

THE Sentinel

The newsletter for members of the Upper Arlington Senior Association

JUNE 2023

The Golden Gala: Through the Decades

Fri, Jul 28, 6-8 pm, Amelita Mirolo Barn

\$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 afternoon 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! Bring in an unframed photo from your own Prom or Senior Year to display during the event! Couples and singles welcome; registration is per person and pre-registration required. Open to Upper Arlington Senior Association Members. Don't miss this fun night out! And don't worry about turning into a pumpkin - you'll be home before the sun sets.

Sandwich Stroll Success

The rain did not stop us once again this year from having a great time! Our Sandwich Stroll had a total of 111 participants and was quite a success. Special thanks to our volunteers, Parks & Rec staff and the following organizations for making the day memorable:

Lunch Sponsors

Dedicated Senior Medical Center (Subway Sandwiches)
TheKey (Reusable Insulated Lunch Bags)
Upper Arlington Commission on Aging (Water Bottles)
The Ohio State University Wexner Medical Center (Trail Mix Bags)
The Forum at Knightsbridge (Cowboy Cookies, Table Centerpieces)
McDonald's, Riverside Drive Location (Apple Slices)

Table Vendors

Upper Arlington Public Library	The Coventry
Senior Star at Dublin Retirement Village	Clear Captions
Syntero	Alzheimer's Association
Upper Arlington CARES/Fire Division	Ohio Living Westminster Thurber
Upper Arlington Senior Association	Humana
Medical Mutual	
First Community Village/National Church Residences	

Entertainment

Turbo Accordions
SilverSneakers® BOOM & Tap Classes for Dance Demos



Cops in the Café (Coffee too!)

Tue, Jun 6 at 10 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." Our goal is to encourage an open and casual atmosphere for all Senior Center members to listen and discuss topics relevant to our older adults, the community and relevant information our Officers may want to share with us. This promises to be a great time to 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.

Registration Required for All Programs

The Dementia Experience

Senior Star

Tue, Jun 6, 8:30-9:30 am

Bldg 2, Rm 204, Act# 552403

Free, registration required

Food & Nutrition Series: Herbs & Spices 101

The James Mobile Education Kitchen,
The Ohio Wexner Medical Center

Wed, Jun 7, 10-11 am

Bldg 2, Café UA Lounge, Act# 552636

\$20 | \$17 SilverSneakers® by 6/5

Music in the Digital Age

Gregg Montgomery, TechKnowledge

This class introduces some of the more popular music vendors, including iTunes, Pandora and Spotify.

Mon, Jun 12, 1-3 pm, Bldg 3, Rm 301

Act# 552223

\$22 by 6/8

Kayaking the Scioto

Hoover Adventures

Hoover Adventures provides kayaks, paddles, life vest, instruction and demonstration of how to paddle and get in and out of the kayaks. Rain date is scheduled for Tue, Jun 20.

Thu, Jun 15, 10-11:30 am

Griggs Reservoir Park, Act# 552721

\$39 by 6/12

Apple TV

Gregg Montgomery, TechKnowledge

Discover how to use Apple TV to watch movies and TV shows, channels with unique content, and even mirror content from your Apple device to your television.

Mon, Jun 26, 1-3 pm, Bldg 3, Rm 301

Act# 552224, \$22 by 6/22

Senior Center Closed
Monday, June 19, 2023
In Observance of
Juneteenth

Thursday Open Play Pickleball*Volunteer Led*

Join this newly added play day!

**Thu, 9-11 am, Fancyburg Park
Act# 552807**\$6 | \$3 SilverSneakers® per day
Advanced registration required**Thursday Line Dance***Robin Lawrence Poses***Thu, Jun 1-29 (5 sessions), 10-11 am
Bldg 2, Rm 205, Act# 552313
\$18 by 5/30****Beginners Line Dance***Stacy Coil, Professional Dance Instructor***Fri, Jun 2-30 (5 sessions), 10-11 am
Bldg 2, Rm 205, Act# 552305
\$18 by 5/1****World War II***Ed Lentz***Fri, Jun 2-Jul 7 (6 sessions), 10-11 am
Bldg 1, Rm 104, Act# 552530
\$30 by 6/1****50+ Connections***Syntero***Fri, Jun 2 & 16, 1 pm, Bldg 1, Rm 104
Act# 552597
Free, register in advance****Monday Morning Drawing***Mindy Newman*Supplies and materials on your own.
**Mon, Jun 5-26 (skip 6/19) (3 sessions)
10:30 am-12:30 pm, Bldg 1, Rm 105
Act# 552112
\$30 by 6/1****Watercolor Workshop***Mindy Newman*Supplies and materials on your own.
**Tue, Jun 6-27 (4 sessions)
1-3 pm, Bldg 1, Rm 105
Act# 552115
\$40 by 6/1****Grub Club:****Molly Woo's in Polaris**

Bring a payment method for lunch.

