

The Sentinel

The newsletter for members of the Upper Arlington Senior Association

OCTOBER 2020

News You Can Use

The Parks & Recreation Department is in the midst of working through the State's health and safety requirements relative to safely reopening and operating adult daycare facilities and senior centers. It is hoped that the department will be able to begin phasing in the availability of programs and services at the Senior Center the week of Monday, October 5, 2020.

Please check back for updates and scheduling as our plans are finalized.

In the meantime, seniors can still participate in virtual programs and Zoom chats with staff. Read your October Sentinel newsletter for programs offered this month.



We wish to thank our members for your patience and understanding as we work to restore our programming while ensuring the health and safety of our Senior Center patrons and Staff. We look forward to seeing you very soon!

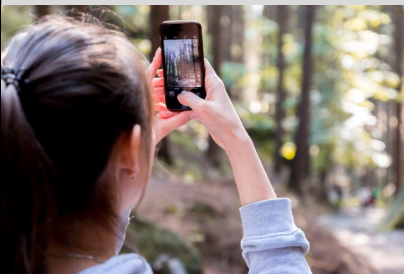
If you have any questions or concerns, please contact us at parks@uaoh.net.

(UA Senior Center Staff, photo preCOVID-19)

Pictures in the Parks Contest

Sponsored by The Sanctuary at Tuttle Crossing
October 1-31 in any of our UA Parks

Throughout the month of October, the Senior Center is excited to conduct a photo contest for all active Senior Association members and/or residents of Upper Arlington age 50+. No experience necessary. Enjoy the fresh air of our beautiful UA parks! While at the park, take photos with your digital camera or cell phone.



Contest Guidelines:

- Must be a Senior Association member or UA resident age 50+ and amateurs only, no professional photographers.
- Photos taken must be in a UA park.
- Limit of 5 digital photos per photographer.
- Send digital photos together to parks@uaoh.net and provide photographer's full name, park location and date taken for each photo submitted.
- All photos submitted may otherwise be used by the City of Upper Arlington along with photo rights. Photo credit will be given to the photographer.
- Photos must be submitted by October 31.
- Contest winners receive:
 - ◇ 1st Place \$100 gift card
 - ◇ 2nd Place \$75 gift card
 - ◇ 3rd Place \$50 gift card

Winners and their photos will be recognized in November. Special thanks to The Sanctuary at Tuttle Crossing for sponsoring this event. We look forward to seeing our parks through your eyes!

Senior Support Group - Coping Through COVID-19

Fri, Oct 2, 16, 30, Nov 13, 27, Dec 11

1 pm, Zoom

Attendees receive resourceful information in a group setting from licensed Social Workers from Syntero, along with adaptive recreation and leisure outlets from a certified Recreational Therapist. Practical solutions to challenges posed by COVID-19 will be an ongoing theme, while also sharing coping strategies to decrease feelings of isolation, anxiety, depression, among other challenges. This is a relaxed and enjoyable forum which encourages participation among attendees. Register in advance to receive the Zoom link to join.

UA Senior Center and Northam Tennis is Hiring!**UA Senior Center**

The UA Senior Center is looking for Facilities & Program Attendants to work part time to assist customer needs with on-site and off-site programs as well as maintaining a safe and clean environment for the benefit of those attending. For more details contact Patrick Monaghan, Recreation Manager, at pmonaghan@uaoh.net or 614-583-5323.

Northam Tennis Courts

The Northam Tennis Courts is also in search of active individuals interested in working part time through the end of October. Contact Lee Spitzer, Aquatics & Tennis Manager, at lspitzer@uaoh.net or 614-583-5261 for more information.

Medicare Open Enrollment via Zoom hosted by UA Commission on Aging

Emily Clugston, Seniors Servicing Company & Marcia Strall, ElderLife Solutions

Tue, Oct 6, 6:30-8 pm

Event is free, registration is required by calling 614-583-5326 or visit

<https://bit.ly/UACOAMedicareOpenEnrollment>**2020 Medicare Check Up Webinars hosted by OSHIP**

Monday-Thursday, September 14 through October 14, prior to the start of Open Enrollment. Sessions are available at 10 am and 2 pm each day with an additional 6 pm session on Wednesdays. Registration available at:

<https://register.gotowebinar.com/rt/4987248812118591502>**Medicare Counseling****Upper Arlington Commission on Aging**

Due to Covid-19, there will not be an in person counseling day at the Senior Center. There will be a **limited number of counseling sessions** available by volunteers through the UA Commission on Aging **by appointment only**. Please call 614-407-5748 and leave your name and phone number.

