

# Chatter

## UCare

October – December 2010

950 Nicollet Mall, Suite 290 Mpls 55403

Skyway Senior Center

(612) 370-3869 Mon – Fri 9 a.m. – 3 p.m.

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## UCare Welcomed as New Sponsor of the Skyway Senior Center!

We're very excited to announce that UCare is the new sponsor of the Skyway Senior Center. Through a generous grant from The UCare Fund, UCare is enabling us to continue to offer our great services to guests for the next three years. UCare also is supporting the Senior Center with a second grant from its community benefit program.

This productive public/private partnership between UCare and the City of Minneapolis not only enables us to continuing serving you, but also will open the door to new and exciting programs and services for all our guests.

## Get to know UCare!

UCare is Minnesota's fourth largest health plan. This independent, non-profit organization provides health care and administrative services to more than 200,000 members, most of whom live in Minnesota. Its growing UCare for Seniors Medicare plan serves more than 75,000 members across Minnesota and western Wisconsin. UCare also partners with health care providers, counties, and community organizations to create and deliver innovative health coverage products for individuals and families enrolled in income-based Minnesota Health Care Programs, such as MinnesotaCare and Prepaid Medical Assistance Program, and Special Needs Plans, such as Minnesota Senior Health Options and UCare Connect. UCare was named a Top Workplace by the Star Tribune in 2010.

The UCare Fund is a community-directed initiative of UCare. Its grants address health care disparities, care access issues, and a broad array of community initiatives that improve the health of underserved populations in the Twin Cities and Greater Minnesota. This year, its grants are supporting projects directed at obesity reduction, healthy lifestyles, cultural diversity, people with disabilities – and seniors!



**Center Director**  
Christina Kendrick

**Advisory Council**

Donald Leners,  
*Chair*  
Adrienne Merrill-Ratliff,  
*Vice-Chair*  
Fay Harrison,  
*Secretary*  
Dorothy Cunningham  
Annella Duerr  
Herman Gross  
Patricia Hastreiter  
Kay Hayes  
Joanne Labernik  
Jay Pendleton  
Mae Range  
Ruth Weber

**Friends of the Skyway Senior Center Board**

Terry Diebold,  
*President*  
Becky Bates,  
*Vice-President*  
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*Secretary*  
Michael Murtaugh,  
*Treasurer*  
Lisa Goodman,  
*Councilmember*  
Sara Goodnough  
Fay Harrison  
Art Hogenson  
Jennifer Wright  
Corinne Zwickey

## *A Moment to be Grateful*

The City of Minneapolis would like to thank Medica for their five years of support. Medica has been a solid partner with the City of Minneapolis for the past 5 years and their willingness to provide transitional financial support in 2010 was valuable to sustain the future of the Center. In addition, the Center and the City of Minneapolis Department of Health and Family Support is grateful to the senior community, their family and friends and the organizations who serve the senior community.

The Friends of the Skyway Senior Center Board and the Skyway Senior Center Advisory Committee have dedicated their time and talents repeatedly to ensure that the Center is sustained and provides needed services. The Friends of the Skyway Senior Center are so grateful to all of the individual donors! The donations go directly to the Center operations and keeping the Center open and thriving. The City of Minneapolis and the Friends of the Skyway Senior Center want to thank Franklin Street Properties for their generosity of space they have contributed year after year! Franklin Street Properties and Ryan Company Management have provided such a beautiful location – open and accessible to all!

**Thanks for Your Support!**

**Please accept my donation to support the Skyway Senior Center**

\$10     \$25     \$50     \$100    other \$ \_\_\_\_\_

Enclosed is my tax-deductible gift payable to:  
Friends of the Skyway Senior Center.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

# New and Exciting This Issue

## Lucy's Celebration

Lucy McGee is hosting a grand birthday celebration October 5th with a lot of GOOOD eats! Sure to be a ton of fun!

## Holiday Schedule

The holiday schedule for movies, lunch buffet, and foot care is in this newsletter.

## Sit-n-Stitch

Check out the new time for Sit-n-Stitch starting in November.

## Celebrations

Don't miss the Halloween and Holiday parties!

## Current Event Mondays

Discuss hot topics with Keeping Up on Current Events every Monday

## Many New Programs

## From the Newsroom

Our Senior Ombudsman is moving across the street to the Public Service Center. Stop in the new location and see the great new space!

Donations of tissue, microwave popcorn, unused cards with envelopes (especially birthday), napkins, and treats are still welcomed and needed.

Highlight your talents! Volunteer positions are still plentiful and needed for the Center, Friends of the Skyway Senior Center Board, and Advisory Committee. Just give Christina a call at 612-370-3869 with questions and interest!

Lunch N Explore is one of the many affordable or free opportunities offered through St. Thomas University Center for Senior Citizen's Education. Give a call to find out how you can fulfill your lifelong learning goals! 651-962-5188

Affordable and free vaccines are available from Hennepin County Health Services, located at 525 Portland Ave S. 4<sup>th</sup> Floor. Call 612-348-2741 or call the Neighborhood Healthcare Network at 651-489-2273 for other vaccination services.

## Interested in Showing Your Art?

We are always looking for artists. You just have to be able to hang it! Call 612-370-3869 and ask for Christina Kendrick for more information.

