancer Research



March 18, 2017 • Mason Community Center • 8:00 a.m. - 2:00 p.m.  
 12 person teams compete for most mileage and donations. Call Amy at 513-698-2454 for more information today!

★ **Golf Tip:**  
**Stay Moving This Winter**

Practicing your golf swing over the winter requires determination and creativity. Working on your strength and flexibility will help you play better and avoid injury when the weather breaks. Swinging a weighted club will help maintain your flexibility and improve strength in your wrists and arms that will lead to increased club head speed. Do this in front of a mirror and check your balance at the end of your swing. Always finish with your belt buckle facing the target.

Try this over the winter and come springtime, you may find that 10 extra yards you have been looking for.

*Andy Horn*



**Men's Drop-In Basketball**

**Gymnasium A**

This open play during designated drop-in basketball times is for males 18 years of age and older. Members: register once and you will be eligible for free play during the designated times as long as your membership remains active. Nonmembers: registration is good for the selected drop-in date only and the fee to participate is \$5 per 2-hour open play.

Drop-in times will be on Mondays and Wednesdays from 5 p.m. to 7 p.m. and on Saturdays from 10 a.m. to 12 p.m. Drop-In Basketball will run all year.

A Mason Community Center staff member will be present on the courts to verify that all participants are registered and following the posted rules.

Day	Date	Time	Age	Fee	Activity
<b>Members</b>					
M,W,Sa	1/2-12/30	varies*	Men, 18 & up	Free	722200-05***
<b>Nonmembers</b>					
M,W,Sa	1/2-12/30	varies*	Men, 18 & up	Free**	722200-06***
*M,W: 5 to 7P and Sa: 10A to 12P			**Registration is free; \$5/day to play, payable at the desk.		
***No Class 5/29, 7/3, 9/4, 9/16 or 12/25					

**TECHNOLOGY**

★ *Learn computer basics or how to search the internet, set up an email account, and sell or buy something on eBay with computer classes at Mason Community Center's Senior Center. Digital photo imaging and editing is also offered! Call 513.229.8555 to inquire today! Classes are typically held on Tuesdays 10 a.m. and 7 p.m. as well as Wednesdays at 10 a.m.*

★ **Safety Camp**



Book your next outing with



CITY OF **MASON** OHIO  
THE GOLF CENTER

Enjoy your day and leave the rules, contests, prizes, and menus to us!

.....

Business Professionals!  
Great lunch time get-away at the 4-hole Academy Course.

.....

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Mason, Ohio 45040**

Reserve your outing by calling Becky: 513.573.3302  
Website: [thegolfcenter.com](http://thegolfcenter.com)

City of Mason Departments teamed up to provide Safety Camp to the youth in the community. The camp included activities such as water, bike, weather, fire and park safety.

## ENRICHMENT

### Picasso Painters

#### Activity Room A

Try your hand at painting with Charlene Reinard. No experience is required—people with various levels of skill will learn from each other. Bring your own supplies. This free class is limited to 15 people and is on a first come, first served basis.

Day	Time	Age
Tu	9:30-11:00A	55 & up

### AARP Tax Assistance

#### Meeting Rooms



AARP Tax-Aide is the nation's largest volunteer-run tax Counseling and Preparation service. This free service is designed for low- to moderate-income seniors with less complicated returns. Make an appointment through the Community Center's Senior Center in person or by phone at 513.229.8555.

Please bring Social Security cards for all people listed on your return, your 2015 completed tax return, 2016's tax documents, and your checkbook. Both taxpayer and spouse must be present with a government issued photo ID or with power of attorney.

Date	Age	Deadline	Fee	Activity
Tu, W	2/1-4/12	9:00A-2:00P	55 & up	Free

### Healthy Heart

#### Senior Center

Come enjoy a presentation on Heart Health provided by Caring Place Healthcare Group and The Lodge Rehab Center. Breakfast is included.

Day	Date	Time	Age	Deadline	Fee	Activity
W	1/18	9:30-10:30A	55 & up	1/11	Free	141510-01

### Understanding & Managing Hearing Loss & Its Consequences

#### Senior Lounge

Learn about the causes and symptoms of hearing loss, health concerns related to hearing changes, rehabilitation strategies to improve your quality of life, and hearing aid technology with this informative presentation.

