

THE Sentinel

The newsletter for members of the Upper Arlington Senior Association

OCTOBER 2022

What's the New Building at Kingsdale?

There have been a lot of questions about what is currently under construction at the Kingsdale Shopping Center and in fact, quite a few people thought it was the Community Center; however, it is The Coventry Senior Living building. Their Community Relations Director, David Yant, is here on Wed, Oct 19 at 10:30 am in Bldg 3, Rm 301 with a presentation and to answer any questions you may have. Light refreshments provided. Registration is required as space is limited.

UA Senior Association Catered Box Lunch - Chocolate Café

Thu, Oct 20, 11 am

\$10, register by 10/17 - complete order form with payment in Bldg 2

Lunch orders are non-refundable and must be claimed the day of delivery between 11 am-Noon.

Box Lunch #1: Chicken Salad on Croissant (house-made w/spinach, parmesan), Chips, Bottle of Water and Dessert (choose 1 from list)

Box Lunch #2: Turkey, Bacon & Swiss on Wheat (w/lettuce, tomato, honey-mustard Dijon), Chips, Bottle of Water and Dessert (choose 1 from list)

Dessert (Choose 1): Small Cookie, Truffle or Chocolate Covered Strawberry

Studio 55 - Expanded Hours & Hiring!

Fall Evening Hours Expanded

M-F, 8 am-7 pm

Sa, 8 am-Noon

We are looking to hire another Fitness Studio Attendant to join our Studio 55 team! If you or someone you know is interested, please have them inquire with Olivia Stuck, Fitness and Wellness Supervisor or they can apply online by visiting <https://www.governmentjobs.com/careers/uaoh>.

The Mystery of History II

Richard Bloom

No prorating/refunds for missed classes.

Oct 24 - A Yanqui Boogie

Oct 31 - Judge for Yourself

Nov 7 - Body Language

Mon, Oct 24-Nov 28 (6 sessions)

10-11 am, Bldg 1, Rm 104

\$30 by 10/20

Nov 14 - The Plane Truth

Nov 21 - A Lady Never Tells

Nov 28 - The External Triangle

French Art, Love & Madness

Josie Gonot, A Taste of France

We examine the relationship between famous French artists and their documented struggles with mental illness.

Tue, Oct 11-Nov 1 (4 sessions)

Noon-2 pm, Bldg 2, Rm 204

\$50 by 10/7

Life Lines©

Trudy Krisher

Capture your memories for your family, for a memoir or for a personal journal.

Thu, Oct 13-Nov 17 (6 sessions)

12:30-1:30 pm, Bldg 3, Rm 301

\$30 by 10/11

Registration Required for All Programs

"Dancin" Eras - '50s, '60s, '70s

Mary Bova-Ervin

Review dances from the past that may include the Jitterbug, Rock'n'Roll, The Stroll, Hully Gully, the Twist, Mashed Potato, Watusi and more!

Tue, Oct 4-Nov 15, 9-9:45 am

(skip 10/25) (6 sessions)

Bldg 2, Rm 205

\$50 | \$40 SilverSneakers® by 9/30

Pumpkin Decorating

Dedicated Senior Medical Center

Supplies and materials provided.

Wed, Oct 5, 2:30-3:30 pm

Bldg 1, Rm 104

\$5 by 9/30

Festive Apron

Mary Ellen Armentrout

Bring your own machine and be familiar with its operation, all other materials included.

Thu, Oct 6, 1-4 pm, Bldg 1, Rm 105

\$20 by 10/4

Shakespeare: *Macbeth*

Brad Bradford

Bring your own copy of this play.

Tue, Oct 18-Nov 22 (6 sessions)

10-11 am, Bldg 1, Rm 104

\$30 by 10/14

Hiking Club

UASC Staff

Tue, Oct 18, 1-2:30 pm, Location TBA

\$5 by 10/14

Grandparent & Me Storytime & Craft

Carol Mariotti

Note: Parent must register their child for this program and include the name of the adult attending with the child.

Mon, Oct 17, 10:30 am-Noon

Bldg 2, Rm 204

\$20 per child by 10/10

Board Game Day - NEW!

Do you like to play board games like Scrabble, Monopoly, Backgammon, Checkers, Chinese Checkers, Sorry? A few options will be available or bring in your own board game to play!

