

THE Sentinel

The newsletter for members of the Upper Arlington Senior Association

OCTOBER 2023

2023 Cycle UA

Saturday, October 7, 10 am

Northam Park, 2850 Tremont Road

Enjoy a family-friendly community bike ride through Upper Arlington complete with built-in rest stops, parks and neighborhood views. This is a hybrid event offering a large group event ride or independent ride opportunities. Take part in the large group event and join in the finish line celebration with snacks, games and music, or enjoy the ride on your own time over the span of a whole weekend. Courses in 5-mile, 10-mile and 15-mile lengths available; all routes start and finish at Northam Park. Course map, directions and ride packets with coupons/swag available to all registered riders. Additionally, this year CoGo Bike Share has provided free annual memberships to all registrants; check your receipt for details and the redemption code. Cycle UA T-shirt included with registration before September 8; T-shirts not guaranteed with registration after September 8. Helmets are mandatory for all riders. Ages 4 and under are free (no shirt included), but must be registered in sections D or H. If you would like a shirt for your child, you need to register them for a course length. Pre-registration required for all riders. **Act# 238100**

Large Group Event, Sat, 10/7, 10 am-1 pm

Independent Ride, Fri, 10/6, 3 pm through Sun, 10/8, 11:59 pm

5-Mile Route: \$12

10-Mile Route: \$17

15-Mile Route: \$22

UA Senior Association Catered Box Lunch - Chocolate Cafe

Complete order form with payment in Bldg 2 at the Volunteer Desk.

Tue, Oct 24, 11 am, Café UA Lounge

\$10, register by Thu prior

The Art & Science of Successful Aging

Ray Montemayor, Ph.D.

We examine scientific research and clinical insights about successful aging in a FUN and INTERACTIVE way. Learn more how aging transforms our minds, personalities and social relations. We examine ways to optimize personal growth and development in order to approach aging with confidence and even optimism. This is a thought provoking presentation that equips you with new perspectives and insights.

Oct 5 - Longevity: Living Longer & Wiser

Oct 12 - Brain Development: The Growth of Older Minds

Oct 19 - Personality Development: Becoming Who We Really Are

Oct 26 - Social Relations: The Importance of Family & Friends

Thu, 10 am-Noon, Rm 104, Act# 553507

\$10/class, register by the Tue prior

AARP Foundation Tax-Aide - Looking for Volunteers

AARP is looking for compassionate and friendly people to join their volunteer team this upcoming tax season. They provide the training and support to help you learn new skills. Apply online at aarpfoundation.org/TaxaideVolunteer, call 1-888-227-7669 or email Judy Gardiner at ohio2taxaide@gmail.com.

Registration Required for All Programs

Famous Celebrities & their Military Service

Van Young

Thu, Oct 5, 1-2:30 pm, Rm 301

Act# 553521, \$5 by 10/3

Meditation: The Mind-Body Connection

Nelson Carson

Sat, Oct 7 & 21, 11-11:45 am, Rm 301

Act# 553448, \$18|\$12 SS®/RA™ by 10/5

Exploring Creativity

Gail Evans

Tue, Oct 10-31 (4 sessions)

10 am-Noon, Rm 104, Act# 553559

\$20 by 10/6

Intro to Digital Photo Editing

David Holtzapple

Wed, Oct 25, 1-3 pm, Rm 301

Act# 553264, \$20 by 10/23

Pumpkin Decorating

Dedicated Senior Medical Center

Wed, Oct 25, 2-3 pm, Café UA Lounge

Act# 553761, \$5 by 10/20

Handmade Cards

Carol Mariotti

Refer to receipt for supply list.

Mon, Oct 30, 10 am-Noon

Rm 204, Act# 553130, \$20 by 10/23

Continuing Spanish

Marie Jerencsik, MA

Bring a notebook, an English/Spanish dictionary and Spanish verb dictionary.

Mon, Oct 30-Dec 4, (6 sessions)

1-2:30 pm, Rm 104, Act# 553589

\$60 by 10/26

Windows 10 Series - Basics

Gregg Montgomery, TechKnowledge

Students use our computers. More Windows 10 classes are in Nov & Dec. pg 54.

