

THE Sentinel

The newsletter for members of the Upper Arlington Senior Association

OCTOBER 2021

Until We Meet Again...

You may have heard by now that I am retiring from my career at the City of Upper Arlington and the Senior Center effective September 30. I have had the most amazing time with all of you. Thank you for being my friends, mentors, challengers, students and playmates. I have worked with the best people, the fitness instructors, service providers and especially my teammates, the coworkers who share the day-to-day challenges of work and life. They are the best.

What's next? There is much to do on my little farm, traveling to do, pickleball to play, in short, time to enjoy life. Happy Trails until we meet again!



Jane Sindel - Retiring after 35+ Years!

Many of our Senior Center members have been greatly impacted by the service and devotion of one of our own, Jane Sindel.

On September 30th, Jane is retiring from the City and our Senior Center after 35 years of dedicated service. Her career with Upper Arlington began when she worked in both Police and Fire Divisions as an Emergency Dispatcher. She eventually moved on to our Senior Center where she has faithfully served as one of our Recreation Supervisors for many years. Space does not permit us to list all the contributions Jane has made to our City and the Parks & Recreation Department. Her joy and passion has been serving each of you at the Senior Center. She will be greatly missed, and we invite you to wish her well at an Open House to be held in her honor. Details are as follows:

Retirement Open House for Jane Sindel

Tue, Sep 28, 4-6 pm, Amelita Mirolo Barn, 4395 Carriage Hill Ln., Upper Arlington
Refreshments provided - compliments of the City and the Senior Advisory Council.

Due to Covid-19 and the expected attendance, there is no formal presentation, this allows attendees to stop in for a brief time during the open house. Face masks are requested.

Introduction to Happiness with Jay Kandampully

Oct 12 - Understanding the Source of Happiness: Happiness is determined by one's state of mind rather than external events.

Oct 19 - Training Our Minds for Happiness: Certain desires are useful, such as the desire for happiness, peace, a harmonious and friendlier world.

Oct 26 - Happiness versus Pleasure: The neurotransmitter "Dopamine" that is linked to reward or pleasure has a very short impact on us. Whereas the neurotransmitter "Serotonin" is linked with our feeling of contentment or happiness.

Tue, 10 am-Noon, Bldg 1, Rm 104, \$15 by 10/8

The Counties Nearby with Ed Lentz

We look at the history and current prospects of these nearby places. *Please note that this series is now meeting online using Zoom.

Oct 29 - Delaware **Nov 12** - Fairfield **Dec 3** - Madison

Nov 5 - Licking **Nov 19** - Pickaway **Dec 10** - Union

Fri, Oct 29-Dec 10 (6 sessions), 10-11 am, Zoom, \$30 by 10/27

Registration Required for All Programs

A Matter of Balance Seminar

Central Ohio Area Agency on Aging

Tue | Thu, Oct 5-28 (8 sessions)

2-4 pm, Bldg 2, Café UA

\$20 | Free SilverSneakers® by 10/1

iPhone Basics Series

Gregg Montgomery, TechKnowledge

Students bring their own iPhone along with their Apple ID and password.

Oct 11 - Basics & Buttons

Oct 18 - Phone App

Oct 25 - App Store

Nov 1 - Camera

Nov 8 - Photos

Nov 15 - Messages

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

\$20/class by Thu prior

Bingo

Sponsored by First Community Village

Sign up early as space is limited!

Wed, Oct 20, 10 am, Bldg 2, Rm 204

Free, register by 10/18

Mindful Mandala Doodle Workshop

Kathy Rausch

Creating a mandala super charges your brain by incorporating geometry and creativity. You learn how to draw a mandala using ancient techniques of creativity. No artistic experience required! All supplies are provided.

