

THE Sentinel

The newsletter for members of the Upper Arlington Senior Association

JUNE 2021

Welcome Back!

The Upper Arlington Senior Center reopens to patrons and operations effective Thursday, June 10. This includes Studio 55 and many of our regular on-site programs. A few of our virtual programs will continue on Zoom until further notice.

Senior Center members were recently sent an electronic survey regarding reopening plans, with 99% of respondents indicating that they had been fully vaccinated. Any patrons that have not been vaccinated for health or other reasons, are strongly encouraged to wear face masks when visiting the Center.

General Operational updates

- Senior Association membership and completion of the 2021 Senior Center Medical Emergency & Activity Waiver is required for participation in programs.
- Most activities will resume as normally conducted. Classes may have slight variations due to added safety precautions.
- Staff will follow COVID protocols while routinely sanitizing common touch points throughout our facilities.
- Attendance rosters are used for all programs and activities including drop-in activities. All patrons must sign in upon arrival to their respective program or activity. This is necessary for contact tracing purposes.
- Pre-registration continues to be required for certain recreational offerings.
- Water fountains are available. We also encourage bringing your own marked water bottle.
- Restrooms are available and sanitized routinely throughout the day.
- Maximum class capacity are based on class set up and Upper Arlington fire code. Social distancing is no longer required.

Face Coverings

- In accordance with State Health Orders, we do not require masks for participation for indoor or outdoor programs. We encourage individuals who are not vaccinated to wear a mask.

Studio 55

- Studio 55 hours are abbreviated to Monday-Friday, 8 am-5:30 pm until further notice.
- Drop-in participation is permitted.
- Patrons are asked to wipe down equipment before and after use with provided sanitizing wipes.
- Staff will sanitize common facility touchpoints regularly throughout the day.

Card groups

- Hand sanitizer is available at each card table.
- Handwashing before and after card playing is encouraged.

The following are operational updates from our Senior Association Council in regard to Café UA and the Coffee Bar:

Café UA

- Café UA hours are Monday through Friday 11 am-12:30 pm.
- In order to abide by current health requirements, food is not prepared or served from the kitchen. Café UA will operate as a "bring your own food and drink" service. Members may continue to enjoy lunch while socializing with peers.
- Hand sanitizer is available at each table. Handwashing before and after meals is encouraged.

Coffee Bar

- Members may continue to enjoy complimentary coffee and tea in building 2.
- Hand sanitizer is available for use at the coffee bar.

Lastly, we understand some individuals may not yet be comfortable returning for on-site programs. We encourage all to participate at the level they feel comfortable as the decision to participate is solely left to each person. We also encourage those not yet ready to participate in person to continue (or consider) participation in our virtual class offerings through Zoom.

We are excited to see you soon!
Staff of the UA Senior Center

***Note that a few of the programs dates, times and locations have changed and may now require pre-registration.**

Beginning Watercolor

Mindy Newman

All supplies/materials provided on the first meeting date. A supply list is provided for the rest of the session. Continuing and experienced participants are welcome as well. (new start date)

Tue, Jun 15-29 (3 sessions)

1-3 pm, Bldg 1, Rm 105

\$30 | \$21 SilverSneakers® by 6/11

Zumba Gold®

Rachel Hay, Zumba Gold® Certified

Bring a water bottle and wear comfortable clothing and shoes.

Wed, Jun 16-Jul 28 (skip 7/7)

(6 sessions)

10 am, Bldg 2, Rm 205

\$50 | \$40 SilverSneakers® by 6/14

Tap Dance

Mary Bova-Ervin

Bring a water bottle. Tap shoes are required.

Wed, Jun 16-Jul 21 (6 sessions)

Con't: 12:30 pm; Beg: 1:30 pm

Bldg 2, Rm 205

\$50 | \$40 SilverSneakers® by 6/14

Thursday Line Dance

Robin Lawrence Poses

Bring a water bottle. No experience required. Note the new start time.

Thu, Jun 10-24 (3 sessions)

10 am, Bldg 2, Rm 205

\$12 by 6/8

UA Farmers Market with Common Greens

To learn more, contact Common Greens at hello@commongreensohio.org.

Wed, May 19-Oct 27, 4-7 pm

Tremont Pool Parking lot

www.commongreensohio.org

Pre-registration Required

Participants must register in advance for any program or activity.

Fitness Trek: Eight Ways to Protect Your Eyesight

Take steps now to keep your eyes healthy.

Tue, Jun 1, 8:30 am, Zoom

\$1 | Free SilverSneakers®

Register by 5/31

Silver Ukulele Club

Vaughan Music Studios

No experience needed. Need a ukulele? Call Vaughan Music Studios at 614-451-1976 to get one for only \$10. Register for the class by calling the Center.

Thu, Jun 3-17 (3 sessions)

2-3 pm Zoom

\$25 by 6/1

Columbus - the Story of a City

Ed Lentz

This is a six-week series, no pro-rating or refunds for missed classes.