Tue, Oct 31, 1-3 pm, Rm 301

Act# 553271, \$22 by 10/27

Monday Morning Drawing*Mindy Newman*

Supplies and materials on your own.

Mon, Oct 2-30 (5 sessions)**10:30 am-12:30 pm, Rm 105****Act# 553112, \$50 by 9/28****iPhone Series***Gregg Montgomery, TechKnowledge*

Students bring their iPhones fully charged.

Oct 2 - Safari, Act# 553224**Oct 9 - Maps, Act# 552225****Oct 16 - FaceTime, Act# 552226****Oct 23 - Mail, Act# 552227****Mon, 1-3 pm, Rm 301**

\$22/class by Thu prior

Everything But the House*Margaret Wunderlich, EBTH Rep.***Oct 3 - Downsizing, Act# 553577****Oct 10 - Selling, Act# 553578****Tue, 10-11 am, Rm 301**

\$5 by Fri prior

Tai Chi: A Traditional Art in the 21st Century*Joe Shamis***Tue, Oct 3, 10-11 am, Rm 204****Act# 553402, Free|Free SS®/RA™ by 9/29****Watercolor Workshop***Mindy Newman*

Supplies and materials on your own.

Tue, Oct 3-31 (5 sessions), 1-3 pm**Rm 105, Act# 553115, \$50 by 9/29****Mac Computer Series***Gregg Montgomery, TechKnowledge*

Students use our Mac computers.

Oct 3 - Manage Email Like a Pro, Act# 553213**Oct 10 - Import & Organize Photos, Act# 552214****Oct 17 - Design a Christmas Letter, Act# 552215****Tue, 1-3 pm, Rm 301, \$22/class by Thu prior****Grub Club: Carfagna's in Polaris**

Bring a payment method for lunch.

Wed, Oct 4, 11 am-3 pm**Act# 555967, \$5 by 10/2****Lunch Buddies****Thu, Oct 5, 11:15 am-Noon, Rm 205**

Free, Lunch OYO, register by 10/3

Thursday Line Dance*Robin Lawrence Poses***Thu, Oct 5-26 (4 sessions), 10-11 am****Rm 205, Act# 553313, \$15 by 10/3****50+ Connections - Syntero****Fri, Oct 6, & 20, 1 pm, Rm 104****Act# 553597, Free, register in advance****Beginners Line Dance***Stacy Coil, Professional Dance Instructor***Fri, Oct 6-27 (4 sessions), 10-11 am****Rm 205, Act# 553305, \$15 by 10/4****Understanding & Responding to Dementia-Related Behaviors***Alzheimer's Association®***Tue, Oct 10, 10-11 am, Rm 204****Act# 553663, Free|Free SS®/RA™**

Register by 10/6

A Taste of French Cheese*Josie Gonot, A Taste of France***Tue, Oct 10, 1:30-3 pm, Rm 204****Act# 553566, \$14 by 10/6****Book Club: *Symphony of Secrets* by Brendan Slocumb***Volunteer Led***Wed, Oct 11, 9:45-11 am, Rm 104****Act# 553563, Free, register by 10/9****Fall Harvest***The James Mobile Education Kitchen***Wed, Oct 11, 10-11 am, Rm 204****Act# 553636, \$20|\$17 SS® by 10/9****Ballroom Dance***Stacy Coil, Professional Dance Instructor***Mon, Oct 16-Dec 4 (6 sessions), Rm 205****Intermediate: 9:30 am, Act# 553301****Beginners: 10:30 am, Act# 553302****\$50|\$40 SS® by 10/12****Paper Craft Notebook***Carol Mariotti*

Refer to receipt for supply list.

