

Chatter

Ucare

October – December 2013

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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Your Donation Supports Seniors

The Skyway Senior Center is a vital, well used drop-in center serving Minneapolis and surrounding area seniors no matter where they live. From January, 2013 through July, 2013 the center had over 9,500 visits. Currently the center has 687 members and many non-members and averages over 72 visitors per day.

The Center offers activities every single day, including computer tutoring, health and wellness presentations, connection to community resources, movies and most educational classes FREE of charge. Exercise classes are only \$2 per class and are free to seniors with UCare health insurance. The Center strives to be barrier free and welcoming to all. Over 72% of Center members live alone and Center users incomes are typically at or below federal poverty guidelines. The UCare Skyway Senior Center provides social interaction and a needed connection to community, friends, resources and services.

The Center has only one paid staff and relies on the skills and wisdom of volunteers. UCare is an extremely generous sponsor and provides a significant amount of financial support for the Center operation. Rounding out Center financing needs, almost all (99% actually) of your TAX DEDUCTIBLE support to the Friends of the Center goes directly to Centers' programs for all its' users.

Your financial support is greatly appreciated and an important part of funding for the Center. To show our appreciation of your financial support, anyone who makes a contribution of \$10 or more by December 1, 2013, will go into a drawing for one of two \$25 gift cards! The drawing will be held on December 17, 2013, at the Center's holiday party, sponsored by the Friends of the Skyway Senior Center. You need not be present to win. Thank you from all of us!

Friends of the Skyway Senior Center

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.
950 Nicollet Mall, Suite 290 – Minneapolis, MN 55403

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

HEALTH CARE *that starts with:*

Jerrice

– UCare member
West St. Paul, MN



At UCare, we've grown to some 300,000 members by focusing on what matters most: you. *UCare for SeniorsSM* lets you choose from plans that cover prescription drugs, travel, eyewear, dental, fitness programs like SilverSneakers[®] and more. Most plans have no co-pays for primary care doctor visits. And you'll get to talk to a real person 24/7 when you call customer service. It's just what you'd expect from health care that starts with you.

Get more information the way you prefer:

Visit: UCareplans.org for instant access to rates, plan details, upcoming meetings, and more.

Call: a real person (toll free) 1-877-523-1518 (TTY) 1-800-688-2534, 8 a.m. to 8 p.m. daily.

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Health care that starts with you.[®]



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Artists of the Month

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



October

Dim Media

Dim Media is a Twin Cities multimedia collaborative combining the talents of Charles Denton, Joe Lipscomb, Blaine Garrett, and Ivy Sendrijas. Functioning as a single artist, Dim focuses on collaborative artistic processes to create art greater than the sum of each artists' individual contributions. Like mad scientists, these experiments manifest into paintings, zines, live painting, murals, and other artistic oddities.

Artist Reception - Tuesday, Oct 1, 1:30, Free

November

Ronie George

I like to paint, mostly with acrylic; draw with colored pencils and construct things from found junk from the alley. Art work is usually the way I get some form of anger/humor issue out of my head. It may start out as serious but usually somewhere around the middle it becomes funny. It would be really cool to say that I am not afraid of my compositions but that would not be entirely true.

No Artist Reception in November

December

Michael Melman

I grew up in the Bronx during the 40's and 50's. It was at the High School of Music and Art where I learned to paint. I studied Art and Architecture at the Cooper Union, and thereafter worked as an architect until retirement. When I moved to Minneapolis in 1972, I became fascinated by the remains of Minnesota's pre-WWII industrial landscape. Minnesota was changing, and I knew I had to photograph what was left of the industrial era before it vanished. In 2003 my book of black and white photographs "The Quiet Hours, City Photographs, was published by the University of Minnesota Press (it can be found in Hennepin County Libraries). About four years ago I took a community education painting class and began painting again. I wanted to approach my subject from a different angle. Color added a new dimension; I could alter the light, time of day, even the season. Thus I returned to painting after many years; with a lifetime of experience, and hopefully wiser and better for it.

Artist Reception - Wednesday, Dec. 4, 1:30, Free

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

Interested in Showing Your Art?

We are always looking for artists and all mediums to feature at our center. You just have to be able to hang it! Please contact USSC at 612-370-3869 and ask for Sara, or email skywaycenter@minneapolismn.gov for more information.

Trips & Social Outings

Red Wing Fall Colors River Cruise

Enjoy a fall day in beautiful Red Wing, located in one of the most scenic and historic areas of Minnesota. Tour the area by bus with a knowledgeable guide who will point out area attractions. Then board the Spirit of the Water for a narrated lunch cruise on the river. A fabulous buffet features salads, grilled flank steak, roasted chicken, potatoes, vegetables, dessert and beverage. Price includes coach bus transportation, guided city tour, lunch cruise, tax and gratuity.

Friday, October 4 8:00 am-4:30 pm \$57

Day Trippers Dinner Theatre presents: Sorry! Wrong Chimney!