Jun 4 - A Place & Its People

Jun 11 - The First Settlement

Jun 18 - The Crossroads Capital

Jun 25 - The Buggy Capital of the World

Jul 2 - Good Old Columbus Town

Jul 9 - The Discovery City

Fri, 10 am, (6 sessions), Zoom

\$30 by 6/3

Mac Computer Classes

Gregg Montgomery, TechKnowledge

Please note the June 7 class is on Zoom.

Jun 7 - Basics: Dock, Desktop, Menu Bar

Mon, 1-3 pm, Zoom (6/7 class only)

Students use our Mac laptops for the following classes.

Jun 14 - Finder

Jun 21 - App Store & Safari

Jun 28 - Notes, Reminders, FaceTime

Jul 19 - Contacts & Calendars

Jul 26 - Mail

Aug 2 - Photos

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

\$20/class by Fri prior

Basics of Zoom

UA Library Representative

Guided by the UA Public Library's Technology & Media Librarian, you learn the basics of the Zoom screen.

Tue, Jun 8, 11:30 am, Zoom

Free, register by 6/4

Book Club: Killers of the Flower Moon by David Grann

Volunteer Led

New participants welcome!

Wed, Jun 9, 11:30 am, Zoom

Free, register by 6/7

Senior Support Group Coping Through COVID-19

Practical solutions to challenges posed by COVID-10 are an ongoing theme, while also sharing strategies to decrease feelings of isolation, anxiety, depression, among other challenges. Join us for a relaxed and enjoyable forum.

Fri, Jun 11 & 25, 1 pm, Zoom

Free, register in advance

Beginning Spanish

Marie Jerencsik, MA

Bring a notebook, and an English/Spanish dictionary. (new start date)

Mon, Jun 14-Jul 26 (skip 7/5)

(6 sessions)

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

\$60 | \$50 SilverSneakers® by 6/10

Read/Watch/Listen: Library E-Resources

UA Library Representative

Guided by the UA Public Library's Technology & Media Librarian, this program takes place on Zoom, which requires you to have access to a computer or smart device with a microphone and camera.

Tue, Jun 15, 11:30 am, Zoom

Free, register by 6/11

Bingo (new time)

Sponsored by First Community Village

Bingo cards are provided or you can bring your own, maximum 2 cards per person.

Wed, Jun 16, 10 am, Bldg 2, Rm 204

Free, register in advance

Cozy Mystery Book Club

Volunteer Led

This month's theme is the Fourth of July, you choose the author!

Mon, Jun 21, 2:15 pm, Zoom

Free, register by Fri prior

Mindful Mandala Doodle© Virtual Workshop

Kathy Rausch

The is no artistic experience required.

Create an 8"x 8" mandala that is unique to you.

Supplies needed: pencil, eraser, drawing paper, markers or colored pencils.

Optional Supplies: ruler, compass, fine tip black sharpie, glitter glue, sticky gems

Thu, Jun 17, 3-4:30 pm, Zoom

\$10 by 6/15

Music Mini-Chats IV

Vaughan Music Studios

Chat and discuss about a variety of musicians and topics each week.

Jun 24: Who was Liberace?

Jul 1: Music Analysis

Jul 8: Anatomy of a Pop Song

Jul 15: The Listening Room

Thu, Noon-1 pm, Zoom

Free, register by 6/23

Guided Forest Therapy

Jennifer Ramsey

Location is announced the day prior along with guidelines and directions.

Mon, Jun 28, 9-10:30 am, location tba

\$15 by Thu prior

Nesting Bird Ball

Mary Ellen Armentrout

Stuff a round ball with cotton, alpaca fur, colorful thread and fabric scraps. All supplies and materials included.

Wed, Jun 30, 10-11 am, Bldg 1, Rm 105

\$5 by 6/28

Personal Training

Jennifer Ramsey

Certified Personal Trainer

In-person personal training begins on June 16; it will continue on Zoom until that date. Get the maximum benefit

from your workout with guidance from a personal trainer. Start with a one-on-one evaluation, then scheduled training sessions for personalized workouts. One-hour appointments. Paperwork needs completed prior to evaluation.

Evaluation

Tue, 11:30 am, Bldg 4

Fri, 10 am, Bldg 1, Rm 102

\$55 (1 hr)

Personal Training Session

Wed | Thu | Fri, 2, 3 or 4 pm

Bldg 1, Rm 102

\$30 per session or 5 sessions for \$135

Ongoing...

Billiards

Mon-Fri, 9 am-3:45 pm, Bldg 1
Free for 2021 Members

Handicrafters

Mon, 1-3 pm, Bldg 2, Rm 204
Free for 2021 Members

Chess

Mon | Wed, 12-3:45 pm, Bldg 1, Rm 105
Free for 2021 Members

Stained & Mosaic Glass Studio

Materials OYO. The 2021 studio fee is waived this year.