# Artists of the Month

*Meet the artists and join us for a close-up chat with these creative minds.*



## October

**Barb Kobe and other Art Doll Artists** – Barb began making dolls over ten years ago using roots found in her garden, then adding clay and fibers. Her first dolls were personal explorations into deeper parts of herself. Some of her dolls helped her to release hidden parts that she feared at first, then learned to accept and appreciate through the creative process. She is challenged and stretched when she searches through her personal culture, moves through a process, and produces an image that represents a feeling. Through these images she is able to affirm her life – the joy and the pain – let go of what she is ready to release, and move toward transformation and healing.

**Reception Tuesday October 12<sup>th</sup> at 1:00**  
**Look at October Activities for a special presentation on the Art of the Doll.**

## November

**Jim Daly** is an amateur photographer whose talent took a growth spurt when he bought a digital camera. The LCD review screen lets Jim compare results with the photo he expected when he tripped the shutter. Bad shots are erased; good shots are printed... and the learning goes on. Jim's apartment overlooks Berger Fountain in Loring Park, a frequent subject and inspiration for his art.

**Reception Tuesday, November 9<sup>th</sup> at 1:00**

## December

**Chris Wilson** is a vibrant artist whose most recent focus has been on large scale, oriental style brushwork. Chris has a degree in Arts Education from the University of MN, with graduate credits in foundry and paper making. She has attended bookbinding and printing classes at the Minnesota Center for the Book Arts, many classes in metalworking through the Guild of Metalsmiths and served at Penland Craft School in North Carolina as a studio assistant in basketmaking. An Otsego Minnesota resident, she teases part time!

**Marcia McEachron** – Growing up in Milwaukee as an only child to a single working mother, McEachron had to find ways to entertain herself. She filled her days with sketching – a passion that led her to the University of Wisconsin–Milwaukee, where she earned the school's first drawing and painting degree in 1970. After graduating, she spent eight years working in arts administration at the Minneapolis Institute of Arts and the Minneapolis American Indian Center before stumbling upon what would become her life's work. "One day in 1978, I walked into a blacksmith shop in Uptown and there was this guy working the metal," says McEachron. "He was teaching classes, so I signed up!"

**Reception Thursday, December 9<sup>th</sup> at 1:00**

**Artist's works are for sale. Please inquire at the center if interested.**



# Trips & Social Outings

## ❖ All Aboard the Northstar Train

Take a 40 mile ride on the gleaming, new blue and yellow train, departing from downtown Minneapolis and traveling to the countryside of Big Lake. Staff from Metro Transit will highlight details of riding the train. In Big Lake, travel a short distance by shuttle bus to enjoy a lakeside dinner at regionally recognized Russell's on the Lake. Choose from: fried tilapia, stuffed chicken breast, or pork tenderloin. All are served with mashed potatoes, vegetable, salad and beverage. There will be time to visit and relax before the return train to Minneapolis. Price includes transportation, dinner, tax and gratuity. Meet near the ticket vending machines in the enclosed foyer of the Target Field Station, 5th Street & 3rd Ave. N.

Sun Sept 26 10 am - 12 pm \$22 (65+) \$29 (reg)

## ❖ Taylors Falls Scenic Boat Cruise

Enjoy the fall colors onboard an authentic paddle-wheel river boat. The pilot will point out natural formations and highlight the history of the St. Croix River Valley. An onboard lunch features baked chicken, mashed potatoes, coleslaw, baked beans, rolls, brownie and beverage. Price includes coach bus transportation, boat tour, lunch, tax and gratuity.

Friday, October 8 9:00 am - 3:00 pm \$45

## ❖ Taylors Falls Scenic Boat Cruise

Enjoy fall leaves and prairie flowers as you ride along the Mississippi River in a tractor pulled tram. Pause along the way as a naturalist interprets wildlife and the history of the park. Enjoy refreshments as you lis-

ten to a talk by a wildlife expert. Transportation is on your own. Meet at North Mississippi Regional Park, 4900 Mississippi Court, (49th Ave. N. and I-94.)

Tuesday, October 12 1:00 am - 3:00 pm \$7

## ❖ The Christmas Schooner at the History Theatre

Kick off the holiday season with this heart-warming musical about a German-American shipping captain and his crew who braved the icy waters of Lake Michigan to bring Christmas trees to the immigrant families of Chicago. Heartfelt storytelling and wonderful music captures the spirit of the holidays and celebrates shared traditions. A late lunch at the Lake Elmo Inn features turkey marsala with wild rice, squash, rolls, dessert and beverage. Price includes bus transportation, show, lunch, tax and gratuity.

Tuesday, November 23 8:30 am - 3:30 pm \$45

## ❖ All is Calm: The Christmas Truce of 1914

All is Calm recalls the remarkable World War 1 truce between allied forces and German soldiers in no man's land on Christmas, 1914. Out of the violence comes a silence, then a song. A German soldier steps into no man's land singing *Stille Nacht*. Thus begins an extraordinary night of camaraderie, music, and peace. Relive this remarkable story from WWI through the words and songs of the men who lived it. Transportation is on your own. Meet in the lobby of the Pantages Theater, 710 Hennepin Ave.

