

THE Sentinel

The newsletter for members of the Upper Arlington Senior Association

FEBRUARY 2023

Did You Know?

Senior Center Staff and your Association Officers have been busy making sure we accommodate the needs and requests of our membership. Here are a few updates for your awareness:

Monthly Box Catered Lunches – Special thanks to the Senior Association for coordinating this and for subsidizing part of the cost to help members participate.

Café UA is now **"Café UA Lounge"** – After feedback from members looking for a space they can relax and socialize throughout the day without interruption from other classes, we have designated the Café area as "Café UA Lounge". The Café UA Lounge continues to accommodate those who like to bring their own lunch or snacks. It also offers members an informal space to congregate and socialize during our Center's hours of operation.

Mondays are **Game Day!** – Every Monday afternoon in Café UA Lounge, members may enjoy various board games together from 12:30-3 pm. Thanks to the Senior Association for purchasing various board games our members can enjoy! Board games are kept in the cabinets of the Café Lounge Area and are free for use in this space. Come join in the fun. Please register in advance.

2023 Upper Arlington Senior Association Membership Dues

You should have received your 2023 UA Senior Association membership renewal letter in the mail. Annual fees (\$15 for UA Residents/\$20 for non-residents) were due January 2023. 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 and send in one envelope.

Checks are payable to the Upper Arlington Senior Association.

Please do not mail your payment without the paperwork provided in the mailing. Payments are not accepted without the completed forms.

UA Stage - *Beauty and the Beast*

Tue, Feb 14, Doors Open & Dinner - 5 pm, Show - 6 pm, Free

Registration Opens on Wed, Jan 25 at 8 am

Registration required - Space is limited

The UA Civic Association invites Upper Arlington Senior Citizens to attend a free dinner and dress rehearsal performance of *Beauty and the Beast* at the UA High School. Registration ends on Wednesday, February 8 or when the limit is reached. Call 614-583-5320 to reserve your seat as registration is required. Everyone is required to reserve their own seat. There is no waitlist for this event. Contact uastage@uaca.org for questions or more information. Act# 551749-A

UA Senior Association Catered Box Lunch with Chocolate Café

Thu, Feb 23, 11 am, Bldg 2, Café UA

\$10, register by Fri, Feb 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. Space is limited to 30. For more details on the lunches see the flyer in Bldg 2 at the volunteer desk.

Lunch menu to be determined - an update will be available at the Volunteer Desk in Bldg 2 soon!

Registration Required for All Programs

Felt Flower Photo Frame

The Forum at Knightsbridge

Using assorted dried flowers you pick the pieces you wish to use and arrange with direction into a dried flower collage on felt. All supplies and instruction provided.

Tue, Feb 7, Noon-1 pm, Bldg 1, Rm 104
\$5 by 2/2

Valentine's Day Party

Dedicated Senior Medical Center

Spend some time with us and friends to celebrate Valentine's Day! Enjoy a boxed lunch along with a few fun games. You must be a current member to participate.

Tue, Feb 14, 11 am-12:30 pm
Bldg 1, Rm 104
\$5 by 2/9

Zentangle® - More Patterns

Kathy Lamancusa

While it is not a beginner course, beginners are welcome to attend. You learn 4-5 new tangles and how to enhance your work with dramatic impact. Students purchase their own supplies. A supply list is provided.

Wed, Feb 15, Noon-1:30 pm
Bldg 3, Rm 301
\$8 by 2/14

Grub Club

Bring a payment method for lunch at J. Liu Restaurant & Bar. Attendees order at the restaurant. Transportation from the Senior Center provided or drive yourself. Pre-registration required.

Wed, Feb 22, 11 am-1:30 pm
\$5 by 2/17

Senior Center Closed

Mon, Feb 20
In observance of Presidents' Day



Lunch Buddies

Join Tremont Elementary students for lunch and games! Lunch OYO

Thu, Feb 2, 11:10 am-Noon

Bldg 2, Rm 205

Free, register by 1/31

Thursday Line Dance

Robin Lawrence Poses

Beginners welcome!

Thu, Feb 2-23 (4 sessions)

10-11 am, Bldg 2, Rm 205

\$15 by 1/31

Friday Line Dance

Stacy Coil, Professional Dance Instructor

Experienced dancers welcome!

Fri, Feb 3-24 (4 sessions)

10-11 am, Bldg 2, Rm 205

\$15 by 2/1

50+ Connections

Syntero

Fri, Feb 3 & 17, 1-2 pm, Bldg 1, Rm 104

Free, register in advance

Drawing for Beginners

Mindy Newman

Supplies and materials on your own.

Mon, Feb 6-27 (3 sessions) (skip 2/20)

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

\$30 by 2/2

iPhone Series

Gregg Montgomery, TechKnowledge

Bring your iPhone fully charged.

