

# Chatter



950 Nicollet Mall, Suite 290 Mpls 55403

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

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## Sustaining our Center

The Medica® Skyway Senior Center will remain open in 2010. Your ongoing support, The Friends of the Skyway Senior Center and transitional funding from Medica® will keep the center open for 2010. The City of Minneapolis would also like to thank Franklin Street Properties and Mr. William S. Friend, Vice President and Asset Manager for their on-going contribution of space for this valuable community resource. The Center relies on corporate sponsorships, individual contributors, bequests and grants to meet the financial requirements to remain viable and we are seeking new relationships, partnerships and supporters at this time. Now is a very critical time for the Center to establish continuing support to sustain the program beyond 2010.

In 2009, the Medica® Skyway Senior Center saw over 17,500 visits; averaging 71 unduplicated visitors per day; offering over 180 structured activities with over 1,500 in attendance. Our newsletter reaches over 4,000 households. The Center thrives on volunteer power! In 2009, the Center recorded over 2,400 volunteer hours! Let's work together to ensure that the Senior Center continues beyond 2010! Please don't hesitate to contact Christina Kendrick at 612-370-3869 to learn more about this valuable asset to the community and how you can help.

**Thanks for Your Support!**



# ANNUAL ART EVENT AND SILENT AUCTION

## Center Director

Christina Kendrick

## Advisory Council

Donald Leners, *Chair*

Adrienne Merrill-Ratliff, *Vice-Chair*

Fay Harrison, *Secretary*

Lois Barnhart

Vera Burstein

Ann Coleman, *Medica*

Dorothy Cunningham

Annella Duerr

Kay Hayes

Ruth Weber

Herman Gross

Patricia Hastreiter

Joanne Labernik

## Friends of the Medica® Skyway Senior Center Board

Wallace Swan, *President*

Becky Bates,

*Vice-President*

Barbara Nysten, *Secretary*

Michael Murtaugh, *Treasurer*

Larry Anderson

Lisa Goodman, *Councilmember*

Sara Goodnough

Fay Harrison

Terry Diebold

Corinne Zwickey

Robert Steblay, *Medica*

Sarah Voigt

The Friends of the Skyway Senior Center is happy to bring you our Annual Art Event and Silent Auction featuring works from the nationally renowned Jean Stephen Galleries (located at 917 Nicollet Mall).

The Silent Auction features items donated by local businesses, non-profits and private donors! Fantastic items such as gift cards for downtown businesses and restaurants, crafts, and theatre tickets just to name a few – buy one for a gift and keep something special for you! PLUS our Center’s gallery will feature internationally recognized works of art from Jean Stephen Galleries that will be on display and available for purchase the entire month of May. Jean Stephen Galleries will donate a portion of commission from any of these selected works that are sold during May.

This fund-raiser, sponsored by the Friends of the Skyway Senior Center, offers a great opportunity to purchase art, join in the Silent Auction, and support the services of the Center. Stop in and browse – put in a bid and see if you are the lucky winner! Please contact Christina Kendrick at 612-370-3869 for information or to learn how you can donate or participate in this super fun event!

## 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 Medica® Skyway Senior Center.

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

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

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

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



## Complete your Healthcare Directive for FREE!

April 16, 2010 • 11am – 3pm

Law students from the University of St. Thomas will be available to help individuals complete a healthcare directive!

*Learn how a Healthcare Directive will benefit you and your family!*

11:30 am Dr. Ken Kephart, Medical Director at Fairview Geriatric Services, will speak about the medical significance of a HCD.

1:30 pm Prof. Jennifer Wright, Esq., Director of the Elder Law Practice Group at the University of St. Thomas, will speak about the legal significance of a HCD.

**Medica Skyway Senior Center** in the Minneapolis downtown skyway, LaSalle Avenue between 9<sup>th</sup> and 10<sup>th</sup> Streets

Questions?

Contact Heidi Hovis at [hovi4306@stthomas.edu](mailto:hovi4306@stthomas.edu) or Adam Rohne at [AJROHNE@stthomas.edu](mailto:AJROHNE@stthomas.edu)  
Or call the Medica Skyway Senior Center at 612-370-3869



All trips co-sponsored with Minneapolis Community Education.

Note: No refunds or vouchers provided for trip cancellations unless a replacement can be found. Select bus pick-up locations on registration form.

### ❖ Urban Habitats Home Tour

Veteran Star Tribune reporter Steve Brandt will narrate this coach bus tour of selected homes and neighborhoods that are part of the Minneapolis & Saint Paul Home Tour. The homes are not handicapped accessible and walking and stair climbing is required. A stop will be made for lunch, which is on your own. There will be 3 bus pick up points for this trip: Hawthorne Transit Station, Parker Skyview Highrise and Windom School.

Saturday April 24 8:45 am - 3:45 pm \$22

### ❖ All Aboard the Northstar Train

Take a 40 mile trip on the gleaming, new blue and yellow train, departing from Minneapolis and traveling to the countryside of Big Lake, MN. In Big Lake, walk 4 blocks to enjoy lunch (on your own) off the extensive menu at Trails Restaurant. There will be time to visit and relax before catching the train back to Minneapolis. Price includes train ride and a light dessert. Meet downtown near the ticket machines in the foyer of Target Field Station, 5th Street & 3rd Ave. N.