Ohio Senior Health Insurance Information Program (OSHIIP)

Visit our [OHIO MEDICARE COUNSELING REGISTRATION](#) page to sign up for a one-on-one Medicare counseling session. Choose from "New to Medicare Counseling" (for someone new to Medicare or nearing Medicare eligibility) or "Medicare Open Enrollment Counseling" (for someone who is already has a Medicare plan and wants to explore their Medicare options for 2021.)

Ohio Senior Health Insurance Information Program (OSHIIP) Medicare Hotline

Speak to Medicare hotline experts by calling 800-686-1578. The hotline is open Monday-Friday from 7:30 am-5 pm.

The Art & Science of**Successful Aging***Ray Montemayor*

We examine scientific research and clinical insights about successful aging in a fun and interactive way. Learn more how aging transforms our minds, personalities and social relations.

Oct 5 - Longevity: Living Longer & Wiser**Oct 12 - Brain Development****Oct 19 - Personality Development****Oct 26 - Social Relations****Mon, 10 am-Noon****Amelita Mirolo Barn**

\$5/class by Thu prior

History of Guitar & Bass**Instrument Designer/Builders***Vaughan Music Studios*

Let us take a look at the innovation, evolution and legacy of such brands as Fender, Gibson and a few boutique brands.

Mon, Oct 12-26 (3 sessions)**2 pm, Zoom**

\$20 by 10/8

Motown, More...*Vaughan Music Studios*

Discover how the early struggles and eventual triumphs of Motown lead to a cultural shift in music and how this made a significant impact in the pop music industry.

Wed, Oct 14-28 (3 sessions)**1 pm, Zoom**

\$20 by 10/12

Adjusting to Cooking for 1 or 2*Loretta Sweeney*

We need a variety of foods to stay healthy, but sometimes preparing a meal for one or two seems like too much work. Learn techniques for shopping and preparing healthy meals for one or two.

Tue, Oct 20, 11:30 am, Zoom

\$5 by 10/16

**Community Center Feasibility Task Force Phase II**

The Community Center Feasibility Task Force has transitioned to Phase II of its exploration of the need for and feasibility of multi-generational community center for Upper Arlington. In this phase, the task force is drilling into details such as what facilities to include, where a community center might be located and the costs for construction, operations and ongoing maintenance. The task force welcomes and encourages resident participation - most meetings are being held via Zoom and are open to the public (check upcoming meeting agendas for meeting access information).

Stock Market Discussion Group

This group discusses all topics on the stock market, finance and real estate. This is a fun, friendly group and welcoming to new participants.

Thu, Oct 1-29 (5 sessions)

2 pm, Zoom

Free, register by 9/29

iPad Basics

Gregg Montgomery, TechKnowledge

It is recommended that you Zoom on your computer and have the iPad free to use during class.

Oct 5 - Camera & FaceTime

Oct 12 - Calendar & Books

Mon, 1-3 pm, Zoom

\$20/class by Thu prior

Fitness Trek: Keeping Track of Your Mental Wellness

You can choose to attend the in-person session or participate using Zoom.

Tue, Oct 6, 8:30-10 am

Amelita Mirolo Barn or Zoom

\$1 | Free SilverSneakers® by 10/5

Current Events

Volunteer Led

Oct 6 - Ohio Supreme Court Candidates

Oct 13 - US House of Representative

Dist 15 Candidates with Joel Newby (2 pm) and Steve Stivers (2:30 pm)

Oct 20 - What You Need to Know About Your Insurance Policy with

Gregory Edmonds

Oct 27 - Franklin County Commissioners

with Kevin Boyce vs. Andrew Littler;

John O'Grady vs. Luis Gil

Tue, 2 pm, Zoom

Free, registration required

Mac Computer Series

Gregg Montgomery, TechKnowledge

Oct 7 - Contacts & Calendars

Oct 14 - Mail

Oct 21 - Photos

Wed, 1-3 pm, Zoom

\$20/class by Mon prior

Guided Forest Therapy

Jennifer Ramsey

Participants are notified 2-3 days prior where to meet in advance. Locations vary and are selected with conditions and safety in mind.

