

THE Sentinel

The newsletter for members of the Upper Arlington Senior Association

MAY 2023

Sandwich Stroll 2023 - Reminder

Tue, May 2, 10:30 am-Noon, Sunny 95 Park
\$5 | Free SilverSneakers®, registration closes 4/26

The event is held rain or shine, so prepare yourself with hat, umbrella or sunscreen as needed. Shuttles from the Senior Center are available. Parking is limited and carpooling is encouraged. **Registration is required. To receive your SilverSneakers® discount, you need to bring your card when you check in at the stroll.**

Act# 552747 A - Self-Driver

Act# 552747 B - 10:10 am Shuttle

Act# 552747 C - 10:40 am Shuttle

Aging in the Movies

Ray Montemayor, Ph.D.

What can we learn about aging from films? How are older people portrayed on the silver screen? These are two of the questions we explore in this four-session movie and discussion experience. Each two-hour class session consists of watching a thought-provoking film with a theme about aging or with older main characters, and then discussing the issues raised by the movie. So, if you are tired of action movies or comic book superheroes, this course is for you.

5/23 - Mrs. Palfrey at the Claremont

5/30 - I'll See You in My Dreams

6/6 - The Father

6/13 - Grumpy Old Men

Tue, May 23-Jun 13, (4 sessions), 10 am-Noon

Bldg 1, Rm 104, Act# 552615

\$15 by 5/19

Planning Your Legacy: Philanthropy 101

Jessica Grisez, Executive Director, Upper Arlington Community Foundation

Join the Upper Arlington Community Foundation to learn how to celebrate your lasting legacy. This informational session informs how you or your family can make an impact in your community today, tomorrow, and always. During the presentation we discuss the different methods of charitable giving, we help identify your primary interests and passions for the type of legacy you want to leave, and we provide the options to put your legacy in action. Light refreshments provided.

Wed, May 3, 10-11 am

Bldg 1, Rm 104, Act# 442264

\$5 by 5/1

UA Senior Association Catered Box Lunch from Panera Bread

Wed, May 24, 11 am, Bldg 2, Café UA Lounge

\$10, register by 5/19

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. Space is limited to 30. For more details on the lunches see the flyer in Bldg 2 at the volunteer desk (coming soon.)



Registration Required for All Programs

The Fabulous '50s - The Calm Before the Storm

Richard Bloom

Mon, May 1-Jun 12 (skip 5/29)

10-11 am, Bldg 1, Rm 104, Act# 552513

\$30 by 4/27

Bocce

Volunteer Led

Tue, May 2-Aug 29 (skip 7/4)

Thu, May 4-Aug 31

8:30-10:30 am, Bocce Courts, Behind Bldg 2, Act# 552800

\$15 each, register in advance

Meditation Matters Series

Elaine Torrie

Fri, May 12-Jun 16 (6 sessions)

1-1:45 pm, Bldg 1, Rm 102, Act# 552441

\$59 | \$49 SilverSneakers® by 5/10

Tai Chi for Health

Joseph Shamis

Mon, May 15-Jul 3 (skip 5/29 & 6/19)

(6 sessions) 4:30 pm, Bldg 2, Rm 205

Act# 552420

\$72 | \$54 SilverSneakers® by 5/11

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

Mary Bova-Ervin

Tue, May 16-Jun 20 (6 sessions)

9 am, Bldg 2, Rm 205, Act# 552309

\$50 | \$40 SilverSneakers® by 5/12

Chair Volleyball:

Get Fitter on Your Sitter

UASC Staff

Fri, May 19, Jun 16, Jul 21, Aug 18

1-2:30 pm, Municipal Services Center

Lower Level Rec Room, Act# 552810

\$4 | \$1 SilverSneakers® per date

Register in advance

Senior Center Closed
Monday, May 29, 2023
In Observance of
Memorial Day

Monday Morning Drawing*Mindy Newman*

Supplies and materials on your own.

Mon, May 1-22 (4 sessions)**10:30 am-12:30 pm, Bldg 1, Rm 105****Act# 552112, \$40 by 4/27****iPhone Series***Gregg Montgomery, TechKnowledge*

Bring your iPhone fully charged.