Thursday May 16 11:30 am - 4:15 pm \$7 (65+) \$14 (under 65)

### ❖ Park Square Theatre with Lunch at *Pop!!*

Enjoy a delicious lunch in downtown St. Paul at *Pop!!* With your registration, indicate your choice of: swedish meatballs with potato puree and lingonberry jam, Thai chicken-satay salad, or breaded walleye with mixed greens and tartar sauce on grilled ciabatta. After lunch, walk or bus down the street to the Park Square Theatre to see Sherlock Holmes and the Case of the Jersey Lily. The wit and wisdom of Oscar Wilde, Arthur Conan Doyle and even William Shakespeare combine to offer a delightful escapade. Price includes lunch, beverage, gratuity, reserved theater seat and bus transportation.

(Six Usual Pickup Points for this Trip)

Wednesday June 16 9:45 am-4:45 pm \$49

### Contact Minneapolis Community Education to Register

Call: 612-668-3450

– or send your payment to –

Patty Hastreiter, Minneapolis Community Education  
201 W. 49th St. Minneapolis, MN 55419

## Events Around Town

### Minneapolis Farmer's Market

It's time again for you to buy your fresh produce at the Minneapolis Farmers' Market. The Nicollet Mall market opens in May (date to be announced).

Every Thursday 6 a.m. - 6 p.m. – 612-333-1718

### May Day at Powderhorn Park

In the Heart of the Beast Puppet and Mask Theatre's annual May day parade, ceremony, and festival has been a vibrant example of art as community building in the Twin Cities area for 36 years. A parade to the lake in Powderhorn Park celebrates May day as the beginning of Spring. One of the visual treats is the theater's bigger than life "puppets," some on stilts, wearing costumes and in elaborate masks!

Sunday, May 2<sup>nd</sup> – 612-721-2535

### Minneapolis Mosaic Festival

Minneapolis MOSAIC celebrates the ways our vibrant and diverse cultural scene expresses itself through the arts. Presented by the City of Minneapolis, the sixth annual festival promises to be better than ever. Join us opening night, Saturday, June 5<sup>th</sup>, for an evening of fantastic, free entertainment.

Call 651-329-4851 for more information.

### Twin Cities Pride Festival

The mission of Twin Cities Pride is to commemorate and celebrate our diverse heritage, inspire the achievement of equality and challenge discrimination. The 2010 Pride Festival & Parade will take place in Loring Park and on Hennepin Avenue.

Saturday and Sunday, June 26 - 27<sup>th</sup>

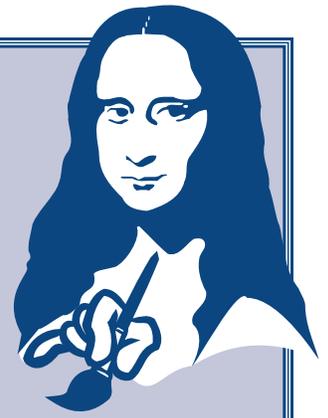
612-305-6900 – [www.tcpride.org](http://www.tcpride.org)

Notice: Please be advised that the Medica<sup>®</sup> Skyway Senior Center does not sponsor or have a relationship with the organizations that hold meetings or events at the Medica<sup>®</sup> Skyway Senior Center, unless specifically stated otherwise.



# Artists of the Month

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



## April

The Midwest Arts in Healthcare Network is exhibiting artwork from its members in celebration of **Arts and Healthcare Month**. MAIHN is a network of over 250 members who share a passion for the promoting understanding of the value arts bring to healthcare environments. This exhibition represents a sample of the work done by this amazing and talented group of people!

Reception Wednesday, April 14<sup>th</sup> at 1:30

## May

Andrea Lindsey has been studying art most of her life and likes to delve into the dark underbelly of life with her work. Her art can range anywhere from classic paintings to tedious, hand-drawn, renditions done in graphite pencil. Her subject matter makes people think about things that perhaps they wouldn't on a normal

basis. She hope to one day publish short stories along with her illustrations.

Reception Tuesday, May 11<sup>th</sup> at 1:00

## June

Judith Pratt is holding an "End of the Era" sale. Her drawings, fiber arts, and jewelry have all been in previous shows. With the beginning of the new decade she is moving in a new direction. To empty her bins, all artwork created before 2009 will be offered at recovery prices. These pieces will be included along with new work. Come have some fun bargaining for your favorites!

Reception Thursday, June 10<sup>th</sup> at 1:00



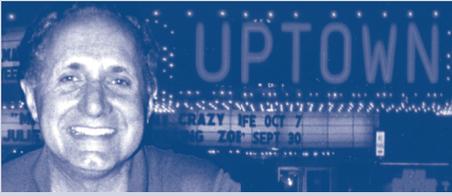
\*Artist's works are for sale. Please inquire at the center if interested.



## 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.

MSSC is successful because of the generosity of our visitors and friends! All donations of cookies, napkins, microwave (non-diet) popcorn, Kleenex, etc. are still being accepted and are very much appreciated!



## *At the Movies with "Downtown Tom"*

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### **ALICE IN WONDERLAND (PG-13)**

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Adapting the famous Lewis Carroll books but updating them and making Alice a 19 year old bride-to-be, director Tim Burton and his screenwriter, Linda Woolverton, have taken a twisted tale and twisted it some more to create an astonishing and magical movie full of surprises and fantastic characters. Burton and Woolverton recognized at the outset that the tale had no plot to speak of but relied heavily on clever wordplay and featured a mind-blowing menagerie that is best captured by the reader's imagination.

