

THE Sentinel

The newsletter for members of the Upper Arlington Senior Association

JUNE 2022

Sandwich Stroll Success

The rainy weather we encountered on May 3rd could not dampen the spirits and determination of our 170 participants to come out and enjoy another great Sandwich Stroll. Despite the need to move this traditionally outdoor event indoors, this year's event was a tremendous success. Special thanks to our volunteers and the following organizations:



Lunch Sponsors

Home Care Assistance (reusable lunch bags)
Ohio State Wexner Medical Center (sandwiches)
McDonalds, Henderson Road location (apples slices)
Brookdale Trillium Crossing (pretzel bags)
The Forum at Knightsbridge (Cowboy cookies, table coverings & floral centerpieces)
Upper Arlington Commission on Aging (water bottles)

Table Vendors

Anthem Blue Cross and Blue Shield	Home Instead
Medical Mutual	The Sanctuary at Tuttle Crossing
SYNERGY HomeCare	Syntero
The Wesley Communities	Norwich Springs Health Campus
UA CARES/Fire Division	UA Public Library
UA Senior Association	

UA Senior Association Catered Box Lunch

Thu, Jun 16, 11 am

\$10, register by 6/13 - 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.

Box Lunch #1: Roast beef with cheddar cheese, lettuce and tomato on an Italian sub, chips, chocolate chip cookie and a bottle of water

Box Lunch #2: Garden salad with either ranch or balsamic dressing, chips, chocolate chip cookie and a bottle of water

Day Trips Are Back!

Our first day time trip since the pandemic took place on May 10, 2022. Members had a lovely day to visit the Blooms and Butterflies exhibit at the Franklin Park Conservatory with a docent led tour and time to visit the park. Our next trip is to the Westerville's Frontier Miniature Golf course on June 14. Register soon!



Saturday Mornings Resume at Studio 55 Fitness Room

As you may be aware, our Fitness Studio has resumed Saturday hours from 8 am-Noon. We know the weather is beautiful and welcomed by all, but should you want to use our fitness equipment or just work out with your Studio friends, we're here and open on Saturday mornings to serve you. Fees vary or free with your eligible Medicare supplemental insurance through SilverSneakers® or RenewActive™. Stop by the office for more information M-F from 8 am-4 pm.

Registration Required for All Programs

Festive Apron

Mary Ellen Armentrout

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

Wed, Jun 1, 1-4 pm, Bldg 1, Rm 105
\$20 by 5/27

French Fun & Fitness

Josie Gonot, A Taste of France

The last 15-minutes of each session is spent outdoors (weather permitting) in a slow and focused walking repetition of the day's key words and phrases.

Thu, Jun 2-23 (4 sessions)
10 am-Noon, Bldg 1, Rm 104
\$50 by 5/31

Man your Battle Stations!

Richard Bloom

We take a close look at key battles that helped shape America's destiny.

Mon, Jun 6-Jul 25 (6 sessions)
(skip 6/20 & 7/4)
10-11 am, Bldg 1, Rm 104
\$30 by 6/2

iOS AppTastic 1

Gregg Montgomery, TechKnowledge

This demo class briefly introduces you to five apps that expands the capabilities of your mobile device. Students bring their iPhone or iPad fully charged.

Mon, Jun 13, 1-3 pm, Bldg 3, Rm 301
\$20 by 6/9

Coffee Talk

Stop by, enjoy some coffee, ask questions and get the most recent news updates with City staff.

Wed, Jun 15, 9 am, Bldg 2, Café UA
Free, no registration required

Senior Center Closed

Monday, June 20
In Observance of
Juneteenth

Staying Well Nutrition: Foodborne Illness as a Public Health Problem

Alma Saddam, PhD

Wed, Jun 1, 10-11 am, Bldg 1, Rm 104

Free | Free SilverSneakers®

Register by 5/31

Tap Dance

Mary Bova-Ervin

Wed, Jun 1-Jul 13 (6 sessions)

Experienced: 12:30 pm

Beginners: 1:30 pm

Bldg 2, Rm 205

\$50 | \$40 SilverSneakers® by 5/27

50+ Connections

Charity Eilerman, Syntero

Fri, Jun 3, 1 pm, Zoom

Fri, Jun 17, 1 pm, Bldg 1, Rm 104

Free, register in advance

Thursday Line Dance

Robin Lawrence Poses

Thu, Jun 2-30 (5 sessions)

10-11 am, Bldg 2, Rm 205

\$18 by 5/31

Turn of the Century America

Ed Lentz

Jun 3 - A Gilded Age - Post Civil War America

Jun 10 - A Friend of Mr. Mark Hanna

Jun 17 - A Splendid Little War

Jun 24 - The Rough Rider - Theodore Roosevelt

Jul 1 - The New Nationalist

Jul 8 - The High Tide of Progressive America

Fri, Jun 3-Jul 8 (6 sessions)

10-11 am, Zoom

\$30 by 6/1

Ballroom Dance

Stacy Coil, Professional Dance Instructor

A partner is not required.