Saturday, December 18 1:45 pm - 3:15 pm \$7

### Contact Minneapolis Community Education to Register

Call 612-668-3450

- or send your payment to -

Patty Hastreiter, Minneapolis Community Education  
201 W. 49<sup>th</sup> St. Minneapolis, MN 55419

### Pickup Points for Trips

Dowling School, 3900 W. River Parkway  
Hawthorne Transit Station, 31 North 9<sup>th</sup> St.  
Northeast Middle School, 2955 Hayes St. NE  
Olson Middle School, 1607 – 51<sup>st</sup> Ave. North  
Parker Skyview Highrise, 1815 Central Ave. NE  
Windom School, 5821 Wentworth Ave. South

## Events Around Town

### Twin Cities Book Festival

Authors, storytellers, publishers, booksellers and much more for book lovers.

Saturday, October 16<sup>th</sup>, 10 am – 5 pm  
M.C.T.C. 1502 Hennepin Ave.

### Westminster Town Hall Forum

Fall 2010 Speakers:

October 14, 12 - 1 pm – Walter Mondale

November 4, 12 - 1 pm – Candy Crowley

November 18, 12 - 1 pm – David Eisenhower

Each forum is preceded by music at 11:30 am. A public reception and small group discussion follow the forum from 1:00 to 2:00 pm. Forums are broadcast on the News and Information stations of MPR.

Westminster Presbyterian Church  
Nicollet Mall & 12<sup>th</sup> Street

### Macy's 8th Floor Holiday Display

Visit Macy's Downtown Minneapolis during store hours to tour their famous holiday showpiece!

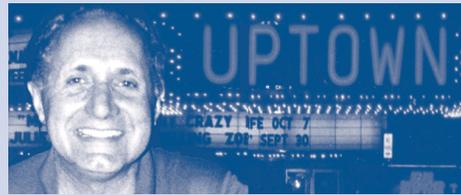
November through December.  
Call 612-375-2200 for more information.

### Target Holidazzle Parade

The annual Holidazzle Parade shows over one million lights as visitors watch their favorite characters come to life. Lighted floats, musical groups and costumed characters parade down Nicollet Mall.

The parade is free to watch, and runs Thursday through Sunday during the holiday season.

November 26<sup>th</sup> – December 19<sup>th</sup>, 6:30 pm



## At the Movies with "Downtown Tom"

### TWO NOVEMBER FILMS ABOUT GUTSY WOMEN

In November, two films will open whose dramatic core is a woman who plays it gutsy, stands up for her beliefs.

Naomi Watts plays Valerie Plame in "Fair Game." You might remember her story from headlines a few years ago. Plame, a covert officer in the CIA's Counter-Proliferation Division, lead an investigation into the existence of weapons of mass destruction in Iraq. Valerie's husband, diplomat Joe Wilson, is drawn into the investigation to substantiate an alleged sale of enriched uranium from Niger. But when the administration ignores his findings and uses the issue to support the call to war, Joe (played by Sean Penn) writes a New York Times editorial outlining his conclusions and, with Valerie, ignites a firestorm of controversy. Based on Plame's memoir "Fair Game: My Life as a Spy, My Betrayal by the White House," this thriller debuted at the 2010 Cannes Film Festival earlier this year.

"Vision" is a film about Hildegard von Bingen, truly a woman ahead of her time. A visionary in every sense of the word, this famed 12th-century Benedictine nun was a Christian mystic, composer, philosopher, playwright, poet, naturalist, scientist, physician, herbalist, and ecological activist. Actress Barbara Sukowa portrays von Bingen's fierce determination to expand the responsibilities of women within the order, even as she fends off outrage from some in the church over the visions she claims to receive from God. Lushly shot in the original medieval cloisters of the fairy-tale like German countryside, "Vision" is a profoundly inspirational portrait of a woman who has emerged from the shadows of history as a forward-thinking and iconoclastic pioneer of faith, change, and enlightenment.

# Movie Time



**FREE POPCORN!**

Sponsored by TCF National Bank,  
Target Skyway Traditional Branch

Viewing is limited to 25. Seating is first come, first served – no reservations. All movies start at noon.

## ❖ **The Last Detail – R, 1974** (103 min.)

Two Navy men must bring a young offender to prison but show him one last good time on the way. Jack Nicholson.

(comedy-drama)

F Oct 1 12:00 Free

## ❖ **An Education – PG-13, 2009** (100 min.)

A coming-of-age story about a teenage girl in 1960s suburban London, and how her life changes with the arrival of a playboy nearly twice her age. Carey Mulligan.

(drama)

F Oct 8 12:00 Free

## ❖ **Chicago – PG-13, 2003** (123 min.)

Two women charged with murder (Catherine Zeta-Jones, Renee Zellweger) find themselves on death row, fighting for fame that will keep them from the gallows.

(comedy-crime-drama-musical)

F Oct 15 12:00 Free

## ❖ **The Greatest Show on Earth – PG, 1952** (152 min.)

The dramatic lives of trapeze artists, a clown, and an elephant trainer. Charlton Heston, James Stewart. Best Pic.

(drama-family-romance)

W Oct 20 12:00 Free

## ❖ **The Corporation – PG, 2004** (145 min.)

A documentary that looks at the concept of the corporation throughout history up to its present-day dominance and the danger associated with unrestricted power.

(crime-drama)

F Oct 29 12:00 Free

## ❖ **The Messenger – R, 2009** (113 min.)

A young Army man is assigned to inform next-of-kin of casualties. A career soldier (Woody Harrelson) and mentor warns him of emotional reaction. Yet both men reveal themselves to be hostage to their own relationship issue.