No longer a wild-eyed child, Alice Kingsleigh (a pitch-perfect Mia Wasikowska) is now an easily distracted young woman who seems hopelessly out of synch with her muted Victorian surroundings. Dodging a garden-party marriage proposal from the dorky son of a lord and lady, Alice opts to take off after a pocket-watch clutching White Rabbit leads her into a downward spiraling rabbit hole, the same journey she took as a much younger, more spirited girl. Alice soon encounters past friends--and some new ones--including, of course, the Mad Hatter (Johnny Depp), whose carrot-top like coif and piercing eyes belie the fact that he's suffering from mercury poisoning and hiding a tragic past. Along the way there's also the nonsensical twins Tweedledum and Tweedledee; the impressionable Cheshire Cat with his twirling head; the March Hare; Absolem the Caterpillar; Bayard the Bloodhound; the nice but insecure White Queen (Anne Hathaway); the evil Kave Of Hearts; and, most deliciously, the White Queen's sister: the no-nonsense Red Queen (Helena Bonham Carter), known for her famous utterance, "Off with their head!"

Into this world again roams Alice, but this time she's strong and able to overcome just about any obstacle; while her character was originally developed during another century, this Alice is clearly designed for girls in 2010 to identify with. Her encounters, whether big or small, are enchanting, exciting, and full of wonder. The film's computer-generated imagery is particularly effective in the finale sequence where Alice battles a vicious monster.

As central as Alice is to the story-telling, the character who steals every on-screen scene she's in is the Red Queen. Helena Bonham Carter is truly a wickedly hilarious and twisted creation as Johnny Depp is as the Mad Hatter. Shot in 3-D, this latest version of Alice in Wonderland legitimizes the pleasures that can only be the product of a filmmaker who's never lost touch with a child's creative sensibility: Tim Burton. Enjoy!

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# 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.

## ❖ **Bright Star – PG, 2009** (119 min.)

A deep love story centered on the courtship between 19th century poet John Keats and his muse, Franney Brawne, cut short by Keats' untimely death.

(biog-romance)

F Apr 2 12:00 Free

## ❖ **The Bad Seed – PG, 1956** (129 min.)

An ideal housewife begins to suspect that her loving adolescent daughter may be a heartless killer. Was this trait inherited?

(drama-horror-mystery-thriller)

F Apr 9 12:00 Free

## ❖ **Mr. Roberts – PG, 1955** (123 min.)

Life aboard a U.S. naval cargo ship during WWII is sorta ho-hum for Lt. Roberts (Henry Fonda). He frequently clashes with the ship captain (James Cagney).

(comedy-drama)

T Apr 13 12:00 Free

## ❖ **She Done Him Wrong – Unrated, 1933** (66 min.)

Mae West as Lady Lou, a N.Y. singer/night club owner who has many callers including Capt. Cummings (Cary Grant). "Come up and see me sometime" is her famed line.

Th Apr 22 12:00 Free

## ❖ **The Shawshank Redemption – R, 1994** (142 min.)

Tim Robbins & Morgan Freeman star as two imprisoned men who bond over a number of years, finding solace & eventual redemption through acts of common decency.

(crime-drama)

F Apr 30 12:00 Free

## ❖ **Love Me or Leave Me – PG, 1955** (122 min.)

Doris Day as jazz singer Ruth Etting and wife to gangster Martin Snyder (James Cagney) who helped propel her to stardom. Filled with singing and dancing.

(biog-drama-music-romance)

F May 7 12:00 Free

## ❖ **Get On The Bus – R, 1996** (120 min.)

Filmmaker Spike Lee follows several black men on a cross-country bus trip on the million-man march to Washington, D.C. in their struggle for black rights.

(drama-history-some comedy)

F May 14 12:00 Free

## ❖ **Amelia – PG, 2009** (111 min.)

A look at the legendary American pilot Amelia Earhart (Hilary Swank) who disappeared over the Pacific Ocean in 1937 in an attempt to fly around the world.

(biog-drama)

F May 21 12:00 Free

## ❖ **Cobb – R, 1994** (128 min.)

A reporter is hired to write the "official" biography of baseball great Ty Cobb (Tommy Lee Jones). He discovers just how dark the baseball legend's real story is.

(biog-drama-sport)

Th May 27 12:00 Free

## ❖ **The Burning Plain – R, 2009** (107 min.)

A mother (Kim Basinger) and her daughter (Charlize Theron) try to form a bond after the daughter's difficult childhood. The film focuses on the intertwining stories between two conflicted families.

(crime-drama-romance)

F June 4 12:00 Free

## ❖ **The Player – R, 1992** (124 min.)

Tim Robbins plays studio executive Griffin Mill. Mill is being blackmailed by a writer whose script he rejected... but which one? In a web of blackmail and murder, Mill must evade a police investigation.

(comedy-crime-drama)

F June 11 12:00 Free

## ❖ **The Hurt Locker – R, 2009** (131 min.)

Iraq. An elite Army bomb squad plays a dangerous game of cat-and-mouse come in a city where everyone is a potential enemy and every object could be a bomb.

