

THE Sentinel

The newsletter for members of the Upper Arlington Senior Association

AUGUST 2022

SAC Board Openings & Volunteer Opportunities We are looking for you!

Hello fellow Senior Center Members,

We are looking for members who would be interested in serving on the Senior Center Advisory Board or helping with one of our projects or committees. The Board meets the 3rd Wednesday every other month at 1 pm for approximately one hour. Board positions are for a 3-year term and would begin in January 2023. Enclosed is an application if you are interested in expressing your interest. Applications must be received before November 20th. Applications can be mailed to the Senior Center, attention SAC or dropped off at the SAC Office in Building 2.

If you are interested, you are welcome to attend one of our board meetings. You may also get additional information or ask questions by contacting:
Terry Kennedy Mancini, President at tmancini322@gmail.com
Susie Pisinelli, Vice President at spisanelli@columbus.rr.com
Glenn Beebe, Treasurer at glenn.beebe@gmail.com
Jeannine Palmer, Chair, Nominating Committee at jean9palmer@gmail.com

Fall Activity Guide & Registration

The Fall Activity Guide is scheduled to be available in August. **Registration begins on Wednesday, August 24 for UA Residents, and on Friday, August 26 for all others. Phone and online registration opens at 6 am; walk-in registration opens at 8 am. We recommend practicing your online registration ahead of time to make sure you can log-in successfully and find your class. Can't remember your username or password? Give us a call and we'll make sure you're ready to register online. To practice online visit parks.uaoh.net.**

UA Senior Association Catered Box Lunch

Thu, Aug 18, 11 am

\$10, register by 8/12 - 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

Coffee Talk

Our informal coffee talk is the third Wednesday of each month in Café UA and this month on August 17 it starts at 9 am. The intent is to listen to your thoughts in an inclusive manner and ensure you receive the support and information you are seeking as we provide services to you and as we prepare for the transition to the UA Community Center. We encourage your attendance.

Try Something New!

You just might discover a favorite new class and meet new people! New experiences help you learn about yourself. Sometimes it's good to be vulnerable; it helps us grow stronger. Switch it up this month and try a new class!

Registration Required for All Programs

Participants must pre-register for a program. Drop-in participation is not permitted. Space is limited for our on-site programs so be sure to register early to get your seat reserved.

iOS AppTastic 2

Gregg Montgomery, TechKnowledge

We discover an app that everyone in Columbus needs to have when you need to park downtown. We also discover an app that turns language learning into a fun game, a great recipe manager, and another clever adventure puzzle game. Students bring their iPhone or iPad fully charged.

Mon, Aug 1, 1-3 pm, Bldg 3, Rm 301
\$20 by 7/28

iMovie for Mac

Gregg Montgomery, TechKnowledge

iMovie is a great movie editing application that comes with your Mac. Don't let the idea of movie editing be scary, iMovie makes it understandable and fun. We learn how to use iMovie to take videos shot from your iPhone, stitch them together, drop in photos and music to make a short movie that you can show off to friends and family. Students use our mac computers.

Tue, Aug 9, 1-3 pm, Bldg 3, Rm 301
\$20 by 8/5

Studio 55 Fitness Room

Did you know that Studio 55 has been open on Saturdays from 8 am-Noon? You don't have to miss out on your workout anymore on the weekend - stop in and see us!

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
2850 Tremont Rd, 43221

Ballroom Dance

Stacy Coil, Professional Dance Instructor

A partner is not required. Classes are approximately 45 minutes.

Mon, Aug 1-Sep 12 (skip 9/5)

(6 sessions) Bldg 2, Rm 205

Intermediate 9:30 am

Beginners: 10:30 am

\$50 | \$40 SilverSneakers® by 7/28

Drawing for Beginners

Mindy Newman

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

Subject: Farm Animals

Aug 1 - Pen drawing sheep: scribble art

Aug 8 - Colored pencil rooster: hatch lines

Aug 15 - Graphite or charcoal cow: smoke drawing

Aug 22 - Pen and pencil pigs: contour line

Mon, 10:30 am-12:30 pm (4 sessions)

Bldg 1, Rm 105

\$40 by 7/29

Advanced Spanish

Marie Jerencsik, MA

Bring a notebook, an English/Spanish dictionary and a Spanish verb dictionary. (Note: Aug 1, 8, 15 meet 1-3 pm, Aug 22, 29 meet 1-2:30 pm.)

