

The Sentinel

The newsletter for members of the Upper Arlington Senior Association

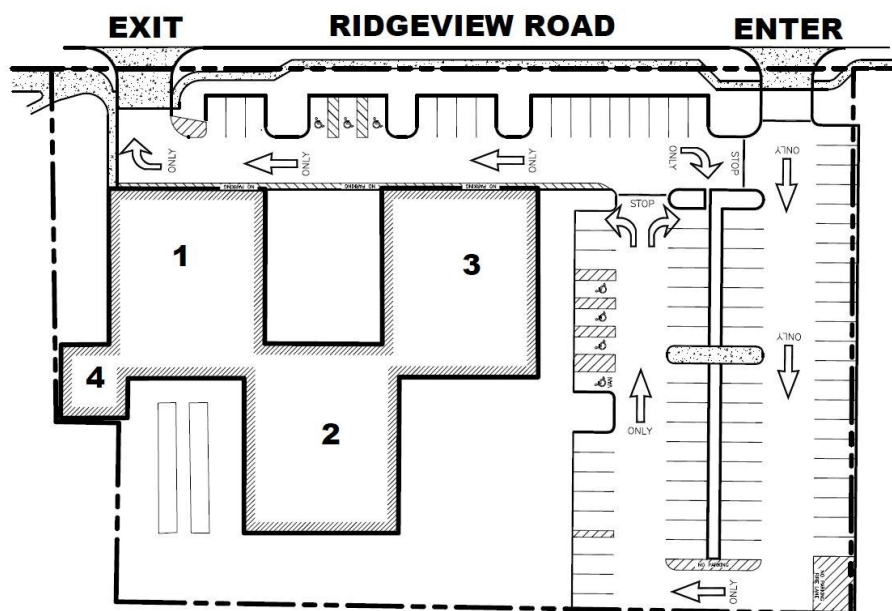
NOVEMBER 2019

Senior Center Parking Lot Update

You may have noticed that when the parking lot was resurfaced that there is a new traffic pattern, one entrance and one exit only. **When you enter the parking lot you will no longer be able to turn right, you must proceed straight to have a one-way continued clockwise route. To leave the parking lot you may no longer go out the entrance and must only use the exit.**

When backing out of your parking space, be sure that it permits you to continue the clockwise route so the parking lot is a one-way pattern as well. Please review the provided parking lot map for the traffic pattern.

Thank you for your cooperation to help make our parking lot safer and keeping traffic flowing more smoothly.



No Smoking in Parks Policy

As a reminder, City Council passed an ordinance announcing a no smoking policy in our parks. This includes the UA Senior Center and its surrounding areas. There is a \$150 fine for those who violate the ordinance.

Café UA Volunteers Needed - Help Us Continue to Serve You

Make a difference in your community by serving others! We need more volunteers in order to continue to offer Café UA services Monday-Friday. As a volunteer, you receive training to learn the duties and a free soup and sandwich the day you volunteer. If you join our volunteers this October to fill one of these open positions, you'll get a FREE registration to the November luncheon. (Pre-registration still required to reserve your seat.)

Ongoing Tuesdays - Set-up from 9:30-11 am; Clean-up from 11:30 am-1 pm

Ongoing Wednesdays - Server from 10:45 am-12:45 pm

Ongoing Fridays—Clean-up from 11:30 am-1 pm

Subs for all positions - as needed

Contact Sue Coen at 440-476-2066 for more information or if you can help.

Thanksgiving Meal & Veteran Recognition

Let's come together to honor our Veterans who have served our country and preserved our freedoms. Entertainment is provided along with our theme "Thanks for Giving." Lunch includes turkey, mashed potatoes, gravy, hot vegetables, salad, fruit and pumpkin pie. **This luncheon sells out every year so be sure to register early to reserve your seat.**

