

# THE Sentinel

The newsletter for members of the Upper Arlington Senior Association

JULY 2023

## The Golden Gala: Through the Decades

Fri, Jul 28, 6-8 pm, Amelita Mirolo Barn  
\*Reduced Fee\* \$17 by 7/14, Act# 552709

Take a trip down memory lane and enjoy a second chance to attend Prom! Dress in attire from your favorite decade or feel free to wear formal attire from any time-period. Enjoy an evening of festivity with dancing, door prizes, decorations, a photo booth area and light refreshments. Dance to music from various decades, including the '50s, '60s and '70s and more! Couples and singles welcome; registration is per person and registration required. Don't miss this fun night out!



## Registration Required for All Programs

### Iris Folding

*Kathy Lamancusa*

Students should bring small sharp scissors, metal ruler, scotch tape, double-sided tape runner, bone folder and pencil. All other materials provided.

**Wed, Jul 5, 1-2:30 pm**

**Bldg 1, Rm 105, Act# 552133**

\$15 by 6/30

### Understanding Self-Esteem

*Gail Evans*

We define self-esteem, how we develop it, how we may lose it and perspectives on how we can improve it and thrive.

**Thu, Jul 6-27 (4 sessions), 10 am-Noon**

**Bldg 1, Rm 104, Act# 552557**

\$20 by 7/3

### Music for the Fun of It

*Jim Keyes*

Grandfriends and grandchildren are invited to join us for a chance to create a song sung by all. Note: parents/guardians register only the child for the program and provide the grandfriend name when asked.

**Tue, Jul 18, 2:30-3:45 pm**

**Bldg 2, Rm 205, Act# 552329**

\$5/couple by 7/14

### Life Lines

*Trudy Krisher*

Capture your memories for your family, for a memoir or for a personal journal.

**Mon, Jul 24-Aug 28 (6 sessions), 1-2 pm**

**Bldg 1, Rm 104, Act# 552575**

\$30 by 7/20

### Facebook Marketplace & eBay

*Gregg Montgomery, TechKnowledge*

**Mon, Jul 24, 1-3 pm, Bldg 3, Rm 301**

**Act# 552225, \$22 by 7/20**

### Senior Center Closed

**Tuesday, July 4, 2023**

**In Observance of  
Independence Day**

## July is Park and Recreation Month! Where Community Grows

It's time to share why local parks and recreation is Where Community Grows! We're celebrating Park and Recreation Month this July by celebrating the vital role park and recreation professionals play in bringing people together, providing essential services and fostering the growth of our communities.



The services that park and recreation professionals provide are vital for our communities — from protecting open spaces and natural resources to helping fight obesity and providing activities and resources for all people. Park and Recreation Month encourages everyone to reflect on the exponential value park and recreation professionals bring to communities.

Our agency serves as a Community Wellness Hub for members of our community, connecting them to programs and services that advance health equity, improve health outcomes and enhance quality of life.

NRPA encourages everyone who supports parks and recreation to share how it has improved their community on social media using #WhereCommunityGrows.

## Cops in the Café (Coffee too!)

**Tue, Jul 18 at 10-11 am**  
**Bldg 2, Café UA Lounge**

The Upper Arlington Police Department and our Senior Center "joins forces" for a monthly discussion called "Cops in the Café." Learn, connect and share our appreciation for the many ways our Police Officers help to keep our community safe. Come enjoy coffee and conversation with us! Registration not required.

## UA Senior Association Catered Box Lunch - Chick-fil-A®

**Mon, Jul 17, 11 am, Bldg 2, Café UA Lounge**  
**\$10, sign up by 7/13**

**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 (coming soon.)

**Thursday Line Dance***Robin Lawrence Poses*

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

Bldg 2, Rm 205, Act# 552313

\$15 by 7/3

**Basic Digital Photography & Editing***David Holtzapple*

Thu, Jul 6-27 (4 sessions), 2-3 pm

Bldg 3, Rm 301, Act# 552264

\$22 by 7/3

**Beginners Line Dance***Stacy Coil, Professional Dance Instructor*

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

Bldg 2, Rm 205, Act# 552305

\$15 by 7/5

**50+ Connections***Syntero*

Fri, Jul 7 &amp; 21, 1 pm, Bldg 1, Rm 104

Act# 552597, Free, register in advance

**Monday Morning Drawing***Mindy Newman*

Supplies and materials on your own.

