

The Sentinel

The newsletter for members of the Upper Arlington Senior Association

JANUARY 2021

2021 Upper Arlington Senior Association Membership Dues

2021 UA Senior Association membership renewal letters will be in the mail soon. Annual fees (\$15 for UA Residents/\$20 for non-residents) are due January 2021 and each member receives their own letter and must fill out their individual forms. Complete the forms, enclose payment and place it in the mail with the provided return envelope. If more than one person in the household is becoming a member, you may use the same check/credit card, enclose both membership forms and send in one envelope. **Checks are payable to the Upper Arlington Senior Association.** Your membership dues and donations work to support the senior center in the best interest of the members. Your annual membership also supports year-round costs. Examples include our monthly newsletter mailings, program equipment and supplies to benefit membership, landscaping services and other items the Association Board deems necessary to assist with programs and service to the membership.

Pictures in the Parks Photo Contest Winners!

Congratulations to our winners of our "Pictures in the Parks" photo contest! We received many wonderful pictures from our members, residents and their family members enjoying our beautiful UA parks. Thank you to all who participated. All of the photos will be available to view online soon. Thank you to The Sanctuary at Tuttle Crossing for sponsoring this event and providing the gift cards.

1st place \$100 gift card - Amy Colgan's photo taken at Fancyburg Park

2nd place \$75 gift card - Janet Newlon's photo taken at the playground at Oxford Park

3rd place \$50 gift card - Karen and Rick Pence's photo taken at Northam Park's Golden Bear



1st Place - Amy Colgan



2nd Place - Janet Newlon



3rd Place - Karen & Rick Pence



Senior Center Drop Box

The Senior Center now has a locked drop box for your convenience. Located curbside along the driveway of Bldg 3 on your left, you can pull up and drop off your Senior Association membership forms, dues, registrations and class payments. The box is checked during regular business hours of Monday-Friday from 8 am-4 pm.

Pictured: Joe Anastasi, Senior Advisory Council President, showing how easy and accessible the new drop box is.

AARP Tax Counseling & Electronic Filing

For information on the AARP Tax Counseling services visit aarpfoundation.org/taxaide or call 1-888-AARP NOW (1-888-227-7669). No locations have been announced at the time of this newsletter production.

Senior Center Holiday Hours

Fri, Jan 1 - All City offices are closed in observance of New Year's Day
Mon, Jan 18 - All City offices are closed in observance of Martin Luther King Jr. Day

Founders of the United States

Ed Lentz

Jan 8 - A Time of Revolution 1763-1783

Jan 15 - A Trust in Articles of Confederation 1783-1787

Jan 22 - Making & Selling a Constitution 1787-1788

Jan 29 - Governing a New Nation 1788-1800

Feb 5 - Division & Faction 1800-1804

Feb 12 - New Times in a New Country 1804-1808

Fri, 10 am, Jan 8-Feb 12 (6 sessions)
10 am, Zoom, \$30 by 1/7

Senior Support Group

Coping Through COVID-19

Attendees receive resourceful information in a group setting from licensed Social Workers from Syntero, along with adaptive recreation and leisure outlets from a certified Recreational Therapist. Practical solutions to challenges posed by COVID-19 will be an ongoing theme, while also sharing coping strategies to decrease feelings of isolation, anxiety, depression, among other challenges. This is a relaxed and enjoyable forum which encourages participation among attendees.

Fri, Jan 8 & 22, 1 pm, Zoom

Free, register in advance

Bingocize®

Loretta Sweeney

Exercise can help prevent chronic diseases and falls in older adults, but unfortunately, less than 15% of older adults exercise regularly. Many older adults report that traditional exercise programs are not enjoyable, leading to inactivity and related health issues. Bingocize® offers a unique solution that mixes exercise, health education and bingo to help overcome health problems, and the best part is that it's fun and free!

Mon | Fri, Jan 11-Mar 26, 1-2 pm (skip 1/18, 2/15), Zoom

Free | Free SilverSneakers®/Renew Active, register in advance

Basics of ZOOM

UA Library's Technology & Media Librarian

Learn the basics of the ZOOM screen so that you can navigate video calls with confidence. Learn how to find and change the audio and video settings on calls; how to chat with fellow participants; how to change your background for extra privacy and more.

Tue, Jan 12, 11:30 am, Zoom

Free, register by 1/11

Book Club: *Once Upon a River* by Diane Setterfield

Volunteer Led

Once Upon a River is a glorious tapestry of a book that combines folklore and science, magic and myth. Suspenseful, romantic, and richly atmospheric, the beginning of this novel will sweep you away on a power current of storytelling.

Wed, Jan 13, 11:30 am, Zoom

Free, register by 1/11

Mindful Mandala Doodle©

Virtual Workshop

Kathy Rausch

Learn how to draw an 8"x8" mandala using ancient techniques of creativity. There is no artistic experience required! Supplies needed: pencil, eraser, drawing paper (any journal, drawing pad or blank paper will work), markers and/or colored pencils.