Mon, Aug 1-29 (5 sessions)

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

\$60 by 7/29

Fitness Trek: The Skin You're In As You Age

Ann Zoretic Ansel

Aging skin can be more susceptible to skin conditions. What signs and symptoms should we be vigilant for? How can we slow our skin's aging process and protect the skin we are in? Ann returns to discuss time-honored practices and new findings from the past few years.

Aug 2, 8:30-9:30 am

Bldg 2, Rm 204

Free, register in advance

Watercolor Workshop

Mindy Newman

Not a beginners class; however, beginners are welcome to join this relaxed instruction. Supply list emailed. This class fills quickly, register soon!

Subject: The Farm Animals

Tue, Aug 2-23 (4 sessions)

1-3 pm, Bldg 1, Rm 105

\$40 by 7/29

Staying Well Nutrition: What is Hunger & Fear of Hunger?

Alma Saddam, PhD

Wed, Aug 3, 10-11 am, Bldg 1, Rm 104

Free | Free SilverSneakers®

Register by 8/1

50+ Connections

Charity Eilerman, Syntero

The focus of the group is to socially "connect" and learn from professionals who provide practical and resourceful information so we can "thrive" and not merely "survive" daily life.

Fri, Aug 5, 1-2:15 pm, Zoom

Fri, Aug 19, 1-2:15 pm, Bldg 1, Rm 104

Free, register in advance

Thursday Line Dance

Robin Lawrence Poses

This program fills quickly, don't wait to register for your spot!

Thu, Aug 4-25 (4 sessions)

10-11 am, Bldg 2, Rm 205

\$15 by 8/2

Book Club: *The Evening and the Morning* by Ken Follett

Volunteer Led

Each month someone suggests a book to read and then leads the discussion for that book the following month.

Wed, Aug 10, 9:45-11 am

Bldg 1, Rm 104

Free, register by 8/8

Cozy Mystery Book Club

Volunteer Led

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

Mon, Aug 15, 2-3 pm, Bldg 2, Café UA

Free, register by 8/11

Bingo

Wed, Aug 17, 10-11 am, Bldg 2, Rm 204

Free for Members, register by 8/15

Guided Forest Therapy

Jennifer Ramsey

Forest therapy, or forest bathing, is a research-based framework for supporting wellness inspired by the Japanese tradition of shinrin-yoku. Slow down and connect with nature through your spirit and senses. Dress for the weather and footing. Locations vary according to conditions. The location is announced 1-2 days prior.

Mon, Aug 22, 9-10:30 am

Location TBA

\$15 by 8/18

Current Events

Volunteer Led

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

Aug 2 - Open Discussion

Aug 9 - *Make Every Move a Meditation*

with Nita Sweeney, Writer

Aug 16 - *Love and Loss: The Storied*

Nature of Nursing Home Care with

Carolyn Lewis, Author, Ohio University

Aug 23 - *Ohio Courts of Appeals (10th*

District) Candidates

Aug 30 - *Ohio House, County Commis-*

sioner, County Auditor Candidates

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

Free, registration required

UA Golf Tournament Winners

Captain Choice Tournament Winners:

Steve Henwood, John Fallon, David Lee and Scott Deubner

Four Man Tournament Winners:

Ron McGuire, Dave Mahlis, Chauncy Burns and Tom Goodlive

SilverSneakers®: Are you Scanning?

Remember to scan your SilverSneakers® card for your SilverSneakers® classes.

Your discount on these classes is

supported by your swipes! Don't have your card yet or left it at home? Stop by Building #3 to pick up a temporary card so you can sign in the SilverSneakers book for your class/activity.



Labor Day Arts Festival

2022 marks the 56th Upper Arlington Labor Day Arts Festival! The Festival is on Monday, September 5 from 10 am-4 pm at Northam Park. Information and updates are posted to the City website and on the Labor Day Arts Festival Facebook page as plans are finalized. Mark your calendars now for Monday, September 5 from 10 am-4 pm.