Day	Date	Time	Age	Deadline	Fee	Activity
Th	2/9	1:15-2:15P	55 & up	2/2	Free	141509-01

### ★ Cards, Games & More!

Do you enjoy playing cards and getting together with friends? Come join one of the Senior Center's many card and game groups including Hand & Foot Canasta, Euchre, Party Bridge, Mah Jongg, and Dominoes. Duplicate Bridge requires a reservation. Call the Senior Center at 513.229.8555 for days and times or additional information.



## FITNESS & WELLNESS

### Senior Fitness Training

#### Fitness Center

Stay strong with a senior workout program that is perfect for all fitness levels. Join us in a circuit program designed and run each week by a certified personal trainer and utilizes TRX straps, BOSU, stability balls, dumbbells, medicine balls, and more. Circuit training is a great way to get maximum results in minimal time and provides full body fitness, toning, and strength.



Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Tu, Th	12/6-12/29	8:45-9:30A	55 & up	11/29	\$55/\$65/\$82/\$98	161603-16
Tu, Th	1/3-1/26	8:45-9:30A	55 & up	12/27	\$55/\$65/\$82/\$98	161603-17
Tu, Th	2/2-2/28	8:45-9:30A	55 & up	1/26	\$55/\$65/\$82/\$98	161603-18

### Line Dancing

#### Studio B

Kick up your heels and learn how to boot-scoot-boogie with this informative and fun class. All are welcome and you don't need a partner to dance. Please note that black-soled shoes and heels are not permitted in this room.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
M	12/19-1/23	12:30-1:30P	18 & up	12/12	\$17/\$20/\$25/\$30	141300-01

### Senior Fitness Assessments

#### Meeting Rooms

A team of certified personal trainers will use age-specific assessment tests that monitor the functional fitness performance of older adults. By taking the Senior Fitness Assessment, you will find out how you compare to others of the same age and gender. You will receive personalized feedback to help relate results of your assessment to the types of daily tasks and activities you want to continue to do or want to do better.

Free to Senior Premier and Silver Sneaker members.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Tu	1/17	10:00-10:30A	60 & up	1/10	\$0/\$10/\$13/\$15	161601-16
Tu	1/17	10:15-10:45A	60 & up	1/10	\$0/\$10/\$13/\$15	161601-17
Tu	1/17	10:30-11:00A	60 & up	1/10	\$0/\$10/\$13/\$15	161601-18
Tu	1/17	10:45-11:15A	60 & up	1/10	\$0/\$10/\$13/\$15	161601-19
Tu	1/17	11:00-11:30A	60 & up	1/10	\$0/\$10/\$13/\$15	161601-20
Tu	1/17	11:15-11:45A	60 & up	1/10	\$0/\$10/\$13/\$15	161601-21
Tu	1/17	11:30A-12:00P	60 & up	1/10	\$0/\$10/\$13/\$15	161601-22
Tu	1/17	11:45A-12:15P	60 & up	1/10	\$0/\$10/\$13/\$15	161601-23

### Parkinson's Support & Group Exercise

#### Senior Lounge

Mason's Parkinson's Support Group offers you education, exercise therapy, and support that have proven beneficial in helping cope with this disease. On the third Thursday of each month, there is a pot luck dinner at 6 p.m. followed by a speaker at 6:30 p.m. Please call Jane Herrington at 513.784.8430 with any questions.

Day	Time	Age	Fee (PRE/BAS/MR/NR)
T, Th	5:00-6:00P	18 & up	\$0/\$0/\$1/\$1

## Blood Pressure Checks

Senior Center

The only way to find out if you have high blood pressure is to have your blood pressure checked. Get yours checked at the Community Center through First Advantage Homecare, Brookdale at Long Cove Pointe, Senior Center Volunteers, Queen City Homecare, Central Parke, and Hillandale Family of Communities.

Day	Time	Fee
M,W	9:00-10:00A	Free

## Tai Chi

Studio A

The style of Tai Chi Chuan emphasizes soft and slow movements which enhances lower body strength and improves circulation, balance, and stability.

Day	Time
<b>Beginner</b>	
Th	12:00-1:00P
<b>Advanced</b>	
Th	1:00P-3:00P

## Pickleball

Gymnasium B

Pickleball is a combination of badminton, ping-pong, and tennis. Two to four players use paddles to hit a ball back and forth over the net. Pickleball provides the cardiovascular workout you're looking for. Equipment can be checked out at the Member Service Desk.

Day	Time	Age
<b>All Skill Levels</b>		
W	12:30-2:30P	50 & up
<b>Beginner</b>		
M	12:30-2:30P	50 & up
F	12:30-2:30P	50 & up
<b>Advanced</b>		
Tu, Th	12:30-2:30P	50 & up

## Water Aerobics Group Exercise Classes



Water classes provide a full body workout!

