

# THE Sentinel

The newsletter for members of the Upper Arlington Senior Association

AUGUST 2021

## SAC Board Openings - We are looking for you!

Hello fellow Senior Center members,

It is that time of year when we start looking for members who would be interested in serving on the Senior Center Advisory Board. The Board meets the 2<sup>nd</sup> Friday of each month at 1pm for approximately one hour. Additionally members work with staff advising on programs the Center offers. Members are welcome to come and sit in on the meetings. We encourage you to come to one!

Our Board membership is Term Limited and every December we say good-bye to board members who are coming off the Board while welcoming new members coming onto the Board. We are looking for people to serve on the SAC Board for the years 2022 and 2023. If you are interested in serving on the Board, please contact Estelle Scott or Terry Kennedy-Mancini.

Estelle Scott, Treasurer  
[Emscott1037@gmail.com](mailto:Emscott1037@gmail.com)

Terry Kennedy-Mancini  
[tmancini322@gmail.com](mailto:tmancini322@gmail.com)

## Studio 55 - Fitness Studio is OPEN! Monday-Friday, 8 am-5:30 pm

Improve your health and well-being! Studio 55 is back open and ready to serve you. Stop and see the new layout and familiar faces. Free for SilverSneakers® and Renew Active™.

**Monthly** - \$28  
unlimited visits, non-refundable  
**Yearly** - \$240  
lowest price, non-refundable  
**28 Visits** - \$70  
highest flexibility, non-expiring

"Do something today that your future self will thank you for." - Unknown

"Nothing will work unless you do." - Maya Angelou

"Don't count the days, make the days count." - Muhammad Ali

"Strive for progress, not perfection." - Unknown



## 2022 Calendar Photo Contest Sponsored by Central Ohio Area Agency on Aging (COAAA)

Photographers age 50+ from central Ohio are invited to submit photos for COAAA's 2022 Calendar Photo Contest. They are looking for photos that capture a local place, a stunning image that represents a season or your favorite site in central Ohio. The deadline to turn in your photo is September 3, 2021. More details and entry form can be found in Bldg 2 on the resource wall next to the coffee bar.

For further questions call 1-800-589-7277/614-645-7585 or email [calendar@coaaa.org](mailto:calendar@coaaa.org).

## Pre-registration Required for All Programs

Participants must pre-register for a program. Drop-in participation is not permitted. Space is limited for our on-site programs so be sure to register early to get your seat reserved.

## Ballroom Dance

Stacy Coil, Professional Dance Instructor  
Please note the new start times. A partner is not required.

**Mon, Aug 2-Sep 13 (6 sessions)**  
(skip 9/6), Bldg 2, Rm 205

**Beginners: 10:30 am**

**Intermediate: 9:30 am**

\$50 | \$40 SilverSneakers® by 7/29

## Staying Well Nutrition: Too Much Vitamin D May Not Help

Alma Saddam, PhD

**Wed, Aug 4, 10-11 am, Bldg 1, Rm 104**

Free | Free SilverSneakers®

Register by 8/3

## Friday Line Dance

Stacy Coil, Professional Dance Instructor  
Register for both sections and save \$5.

**Fri, Aug 13-27 (3 sessions)**

**Bldg 2, Rm 205**

**Beginners: 9:30 am**

**Improvers: 10:30 am**

\$12 per section by 8/11



**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](http://www.uaoh.net)

## Continuing Spanish

Marie Jerencsik, MA

A continuation of Beginning Spanish, this class is also for intermediate level students or for anyone with prior skills gone "rusty". The focus is on continued mastery of key phrases, familiar expressions, and vocabulary useful in the areas of travel, health, and social interaction. Weekly worksheets are provided with essential grammar, pronunciation exercises, and new vocabulary. In-class conversation practice is included and some homework is required. Bring a notebook, an English/Spanish dictionary and a Spanish verb dictionary.

**Mon, Aug 2-Sep 13 (skip 9/6)**  
**(6 sessions), 1-2:30 pm**

**Bldg 1, Rm 104**

\$60 | \$50 SilverSneakers® by 7/30

## Mac Computer Classes

Gregg Montgomery, TechKnowledge  
Students use our Mac computers.

**Aug 2 - Photos**

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

\$20/class by Fri prior

## Fitness Trek:

### Movement for Arthritis

**Tue, Aug 3, 8:30-9:30 am, Zoom**

\$1 | Free SilverSneakers® by 8/2

## Beginning Watercolor

Mindy Newman

All supplies and materials are provided on the first meeting date and a supply list is provided for the rest of the session. Please let us know if you have no supplies. Continuing and experienced participants are welcome as well, but please note that it is taught at a beginning level.

**Tue, Aug 3-24 (4 sessions)**

**1-3 pm, Bldg 1, Rm 105**

\$40 | \$28 SilverSneakers® by 7/30

## Thursday Line Dance

Robin Lawrence Poses

Note the new start time is 10 am.

**Thu, Aug 5-26 (4 sessions)**

**10 am, Bldg 2, Rm 205**

\$15 by 8/4

## Hatha Yoga (waitlist only)

Robbin Blackburn

**Thu, Aug 5-26, 10-11 am**

**Bldg 3, Rm 301**

\$10 | \$7 SilverSneakers® per class

No drop-ins, pre-registration required

Maximum 12

## Silver Ukulele Club

Vaughan Music Studios

The ukulele is enjoying an upsurge in popularity, not to mention it is small, portable and uniquely easy on the ears! Learn some ukulele basics and learn how to play a simple song online! No experience needed. If you need a ukulele, a brand new one is available for only \$10 (one permitted per registrant). To get a ukulele call the studio directly to pay and order it at 614-451-1976. Register for the class with the Senior Center.

