

THE Sentinel

The newsletter for members of the Upper Arlington Senior Association

SEPTEMBER 2021

Masking at the Senior Center

The City strives to continue offering recreation programs while limiting the potential of spreading COVID-19. At this time customers are requested (not required) to wear a mask when inside the Senior Center or other City buildings when they cannot socially distance (minimum of 6'). Customers may remove masks when exercising or consuming food or drinks. If you have any questions, please talk to our staff.

Who Doesn't Love History?

We have some great series coming up this Fall with our history instructors. Advanced registration is required. Be sure to register early to make sure we reach our minimum. These are six-week series, no pro-rating or refunds for missed classes. Drop in participation is no longer permitted.

Lessons of History

Mike Allbritain

We focus our discussion on certain general topics and explore how we can learn from these lessons so as not to repeat the same mistakes. **Sep 2** - Empires, Government & Social Structure
Sep 9 - Racism & Genocide
Sep 16 - War & Destruction
Sep 23 - Economics
Sep 30 - Religion & Philosophy
Oct 7 - Technology
Thu, Sep 2-Oct 7 (6 sessions)
3-4 pm, Bldg 2, Rm 204
\$30 by 8/31

The Making of Modern Europe

Ed Lentz

We take a closer look at the story of Europe and the rich history of its people and places.
Sep 10 - The Beginnings of a Modern Age
Sep 17 - The Age of Democratic Revolutions
Sep 24 - Empires Go Forth
Oct 1 - The Making of World Wars
Oct 8 - A Cold War and a Vision of a Better Place
Oct 15 - A New World Emerging
Fri, Sep 10-Oct 15 (6 sessions)
10-11 am, Zoom
\$30 by 9/8

In the Beginning History Series I

Richard Bloom

We go in search of the beginnings of two different subjects - how did it start?

Sep 13 - Amazon/Basketball
Sep 20 - "Gone with the Wind"/Coca-Cola
Sep 27 - Motown/Martin & Lewis
Mon, Sep 13-Oct 18 (6 sessions), 10-11 am, Bldg 1, Rm 104
\$30 by 9/9

Oct 4 - The Limited/KFC

Oct 11 - St. Valentine's Day Massacre/Playboy

Oct 18 - "Oklahoma"/Jonathan Winters

The Art & Science of Successful Aging

Ray Montemayor

This October, Ray Montemayor presents this popular seminar series again. Each session examines clinical insights about successful aging in a FUN and INTERACTIVE way. Learn how aging transforms our minds, personalities and social relations. We also learn how to approach aging with confidence and optimism.

Oct 4 - Longevity: Living Longer & Wiser

Oct 11 - Brain Development: The Growth of Older Minds

Oct 18 - Personality Development: Becoming Who We Really Are

Oct 25 - Social Relations: The Importance of Family & Friends

Mon, 10 am-Noon, Bldg 2, Rm 204, \$10/class, register by Thu prior

Fall Registration Begins on Wed, Aug 25 at 6 am by phone or online.

Zumba Gold®

Rachel Hanna Hay, Zumba Gold® Inst.
Wear tennis shoes, comfortable clothing and bring a water bottle.

Wed, Sep 1-Oct 20 (skip 9/29, 10/6)
10-10:45 am (6 sessions)

Bldg 2, Rm 205

\$50 | \$40 SilverSneakers® by 8/30

French Fun & Fitness

Josie Gonot

Learning new vocabulary gives the older adult mind a workout that strengthens cognitive muscles in the brains so-called executive function area.

Tue, Sep 14-Oct 5 (4 sessions)

10 am-Noon, Bldg 2, Rm 204

\$50 by 9/10

Everything But the House

Margaret Wunderlich, EBTH Rep.

EBTH is a caring service that specializes in removing the "stress" of possessions and clutter, while commanding the highest selling price of items through an online auction.