Mon, Oct 16, 10 am-Noon**Rm 204, Act# 553130, \$20 by 10/9****Cozy Mystery Book Club***Volunteer Led***Mon, Oct 16, 2-3 pm, Café UA****Act# 553563, Free, register by 10/13****Cops in the Café (Coffee too!)****Tue, Oct 17, 10-11 am, Café UA Lounge**

Free, registration not required

Armchair Travel Ohio*David Holtzapple***Tue, Oct 17, 11 am-Noon, Rm 204****Act# 553502, Free, register by 10/13****Hiking Club - Olivia Stuck****Tue, Oct 17, 1-2 pm****Battelle Darby Creek Metro Park****Act# 553841, \$5 by 10/13****Chair Volleyball***UASC Staff***Fri, Oct 20, 1-2:30 pm****Municipal Services Center, Act# 553810****\$4|\$1 SS® by 10/18****Guided Forest Therapy***Jennifer Ramsey***Mon, Oct 23, 1-3 pm****Inniswood Metro Park****Act# 553686, \$15 by 10/19****Tap Dance***Mary Bova-Ervin***Wed, Oct 25-Dec 6 (6 sessions) (skip 11/22)****Exp: 12:30 pm, Act# 553311****Beg: 1:30 pm, Act# 553310****Rm 205, \$50|\$40 SS® by 10/23****A Brief Course in Ohio History***Ed Lentz***Fri, Oct 27, 10-11 am, Rm 104****Act# 553539, \$5 by 10/25****Caregiver Fundamentals - Resources, Skills Answers***Maggie Rusnak, MOT, Syntero***Fri, Oct 27, 11:30 am-1 pm, Café UA****Act# 553598, Free for Members,**

Register by 10/23

Lights, Camera, Action! II*Richard Bloom***Mon, Oct 30-Dec 4 (6 sessions)****10-11 am, Rm 104, Act# 553515****\$30 by 10/26****Tai Chi for Health***Joseph Shamis***Mon, Oct 30-Dec 11 (7 sessions)****Wed, Nov 1-Dec 13 (7 sessions)****4:30-5:30 pm, Rm 102, Act# 553420****\$84|\$63 SS® by 10/27****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**Rm 104, Act# 553503****Oct 3 - UA City Council Candidates****Oct 10 - Franklin County Municipal Court****Judge Candidates****Oct 17 - Overview of the UA Fire Divi-****sion with Chris Zimmer, UA Fire Chief****Oct 24 - Get to Know the Ohio History****Connection with Truda Shinker, CTA,**

Department Manager

Oct 31 - Solid Waste Authority of**Central Ohio with Amy Densborn,**

Outreach Program

Registration Required for All Programs

Billiards

Mon-Fri, 9 am-3:45 pm, Rm 101
Act# 553817, Free for Members

Board Game Day

Mon, 12:30-3 pm, Café UA, Act# 553757
Free for Members

Handicrafters

Materials/tools on your own
Mon, 1-3 pm, Rm 204, Act# 553108
Free for Members

Chess

Mon, 1-3:30 pm, 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
Rm 105, Act# 553120, \$10 Fall session

Table Tennis

Tue | Thu, 11:15 am-12:30 pm
Rm 102, Act# 553833
\$10 Fall session | Free SS®

Woodcarvers

Materials/tools on your own.
Thu, 9:30-11:30 am, Rm 105
Act# 553199, \$10 for Fall session

Stock Market Discussion Group

Thu, 2-3:30 pm, Ongoing, Rm 104
Act# 553504, Free for Members

Cards

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

Movie Club: *Jerry and Marge Go Large* (PG-13, 1h 36m)

When retiree Jerry Selbee discovers a mathematical loophole in the Massachusetts lottery, he and his wife Marge go on an exciting multi-million dollar winning spree to revive their small Michigan town. But when a selfish college student cheats the system, Jerry must find a way to make the game fair for all.
PG-13; for some language and suggestive references.

Thu, Oct 19, 12:30 pm, Rm 204
Act# 553560, Free, register by 10/17

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 are held in Rm 102.