(action-drama-thriller-war)

F June 18 12:00 Free

## ❖ **Philadelphia – PG-13, 1993** (125 min.)

Tom Hanks plays Andrew Beckett, a gay lawyer who is fired from his firm in fear that they might contract AIDS. Beckett sues with help from a homophobic lawyer (Denzel Washington).

(drama)

Th May 24 12:00 Free

# Ongoing Activities

## ❖ Walking Club

The great weather is back! Let's get out and enjoy the farmer's market, the hustle and bustle, the birds and greenery. Wear comfy clothes and shoes.

Every Thursday 10:00 – 11:00 Free

## ❖ SilverSneakers® Muscular Strength and Range of Motion

New time! Everyone is welcome to join. Advance payment and registration form required. You do not have to have SilverSneakers® to join this class. Max. of 10 and min. of 6 participants.

M Apr 5 – Jun 28 10:00 – 10:45 \$8/Month  
F Apr 2 – Jun 25 10:00 – 10:45 \$8/Month

## ❖ SilverSneakers® Yoga Stretch

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

W Apr 7 – Jun 2 11:00 – 10:30 \$8/Month

## ❖ Tai Chi Exercise with Mieng Lam

Advance payment and registration form required. SilverSneakers® eligible. Weekly sessions. Max. of 12 and min. of 6 participants.

T Apr 6 – Jun 29 9:30 – 10:30 \$8/Month

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

## ❖ I Can Eat Sensibly (I.C.E.S.)

ICES is a great way to stay on course with your healthy lifestyle or learn how to get started. This is a group to confer, share, and connect with others who have goals to stay healthy and active and nutritionally sound. The success of the I-CAN Prevent Diabetes

has lead to I.C.E.S., a group that meets once a month to support each other, share recipes, exercise articles, and exchange health information. You can bring your lunch or even a healthy snack to share.

M Apr 12, May 10, Jun 14 11:00 – 12:30 Free

## ❖ Foot Care Clinics

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 Apr 23, May 28, Jun 25 11:00 – 3:00 \$25

## ❖ Catching Up on Current Events

Join Paul for a great morning discussion on the latest issues, get useful resources, and find opportunities to engage in your community. This is a weekly discussion group and the second Wednesday of every month is when the next topic is decided. Give your opinion, do some research, get information from others – this is a great way to engage and connect! Refreshments will be served.

W Apr 7 – Jun 30 9:30 – 10:30 Free

## ❖ Sit n' Stitch

Knitting, crocheting, needlepoint, quilting, etc. Come on down! Join friends and make new ones! Bring your projects! Lot's 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 Apr 6, May 4, Jun 1 12:30 – 2:30 Free

## ❖ Birthday of the Month Club



Celebrate your birthday, your friend's birthday, or just wish a stranger a happy birthday the first Tuesday of every month at 12:00. Enjoy birthday cake and other refreshments compliments of the Medica® Skyway Senior Center.

T Apr 6, May 4, Jun 1 12:00 – 12:30 Free



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

## ❖ Bundles of Love Club



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

W Apr 14, May 12, Jun 9 9:30 – 12:00 Free

## ❖ Book Club

*April – Are You Somebody?: The Accidental Memoir of a Dublin Woman by Nuala O'Faolain*

Self-preservation did not come instinctually to Irish journalist Nuala O'Faolain. One of 9 children – her mother had 13 pregnancies in all – she grew up in the '40s and '50s in a defeated Dublin household. Her reporter father seems to have spent his time and money, and even love, elsewhere. As the family grew more isolated and unable to cope, alcohol became her mother's only way out. "One of the stories of my life has been the working out in it of her powerful and damaging example in everything," the author admits, "nothing mattered to her except passion." Some of O'Faolain's siblings emphatically didn't make it, but she was lucky to find refuge in books. They have been a defense, a comfort, and a delight.

*May – Barchester Towers by Anthony Trollope*

The story has the backdrop of a looming clerical power struggle in the pastoral English town of Barchester and environs is convincingly weighty. However, as this power struggle plays out it becomes apparent that Trollope is for the most part poking fun at players on both sides of the battle. He reminds us that despite the detachment and solemnity that such a conflict deserves, it's only human to be looking out for one's own interests as most of the characters end up doing. Trollope accomplishes this through brilliant characterization and a rich plot that keeps the reader interested and never bogs down.

*June – The Sunflower: On the Possibilities and Limits of Forgiveness by Simon Wiesenthal*

Author Simon Wiesenthal recalls his demoralizing life in a concentration camp and his envy of the dead Germans who have sunflowers marking their graves. At the time he assumed his grave would be a mass one, unmarked and forgotten. Then, one day, a dying Nazi soldier asks Wiesenthal for forgiveness for his crimes against the Jews. What would you do? This important book and the provocative question it poses is birthing debates, symposiums, and college courses. The Dalai Lama, Harry Wu, Primo Levi, and others who have witnessed genocide and human tyranny answer Wiesenthal's ultimate question on forgiveness.

Th Apr 15, May 20, Jun 17 10:00 – 11:00 Free

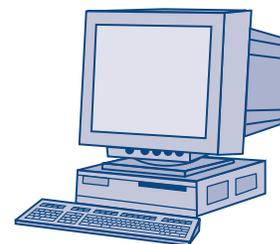
## ❖ The Lunch Bunch

Grab a bite to eat in downtown's finest establishments. Meet at the center at 11:00 for lunch at 11:30. We hope you can join us! Everyone is welcome to participate, but please register in advance so we can give the restaurant an accurate count.