Tue, Nov 12, Bldg 2, Café UA

11:30 am lunch

12:15 pm entertainment

\$10 | \$7 Veterans by 11/8

China: A Survey of its History & Development

Ed Lentz

Nov 1 - Prehistory

Nov 8 - Early Dynasties

Nov 15 - Imperial China

Nov 22 - End of Dynasties

Nov 29 - Republic of China

Dec 6 - People's Republic of China

Fri, 10 am, Bldg 1, Rm 104

\$5 day of



Senior Center Closed

Veterans Day

Monday, Nov 11

Thanksgiving Day

Thursday, Nov 28

Classes Cancelled

BOOM, SilverSneakers® Circuit & Classic
Friday, November 29

Café UA Closed

Friday, November 29

No lunch service

November Notes

Monthly Hatha Yoga

Robbin Blackburn

Mon, Nov 4-25 (skip 11/11) (3 sessions)

10-11:15 am, Bldg 3, Rm 301

\$30 | \$21 SilverSneakers®

Wed, Nov 6-27 (4 sessions)

11:30 am-12:45 pm, Bldg 1, Rm 104

\$40 | \$28 SilverSneakers®

Thursday Hatha Yoga

Robbin Blackburn

Thu, 10-11:15 am, Bldg 3, Rm 301

\$10 | \$7 SilverSneakers® per class

Preregistration recommended

Mac Series 1: Photo Basics

Gregg Montgomery, TechKnowledge

Students use our Mac laptops.

Mon, Nov 4, 1-3 pm, Bldg 3, Rm 301

\$20 by 11/1

Fitness Trek: Am I Old Enough for Gerontology?

Tue, Nov 5, 8:30-10 am

Amelita Mirolo Barn

\$1 | Free SilverSneakers® by 11/1

Hidden Figures & Topics in American History

Gregory L. Edmonds

Nov 5 - The Black Cowboys of the West

Tue, 10-11 am, Bldg 1, Rm 104

\$5 day of

Windows 10 Series

Julie Maurer, B2 Solutions, Inc.

Students use our computers.

Nov 5 - Mail, Contacts & Calendars

Nov 12 - Photos, Videos & Music

Nov 19 - Security, Updates, Backups & Printers

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

\$20 by Fri prior per session

Staying Well Nutrition: Ways to Better Memory

Alma Sadaam, PhD

Wed, Nov 6, 10-11 am, Bldg 1, Rm 104

Free | SilverSneakers®

Chess - New Players Welcome!

Mon | Wed, Ongoing

Noon-3:30 pm, Bldg 1, room varies

Free for 2019 Members

Billiards

Mon-Fri, Ongoing, 9 am-3:45 pm

Bldg 1, Rm 101

Free for 2019 Members

iPhone Series 1

Gregg Montgomery, TechKnowledge

Students need to bring their iPhone fully charged.

Nov 6 - Photos

Nov 13 - Messages

Nov 20 - skip week

Nov 27 - Safari

Wed, 10 am-Noon, Bldg 3, Rm 301

\$20 by Mon prior

Hey Reno! You're in for Custer!

Richard Bloom

Each class explores the lives of two characters, how they impacted their times and their fates after leaving the spotlight.

Nov 7 - Marcus Reno/Frederick Benteen

Nov 14 - John Torrio/Frank Nitti

Nov 21 - Wally Pipp/John T. Scope

Dec 5 - Blanche Barrow/Anna Sage

Thu, 11 am-Noon, Bldg 1, Rm 104

\$5 day of

Massage Therapy

Winifred Williams, BS, LMT

By appt. only, call 614-583-5320.

Tue, Nov 12, Bldg 4

9-10 am, 15-min appt., \$15

10:30 am-2:10 pm, one-hr appt, \$60

Book Club: *The Japanese Lover* by Isabel Allende

Wed, Nov 13, 9:45-11 am

Bldg 1, Rm 104

\$50 day of, walk-ins are welcome!

Fearless CPR

Betty Giammar, RN, BSN

Wed, Nov 13, 2-4 pm, Bldg 3, Rm 301

\$5 material fee payable day of to

instructor, exact change please

Lunch Buddies

Sit, talk and play games with 3rd, 4th and 5th grade students from Tremont Elementary.

Thu, Nov 14, 11 am-Noon

Bldg 2, Rm 205, Free, Lunch OYO

Vision Screening

Emily Yang

By appt. only, call 614-583-5320.

Thu, Nov 14, 1-3 pm, Bldg 3, Rm 301

\$2 | Free SilverSneakers® day of

Widow/Widower Gathering

Syntero

No November meeting date.