Tue, 9 am-Noon & Fri, Noon-3:45 pm
Bldg 1, Rm 105
Free | Free SilverSneakers®

Table Tennis

Tue | Thu, 11:15 am-12:30 pm, Rm 102
\$25 Yearly Fee | Free SilverSneakers®

Euchre

Wed, 12:15-3:45 pm, Bldg 2, Rm 204
Free for 2021 Members

Woodcarvers

Materials/tools OYO. The 2021 studio fee is waived this year.

Thu, 9-11:30 am, Bldg 1, Rm 105
Free | Free SilverSneakers®

Stock Market Discussion Group

Thu, 2-3 pm, Ongoing, Zoom (skip 6/24)
Free, register in advance

Current Events

Volunteer Led

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

Tue, 2 pm, Zoom

Free, registration required

Jun 1 - Open Discussion

Jun 8 - Environmental Economics with

Brent Sohngen, OSU Professor

Jun 15 - Safety with Bryan McKean,
UA Police Officer

Jun 22 - Ohio Earthworks & World

Heritage with Christine Ballengee

Morris, OSU Professor

Jun 29 - Uncertainty & Kindness During

COVID-19 with Shiri Noy, Assistant Professor, Denison University

Virtual SilverSneakers®

Fitness Classes!

BOOM - Move It, Muscle, Mind

Jennifer Ramsey

Tue | Thu, 9 am, Zoom

\$27 - June

Free SilverSneakers®/Renew Active

SilverSneakers® Classic

Jennifer Ramsey

Tue | Thu, 10 am, Zoom

\$27 - June

Free SilverSneakers®/Renew Active

SilverSneakers® Circuit

Jennifer Ramsey

Wed, 10 am | Fri, 8:30 am, Zoom

\$27 - June

Free SilverSneakers®/Renew Active

SilverSneakers® Yoga

Nelson Carson

Wed, 1:30 pm, Zoom

\$15 - June

Free SilverSneakers®/Renew Active

SilverSneakers In Person

Returning in July!

BOOM with Mary - Mon, 8 am

Classic with Sandy - Mon, 9:30 am

BOOM with Mary - Wed, 8 am

Balance Practice

Barb Byrum

Tue | Thu, Ongoing

1-1:30 pm, Zoom

\$20/mo, Free SilverSneakers®

Register by Mon prior

Xercise

Volunteer Led

Mon | Fri, begins Jun 10, 1-2 pm

Bldg 2, Rm 205

Free | Free SilverSneakers®

Register monthly

Bocce

Volunteer Led

Thu, Ongoing, 8:30-10:30 am

Bocce Courts, behind Bldg 2

\$15 | Free SilverSneakers®

Indoor Aquatics at

First Community Village

To be determined - updates to come.

Travel

ZOOM PREVIEW FOR TRIPS BELOW

Wed, Jun 16, Noon, Bldg 1, Rm 104

The trip preview is presented on Zoom. You can receive a link to watch it from home on Zoom or watch it at the Senior Center. Call Jane Sindel at 614-583-5324 to register. Indicate your interest and leave your name and phone number on her voicemail. Or you can email her at jsindel@uaoh.net.

Resorts, Railroads & Rivers of West Virginia

Travel to Huntington, West Virginia, home of Marshall University, on a "We Are...Marshall" tour. Then ride the Amtrak "Cardinal" on the original B&O rail lines through the Allegheny Mountains along the New River Gorge to White Sulphur Springs and more.

Challenge Level 2

Mon-Fri, Oct 12-15 (4 days)

See pg. 60 in the Summer Activity Guide

Christmas in Washington DC by Rail

Start this trip with a city tour of Pittsburgh and fine dining atop Mt. Washington and shopping at the Christmas Advent market. Take the Amtrak "Capital Limited" arriving at historic Union Station in Washington, DC for a guide city tour of monuments, memorials and more. Stops include Arlington National Cemetery, the National Cathedral, the National Tree and the Smithsonian Air and Space Museum.

Challenge level 2

Mon-Thu, Dec 6-9 (4 days)

See pg. 61 in the Summer Activity Guide

Music in the Parks - Free!

Thu, 7-8:30 pm

For registration and location information contact the Parks & Recreation office at 614-583-5320.

June 3: The Moxie Strings

June 10: Red Healer

June 17: Deuce 'n a Quarter

June 24: Ladies of Longford

July 1: Largemouth Brass Band

July 8: Victorious Kaybirds

July 15: The Deeptones

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

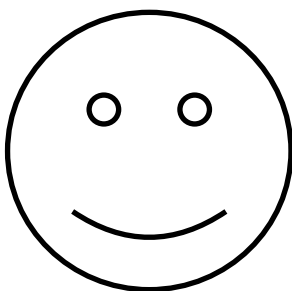
The City of Upper Arlington's Senior Center is owned and operated by the City of Upper Arlington, Parks & Recreation Department.

The Sentinel

614-583-5320 • parks.uaoh.net

JUNE 2021

We Can't Wait to See Your "Faces in Our Places!"



**Insert
Your
Face
Here!**



2021 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*

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.