(drama-romance)

F Nov 5 12:00 Free

## ❖ **The Boys are Back – PG-13, 2009** (104 min.)

When the wife of a wisecracking Australian sports-writer (Clive Owen) dies of cancer, he must raise their six-year-old son and a son from a previous marriage.

(drama-some comedy)

F Nov 12 12:00 Free

## ❖ **Master and Commander – PG-13, 2009** (138 min.)

During the Napoleonic Wars a brash British captain (Russell Crowe) pushes his ship and crew to their limits.

(sea adventure)

W Nov 17 12:00 Free

## ❖ **The Philadelphia Story – G, 1940** (112 min.)

Cary Grant and Katharine Hepburn as ex-husband and wife thrown into confusion on the eve of her re-marriage.

(classic-comedy-romance)

W Nov 24 12:00 Free

## ❖ **A Cry in the Dark – PG-13, 1988** (120 min.)

Meryl Streep as a mother whose child was killed in an animal attack, only be accused of the infant's murder.

(drama)

F Dec 3 12:00 Free

## ❖ **Sweet Charity – PG-13, 1969** (149 min.)

Shirley Maclaine as Charity whose desire is to meet the guy who will romance her away from her sleazy life.

(comedy-drama-music-romance)

F Dec 10 12:00 Free

## ❖ **The Book of Eli – R, 2010** (118 min.)

Denzel Washington in a post-apocalyptic tale of a lone man fighting his way across America in order to protect a sacred book that holds the secrets to saving mankind.

(action-adventure-drama-mystery-thriller)

W Dec 15 12:00 Free

## ❖ **My Fair Lady – PG, 1964** (170 min.)

Rex Harrison takes a bet that he can make a gawkish flower girl (Audrey Hepburn) presentable in high society.

(drama-family-music-romance)

Th Dec 23 12:00 Free

## ❖ **Invictus – PG-13, 2009** (134 min.)

Morgan Freeman as Nelson Mandela who initiates a venture to unite South Africa, torn by apartheid, by enlisting the national rugby team to win the 1995 World Cup.

(biog-drama-history-sport)

Th Dec 30 12:00 Free

# Ongoing Activities

## ❖ SilverSneakers® Muscular Strength and Range of Motion

Weights, Strength Training, Stretching and Cardio. You do not have to have SilverSneakers® to join this class. Max. of 10 and min. of 6 participants.

M	Oct 4 – Dec 27	10:00 – 10:45
F	Oct 1 – Dec 31	10:00 – 10:45

## ❖ SilverSneakers® Yoga Stretch

Everyone is welcome to join. Advance payment and registration form required. Move your body through a complete series of seated and standing yoga poses to increase flexibility, balance and range of movement. Chair support is offered. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Yoga is from 11:00 - 11:45 with progressive floor stretch series (not SilverSneakers® endorsed) the last 15 minutes for those who are interested.

W	Oct 6 – Dec 29	11:00 – 12:00
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## ❖ Tai Chi Exercise with Mieng Lam

Gentle movements target specific muscle groups. Tai Chi incorporates a relaxed, meditative approach to physical activity. Everyone is welcome to join.

T	Oct 5 – Dec 28	9:30 – 10:30
Th	Oct 7 – Dec 30	9:30 – 10:30

## Paying for Exercise Classes

Each class you attend, you will need to present your "punch card" which will be initialed by the instructor. When a card is filled up, just purchase another one. Cards are \$16.00 and cover 8 classes. You can go to as many or as few classes as you wish! The cards don't expire and if a class is cancelled you don't pay a thing that day. There are NO refunds on cards purchased so don't lose your card. If you would like – we will have a convenient spot at the front desk to keep your card.

Please let the receptionist know which exercise classes you plan on attending when purchasing a new card. This helps keep track of class interest, but you can go to any class you are interested in.

Any questions about the exercise classes? Please don't hesitate to call the center at 612-370-3869.

## ❖ Walking Club

Everyone is welcome to join! The walking club works with all fitness levels. Try it out and have your friends come with you! Wear comfy clothes and shoes.

Every Thursday	10:00 – 11:00	Free
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## ❖ I Can Eat Sensibly (I.C.E.S.)

Stay on track through the holidays. ICES is a way to stay on course with a healthy lifestyle or learn how to get started. Connect with others who have goals to stay healthy, active, and nutritionally sound. Support each other and share recipes, exercise tips, etc. You can bring your lunch or a healthy snack to share.

M	Oct 11, Nov 8, Dec 13	11:00 – 12:30	Free
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## ❖ Foot Care Clinics – Holiday Hours Listed

Foot care clinics are in full swing! Comprehensive foot care that now includes a great foot soak, so bring your towel. Call for your foot-care appointment. If you make an appointment and don't cancel at least 24 hours in advance, you will be charged. Sign up early, the clinics are very popular!

F	Oct 22, Nov 19, Dec 17	11:00 – 3:00	\$25
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## ❖ Sit n' Stitch – New Day Starting in November

Knitting, crocheting, needlepoint, quilting, etc. Come on down! Join friends and make new ones! Bring your projects! Lots of fun, conversation, creativity, good jokes and stories and an appreciation for the craft of knitting, crocheting and needlework. Bring magazines or even a good recipe to share.