Reiki Treatments

Jennifer Dresbach, RN, BSN, LMT

By appt. only, call 614-583-5320.

Thu, Nov 14, 1-4 pm, Bldg 4

\$15 per 15-minute session

Guided Forest Therapy Walk

Jennifer Ramsey

Mon, Nov 18, 1-2:30 pm, location tba

\$15 by 11/15

Cozy Mysteries Book Club

Mon, Nov 18, 2:15 pm, Bldg 2, Café UA

\$.50 day of, walk-ins are welcome!

A Taste of Champagne

Josie Gonot, A Taste of France

Samples may include Salmon Paté, Sausisson sec, Chicken Fricassée Champagne or Gratinée à la Champagne.

Tue, Nov 19, Noon-1:30 pm

Bldg 2, Rm 204

\$18 by 11/15

Zumba Gold®

Rachel Hanna Hay, Zumba Gold® Cert.

Wed, Nov 20-Jan 8 (6 sessions)

(skip 12/25 & 1/1)

9:30-10:15 am, Bldg 2, Rm 205

\$50 | \$40 SilverSneakers® by 11/18

Hearing Clinic

Dr. Anne Jenkins, Au.D., FAA

Choose one of the following services:

comprehensive hearing evaluation, hearing aid consultation, hearing aid cleaning or assistive listening device consultation. By appointment only, call 614-583-5320.

Wed, Nov 20, 9:45 am-12:15 pm, Bldg 4

\$2 | Free SilverSneakers® day of

Bingo

Sponsored by Dublin Retirement Village

Wed, Nov 20, 10-11 am, Bldg 2, Rm 204

\$.25 per card day of, limit 4 cards

Medicare Prescription

Counseling with OSHIP

Sponsored by UA Commission on Aging

By appt. only, call 614-407-5748.

Fri, Nov 22, 9 am-3 pm, Bldg 3, Rm 301

Podiatry with Dr. Cohen, DPM

Dr. Craig Cohen, DPM

Patient is responsible for deductible or co-pay. By appt. only, call 614-583-5320.

Tue, Dec 3, 8:45 am-Noon, Bldg 4

\$40 at time of service for uninsured

Ongoing...

Handicrafters

Mon, 1-3 pm, Bldg 2, Rm 204

Free for 2019 Members

Stained & Mosaic Glass Studio

Tue, 9 am-Noon & Fri, Noon-4 pm

Bldg 1, Rm 105, Materials OYO

\$25 Studio Fee | Free SilverSneakers®

Watercolor Workshop

Mindy Newman

Tue, 1 pm, Bldg 1, Rm 105

\$10 | \$7 SilverSneakers® day of

Table Tennis

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

\$25 Yearly Fee | Free SilverSneakers®

Woodcarvers

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

\$25 Yearly Fee | Free SilverSneakers®

Stock Market Discussion Group

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

Free | SilverSneakers®

Thursday Line Dance

Robin Poses-Lawrence

Thu, 9:30-10:30 am, Bldg 2, Rm 205

Nov 7-21 (3 sessions) \$12 by 11/5

Friday Line Dance

Stacy Coil, Professional Dance Instructor

Fri, Bldg 2, Rm 205

Beg: 9:30 am; Imp: 10:30 am

\$3 per class or \$5 for both day of

Current Events

Volunteer Led

Tue, 2-4 pm, Bldg 1, Rm 104

Nov 5 - Election Day - No Current Events

Nov 12 - Open Discussion

Nov 19 - *Inspiration and Humor* with John P. Schuster, author, speaker, executive coach and teacher

Nov 26 - *Community Center Feasibility Task Force Outreach* with Community Engagement Subcommittee

MOVIE CLUB

12:30 pm, Bldg 2, Rm 204

\$1 for snacks | Free SilverSneakers®

Thu, Nov 7
Leatherheads
(PG13, 114 min)

Thu, Nov 21
Stan and Ollie
(PG, 97 min)