Thu, Jan 14, 3-4 pm, Zoom

\$10 by 1/12

Read/Watch/Listen: Library E-Resources

UA Library's Technology & Media Librarian

Downloadable e-books, audiobooks and streaming movies, TV and music: learn about the latest and most popular additions to the library's e-resource collections, and learn how to watch, read and listen from home using your computer or mobile device. You must have access to a computer with a microphone and webcam, or to a mobile device with the ZOOM app already installed.

Tue, Jan 19, 11:30 am, Zoom

Free, register by 1/18

Virtual Bingo

Sponsored by Mayfair Village

Join us online, see some familiar faces and have a little fun. You can use an online bingo card, print or create your own. New participants are welcome!

Wed, Jan 20, 11:30 am, Zoom

Free, register in advance

Music Mini-Chats

Vaughan Music Studios

Join Vaughan Music Studios to chat and discuss a variety of musicians once a week. An email is sent to you that week with a link to join the ZOOM session.

Jan 21: Buddy Holly & other Iconic Rockers from the '50s

Jan 28: Led Zeppelin

Feb 4: Smokey Robinson Close Up

Feb 11: The Blues Brothers

Thu, Noon-1 pm, Zoom

Free, register by 1/19

iPhone Series

Gregg Montgomery

It is recommended that you ZOOM on your computer and have the iPhone free to use during class.

Jan 25 - Basics, Buttons & Phone App

Feb 1 - App Store & Apple ID

Feb 8 - Contacts & Calendars

Feb 15 - Camera

Feb 22 - Photos

Mar 1 - Text Messages

Mar 8 - Maps & Safari

Mar 15 - Siri & FaceTime

Mar 22 - Notes & Reminders

Mar 29 - What's new in iOS 14

More details available, see pages 40-41 in your Winter Activity Guide.

Mon, 1-3 pm, Zoom

\$20 per class, register by Thu prior

Cozy Mystery Book Club

Volunteer Led

An author is chosen each month and you choose the book you prefer to read from that author and share your thoughts with the group.

Mon, Jan 25, 2:30 pm, Zoom

Free, register by Fri prior

Current Events

Volunteer Led

Jan 5 - *National Popular Vote* with Ed Sweeney, Member

Jan 12 - *Proposed Community Center* with Marjorie Pizzuti, Task Force Chair

Jan 19 - *How to See the World* with Paula Lambert, Author and Artist

Jan 26 - *Staying Resilient* with Pat Snyder, Certified Coach & *ThisWeek* Columnist

Tue, 2 pm, Zoom

Free, registration required

Stock Market Discussion Group

Volunteer Led

Thu, Jan-Mar, 2 pm, Zoom

Free, register in advance

Virtual SilverSneakers® Fitness Classes!

Advanced registration is required for all programs.

BOOM - Move It, Muscle, Mind

Jennifer Ramsey

Bring your BOOM friends home virtually for a BOOM ZOOM! Fast paced, higher intensity group exercise classes help you cross your fitness plateau. Do you want to see results faster? BOOM - Move It, Muscle and Mind can take you where you want to be.

Tue | Thu, 9 am, Zoom

\$27 - January

Free SilverSneakers®/Renew Active

SilverSneakers® Classic

Jennifer Ramsey

Join us online to have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Use a sturdy chair for seated and/or standing support.

