

The Sentinel

The newsletter for members of the Upper Arlington Senior Association

JULY 2020

More Ways to Engage!

You Don't Have to Have a Computer, Tablet or Smartphone to Zoom with Us!

The staff at the UA Senior Center is working hard to provide opportunities to our members to participate in a variety of virtual classes. Some classes would be better viewed on a computer, tablet or smartphone like a fitness class where you would need to watch an instructor, **but some of our lecture classes or discussion groups can be joined in by a telephone as well.** Please note that these programs may be shortened due to the amount of time we have available. **You must register in advance to participate at parks.uaoh.net.** This allows us to send the Zoom link to those individuals specifically to join that program. You will need your username and password to log on and if you are receiving this newsletter, you already have a household created. Please do not create another household, call 614-583-5320 for assistance M-F from 9 am-4 pm, we are happy to assist you.



Visit upperarlingtonoh.gov/virtual to view our scheduled programs and parks.uaoh.net to register online.

Here are our current **VIRTUAL RECREATION PROGRAMS.** (A few programs are ongoing and a few are on specific dates.)

Weekly Programs

Tue at 10 am: SilverSneakers® Circuit
Tue at 2 pm: Current Events Discussion Group
Wed at 10 am: SilverSneakers® Classic
Thu at 10 am: BOOM-Move it, Muscle, Mind
Thu at 2 pm: Stock Market Discussion Group

(Activity #: 550414)
(Activity #: 552503-I)
(Activity #: 550412)
(Activity #: 550452)
(Activity #: 552504-J)

Monthly Programs

Wed, Jul 8 at 11:30 am: Book Club
Wed, Jul 8 at Noon: The Beatles (music mini-chat)
Fri, Jul 10 at 1 pm: Senior Support Group
Mon, Jul 13-Aug 3 (skip 7/20) at 1 pm: Meditation Matters
Wed, Jul 15 at Noon: Legendary Bassists (music mini-chat)
Mon, Jul 20 at 2:30 pm: Cozy Mystery Book Club
Tue, Jul 21 at 11:30 am: Virtual Bingo
Wed, Jul 22 at Noon: History of Blues (music mini-chat)
Fri, Jul 24-Aug 28 at 10 am: The Surrounding States
Wed, Jul 29 at Noon: Piano Players Who Matter (music mini-chat)

(Activity #: 552563-D)
(Activity #: 550300-A)
(Activity #: 552597-C)
(Activity #: 552441-A)
(Activity #: 550300-A)
(Activity #: 552563-I)
(Activity #: 552725-D)
(Activity #: 550300-A)
(Activity #: 552542-A)
(Activity #: 550300-A)

Come back and visit this website often!

upperarlingtonoh.gov/virtual

Be sure to bookmark the Virtual Recreation webpage and visit it often as it is updated regularly.

Now is a great time to give virtual recreation a try, we have so many great programs available. A tutorial video is available on that webpage as well.

Outdoor Open Air Programs in July

Contact the UA Senior Center for more information on these outdoor open-air programs at 614-583-5320 or visit our online registration page at parks.uaoh.net. **Pre-registration is required for these programs.**

Fitness Trek: Plants as Partners (552402-A)

Fri, Jul 10, 8:30-10 am, Sunny 95 Park, Free, register by 7/9

Pickleball (552805-B)

Mon, Jul 13-Aug 24, 9-11 am, Fancyburg, \$28 | \$18 SilverSneakers® by 7/10

Guided Forest Therapy (552686-D)

Mon, Jul 20, 9-10:30 am, location tba, \$15 by 7/16

Nesting Bird Ball Craft (552102-A)

Wed, Jul 22, 10-11 am, Burbank shelter house, \$5 by 7/20

Bird Watching (552593-A)

Sat, Jul 25, 8-9 am, meet at flagpole in front of Bldg 2, \$5 by 7/23





Deadline for receiving Senior Options home delivered meals extended to September 1, 2020.

Any Franklin County resident 60 or over who is struggling to access food while sheltering in place is eligible to receive home delivered meals.

Now through September 1, 2020, Franklin County Senior Options will not require income verification to receive home delivered meals. To request meals, and other available services, call Senior Options at 614-525-6200, Monday to Friday, 9 am to 4:30 pm.

