

THE Sentinel

The newsletter for members of the Upper Arlington Senior Association

DECEMBER 2021

It's hard to believe we are wrapping up 2021 and heading into the new year 2022! We want to thank all of our members for their support, patience, and most of all their participation in the many programs we were able to resume. We re-opened our doors on June 10 and since then have enjoyed seeing many of you return to the classes you love. We understand the value our Center affords each of you as a place to gather and socialize with one another. We continue this legacy not only as we plan for 2022, but for decades to come. Community and quality of programs continue to be at the top of our list of priorities. Whether you have participated in virtual classes, on-site classes, or a little of both, we hope you are enjoying the programs we offer. We wish you all a wonderful holiday season with your loved ones!

Patrick Monaghan, Recreation Manager

2022 Upper Arlington Senior Association Membership Dues

Look for your 2022 UA Senior Association membership renewal letter in the mail in late December. Annual fees (\$15 for UA Residents/\$20 for non-residents) are due January 2022. Each member receives their own letter and must fill out their individual forms. Complete the forms, enclose payment and place it in the mail with the provided return envelope. If more than one person in the household is becoming a member, you may use the same check/credit card and send in one envelope.

Checks are payable to the Upper Arlington Senior Association. Your membership dues and donations work to support the senior center in the best interest of the members. Your annual membership also supports year-round costs. Examples include our monthly newsletter mailings, program equipment and supplies to benefit membership, landscaping services and other items the Association Board deems necessary to assist with programs and service to the membership. **Please do not mail your payment until you receive our mailing as it should be sent in with the paperwork provided. Payment will not be accepted without the completed forms.**

Sing-a-Long to Holiday Songs!

Have you already turned on holiday music? Need a little boost to get you in the spirit? Sign up to sing with us, enjoy light refreshments and door prizes! This is a free event for Senior Association members. Act#: 553704-A

Mon, Dec 6, 2-3 pm, Bldg 2, Café UA

Free, registration required, space is limited, registration opens Wed, Dec 1, 8 am

Holiday Cocoa Party

Join Senior Center Staff and friends to share holiday traditions with a cup of cocoa, treat and door prizes! Wear your holiday clothes, bring your favorite mug and be ready to share your family traditions, favorite holiday songs and places to visit. This is a free event for Senior Association members. Act#: 553707-A

Wed, Dec 15, 2-3 pm, Bldg 2, Café UA

Free, registration required, space is limited, registration opens Wed, Dec 1, 8 am

Silent Night Charades

Senior Center Staff and friends are ready to challenge you in a game of holiday charades! Are you ready? Start thinking about holiday movies, songs, seasonal traditions and even holiday characters. Enjoy light refreshments and door prizes! This is a free event for Senior Association members. Act#: 553708-A

Wed, Dec 29, 2-3 pm, Bldg 2, Café UA

Free, registration required, space is limited, registration opens Wed, Dec 1, 8 am

Registration Required for All Programs

2022 Winter Activity Guide & Registration

The Winter Activity Guide is scheduled to be available in early December. We recommend practicing your online registration ahead of time, visit parks.uaoh.net.

New Registration Start Dates:

Residents | Wed, Dec. 8, 6 am (online/phone)

Non-Residents | Fri, Dec 10, 8 am (online/phone/in-person)

Guided Forest Therapy

Jennifer Ramsey

Slow down and connect with nature, using your spirit and senses, as your guide leads you in a series of simple activities on a gentle walk. Location to be announced a day prior.

Mon, Dec 6, 1-2:30 pm

Location tba

\$15 by 12/2



Senior Center Holiday Hours & Class Updates

Thu, Dec 23 - Studio 55 closes at 3 pm
Cancelled Programs: Balance Practice, Stock Market Discussion Group

Fri, Dec 24 - UA Senior Center and all City offices closed in observance of Christmas Day

Thu, Dec 30 - Studio 55 closes at 3 pm
Cancelled Programs: Balance Practice, Stock Market Discussion Group

Fri, Dec 31 - UA Senior Center and all City offices closed in observance of New Years Day

Staying Well Nutrition: Food with Medicinal Benefits

Alma Saddam, PhD

Know what power lies within the food you eat.

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

Free | Free SilverSneakers®

Register by 11/29

Nesting Bird Ball

Mary Ellen Armentrout

This project can be refilled each year. All supplies and materials are included.

Wed, Dec 1, 10-11 am, Bldg 1, Rm 105

\$5 by 11/30

Thursday Line Dance

Robin Lawrence Poses

Thu, Dec 2-30 (5 sessions)

10-11 am, Bldg 2, Rm 205

\$9 by 11/30

Friday Line Dance

Stacy Coil, Professional Dance Instructor

Register for both sections and save \$5.