May 1 - iOS Tips & Extras, **Act# 552221****May 8** - iCloud 1, **Act# 552222****May 15** - iCloud 2, **Act# 552232****Mon, 1-3 pm, Bldg 3, Rm 301**

\$22/class by Thu prior

Mac Computer Series*Gregg Montgomery, TechKnowledge*

Students use our Mac computers.

May 2 - Contacts & Calendars, **Act# 552209****May 9** - FaceTime & Messages **Act# 552210****May 16** - Mail, **Act# 552211****May 23** - Photos, **Act# 552212****May 30** - System Preferences, **Act# 552213****Tue, 1-3 pm, Bldg 3, Rm 301**

\$22/class by Fri prior

Grub Club - Barrel & Boar in Canal Winchester

Bring a payment method for lunch.

Wed, May 3, 10:30 am-3 pm**Act# 555967, \$5 by 5/1****Thursday Line Dance***Robin Lawrence Poses***Thu, May 4-25 (4 sessions), 10-11 am****Bldg 2, Rm 205, Act# 552313**

\$15 by 5/2

Lunch Buddies

Join Tremont Elementary students for

lunch and games! Lunch OYO

Thu, May 4, 11:10 am-Noon**Bldg 2, Rm 205, Act# 552505**

Free, register by 5/2

Festive Apron*Mary Ellen Armentrout*

All supplies and materials are included.

Bring your own machine and be familiar with its operation.

Thu, May 4, 12:30-3:30 pm**Bldg 1, Rm 105, Act# 552101**

\$20 by 5/2

Beginners Line Dance*Stacy Coil, Professional Dance Instructor***Fri, May 5-26 (4 sessions), 10-11 am****Bldg 2, Rm 205, Act# 552305**

\$15 by 5/3

50+ Connections*Syntero***Fri, May 5 & 19, 1 pm, Bldg 1, Rm 104****Act# 552597, Free, register in advance****Watercolor Workshop***Mindy Newman*

Supplies and materials on your own.

Tue, May 9-23 (3 sessions)**1-3 pm, Bldg 1, Rm 105****Act# 552115, \$30 by 5/5****Book Club: *Permanent Record* by Edward Snowden***Volunteer Led***Wed, May 10, 9:45-11 am****Bldg 1, Rm 104, Act# 552563**

Free, register by 5/8

Cozy Mystery Book Club*Volunteer Led***Mon, May 15, 2-3 pm, Bldg 2, Café UA****Act# 552563, Free, register 5/11****Estate & Future Planning***The Forum at Knightsbridge***Tue, May 16, 11:30 am-1 pm****Bldg 1, Rm 104, Act# 552556**

\$5 by 5/12

A Taste of French Cheese*Josie Gonot*

Guests sample French cheeses.

Tue, May 16, 1:30-3 pm**Bldg 2, Rm 204, Act# 552566**

\$14 by 5/12

Tap Dance*Mary Bova-Ervin***Wed, May 17-Jun 21 (6 sessions)****Exp: 12:30 pm, Act# 552311****Beg: 1:30 pm, Act# 552310****Bldg 2, Rm 205**

\$50 | \$40 SilverSneakers® by 5/15

Mindful Mandala Drawing*Kathy Rausch*

All supplies and materials are included.

Thu, May 18, 12:30-3:30 pm**Bldg 1, Rm 105, Act# 552111**

\$30 by 5/16

UA Senior Men's Golf League

Join the most active senior men's golf group in Central Ohio. New players are always welcome! Players must have a current UASA membership, register and pay league dues. Pay by cash or check payable to UASA.

\$35 Tournament Play

\$20 Non-Tournament Play

Guided Forest Therapy*Jennifer Ramsey***Mon, May 22, 9-10:30 am, Blendon****Woods Metro Park, Act# 552686**

\$15 by 5/18

Ballroom Dance*Stacy Coil, Professional Dance Instructor***Mon, May 22-Jul 10 (6 sessions)****(skip 5/29 & 6/19)****Intermediate: 9:30 am, Act# 552301****Beginners: 10:30 am, Act# 552302****Bldg 2, Rm 205**

\$50 | \$40 SilverSneakers® by 5/18

Handmade Cards*Carol Mariotti*

Students bring a tape runner or two-sided tape, liquid glue and small scissors.