Franklin County Senior Options is a levy funded program administered by the Franklin County Office on Aging and helps Franklin County residents 60 and older maintain their independence. It also supports family members with the often-overwhelming task of caring for a frail older parent, family member, or friend with limited abilities.

Senior options has been providing community-based services since 1993. These services can include home-delivered meals, homemaker services, personal care, respite care, adult day care, emergency response systems and minor home repair.

Tax Aide Options

Still stressed out about filing your taxes? United Way's Tax Time is here to help! Go online to [GetYourRefund.org](https://www.getyourrefund.org) to be connected virtually to a local, IRS-certified tax preparer from the safety of your own home. Or, call 2-1-1 to secure a drop off tax preparation appointment. Taxes are due July 15, 2020.

WHAT'S OPEN *in Upper Arlington*

JULY 1, 2020 | All dates are subject to change. Social distancing guidelines still apply.

PARKS & RECREATION FACILITIES

Devon Pool - **OPEN**
 Tremont Pool - **OPEN**
 Reed Road Water Park - **CLOSED**
 Northam Tennis Courts - **OPEN**
 Park Tennis Courts - **OPEN**
 Parks & Trails - **OPEN**
 Park Restrooms - **OPEN**
 Playgrounds - **OPEN**
 *Playground equipment is not being cleaned or sanitized
 Ball Diamonds - **OPEN**
 Basketball & Hockey Courts - **OPEN**
 *Individual play only
 Senior Center - **CLOSED**
 Amelita Mirolo Barn/Shelters - **OPEN**
 *Some restrictions may apply

PUBLIC BUILDINGS

Municipal Services Center - **OPEN**
 Public Service Center - **OPEN**
 * Facemasks required to enter buildings
 * Appointments preferred, please call in advance

SAFETY SERVICES

Police Help Desk - **OPEN**
 *Reports preferred by phone
 Fire Stations - **OPEN**
 *Visitors discouraged

Adult Swim Only (at Devon Pool, effective July 13)

Monday & Wednesday from 7-9 pm

Tuesday & Thursday from 11:30 am-1:30 pm

Our pools are open only to Upper Arlington Residents this season since we have to limit the amount of patrons at the pool at one time due to COVID-19. Visit the Aquatics webpage for Guidelines and FAQs and how to purchase a ticket online.

Open Swim is also available in two-hour sessions at both Devon and Tremont Pools, with a capacity limit of 125 people per session for each location. There is a 30-minute break between each session for cleaning and disinfection.

Because of the modified format, season passes cannot be purchased since customers will not have unlimited access to the facility. Residents must purchase a ticket for each session they wish to attend, with a limit of one session per day per person. Because of the limit capacity, sessions are only available to residents of Upper Arlington, which is defined as anyone that lives or works within the City limits. All ticket sales will be conducted online, and sessions can be purchased up to seven days in advance, beginning at Noon each day. For more information, please contact the pools.

Devon Pool - 614-583-5464

Tremont Pool - 614-583-5463



Community Center Feasibility Task Force (CCFTF) Update

The CCFTF presented their key findings to date with City Council on June 29, 2020. This represents the conclusion of Phase I of the study (What kind of community center makes sense for Upper Arlington? Do we want a community center? Do we need community center?). The Task Force members offered consensus on moving forward with Phase II of the study (second phase drills into the details, such as what facilities to include, where a community center might be located, and the costs for construction, operations and ongoing maintenance). The Task Force has also indicated that they intend to include additional public outreach and another survey in Phase II to help gauge how residents thoughts on the Community Center may have changed due to COVID-19. They will be taking a brief pause while people continue to adjust to the impacts of COVID-19 and hope to resume the study late summer into fall. The best resources for those interested in learning more is the Task Force's website (uacommunitycenter.com). The findings presentations are posted on that website.

Upper Arlington Library Contactless Curbside Pick Up of Holds

The Upper Arlington Main Library at 2800 Tremont Road is offering contactless curbside pick up of holds. Patrons may place requests through their catalog or by calling 614-486-9621. Once the item is ready, they'll notify the patron. Items can be picked up Monday-Friday from 10 am-6 pm, and Saturday from 10 am-4 pm with no appointment necessary. The Main Library's book drops are open for returns Monday-Friday from 1 pm-6 pm. The Lane Road and Miller Park libraries are temporarily closed.