David Tuttle is moonlighting as a department store Santa so that he can buy his wife a fur for Christmas. He tells her he's working late at the office but she finds out he isn't there. A suspected other woman, a confused policeman, and much more add up to a rollicking tale that is hilarious Christmas entertainment. Before the show, enjoy a delicious buffet lunch featuring parmesan crusted tilapia, Italian chicken, salads, vegetable, dessert and beverage. The dinner theatre is located in the ballroom of the Bloomington Eagles club. Price includes bus transportation, lunch, show, tax and gratuity.

Friday, December 6 11:30 am-4:30 pm \$51

Uncle Vanya at the Guthrie Theater

In this classic production, Vanya and his niece Sonya work their small country estate, living frugally and keeping their emotions tightly reined in. The return of Vanya's brother-in-law with his beautiful second wife Elena unlocks hidden passions as the entire family is thrown into turmoil. Tea, wine, and vodka fuel the tensions in this tragicomic story about unrequited love, thwarted ambition and enduring hope. Seats are on the side of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2nd St. S.

Wednesday, September 25 1:00 pm \$17

Born Yesterday at the Guthrie Theater

This deliciously witty comedy is about a corrupt businessman, Harry Brock, a junk-dealer millionaire on the rise who heads to Washington with his chorus girl girlfriend in tow, hoping to influence a senator in some personal business dealings. But he soon gets advice suggesting that his seemingly dim-witted blond will need a little polish to get ahead in D.C. society. Brock hires a newspaperman for the task but gets more than he bargained for when he discovers a little bit of learning can be a dangerous thing! Seats are on the side of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2nd St. S.

Wednesday, December 4 1:00 pm \$17

Cabaret at the Pantages Theatre

Classic songs like Willkommen, Money and—of course—Cabaret take you inside the heart of 1930's Berlin to experience the free spirited decadence and desire that is Cabaret! Produced by Theater Latte Da and Hennepin Theatre Trust. Transportation is on your own. Meet at the Pantages Theatre, 710 Hennepin Ave.

Sunday, January 19 2:00 pm \$24

Evita at the Orpheum Theatre

Tim Rice and Andrew Lloyd Webber's Tony Award-winning musical tells of Eva Peron's passionate and unforgettable true story, using her beauty and charisma to rise meteorically from the slums of Argentina to the presidential mansion as First Lady. Evita features some of theater's most beautiful songs, including Don't Cry for Me Argentina. Seats are toward the back on the main floor. Transportation is on your own. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Sunday, February 2 1:00 pm \$32

MAIL PAYMENT TO NEW ADDRESS:

Please Contact Minneapolis Community Education to Register for trips listed

Call: 612-668-4828 – or send your payment to –
Patty Hastreiter, Roosevelt Community Education
4029-28th Ave. So., Minneapolis, MN 55406

Pickup Points for Trips

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

GOOD TO KNOW - YOU WANT TO KNOW



Upcoming Events

Diabetes Expo

The American Diabetes Expo will be held on Saturday, October 12, 2013, at the Minneapolis Convention Center from 9am – 3pm. This event is free. There will be free health screenings, cooking demonstrations, new products and educational events.

Election Day

Tuesday, November 5, 2013 is Election Day and polls are open from 7:00 a.m. to 8:00 p.m. In Minneapolis, offices on the municipal ballot include: Mayor, City Council, Board of Estimate, Minneapolis Park Board and charter amendments. If you have any questions about where to vote, voter registration, ranked choice voting, absentee voting or any other questions, just call Minneapolis 311 or visit <http://vote.minneapolismn.gov/index.htm>

Holidazzle

The Target Holidazzle Parade runs from November 29 to December 22 with illuminated floats, music, celebrity Grand Marshals, and of course, Santa in his sleigh! Every year since 1992 when the first parade marched down Nicollet Mall, over 300,000 spectators converge on Downtown Minneapolis to celebrate this Holiday tradition. For more information call 612-376-SNOW (7669).



Wish List

We are looking for a volunteer to teach a low/no-cost class in easy bead jewelry. We are also looking for volunteers to teaching other craft classes as well. If you are interested, please email: skywaycenter@minneapolismn.gov or call Sara at 612-370-3869.



Volunteer to Serve on a Minneapolis Board, Commission or Advisory Committee

The City of Minneapolis has over 50 volunteer based boards, commissions and advisory committees; and appoints over 400 of 600 members. The City actively seeks applicants with diverse backgrounds and experiences. Seniors need to be represented. The input and advice from these volunteer boards constitutes a major component of the City's community engagement work. Appointments are made twice each year; in the Spring and in the Fall. (interim appointments are made on an as needed basis). For current openings, visit <http://www.minneapolismn.gov/boards/openings/index.htm>

Questions? Contact the City Clerk's Office at:
Phone: (612) 673-2216

E-Mail: cityclerk@minneapolismn.gov



SeniorNet Computer Classes

The mission of the Minneapolis SeniorNet Learning Center is to provide low-cost, basic personal computer education for people over 50. They are a non-profit organization staffed by volunteers who have a single goal -- to teach seniors how to use a personal computer. Classes are held three terms each year, winter, spring and fall. Most classes are two-hours, one day a week for a four-week session. There are two class periods each day, morning and afternoon, Monday through Friday. For more information:

Phone: 612-659-6500

Email: susan.mackey@minneapolis.edu

Address:

SeniorNet

Wells Family College Center

1403 Harmon Place

Minneapolis, MN 55403

At the Movies with "Downtown Tom"



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.