T	Oct 5	12:30 – 2:30	Free
Th	Nov 11, Dec 9	1:00 – 2:30	Free

## ❖ Birthday of the Month Club

See October activities for a special birthday celebration. Celebrate your birthday, your friend's birthday, or just wish a stranger a happy birthday the first Tuesday of every month at 12:00.

T	Oct 5, Nov 2, Dec 7	12:00 – 12:30	Free
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## ❖ Bundles of Love Club – Earlier Start Time

A great activity for a great cause! Help newborns in need by preparing fabric for blankets and other items, no sewing or knitting required. There's something to do for everyone, and great conversation! If

**\*\* Register for all classes and trips UNLESS otherwise noted. \*\***

you are interested in volunteering your time once a month, please call and register at 612-370-3869.

W Oct 13, Nov 10, Dec 8 9:00 – 11:30 Free

### ❖ Book Club

*October – Mister Pip by Lloyd Jones*

When the conflict between natives and the invading redskin soldiers erupts on a tropical island in the early 1990s, 13-year-old Matilda Laimo and her mother, Dolores, are unified with their village in their efforts for survival. Amid the chaos, Mr. Watts, the only white local (he is married to a native), offers to fill in as schoolteacher and teaches the children from Dickens' *Great Expectations*. The precocious Matilda, who forms a strong attachment to the novel's hero, Pip, uses the teachings as escapism. This rankles Dolores, who considers her daughter's fixation blasphemous. With a mixture of thrill and unease, Matilda discovers independent thought. Jones captures the intricate, emotionally loaded evolution of the mother-daughter relationship.

*November – People of the Lie: The Hope for Healing Human Evil by M. Scott*

Scott Peck is best known for his famed book *The Road Less Traveled* where Peck argues that there is a link between personal growth, spirituality, and basic mental health. In *People of the Lie* Scott, Peck sees evil as the antithesis to the very goodness and life that normal, healthy people seek. He writes this book to raise the awareness that evil exists in the world and calls his readers to take evil far more seriously.

*December – Book Club Get-Together for Everyone!*

This meeting will be focused on choosing 2011 monthly books. Your suggestions are needed and welcomed!

Th Oct 21, Nov 18, Dec 16 10:00 – 11:00 Free

### ❖ The Lunch Bunch

Time to eat! Great conversation only adds to the experience. We hope you can join us as we grab a bite to eat at some of downtown's finest establishments. Please register in advance so we can give the restaurant an accurate count. Meet at the center at 11:00 for lunch at 11:30!

F Oct 22 Masa 1070 Nicollet 338-6272 11:30

F Nov 19 McCormick & Schmicks 800 Nicollet 338-3300 11:30  
F Dec 17 Rockbottom Brewery 800 LaSalle Plz 332-2739 11:30

### ❖ Computer Tutor

From turning on the computer to e-mailing photos, all skill levels welcome! Call to make an appointment for 30 minutes of free, one-on-one computer assistance with one of our many experienced volunteers. Monday – Friday times available. Donations to the center are appreciated! Cancellations require at least 24 hours notice.



### ❖ Resource Connection

Just call for your one-on-one appointment. Advocates are here for you!

*Senior Advocate*

Ruth Kildow, City of Minneapolis Senior Ombudsman can assist you with issues of personal safety, independent living, housing options, in-home visits, home repairs, property assessments, and other needs.

*Social Worker/Care Manager/Housing Advocate (62 and older)*

Katie Smith from Catholic Charities can help you with securing housing, financial and medical assistance and filling out paperwork as well as other needs.

*Veteran's Administration Advocate*

Did you or a family member serve in the military? Most people who served in the military do not realize the many benefits they are entitled to – even if they were told in the past that they do not qualify. Patricia Manley will answer your questions and help you get what you deserve.

Th Oct 21, Nov 18, Dec 16 1:00 – 2:30 Free

### ❖ Catching Up on Current Events

Did you catch the news last night or read the paper this morning? Come and get it off your chest and on the table! Open, engaging, and insightful discussion of today's hot topics will take place every Monday. A calendar is available in the classroom to see what topics are scheduled. To lead a discussion just fill in your name and topic on an open day and you become the facilitator! Bring information, ideas, even guest speakers. Give your opinion, do some research, get information from others. Refreshments will be served!

M Oct 4 – Dec 27 1:00 – 2:30 Free

**\*\* Register for all classes and trips UNLESS otherwise noted. \*\***

## October Activities

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### ❖ October Birthdays: Lucy Loves a Party!

Lucy McGee is hosting the party for October birthdays and Lucy loves a party! Sandwiches, salsa, and cake, cake, cake. Stop in and celebrate with us.

T Oct 5 12:30 – 1:30 Free

### ❖ Personal Health Assessment Sponsored by Nutrilite

Optimal health means assessing health risks and your current lifestyle so you can live your life as healthy as possible. For a personalized approach to good health, choose the best habits for you, then select supplement products to support your healthy life. Nutrilite offers vitamins, minerals, supplements, and other organic products. Take the free health assessment.

W Oct 6 1:00 – 2:30 Free

### ❖ Art of the Doll

There's no hard and fast definition to be found for an art doll. They can be made out of almost anything and come in various shapes, sizes, styles, and designs. An art doll is an original work of art the artist uses to express her or himself. Reasons for creating art dolls are as varied as are the artists who conceive them.