Wed, Sep 22, 10-11 am

Bldg 1, Rm 104

\$5 by 9/20

How to Make a Photo Book with Shutterfly®

Shannon Guy, UASC Staff

This is a hands-on course using our computers. Students should be familiar with the basics of a computer and navigating the web. Bring your email address and password.

Wed, Sep 29, 1-3 pm, Bldg 3, Rm 301

\$20 by 9/27

Senior Center - Closed

Mon, Sep 6

The Senior Center and all City offices are



Staying Well Nutrition: Understanding Plastics

Alma Saddam, PhD

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

Free | Free SilverSneakers®

Register by 8/31

Thursday Line Dance

Robin Lawrence Poses

Thu, Sep 2-30 (5 sessions)

10-11 am, Bldg 2, Rm 205

\$18 by 8/31

Friday Line Dance

Stacy Coil, Professional Dance Instructor

Register for both sections and save \$5.

Fri, Sep 3-24 (4 sessions) Bldg 2, Rm 205

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

\$15 per section by 9/1

Fitness Trek: 10 Million Steps to Prevent Falls

Tue, Sep 7, 8:30-10 am

Fancyburg Park Shelter

\$1 | Free SilverSneakers® by 9/3

Watercolor Workshop

Mindy Newman

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

Tue, Sep 7-28 (4 sessions)

1-3 pm, Bldg 1, Rm 105

\$40 | \$28 SilverSneakers® by 9/3

Book Club: *We Were the Lucky Ones* by Georgia Hunter

Volunteer Led

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

Free, register by 9/7

Tap Dance

Mary Bova-Ervin

Wed, Sep 8-Oct 13 (6 sessions)

Beg: 1:30 pm; Exp: 12:30 pm

Bldg 2, Rm 205

\$50 | \$40 SilverSneakers® by 9/7

Pilates Fusion

Sandy Tullett

Wed, Sep 8-Oct 13 (6 sessions)

4-4:55 pm, Bldg 1, Rm 102

\$60 | \$42 SilverSneakers® by 9/7

Music Mini-Chat Series

Vaughan Music Studios

Sep 9 - Modern Jazz

Sep 23 - More about Bebop

Thu, Noon-1 pm, Zoom

Free, register in advance

American Mah Jongg for Beginners

Mary Beth McNeal

A \$10 material fee is due to the instructor the first day of class, cash only, exact change.

Class Instruction

Fri, Sep 10-17 (2 sessions)

9-11 am, Bldg 2, Rm 204

\$10 by 9/8

Regular Open Play (new start time)

Fri, Sep 3-Dec 17

9:30-11:30 am, Bldg 2, Rm 204

\$10 by 9/1

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, Sep 10, 1 pm, Zoom

Fri, Sep 24, 1 pm, Bldg 1, Rm 104

Free, register in advance

Pickleball

Mon, Sep 13-Oct 25 (7 sessions)

9-11 am, Fancyburg Park, Tennis Courts

\$35 | \$20 SilverSneakers® by 9/9

Mac Productivity Series

Gregg Montgomery, TechKnowledge

Students use our Mac computers.

Sep 13 - Pages Part 1

Sep 20 - Pages Part 2

Sep 27 - Numbers

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

\$20/class by Fri prior

Silver Ukulele Club

Vaughan Music Studios

No experience needed. A new ukulele is available for \$10, call the studio directly to pay and order it at 614-451-1976.

Mon, Sep 13-27 (3 sessions)

2-3 pm, Zoom, \$25 by 9/9

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

Fred Minich, Edward Jones, CFP, AAMS

Advance registration required by calling 614-451-6004. Space is limited.

Tue, Sep 14, 6-830 pm, Bldg 2, Rm 204

Free, register in advance

Bingo

Sponsored by First Community Village

Bring your own cards or use ours! (limit 2 cards per person)

Wed, Sep 15, 10 am, Bldg 2, Rm 204

Free, register by 9/14

Cozy Mystery Book Club

Volunteer Led

Mon, Sep 20, 2:15 pm, Bldg 2, Café UA

Free, register by 9/16

Ballroom Dance

Stacy Coil, Professional Dance Instructor

Please note the new start times. A partner is not required.

