

# THE Sentinel

The newsletter for members of the Upper Arlington Senior Association

APRIL 2023

## Sandwich Stroll 2023

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

As you walk the half mile path in the park collecting your lunch and meeting with vendors, try different activities to add a spark to keeping fit. Finish up at the Amelita Mirolo Barn for picnicking, camaraderie and dancing with "Turbo Accordions" (aka Ken & Mary). Participants receive lunch and a reusable lunch bag. The event is held rain or shine, so prepare yourself with hat, umbrella or sunscreen as needed. Shuttles from the Senior Center are available. Choose your departure time at registration if applicable. Parking is limited and carpooling is encouraged. **You must register in advance. To receive your SilverSneakers® discount, you need to bring your card to the registration table 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

Enroll yourself only as a self-driver or which shuttle you prefer.

## Registration Required for All Programs

### Tai Chi for Health

Joseph Shamis

Mon, Apr 3-May 8 (6 sessions)

4:30 pm, Bldg 2, Rm 205, Act# 552420

\$72 | \$54 SilverSneakers® by 3/30

### Wellness Journey: Donate Life

Lifeline of Ohio

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

Act# 552402, Free, register by 3/31

### Shakespeare: Twelfth Night

Brad Bradford

Bring your own copy of this play.

Tue, Apr 4-May 9 (6 sessions)

10-11 am, Bldg 1, Rm 104, Act# 552555

\$30 by 3/31

### Meditation: The Mind-Body Connection

Nelson Carson

Sat, Apr 15-May 6 (4 sessions)

11 am, Bldg 3, Rm 301, Act# 552448

\$36 | \$29 SilverSneakers® by 4/13

### A Taste of French Paté

Josie Gonot

Guests sample several traditional patés, or savory spreads.

Tue, Apr 25, 1:30-3 pm, Bldg 2, Rm 204

Act# 552565, \$14 by 4/21

### Senior Day Camp

Join us as we take a day trip to Beech Maple Lodge at Blacklick Woods. All campers bring their own lunch and water to drink. Transportation is provided.

**Challenge level 2.**

Wed, Apr 26, 9 am-2:30 pm

Depart from Bldg 2, Act# 552625

\$5 by 4/19

### Kentucky Derby Hats!

Dedicated Senior Medical Center

Create your very own hat to wear for the Derby! All supplies and materials provided and enjoy light refreshments.

Fri, Apr 28, 1-2 pm, Bldg 1, Rm 104

Act# 552704, \$5 by 4/25

## NEW! Food & Nutrition Series

Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute

Join us as they educate our community about healthy, cancer-preventative foods and how to prepare these foods not only in tasty ways, but in ways everyone can understand and do at home. This includes directing attention to the American Institute for Cancer Research's nutritional recommendations. Cooking demonstration includes samples. Get your taste buds ready! Space is limited so register soon!

Apr 5 - Healthy Breakfast

Jun 6 - Herbs & Spices 101

Aug 2 - Fitting in Protein

Wed, 11 am-Noon, Bldg 2, Café UA Lounge

\$20 | \$17 SilverSneakers per class by Fri prior

## UA Senior Association Catered Box Lunch from MCL Restaurant

Tue, Apr 18, 11 am, Bldg 2, Café UA Lounge

**\$10, register by DATE - 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.

## Come for the Lunch - Stay for the Service!

The Tri-Village Lions Club invite you to come to the next Senior Center box lunch, and stay to help us prepare Environmental Awareness Kits for local school children. The lunch is scheduled two days before Earth Day, 2023. The Lions will be there before lunch is done, with all the materials, supplies and handout ready to be assembled to present each child with their own reminder of what they can do to protect and restore our natural resources and environment. From a copy of our S.O.P. (Save Our Planet) Coloring Book, to do-it-yourself seed starter kits, and more, help us create a fun learning opportunity for youngsters in our community.

**Ballroom Dance**

*Stacy Coil, Professional Dance Instructor*  
A partner is not required.

**Mon, Apr 3-May 8 (6 sessions)**

**Intermediate: 9:30 am, Act# 552301**

**Beginners: 10:30 am, Act# 552302**

**Bldg 2, Rm 205**

\$50 | \$40 SilverSneakers® by 3/31

**Monday Morning Drawing**

*Mindy Newman*

Supplies and materials on your own.

