

The Sentinel

The newsletter for members of the Upper Arlington Senior Association

MARCH 2020



The Importance of Being Engaged

As many of you are aware, a Community Center Feasibility Task Force has been conducting focus groups, pop ups and other community engagement meetings throughout Upper Arlington to obtain resident feedback regarding a community center. We encourage our 50+ population to be engaged in this process by providing your thoughts. You may also learn more about the efforts of the Task Force and

upcoming meetings by visiting uacommentarycenter.com.

Please see the additional information below and thank you for being an active participant in this important decision for our community.

Community Pop Ups - The task force is heading out to find residents at various events and activities through early March. These pop ups will feature quick, idea generating activities, per the following dates and locations:

UA Senior Center - 10 am-Noon, Thursday, February 27

Hastings Middle School Production of Frozen - 6:30 pm, Friday, March 6

Middle Schools Concourse Gallery Reception - 2-4 pm, Sunday, March 8 (3600 Tremont Road)

Community Meeting - 6-8 pm, Thursday, February 27, UA Senior Center
A community meeting has been scheduled to provide residents an opportunity to learn more about the feasibility study, and to provide feedback on the primary questions being addressed in this first phase.

Surveys - A statistically valid survey will be fielded late February through late March, mailed to 3,000 randomly selected households. As the statistically valid survey process nears its end, a second version of the survey will be available online to all residents who wish to participate.

Youth Engagement - A series of youth specific focus groups will be held late February, targeting high school and middle school aged students. A youth workbook will also be made available for elementary students to complete.

2020 Upper Arlington Senior Association Membership Dues

Annual dues were due January 2020. Fees are payable to the *Upper Arlington Senior Association*. Forms can be mailed or dropped off to the UA Senior Center, Bldg #2 or #3. **This is the last Sentinel you will receive if you have not yet renewed.**

Spring & Summer Activity Guide

The Spring Summer Activity Guide is scheduled to be available at the end of March. Registration for those programs begins on Wednesday, March 11.

6 am - online registration

8 am - phone and walk-in registration

Winter Weather Policy

When the **Upper Arlington Schools** are closed due to inclement weather, the Upper Arlington Senior Center is closed until noon. Lunch and morning activities are cancelled. This policy is for the safety of our patrons, allowing for the clearance of snow and salting of parking lots and sidewalks. Studio 55 is closed evenings or Saturdays if the Sheriff declares a level 2 or 3 Snow Emergency.

March Luncheon

Bill Foley sings and performs on his acoustic guitar. Lunch includes home-made meatloaf, mashed potatoes, green beans, salad, roll and dessert.

Tue, Mar 10, Bldg 2, Café UA

11:30 am lunch; 12:15 pm entertainment

\$10 by 3/6

Silver Bears Softball "Cook-in"

Mon, Mar 9, 6-8 pm, Bldg 2, Café UA

\$8 by 3/6

Vision Screening

Emily Yang

Thu, Mar 12, 1:20-3 pm, Bldg 4

\$2 | Free SilverSneakers® by appt only

Log Cabin Quilted Square

Mary Ellen Armentrout

Choose your own kit from a variety of colors and patterns. Bring your sewing machine and be familiar with its operation.



Mon, Mar 16,

Noon-4 pm, Bldg 1, Rm 105

\$25 by 3/12

90s Lunch

Sponsored by Dublin Retirement Village

For our members age 90 and older, we invite you to an afternoon lunch at the Dublin Retirement Village. Transportation is provided and limited, so register soon! You must be a 2020 UA Senior Association Member to register.

Thu, Mar 26, 11:30 am-2 pm

Depart Bldg 2

Free, register by 3/23

Altered Books

Jessica Porterfield

Bring a discarded book with a good spine to class. A \$3 supplies and materials fee is due to the instructor the day of class, cash and exact change.

Mon, Mar 30, 9 am-Noon,

Bldg 1, Rm 105

\$25 by 3/26

Movement-Based Meditation as Medicine

Brianna Schiavoni, LCSW, YTT200

Wear comfortable clothing with an added layer for warmth.