All other materials provided.

Mon, May 22, 10 am-Noon**Bldg 2, Rm 204, Act# 552130**

\$20 by 5/15

Zentangle® for Beginners*Kathy Lamancusa*

A supply list is emailed with your receipt.

Wed, May 24-Jun 7 (3 sessions)**Noon-1:30 pm, Bldg 1, Rm 104****Act# 552125, \$25 by 5/22****Current Events***Volunteer Led*

Topics are prepared and presented by members of the group and invited speakers. Free, registration required

Tue, Ongoing, 2-3:55 pm**Bldg 1, Rm 104, Act# 552503****May 2 - School Boards, Board of Education, Transgender Students, School Vouchers** with Charlie Wilson, OSU Law Prof. & Former School Board Member**May 9 - Ag Tech, Disruption or Distraction**

with Scott Shearer, OSU Chair of Food, Agricultural & Biological Engineering

May 16 - SWACO with Amy Densborn, Outreach Programs Administrator**May 23 - Caregiving** with Deborah Hall & Pam Slater, AARP**May 30 - Advancing Racial Equity and Justice** with Kyle Strickland, Senior Legal Analysis, Kirwan Institute for the Study of Race & Ethnicity**UA Farmers Market with Common Greens**To learn more visit www.commongreensohio.org/upperarlington**Wed, May 17-Oct 25, 4-7 pm**
Tremont Center Parking Lot

Registration Required for All Programs

Billiards

Mon-Fri, 9 am-3:45 pm, Bldg 1
Act# 552817, Free for Members

Board Game Day

A few board game options are available.
Mon, 12:30-3 pm, Bldg 2, Café UA
Act# 552757, Free for Members

Handicrafters

Materials/tools on your own
Mon, 1-3 pm, Bldg 2, Rm 204
Act# 552108, Free for Members

Chess

Mon, 1-3:30 pm, Bldg 1, Rm 105
Act# 552812, Free for Members

Stained & Mosaic Glass Studio

Materials/tools on your own
Tue, 9 am-Noon & Fri, 12:30-3:30 pm
Bldg 1, Rm 105, Act# 552120
\$10 Summer session

Table Tennis

Tue | Thu, 11:15 am-12:30 pm
Bldg 1, Rm 102, Act#552833
\$10 Summer session | Free SilverSneakers®

Woodcarvers

Materials/tools on your own.
Thu, 9:30-11:30 am, Bldg 1, Rm 105
Act# 552199, \$10 for Summer session

Stock Market Discussion Group

Thu, 2-3:30 pm, Ongoing, Bldg 1, Rm 104
Act# 552504, Free for Members

Cards

Bridge - Mon, 12:30 pm, Bldg 2, Rm 205
Act# 552498, Free for Members
Euchre - Wed, 12:15 pm, Bldg 2, Rm 204
Act# 552506, Free for Members
500 Cards - Fri, 11:30 am, Bldg 2, Rm 204
Act# 552499, Free for Members

Movie Club: *Top Gun: Maverick*

(PG13, 2h 10m)
Register in advance to reserve your seat.
Snacks and drinks are on your own.
PG-13 for sequences of intense action and some strong language.
Thu, May 18, 12:30 pm, Bldg 2, Rm 204
Act# 552560, Free, register by 5/16

SilverSneakers® Fitness Classes

The max. participation in the room is 22, first come first serve. Mark yourself off for attendance. Register with your Class Pass or as a SilverSneakers®/Renew Active™ participant. All classes take place in Bldg 1, Rm 102.