F Apr 23 Firelake Grill 31 7th St S 216-3473 11:30  
F May 28 Mission American 77 7th St S 339-1000 11:30  
F Jun 25 D'Amico Kitchen 901 Hennepin 767-6960 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.



## ❖ 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. Come get your questions answered and get what you deserve! An advocate will be available to answer your questions one-on-one. Just call for your appointment. Featured every 3rd Thursday of the month!

Th Apr 15, May 20, Jun 17 1:00 – 2:30 Free

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

# April Activities

## ❖ I-CAN Prevent Diabetes

A fantastic and free opportunity, back by popular demand! Are you concerned about diabetes and that extra 10 lbs? Join the I Can Prevent Diabetes program. Nearly 1 in 4 Americans over age 60 has diabetes and many more are pre-diabetic or are at high risk of developing diabetes because of family history or lifestyle habits. Fortunately, diabetes is preventable! The 16-week I-CAN program is taught by certified instructors and provides information and support to help you to make simple changes to your diet and exercise habits. All participants receive a workbook, tracking logs and cooking supplies to help them develop healthier eating and exercise habits. This program is for people at high risk for getting type 2 diabetes; it is not appropriate for people who already have diabetes. Advance registration required.

M Apr 5 – Jul 26 1:00 – 2:30 Free

## ❖ Travels with Anita: San Diego

Anita decided she needed a break from the cold of Minnesota, so at the end of February she took an inexpensive trip to the multi-faceted city of San Diego. There is so much to see and do in this interesting city which is also very senior friendly!

T Apr 6 11:00 – 12:00 Free

## ❖ Exchange Trade Funds: An Investment Option

An exchange-traded fund is an investment fund traded on stock exchanges, much like stocks. An ETF holds assets such as stocks or bonds and trades at approximately the same price as the net asset value of its underlying assets over the course of the trading day. ETFs may be attractive as investments because of their low costs, tax efficiency, and stock-like features. Find out how this investment option might be a great addition to your portfolio. The three that Loren Brown will feature have monthly dividend payments.

Th Apr 8 1:00 – 2:30 Free

## ❖ National Health Care Directive Day

Complete your healthcare directive for free, with help from law students from the University of St. Thomas! A healthcare directive brings peace of mind,

allowing all family and friends to clearly understand the individual's healthcare wishes. Learn how a healthcare directive will benefit you and your family.

11:30 am – Dr. Ken Kephart, Medical Director at Fairview Geriatric Services, speaks about the medical significance of a HCD.

1:30 pm – Prof. Jennifer Wright, Esq., Director of the Elder Law Practice Group at the University of St. Thomas, speaks about the legal significance of a HCD.

F April 16 11:00 – 3:00 Free

## ❖ Globalization: Will Your Kids and Grandkids Get the Good Jobs?

At first, U.S. manufacturing disappeared overseas, followed by some technology employment. The trend has become a serious economic and political issue. U.S. education is under pressure to produce more engineers and scientists to keep up with foreign competition. The environment, work conditions, employee wages and benefits are at stake worldwide. Join retired journalist, Frank Wright, to discuss where the good jobs will be and who will get them.

W Apr 21 1:00 – 2:30 Free

## ❖ Guthrie Theater Discussion

*M. Butterfly* by David Henry Hwang

French diplomat Rene Gallimard is dazzled by "the perfect woman" who performs in the Peking Opera. This Tony Award winning play is a tour de force that traces lines of race, gender, and power through love and deception.

T Apr 27 11:00 – 12:00 Free

## ❖ Special Screening and Discussion

*The Eyes of Me* by Keith Maitland

How do you see yourself, when you can't see at all? At the Texas School for the Blind, students juggle all the usual pressures of highschool along with the added struggles of growing up blind. Spend a year with four blind teens learning how to fit in and live independently. Forced to confront the world without sight, they share their inner-visions of the outer world. Ultimately, you cannot understand their perception without challenging your own. The Film is a 1-hour version with a discussion after. Popcorn provided!

Th Apr 29 1:00 – 2:30 Free

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

## May Activities

### ❖ Travels With Ruth: The Other “-stan” Countries

We all know about Pakistan and Afghanistan, but north of these troubled areas are five more -stan countries: Kazakstan, Kyrgyzstan, Uzbekistan, Tajikistan, and Turkmenistan. The names come from the tribes living in these areas. We have hardly heard these countries' names because they were under Russian domination for so many decades. These are countries of mosques, yurts, and nomads which are disappearing as each country tries to catch up to the modern world. Come hear what Ruth learned during her 19-day April trip.

W May 5 1:00 – 2:30 Free

### ❖ Estate Planning: Why Plan your Estate?

Estate planning is very important, no matter how small your estate may be. It allows you, while you are still living, to ensure that your property will go to the people you want, in the way you want, and when you want. In addition, estate planning can help your family save as much as possible on taxes, court costs and attorneys' fees; and it affords the comfort that your loved ones can mourn your loss without being burdened by red tape and financial confusion. Buchholz & Burke, PLLC will provide you with the basic information to start taking the steps to plan your estate. They will also answer your questions.