Mon, Mar 2-30 (skip 3/16) (4 sessions)
3-4 pm, Bldg 1, Rm 104

\$40 by 2/27

Monthly Hatha Yoga

Robbin Blackburn

Mon, Mar 2-30 (5 sessions)

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

\$50 | \$35 SilverSneakers®

Wed, Mar 4-25 (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

Fitness Trek - Alzheimer's Disease: The Latest in Research & Detection

Tue, Mar 3, 8:30-10 am

Amelita Mirolo Barn

\$1 | Free SilverSneakers®

Windows 10 Series

Julie Maurer, B2 Solutions, Inc.

Students use our computers.

Mar 3 - Photos, Videos & Music

Mar 10 - Security, Updates, Backups & Printers

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

\$20/class by Fri prior

Staying Well Nutrition: Don't Give Up on Grains

Alma Saddam, PhD

Wed, Mar 4, 10-11 am, Bldg 1, Rm 104

Free | SilverSneakers®

iPhone Series 2

Gregg Montgomery, TechKnowledge

Mar 4 - Wallet & ApplePay

Mar 11 - Control Center, Medical ID, etc.

Mar 25 - Important Settings

Bring your iPhone fully charged.

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

\$20/class by Mon prior

Mac Computer Classes

Gregg Montgomery, TechKnowledge

Mar 4 - Mail

Mar 11 - Photos

Mar 18 - System Preferences

Students use our Mac laptops.

Wed, 6:30-8:30 pm, Bldg 3, Rm 301

\$20/class by Mon prior

Podiatry with Dr. Cohen, DPM

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

Tue, Mar 3, 8:45 am-12:45 pm, Bldg 4

\$40 at time of service for uninsured

We Must All Hang Together...

Richard Bloom

Each class explores the what happened to those who signed the Declaration of Independence.

Mar 5 - North Carolina

Mar 12 - South Carolina

Mar 19 - Pennsylvania

Mar 26 - Virginia

Thu, 12:30-1:30 pm, Bldg 1, Rm 104

\$5/class day of

The Nineteen Twenties

Ed Lentz

Mar 6 - Social Movements

Mar 13 - Cultural Changes in the 1920s

Mar 20 - The World of the 1920s

Mar 27 - Life in the 1920s

Fri, 10 am, Bldg 1, Rm 104

\$5/class day of

Ballroom Dance Classes

Stacy Coil, Professional Dance Instructor
Partner not required.

Mon, Mar 9-Apr 13

Int/Adv: 10:30 am; Beg: 11:30 am

Bldg 2, Rm 205 (6 sessions)

\$50 | \$40 SilverSneakers® by 3/5

Tai Chi for Health

Thach Pham

Mon, Mar 9-Apr 13, 4:30 pm

Bldg 2, Rm 205

\$72 | \$54 SilverSneakers® by 3/6

Book Club: Just Mercy by Bryan Stevenson

Wed, Mar 11, 9:45-11 am

Bldg 1, Rm 104

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

Lunch Buddies

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

Thu, Mar 12, 11 am-Noon

Bldg 2, Rm 205, Free, Lunch OYO

A Taste of Quiche vs. Flamiche

Josie Gonot, A Taste of France

Samples may include a "flamisque" from Picardy, a Burgundy Flamiche and a Gruyere cheese *Quiche Lorraine*.

Tue, Mar 17, Noon-1:30 pm

Bldg 2, Rm 204, \$18 by 3/13

Cozy Mysteries Book Club

Mon, Mar 16, 2:15 pm, Bldg 2, Café UA

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

Nesting Bird Ball

Mary Ellen Armentrout

Stuff a round ball with cotton, alpaca fur, colorful thread and fabric scraps.

Mon, Mar 23, Noon-1 pm

Bldg 1, Rm 105

\$5 by 3/19

Guided Forest Therapy

Jennifer Ramsey

Mon, Mar 23, 1-2:30 pm, Location tba

\$15 by 3/19

Massage Therapy

Winifred Williams, BS, LMT

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

Tue, Mar 24, Bldg 4

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

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

How to Make a Photo Book Using Shutterfly®

Shannon Guy, UASC

Students use our computers and should be familiar with the basics of a computer and navigating the web.

