

The Sentinel

The newsletter for members of the Upper Arlington Senior Association

DECEMBER 2020

Dear Members of the Upper Arlington Senior Center,

Can you believe it is December already? 2020 has been a roller coaster year filled with moments that have challenged each of us physically, mentally, socially and emotionally like never before. We can probably look back and say we learned a great deal about ourselves and the support systems of caring people around us. I'm appreciative of the people that have shared this journey with me. Family members, coworkers, friends, caring neighbors and many of you whom we serve. As we continue to navigate these times into a new year, let's be thankful for those who have helped us along the way and continue to support us. Despite current limitations upon us, please remember your Senior Center staff are here to serve you weekdays 8 am-4 pm.

The most popular question we continue to receive is "When will the Senior Center reopen?" Our department and City Administration have been monitoring when we can resume in-person programs for our Senior community. It is important we abide by all state operational guidelines while monitoring levels and trends of COVID-19 in our area. When a date is determined we will communicate what you can anticipate during the initial reopen phase of the Center. Until then, we encourage you to find creative ways to stay active physically, mentally and socially. One of those options is to connect with your peers through various virtual programs we offer on Zoom. If you do not have ability to join from a computer or smart device, you can still attend some programs by phone. Whichever is your preference, we encourage you to consider Zoom. Our office can provide resources and assistance to help you with this.

Lastly, the staff of our Senior Center wish you all good health and a wonderful holiday season.

Patrick Monaghan
Recreation Manager

2021 Upper Arlington Senior Association Membership Dues

Look for your 2021 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 2021. 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.



Community Center Feasibility Task Force Phase II

The Task Force welcomes and encourages resident participation - currently, meetings are being held via Zoom and are open to the public (agendas include meeting access information). Meeting agendas and presentations can be viewed online at uacommunitycenter.com then choose News, Meetings and Events and scroll down to view the schedule. Public comments are accepted at meetings, you will need to submit an email at least one hour prior to the meeting; the email address is provided on the online agenda. At any time during this process, you may submit your comments and ideas to parcs@uaoh.net.

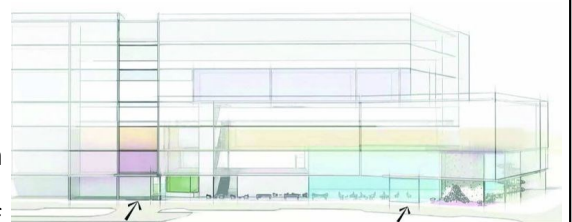
Upcoming December Meetings via Zoom

Facilities & Partnerships Subcommittee: 4 pm, Wed, Dec 2

Community Meeting: 7 pm, Wed, Dec 2

Task Force Meeting of the Whole: 7 pm, Wed, Dec 9

"Massing and stacking" diagrams show how the proposed programming for a community center could be organized within building footprints at a combined community center/municipal services center (above) or on a portion of the former Macy's site at Kingsdale (below).



Senior Center Holiday Hours

Fri, Dec 25 - All City offices are closed in observance of Christmas Day

Fri, Jan 1 - All City offices are closed in observance of New Years Day

Fitness Trek: When Good People Disagree

This class is held online using Zoom. Register in advance to receive the Zoom link. The Balance topic has been moved to February 2021.

Tue, Dec 1, 8:30-10 am, Zoom
\$1 | Free SilverSneakers® by 11/30

Current Events

Volunteer Led

Dec 1 - Review of 2020 Elections & (HB6) with Paul Beck, OSU Political Science Professor Emeritus

Dec 8 - Open Discussion about Current Events

Dec 15 - Smart 911 & Public Safety in UA with Steve Farmer, UA Police Chief

Dec 22 - Life Review with John Schuster, Inspirational Speaker

Dec 29 - Native American Sports Mascots with Josh Hunt, Committee of 500 Years of Dignity & Resistance

Tue, 2 pm, Zoom
Free, registration required

Stock Market Discussion Group

Volunteer Led

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, Dec 3-17 (skip 12/24, 12/31)
2 pm, Zoom

Free, register in advance

Book Club: Little Pink House by Jeff Benedict

Volunteer Led

In *Little Pink House*, award-winning investigative journalist Jeff Benedict takes us behind the scenes of this case -- indeed, Suzette Kelo speaks for the first time about all the details of this inspirational true story as one woman led the charge to take on corporate America to save her home. New participants are welcome!

Wed, Dec 9, 11:30 am, Zoom
Free, register by 12/7

Senior Support Group Coping Through COVID-19

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.

Fri, Dec 4 & 11, 1 pm, Zoom
Free, register in advance

Getting Your Affairs in Order

Loretta Sweeney

What if you got sick tomorrow? Would your family know what bills to pay? Do they know your wishes? Learn how to organize your information to make it easier for you and your family.

Tue, Dec 15, 11:30 am, Zoom
\$5 by 12/11

Cozy Mystery Book Club

Volunteer Led

An author is chosen each month and you choose the book you prefer to read from that author and share your thoughts with the group.

Mon, Dec 21, 2:30 pm, Zoom
Free, register by 12/18

Winter Activity Guide Registration

The Winter Activity Guide is scheduled to be available in early December.