Mon, Jun 6-Jul 25 (skip 6/20 & 7/4)

(6 sessions) Bldg 2, Rm 205

Intermediate 9:30 am

Beginners: 10:30 am

\$50 | \$40 SilverSneakers® by 6/2

Drawing for Beginners:

Funny Pets

Mindy Newman

This class is open for beginners as well as practiced artists. Supply list is emailed.

Mon, Jun 6-27 (3 sessions) (skip 6/20)

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

\$30 by 6/3

Continuing Spanish

Marie Jerencsik, MA

Bring a notebook, an English/Spanish dictionary and a Spanish verb dictionary.

Mon, Jun 6-Jul 25 (skip 6/20 & 7/4)

(6 sessions)

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

\$60 by 6/3

Fitness Trek: Cooking for One or Two

Loretta Sweeney

Tue, Jun 7, 8:30-9:30 am

Bldg 2, Rm 204

Free | Free SilverSneakers®

Register by 6/3

Watercolor Workshop: Wacky Watercolor World of Pets

Mindy Newman

Not a beginners class; however, beginners are welcome to join this relaxed instruction. Supply list emailed.

Tue, Jun 7-28, 1-3 pm, Bldg 1, Rm 105

\$40 by 6/3

Book Club: *Shakespeare Saved My Life* by Fredrik Backman

Volunteer Led

Wed, Jun 8, 9:45 am, Bldg 1, Rm 104

Free, register by 6/6

Handmade Cards & Paper Crafts

Carol Mariotti

Bring a tape runner or two-sided tape, liquid glue and small scissors. All other materials are provided.

Mon, Jun 13, 9:30-11:30 am

Bldg 2, Rm 204

\$20 by 6/6

Basics of Zoom When Using a Smartphone or Tablet

UA Library Representative

Demonstration class only.

Tue, Jun 14, 2-3 pm, Bldg 3, Rm 301

Free for Members, register by 6/10

Avoid Costly Mistakes When Enrol- ling in Social Security & Medicare

Fred Minich, Edward Jones, CFP, AAMS

Tue, Jun 14, 6-8 pm, Bldg 1, Rm 104

Free, register by 6/10

Bingo

Join this fun group and play a couple rounds of bingo!

Wed, Jun 15, 10-11 am

Bldg 2, Rm 204

Free, register by 6/13

Cozy Mystery Book Club

Volunteer Led

A theme is chosen each month and you choose the book you prefer to read.

*Note: new meeting date

Mon, Jun 27, 2 pm, Bldg 2, Café UA

Free, register by 6/23

Guided Forest Therapy

Jennifer Ramsey

Dress for the weather and footing. The location is announced 1-2 days prior.

Mon, Jun 27, 9-10:30 am

Location TBA

\$15 by 6/23

Current Events

Volunteer Led

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

Jun 7 - *Stroke Prevention* with Loretta Sweeney, OSU Extension

Jun 14 - *Hot to Negotiate During Your Most Difficult Conversations* with Shane Ray Martin, American Negotiation Institute

Jun 21 - *Aging in Place* with Charity Eilerman, Syntero

Jun 28 - *Laughing at the Good Old Days* with Van Young

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

Free, registration required

New Session - Shakespeare *The Merchant of Venice*

Brad Bradford

Bring your own copy of this play.

Tue, Jul 17-Aug 16 (6 sessions)

10-11 am, Bldg 1, Rm 104

\$30 by 7/15

UA Farmers Market with Common Greens

To learn more visit

www.commongreensohio.org.

Wed, May 18-Oct 26, 4-7 pm

Tremont Pool Parking lot

Music in the Parks - Free!

Bring a lawn chair or a blanket. Concerts move inside for inclement weather.

Questions? Call 614-583-5310

Thu, 7-8:30 pm, Amelita Mirolo Barn

Jun 9 - Ladies of Longford

Jun 16 - Paisha Thomas

Jun 23 - Josh Gilbert Band

Jul 30 - The Big Badd

Registration Required for All Programs

Billiards

Mon-Fri, 9 am-3:45 pm, Bldg 1
Free for 2022 Members

Handicrafters

Materials/tools on your own.
Mon, 1-3 pm, Bldg 2, 204
Free for 2022 Members

Chess

Mon, Noon-3:45 pm, room varies
Free for 2022 Members

Stained & Mosaic Glass Studio

Materials on your own.
Tue, 9 am-Noon & Fri, Noon-3:45 pm
Bldg 1, Rm 105, \$10 Summer session