If you would like to volunteer for the Labor Day Arts Festival, please contact Jodi Osborne at josborne@uaoh.net or 614-583-5312.

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, 12:30-3:30 pm, Room varies
Free for 2022 Members

Stained & Mosaic Glass Studio

Materials/tools on your own
Tue, 9 am-Noon &
Fri, Noon-3:30 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 on your own.
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, 11:30 am, Bldg 2, Rm 204
Free for 2022 Members

Movie Club: *West Side Story*

(PG13, 2h 36m)
This adaptation of the hit 1957 stage musical tells a tale inspired by Romeo and Juliet of forbidden love and fierce gang rivalries in New York City. Register in advance to reserve your seat. Snacks and drinks are on your own.
Thu, Aug 18, Noon, Bldg 2, Rm 204
Free | Free SilverSneakers®
Register by 8/16

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 (skip 8/2)
Class Pass, Free SilverSneakers®/Renew Active™

SilverSneakers® Classic

Jennifer Ramsey & Sandy Tullett
Mon, 9:30 am, Bldg 1, Rm 102 (skip 8/1)
Tue | Thu, 10 am, Zoom (skip 8/2)
Class Pass, Free SilverSneakers®/Renew Active™

SilverSneakers® Circuit

Jennifer Ramsey
Wed, 10 am, Zoom (skip 8/3)
Fri, 8:30 am, Bldg 1, Rm 102
Class Pass, Free SilverSneakers®/Renew Active™

SilverSneakers® Yoga

Nelson Carson
Mon | Wed, 1 pm (skip 8/1)
Bldg 1, Rm 102/Zoom
Class Pass, Free SilverSneakers®/Renew Active™

SilverSneakers® EnerChi

Jennifer Ramsey
Fri, 9:30 am, Bldg 1, Rm 102 (skip 8/5)
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

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
No experience necessary and the first few classes focus on the fundamentals of both Yoga and Pilates. Modifications are shown for those with certain restrictions.
Wed, Aug 3-Sep 7 (6 sessions)
4-4:55 pm, Bldg 1, Rm 102
\$60 | \$42 SilverSneakers® by 8/1

Travel

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

Coming Soon!

Keep an eye out for the Fall Activity Guide this mid-August for more details to these upcoming trips! **Registration begins on Wednesday, August 24 for UA Residents, and on Friday, August 26 for all others. Phone and online registration opens at 6 am; walk-in registration opens at 8 am.**

2022 Day Trips:

Grub Club

Wed, 10/26 & 11/16
Challenge Level 1

Trapper Johns Paddle Day Trip

Tue, 9/13
Challenge Level 3

A "Wilds" Safari

Wed, 10/12
Challenge Level 1

Irving Berlin's White Christmas

Wed, 11/30
Challenge Level 1

2023 Extended Travel -

Accepting Registrations Now:

Call World of Travel for more information at 614-451-4882, ext 208 and note that you are an Upper Arlington Senior Center patron. You can also fill out and mail your registration form and payment to World of Travel, 5001 Horizons Dr., Suite 100, Columbus, Oh, 43220. More details to come in the Fall Activity Guide. Brochures and registration forms currently available at the Senior Center.

Tucson Escape Plus Linger

Longer in Las Vegas

Mon-Fri, 2/27-3/3, 2023
Challenge Level 2

The Finger Lakes of New York Plus Niagara Falls

Sun-Thu, 4/30-5/4, 2023
Challenge Level 2

Mediterranean Interlude

Thu-Sun, 5/11-5/21, 2023
Challenge Level 2

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

AUGUST 2022



Free Home Delivered Meals
Extended through September 30, 2022

 Franklin County Board of Commissioners
OFFICE ON AGING

Additional Office on Aging Services:

- Adult Day Care
- Caregiver Support
- Emergency Response Systems
- Home Delivered Meals
- Kinship Care
- Minor Home Repair
- Respite Care
- Transportation

Eligibility Requirements:

- Franklin County Residents
- 60 and older

****No income verification required**

To learn more, call **(614) 525-6200**
or visit **officeonaging.org**.

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.