

THE Sentinel

The newsletter for members of the Upper Arlington Senior Association

NOVEMBER 2023

UA Senior Association *Sentinel* Newsletter Update

The UA Senior Association Advisory Council has decided to transition from a monthly hard copy newsletter to an electronic newsletter sent by email, beginning in 2024. This notice is to make members aware of this upcoming change and that the December issue will be our last mailed copy of the *Sentinel*.

We plan to introduce the electronic version of the newsletter this coming month to allow members time to get acquainted with our new communication format.

Senior Center Fall Focus Groups

Please join us (registration not required) at these focus group meetings on topics of particular interest to our Senior Center Members.

Mon, Oct 30, 11 am, Café UA Lounge

Sentinel Newsletter transition, communications

Mon, Nov 13, 11 am, Café UA Lounge

Virtual tour of facilities/program spaces at the new Community Center

Tue, Dec 12, 11 am, Rm 301

Preserving our sense of community as we transition to the Community Center

Puzzle Palooza!

The Key

Do you like puzzles? Are you looking for some friendly competition? Then make plans to join us and grab your team of no more than four people and get ready to compete against other teams to see who can complete the same 500-piece puzzle the fastest. Teams have up to two hours to complete their puzzle. Get ready to enjoy a day with friends. Light refreshments provided!

Pricing is per team. Only one person on each team needs to register for their team and teams cannot be larger than four people.

Fri, Nov 17, 1 pm, Café UA Lounge

\$20 per team, register by 11/9

90s Celebration

Dedicated Senior Medical Center

For our special members age 90 and older, we invite you to a delightful get together with other members. We are lucky to have such a large group of nonagenarians that are a part of our center. We want to celebrate you! Light snacks and water provided. Space is limited and you must be a current Senior Association Member to register. If you attended the 90s Celebration in March please sign up for the waitlist so that we may have space for those who have not participated yet and we can accommodate you if space becomes available.

Wed, Nov 29, 1-2 pm, Café UA Lounge, Free, register by 11/22

First Time Attendee: **Act#553737-A**

Waitlist: **Act#553737-B**

AARP Foundation Tax-Aide - Looking for Volunteers

AARP is looking for compassionate and friendly people to join their volunteer team this upcoming tax season. They provide the training and support to help you learn new skills. Apply online at aarpfoundation.org/TaxaideVolunteer, call 1-888-227-7669 or email Judy Gardiner at ohio2taxaide@gmail.com.

Registration Required for All Programs

Zentangle® - More Patterns

Kathy Lamancusa

Refer to receipt for supply list.

Wed, Nov 1, 10-11:30 am, Rm 104

Act# 553141, \$10 by 10/30

Thanksgiving Cooking for 1 or 2

The James Mobile Education Kitchen

Wed, Nov 1, 10-11 am, Rm 204

Act# 553637, \$20 | \$17 SS®/RA™ by 10/30

Meditation: The Mind-Body Connection

Nelson Carson

Sat, Nov 4 & 18, 11-11:45 am, Rm 301

Act# 553448, \$18 | \$12 SS®/RA™ by 11/2

Windows 10 Series

Gregg Montgomery, TechKnowledge

Students use our computers.

Nov 7 - Organize Your Files, **Act# 553272**

Nov 14 - Surfing the Web, **Act# 553273**

Nov 21 - Mail & Contacts, **Act# 553274**

Nov 28 - Calendars & Notes, **Act#553275**

Tue, 1-3 pm, Rm 301

\$22/class by Thu prior

Italic Calligraphy

Kathy Lamancusa

Refer to receipt for supply list.

Thu, Nov 9-16 (2 sessions), 10 am-Noon

Rm 104, Act# 553123, \$20 by 11/7

Handmade Cards

Carol Mariotti

Refer to receipt for supply list.