T Oct 12 1:00 – 2:30 Free

### ❖ Seniors Helping Seniors

Seniors Helping Seniors is an in-home service that matches seniors who want to provide help to seniors in need. They started with the concept that those who give and those who receive benefit equally. This is an innovative approach to positive aging! Find out how you can work for SHS or benefit from their service.

Th Oct 14 1:00 – 2:30 Free

### ❖ Carrier Alert – A Great Service Free to You

For 25 years Carrier Alert has leveraged letter carriers' daily presence to keep an eye on elderly, infirm and disabled citizens. The value of the program has been demonstrated as alert letter carriers have helped thousands of citizens receive assistance. In many cases, their actions have saved lives. Learn how you or someone you know can benefit from this service!

T Oct 19 1:00 – 2:30 Free

### ❖ Flu Shot Clinic

Get protected! Minnesota Visiting Nurses Agency will deliver flu and pneumonia vaccines. A **photo ID is required**. Accepted insurance plans are listed on the consent form (available on day of clinic). Health insurance card(s) or a copy (front only) is required; the nurse will bring necessary forms the day of the clinic. First come, first serve; ask for a number the day of the clinic. Cash or check only, no credit cards.

T Oct 26 12:00 – 2:30

### ❖ Travels with Ruth: Antarctica

No other place on earth is like it. Icebergs colored pale blue and green. Thousands of those little guys in tuxedos (unimaginative people call them penguins). Excursions by zodiac, dodging floating ice. And, amazingly, no passport required. Where? Antarctica, of course. Come here Ruth Weber tell you what it's like!

W Oct 27 1:00 – 2:30 Free

### ❖ Costume Gala/Halloween Party

Come in costume or just come to enjoy a spooktacular time. Vote for the best costume, even if it's yourself! Refreshments will be served and of course lots of candy!

Th Oct 28 1:00 – 2:30 Free

## November Activities

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### ❖ Volunteer with Tax-Free Stipend Opportunity

Thanks to a grant from the UCare Foundation, Lutheran Social Service's Senior Companion Program is seeking volunteers, 55 and older, who can commit 10 to 15 hours a week as a friendly visitor. Volunteers receive a mileage reimbursement and a tax-free stipend of \$2.65/hour for those serving at least 15 hours/week. Make a huge impact while reinvigorating your own life with purpose. Call the Center for contact information if you can't attend.

W Nov 3 1:00 – 2:30 Free

### ❖ The Smooch Project

It's about love, community, and healing. To serve as a photographic testament that all humans, regardless of social, economic, or political challenges, share a willingness to welcome love and affection into their lives. This

**\*\* Register for all classes and trips UNLESS otherwise noted. \*\***

is the mission of the smooch project by artist Bonnie Fournier. Curious? Come discover what it's all about.

W Nov 10 1:00 – 2:30 Free

### ❖ Guthrie Theater Discussion

*The 39 Steps* directed by Joel Sass

Mix a Hitchcock movie with a spy novel, add a dash of Monty Python and you have *The 39 Steps*. Starting the action is a beautiful spy who leaks a deadly secret to a man she's just met. This adventure features a cast of four actors playing over 150 characters!

T Nov 16 11:00 – 12:00 Free

### ❖ Travels with Anita: Prague

In October, Anita went to the beautiful city of Prague to celebrate her 80th birthday. (Happy Birthday Anita!) Come hear about her adventures and why Prague is one of her favorite cities in the world.

T Nov 23 11:00 – 12:00 Free

### ❖ Blood Pressure Check and Heart Health

If your heart isn't healthy you're not healthy! Find out why blood pressure numbers are so important, what they mean, how they affect you, and what you can do to keep your heart healthy. Sponsored by Augustana.

T Nov 30 1:00 – 2:30 Free

## December Activities

### ❖ Guthrie Theater Discussion

*Christmas Carol* by Charles Dickens

This new production of a Guthrie favorite is directed by Joe Dowling. The theater has commissioned British playwright Crispin Whittell to write a new adaptation. A new creative team will re-envision the production with sets, costumes and lighting changes.

T Dec 7 11:00 – 12:00 Free

### ❖ Holiday Gift Giving Ideas

Don't want to get another gift card? Make it more personal! Learn about Ribbon Gift Collections – the perfect gift to celebrate a holiday, wish someone a happy birthday, or simply say, "thank you." They allow you

to select a collection which will be appreciated by everyone on your list. Rediscover the joy of giving and finish your holiday shopping in a day.

T Dec 7 1:00 – 2:30 Free

### ❖ Vulnerable Adults and Adult Protection

Amy Givens and Suzanne Delisi will share their experiences and expertise working with vulnerable adults and navigating adult protection.

W Dec 8 1:00 – 2:30 Free

### ❖ Joint Replacement

Have you thought about joint replacement or been told you may need it someday? Separating fact from fiction and the past from present advancements can be challenging. Kristie Russett from Texas Terrace Care Center will provide you with information about what's available today and what to expect with recovery.

T Dec 14 1:00 – 2:30 Free

### ❖ A Holiday Gathering

Let's share the seasons joy's with each other with a good meal and a happy heart! This year, instead of a name drawing, we will have a donation basket for the Gifts for Seniors program. Bring an unwrapped gift for a homebound senior. Meal starts at 12:30 and entertainment by Mary Hall starts at 1:15. Be ready to sing!

T Dec 21 12:30 – 2:30 Free

### ❖ Living with Type II Diabetes

Living with Type II Diabetes always seems easier said than done. Terry Pratt will share practical, real life tips and tools and welcomes an open conversation and questions about Type II (Adult Onset) Diabetes.