Mon, Jul 10-31 (4 sessions)

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

Act# 552112, \$40 by 7/6

**Tai Chi for Health***Joseph Shamis*

Mon, Jul 10-Aug 14 (6 sessions)

4:30 pm, Bldg 2, Rm 205

Act# 552420

\$72 | \$54 SilverSneakers® by 7/6

**Balancing Your Health & Wellness***Dr. Thomas Morse, Innovative Wellness*

Tue, Jul 11, 8:30-9:30 am

Bldg 2, Rm 204, Act# 552404

Free, registration required

**Basics of Zoom***UA Library Representative*

Jul 11 - Basics of Zoom as a Presenter

Jul 25 - Basics of Zoom as a Participant

Tue, 10-11 am, Bldg 3, Rm 301

Act# 552290, Free, registration required

**Grub Club: Hofbräuhaus****Columbus in Grandview**

Bring a payment method for lunch.

Tue, Jul 11, 11 am-2:30 pm

Act# 555967, \$5 by 7/7 (waitlist only)

**Watercolor Workshop***Mindy Newman*

Supplies and materials on your own.

Tue, Jul 11-25 (3 sessions)

1-3 pm, Bldg 1, Rm 105

Act# 552115, \$30 by 7/6

**Book Club: Spare****by Prince Harry***Volunteer Led*

Wed, Jul 12, 9:45-11 am

Bldg 1, Rm 104, Act# 552563

Free, register by 7/10

**Downsizing with Everything****But the House***Margaret Wunderlich*

Wed, Jul 12, 2-3 pm, Bldg 1, Rm 104

Act# 552577, \$5 by 7/10

**Mug Rugs***Mary Ellen Armentrout*

All supplies and materials are included.

Bring your own sewing machine.

Thu, Jul 13, 12:30-3:30 pm

Bldg 1, Rm 105, Act# 552103

\$20 by 7/11

**Guided Forest Therapy***Jennifer Ramsey*

Mon, Jul 17, 9-10:30 am

Sharon Woods Metro Park

Act# 552686

\$15 by 7/13

**Cozy Mystery Book Club***Volunteer Led*

Mon, Jul 17, 2-3 pm, Bldg 2, Café UA

Act# 552563, Free, register by 7/14

**A Taste of European Pastries***Josie Gonot*

Guests sample different pastries.

Tue, Jul 18, 1:30-3 pm

Bldg 2, Rm 204, Act# 552568

\$14 by 7/14

**Selling with Everything But the House***Margaret Wunderlich*

Wed, Jul 19, 2-3 pm, Bldg 1, Rm 104

Act# 552558, \$5 by 7/17

**Mindful Mandala Drawing***Kathy Rausch*

All supplies and materials are included.

Thu, Jul 20, 12:30-3:30 pm

Bldg 1, Rm 105, Act# 552111

\$30 by 7/18

**The Sixties: A Decade to Remember***Ed Lentz*

Fri, Jul 21-Aug 25 (6 sessions), 10-11 am

Bldg 1, Rm 104, Act# 552531

\$30 by 7/19

**Chair Volleyball:****Get Fitter on Your Sitter***UASC Staff*

Fri, Jul 21, Aug 18, 1-2:30 pm

Municipal Services Center

Lower Level Rec Room, Act# 552810

\$4 | \$1 SilverSneakers® per date

Register in advance

**Ballroom Dance***Stacy Coil, Professional Dance Instructor*

Mon, Jul 24-Aug 28 (6 sessions)

Intermediate: 9:30 am, Act# 552301

Beginners: 10:30 am, Act# 552302

Bldg 2, Rm 205

\$50 | \$40 SilverSneakers® by 7/20

**Bocce***Volunteer Led*

Thu, Ongoing

8:30-10:30 am, Bocce Courts, Behind

Bldg 2, Act# 552800

\$15 each, register in advance

**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

Jul 4 - Senior Center Closed

Jul 11 - *A Survivor's Guide - Plan to**Assist Survivors* with Jim PraterJul 18 - *Understanding Alzheimer's &**Dementia* with Missy Rouse, Program

Manager, Alzheimer's Association

Jul 25 - *Supreme Court Cases* with

Judge Jim Getz

**WarmChoice® Program - Home Energy Efficiency Services**

The Mid-Ohio Regional Planning Com-

mission (MORPC) offers home energy

efficiency (weatherization) and safety

services at no cost to income-eligible

residents to help keep them warmer in

the winter and cooler in the summer, all

while lowering energy bills. These pro-

grams are available all year to Franklin

County residents.