Thu, Oct 21, 1-4 pm, Bldg 1, Rm 105

\$30 by 10/19

How to Make a Photo Book with Shutterfly®

Shannon Guy

Wed, Oct 27, 1-3 pm, Bldg 3, Rm 301

\$20 by 10/25

Pilates Fusion

Sandy Tullett

Wed, Oct 27-Dec 1 (6 sessions)

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

\$60 | \$42 SilverSneakers® by 10/25

American Mah Jongg for Beginners

Mary Beth McNeal

A \$10 material fee is due to the instructor the first day of class, cash only, exact change.

Class Instruction

Fri, Oct 1-8 (2 sessions)

9-11 am, Bldg 2, Rm 204

\$10 by 9/29

Regular Open Play

Fri, Sep 3-Dec 17, 9:30-11:30 am

Bldg 2, Rm 204

\$10, registration required

Friday Line Dance

Stacy Coil, Professional Dance Instructor

Register for both sections and save \$5.

Fri, Oct 1-29 (5 sessions) Bldg 2, Rm 205

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

\$18 per section by 9/29

Basics of Zoom

UA Library Representative

Learn the basics of the Zoom screen.

This is a demonstration class only.

Fri, Oct 1, 1-2 pm, Bldg 3, Rm 301

Free, register by 9/30

The Art & Science of Successful Aging

Ray Montemayor

Oct 4 - Longevity: Living Longer & Wiser

Oct 11 - Brain Development: The

Growth of Older Minds

Oct 18 - Personality Development:

Becoming Who We Really Are

Oct 25 - Social Relations: The

Importance of Family & Friends

Mon, 10 am-Noon, Bldg 2, Rm 204,

\$10/class, register by Thu prior

Fitness Trek - Hearing & Your Brain: A Critical Connection

Tue, Oct 5, 8:30-10 am

Amelita Mirolo Barn

Free | Free SilverSneakers® by 10/1

Watercolor Workshop

Mindy Newman

Not a beginners class; however, beginners are welcome to join this relaxed instruction or work on their own project with mentoring.

Tue, Oct 5-26 (4 sessions)

1-3 pm, Bldg 1, Rm 105

\$40 | \$28 SilverSneakers® by 10/1

Staying Well Nutrition: The Future of Meat

Alma Saddam, PhD

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

Free | Free SilverSneakers®

Register by 10/4

Thursday Line Dance

Robin Lawrence Poses

Thu, Oct 7-28 (4 sessions)

10-11 am, Bldg 2, Rm 205

\$15 by 10/5

Music Mini-Chat Series

Vaughan Music Studios

Oct 7 - Basic Music Improvisation

Discussion

Oct 21 - The Columbus Jazz Scene & Its

Relationship

Thu, Noon-1 pm, Zoom

Free, register in advance

50+ Connections

Charity Eilerman, Syntero

Fri, Oct 8, 1 pm, Zoom

Fri, Oct 22, 1 pm, Bldg 1, Rm 104

Free, register in advance

Guided Forest Therapy

Jennifer Ramsey

Location to be announced a day prior.

Mon, Oct 11, 1-2:30 pm, Location tba

\$15 by 10/7

Book Club: *Maybe You Should Talk to Someone* by Lori Gottlieb

Volunteer Led

Wed, Oct 13, 9:45 am, Bldg 1, Rm 104

Free, register by 10/12

Cozy Mystery Book Club

Volunteer Led

Mon, Oct 18, 2:15 pm, Bldg 2, Café UA

Free, register by 10/14

Tap Dance

Mary Bova-Ervin

Wed, Oct 20-Nov 24 (6 sessions)

Beg: 1:30 pm; Exp: 12:30 pm

Bldg 2, Rm 205

\$50 | \$40 SilverSneakers® by 10/18

Read/Watch/Listen: Library E-Resources

UA Library Representative

Learn about downloadable e-books and audiobooks and streaming movies, TV and music. This is a demonstration class.

Wed, Oct 27, 10-11 am, Bldg 3, Rm 301

Free, register by 10/26

In the Beginning History Series II

Richard Bloom

We go in search of the beginnings of two different subjects - how did it start?