Fri, Dec 3-17 (3 sessions)

Bldg 2, Rm 205

Beg: 9:30 am; Imp: 10:30 am

\$12 per section by 12/1

50+ Connections

Charity Eilerman, Syntero

"Connect" with peers and learn from professionals who provide practical information so we can "thrive" and not merely "survive" daily life.

Fri, Dec 3, 1 pm, Zoom

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

Free, register in advance

Mac Photos Series

Gregg Montgomery, TechKnowledge

Students use our Mac computers.

Dec 6 - Motif

Dec 13 - Slideshows & Scanning

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

\$20/class by Thu prior

Fitness Trek

No December Meeting

Watercolor Workshop

Mindy Newman

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

Tue, Dec 7-14 (2 sessions)

1-3 pm, Bldg 1, Rm 105

\$20 | \$14 SilverSneakers® by 12/3

Book Club:

Educated by Tara Westover

Volunteer Led

New participants are welcome! Each month a participant chooses a book and leads the group discussion.

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

Free, register by 12/6

Cozy Mystery Book Club

Volunteer Led

A theme is chosen each month and you choose the book you prefer to read and then share your thoughts with the group.

Mon, Dec 20, 2:15 pm, Bldg 2, Café UA

Free, register by 12/16

Gentle Hatha Yoga

Robbin Blackburn

Thu, Ongoing, 10-11 am

Bldg 3, Rm 301

\$10 | \$7 SilverSneakers® per class

No drop-ins, pre-registration required

Maximum 12

Current Events

Volunteer Led

This group discusses current events and personalities. Topics are prepared and presented by members of the group and invited speakers.

Dec 7 - Open Discussion

Dec 14 - Urban Tree Project with

Tim Ascher, ISA Certified Arborist

Dec 21 - Understanding Alzheimer's

with Deneen Day, Semifinalist Everyday Heroes

Dec 28 - skip week

Tue, 2 pm, Zoom

Free, registration required

2022 - Studio 55 Annual Fitness Pass Sale!

Why not get the Studio 55 fitness room annual pass and make that commitment to make this your healthiest year yet? In January, the yearly pass is available at a reduced rate of only \$199. You save \$41, but you better hurry, because this deal ends on January 31!

The greatest wealth is health so what are you waiting for? Join Studio 55 and make that commitment to a healthy year.

UA Leaf Collection

The City began their leaf collection this past October with the final round beginning the week of December 6. Please refrain from putting your leaf piles in the street. Leaves should stay in the grass to avoid washing into storm sewers, blocking



catch basins and causing driving hazards. Stop raking leaves to the curb by Sunday, December 5, before the start of the last collection of the program. Local Waste collects bagged yard waste YEAR-ROUND! Simply place leaves in approved biodegradable bags or trash cans clearly marked as "Yard Waste" and put them out for collection on your regular Solid Waste collect day, or you can take advantage of free drop-off of yard waste at the Ohio Mulch facility, located at 4120 Roberts Road (call 614-921-9330 for hours of operation.)

On the Road Again!

We were finally able to get on the road again. Our members traveled to Huntington, West Virginia, home of Marshall University a "We Are...Marshall" tour. They rode the Amtrak "Cardinal" on the original B & O rail lines through the Allegheny Mountains along the New River Gorge, the Grand Canyon of the East, to White Sulphur Springs, home of The Greenbrier. They enjoyed a day at the historic resort including a special lunch and tour of the once secret Bunker - Government Relocation Facility from the Eisenhower Administration. They toured the West Virginia State Capital and a stop at Tamarack the arts and crafts center of the state. When is the next trip you ask? In July 2022 we visit Nova Scotia & the Maritimes of Canada.



Registration Required for All Programs

Billiards

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

Handicrafters

Materials/tools on your own.
Mon, 1-3 pm, Bldg 2, Rm 204
Free for 2021 Members

Chess

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

Stained & Mosaic Glass Studio

Materials on your own. 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
\$10 | Free SilverSneakers®

Bridge

Mon, 12:30 pm, Bldg 2, Rm 204
Free for 2021 Members

Euchre

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

500 Cards

Fri, 12:15 pm, Bldg 2, Rm 204
Free for 2021 Members

Woodcarvers

Materials/tools OYO. The 2021 studio fee is waived this year.
Thu, 9:30-11:30 am, Bldg 1, Rm 105
Free | Free SilverSneakers®

Stock Market Discussion Group

Thu, 2-3:30 pm, Ongoing (skip 12/23 & 12/30)
Bldg 1, Rm 104
Free, register in advance

Mah Jongg Open Play

Fri, 9:30-11:30 am, Bldg 2, Rm 204
\$10 for Fall Season

Movie Club: A Beautiful Day in the Neighborhood

(PG, 1h 49m)
Register in advance to reserve your seat.
Thu, Dec 16, Noon-2 pm, Bldg 2, Rm 204
Free | Free SilverSneakers®
Register by 12/14

SilverSneakers® Fitness Classes

Advanced registration is required for all programs.