Th May 13 1:00 – 2:30 Free

### ❖ Guthrie Theater Discussion

*DollHouse by Rebecca Gilman*

Based on “A Doll’s House” by Henrik Ibsen, wife and mother Nora seems to have it all: a successful husband, three adorable children and a beautiful condo in Lincoln Park, Chicago. Playwright Rebecca Gilman crafts an insightful update of the Ibsen play, that brings timeless issues to our century.

T May 25 11:00 – 12:00 Free

### ❖ A Great Place with Great People: Augustana

Augustana provides a beautiful community that can be tailored to your specific needs. Come and find out about the many services Augustana has to offer to ensure that your home and community delivers the

high quality of life you deserve.

T May 25 1:00-2:30 Free

### ❖ Celebrate Older Adults Month at the Medica® Skyway Senior Center

Join us May 26th as we celebrate the proclamation of May as Older Adults Month in Minneapolis. Mayor R.T. Rybak and Minneapolis City Council Members have also been invited to join our celebration. Refreshments will be provided.

W May 26 1:00-2:30 Free

## June Activities

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

You must have completed the 8 hour “55 Alive: Basic Driving Course” before you can take the refresher course, sponsored by AARP. Licensed drivers age 55



and over who complete the course can reduce their car insurance premium by 10% for three years. Class does not involve any driving or tests. Fee is payable to instructor the day of class, but please register in advance. Class limit of 15. Feel free to bring a snack, **you must bring your Minnesota driver's license.**

T Jun 8 11:00 – 3:00 \$12 AARP \$14 regular

### ❖ Foreign Policy Issues Discussion

Learn more about foreign policy issues facing our country through the nationwide Great Decisions program. The sessions feature lectures and discussions with local college professors and other guest speakers. Topics include: Special Envoys, Kenya and R2P, Global Crime, and Russia and Its Neighbors.

W Jun 9-30 1:00 – 2:30 \$18

### ❖ Know Your Rights as a Renter or Landlord

The City of Minneapolis Housing Advocates provide a one-on-one legal resource to Minneapolis renters and landlords. Tanya Cruz will provide an overview of housing advocate services, offer resources for both renters and landlords, and answer your questions.

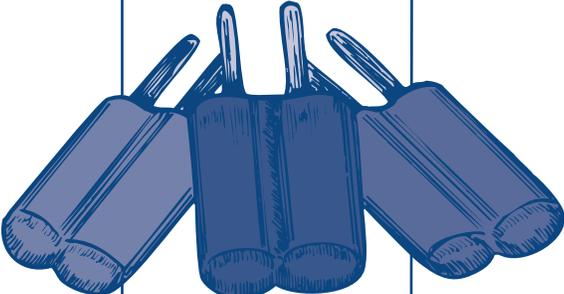
T Jun 15 1:00 – 2:30 Free

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

# April 2010

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| <p>* Denotes class that requires advance registration and payment.<br/>** This is a series of continued classes.</p>         |    |  | <p><b>1</b><br/>9:30 - 10:30<br/>Tai Chi*<br/>10:00 - 11:00<br/>Walking Club<br/>1:00 - 2:30<br/>Advisory Board Meeting</p>                                      | <p><b>2</b><br/>10:00 - 10:45<br/>SilverSneakers®*<br/>Noon - 2:30<br/>Movie: "Bright Star"</p>  |
| <p><b>5</b><br/>10:00 - 10:45<br/>SilverSneakers®*<br/>11:00 - 12:30<br/>Friends Board Meeting<br/>1:00 - 2:30<br/>I-CAN</p> | <p><b>6</b><br/>9:30 - 10:30<br/>Tai Chi*<br/>11:00 - Noon<br/>Travels with Anita - San Diego<br/>Noon - 12:30<br/>Birthdays of the Month<br/>12:30 - 2:30<br/>Sit-n-Stitch</p> | <p><b>7</b><br/>9:30 - 10:30<br/>Catching Up on Current Events<br/>11:00 - Noon<br/>SilverSneakers®<br/>Yoga Stretch*</p>  | <p><b>8</b><br/>9:30 - 10:30<br/>Tai Chi*<br/>10:00 - 11:00<br/>Walking Club<br/>1:00 - 2:30<br/>Exchange Trade Funds - An Investment Option</p>                 | <p><b>9</b><br/>10:00 - 10:45<br/>SilverSneakers®*<br/>Noon - 2:30<br/>Movie: "The Bad Seed"</p>   |
| <p><b>12</b><br/>10:00 - 10:45<br/>SilverSneakers®*<br/>11:00 - 12:30<br/>I.C.E.S.<br/>1:00 - 2:30<br/>I-CAN</p>             | <p><b>13</b><br/>9:30 - 10:30<br/>Tai Chi*<br/>Noon - 2:30<br/>Movie: "Mr. Roberts"</p>   | <p><b>14</b> 9:30 - Noon<br/>Bundles of Love<br/>9:30 - 10:30<br/>Catching Up on Current Events<br/>12:00 - 1:00<br/>SilverSneakers®<br/>Yoga Stretch*<br/>1:30 - 3:00<br/>Meet the Artist</p> | <p><b>15</b><br/>9:00 - 9:50 Tai Chi*<br/>10:00 - 11:00<br/>Book Club and Walking Club<br/>1:00 - 2:30<br/>Did You or a Family Member Serve in the Military?</p> | <p><b>16</b><br/>10:00 - 10:45<br/>SilverSneakers®*<br/>11:00 - 3:00<br/>National Health Care Directives Day Special Event</p>                       |
| <p><b>19</b><br/>10:00 - 10:45<br/>SilverSneakers®*<br/>1:00 - 2:30<br/>I-CAN</p>  | <p><b>20</b><br/>9:30 - 10:30<br/>Tai Chi*</p>  | <p><b>21</b> 9:30 - 10:30<br/>Catching Up on Current Events<br/>11:00 - 12:00<br/>SilverSneakers®<br/>Yoga Stretch*<br/>1:00 - 2:30<br/>Globalization: Who Gets the Good Jobs</p>              | <p><b>22</b><br/>9:30 - 10:30<br/>Tai Chi*<br/>10:00 - 11:00<br/>Walking Club<br/>Noon - 2:30<br/>Movie: "She Done Him Wrong"</p>                                | <p><b>23</b><br/>10:00 - 10:45<br/>SilverSneakers®*<br/>11:00 - 3:00<br/>Foot Care Clinic*<br/>11:30 - 12:30<br/>The Lunch Bunch: Firelake Grill</p> |
| <p><b>26</b><br/>10:00 - 10:45<br/>SilverSneakers®*<br/>1:00 - 2:30<br/>I-CAN</p>  | <p><b>27</b><br/>9:30 - 10:30<br/>Tai Chi*<br/>11:00 - Noon<br/>Guthrie Theater Discussion - M. Butterfly</p>   | <p><b>28</b><br/>9:30 - 10:30<br/>Catching Up on Current Events<br/>11:00 - 12:00<br/>SilverSneakers®<br/>Yoga Stretch*</p>  | <p><b>29</b><br/>9:30 - 10:30<br/>Tai Chi*<br/>10:00 - 11:00<br/>Walking Club<br/>1:00 - 2:30<br/>Special Screening - The Eyes of Me</p>                         | <p><b>30</b><br/>10:00 - 10:45<br/>SilverSneakers®*<br/>Noon - 2:30<br/>Movie: "Shawshank Redemption"</p>  |