Mon, Ongoing, 12:30-2:30 pm
(skip 10/17, 11/21, 12/19)

Bldg 2, Café UA

Free, registration required

Drawing for Beginners:**Birds & Critters**

Mindy Newman

Mon, Oct 3-24 (4 sessions)

10:30 am-12:30 pm, Bldg 1, Rm 105

\$40 by 9/29 (Waitlist Only)

iPhone Series

Gregg Montgomery, TechKnowledge

Bring your iPhone fully charged.

Oct 3 - App Store

Oct 10 - Camera

Oct 17 - Photos

Oct 24 - Messages

Mon, 1-3 pm, Rm 301

\$20/class by Thu prior

Fitness Trek: Healthy Living for Your Brain & Body

Missy Rouse, Alzheimer's Association

Tue, Oct 4, 8:30 am, Bldg 2, Rm 204

Free | Free SilverSneakers® by 9/30

Read/Watch/Listen:**Library E-Resources**

UA Library's Technology & Media Librarian

Tue, Oct 4, 10-11 am, Bldg 3, Rm 301

Free for Members, register by 9/30

Mac Intro Series (Evening Classes!)

Gregg Montgomery, TechKnowledge

Students use our Mac laptops.

Oct 4 - Finder

Oct 11 - Safari & App Store

Oct 18 - Contacts & Calendars

Oct 25 - Notes, Reminders & FaceTime

Nov 1 - Mail

Nov 8 - Photos

Nov 15 - System Preferences

Tue, 6:30-8:30 pm, Bldg 3, Rm 301

\$20/class by Fri prior

Watercolor Workshop:**Birds & Critters**

Mindy Newman

Tue, Oct 4-25 (4 sessions)

1-3 pm, Bldg 1, Rm 105

\$40 by 9/29 (Waitlist Only)

The Art & Science to Successful Aging

Ray Montemayor

Oct 6 - Longevity: Living Longer & Wiser

Oct 13 - Brain Development:

The Growth of Older Minds

Oct 20 - Personality Development:

Becoming Who We really Are

Oct 27 - Social Relations:

The Importance of Family & Friends

Thu, 10 am-Noon, Bldg 2, Rm 204

\$10/class by Tue prior

Lunch Buddies**Volunteers Needed!**

Join Tremont Elementary students for lunch and games! We have Columbus Metro Parks coming out to speak. Lunch is on your own.

Thu, Oct 6, 11:10 am-Noon

Bldg 2, Rm 205

Free, register by 10/4

Thursday Line Dance

Robin Lawrence Poses

Beginners welcome!

Thu, Oct 6-27 (4 sessions)

10-11 am, Bldg 2, Rm 205

\$15 by 10/4

Friday Line Dance

Stacy Coil, Professional Dance Instructor

Experienced dancers welcome!

Fri, Oct 7-28 (4 sessions)

10-11 am, Bldg 2, Rm 205

\$15 by 10/5

50+ Connections

Syntero

Fri, Oct 7 & 21, 1-2:15 pm

Bldg 1, Rm 104

Free, register in advance

Book Club: *Crying in H Mart* by Michelle Zauer

Volunteer Led

Wed, Oct 12, 9:45-11 am

Bldg 1, Rm 104

Free, register by 10/10

Guided Forest Therapy

Jennifer Ramsey

Mon, Oct 17, 1-2:30 pm, Location TBA

\$15 by 10/13

Cozy Mystery Book Club

Volunteer Led

Mon, Oct 17, 2-3 pm, Bldg 1, Rm 104

Free, register by 10/13

Handmade Cards & Paper Craft

Carol Mariotti

Mon, Oct 24, 10-11:30 am

Bldg 2, Rm 204

\$20 by 10/17

Discover Northstar Digital Literacy

UA Library's Technology & Media Librarian

Tue, Oct 25, 10-11 am, Bldg 3, Rm 301

Free for Members, register by 10/20

Campfire Crew

Shannon Guy, UASC Staff

Join this discussion group and bring a topic to share.

Wed, Oct 26, 11 am-Noon

Bldg 3, Rm 301

Free for Members, register by 10/24

England Past & Present

Ed Lentz

No prorating/refunds for missed classes.