Feb 6 - Mail

Feb 13 - FaceTime

Feb 27 - Notes & Reminders

Mar 6 - Siri

Mon, 1-3 pm, Bldg 3, Rm 301

\$22/class by Thu prior

Wellness Journey:

Cardio Drumming

The Forum at Knightsbridge

Cardio drumming can improve your coordination and ability to focus while strengthening muscle groups like your arms and core.

Tue, Feb 7, 8:30 am, Bldg 2, Rm 204

Free | Free SilverSneakers®, by 2/3

Watercolor Workshop

Mindy Newman

Supplies and materials on your own.

Tue, Feb 7-28 (4 sessions)

1-3 pm, Bldg 1, Rm 105

\$40 by 2/2

Mac Intro Series

Gregg Montgomery, TechKnowledge

Students use our Mac laptops.

Feb 7 - Pages

Feb 14 - Numbers

Feb 21 - Databases (Tap Forms)

Feb 28 - Motif

More classes in Feb.

Tue, 1-3 pm, Bldg 3, Rm 301

\$22/class by Fri prior

Book Club: *The Midcoast: A*

Novel by Adam White

Volunteer Led

Wed, Feb 8, 9:45-11 am, Bldg 1, Rm 104

Free, register by 2/6

Mindful Mandala Drawing

Kathy Rausch

All supplies are included.

Thu, Feb 16, 12:30-3:30 pm

Bldg 1, Rm 105

\$30 by 2/14

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

Mary Bova-Ervin

Enjoy great music, have fun and exercise back in time!

Tue, Feb 21-Mar 28 (6 sessions)

9 am, Bldg 2, Rm 205

\$50 | \$40 SilverSneakers® by 2/16

Hiking Club

Olivia Stuck

Location to be announced.

Tue, Feb 21, 1-2:30 pm

\$5 by 2/17

Bingo

Tue, Feb 21, 2-3 pm, Bldg 2, Rm 204

Free for Members, register by 2/17

Campfire Crew Discussion

Shannon Guy, UASC Staff

Join this discussion group and talk about different topics which may include past and present types of camping, websites, apps, preference of cooking, preference tent, hammock or camper, etc.

Wed, Feb 22, 11 am-Noon

Bldg 1, Rm 104

Free for Members, register by 2/17

Tap Dance

Mary Bova-Ervin

Wed, Feb 22-Mar 29 (6 sessions)

Experienced: 12:30 pm

Beginners: 1:30 pm

Bldg 2, Rm 205

\$50 | \$40 SilverSneakers® by 2/17

Festive Apron

Mary Ellen Armentrout

Materials are provided. Bring your own sewing machine and be familiar with its operation.

Thu, Feb 23, 1-4 pm, Bldg 1, Rm 105

\$20 by 2/21

Columbus the Story of a City

Ed Lentz

No prorating/refunds for missed classes.

Fri, Feb 24-Mar 31 (6 sessions)

10-11 am, Zoom

\$30 by 2/20

Handmade Cards

Carol Mariotti

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

Mon, Feb 27, 10 am-Noon

Bldg 2, Rm 204

\$20 by 2/21

Guided Forest Therapy

Jennifer Ramsey

Mon, Feb 27, 1-2:30 pm, Location TBA

\$15 by 2/23

Cozy Mystery Book Club

Volunteer Led

Mon, Feb 27, 2-3 pm, Bldg 2, Café UA

Free, register 2/24

A Taste of French Chocolate

Josie Gonot

Guests sample three-four different grades of a famous French brand of chocolate, Valrhona.

Tue, Feb 28, 2-3:15 pm, Bldg 2, Rm 204

\$12 by 2/23

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

Feb 7 - Littleton's Market (at Tremont Center) with Rob Littleton, PhD.,

Co-Owner

Feb 14 - A Decade of Incredible Growth - How Central Ohio has Changed Since

2010 with Michael Wilkos, Sr. Vice

President, Community Impact

Feb 21 - Open Discussion

Feb 28 - Understanding the Basics of Immigration Law with Inna Simakovsky, Immigration Lawyer

Registration Required for All Programs

Billiards

Mon-Fri, 9 am-3:45 pm, Bldg 1

Free for Members, registration required

Board Game Day

A few board game options are available.

Mon, 12:30-3 pm, Bldg 2, Café UA

Free for Members, registration required

Handicrafters

Materials/tools on your own

Mon, 1-3 pm, Bldg 2, 204

Free for Members, registration required

Chess

Mon, 1-3:30 pm, Bldg 1, Rm 105

Free for Members, registration required

Stained & Mosaic Glass Studio

Materials/tools on your own

Tue, 9 am-Noon & Fri, 12:30-3:30 pm

Bldg 1, Rm 105

\$10 Winter session

Table Tennis

Tue | Thu, 11:15 am-12:30 pm, Rm 102

\$10 Winter session | Free SilverSneakers®

Woodcarvers

Materials/tools on your own.