Being There – PG, 1979 (130 min.)

Peter Sellers as Chance, a simple-minded gardener living an isolated existence in a Washington, D.C. townhouse. He knows only what he's seen on TV. Things get nutty as he stumbles into the world of political power brokers who take Chance's utterances as profound and wise. (comedy, drama)

F Oct. 4 12:00 Free

Broken Arrow – NR, 1950 (93 min.)

James Stewart as Tom Jeffords, an Army scout who tries to negotiate a truce between the Apache tribe and the settlers. Jeff Chandler co-stars in this classic western drama.

F Oct. 11 12:00 Free

You Were Never Lovelier - NR, 1942 (97 min.)

A musical-dance treat! Fred Astaire as Robert, a dancer, loose in Buenos Aires. There he meets Maria (Rita Hayworth), daughter of a rich Argentine businessman who won't let his daughters marry until Maria takes the plunge first!

F Oct. 18 12:00 Free

The Thing From Another World – NR, 1951 (87 min.)

Scientists at an Arctic research station discover a spacecraft buried in the ice, its pilot's body frozen within. When they return to their station the alien gets accidentally thawed out--and all hell is unleashed! Minnesota's James Arness plays the alien. (Halloween movie--horror, sci-fi) (horror/sci-fi)

F Oct. 25 12:00 Free

Jack Reacher – PG-13, 2012 (130 min.)

When ex-military cop Jack Reacher (Tom Cruise) investigates an elite sniper charged with killing five people, he teams up with a beautiful defense lawyer -- and they soon find themselves drawn into a dangerous cat-and-mouse game in this exciting thriller. (action)

F Nov. 1 12:00 Free

Amour – PG-13, 2012 (127 min.)

Best foreign language Oscar-winning film. Georges and Anne, retired music teachers in their eighties, have a time-tested love. But as Anne's health fails, Georges becomes her caregiver, and the couple's

bond is tested like never before. Jean-Louis Trintignant & Emmanuelle Riva. (drama, foreign - subtitles)
F Nov. 8 12:00 Free

Love Me or Leave Me – NR, 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, dancing, and...heart-break. (biog-drama-music)

F Nov. 15 12:00 Free

The Guilt Trip – PG-13, 2012 (96 min.)

After Andy Brewster invents a fabulous new organic cleaner, he goes on a cross-country road trip to promote it. His mother, Joyce (Barbra Streisand), comes along for the ride but soon discovers that her son has an ulterior motive: fixing her up with a long-lost flame. Co-starring Seth Rogan. (comedy)

F Nov. 22 12:00 Free

D.O.A. (Dead On Arrival) – NR, 1950 (83 min.)

A tense action-suspense thriller. Frank Bigelow's vacation in San Francisco is interrupted when discovers he's been given a lethal, slow-acting dose of poison in a mixed drink. This triggers a frantic search through a maze of people who might be his killer. Edmund O'Brien. (Drama)

F Dec. 6 12:00 Free

Before the Devil Knows You're Dead – R, 2007 (117 min.)

Two brothers strong-arm a robbery of their parents' jewelry store. In this thriller, everything goes wrong. Philip Seymour Hoffman, Ethan Hawke & Albert Finney. (drama)

F Dec. 13 12:00 Free

I Remember Mama – NR, 1948 (134 min.)

Recollections of a Norwegian family relocated to San Francisco in 1910. Katrin is a novelist who credits her mother for her and her siblings' success. Overcoming poverty and the difficulties of adjusting to a new country, Marta persevered, paving the way for her children's bright future. Irene Dunne & Barbara Bel Geddes. (drama)

F Dec. 20 12:00 Free

Quartet – NR, 2012 (99 min.)

A trio of retired opera singers' annual celebration of Verdi's birthday sours when their estranged fourth member shows up but refuses to sing. Tensions rise and diva drama erupts -- will personal problems prevent the show from going on? Maggie Smith & Tom Courtenay (comedy)

F Dec. 27 12:00 Free

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

ONGOING ACTIVITIES

PAYING FOR EXERCISE CLASSES AND UCARE HEALTH INSURANCE MEMBER OPPORTUNITIES

Each class you attend, you will need to present your “punch card” to instructor which they will initial. Exercise cards are \$16 and are good for 8 classes.

If UCare is your health insurance provider, there is no cost for the exercise classes. You may be asked to show your current UCare Health Insurance card to receive your free punch card. There are NO refunds on exercise cards purchased and it is your responsibility to keep your card.