# May 2010

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <b>3</b><br>10:00 - 10:45 SilverSneakers®*<br>11:00 - 12:30 Friends Board Meeting<br>1:00 - 2:30 I-CAN | <b>4</b><br>9:30 - 10:30 Tai Chi*<br>Noon - 12:30 Birthdays of the Month<br>12:30 - 2:30 Sit-n-Stitch                                    | <b>5</b><br>9:30 - 10:30 Catching Up on Current Events<br>11:00 - Noon SilverSneakers® Yoga Stretch*<br>1:00 - 2:30 Travels with Ruth "stan" Countries | <b>6</b><br>9:30 - 10:30 Tai Chi*<br>10:00 - 11:00 Walking Club<br>1:00 - 2:30 Advisory Board Meeting  | <b>7</b><br>10:00 - 10:45 SilverSneakers®*<br>Noon - 2:30 Movie: "Love Me or Leave Me"   |
| <b>10</b><br>9:30 - 10:15 SilverSneakers®*<br>11:00 - 12:30 I.C.E.S.<br>1:00 - 2:30 I-CAN              | <b>11</b><br>9:30 - 10:30 Tai Chi*<br>1:00 - 2:30 Meet the Artist - Andrea Lindsey   | <b>12</b><br>9:30 - Noon Bundles of Love<br>9:30 - 10:30 Catching Up on Current Events<br>12:00 - 1:00 SilverSneakers® Yoga Stretch*                   | <b>13</b><br>9:30 - 10:30 Tai Chi*<br>10:00 - 11:00 Walking Club<br>1:00 - 2:30 Estate Planning  | <b>14</b><br>10:00 - 10:45 SilverSneakers®*<br>Noon - 2:30 Movie: "Get on the Bus"   |
| <b>17</b><br>10:00 - 10:45 SilverSneakers®*<br>1:00 - 2:30 I-CAN                                       | <b>18</b><br>9:30 - 10:30 Tai Chi*<br>11:00 - 3:00 Annual Art Event and Silent Auction   | <b>19</b><br>9:30 - 10:30 Catching Up on Current Events<br>11:00 - Noon SilverSneakers® Yoga Stretch**   | <b>20</b><br>9:00 - 9:50 Tai Chi*<br>10:00 - 11:00 Book Club and Walking Club<br>1:00 - 2:30 Did You or a Family Member Serve in the Military? | <b>21</b><br>10:00 - 10:45 SilverSneakers®*<br>Noon - 2:30 Movie: "Amelia"   |
| <b>24</b><br>10:00 - 10:45 SilverSneakers®*<br>1:00 - 2:30 I-CAN                                       | <b>25</b><br>9:30 - 10:30 Tai Chi*<br>11:00 - Noon Guthrie Theater Discussion - Dollhouse<br>1:00 - 2:30 A Great Place with Great People | <b>26</b><br>9:30 - 10:30 Catching Up on Current Events<br>11:00 - Noon SilverSneakers® Yoga Stretch*<br>1:00 - 2:30 Older Adults Celebration          | <b>27</b><br>9:30 - 10:30 Tai Chi*<br>10:00 - 11:00 Walking Club<br>1:00 - 2:30 Movie: "Cobb"  | <b>28</b><br>10:00 - 10:45 SilverSneakers®*<br>11:00 - 3:00 Foot Care Clinic*<br>11:30 - 12:30 The Lunch Bunch: Mission American |
| <b>31</b><br>Closed for Memorial Day   |    |  |  | * Denotes class that requires advance registration and payment.<br>** This is a series of continued classes.                     |