BOOM - Move It, Muscle, Mind

Jennifer Ramsey & Mary Bova
Mon | Wed, 8 am (skip 5/29, 6/19)
Tue | Thu, 8:30 am (skip 7/4)
Act# 552450

SilverSneakers® Classic

Jennifer Ramsey & Sandy Tullett
Mon, 9:30 am (skip 5/29, 6/19)
Tue | Thu, 10 am (skip 7/4)
Act# 552415

SilverSneakers® Circuit

Jennifer Ramsey
Wed, 10 am
Fri, 8:30 am
Act# 552414

SilverSneakers® Yoga

Dreana Nealon
Mon | Wed, 1 pm
Act# 552413

Gentle Hatha Yoga

Robbin Blackburn
Thu, May 4-25 (3 sessions) (skip 5/18)
10-11 am, Bldg 3, Rm 301, Act# 552440
\$33 | \$24 SilverSneakers® by 5/2

Balance Practice

Barb Byrum
Tue | Thu, 1-1:30 pm/1:45-2:15 pm
Bldg 2, Rm 205, Act# 552445
\$20/mo, Class Pass, Free SilverSneakers®/
Renew Active™, Register by Mon prior

Zumba Gold®

Rachel Hanna Hay, Zumba Gold® Cert.
Wed, May 31-Jul 5 (6 sessions)
10:15 am, Bldg 2, Rm 205, Act# 552308
\$50 | \$40 SilverSneakers® by 5/26

Pilates Fusion

Sandy Tullett
Wed, Jun 14-Jul 19 (6 sessions)
4 pm, Bldg 1, Rm 102, Act# 552438
\$60 | \$42 SilverSneakers® by 6/12

WITS Workout

Loretta Sweeney, OSU Extension
Fri, July 7-28 (4 sessions), 11 am-Noon
Bldg 3, Rm 301, Act# 552650
Free | Free SilverSneakers® by 5/5

Travel

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

Day Trips:

Adena Mansion & Gardens Tour

Thu, Jun 29, 8:30 am-3:30 pm
Act# 555979, \$29 by 6/22

A Day in Amish Country

Tue, Jul 18, 8 am-7 pm
Act# 555980, \$68 by 7/7

High Bank Distillery Tour

Wed, Aug 16, 10:45 am-2:30 pm
Act# 555981, \$17 by 8/8

Extended Travel:

Call World of Travel for 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.

Scotland by Rail

Wed-Wed, Sep 20-27, 2023

Final payment due by 6/1/23

Trip Preview: Wed, May 24, 10 am, Rm 204

Albuquerque Balloon Fiesta

Fri-Wed, Oct 6-11, 2023

Final payment due by 6/30/23

Trip Preview: Wed, May 24, 10 am, Rm 204

Kentucky Bourbon Trail & Derby Camp

Thu-Sun, Nov 2-5, 2023

Final payment due by 8/1/23

Trip Preview: Wed, May 24, 10 am, Rm 204

Colonial Christmas Featuring Gettysburg & Williamsburg

Thu-Tue, Nov 30-Dec 5, 2023

Final payment due by 9/29/23





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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

MAY 2023

Café UA Lounge

We have made enhancements to the Café area based on feedback from the membership this recent year, along with support from your Senior Advisory Council members. Café UA is now called “Café UA Lounge” and includes added features to promote a more social atmosphere where members may gather throughout the day to mingle and enjoy a relaxed setting outside of scheduled classes. We have also moved the coffee and tea bar from the entryway of building 2, into the Café UA Lounge. This will help decrease traffic and crowding in the entryway area, and encourage use of the Café UA Lounge.

Café UA Lounge includes:

- Tables and chairs for lunch (Bring your own lunch daily)
- Continuation of our monthly catered box lunch program (as scheduled).
- Jigsaw puzzle table
- Bookshelf for sharing/borrowing books
- Lounge chair furniture has been added for a more relaxed and inviting atmosphere

Other than times we conduct a special event in this space, Café UA Lounge is open Monday through Friday 8 am-4 pm. We hope you enjoy the space, and more importantly time together with friends.



2023 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 , Carl Jaske,
- Gloria Lombardi, Susan Maxey, Arlene Rucker and
- Karen Sloneker

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, *Older Adult Recreation Supervisor*
- Eliese Kendrick, *Adult Recreation Supervisor*
- Olivia Stuck, *Fitness & Wellness 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.