Mon, Nov 13, 10 am-Noon

Rm 204, Act# 553130, \$20 by 11/6

Frauds, Scams, Identity Theft

Patricia Aldrich, PNC Bank

Thu, Nov 30, 10-11 am, Rm 104

Act# 553545, \$5 by 11/28

Senior Center Closed in Observance of:

Veterans Day - Fri, Nov 10

Thanksgiving Day - Thu,

Nov 23



Ballroom Dance

Stacy Coil, Professional Dance Instructor
Mon, Oct 30-Dec 4 (6 sessions), Rm 205
Intermediate: 9:30 am, Act# 553301
Beginners: 10:30 am, Act# 553302
 \$50|\$40 SS® by 10/26

Tai Chi for Health

Joseph Shamis
Mon, Oct 30-Dec 11 (7 sessions)
Wed, Nov 1-Dec 13 (7 sessions)
4:30-5:30 pm, Rm 205, Act# 553420
 \$84|\$63 SS® by 10/27

Basic Digital Photography & Editing

David Holtzapple
Wed, Nov 1-22 (4 sessions) 2-3 pm
Rm 301, Act#553265
 \$20 by 10/30

Thursday Line Dance

Robin Lawrence Poses
Thu, Nov 2-30 (skip 11/23) (4 sessions)
10-11 am, Rm 205
Act# 553313, \$15 by 11/1

Lunch Buddies

Thu, Nov 2, 11:10 am, Rm 205, Act#553505
 Lunch is on your own
 Free, register by 10/3

The Voyage of the Mayflower

Van Young
Thu, Nov 2, 1-2:30 pm, Rm 301
Act# 553522, \$5 by 11/1

Beginners Line Dance

Stacy Coil, Professional Dance Instructor
Fri, Nov 3-17 (skip 11/10) (2 sessions)
10-11 am, Rm 205
Act# 553305, \$9 by 11/1

50+ Connections - Syntero

Fri, Nov 3, & 17, 1 pm, Rm 104
Act# 553597, Free, register in advance

Monday Morning Drawing

Mindy Newman
 Supplies and materials on your own.
Mon, Nov 6-27 (4 sessions)
10:30 am-12:30 pm, Rm 105
Act# 553112, \$40 by 11/2

iPhone Series

Gregg Montgomery, TechKnowledge
 Students bring their iPhones fully charged.
Nov 6 - Apptastic 1, Act# 553228
Nov 13 - Camera 1, Act# 553233
Nov 20 - Camera 2, Act# 553234
Nov 27 - Photos 1, Act# 553235
Mon, 1-3 pm, Rm 301
 \$22/class by Thu prior

Guided Forest Therapy

Jennifer Ramsey
Mon, Nov 6, 1-3 pm, Blendon Woods
Act# 553686, \$15 by 11/2

Falls Prevention

Upper Arlington CARES
Tue, Nov 7, 10-11 am, Rm 204
Act# 553403, Free|Free SS®/RA™ by 11/3

Watercolor Workshop

Mindy Newman
 Supplies and materials on your own.
Tue, Nov 7-28 (4 sessions), 1-3 pm
Rm 105, Act# 553115, \$40 by 11/3

Book Club: *Demon Copperhead* by Barbara Kingsolver

Volunteer Led
Wed, Nov 8, 9:45-11 am, Rm 104
Act# 553563, Free, register by 11/7

UA Library Series

Nov 9 - Discover Northstar Digital Literacy, Act# 553293
Nov 16 - Discover the Unexpected, Act# 553294
Nov 30 - Read/Watch/Listen: Library e-Resources, Act# 553291
Thu, 1-2 pm, Rm 301
 Free, register in advance

Effective Communication

Alzheimer's Association®
Tue, Nov 14, 10-11 am, Rm 204
Act# 553664, Free|Free SS®/RA™
 Full (Waitlist only)

A Taste of French Chocolate

Josie Gonot, A Taste of France
Tue, Nov 14, 1:30-3 pm, Rm 204
Act# 553567, \$14 by 11/9

The Art of Writing Your Memoir II

Trudy Krisher
Wed, Nov 15-Dec 13 (6 sessions)
1-2:30 pm, Rm 104, Act# 553576
 \$40 by 11/13

Grub Club: Der Dutchman in Plain City

Bring a payment method for lunch.
Wed, Nov 15, 11 am-3 pm, Depart Bldg 2
Act# 555967, \$5 (Waitlist Only)

Holiday Ornament

Kathy Lamancusa
 Bring an old toothbrush, all other materials provided.
Wed, Nov 15, 1-2:30 pm, Rm 105
Act# 553104, \$20 by 11/13

Chair Volleyball

UASC Staff
Fri, Nov 17, 1-2:30 pm
Municipal Services Center, Act# 553810
 \$4|\$1 SS® by 11/15