Fri, Oct 9, 1-2:30 pm, Location tba

Mon, Oct 19, 1-2:30 pm, Location tba

\$15, register two days prior

Artists' Hour

All artists, beginners and experienced are welcome. Show us what project you have been working on or may have completed or just join us to get a little motivation. We would love to see our handicrafters, stained glass artists, watercolorists and woodcarvers!

Tue, Oct 13, 11:30 am, Zoom

Free, register by 10/9

Book Club: Love Thy Neighbor by Ayaz Virji

New participants are welcome!

Wed, Oct 14, 11:30 am, Zoom

Free, register by 10/12

Music Mini-Chats: Music History and Academia

Vaughan Music Studios (VMS)

Each week a discussion group is led by a staff member with VMS.

Oct 15 - Classical Music and its intersection with Coldplay, Queen and more

Oct 22 - The Casual Listening Room

Oct 29 - Anatomy of a Pop Song

Nov 5 - Origin of Jazz Music

Thu, Oct 15-Nov 5 (4 sessions)

Noon, Zoom

Free, register by 10/13

Cozy Mysteries Book Club

Choose an author and book you prefer and share your thoughts with the group.

Mon, Oct 19, 2:30 pm, Zoom

Free, register by 10/15

Virtual Bingo

Join us online, see some familiar faces and have a little fun. There are no prizes to win, we just want to help bust those boredom blues. You can use an online bingo card, print or create your own.

Wed, Oct 21, 11:30 am, Zoom

Free, register by 10/19

Ohio: A Political Sort of Place

Ed Lentz

We look at the last two centuries of politics in Ohio, a bit of where we are today and a glance at the future. This is a 6-week series, no pro-rating or refunds for missed classes.

Fri, Oct 30-Dec 4 (6 sessions)

10 am, Zoom

\$30 by 10/29

Virtual SilverSneakers®

Fitness Classes!

Advanced registration is required for all programs, including the fitness classes.

BOOM - Move It, Muscle, Mind

Bring your BOOM friends home virtually for a BOOM ZOOM! Fast paced, higher intensity group exercise classes help you cross your fitness plateau. Do you want to see results faster? BOOM - Move It, Muscle and Mind can take you where you want to be.

Tue | Thu, 9 am, Zoom

\$3/class

Free SilverSneakers®/Renew Active

SilverSneakers® Classic

Join us online to have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Use a sturdy chair for seated and/or standing support.

Tue | Thu, 10 am, Zoom

\$3/class

Free SilverSneakers®/Renew Active

SilverSneakers® Circuit

Wed, 10 am, Zoom

See your friends while combining fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. It is an upper body strength workout using hand-held weights alternated with non-impact, aerobic choreography. A chair is need for support, head to toe stretching and complete relaxation in a comfortable position.

Fri, 8:30 am, Zoom

\$3/class

Free SilverSneakers®/Renew Active



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.

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614-583-5320 • parks.uaoh.net

OCTOBER 2020

Getting to Know Your Senior Advisory Council

Each month we highlight a few of your Senior Advisory Council Members asking them all the same questions and posting a few of their answers here.



Hollie Goldberg

What do you miss most right now? I actually miss my old dog Morgan; but losing her was before the virus! Virus-wise, I miss interacting with people.

What is your best advice for surviving physically, mentally or emotionally? Try to plan ahead for activities that are likely to be successful or are likely to result in enjoyment. When things are not going well, try to tell yourself that things will likely not always be this way.

Do you have a hero? I have many, including Ruth Bader Ginsburg.

Glenn Beebe

What was your favorite movie when you were younger?
Doctor Zhivago

What accomplishment are you most proud of in life, to date? Raising two wonderful sons and having four grandchildren.

What are you doing for exercise? Walking in the neighborhood and some in-home exercises.

If you could go back to any age, what would it be? 18



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 Wengert

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.