EnhanceFitness®*

You do not have to have UCare Insurance to participate. EnhanceFitness® classes are proven to safely improve strength and fitness in older adults. Classes are led by highly-trained instructors, so you get the results you want. (No class on 10/18, 12/23 or 12/27)

M & F Oct. 4 – Dec. 30 10:00-11:00

Mat Yoga

This class is a gentle mat yoga class, with standing and floor poses, and lots of stretching. It will be appropriate for people who are comfortable moving between standing and lying down positions. This class is 50 minutes long.

W Oct. 2 – Dec. 18 10:00-11:00

Yoga Stretch

EVERYONE IS WELCOME TO JOIN!

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. The last 15 minutes of each class is an option progressive floor stretch series for those who are interested.

W Oct. 2 – Dec. 18 11:00-12:00

Tai Chi for Health

Back by Popular Demand

Tai Chi for Health Class: This simple, gentle Sun style Tai Chi Form can be enjoyed by everyone. Done seated or standing, these qigong exercises and forms bring flexibility and balance while improving stamina and stability. Movements are easy

to do, relaxing and fun! This Form is approved by the American Arthritis Foundation. The American Geriatric Society also recommends doing tai chi to help prevent falls.

NOTE: This class builds on progressive movements (forms) so participants should plan on attending most classes in the series. Wear loose comfortable clothes and flat shoes suitable for exercise.

T Oct. 15 – Dec. 31 10:00-11:00

Walking Club

Walking Club = FREE & FUN WORKOUT! Everyone is Welcome to Join! The walking club works with all fitness levels. It's a healthy tour of the downtown skyways and when weather permits, the outside. Wear comfortable clothes and shoes.

Every Thursday from 10:00 – 11:00 Free

I Can Eat Sensibly (I.C.E.S.) -

Enjoy Friends! Stay Supported! Have fun! Are you eating sensibly? What's your healthy eating and exercise plan? Come and see what everyone is talking about. I.C.E.S. is a great way to stay on course with your healthy lifestyle or learn how to get started! Share and connect with others who have goals to stay healthy and active and nutritionally sound. I.C.E.S. is a group that meets once a month to support each other, share recipes and exercise articles, and exchange health information. Feel free to bring your lunch or a healthy snack to share. Join us the second Monday of every month. Please note date changes in Oct. & Nov. due to holiday conflicts.

M Oct. 21, Nov. 18 & Dec. 9 11:00-12:30 Free

Foot Care Clinic

There will be no foot care clinic this quarter. The foot care clinic will be back in January, 2014.

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

Sew Lovely (formerly Crafts & More)

Open to everyone – The classroom will be open to participate in a variety of activities including: knitting, sewing, games or arts & crafts. Bring your project to class and enjoy the company of friends. Sew Lovely, formerly called Crafts & More, is always the second Thursday of every month at 1:00.

Th Oct. 10, Nov. 14 & Dec. 12 1:00 Free

Birthdays of the Month

Celebrate your birthday, your friend's birthday, or just wish a stranger a Happy Birthday the first Tuesday of every month at 12:30. Enjoy birthday cake compliments of the UCare Skyway Senior Center.

T Oct. 1, Nov. 5 & Dec. 2 12:30 Free

Bundles of Love Club

A great activity for a great cause and it's fun. Help newborns in need by preparing fabric for blankets and other items. There is no sewing or knitting required. There is something to do for everyone – especially great conversation. If you are interested in volunteering your time once a month, please come on in and join the effort!

W Oct. 9, Nov. 13 & Dec. 11 12:30 Free



*Book Club

October – The Innocents Abroad, Vol. 2 by Mark Twain

In 1867, Mark Twain and a group of fellow-Americans toured Europe and the Holy Land, aboard a retired Civil War ship known as Quaker City. Throughout the journey, Twain kept a written record of his experiences. The Innocents Abroad is both a travelogue and a critique of clashing cultures but more importantly, it is an entertaining and insightful work written by one of the great masters of American prose.

Th Oct. 17 10:30-11:30 Free

November – The Jungle by Upton Sinclair

Upton Sinclair's dramatic and deeply moving story exposed the brutal conditions in the Chicago stockyards at the turn of the nineteenth century

and brought into sharp moral focus the appalling odds against which immigrants and other working people struggled for their share of the American dream. Denounced by the conservative press as an un-American libel on the meatpacking industry, the book was championed by more progressive thinkers, including then President Theodore Roosevelt, and was a major catalyst to the passing of the Pure Food and Meat Inspection act, which has tremendous impact to this day.

Th Nov. 21 10:30-11:30 Free

December – Book Club Social

At the December Book Club meeting, participants will meet to discuss the book club books for 2014. This is a great opportunity to discuss books with other readers. Bring forward your ideas or suggestions for 2014 books. Whether you come once or every month, new members are welcome!