Oct 28 - Prehistory

Nov 4 - Anglo Saxon England

Nov 18 - Norman Europe

Dec 2 - New Worlds

Dec 9 - The Age of Empire

Dec 16 - The Twentieth Century & After

Fri, Oct 28-Dec 16 (6 sessions)

(skip 11/11 & 11/25), 10-11 am, Zoom

\$30 by 10/26

Current Events

Volunteer Led

Topics are prepared and presented by members of the group and invited speakers.

Oct 4 - *UA Schools* with Andy Geistfeld, Treasurer/Chief Financial Officer & Paul Imhoff, Superintendent

Oct 11 - *UA Community Relations*

Committee with Jason Sayat, Co-Chairman

Oct 18 - *Ohio Supreme Court Candidates*

Oct 25 - *The Matriots, a Nonpartisan PAC Encouraging Ohio Women*

Candidates with Emily Quick Schriver, Chief Executive Director

Tue, Ongoing, 2-3:55 pm, Bldg 1, Rm 104

Free, registration required

UA Golf Tournament Winners

Pinehurst Tournament:

Charlie Myking & Marv Gutter

4-Club Tournament:

Denny Mitchell, Tom Goodlive, Dale Ouzts and Al Flaim

Ladder Match Play Tournament:

Steve Clay

Registration Required for All Programs

Billiards

Mon-Fri, 9 am-3:45 pm, Bldg 1
Free for 2022 Members

Handicrafters

Materials/tools on your own
Mon, 1-3 pm, Bldg 2, 204
Free for 2022 Members

Chess

Mon, 1-3:30 pm, Bldg 1, Rm 105
Free for 2022 Members

Scrabble

Now a part of the Monday Board Game Day in Café UA from 12:30-2:30 pm.

Stained & Mosaic Glass Studio

Materials/tools on your own
Tue, 9 am-Noon & Fri, 12:30-3:30 pm
Bldg 1, Rm 105
\$10 Fall session

Table Tennis

Tue | Thu, 11:15 am-12:30 pm, Rm 102
\$10 Fall session | Free SilverSneakers®

Bocce

Thu, Sep 1-Oct 27, 8:30-10:30 am
Bocce Courts Bldg 2
\$15 Fall session | Free SilverSneakers®

Woodcarvers

Materials/tools on your own.
Thu, 9:30-11:30 am, Bldg 1, Rm 105
\$10 for Fall session

Stock Market Discussion Group

Thu, 2-3:30 pm, Ongoing, Bldg 1, Rm 104
Free for 2022 Members

Cards

Bridge - Mon, 12:30 pm, Bldg 2, Rm 205
Euchre - Wed, 12:15 pm, Bldg 2, Rm 204
500 Cards - Fri, 11:30 am, Bldg 2, Rm 204
Free for 2022 Members

Movie Club: *King Richard (2021)*

(PG-13, 2h 24m)
Register in advance to reserve your seat.
Snacks and drinks are on your own.
PG-13; for violence, strong language, a sexual reference, brief drug references
Thu, Oct 20, 12:30 pm, Bldg 2, Rm 204
Free | Free SilverSneakers®
Register by 10/18

SilverSneakers® Fitness Classes

Registration is required for each season. For onsite SilverSneakers® classes the maximum participation in the room is 22, first come first serve. Please be sure to mark yourself off for attendance.

BOOM - Move It, Muscle, Mind

Jennifer Ramsey & Mary Bova
Mon | Wed, 8 am, Bldg 1, Rm 102
Tue | Thu, 9 am, Zoom
Class Pass, Free SilverSneakers®/Renew Active™

SilverSneakers® Classic

Jennifer Ramsey & Sandy Tullett
Mon, 9:30 am, Bldg 1, Rm 102
Tue | Thu, 10 am, Zoom
Class Pass, Free SilverSneakers®/Renew Active™

SilverSneakers® Circuit

Jennifer Ramsey
Wed, 10 am, Zoom
Fri, 8:30 am, Bldg 1, Rm 102
Class Pass, Free SilverSneakers®/Renew Active™

SilverSneakers® Yoga

Nelson Carson
Mon | Wed, 1 pm
Bldg 1, Rm 102/Zoom
Class Pass, Free SilverSneakers®/Renew Active™

SilverSneakers® EnerChi

Jennifer Ramsey
Fri, 9:30 am, Bldg 1, Rm 102
Class Pass, Free SilverSneakers®/Renew Active™

Gentle Hatha Yoga

Robbin Blackburn
Thu, Ongoing, 10-11 am
Bldg 3, Rm 301
\$11 | \$8 SilverSneakers® per class
Registration required