Thu, 9:30-11:30 am, Bldg 1, Rm 105

\$10 for Winter session

Stock Market Discussion Group

Thu, 2-3:30 pm, Ongoing, Bldg 1, Rm 104

Free for Members, registration required

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 Members, registration required

Movie Club: *DOG*

(PG13, 1h 41m)

Register in advance to reserve your seat. Snacks and drinks are on your own.

Briggs and his companion Lulu, a Belgian Malinois, haul butt down the Pacific Coast in time to catch their best friend's and handler's funeral. One of them has a week to live; the other lives like every day is his last. *PG-13; for language, thematic elements, drug content and some suggestive material*

Thu, Feb 16, 12:30 pm, Bldg 2, Rm 204

Free, register by 2/15

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.

(SilverSneakers® classes skip dates - please refer to the Winter Act. Guide.)

BOOM - Move It, Muscle, Mind

Jennifer Ramsey & Mary Bova

Mon | Wed, 8 am, Bldg 1, Rm 102 (skip 2/20)

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 (skip 2/20)

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

Dreana Nealon

Mon | Wed, 1 pm (skip 2/20)

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/1:45-2:15 pm

Bldg 2, Rm 205

\$20/mo, Class Pass, Free SilverSneakers®/Renew Active™, Register by Mon prior

Pilates Fusion (*new start date)

Sandy Tullett

Wed, Mar 8-Apr 12 (6 sessions)

4-4:55 pm, Bldg 1, Rm 102

\$60 | \$42 SilverSneakers® by 3/6

Zumba Gold®

Rachel Hanna Hay, Zumba Gold® Cert.

Wed, Mar 8-Apr 12 (6 sessions)

10:15 am, Bldg 2, Rm 205

\$50 | \$40 SilverSneakers® by 3/6

Travel

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

2023 Day Trips:

Columbus Symphony Orchestra Dress Rehearsal

Listen to the orchestra as they put the final touches on their weekend concert which includes Carlos Simon's "This Land," Samuel Barber's "Violin Concerto" and Antonin Dvorak's Symphony No. 9 "From the New World." Coffee, donuts, admission and transportation provided. End time varies based on duration of the dress rehearsal.

Fri, Feb 3, 8:30 am-12:30 pm

\$47 by 1/20

Cincinnati Freedom Center

Explore the National Underground Railroad Freedom Center in Cincinnati, Ohio. We stop for lunch at Skyline Chili, and later at Graeter's Ice Cream.

Museum admission, orientation and transportation provided. Bring a payment method for lunch and ice cream.

Wed, Mar 1, 9:30 am-5 pm

\$55 by 2/22

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.

The Finger Lakes of New York Plus Niagara Falls

Sun-Thu, Apr 30-May 4, 2023

Final payment due by 2/15/23

Rockies to Red Rocks: Featuring Rocky Mountaineer & Utah National Parks

Tue-Sun, Jun 6-11, 2023

Final payment due by 3/8/23

Connecticut Yankee Charm

Mon-Sat, Jun 26-Jul 1, 2023

Final payment due by 4/19/23

Trip Preview: Wed, Feb 22, 10 am, Rm 204

Scotland by Rail

Wed-Wed, Sep 20-27, 2023

Final payment due by 6/1/23

Trip Preview: Wed, Feb 22, 10 am, Rm 204



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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

FEBRUARY 2023

AARP Tax Counseling & Electronic Filing

AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone free of charge with a special focus on taxpayers who are over 50 or have low-to-moderate income. You can contact the AARP Ohio Office at 866-389-5653 or email them at ohaarp@aarp.org for more information. You can also visit www.aarp.org/money/taxes/aarp_taxaide/locations for location listings.

The local UA location is at St. Marks' Episcopal Church, 2151 Dorset Road, Wednesdays and Fridays by appointment only. The phone number to make an appointment will be available January 30 and you can get that by contacting the AARP Ohio Office at 866-389-5653 or visit www.aarp.org/money/taxes/aarp_taxaide/ (Do not call the church as they are not taking the appointments.)

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 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, *Program Manager*
Shannon Guy, *Older Adult 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.

Save the Date - 2023 Sandwich Stroll

Tue, May 2, Sunny 95 Park
More details to be announced in the April newsletter!



Winter Weather Policy

When the Upper Arlington Schools are closed due to inclement weather, the Upper Arlington Senior Center is closed until noon. All onsite morning activities are cancelled. This policy is for the safety of our patrons, allowing for the clearance of snow and salting of parking lots and sidewalks. Studio 55 is closed evenings or Saturdays if the Franklin County Sheriff declares a level 2 or 3 Snow Emergency.