Registration begins on Wednesday, December 9. You can register online beginning at 6 am or call at 8 am. We recommend practicing your online registration ahead of time to make sure you can log-in successfully and find your class.

When was the last time you...

- Took a walk around the neighborhood or through a local park?
- Watched your favorite movie?
- Drove around to look at Christmas lights?
- Sat around a fire with hot chocolate?
- Wrote a letter?
- Listened to carolers?
- Tried a new recipe?
- Created a new tradition?

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 (skip 12/25)
\$3/class

Free SilverSneakers®/Renew Active

Small Acts of Kindness

When was the last time you did a random act of kindness? Has it been a while? Here are a few you can do:

- Smile
- Hold the door open
- Give an honest compliment
- Thank someone who you appreciate
- Be a good listener
- Offer your help to someone
- Ask the person who's serving you how their day is going
- Treat someone to coffee or tea
- Say "thank you" more

Small but simple, what will you do?

December I Spy Challenge

There are 31 days in December and we want you to try focus on the day's word and challenge yourself to see it, hear it, smell it, feel it, think about it or even take a photo of it.

- | | | |
|----------------|-------------------|--------------------|
| 1. Mug | 11. Family | 21. Socks |
| 2. Weather | 12. Shopping | 22. Memories |
| 3. Cookies | 13. Candy cane | 23. Morning |
| 4. On the door | 14. Love | 24. Tradition |
| 5. My people | 15. Green | 25. Pajamas |
| 6. Lights | 16. Gingerbread | 26. Something new |
| 7. Warmth | 17. Decoration | 27. Peace |
| 8. Red | 18. Home | 28. Play |
| 9. Tree topper | 19. Cozy | 29. Happiness |
| 10. Stockings | 20. Hot chocolate | 30. Year in review |
| | | 31. Celebrate |

The Forum at Knightsbridge Presents "Holiday Lights Extravaganza" Drive-Thru

Enjoy this COVID free activity on Thursday, December 17 from 5:30-7 pm at The Forum at Knightsbridge (4590 Knightsbridge Blvd, 43214). You drive your car and experience holiday lights, music, characters, blow ups, hot chocolate and giveaways at their parking lot! Bring a canned good item to donate to the food pantry. To help them prepare for the amount of cars, please register in advance with us. 553706-A

Coping Through the Holidays

Thoughts from Syntero

- Make a plan - your plan could be communicating with your loved ones to see what sort of gatherings people may/may not be comfortable with or your plan could be deciding you will stay home from the gatherings, but still incorporating small, meaningful ways to celebrate with yourself.
- Try to be flexible - prepare for the potential that you could make a plan with a small group and then someone might get a positive test result or have symptoms.
- Confront your emotions - just like making a plan ahead of time so you can have a small meaningful celebration, reflect on and confront your emotions throughout the entire holiday season. It's okay to feel the way you feel, it's okay to be sad, it's okay to be relieved, etc. but tune in to yourself!
- Never underestimate the power of small joy - a flavorful hot chocolate, a cinnamon spice candle, a phone call with a loved one, your favorite holiday movie coming on tv. Life is made of small joys!

UA Park Restrooms Closing for Winter

Most park public restrooms have closed for the winter season. Facilities remain open at Sunny 95 park and the north shelter at Thompson Park. Port-O-Lets will be placed at Northam, Fancyburg, Reed and Northwest Kiwanis Park.



UA Leaf Collection

The City has begun their leaf collection this past October with the final round beginning the week of December 7. 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 6, 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 can 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.)

Introducing the UA Commission on Aging Friendly Phone Line Program

The Friendly Phone Line Program is a new program available to older adult residents in the community who are looking for casual conversation and social connection. To volunteer to make phone calls or are interested in receiving a friendly phone call please call 614-583-5326.

Winter Weather Policy - When We Are Reopened

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 or Saturdays if the Sheriff declares a level 2 or 3 Snow Emergency.

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 2020



Getting to Know Your SilverSneakers® Zoom Instructor: Jennifer Ramsey

Jennifer Ramsey, certified personal trainer and SilverSneakers class instructor has been teaching at the Senior Center since 2015. Get to know her better as she answers some off the wall questions.

What attracted you to personal training and teaching Silver-Sneakers classes? Adoption of an exercise regimen resolved my mid-life health issues and put me on a better course for aging. I wanted to help others to do the same.

What is your most shared piece of advice for people? Start simply, then keep going. We're only defeated if we give up. And eat your veggies.

How can we help our fitness the most? Find things you enjoy that complement each other, exercising all four types of energy: physical, mental, emotional and spiritual. Some examples are guided forest therapy, Zoom classes, laughter with friends, walks, art, music, books and taking time for reflection.

What makes you smile? Seeing others accomplish something they didn't think they could.

What's your favorite color? I like them all.

If you could go anywhere in the world, where would you like to go and why? Alaska, because of its pure, unparalleled beauty, before it's too late.

What don't most people know about you? Not much. I'm an open book.

Hot chocolate, coffee or tea? Yes, all 3!

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.