Balance Practice

Barb Byrum
Tue | Thu, 1-1:30 pm, Bldg 2, Rm 205
\$20/mo, Free SilverSneakers®/RenewActive™
Register by Mon prior

Pilates Fusion

Sandy Tullett
Wed, Oct 26-Nov 30
4-4:55 pm, Bldg 1, Rm 102
\$60 | \$42 SilverSneakers® by 9/12

Bingocize®

Loretta Sweeney, OSU Extension
Fri, Sep 9-Dec 16 (skip 10/28)
11 am-Noon, Bldg 3, Rm 301
Free | Free SilverSneakers®
Register in advance

Travel

Questions about the trips? Call Eliese Kendrick, Adult Recreation Supervisor, at 614-583-5331.

2022 Day Trips:

Grub Club

Enjoy a social meal out on the town. Attendees cover meal costs; transportation included.
Wed, Oct 26 or Nov 16, 11 am-1:30 pm
\$5/trip, register by Wed prior

Irving Berlin's White Christmas at La Comedia

This is the most popular show off all time and returns this season with the stage version of the holiday film classic of the same name. Enjoy a buffet dinner at La Comedia Dinner Theatre! Accessible seating/transportation available. Dinner service and driver gratuity not included. **Challenge Level 1**
Wed, Nov 30, 9 am-5 pm
\$119 by 10/28 (no refunds after 10/28)

2023 Extended Travel:

Call World of Travel for more information at 614-451-4882, ext 208 and note that you are an UA Senior Center patron. Trip brochures and registration forms currently available at the Senior Center.

Trip Preview for 2023 Extended Travel:

Mon, Oct 10 at 10 am, Bldg 2, Rm 204

Tucson Escape Plus Linger Longer in Las Vegas

Escape the winter cold for the warm Sonoran Desert on this tour!
Mon-Fri, Feb 27-Mar 3, 2023

The Finger Lakes of New York Plus Niagara Falls

Springtime in New York's Finger Lakes Region is like no other - gardens full of blooms, delicious local wines and natural wonders await you.
Sun-Thu, Apr 30-May 4, 2023

Mediterranean Interlude

Visit famous sites of Rome, take a swim in the waters of Corsica and stroll across colorful villages of Portofino. These are just a few of the places to visit!
Thu-Sun, May 11-21, 2023

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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Coffee Talk

Our next informal coffee talk is on Wednesday, October 19 in Café UA at 9 am. The intent is to listen to your thoughts in an inclusive manner and ensure you receive the support and information you are seeking as we provide services to you and as we prepare for the transition to the UA Community Center. You do not need to register to attend.



Sincerely,

Patrick Monaghan, Recreation Manager

2022 Senior Advisory Council

Terry Kennedy Mancini, *President*
Susie Pisanelli, *Vice President*
Maryellyn Kress, *Secretary*
Glenn Beebe, *Treasurer*
Jeannine Palmer, *Assistant Treasurer*
Miriam Clubok, Sue Coen and Arlene Rucker

Senior Association Board of Trustees

Terry Kennedy Mancini, Glenn Beebe,
Georgia Bruce, Fred Minich, Estelle Scott and
Lori Wengerd

Senior Center Staff

Patrick Monaghan, *Recreation Manager*
Shannon Guy, *Senior Recreation Supervisor*
Eliese Kendrick, *Adult Recreation Supervisor*
Olivia Stuck, *Wellness & Fitness Supervisor*
Nancy Schwartz, *Administrative Assistant*

The Senior Advisory Council meets the third Wednesday every other 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.

Cycle UA

Event Day Option: Sat, Oct 8, 10 am-1 pm
Weekend Option: Fri-Sun, Noon
Start and End at Northam Park



Enjoy a family-friendly community bike ride through UA with built-in rest stops, parks and neighborhood views. This is a hybrid event offering a large group event ride or independent ride opportunities. Courses in 5-mile, 10-mile and 15-mile lengths available; all routes start and finish at Northam Park.

Cycle UA T-shirts not guaranteed with registration after September 9. Helmets are mandatory for all riders. Contact parks@uaoh.net or 614-583-5300 with questions, for more information or to register.

5-Mile Route Event Rider: \$12 10-Mile Route Event Rider: \$17
15-Mile Route Event Rider: \$22