Oct 25 - Birdseye Foods/Blockbuster Video

Nov 1 - Love Story/Intermittent Wipers

Nov 8 - Chewing Gum/Ear Muffs

Nov 15 - Peter, Paul & Mary/"Jurassic Park"

Nov 22 - Tinker Toys/Wells Fargo

Nov 29 - Johnny Carson/Sears Roebuck

Mon, Oct 25-Nov 29 (6 sessions)

10-11 am, Bldg 1, Rm 104

\$30 by 10/21

Zumba Gold®

Rachel Hanna Hay, Zumba Gold® Inst.

Wear tennis shoes, comfortable clothing and bring a water bottle.

Wed, Oct 27-Dec 1 (6 sessions)

10-10:45 am, Bldg 2, Rm 205

\$50 | \$40 SilverSneakers® by 10/25

Log Cabin Quilted Square

Mary Ellen Armentrout

All supplies are provided. Some hand sewing and ironing involved. Bring your own machine and be familiar with its operation.

Wed, Oct 27, 1-4 pm, Bldg 1, Rm 105

\$25 by 10/25

Gentle Hatha Yoga

Robbin Blackburn

Thu, Ongoing, 10-11 am, Bldg 3, Rm 301

All classes are full for the Fall season.

Waitlist only

Chair Volleyball

On hold until Spring of 2022

Current Events

Volunteer Led

Topics are prepared and presented by members of the group and invited speakers. Topics are subject to change.

Oct 5 - *Franklin County Municipal Court Judge Candidates*

Oct 12 - *US House Representative - District 15 Candidates:*

2 pm Mike Carey, 2:30 pm Allison Russo

Oct 19 - *SE Ohio* with Céilí Doyle,

Reporter Columbus Dispatch

Oct 26 - *America's Role in the Worlds*

with Ed Sweeney using National Issues

Forum Issue Guide

Tue, 2 pm, Zoom

Free, registration required

Registration Required for All Programs

Billiards

Mon-Fri, 9 am-3:45 pm, Bldg 1
Free for 2021 Members

Handicrafters

Materials/tools on your own.
Mon, 1-3 pm, Bldg 2, Rm 204
Free for 2021 Members

Chess

Mon | Wed, Noon-3:45 pm
Bldg 1, Rm 105
Free for 2021 Members

Stained & Mosaic Glass Studio

Materials on your own. The 2021 studio fee is waived this year.
Tue, 9 am-Noon & Fri, Noon-3:45 pm
Bldg 1, Rm 105
Free | Free SilverSneakers®

Table Tennis

Tue | Thu, 11:15 am-12:30 pm, Rm 102
\$10 | Free SilverSneakers®

Bridge

Mon, 12:30 pm, Bldg 2, Rm 204
Free for 2021 Members

Euchre

Wed, 12:15 pm, Bldg 2, Rm 204
Free for 2021 Members

500 Cards

Fri, 12:15 pm, Bldg 2, Rm 204
Free for 2021 Members

Woodcarvers

Materials/tools OYO. The 2021 studio fee is waived this year.
Thu, 9:30-11:30 am, Bldg 1, Rm 105
Free | Free SilverSneakers®

Stock Market Discussion Group

Thu, 2-3:30 pm, Ongoing
Bldg 1, Rm 104
Free, register in advance

Movie Club:

Little Women (2019)

(PG, 134 min)
Register in advance to reserve your seat. Drop-in participation is no longer permitted. Bring your own snacks.
Thu, Oct 21, Noon-2 pm
Bldg 2, Rm 204
Free | Free SilverSneakers®
Register by 10/20

SilverSneakers® Fitness Classes

Advanced registration is required for all programs. No pro-rating or refunds for missed classes.