Mystery Book Club

Volunteer Led
Mon, Nov 20, 2-3 pm, Café UA
Act# 553563, Free, register by 11/17

Armchair Travel Ohio

David Holtzapple
Tue, Nov 21, 11 am-Noon, Rm 104
Act# 553502, Free, register by 11/17

Bingo

Tue, Nov 21, 2-3 pm, Café UA Lounge
Act# 553725, Free, register by 11/17

Hiking Club

Olivia Stuck
Tue, Nov 21, 1-2 pm
Walnut Woods Metro Park
Act# 553841, \$5 by 11/17

Current Events

Volunteer Led
 Topics are prepared and presented by members of the group and invited speakers. Free, registration required
Tue, Ongoing, 2-3:55 pm
Rm 104, Act# 553503
Nov 7 - *A Daily Dose of NOW* with Nita Sweeney, Author
Nov 14 - *Drug Policy (9:30 am)* trip to UAHS, must sign up with Ed Sweeney
Nov 21 - *Braver Angels* with Cynthia King, Ambassador
Nov 28 - *Death Penalty Repeal* with Minority Leader Nickie J. Antonio

UA Golf Tournament Winners Roundup Tournament

Low Gross: Brian Damant (74)
Low Net: Darrell Paul (65)
Fewest Putts: Gary Orr (26)
Closest to Pin:
 Hole #5: Charlie Myking
 Hole #8: Brian Damant
 Hole #12: Mike Pastor
 Hole #16: Dexter Wilson
Longest Putt: Kevin Kington
Longest Drive: John Baker

Registration Required for All Programs

Billiards

Mon-Fri, 9 am-3:45 pm, Rm 101
Act# 553817, Free for Members

Board Game Day

Mon, 12:30-3 pm, Café UA, Act# 553757
Free for Members

Handicrafters

Materials/tools on your own
Mon, 1-3 pm, Rm 204, Act# 553108
Free for Members

Chess

Mon, 1-3:30 pm, Rm 105
Act# 552812, Free for Members

Stained & Mosaic Glass Studio

Materials/tools on your own
Tue, 9 am-Noon & Fri, 12:30-3:30 pm
Rm 105, Act# 553120, \$10 Fall session

Table Tennis

Tue | Thu, 11:15 am-12:30 pm
Rm 102, Act# 553833
\$10 Fall session | Free SS®

Woodcarvers

Materials/tools on your own.
Thu, 9:30-11:30 am, Rm 105
Act# 553199, \$10 for Fall session

Stock Market Discussion Group

Thu, 2-3:30 pm, Ongoing, Rm 104
Act# 553504, Free for Members

Cards

Bridge - Mon, 12:30 pm, Rm 205
Act# 552498, Free for Members
Euchre - Wed, 12:15 pm, Rm 204
Act# 552506, Free for Members
500 Cards - Fri, 12:30 pm, Rm 205
Act# 552499, Free for Members

Movie Club: *Uncharted*

(PG-13, 1h 56m)

Street-smart Nathan Drake is recruited by seasoned treasure hunter Victor "Sully" Sullivan to recover a fortune amassed by Ferdinand Magellan and lost 500 years ago by the House of Moncada. What starts as a heist job for the duo becomes a globe-trotting, white-knuckle race to reach the prize before the ruthless Santiago Moncada who believes he and his family are the rightful heirs.

PG-13; for violence/action & language

Thu, Nov 16, 12:30 pm, Rm 204
Act# 553560, Free, register by 11/14

SilverSneakers® Fitness Classes

The max. participation in the room is 22, first come first serve. Mark yourself off for attendance. Register with your Class Pass or as a SilverSneakers®/Renew Active™ participant. All classes are held in Rm 102.

BOOM - Move It, Muscle, Mind

Jennifer Ramsey & Mary Bova
Mon | Wed, 8 am
Tue | Thu, 8:30 am (skip 11/23)
Act# 553450

SilverSneakers® Classic

Jennifer Ramsey & Sandy Tullett
Mon, 9:30 am
Tue | Thu, 10 am (skip 11/23)
Act# 553415

SilverSneakers® Circuit

Jennifer Ramsey
Wed, 10 am & Fri, 8:30 am (skip 11/10)
Act# 553414

SilverSneakers® Yoga

Dreana Nealon
Mon | Wed, 1 pm
Act# 553413

Gentle Hatha Yoga

Robbin Blackburn
Thu, Nov 2-30 (4 sessions) (skip 11/23)
10-11 am, Rm 301, Act# 553440
\$44 | \$32 SS®/RA™
Fri, Nov 3 & 17, (2 sessions), 9-10 am
Rm 301, Act# 553440, \$22 | \$16 SS®/RA™