**Mon, Apr 3-24 (4 sessions)**

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

**Act# 552112, \$40 by 3/30**

**iPhone Series**

*Gregg Montgomery, TechKnowledge*

Bring your iPhone fully charged.

**Apr 3 - iOS 16, Act# 552217**

**Apr 12 - Calendars (Wed-new date) Act# 552218**

**Apr 17 - Podcasts, Act# 552219**

**Apr 24 - Wallet & ApplePay, Act# 552220**

More classes in May on pg. 61.

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

\$22/class by Thu prior

**Mac Computer Series**

*Gregg Montgomery, TechKnowledge*

Students use our Mac computers.

**Apr 4 - Basics, Act# 552205**

**Apr 13 - Finder (Thu-new date) Act# 552206**

**Apr 18 - Safari & App Store, Act# 552207**

**Apr 25 - Notes & Reminders, Act# 552208**

More classes in May on pg. 60.

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

\$22/class by Fri prior

**Watercolor Workshop**

*Mindy Newman*

Supplies and materials on your own.

**Tue, Apr 4-25 (4 sessions)**

**1-3 pm, Bldg 1, Rm 105**

**Act# 552115, \$40 by 3/2**

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

*Mary Bova-Ervin*

**Tue, Apr 4-May 9 (6 sessions)**

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

\$50 | \$40 SilverSneakers® by 3/31

**UA Senior Men's Golf League Organizational Meeting**

Players must have a current UASA membership, register and pay league dues. Pay by cash or check payable to the UASA.

**Tue, Apr 4, 9:30-11 am**

**Amelita Mirolo Barn**

\$35 Tournament Play

\$20 Non-Tournament Play

**Tap Dance**

*Mary Bova-Ervin*

**Wed, Apr 5-May 10 (6 sessions)**

**Exp: 12:30 pm, Act# 552311**

**Beg: 1:30 pm, Act# 552310**

**Bldg 2, Rm 205**

\$50 | \$40 SilverSneakers® by 4/3

**Thursday Line Dance**

*Robin Lawrence Poses*

**Thu, Apr 6-27 (4 sessions), 10-11 am**

**Bldg 2, Rm 205, Act# 552313**

\$15 by 4/4

**Lunch Buddies**

Join Tremont Elementary students for lunch and games! Lunch OYO

**Thu, Apr 6, 11:10 am-Noon**

**Bldg 2, Rm 205, Act# 552505**

Free, register by 4/4

**Beginners Line Dance**

*Stacy Coil, Professional Dance Instructor*

**Fri, Apr 7-28 (4 sessions), 10-11 am**

**Bldg 2, Rm 205, Act# 552305**

\$15 by 4/5

**50+ Connections**

*Syntero*

**Fri, Apr 7 & 21, 1 pm, Bldg 1, Rm 104**

**Act# 552597, Free, register in advance**

**Beginner Macramé Wall Hanging**

*Kathy Lamancusa*

Supply fee of \$18 is payable in exact cash to the instructor. See pg. 38 in the Guide for details & optional supply fees.

**Mon, Apr 10, Noon-3:30 pm**

**Bldg 1, Rm 104, Act# 552125**

\$12 by 4/6

**Macramé Continued**

*Kathy Lamancusa*

Supply fee of \$18 is payable in exact cash to the instructor. See pg. 38 in the Guide for details & optional supply fees.

**Mon, Apr 24, Noon-3:30 pm**

**Bldg 1, Rm 104, Act# 552125**

\$12 by 4/20

**Book Club: *Anxious People* by Fredrik Backman**

*Volunteer Led*

**Wed, Apr 12, 9:45-11 am**

**Bldg 1, Rm 104, Act# 552563**

Free, register by 4/10

**Grub Club - Asterisk Supper Club in Westerville**

Bring a payment method for lunch.

**Wed, Apr 12, 11:30 am-2:30 pm**

**Act# 555967, \$5 by 4/5**

**Nesting Bird Ball**

*Mary Ellen Armentrout*

All supplies and materials are included.