Tue, Mar 24, 10 am-Noon

Bldg 3, Rm 301

\$20 by 3/20

Bingo

Sponsored by Dublin Retirement Village

Wed, Mar 25, 10-11 am, Bldg 2, Rm 204

\$25/card day of

Reiki Treatments

Jodi Patton & Susan Gladden

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

Thu, Mar 26, 1:30-3:10 pm, Bldg 4

\$23 per 20-minute session

Widow/Widower Gathering

Syntero

Fri, Mar 27, 1-2 pm, Bldg 1, Rm 104

Free, call 614-457-7876 ext. 422 to register

Zentangle

Cris Letourneau, CZT Certified

Zentangle for Newbies

\$5 supply fee for mini-kit due to instructor day of, cash, exact change.

Wed, ongoing, 1-1:30 pm

Bldg 3, Rm 301, \$5 by Tue prior

The Zen of Zentangle

Supplies not included.

Wed, ongoing, 1:30-3 pm

Bldg 3, Rm 301, \$10 day of

Ongoing...

Handicrafters

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

Free for 2020 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 (skip 2/4)

\$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 for 2020 Members

Thursday Line Dance

Robin Poses-Lawrence

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

Mar 5-26 (4 sessions) \$15 by 3/3

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

Mar 3 - *Executions* with Hannah Kubbins,
Prg. Dir., Ohioans to Stop Executions

Mar 10 - *Ohio Fair Courts Alliance*

Mar 17 - *What You Need to Know*

About Your Insurance Policy with
Gregory Edmonds

Mar 24 - *Letter Pictures & Postcards*

from the front Bernie Bronczyk

Mar 31 - *UA City Updates* with Steve
Schoeny, City Manager

MOVIE CLUB

12:30 pm, Bldg 2, Rm 204

\$1 for snacks | Free SilverSneakers®

Thu, Mar 5

Thu, Mar 19

Jojo Rabbit

Harriet

(PG13, 108 min)

(PG13, 125 min)

BOOM - Move It, Muscle, Mind

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

Tue, 7:45 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® EnerChi

Tue, 10 am, Bldg 1, Rm 102

\$5 day of | Free SilverSneakers®

SilverSneakers® Circuit

Tue, 9 am, Bldg 1, Rm 102

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, Feb 26-Apr 1

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

\$60 | \$42 SilverSneakers® by 2/24

Xercise

Volunteer Led

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

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

Free to 2020 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, MSC, Lower Level Rec Room

\$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.

Nova Scotia & the Maritimes of Canada

Jul 9-16, 2020

Soak up the beauty of Nova Scotia. Don't
miss Cape Breton Island's magnificent
views of mountains and water, wildlife
and snug harbor villages. Touring the
farms and rolling hills of Prince Edward
Island. The tour wraps up with New
Brunswick and a ferry trip across the Bay
of Fundy. Includes air and ground trans-
portation, tips to drivers, guides, admis-
sions and tour manage. Payable by check
to Wendt Touring.

National Parks of the Pacific Northwest

Sep 17-25, 2020

Explore the Pacific Northwest from
Seattle's vibrant waterfront to the Hoh
Rain Forest, Mount Rainier National
Park, Olympic National Park, the Muse-
um 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 Cruises & Tours.

Resorts, Railroads & Rivers of West Virginia

Oct 13-16, 2020

Travel to Huntington, WV, home of Mar-
shall University for a "We Are... Marshal"
tour. Ride the Amtrak "Cardinal" on the
original B & O rail lines through the Alle-
gheny Mountains along the New River
Gorge, the Grand Canyon on the East, to
White Sulphur Springs, home of The
Greenbrier and more.

Payable by check to the Wendt Touring

Christmas in Washington DC by Rail

Dec 7-10, 2020

See page 56 in the Winter Activity Guide
for more details.



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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 MARCH 2020

“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, Betsy Rodenbeck.....	614-764-2800
Edward Jones Investment, Fred Minich.....	614-451-6004
First Community Village, Sue Babcock.....	614-324-4455
Friendship Village of Dublin, Christine Bukowski.....	614-734-2122
Heartland of Dublin, Jennifer Jones.....	614-634-0182
Home Care Assistance, Brooke Justiniano.....	614-481-8888
The Forum, Sally Gard.....	614-451-6793
Mayfair Village, Sarah Dixon.....	614-648-5641
National Church Residences at Mill Run, Stephanie Creamer.....	614-771-0100
Wesley at Home, Megan Fontes	614-633-9826
Westminster Thurber Community, Joel Wrobbel.....	614-228-8888
Sanctuary at Tuttle Crossing, Laura Solaiman.....	614-760-8870

2020 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*
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.