Th Dec. 19 10:30-11:30 Free

The Lunch Bunch

Join friends and meet new ones. Everyone is welcome to participate but please register by the Tuesday before the lunch so we can give the restaurant an accurate count. If you do not register by Tuesday noon, you may not be able to sit with the group. Lunch is a busy time and the restaurant can't accommodate inaccurate reservations. Thank you for understanding. Lunch Bunch meets the 4th Thursday of the month. *Note: due to holiday conflicts, the Nov. & Dec. Lunch Bunch meets the 3rd Thursday.

Th Oct. 24 Kieran's 85 6th St. N 11:30

Th *Nov. 21 Murray's 26 S. 6th St. 11:30

Th *Dec. 19 Manny's 825 Marquette Ave. S. 11:30

Creative Writing Group

Calling all creative writers, from beginners to those who have been writing for years. Our facilitator, Jeanne Kerans, will help people find their creative side by writing. Jeanne has led creative writing classes in many senior settings. Writing skills are not necessary, grammar, punctuation, sore hands, low vision - we can adapt around these concerns. Our goals will vary, but all will be encouraged to be supportive of each other's efforts & to have a

good time. The Creative Writing Group will meet the second Tuesday of every month at the new time at 11:00 a.m.

T Oct. 8, Nov. 12 & Dec. 10 11:00 – 12:30 Free

Computer Tutor

Call to schedule your own private appointment at the center – 612-370-3869. From turning on the computer to e-mailing photos – all skill levels welcome! Call to schedule your free one-on-one session. Mon-Wed times available – call 612-370-3869 to schedule a time.

Advocate & Resources

One on One Appointments Available, 3rd Thursday of Every Month We can assist you with issues of housing, independent living, personal safety, in-home visits, home repairs, property assessments, filling out paperwork, qualifying for military benefits and many other needs. Just call for your one-on-one appointment. The advocate is here the 3rd Thursday of every month.

Th Oct. 17, Nov. 21 & Dec. 19 1:00-2:30 Free

Catching Up on Current Events – Stimulating Discussion Group

Did you catch the news last night? Read the paper this morning? Do you enjoy discussions about important issues? The Current Events Discussion Group meets every Monday as an open forum of today's hot topics. Bring information, articles or topic ideas. Share your opinion, do some research & learn from others. This is a great way to engage and connect!

M Oct. 7 – Dec. 30 1:00-2:30 Free

Ask the Pharmacist

Have a question for our visiting pharmacist? Nancy Ebner, RPh and UCare Pharmacist is available to help you with - Medicare Part D, the donut hole, medication review, questions about medicine interactions, vitamins and other over-the-counter medication questions. Spend some time with Nancy one-on-one to get your questions answered. First come first serve so ask the receptionist for your number for a 10-15 minute consult. Note: Nancy will now be coming to the center every other month.

T Nov. 26 1:00-2:30 Free

OCTOBER ACTIVITIES

Movie Matinee & Discussion with "Downtown Tom:" Five Easy Pieces (1970)

Jack Nicholson stars as Bobby Dupea who works in the Texas oil fields. He's a dropout from a wealthy musical family & has taken on a shifty lifestyle that mirrors his surroundings. Then Bobby hears from his sister about his father's faltering health. Things start cookin' when he decides he probably owes his father a visit, lives will change. Movie will follow with a discussion led by our movie guru, "Downtown Tom." If you love movies and love talking about the cinema, this is the program for you.

W Oct. 2 12:00 – 2:30 Free

Flu Shot Clinic – Don't Be Sick, Be Prepared

MVNA provides so many services around Minnesota to those in need! Proceeds from their flu shot program provide home health and preventative health nursing services to thousands of uninsured Minnesotans each year. Every shot matters! Numbers will be given out first come first served. Bring your identification and your insurance and Medicare information card – most insurance accepted. If paying out of pocket: Flu - \$29 & Pneumonia - \$75 - other vaccinations available, call for prices.

Th Oct. 3 10:00 – 11:30 Free

Travels with Ruth: Alaska

"Seward's Icebox" was what Americans called Alaska when we bought it from Russia in 1867. Alaska was much bigger than Texas. In fact, it was one-fifth the size of the lower 48 states. Ruth Weber visited lower Alaska, the part bordering British Columbia, in September. She visited Sitka (the old Russian capitol), Jeneau (the present capitol), Glacier Bay National Park and Skagway. Skagway was our gateway to the Klondike gold rush. If you want to hear about these fascinating places, come to Travels with Ruth.