**Thu, Apr 13, 1-2 pm, Bldg 1, Rm 105**

**Act# 552102**

\$7 by 4/11

**Handmade Cards**

*Carol Mariotti*

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

**Mon, Apr 17, 10 am-Noon**

**Bldg 2, Rm 204, Act# 552130**

\$20 by 4/10

**Cozy Mystery Book Club**

*Volunteer Led*

**Mon, Apr 17, 2-3 pm, Bldg 2, Café UA**

**Act# 552563, Free, register 3/16**

**Hiking Club**

*Olivia Stuck*

**Tue, Apr 18, 9-10 am, Quarry Trails**

**Metro Park, Act# 552841**

\$5 by 4/14

**Bingo**

**Tue, Apr 18, 2-3 pm, Bldg 2, Rm 204**

**Act# 552725, Free, register by 4/14**

**Mindful Mandala Drawing**

*Kathy Rausch*

All supplies and materials are included.

**Thu, Apr 20, 12:30-3:30 pm**

**Bldg 1, Rm 105, Act# 552111**

\$30 by 4/18

**Guided Forest Therapy**

*Jennifer Ramsey*

**Mon, Apr 24, 9-10:30 am, Innis Woods**

**Metro Park, Act# 552686**

\$15 by 4/20

**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**

**Apr 4 - Coalition to End Tobacco Targeting**  
with Rob Crane & Amanda Turner

**Apr 11 - 8:30 am - Open Discussion at UAHS** (max. 14, sign up with Ed Sweeney)

**Apr 11 - 2 pm - Open Discussion** with Tom Targoss, Member

**Apr 18 - State of the City, Council Members**  
with Brian Close, VP, Kathy Adams, Ukeme Awakessien Jeter

**Apr 25 - Discussion on Abortion Amendment & Capital Punishment** with Ed Sweeney, Member

## 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: *Elvis*

(PG13, 2h 39m)  
Register in advance to reserve your seat.  
Snacks and drinks are on your own.  
*PG-13 for substance abuse, strong language, suggestive material and smoking.*  
Thu, Apr 20, 12:30 pm, Bldg 2, Rm 204  
Act# 552560, Free, register by 4/18

### 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  
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 (skip 4/3, 4/5)  
Act# 552413

### Gentle Hatha Yoga

Robbin Blackburn  
Thu, Apr 6-27 (4 sessions), 10-11 am  
Bldg 3, Rm 301, Act# 552440  
\$44 | \$32 SilverSneakers® by 4/4

### 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, Apr 19-May 24 (6 sessions)  
10:15 am, Bldg 2, Rm 205, Act# 552308  
\$50 | \$40 SilverSneakers® by 4/17

### Pilates Fusion

Sandy Tullett  
Wed, Apr 19-May 24 (6 sessions)  
4 pm, Bldg 1, Rm 102, Act# 552438  
\$60 | \$42 SilverSneakers® by 4/17

### WITS Workout

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

## Travel

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

### Day Trips:

#### Flower Power: Flora in Fashion Exhibit

Wed, Apr 19, 10:15 am-3 pm  
Act# 555977, \$25 by 4/12

#### Underground Railroad Tour of Ripley, OH

Wed, May 17, 8 am-6:30 pm  
Act# 555978, \$36 by 5/10

#### 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.

#### Connecticut Yankee Charm

Mon-Sat, Jun 26-Jul 1, 2023  
Final payment due by 4/19/23

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

#### Kentucky Bourbon Trail & Derby Camp

Thu-Sun, Oct 12-15, 2023  
Final payment due by 8/1  
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



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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 APRIL 2023

**Thank You to the UA Senior Association**

We want to thank the Upper Arlington Senior Association for supporting the Upper Arlington Senior Center and its members. They recently purchased new items which include benches to allow our dancers and fitness participants a place to sit to change shoes for class; art tables to allow for more space for our participants; updated microphones for our lecture and discussion groups; art supplies, a chair volleyball net, a puzzle lamp and a table tennis table.



Have you joined or renewed your 2023 UA Senior Association membership yet? There are extra membership forms at the Volunteer Desk in Bldg 2 or in our office in Bldg 3. Your membership dues and donations work to support the senior center in the best interest of the members. Your annual membership also supports year-round costs. Examples include the monthly newsletter mailings, program equipment and supplies to benefit membership, landscaping services and other items the Association Board deems necessary to assist with programs and service to the membership like the recently purchased items mentioned above. Annual fees are \$15 for UA Residents/\$20 for non-residents.

**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. The local UA location is at St. Marks’ Episcopal Church, 2151 Dorset Road, Wednesdays and Fridays from 9 am-4 pm by appointment only. To make an appointment call the AARP phone number 614-359-8194. Do not call the church to make your appointment.

**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.*