W Dec 22 1:00 – 2:30 Free

### ❖ Defensive Driving: 55 Alive: 4-Hour Refresher Course

You must have completed the 8-hour 55 Alive course to take this AARP-sponsored refresher course. Drivers 55 and over who complete the course can reduce their car insurance by 10% for three years. Class does not involve any driving or tests. Fee is payable the day of class, but please register in advance. Limit of 15. Feel free to bring a snack, **you must bring a Minnesota driver's license.**

T Dec 28 11:00 – 3:00 \$12 AARP \$14 regular

**\*\* Register for all classes and trips UNLESS otherwise noted. \*\***

# October 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Denotes class that requires advance registration and payment.</p>				<p><b>1</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>Noon - 2:30 Movie: "The Last Detail"</p>
<p><b>4</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>11:00 - 12:30 Friends Board Meeting</p> <p>1:00 - 2:30 Catching Up on Current Events</p>	<p><b>5</b></p> <p>9:30 - 10:30 Tai Chi*</p> <p>12:30 - 1:30 Birthdays of the Month Lucy's Party</p> <p>12:30 - 2:30 Sit-n-Stitch</p>	<p><b>6</b></p> <p>11:00 - Noon SilverSneakers® Yoga Stretch*</p> <p>1:00 - 2:30 Personal Health Assessment</p>	<p><b>7</b></p> <p>9:30 - 10:30 Tai Chi*</p> <p>10:00 - 11:00 Walking Club</p> <p>1:00 - 2:30 Advisory Board Meeting</p>	<p><b>8</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>Noon - 2:30 Movie: "An Education"</p>
<p><b>11</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>11:00 - 12:30 I.C.E.S.</p> <p>1:00 - 2:30 Catching Up on Current Events</p>	<p><b>12</b></p> <p>9:30 - 10:30 Tai Chi*</p> <p>1:00 - 2:30 Meet the Artist</p> <p>1:00 - 2:30 The Art of the Doll</p>	<p><b>13</b></p> <p>9:00 - 11:30 Bundles of Love</p> <p>11:30 - 12:30 SilverSneakers® Yoga Stretch*</p>	<p><b>14</b></p> <p>9:30 - 10:30 Tai Chi</p> <p>10:00 - 11:00 Walking Club</p> <p>1:00 - 2:30 Seniors Helping Seniors</p>	<p><b>15</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>Noon - 2:30 Movie: "Chicago"</p>
<p><b>18</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>1:00 - 2:30 Catching Up on Current Events</p>	<p><b>19</b></p> <p>9:30 - 10:30 Tai Chi*</p> <p>1:00 - 2:30 Carrier Alert Program</p>	<p><b>20</b></p> <p>11:00 - Noon SilverSneakers® Yoga Stretch*</p> <p>Noon - 2:30 Movie: "The Greatest Show on Earth"</p>	<p><b>21</b></p> <p>9:00 - 9:50 Tai Chi*</p> <p>10:00 - 11:00 Book Club and Walking Club</p> <p>1:00 - 2:30 Resource Connection Advocates</p>	<p><b>22</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>11:00 - 3:00 Foot Care Clinic*</p> <p>11:00 - 12:30 The Lunch Bunch: Masa</p>
<p><b>25</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>1:00 - 2:30 Catching Up on Current Events</p>	<p><b>26</b></p> <p>9:30 - 10:30 Tai Chi*</p> <p>Noon - 2:30 Flu Shot Clinic</p>	<p><b>27</b></p> <p>11:00 - Noon SilverSneakers® Yoga Stretch*</p> <p>1:30 - 2:30 Travels with Ruth: Antarctica</p>	<p><b>28</b></p> <p>9:30 - 10:30 Tai Chi*</p> <p>10:00 - 11:00 Walking Club</p> <p>1:00 - 2:30 Costume Gala Halloween Party</p>	<p><b>29</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>Noon - 2:30 Movie: "The Corporation"</p>

# November 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10:00 - 10:45 SilverSneakers®* 11:00 - 12:30 Friends Board Meeting 1:00 - 2:30 Catching Up on Current Events	<b>2</b> 9:30 - 10:30 Tai Chi* 12:30 - 1:30 Birthdays of the Month	<b>3</b> 11:00 - Noon SilverSneakers® Yoga Stretch* 1:00 - 2:30 LSS Volunteer Opportunity	<b>4</b> 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Advisory Board Meeting	<b>5</b> 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: "The Messenger"
<b>8</b> 10:00 - 10:45 SilverSneakers®* 11:00 - 12:30 I.C.E.S. 1:00 - 2:30 Catching Up on Current Events	<b>9</b> 9:30 - 10:30 Tai Chi* 1:00 - 2:30 Meet the Artist	<b>10</b> 9:00 - 11:30 Bundles of Love 11:30 - 12:30 SilverSneakers® Yoga Stretch* 1:00 - 2:30 The Smooth Project	<b>11</b> 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Sit-n-Stitch	<b>12</b> 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: "The Boys are Back"
<b>15</b> 10:00 - 10:45 SilverSneakers®* 1:00 - 2:30 Catching Up on Current Events	<b>16</b> 9:30 - 10:30 Tai Chi* 11:00 - 12:00 Guthrie Theater Discussion: "39 Steps"	<b>17</b> 11:00 - Noon SilverSneakers® Yoga Stretch* Noon - 2:30 Movie: "Master and Commander"	<b>18</b> 9:00 - 9:50 Tai Chi 10:00 - 11:00 Book Club and Walking Club 1:00 - 2:30 Resource Connection Advocates	<b>19</b> 10:00 - 10:45 SilverSneakers®* 11:00 - 3:30 Foot Care Clinic* 11:30 - 12:30 The Lunch Bunch: McCormick & Schmicks
<b>22</b> 10:00 - 10:45 SilverSneakers®* 1:00 - 2:30 Catching Up on Current Events	<b>23</b> 9:30 - 10:30 Tai Chi* 11:00 - Noon Travels with Anita: Prague	<b>24</b> 11:00 - Noon SilverSneakers® Yoga Stretch* Noon - 2:30 Movie: "The Philadelphia Story"	<b>25</b> Center Closed for Holiday	<b>26</b> Center Closed for Holiday
<b>29</b> 10:00 - 10:45 SilverSneakers®* 1:00 - 2:30 Catching Up on Current Events	<b>30</b> 9:30 - 10:30 Tai Chi* 1:00 - 2:30 Blood Pressure Check & Heart Health			* Denotes class that requires advance registration and payment.