These programs are provided at no cost to income-eligible clients thanks to funding from WarmChoice® provided by Columbia Gas of Ohio, the Ohio Development Services Agency's Home Weatherization Assistance Program, and AEP Ohio's Community Assistance Program. Call 614-621-1171 for details.

## 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: *The Queen*

(PG-13, 1h 43m)  
The action of the film takes place during the week following the death, on August 31, 1997 of Diana, Princess of Wales. Register in advance to reserve your seat. Snacks and drinks are on your own. *PG-13 for brief strong language*  
Thu, Jul 20, 12:30 pm, Bldg 2, Rm 204  
Act# 552560  
Free, register by 7/18

### 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 are held in Bldg 1, Rm 102.

### BOOM - Move It, Muscle, Mind

Jennifer Ramsey & Mary Bova  
Mon | Wed, 8 am  
Tue | Thu, 8:30 am (skip 7/4)  
Act# 552450

### SilverSneakers® Classic

Jennifer Ramsey & Sandy Tullett  
Mon, 9:30 am  
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  
Act# 552413

### Gentle Hatha Yoga

Robbin Blackburn  
Thu, Jul 6-27 (4 sessions)  
10-11 am, Bldg 3, Rm 301, Act# 552440  
\$44 | \$32 SilverSneakers® by 7/3

### 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, Jul 12-Aug 23 (skip 8/2) (6 sessions)  
10:15 am, Bldg 2, Rm 205, Act# 552308  
\$50 | \$40 SilverSneakers® by 7/10

### Pilates Fusion

Sandy Tullett  
Wed, Jul 26-Sep 6 (skip 8/9) (6 sessions)  
4 pm, Bldg 1, Rm 102, Act# 552438  
\$60 | \$42 SilverSneakers® by 7/24

### WITS Workout

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

## Travel

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

### Day Trips:

#### A Day in Amish Country

Tue, Jul 18, 8 am-7 pm  
Act# 555980  
\$68 by 7/7 (waitlist only)

#### 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.

### Scotland by Rail

#### Wed-Wed, Sep 20-27, 2023

Highlights include journeys onboard three railways, traveling across Glenfinnan Viaduct, a tour of Eilean Donan Castle, exploration of Cairngorms National Park and more.  
Final payment due by 6/1/23

### Albuquerque Balloon Fiesta

#### Fri-Wed, Oct 6-11, 2023

Enjoy a hot air balloon extravaganza, sight-seeing in Santa Fe and explore historic Native American culture.  
Final payment due by 6/30/23

### Kentucky Bourbon Trail &

#### Derby Camp

#### Thu-Sun, Nov 2-5, 2023

This tour features a full day of racing at Churchill Downs, you learn how to place bets, make Mint Juleps and enjoy four separate bourbon learning and tasting experiences.  
Final payment due by 8/1/23

### Colonial Christmas Featuring

#### Gettysburg & Williamsburg

#### Thu-Tue, Nov 30-Dec 5, 2023

Revel in holiday décor, traditions and festivities on this tour of historical destinations in Pennsylvania and Virginia.  
Final payment due by 9/29/23



**PARKS & REC**  
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  
**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

JULY 2023

**Upper Arlington Performance Series**

**Arts on Arlington - Thursday, July 13 | 6-10 pm**

Mallway Park, 2096 Arlington Ave

In an effort to support UA artists, artisans and Mallway businesses, UA Cultural Arts Division brings you Arts on Arlington! Arlington Avenue will be lined with artists and vendors while Mallway Park becomes a relaxing space to grab some food and sip on a cold beverage while enjoying live music.

**Include Us in your Hashtags this Month!**

**#WhereCommunityGrows**

- **#MondayMood** - Parks and recreation is proven to improve mental wellbeing. Share how access to green space has made you feel a little brighter and happier on Monday!
- **#TrailsTuesday** - Does everyone in your community know how to get to your parks or trails? Share locations where your followers can visit!
- **#WellnessWednesday** - Highlight the programs, activities and spaces that foster cultural, economic, emotional, environmental, intellectual, physical and social growth in your community.
- **#ThrowbackThursday** - Use throwback photos or before-and-after photos of pollinator gardens, playground renovations, conservation areas, accessible equipment, and all the ways your community has grown over the years.
- **#FrameItFriday** - Have a stunning photo of one of your parks? Share the frame-able photos on Friday!
- **#StaffSaturday** - Want a dedicated day to highlight staff? Use Saturday to give your team a shout out! Especially those who work weekends to keep our parks open, safe and fun!
- **#SundayFunday** - Take some fun selfies with your friends and family doing the activities you love in your local parks!

**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.*