Tue | Thu, 10 am, Zoom

\$27 - January

Free SilverSneakers®/Renew Active

SilverSneakers® Circuit

Jennifer Ramsey

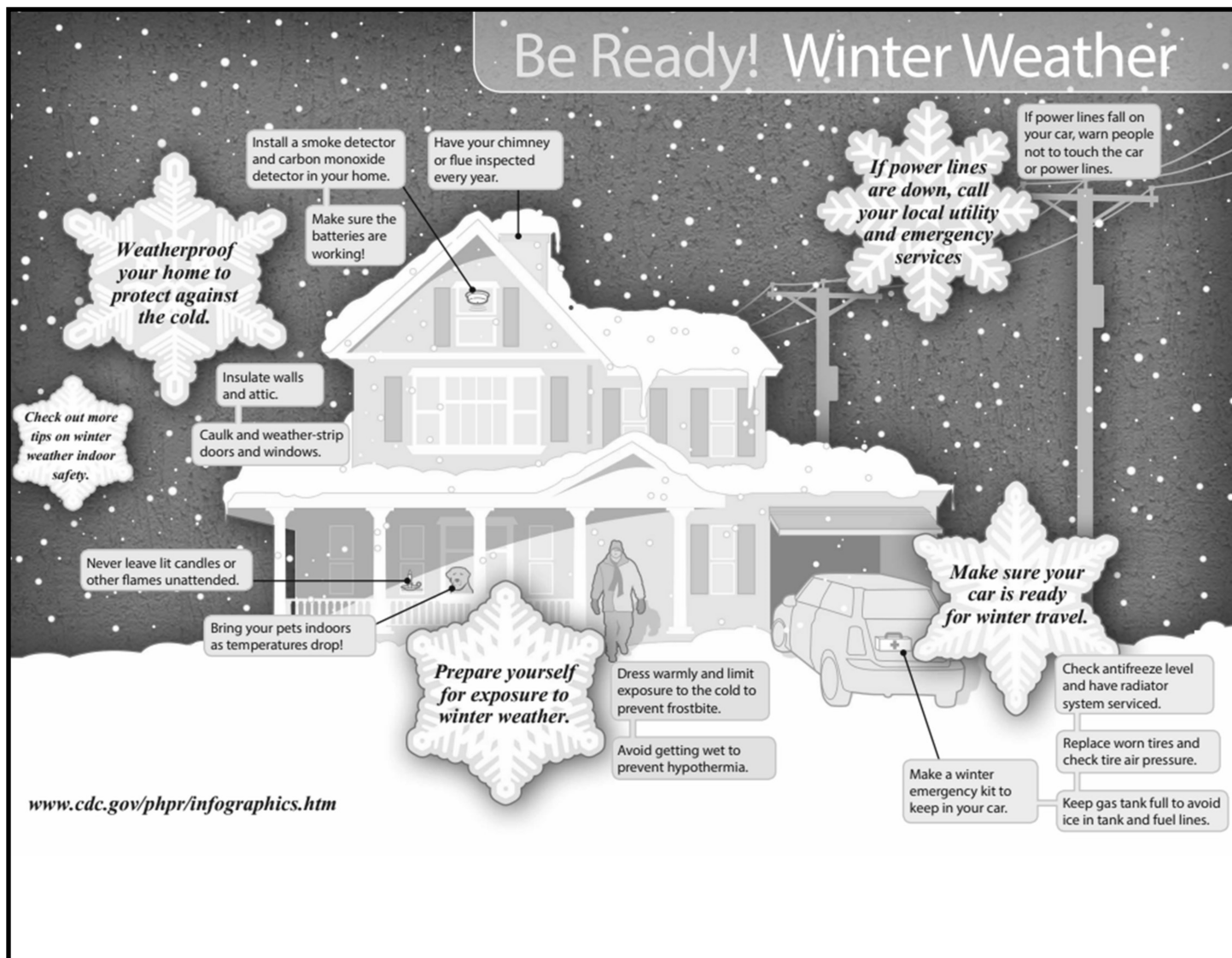
See your friends while combining fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. It is an upper body strength workout using hand-held weights alternated with non-impact, aerobic choreography. A chair is need for support, head to toe stretching and complete relaxation in a comfortable position.

Wed, 10 am, Zoom

Fri, 8:30 am, Zoom (skip 12/25)

\$27 - January

Free SilverSneakers®/Renew Active





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Upper Arlington Senior Center

1945 Ridgeview Road
Upper Arlington, OH 43221
Phone: 614-583-5320
Fax: 614-442-4006
Web Site: parks.uaoh.net
Email: parks@uaoh.net
Hours: M-F, 8 am-4 pm

The City of Upper Arlington's Senior Center is owned and operated by the City of Upper Arlington, Parks & Recreation Department.

The Sentinel

614-583-5320 • parks.uaoh.net

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Zoom Etiquette

After hosting quite a few Zoom programs, we can say everyone has been doing a great job with this new format. A few friendly reminders for you:

- Remember to mute yourself to help alleviate any background noise (tv, radio, cat, dog, children, etc.)
- If you need to step away from your computer, mute and turn your video off so everyone does not get distracted by what you are doing.
- Have patience with one another, this is new to many people who may not be as savvy as you with this new format. Please plan to share and participate in discussion groups; however, please also be sensitive and allow time for others to comment and participate.
- Take into consideration basics such as language, turn taking, respecting instructions of the instructor/moderator as they conduct the meeting and being sensitive to others by not using phrases or words that can be deemed offensive in a religious or political manner.
- Unless the session topic focuses on such our Zoom sessions are not a place for individuals to air out their political opinions or frustrations, unless expressed in a respectful manner.

Please note that individuals who are non-compliant with these common courtesies, will either be muted, or no longer permitted to participate in our Zoom offerings. More **Basics of Zoom** classes are offered, see page 2 in this newsletter for more information or page 41 in your Winter Activity Guide.

2021 Senior Advisory Council

Joe Anastasi, *President*
Terry Kennedy-Mancini, *Vice President*
Karen Patrick, *Secretary*
Estelle Scott, *Treasurer*
Jeannine Palmer, *Assistant Treasurer*
Glenn Beebe, Miriam Clubok, Sue Coen,
Hollie Goldberg, Maryellyn Kress, Steve Marks,
Susie Pisanelli, Arlene Rucker and
Anne Weilbacher

Senior Association Board of Trustees

Joe Anastasi, Georgia Bruce, Fred Minich,
Estelle Scott and Lori Wengert

Senior Center Staff

Patrick Monaghan, *Recreation Manager*
Jane Sindel, *Recreation Program Supervisor*
Shannon Guy, *Recreation Program Supervisor*
Nancy Schwartz, *Administrative Assistant*
Mark Rechsteiner, *Part-time Recreation Leader*
Mary Beth McNeal, *Part-time Fitness Attendant*

The Senior Advisory Council meets the second Friday of the month at 1 pm in Bldg 1, Rm 104. Membership to the UA Senior Association is \$15 per calendar year for residents or former residents and \$20 for non-residents.