BOOM - Move It, Muscle, Mind

Jennifer Ramsey & Mary Bova
Mon | Wed, 8 am (skip 10/2, 10/11, 10/18)
Tue | Thu, 8:30 am
Act# 553450

SilverSneakers® Classic

Jennifer Ramsey & Sandy Tullett
Mon, 9:30 am
Tue | Thu, 10 am
Act# 553415

SilverSneakers® Circuit

Jennifer Ramsey
Wed, 10 am & Fri, 8:30 am
Act# 553414

SilverSneakers® Yoga

Dreana Nealon
Mon | Wed, 1 pm (skip 10/18)
Act# 553413

Gentle Hatha Yoga

Robbin Blackburn
Thu, Oct 5-26 (4 sessions), 10-11 am
Rm 301, Act# 553440, \$44 | \$32 SS®/RA™
Fri, Oct 6-27, 9-10 am
(skip 10/20)(3 sessions), 9-10 am
Rm 301, Act# 553440, \$33 | \$24 SS®/RA™

Zumba Gold®

Rachel Hanna Hay, Zumba Gold® Cert.
Wed, Oct 18-Nov 15 (6 sessions)
10:15 am, Rm 205, Act# 553308
\$50 | \$35 SS®/RA™ by 10/16

Pilates Fusion

Sandy Tullett
Wed, Nov 1-Dec 13 (skip 11/22)(6 sessions)
4 pm, Rm 102, Act# 553438
\$60 | \$42 SS®/RA™ by 10/30

Balance Practice

Barb Byrum
Tue | Thu, 1-1:30 pm/1:45-2:15 pm
Rm 205, Act# 553445
\$20/mo, Class Pass, Free SS®/RA™
Register by Mon prior

Bingocize®

Loretta Sweeney, OSU Extension
Fri, Sep 1-Dec 15, 11 am-Noon, Rm 301
(13 sessions) Act# 553480
Free | Free SS®/RA™

Travel

Day Trips:

View your Activity Guide or parks.uaoh.net for more information. Call the Senior Center with questions.

Autumn Apple Picking & Farm Tour

Thu, Oct 19, 9 am-3:30 pm
Act# 555986, \$25 by 10/12

See the Shoe: Ohio State Football Stadium Tour

Wed, Nov 8, 10 am-3:30 pm
Act# 555987, \$30 by 10/24

Candle Pouring & Gift Shopping

Wed, Dec 6, 10:30 am-4:30 pm
Act# 555988, \$35 by 11/29

Extended Travel:

Trip brochures with detailed itineraries and registration forms available at the Senior Center or view info online at worldoftravel.com. Call World of Travel with any questions at 614-451-4882, ext 208. Register by mail/online and list the UA Senior Center on your paperwork.

All Trips Preview:

Wed, Oct 18 at 10 am, Rm 204

Panama Canal Cruise

Mon-Sun, Jan 18-29, 2024
Final Payment due by 10/1/23

National Parks of Texas & New Mexico

Mon-Sun, Mar 11-18, 2024
Final Payment due by 12/15/23

Virginia Wine Country

Wed-Sat, Apr 24-27, 2024
Final Payment due by 2/1/24

Switzerland & Beyond

Mon-Sun, May 9-17, 2024
Final Payment due by 2/9/24

Voyage of the Glaciers

Fri-Sat, Jul 5-13, 2024
Final Payment due by 3/15/24



PARKS & REC
City of Upper Arlington

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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.

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614-583-5320 • parks.uaoh.net

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Senior Spotlight!

UA Golf Tournament Winners

Pinehurst Tournament

1st place 62 Ron McGuire/Tom Goodlive
2nd Place 63 Ed Prebihalo/John Payne
3rd Place 64 Paul Davis/Jim Heiberger
4th Place 65 Brian Damant/Dave Ditmars
5th Place 66 Tom Rook/Marv Gutter
5th Place 66 Denny Mitchell/Dexter Wilson

Blind Draw Team (Two Man Teams) (34 players)

1st Place 146 Gary Orr, Doug Teske
2nd Place 148 Charlie Myking, Dexter Wilson
3rd Place-Tie 151 Don Abrams, Scott Deubner & Steve Henwood, John Baker

4-Club Tournament

Charlie Myking, Curt Greene, John Baker, Bob Rapp

Modified Stableford Tournament

Bracket A: Mark Plunkett
Bracket B: (tie) Tome Hackett, Herb Samuel
Bracket C: John Hoberg
Bracket D: John Reames

Ladder Tournament

John Baker

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.