T Oct. 8 1:00 – 2:30 Free

Metro Transit Presentation:

"Come on Board & Commute with Confidence!" Want a great opportunity to explore public transportation options? Want a fun and easy way to get to your favorite downtown, Uptown or cross-town destination? Have you ever wanted to try public

transportation but never knew how? Brooke Schlablin is a customer advocate at Metro Transit and provides how-to-ride demonstrations for groups and organizations across the Twin Cities. She'll cover some of the basics of taking transit and provide information on Go To Cards, Customer Relations/Lost and Found, Transit Information Department, discounts and MUCH MORE! All who attend the presentation will receive a FREE RIDE coupon that can be used on the Bus or Blue Line (light rail)

T Oct 15 1:00 – 2:30 Free

Understanding Medicare – An Overview

This presentation reviews what is covered by Parts A, B, C and D of Medicare, as well as Medicare supplement options available. The enrollment process and options for enrollment in Medicare will be discussed along with the personal costs of the program. We will address the donut hole and eligibility for extra help with prescription drug costs. Recent changes to Medicare as a result of recent health care reform will also be reviewed as well as examples of Medicare fraud and abuse. We will introduce the services of the Senior LinkAge Line® that include assistance making personal comparisons using the Medicare.gov website and the Health Care Choices booklet, published by the MN Board on Aging.

W Oct. 16 1:00 – 2:30 Free

Color Pencil Techniques with Howard

For absolute beginners to the experienced. Learn the fundamentals to creating textures and depth in color. Feel the thrill that artists enjoy in the process of creating art.

*Required materials (you must provide): sketchpad and artist color pencil set (preference of prismacolor or something of equal quality.) *Fee of \$5 per class payable to instructor.**

T Oct. 22 1:00 – 2:30 \$5.00

Th Oct. 31 1:00 – 2:30 \$5.00

Foster Grandparent Program

Since its inception in 1965, the Foster Grandparents are the people children and youth can depend on for the much needed attention that can change their lives. Foster Grandparents serve as mentors and role models for young people. Learn more about the Foster Grandparent program to see if it's a good fit for you.

W Oct. 23 1:00 – 2:30 Free

Minneapolis Issues Discussion

Please join our guest, Hennepin County Commissioner Linda Higgins, who will talk about the latest issues in Minneapolis & Hennepin County. Want to talk about taxes, neighborhood issues, public safety, housing or any other current local topic? Stop in and learn about what's going on in Hennepin County and get your questions answered.

Th Oct. 24 1:00 Free

Meet a Hennepin County Prosecutor

Assistant Hennepin County Attorney Amy Sweasy, Criminal Division, will talk about the Hennepin County Attorney's office and the criminal justice system. Victim Advocate Jeanne Werenicz will also be available to answer questions. This is a great opportunity to learn about the criminal prosecution process.

T Oct. 29 1:00 Free

Internet & E-Mail Basics

Our computer tutor, Dan, is teaching introductory class on the Internet and e-mail basics. If you are new to computers or just want to learn more, this is the class for you. You will have a chance to have your questions answered in a supportive environment.

W Oct. 30 1:00 Free

NOVEMBER ACTIVITIES

Wednesday Western:

Man Who Shot Liberty Valance (1962)

Senator Ransom Stoddard returns to his dusty hometown for the funeral of small-time outlaw Tom Doniphon. In flashbacks, Stoddard tells the story of how, with Doniphon's help, he rose to political prominence after killing a feared gunslinger.. Jimmy Stewart & John Wayne. (123 minutes.)

W Nov. 6 12:30 Free

UCare Insurance Information Session

Want to learn more about UCare for Seniors? They will review the benefits for each of their plan options, so you can choose the plan that provides exactly what you need. Seating is limited. Please make a reservation by calling UCare at 1-877-523-1518 toll free (TTY: 1-800-688-2534 toll free).

Please arrive 5-10 minutes early. If you're unable to attend, give them a call! They will send you a free information kit.

T Nov. 19 12:00-3:00 Free

Wednesday Western: Fort Apache (1948)

This classic Western from legendary director John Ford explores the darker side of the Old West. When arrogant Lt. Col. Owen Thursday (Henry Fonda) takes command of Fort Apache, he's determined to make a name for himself. Against the advice of seasoned soldier Capt. Kirby York (John Wayne), Thursday wages war against Apache chief Cochise and his tribe -- and the Fort Apache troops must follow the misguided command of their glory-seeking leader. (128 minutes)

W Nov. 20 12:30 Free

Decorate the Center for the Holidays!

We're looking for happy elves to help decorate the Center for the holidays. Come with your holiday spirit, creative ideas and inspiration. Help us make the Center a festive, welcoming place to share the holiday season.

W Nov. 27 1:00 Free



DECEMBER ACTIVITIES

Travels with Anita: Portugal

At the beginning of November Anita revisits one of her favorite countries--Portugal. Join her as she shares this adventure. The journey started in Lisbon, then on to Oporto where a cruise on the Duro River ended this memorable trip.

T Dec. 3 1:00 Free

Holiday Party Sponsored by UCare & Friends of the Skyway Senior Center

Please join us for our annual holiday party sponsored by UCare and the Friends of the Skyway Senior Center. There will be food, music and fun!

T Dec. 17 12:00 Free

Let's Beat the Bed Bug!

Amelia Shindelar, Community Health Coordinator, Department of Entomology, University of Minnesota, will present information about the resurgence of bed bugs in the United States, what to do about them and will answer your questions. Come learn more about this common insect.