# June 2010

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
|   | <b>1</b><br>9:30 - 10:30<br>Tai Chi*<br>12:00 - 12:30<br>Birthdays of the Month<br>12:30 - 2:30<br>Sit n' Stitch | <b>2</b><br>9:30 - 10:30<br>Catching Up on Current Events<br>11:00 - Noon<br>SilverSneakers®<br>Yoga Stretch*  | <b>3</b><br>9:30 - 10:30<br>Tai Chi*<br>10:00 - 11:00<br>Walking Club<br>1:00 - 2:30<br>Advisory Board Meeting  | <b>4</b><br>10:00 - 10:45<br>SilverSneakers®*<br>Noon - 2:30<br>Movie: <i>"The Burning Plain"</i>   |
| <b>7</b><br>10:00 - 10:45<br>SilverSneakers®*<br>11:00 - 12:30<br>Friends Board Meeting<br>1:00 - 2:30<br>I-CAN | <b>8</b><br>9:30 - 10:30<br>Tai Chi*<br>11:00 - 3:00<br>Defensive Driving 4 Hour                                 | <b>9</b><br>9:30 - Noon<br>Bundles of Love<br>9:30 - 10:30<br>Catching Up on Current Events<br>Noon - 1:00<br>SilverSneakers®<br>Yoga Stretch*<br>1:00 - 2:30<br>Foreign Policy Discussion | <b>10</b><br>9:30 - 10:30<br>Tai Chi*<br>10:00 - 11:00<br>Walking Club<br>1:00 - 2:30<br>Meet the Artist - Judith Pratt                                 | <b>11</b><br>10:00 - 10:45<br>SilverSneakers®*<br>Noon - 2:30<br>Movie: <i>"The Player"</i>   |
| <b>14</b><br>10:00 - 10:45<br>SilverSneakers®*<br>11:00 - 12:30<br>I.C.E.S.<br>1:00 - 2:30<br>I-CAN             | <b>15</b><br>9:30 - 10:30<br>Tai Chi*<br>1:00 - 2:30<br>Know Your Rights as a Renter or Landlord                 | <b>16</b><br>9:30 - 10:30<br>Catching Up on Current Events<br>11:00 - Noon<br>SilverSneakers®<br>Yoga Stretch*<br>1:00 - 2:30<br>Foreign Policy Discussion                                 | <b>17</b><br>9:00 - 9:50<br>Tai Chi*<br>10:00 - 11:00<br>Book Club and Walking Club<br>1:00 - 2:30<br>Did You or a Family Member Serve in the Military? | <b>18</b><br>10:00 - 10:45<br>SilverSneakers®*<br>Noon - 2:30<br>Movie: <i>"The Hurt Locker"</i>  |
| <b>21</b><br>10:00 - 10:45<br>SilverSneakers®*<br>1:00 - 2:30<br>I-CAN  | <b>22</b><br>9:30 - 10:30<br>Tai Chi*  | <b>23</b><br>9:30 - 10:30<br>Catching Up on Current Events<br>11:00 - Noon<br>SilverSneakers®<br>Yoga Stretch*<br>1:00 - 2:30<br>Foreign Policy Discussion                                 | <b>24</b><br>9:30 - 10:30<br>Tai Chi*<br>10:00 - 11:00<br>Walking Club<br>Noon - 2:30<br>Movie: <i>"Philadelphia"</i>                                   | <b>25</b><br>10:00 - 10:45<br>SilverSneakers®*<br>11:00 - 3:00<br>Foot Care Clinic*<br>11:30 - 12:30<br>The Lunch Brunch: D'Amico Kitchen |
| <b>28</b><br>10:00 - 10:45<br>SilverSneakers®*<br>1:00 - 2:30<br>I-CAN  | <b>29</b><br>9:30 - 10:30<br>Tai Chi*  | <b>30</b><br>9:30 - 10:30<br>Catching Up on Current Events<br>11:00 - 12:00<br>SilverSneakers®<br>Yoga Stretch*<br>1:00 - 2:30<br>Foreign Policy Discussion                                |   | * Denotes class that requires advance registration and payment.<br>** This is a series of continued classes.                              |

## 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:<br><b>Minneapolis Finance Department</b> | Send To:<br>Medica® Skyway Senior Center<br>950 Nicollet Mall, Suite 290<br>Minneapolis, MN 55402 | For Office Use Only:<br>Date received: _____<br>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:

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

## FOR TRIPS PLEASE SEE PAGE 4 INSTRUCTIONS

### In Person

Come directly to the Medica® 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.

## Medica® 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 Medica® Skyway Senior Center



Published by the Medica® 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 Medica® 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 Medica® Skyway Senior Center. Refer to map above.

### Street-Level Entrances:

**50 South 10th Street** – This is the nearest street level entrance to the Medica® 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 Medica® 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 Medica® 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 Medica® 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 Medica® Skyway Senior Center.

### Bus:

10th Street and Nicollet is the nearest bus stop for the Medica® 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.