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 Hull
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
Class Pass, Free SilverSneakers®/Renew Active™

SilverSneakers® EnerChi

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

Bingocize®

Loretta Sweeney
Mon | Fri, Ongoing, 1-2 pm, Zoom
Ends on Dec 20
Free | Free SilverSneakers®/Renew Active™
Register in advance

Balance Practice

Barb Byrum
Tue | Thu, (skip 12/16, 12/23 & 12/30)
1-1:30 pm, Bldg 2, Rm 205
\$20/mo, Free SilverSneakers®
Register by Mon prior

Winter Weather Policy

When the Upper Arlington Schools are closed due to inclement weather, the Upper Arlington Senior Center is closed until noon. All onsite 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 if the Sheriff declares a level 2 or 3 Snow Emergency.

Travel

Questions about the trips? Call Wendt Touring for more information at 740-282-5790.

Nova Scotia & the Maritimes of Canada (new dates)

Soak up the beauty of Nova Scotia, which means "New Scotland," and to many an eye, greatly resembles the Scot's home of its early settlers. 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 including the "Anne of Green Gables" house leads you to the sandy beaches, dunes, salt marshes and waterfowl of the Gulf of St. Lawrence. The tour wraps with New Brunswick and a ferry trip across the Bay of Fundy. Includes air and ground transportation, tips to drives, guides, admissions and tour manager.

Challenge Level 2

Mon-Sun, Jul 7-14 (8 days)

See pg. 63 in the Summer Activity Guide

Rules of the Road, Cancellation Policy, Travel Registration Information and Trip Challenge Levels can be found on pg. 61 in the Fall Activity Guide.

UPPER ARLINGTON COMMISSION ON AGING

Snow Angels

UA Commission on Aging
Snow Angels is a volunteer-based program available to assist older adult residents with snow removal. Individuals eligible for the program must be a UA resident, at least 60 years old or physically disabled, maximum driveway length of 75' and must reside in UA for six months out of the year.

To request assistance call 614-583-5123 or visit www.uacoa.com/snow-angels.

Visit our website at www.uacoa.com for Silver Threads newsletter, Resource Directory online, program updates and more!

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.

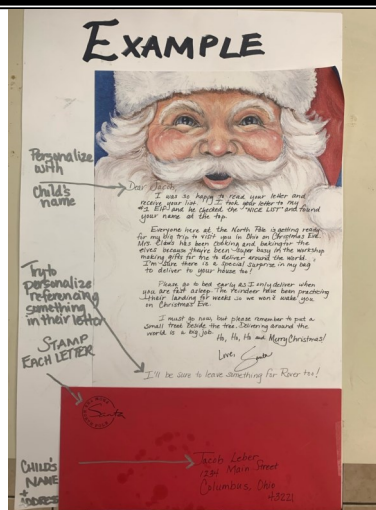
The Sentinel

614-583-5320 • parks.uaoh.net

DECEMBER 2021

Santa Letters - Volunteers Needed

Every year the Recreation Division hosts a Santa's mailbox where children can drop off a letter to be sent to the North Pole. Santa's helpers reply to their letters with a premade letter and they are mailed back in time for Christmas. If you would like to be one of Santa's helpers, please contact the front desk at 614-583-5320 to register your name. Shannon Guy, Recreation Supervisor, contacts the volunteers with dates and times to come in once she begins to receive letters from Santa's mailbox. Activity #: 553717-A



Hallmark Channel Holiday Movies

This holiday season we thought we would show some "feel good" movies. The Hallmark Channel has a variety of made for tv movies to choose from. They may be little cheesy and corny, but sometimes those kinds of movies are just what you need. Come inside, stay warm and join us for a happy-feel-good time. Snacks and drinks are on your own. Activity #: 553560
Tue, Dec 21, Noon, Bldg 2, Rm 204
Tue, Dec 28, Noon, Bldg 2, Rm 204
Free, registration required by Thu prior, space is limited

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*
Shannon Guy, *Recreation Supervisor*
Eliese Kendrick, *Recreation 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.