W Dec. 18 10:00 Free

Documentary:

Searching for Sugar Man (2012 – 86 minutes)

Decades after Detroit singer-songwriter Rodriguez disappeared following the commercial failure of his two critically praised records in the 1970s, two fans from South Africa, where Rodriguez was a huge hit, try to track down their idol. This documentary won an Academy Award in 2013.

M Dec. 23 10:00 Free

Documentary: American Masters:

Johnny Carson: King of Late Night (2012)

As host of "The Tonight Show" for 30 years, Johnny Carson was seen by more people on more occasions than anyone else in American history. Explore Carson's life and career, as well as the history of his beloved television program. (120 minutes)

Th Dec. 26 12:00 Free

Jazz Video: Anita O'Day:

The Life of a Jazz Singer (2007 - 93 minutes)

One of the greatest jazz singers of all time, Anita O'Day was adored by millions for her vibrant music and personality. In this documentary portrait, O'Day recounts her groundbreaking career and her battles with substance abuse. In addition to rarely seen performance footage and television interviews, jazz luminaries such as George Wein, Annie Ross and Will Friedwald also share their insight into O'Day's impact on the genre's history.

T Dec. 31 12:00 Free

October

Monday	Tuesday	Wednesday	Thursday	Friday
	1 12:30 – 1:30 Birthdays of the Month 1:30 – 2:30 Meet the Artist: Dim Media	2 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 12:00 – 2:30 Matinee Movie w/ Downtown Tom: Five Easy Pieces	3 10:00 – 11:00 Walking Club 10:00 – 11:30 MVNA Flu Clinic 1:00 – 2:30 Advisory Board Meeting	4 10:00 – 11:00 EnhanceFitness®* 12:00 – 2:30 Movie - <i>Being There</i>
7 10:00 – 11:00 EnhanceFitness®* 12:00 – 1:00 Friends Board Meeting 1:00 – 2:30 Catching Up on Current Events	8 11:00 – 12:30 Creative Writing Group 1:00 – 2:30 Travels with Ruth: Alaska	9 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 12:30 – 3:00 Bundles of Love	10 10:00 – 11:00 Walking Club 1:00 – 2:30 Sew Lovely	11 10:00 – 11:00 EnhanceFitness®* 12:00 – 2:30 Movie - <i>Broken Arrow</i>
14 Closed For Holiday	15 10:00 – 11:00 Tai Chi 1:00 – 2:30 Metro Transit Presentation	16 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 Understanding Medicare – An Overview	17 10:00 – 11:00 Walking Club 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates, Resources, Assistance, Information	18 12:00 – 2:30 Movie - <i>You Were Never Lovelier</i>
21 10:00 – 11:00 EnhanceFitness®* 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	22 10:00 – 11:00 Tai Chi 1:00 – 2:30 Color Pencil Techniques	23 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 Foster Grandparent Program	24 10:00 – 11:00 Walking Club 11:30 – 1:00 Lunch Bunch - Kieran's 1:00 – 2:30 Minneapolis Issues w/ Com. Linda Higgins	25 10:00 – 11:00 EnhanceFitness®* 12:00 – 2:30 Movie - <i>The Thing From Another World</i>
28 10:00 – 11:00 EnhanceFitness®* 1:00 – 2:30 Catching Up on Current Events	29 10:00 – 11:00 Tai Chi 1:00 – 2:30 Meet a Criminal Prosecutor	30 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:00 Internet & E-Mail Basics	31 10:00 – 11:00 Walking Club 1:00 – 2:30 Color Pencil Techniques*	

November

Monday

Tuesday

Wednesday

Thursday

Friday

Happy Thanksgiving

1
10:00 – 11:00
 Enhance Fitness®*

12:00 – 2:30
 Movie - *Jack Reacher*

4
10:00 – 11:00
 EnhanceFitness®*

1:00 – 2:30
 Catching Up on
 Current Events

5
10:00 – 11:00
 Tai Chi

12:30 – 1:30
 Birthdays of
 the Month

6
10:00 – 11:00
 Mat Yoga*

11:00 – 12:00
 Yoga Stretch*

12:30 – 2:30
 Wednesday West-
 ern: Man Who Shot
 Liberty Valance

7
10:00 – 11:00
 Walking Club

1:00 – 2:30
 Advisory Board
 Meeting

8
10:00 – 11:00
 Enhance Fitness®*

12:00 – 2:30
 Movie - *Amour*

11
**Closed
 For
 Holiday**

12
10:00 – 11:00
 Tai Chi

11:00 – 12:30
 Creative Writing
 Group

13
10:00 – 11:00
 Mat Yoga*

11:00 – 12:00
 Yoga Stretch*

12:30 – 3:00
 Bundles of Love

14
10:00 – 11:00
 Walking Club

1:00 – 2:30
 Sew Lovely

15
10:00 – 11:00
 Enhance Fitness®*

12:00 – 2:30
 Movie - *Love Me or
 Leave Me*

18
10:00 – 11:00
 EnhanceFitness®*

11:00 – 12:30
 I.C.E.S.