BOOM - Move It, Muscle, Mind

Mon|Tue|Fri, 8 am, Bldg 1, Rm 102

Sat, 8:30 am, Bldg 1, Rm 102

\$5 day of | Free SilverSneakers®

SilverSneakers® Classic

Mon | Wed, 9:30 am, Bldg 1, Rm 102

Wed | Fri, 10:30 am, Bldg 1, Rm 102

Sat, 10 am, Bldg 1, Rm 102

\$5 day of | Free SilverSneakers®

SilverSneakers® Circuit

Tue | Fri, 9:30 am, Bldg 1, Rm 102

\$5 day of | Free SilverSneakers®

SilverSneakers® Yoga

Tue, 1 pm, Bldg 1, Rm 102

Thu, 9:30 am, Bldg 1, Rm 102

Sat, 11 am, Bldg 1, Rm 102

\$5 day of | Free SilverSneakers®

Pilates Fusion

Sandy Tullett

Wed, Oct 30-Dec 4 (6 sessions)

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

\$60 | \$42 SilverSneakers® by 10/28

Xercise

Volunteer Led

M | F, 1-2 pm, Bldg 2, Rm 205

W, 1-2 pm, Bldg 1, Rm 102

Free to 2019 Members & SilverSneakers®

Balance Practice

Tue | Thu, 1-1:30 pm, Bldg 2, Rm 205

Must register monthly, (2nd Tue, 2 pm)

\$20/mo | Free SilverSneakers®

Chair Volleyball

Volunteer Led

Fri, 1 pm, St. Mark's Episcopal Church

\$1 day of | SilverSneakers®

Indoor Aquatics - \$50 for 10 visits!

First Community Village

Paperwork must be completed before you can purchase visits. Allow for 15-20 minutes to complete the forms at the UA Senior Center.

Aqua Aerobics

M | W | F, 8-9 am

\$6/visit payable at the Senior Center

Open Water Walk/Swim

M-Su, 8 am-3:30 pm

\$6/visit payable at the Senior Center

Travel

Sign up EARLY! More details available in your Activity Guide or flyer in Bldg 3.

Wendt Tours 2020 Travel Show

Thu, Nov 14, time & location tba

Featuring West Virginia and the Green Brier, Nova Scotia and the Maritimes.

Christmas at the Biltmore

Dec 4-7 (updated)

Predeparture Mtg: Thu, Nov 14, 2 pm, Rm 205

Travel back to the Gilded Age with a visit to Biltmore House at Christmas. The Chateausque-style mansion built by George Washington Vanderbilt II between 1889 and 1895 is the largest privately owned house in the US.

Elf the Musical - LaComedia

Wed, Dec 11, 9 am-6 pm

This hilarious fish-out-of-water comedy is based on the holiday film about Buddy, a young orphan, who crawls into Santa's bag and is transported to the North Pole. Enjoy a delicious buffet meal and transportation provided by deluxe motorcoach. \$89 per person

South Florida & the Keys

Feb 25-Mar 1, 2020

Escape winter's cold by flying to the sunny tropics of Florida to tour from Miami to Key West. Enjoy two nights lodging in Miami and three in Key West. Includes air transportation and departure taxes, all sightseeing, admissions and baggage handling, gratuities for drivers, guides and porters and professional escort.

Correct price: \$2499 pp, double, \$3299 single, \$2449 pp, triple

National Parks of the Pacific Northwest

Sep 17-25, 2020

Trip Preview: Thu, Nov 21, 9 am
Bldg 2, Rm 204

Explore the Pacific Northwest from Seattle's vibrant waterfront to the Hoh Rain Forest, Mount Rainier National Park, Olympic National Park, the Museum of Glass, Dale Chihuly's Bridge of Glass, Northwest Trek Wildlife Park, Butchart Gardens and more. Travelers Protection Plan insurance, gratuities for tour manager and drive, National Parks fees and airport transfers included. Payable to Mayflower Cruise & Tours.



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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 NOVEMBER 2019

“Thank You” to our Community Sponsors

Brookdale Trillium Crossing , Marsha McCready.....	614-923-3453
Crown Point Care Center , Erin Hoffman.....	614-459-7293
Dublin Retirement Village , Chris Welen.....	614-764-2800
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Sanctuary at Tuttle Crossing , Laura Solaiman.....	614-760-8870

2019 Senior Advisory Council

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Jeannine Palmer, *Assistant Treasurer*
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Joe Anastasi, Georgia Bruce, Patti Denney,
Mary McMahon, Fred Minich, Estelle Scott and
Lori Wengerd

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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.