Table Tennis

Tue | Thu, 11:15 am-12:30 pm, Rm 205
\$10 Summer session | Free SilverSneakers®

Bocce

Thu, 8:30-10:30 am, Bocce Courts Bldg 2
\$15 Summer session | Free SilverSneakers®

Woodcarvers

Materials/tools OYO.
Thu, 9:30-11:30 am, Bldg 1, Rm 105
\$10 for Summer session

Stock Market Discussion Group

Thu, 2-3:30 pm, Ongoing, Bldg 1, Rm 104
Free for 2022 Members

Cards

Bridge-Mon, 12:30 pm, Bldg 2, Rm 205
Euchre-Wed, 12:15 pm, Bldg 2, Rm 204
500 Cards-Fri, 11 am, Bldg 2, Rm 204
Free for 2022 Members

Movie Club: *Jungle Cruise*

(PG13, 2h 7m)
Lily travels from London to the Amazon jungle and enlists Frank's questionable services to guide her downriver in search of an ancient tree with unparalleled healing abilities which would change the future of medicine. Lily can't stand the boatman, but as they spend time together on their journey, the unbelievable truth about Frank may be exactly the thing which guides her to her goal.
Thu, Jun 16, Noon, Bldg 2, Rm 204
Free | Free SilverSneakers®
Register by 6/14

SilverSneakers® Fitness Classes

Registration is required for each season. For onsite SilverSneakers® classes the maximum participation in the room is 22, first come first serve. Please be sure to mark yourself off for attendance.

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/Zoom
Class Pass, Free SilverSneakers®/Renew Active™

SilverSneakers® EnerChi

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

Gentle Hatha Yoga

Robbin Blackburn
Thu, Ongoing, 10-11 am
Bldg 3, Rm 301
\$11 | \$8 SilverSneakers® per class
No drop-ins, pre-registration required

Bingocize®

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

Balance Practice

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

Pilates Fusion

Sandy Tullett
Wed, Jun 22-Jul 27 (6 sessions)
4-4:55 pm, Bldg 1, Rm 102
\$60 | \$42 SilverSneakers® by 6/20

Travel

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

Local Day Trips

Westerville Mini Golf Outing

Enjoy an outing to Westerville's Frontier Miniature Golf course and play on two 18-hole courses. **Challenge Level 2**
Tue, Jun 14, 12:30-4 pm
\$18 by 6/10

National Museum of the United States Air Force

Join us to tour this museum near Dayton, OH. Lunch is on your own; credit or debit card required to purchase lunch from the on-site Valkyrie Café or to purchase souvenirs. **Challenge Level 2**
Tue, Jul 19, 8:30 am-6 pm
\$32 by 7/15

Looking to Travel?

We are now offering more overnight trips! Get information on pg. 63 in the Spring-Summer Activity Guide.

Iceland: Magical & Mysterious

Experience the magnificent beauty of Iceland from the Golden Circle to the Blue Lagoon. Explore multiple National Parks and enjoy seascapes, cliffs, a glacial lagoon and a black sand beach.
Mon-Mon, Sep 26-Oct 3
Challenge Level 2
Trip Preview: Tue, Jun 7, 2:30 pm, Rm 204

Oktoberfest in Georgia

Alpine Helen's Oktoberfest celebration is the longest running of its kind. Enjoy exploring Helen's many historical areas, themed streets and décor along with craft shopping for cuckoo clocks, steins and more.
Mon-Sat, Oct 17-22
Challenge Level 2
Trip Preview: Wed, Jun 8, 1 pm, Rm 104

California Christmas Dreamin'

Join us on this holiday getaway to San Luis Obispo, a relaxed destination in Southern California with farm-to-table restaurants, wineries and historic sites to explore.
Mon-Fri, Dec 5-9
Challenge Level 2
Trip Preview: Wed, Jun 8, 1 pm, Rm 104

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 2022

Welcome to the Center!
Senior Center Staff



Mike Weisenberger
Facilities & Program
Attendant



Loni Boss
Fitness Studio
Attendant

Goodbye is Not Forever...

Eliese Kendrick, Adult Recreation Supervisor, has assisted the Senior Center by taking on additional duties while one of our positions has been vacant. She has been overseeing our sports, games and trips and has also been assisting with the front desk and giving us an extra hand by moving temporarily into our open office. When Olivia Stuck joins us in June, Eliese moves back to her office in the Municipal Services Center and will continue to manage our sports, games and trip programs. We would like to thank Eliese for all the help she has provided. Although she may not be on site any longer, she is still available by phone if needed, 614-583-5331.



2022 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 and Arlene Rucker

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, *Senior Recreation Supervisor*
Eliese Kendrick, *Adult Recreation Supervisor*
Olivia Stuck, *Wellness & Fitness Supervisor*
Nancy Schwartz, *Administrative Assistant*
Mark Rechsteiner, *Part-time Recreation Leader*

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.