Zumba Gold®

Rachel Hanna Hay, Zumba Gold® Cert.
Wed, Nov 29-Jan 3 (6 sessions) (skip 12/27)
10:15 am, Rm 205, Act# 553308
\$50 | \$35 SS®/RA™ by 10/16

Pilates Fusion

Sandy Tullett
Wed, Nov 1-Dec 13 (skip 11/22) (6 sessions)
4 pm, Rm 102, Act# 553438
\$60 | \$42 SS®/RA™ by 10/30

Balance Practice

Barb Byrum
Tue | Thu, 1-1:30 pm/1:45-2:15 pm
(skip 11/23) Rm 205, Act# 553445
\$20/mo, Class Pass, Free SS®/RA™
Register by Mon prior

Bingocize®

Loretta Sweeney, OSU Extension
Fri, Sep 1-Dec 15, 11 am-Noon, Rm 301
(13 sessions) (skip 11/24) Act# 553480
Free | Free SS®/RA™

Travel

Day Trips:

View your Activity Guide or parks.uaoh.net for more information. Call the Senior Center with questions.

See the Shoe: Ohio State Football Stadium Tour

Wed, Nov 8, 10 am-3:30 pm
Act# 555987, \$30 by 10/24
(Waitlist Only)

Candle Pouring & Gift Shopping

Whether you are preparing for the holidays or just want to enjoy candle pouring and gift shopping, this local trip provides a fun outing! We start at Penn & Beech Candle Co. in Worthington where Scent Specialists lead us through the process of creating our own custom-scented 8 oz. candle! Once poured and mixed, the candles set for a couple of hours as we head off to enjoy lunch at a nearby restaurant of your choice and a bit of time for shopping nearby. We head back to pick up our candles before we head home. Lunch is on your own. Challenge level 2. Register by 11/29.

Wed, Dec 6, 10:30 am-4:30 pm
Act# 555988, \$35 by 11/29

Extended Travel:

Trip brochures with detailed itineraries and registration forms available at the Senior Center Bldgs 2 or 3 or view info online at worldoftravel.com. Call World of Travel with any questions at 614-451-4882, ext 208. Register by mail/online and list the UA Senior Center on your paperwork.

All Trips Preview:

Wed, Nov 29 at 10 am, Rm 204

National Parks of Texas & New Mexico

Mon-Sun, Mar 11-18, 2024
Final Payment due by 12/15/23

Virginia Wine Country

Wed-Sat, Apr 24-27, 2024

Final Payment due by 2/1/24

Switzerland & Beyond

Mon-Sun, May 9-17, 2024
Final Payment due by 2/9/24

Voyage of the Glaciers

Fri-Sat, Jul 5-13, 2024
Final Payment due by 3/15/24



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Upper Arlington Senior Center
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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 NOVEMBER 2023

The Holiday Hustle

It’s that time of year again when the sweets, treats and savory food make its way into our lives. Family and friends are visiting so time gets away from us and we miss a workout or two. Let us keep you moving this holiday season. We have a variety of group fitness classes, dance classes and the fitness studio to keep you active!



If you like doing your own workout then give our Studio 55 Fitness room a try. Studio 55 has treadmills, stationary and recumbent bicycles, elliptical machines, rowing machines and Nu-Step recumbent cross trainer to improve stamina and strengthen your cardiovascular system.

Passes:

Monthly - \$28, unlimited visits, non-refundable
28 Visits - \$70, highest flexibility, expires one year after date of purchase
Yearly - \$240, lowest price, non-refundable
Or free with your eligible Medicare supplemental insurance (SilverSneakers® or RenewActive™)

Studio 55 Fitness Room Hours
M-Th, 8 am-7 pm
F, 8 am-5 pm
Sa, 8 am-Noon



2023 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 , Carl Jaske,
Gloria Lombardi, Arlene Rucker and
Karen Sloneker

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*
TJ Putnam, *Community Center Manager*
Shannon Guy, *Older Adult Recreation Supervisor*
Eliese Kendrick, *Adult Recreation Supervisor*
Olivia Stuck, *Fitness & Wellness Supervisor*
Nancy Schwartz, *Administrative Assistant*

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.