## SPECIAL EVENTS

### Casino Motorcoach Day Trip

Join us for a fun trip to the Belterra Park Racino located at River Downs Racetrack. Space is limited. Register online or by visiting or calling the Senior Center at 513.229.8555. Your bus ride, lunch buffet, and \$10 slot play are included.

Day	Date	Time	Age	Deadline	Fee (PRE/BAS/MR/NR)	Activity
Tu	2/21	10:00A-4:00P	55 & up	2/7	\$23 /\$23 /\$26 /\$26	149101-01

### ★ Movie Day!

Come and enjoy a movie in the Senior Center on the third Friday of each month. Free popcorn and drinks are available and provided by Brookdale at Long Cove Pointe.



### Pot Luck Luncheon

Senior Center

Join us during these cold, winter months. Main entrees are provided by our generous sponsors—Barrington of West Chester, Chesterwood, Mason Christian Village, Mason Health Care, and other visiting organizations. Each individual attending must bring a side dish to serve 8-10 people. Reservations are required and can be made by calling Mason Community Center's Senior Center at 513.229.8555.

Beginning January 26, the Senior Center will host a **Meet New Friends Day** during the 4th Thursday of the month's Pot Luck Luncheon. You will draw a number upon arrival to determine what table you, or you and your spouse, will sit for the lunch.

Day	Date	Time	Age	Fee
Th	12/1-2/23	12:00-1:00P	55 & up	\$1

### Safari Lunch

Let's go on a SAFARI! One Wednesday a month, members of the Senior Center will meet at a local restaurant. Reservations are required and can be made under MASON SENIOR CENTER.



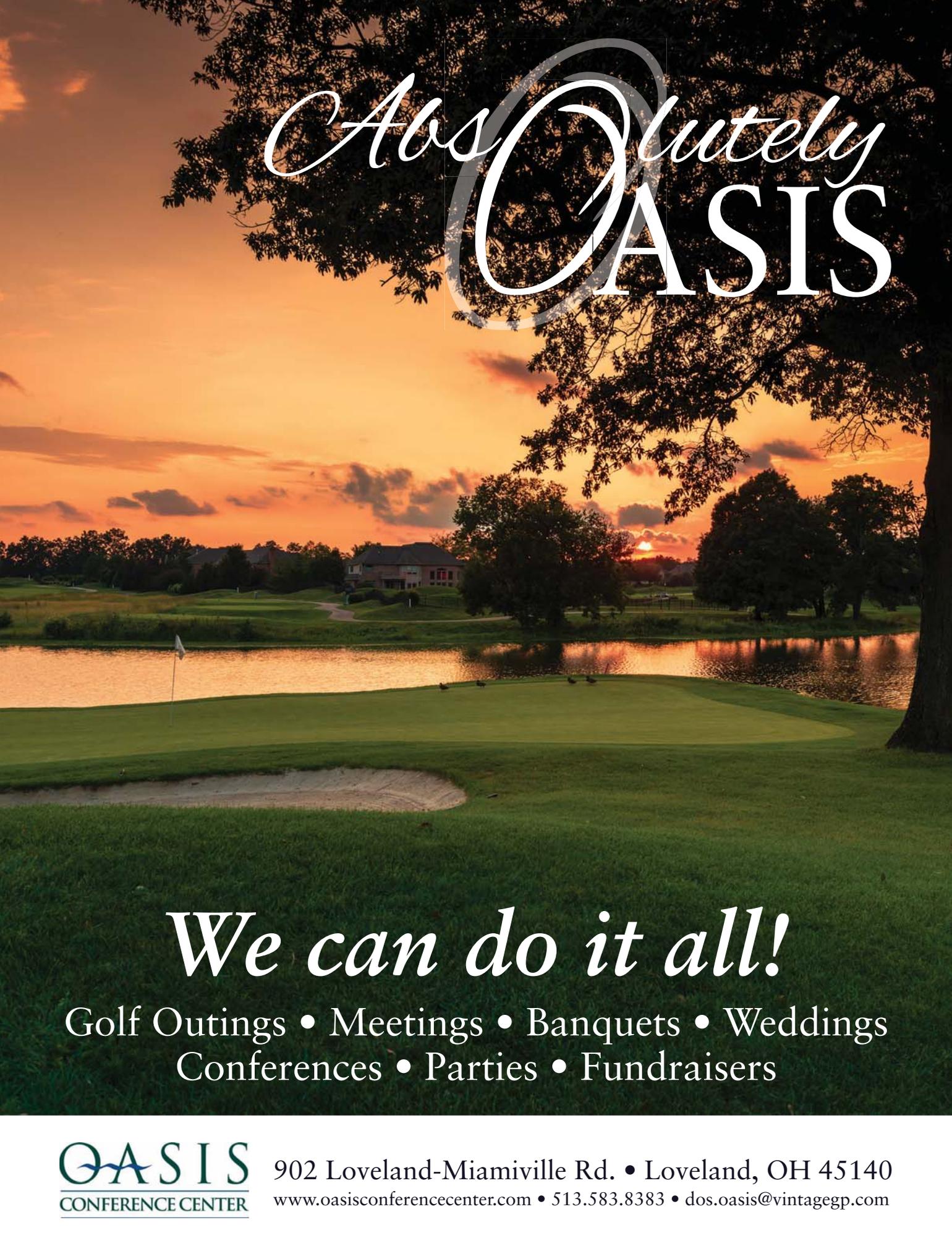
Day	Date	Time	Age	Deadline	Fee
W	12/14	1:00-3:00P	55 & up	12/12	*
Olive Garden, 4900 Fields-Ertel Road, Cincinnati, Ohio					
W	1/11	1:00-3:00P	55 & up	1/9	*
P.F. Chang, 9435 Civic Centre Boulevard, West Chester, Ohio					
W	2/8	1:00-3:00P	55 & up	2/1	*
Phoenician Taverna, 7944 S. Mason Montgomery Road, Mason, Ohio					