**Wed, Jun 8, 11 am-2:30 pm
Act# 555967
\$5 by 6/6****Nesting Bird Ball***Mary Ellen Armentrout*All supplies and materials are included.
**Thu, Jun 8, 1-2 pm Bldg 1, Rm 105
Act# 552102
\$7 by 6/6****UA Senior Association Catered
Box Lunch from Schmidt's Sausage
House****Jun 13, 11 am, Bldg 2, Café UA Lounge
\$10, register by 6/9
Complete order form with payment in
Bldg 2 at the Volunteer Desk.****A Taste of French Chocolate***Josie Gonot*Guests sample French chocolate.
**Tue, Jun 13, 1:30-3 pm
Bldg 2, Rm 204, Act# 552567
\$14 by 6/9****Book Club: *The Extraordinary
Life of an Ordinary Man*
by Paul Newman***Volunteer Led***Wed, Jun 14, 9:45-11 am
Bldg 1, Rm 104, Act# 552563
Free, register by 6/12****Mindful Mandala Drawing***Kathy Rausch*All supplies and materials are included.
**Thu, Jun 15, 12:30-3:30 pm
Bldg 1, Rm 105, Act# 552111
\$30 by 6/13****Chair Volleyball:****Get Fitter on Your Sitter***UASC Staff***Fri, Jun 16, 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****Hiking Club***Oliva Stuck, UASC Staff***Tue, Jun 20, 9-10 am
Highbanks Metro Park
Act# 552841
\$5 by 6/16****Bingo****Tue, Jun 20, 2-3 pm, Bldg 2, Rm 204
Act# 552725
Free, register by 6/16****The Fabulous '50s - The Calm
Before the Storm II***Richard Bloom***Mon, Jun 26-Jul 31 (6 sessions)
10-11 am, Bldg 1, Rm 104, Act# 552514
\$30 by 6/23****Cozy Mystery Book Club***Volunteer Led***Mon, Jun 26, 2-3 pm, Bldg 2, Café UA
Act# 552563, Free, register by 6/22****Zentangle® - More Patterns***Kathy Lamancusa*A supply list is emailed with your receipt.
**Wed, Jun 28, Noon-1:30 pm
Bldg 1, Rm 104, Act# 552141
\$10 by 6/26****Bocce***Volunteer Led***Thu, Ongoing
8:30-10:30 am, Bocce Courts, Behind
Bldg 2, Act# 552800
\$15 each, register in advance****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****Guided Forest Therapy (new date)***Jennifer Ramsey***Mon, Jul 17, 9-10:30 am
Sharon Woods Metro Park
Act# 552686
\$15 by 6/15****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****Jun 6 - *Dealing with Stress & Depression***

with Loretta Sweeney, OSU Extension

**Jun 13 - *Juneteenth & Open Discussion
about Current Events* with Ed Sweeney,
Member****Jun 20 - *What you Need to Know about
Your Insurance Policy* with Gregory Ed-
monds****Jun 27 - *Exploring Inniswoods Metro Park*
with David Holtzapple, Photographer****UA Farmers Market with
Common Greens**To learn more visit
www.commongreensohio.org/
upperarlington**Wed, May 17-Oct 25, 3-6 pm
Tremont Center Parking Lot**

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: *Downton Abbey*:

A New Era (PG, 2h 4m)
Register in advance to reserve your seat.
Snacks and drinks are on your own.
PG-13 for some suggestive references, language and thematic elements
Thu, Jun 15, 12:30 pm, Bldg 2, Rm 204
Act# 552560, Free, register by 6/13

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 (skip 6/19)
Tue | Thu, 8:30 am (skip 7/4)
Act# 552450

SilverSneakers® Classic

Jennifer Ramsey & Sandy Tullett
Mon, 9:30 am (skip 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, (skip 6/19), 1 pm
Act# 552413

Gentle Hatha Yoga

Robbin Blackburn
Thu, Jun 1-29 (5 sessions)
10-11 am, Bldg 3, Rm 301, Act# 552440
\$55 | \$40 SilverSneakers® by 5/30

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, May 31-Jul 5 (6 sessions)
10:15 am, Bldg 2, Rm 205, Act# 552308
\$50 | \$40 SilverSneakers® by 5/26

Pilates Fusion

Sandy Tullett
Wed, Jun 14-Jul 19 (6 sessions)
4 pm, Bldg 1, Rm 102, Act# 552438
\$60 | \$42 SilverSneakers® by 6/12

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 5/5

Travel

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

Day Trips:

Adena Mansion & Gardens Tour

Thu, Jun 29, 8:30 am-3:30 pm
Act# 555979, \$29 by 6/22 (waitlist only)

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

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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

JUNE 2023

Upper Arlington Performance Series

Party on the Plaza - Thursday, June 8 | 6-11 pm

Municipal Services Center, 3600 Tremont Road

Kick off summer with the hottest music event in town, featuring two live performances, food and fun. Grab some tasty food and a refreshing beverage and enjoy an evening of great music. Wrap up the evening with an outdoor movie on the lawn, beginning at 9 pm. The Concourse Gallery will also be open during the event, so don't miss your chance to view the Undesign the Redline Exhibit and artwork.

Music at Miller Thursday, June 22 | 6-9 pm

Miller Park, 1861 Cambridge Blvd

In collaboration with the Miller Park Library and our Cultural Arts Division, this event is sure to please the entire family! Enjoy performances geared toward and involving students of all ages, along with hands on art-activities and other family fun.

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.

Songwriter Social Thursday, October 19 | 6-9 pm

Amelita Mirolo Barn, 4395 Carriage Hill Ln

Help us celebrate the art of songwriting! This welcoming event will feature local singer-songwriters, great food and a taste of wine and cocktails.

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.