Mon, Sep 27-Nov 1 (6 sessions)

Bldg 2, Rm 205

Beg: 10:30 am; Int: 9:30 am

\$50 | \$40 SilverSneakers® by 9/23

Beginning Spanish

Marie Jerencsik, MA

Bring a notebook, and an English/Spanish dictionary.

Mon, Sep 27-Nov 1 (6 sessions)

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

\$60 | \$50 SilverSneakers® by 9/23

Nesting Bird Ball

Mary Ellen Armentrout

All supplies and materials included.

Wed, Sep 29, 10-11 am, Bldg 1, Rm 105

\$5 by 9/27

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

Chair Volleyball

Volunteer Led

Fri, Ongoing, 1-2:30 pm

Municipal Services Center

Lower Level Rec Room

\$10 for Fall season | Free SilverSneakers®

Register in advance

Current Events

Volunteer Led

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

Sep 7 - UA School Board Candidates

Sep 14 - UA City Council Candidates

Sep 21 - Critical Race Theory with

Charlie Wilson, National School Board

Sep 28 - Franklin County Municipal

Court Judge Candidates

Tue, 2 pm, Zoom

Free, registration required

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
Bldg 1, Rm 104
Free, register in advance

Movie Club: *Harriet*

(PG13, 125 min)
Register in advance to reserve your seat. Drop-in participation is no longer permitted, bring your own snacks.
*Please note the new start time.
Thu, Sep 16, Noon-2 pm
Bldg 2, Rm 204
Free | Free SilverSneakers®
Register by 9/15

SilverSneakers® Fitness Classes

Advanced registration is required for all programs. No pro-rating or refunds for missed classes.

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
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
Free | Free SilverSneakers®/Renew Active™
Register in advance

Balance Practice

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

Bocce

Volunteer Led
Thu, Sep 2-Oct 21 8:30-10:30 am
Bocce Courts, behind Bldg 2
\$10 | Free SilverSneakers®

Travel

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

Resorts, Railroads & Rivers of West Virginia including the Greenbrier

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 the Greenbrier.

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

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 Farmers' Market

4-7 pm Wednesdays
May 19-October 27
2850 Tremont Road (Tremont Pool Parking Lot)

Whether you're starting a new diet or continuing good habits, the **Upper Arlington Farmers' Market** has all the locally grown fruits, vegetables, herbs and dairy products you'll need to stay healthy this summer.

The Upper Arlington Farmers Market offers something for everyone. Stock your pantry and fridge with fresh produce, artisan bread, pastured meats, locally-roasted coffee, and more!

City of
Upper Arlington

Parks & Recreation Department
614-583-5300 | www.uaoh.net

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

SEPTEMBER 2021

Labor Day Arts Festival

Mon, Sep 6, 10 am-4 pm

We all missed our traditional Labor Day Arts Festival in 2020 and we are excited to announce we will be moving forward with this year's event! We are working hard to develop a plan for a safe and fun event. While festival may look slightly different this year, we know we will have great artwork by artists invited to the 2020 show, a live performance stage, food trucks and refreshment vendors and an adapted art activities area! More details to come. Keep an eye out on social media and the City's website for more information. We look forward to seeing everyone at this year's event!

Since 1966, the Upper Arlington Labor Day Arts Festival has celebrated and shared the arts with the community and region within a beautiful park setting. Each year, more than 20,000 visitors flock to Northam Park on Labor Day to immerse themselves in hands-on art activities, interactive performances, live music, and the opportunity to explore and purchase fine art and fine craft work from some 150 artists working in a variety of media including paintings, photography, jewelry, pottery, sculptures and mixed media.

The Festival is made possible through the hard work of City Staff, a dedicated Coordinating Committee, a cadre of some 100 community volunteers, and the financial and in-kind support of our event sponsors.



Labor Day Arts Fest



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 Supervisor*
Shannon Guy, *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.