1:00 – 2:30
 Catching Up on
 Current Events

19
10:00 – 11:00
 Tai Chi

12:00 – 3:00
 UCare Info Session

20
10:00 – 11:00
 Mat Yoga*

11:00 – 12:00
 Yoga Stretch*

12:30 – 2:30
 Wednesday West-
 ern: Fort Apache

21
10:00 – 11:00
 Walking Club
10:30 – 11:30
 Book Club
11:30 – 1:00
 Lunch Bunch - Murray's
1:00 – 2:30
 Advocates, Resources,
 Assistance, Information

22
10:00 – 11:00
 Enhance Fitness®*

12:00 – 2:30
 Movie - *The Guilt Trip*

25
10:00 – 11:00
 EnhanceFitness®*

1:00 – 2:30
 Catching Up on
 Current Events

26
10:00 – 11:00
 Tai Chi

1:00 – 2:30
 Ask the Pharmacist

27
10:00 – 11:00
 Mat Yoga*

11:00 – 12:00
 Yoga Stretch*

1:00 – 2:30
 Decorate the Center

28
**Closed
 For
 Holiday**

29
**Closed
 For
 Holiday**

December

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 – 11:00 EnhanceFitness®* 12:00 – 1:00 Friends Board Meeting 12:00 – 2:30 Catching Up on Current Events	3 10:00 – 11:00 Tai Chi 12:30 – 1:30 Birthdays of the Month 1:00 – 2:30 Travels with Anita - Portugal	4 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 1:30 – 2:30 Meet the Artist - Michael Melman	5 10:00 – 11:00 Walking Club 1:00 – 2:30 Advisory Board Meeting	6 10:00 – 11:00 EnhanceFitness®* 12:00 – 2:30 Movie - <i>D.O.A.</i>
9 10:00 – 11:00 EnhanceFitness®* 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	10 10:00 – 11:00 Tai Chi 11:00 – 12:30 Creative Writing Group	11 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 12:30 – 3:00 Bundles of Love	12 10:00 – 11:00 Walking Club 1:00 – 2:30 Sew Lovely	13 10:00 – 11:00 EnhanceFitness®* 12:00 – 2:30 Movie - <i>Before the Devil Knows You're Dead</i>
16 10:00 – 11:00 EnhanceFitness®* 1:00 – 2:30 Catching Up on Current Events	17 10:00 – 11:00 Tai Chi 12:00 – 2:00 Holiday Party	18 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 Bed Bug Presentation	19 10:00 – 11:00 Walking Club 10:30 – 11:30 Book Club 11:30 – 1:00 Lunch Bunch - Manny's 1:00 – 2:30 Advocates, Resources, Assistance, Information	20 10:00 – 11:00 EnhanceFitness®* 12:00 – 2:30 Movie - <i>I Remember Mama</i>
23 10:00 – 12:00 Documentary: Searching for Sugarman 1:00 – 2:30 Catching Up on Current Events	24 10:00 – 11:00 Tai Chi 12:00 – 2:30 Holiday Movie	25 <p style="text-align: center;">Closed For Holiday</p>	26 10:00 – 11:00 Walking Club 12:00 – 2:00 Documentary- American Masters: Johnny Carson: King of Late Night	27 12:00 – 2:30 Movie - <i>Quartet</i>
30 10:00 – 11:00 EnhanceFitness®* 1:00 – 2:30 Catching Up on Current Events	31 10:00 – 11:00 Tai Chi 12:00 – 2:00 Jazz Video: Anita O'Day: The Life of a Jazz Singer			

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: Minneapolis Finance Department	Send To: UCare Skyway Senior Center 950 Nicollet Mall, Suite 290 Minneapolis, MN 55403	For Office Use Only: Date received: _____ Initials: _____

Registration is Easy

By Mail

For each class (NOT TRIPS), 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 55403

Please Refer to the Trips Section for Registration Instructions

By Phone

For Trips call 612-668-4828.

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.

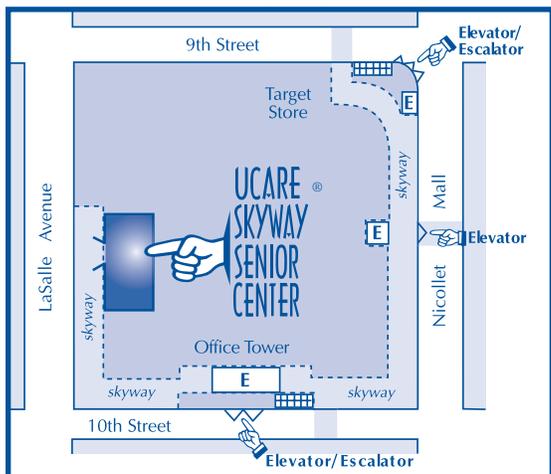
UCare Skyway Senior Center

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@minneapolismn.gov Website: www.minneapolismn.gov/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

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.