\*Participants purchase their own food and drinks.

### ★ Complimentary Valet Parking

The City of Mason now offers complimentary valet parking at Mason Community Center from 9 a.m. to 2 p.m. Monday through Friday.





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# Ron Garland

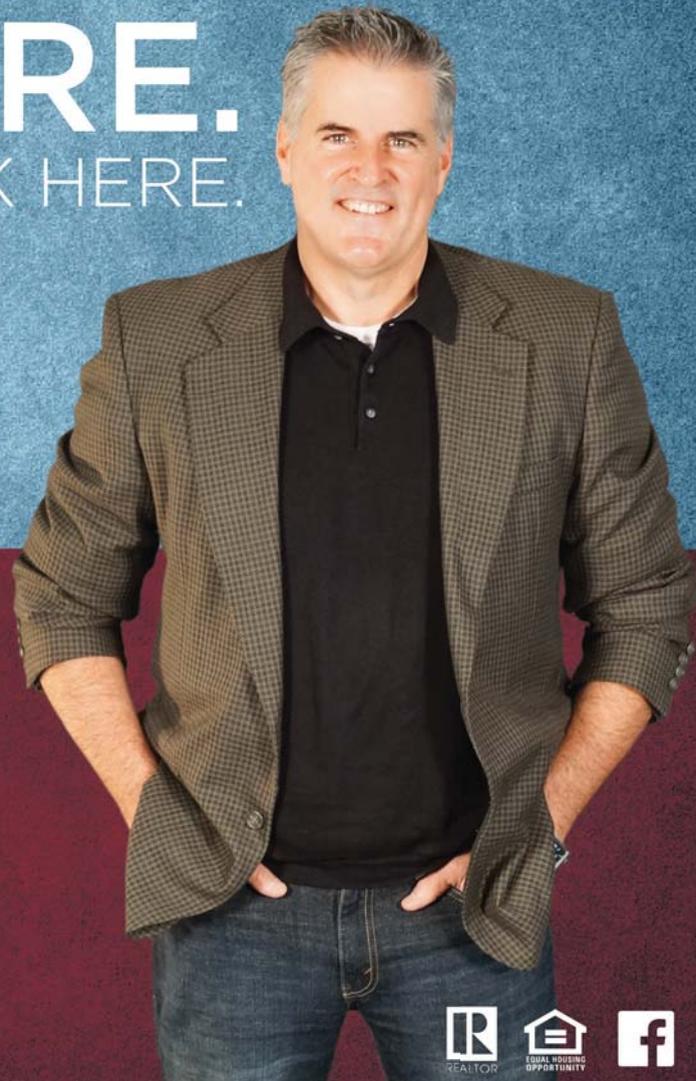
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REALTORS.

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I will be happy to assist you!

I am a long time resident who has  
raised my family here and I love  
calling MASON MY HOME!



Ron  
Garland

Ron@RonGarland.com  
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