BOOM - Move It, Muscle, Mind

Jennifer Ramsey & Mary Bova
Mon | Wed, 8 am, Bldg 1, Rm 102
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
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

Nelson Carson
Mon | Wed, 1 pm, Bldg 1, Rm 102
Class Pass, Free SilverSneakers®/Renew Active™

SilverSneakers® EnerChi

Jennifer Ramsey
Fri, 9:30 am, Bldg 1, Rm 102
Class Pass, Free SilverSneakers®/Renew Active™

Bingocize®

Loretta Sweeney
Mon | Fri, Ongoing, 1-2 pm, Zoom
Free | Free SilverSneakers®/Renew Active™
Register in advance

Balance Practice

Barb Byrum
Tue | Thu, Ongoing, in person
1-1:30 pm, Bldg 2, Rm 205
\$20/mo, Free SilverSneakers®
Register by Mon prior

Bocce

Volunteer Led
Thu, Ongoing, ends Oct 21
8:30-10:30 am
Bocce Courts, behind Bldg 2
\$10 | Free SilverSneakers®

Xercise (*tentatively begins Oct 18)

Volunteer Led
Mon | Fri, 1-2 pm, Bldg 2, Rm 205
Free | Free SilverSneakers®

Travel

Questions about the trips? Call Wendt Touring for more information at 740-282-5790.

Resorts, Railroads & Rivers of West Virginia including the Greenbrier

Travel to Huntington, West Virginia, home of Marshall University, on a "We Are...Marshall" tour. Then ride the Amtrak "Cardinal" on the original B&O rail lines through the Allegheny Mountains along the New River Gorge to White Sulphur Springs and the Greenbrier.

Challenge Level 2

Mon-Fri, Oct 12-15 (4 days)

See pg. 60 in the Summer Activity Guide

Christmas in Washington DC by Rail

Start this trip with a city tour of Pittsburgh and fine dining atop Mt. Washington and shopping at the Christmas Advent market. Take the Amtrak "Capital Limited" arriving at historic Union Station in Washington, DC for a guide city tour of monuments, memorials and more. Stops include Arlington National Cemetery, the National Cathedral, the National Tree and the Smithsonian Air and Space Museum.

Challenge level 2

Mon-Thu, Dec 6-9 (4 days)

See pg. 61 in the Summer Activity Guide

Rules of the Road, Cancellation Policy, Travel Registration Information and Trip Challenge Levels can be found on pg. 61 in the Fall Activity Guide.



UPPER ARLINGTON Farmers' Market

**4-7 pm
Wednesdays
May 19–October 27**

2850 Tremont Road (Tremont Pool Parking Lot)

Whether you're starting a new diet or continuing good habits, the **Upper Arlington Farmers' Market** has all the locally grown fruits, vegetables, herbs and dairy products you'll need to stay healthy this summer.

The Upper Arlington Farmers Market offers something for everyone. Stock your pantry and fridge with fresh produce, artisan bread, pastured meats, locally-roasted coffee, and more!

City of
Upper Arlington

Parks & Recreation Department
614-583-5300 | www.uaoh.net

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

OCTOBER 2021

Rock and Roll Halloween Piano Recital

SWC Piano Studio

Fri, Oct 15, 11:45 am, Bldg 2, Café UA

Free, register by 10/14 (Act# 553732-A)

Youth pianists from SWC Piano Studio are performing Rock & Roll favorites all dressed up in their Halloween costumes. Attendees may also choose to bring in a bag lunch to Café UA to enjoy while listening to the recital.

Attendees must register in advance and may choose to dress up in costume as we have fun with the kiddos (costume optional). Whether you choose to dress up, or just come to enjoy their performances, we look forward to an enjoyable time together!



Nancy & Shannon—Come on down!
You're the next contestant on the Price is Right!

2021 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 Wengerd

Senior Center Staff

Patrick Monaghan, *Recreation Manager*

Shannon Guy, *Recreation Supervisor*

Nancy Schwartz, *Administrative Assistant*

Mark Rechsteiner, *Part-time Recreation Leader*

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.