2020 Get Fresh Upper Arlington Farmers Market

The Get Fresh Upper Arlington Farmers Market is open on Wednesdays from 4-7 pm at the Tremont Pool parking lot adjacent to Northam Park (2850 Tremont Road, Upper Arlington, 43221). In response to the COVID-19 pandemic, this year's Farmers Market will operate differently than in previous years, by implementing logistical adjustments to ensure the health and safety of its staff, vendors and the community at large. **Each week the first 30 minutes of the Market will be reserved for seniors and residents who are immunocompromised.**

get fresh

UPPER ARLINGTON

2850 Tremont Road

May 20 - September 30

Every Wednesday
4-7 PM, Rain or Shine

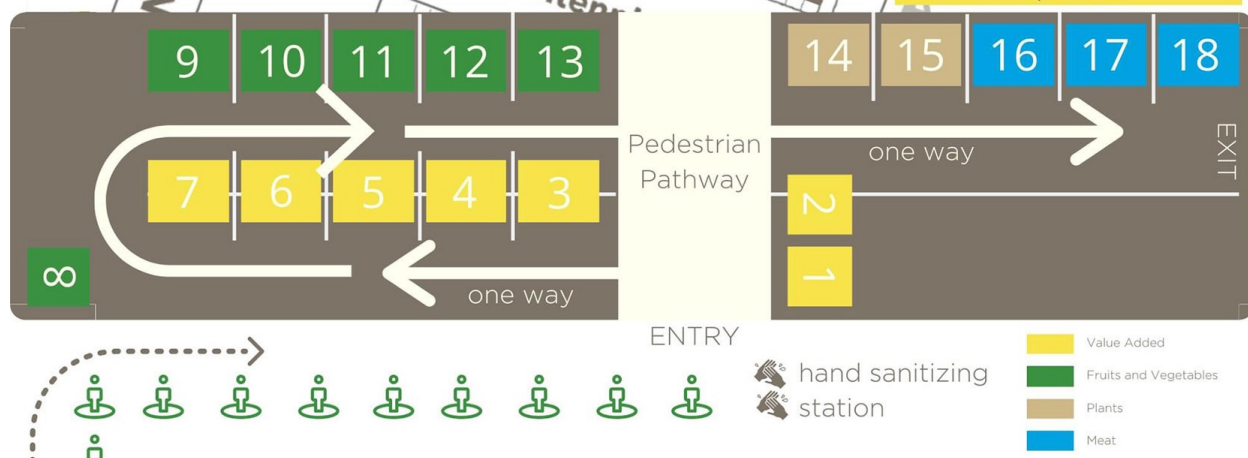
Tremont
Center

TRENT ROAD

Center

Market Rules:

- If you are unwell, do not attend the market
- All staff, volunteers, vendors and customers must wear a face covering
- No pets
- No reusable shopping bags
- One member per household
- Must maintain 6 foot social distancing
- Do not touch any products, allow vendors to select and bag for you
- Pre-order and pre-pay whenever possible



City of Upper Arlington®



Presorted Standard
US Postage
PAID
Columbus, OH
Permit #758

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

Phone Hours: M-F, 8 am-4 pm

Office Closed Until Further Notice

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

The Sentinel

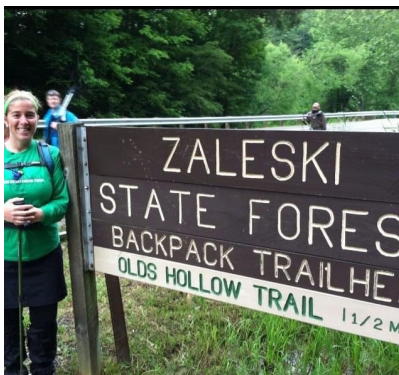
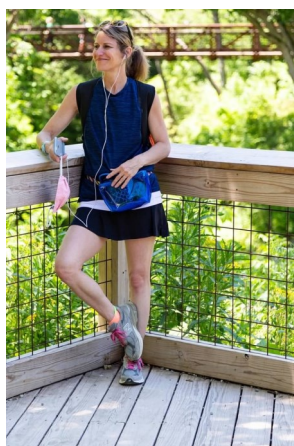
614-583-5320 • parks.uaoh.net

JULY 2020



UA Senior Center Staff - What are they doing during COVID-19?

We are staying well while "social distancing" by engaging in some of our hobbies: gardening, playing guitar, kayaking, traveling, hiking and hanging out with our dogs and horses. (Preferably not all at the same time!)



2020 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.