# Registration Form for Center Activities Only – No Trips

Name _____	Phone ( ) _____	
Address _____	Apt. # _____	
City _____	Zip _____	
Class 1 _____	Fee _____	
Day _____ Date _____	Time _____	
Class 2 _____	Fee _____	
Day _____ Date _____	Time _____	
Check # _____	Fee Total _____	
Make Checks Payable To: <b>Minneapolis Finance Department</b>	Send To: UCare Skyway Senior Center 950 Nicollet Mall, Suite 290 Minneapolis, MN 55402	For Office Use Only: Date received: _____ Initials: _____

## Registration is Easy

### By Mail

For each class, make out a registration form and check payable to the *Minneapolis Finance Department*. If two or more people are registering for the same class, one check may be used.

### Mail registration materials to:

UCare Skyway Senior Center  
950 Nicollet Mall, Suite 290  
Minneapolis, MN 55402

## FOR TRIPS PLEASE SEE PAGE 5 INSTRUCTIONS

### In Person

Come directly to the UCare Skyway Senior Center, Suite 290, and fill out a registration form.

### By Phone

For Trips call 612-668-3450.  
For Classes call 612-370-3869.

Monday-Friday, 9 a.m.-3 p.m., and have the class information ready. Classes that require advance payment, your registration will be confirmed once payment is received.

### Cancellations

A minimum of 7 days is required prior to class date for full refund unless noted otherwise.  
NO refunds on trips.

## UCare Skyway Senior Center

950 Nicollet Mall, Suite 290  
Minneapolis, MN 55403

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If you **DID NOT** receive this newsletter in the mail and would like to, call 612-370-3869 and we will add you to our mailing list.

### Map to UCare Skyway Senior Center



Published by the UCare Skyway Senior Center, a program of the Minneapolis Department of Health and Family Support. Call 612-370-3869 to request additional copies.  
E-mail: [skywaycenter@ci.minneapolis.mn.us](mailto:skywaycenter@ci.minneapolis.mn.us) Website: [www.ci.minneapolis.mn.us/seniors](http://www.ci.minneapolis.mn.us/seniors)

## How Do I Find the UCare Skyway Senior Center?

### Location:

Our mailing address is 950 Nicollet Mall, Suite 290. We are located on the second floor, skyway-level of the building on the LaSalle Avenue side of the skyway. There is no street-level public entrance from LaSalle Avenue to the UCare Skyway Senior Center. Refer to map above.

### Street-Level Entrances:

**50 South 10th Street** – This is the nearest street level entrance to the UCare Skyway Senior Center. Take the escalator or the elevator up to the skyway level. Follow the skyway west (toward LaSalle Ave.), turn right and walk to suite 290, The UCare Skyway Senior Center.

**900 Nicollet Mall** – This entrance takes you to the Target store. Go up the escalator to the skyway level (second floor). **The UCare Skyway Senior Center is not located in the Target store.** Once you get to the skyway level, follow the skyway all around the perimeter of the building heading south, west and north to suite 290, the UCare Skyway Senior Center. This is about a two-block walk.

### Parking Ramp:

There is a municipal parking ramp in the building. The entrance is on LaSalle Avenue (a two-way street), between 9th and 10th Streets. Go to the public parking area (bear to the right). The Target guest parking area is straight ahead down the parking ramp. The Target guest parking rates are slightly higher than the public parking area. Once you have found a parking space, go to the 10th Street elevators through the yellow or blue door and get off the elevator at the skyway level. As you exit the elevator area, turn right. Follow the skyway west and north to suite 290, the UCare Skyway Senior Center.

### Bus:

10th Street and Nicollet is the nearest bus stop for the UCare Skyway Senior Center. Use the 50 South 10th Street entrance. Follow instructions listed above for 50 South 10th Street. For bus schedule information, contact Metro Transit at 612-373-3333 or [www.metrotransit.org](http://www.metrotransit.org)

### Parking Meters:

There are a limited number of parking meters on 9th Street, LaSalle Avenue and 10th Street. Cost is \$2 for one hour. Some meters have a two-hour limit.