**Thu, Aug 5-19 (3 sessions)**

**2-3 pm, Zoom**

\$25 by 8/3

## 50+ Connections

The focus of the group is to socially "connect" and learn from Social Work professionals who provide practical and resourceful information so we can "thrive" and not merely "survive" daily life. Strategies to decrease feelings of isolation, anxiety, among other challenges are also covered.

**Fri, Aug 13 & 27, 1 pm, Zoom**

Free, register in advance

## Book Club: *The Night*

### *Watchman* by Louise Edrich

Volunteer Led

New participants are welcome and encouraged. Each month a participant leads the discussion about the book that was chosen.

**Wed, Aug 11, 9:45 am**

**Bldg 1, Rm 104**

Free, register by 8/9

## Cozy Mystery Book Club

Volunteer Led

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

**Mon, Aug 16, 2:15 pm**

**Bldg 2, Café UA**

Free, register by 8/13

## Bingo

Sponsored by First Community Village

You can use an online bingo card, print or create your own or use ours!

**Wed, Aug 18, 10 am**

**Bldg 2, Rm 204**

Free, register in advance

## Guided Forest Therapy

Jennifer Ramsey

Cancelled for August— for more dates coming this Fall!

## Mindful Mandala Doodle© Virtual Workshop

Kathy Rausch

The is no artistic experience required. You create an 8"x8" 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, Aug 19, 3-4:30 pm, Zoom**

\$10 by 8/17

## Nesting Bird Ball

Mary Ellen Armentrout

All supplies and materials included.

**Wed, Aug 25, 10-11 am**

**Bldg 1, Rm 105**

\$5 by 6/28

## Current Events

Volunteer Led

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

**Aug 3 - Open Discussion**

**Aug 10 - Remembering Rosie: Memories of a Wisconsin Farm Girl** with

Nadine Block, Author & Activist

**Aug 17 - Criminal Law: Everything You**

**Need to Know in One Hour** with

Scott Kirschman, Prosecutor

**Aug 24 - Wellington Middle School**

**Teacher of the Year** with Me-Chelle

Burkhalter, Middle School Teacher

**Aug 31 - Upper Arlington Commission**

**on Aging** with Jennifer Monroe-Sega,

Executive Director

**Tue, 2 pm, Bldg 1, Rm 104/Zoom**

Free, registration required

## Vassar Pop-Up Park

Be sure to visit UA's first summertime pop-up park, for a safe outdoor space when enjoying a takeout meal, ice cream or coffee from the local businesses along Lane Avenue. The pop-up park features benches and picnic tables and will be decorated with creative touches to make the space attractive, fun and interactive.

The Vassar Pop-up Park is made possible thanks to the UA Commission of Aging, OhioNet, Intergenerational Sponsors Danbury Senior Living and Home Care Assistance and several City of Upper Arlington departments.

Let us know what you think:

parks@uaoh.net | upperarlingtonoh.gov

## Pre-registration Required for All Programs

Participants must pre-register for a program. Drop-in participation is not permitted. Space is limited for our on-site programs so be sure to register early to get your seat reserved. You must be a current member to register.

### 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**  
\$17.50 (sale!) | 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, 12:30 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, Zoom**  
Free, register in advance

## 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**  
\$27 - August in person  
**Tue | Thu, 9 am, Zoom**  
\$27 - August  
Free SilverSneakers®/Renew Active™

### SilverSneakers® Classic

*Jennifer Ramsey & Sandy Tullett*  
**Mon, 9:30 am, Begins July 19**  
**Bldg 1, Rm 102**  
\$15 - August in person  
**Tue | Thu, 10 am, Zoom**  
\$27 - August  
Free SilverSneakers®/Renew Active™

### SilverSneakers® Circuit

*Jennifer Ramsey*  
**Wed, 10 am, Zoom**  
**Fri, 8:30 am, Zoom**  
\$27 - August  
Free SilverSneakers®/Renew Active™

### SilverSneakers® Yoga

*Nelson Carson*  
**Wed, 1:30 pm, Zoom**  
\$15 - August  
Free SilverSneakers®/Renew Active™

### Xercise

Start date TBD

### 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, 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

### 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 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 Summer Activity Guide.

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



### Labor Day Arts Festival

The Cultural Arts Division is excited to announce there will be an adapted Labor Day Arts Festival on Monday, September 6 from 190 am-4 pm at North-am Park. Information and updates will be posted to the City website and on the Labor Day Arts Festival Facebook page as plans are finalized. Mark your calendars now!

**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

AUGUST 2021

## Welcome Back Ice Cream Party

We had a fantastic turn out for our party. We want to thank the Senior Association for donating the Graeter's Ice Cream and all of the sponsors who donated the cookies and door prizes. It was great to see your smiling faces!

### Participating Sponsors

- Cancer Support Community Central Ohio
- Home Care Assistance
- The Forum at Knightsbridge
- Home Instead - Upper Arlington
- ProMedica Senior Care
- UA Commission on Aging
- Anthem Blue Cross & Blue Shield
- Medical Mutual
- Senior Star Dublin Retirement Village
- Trilogy Health Services, LLC
- The Wesley Communities



### 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.