

Chatter

Uare

January – March 2014

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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As 2013 comes to a close, there are many reasons to be thankful. UCare continues to be an amazing sponsor of the UCare Skyway Senior Center (USSC). TCF Bank – Skyway Branch sponsored the Center's weekly movies and popcorn and the City of Minneapolis has provided in-kind support to keep the Center moving forward. A special thanks to all the individual donors who made contributions this year. Their generosity is inspiring.

On November 12, the USSC volunteers were officially recognized at the 2013 UCare Skyway Senior Center volunteer recognition lunch at St. Thomas. Our volunteers, Friends Board and Advisory Committee members are the heart and soul of the Center.

USSC (finally) added Tai Chi as a new exercise program. We now have 5 fitness classes weekly at the Center.

Looking ahead to 2014, there are some new programs to look forward to. "Culture Club" will be an opportunity for USSC visitors to explore a different cultural venue outside the Center each quarter. USSC will continue to provide exercise classes, health education classes, current events programs and other enrichment activities.

Please submit any suggestions or comments about the UCare Skyway Senior Center:

In our suggestion box at the UCare Skyway Senior Center

By phone at 612-370-3869

E-mail at skywaycenter@minneapolismn.gov

Twitter: @skywaycenter

Facebook: <https://www.facebook.com/pages/UCare-Skyway-Senior-Center/539294026093788>

Thank you for supporting the UCare 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:*

Ken

– UCare member
Garrison, MN



Medicare plans with low or no copays start at just \$40 a month.

UCare for SeniorsSM plans offer benefits that are important to you at exceptionally affordable rates—just \$40 a month for our Value (HMO-POS) plan, and \$48 a month for our Essentials Rx (HMO-POS) plan, which includes dental and prescription drug benefits. Enjoy an active lifestyle? All UCare for Seniors plans offer worldwide emergency coverage, free SilverSneakers[®] fitness memberships and more. It's just what you'd expect from health care that starts with you.

Start here:

Visit UCarePlans.org for plan details, upcoming meetings and more, or call (toll free) 1-877-523-1518, (TTY) 1-800-688-2534, 8 a.m. to 8 p.m. daily.

UCare[®]

Health care that starts with you.*

UCare Minnesota and UCare Health, Inc. are HMO-POS health plans with Medicare contracts. Enrollment in UCare Minnesota and UCare Health, Inc. depends on contract renewal. You must continue to pay your Part B premium. ©2013, UCare. H2459 H4270_091213_1 CMS Accepted (09172013)



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Artists of the Month

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



January

Joe Greco

When I go places and experience things, I make art from the impressions. Sometimes I start and it takes years to complete a work – but the memory never seems to fade. Every one of my paintings is always accompanied by a narrative that that helps the viewer understand the work. When I was a young father I drew and painted on week-ends and holidays, but had difficulty finding time to finish my works. I have since retired and devote myself full-time to my art. My art studio is in the historic Grain Belt Brewery Bottling House, and I study and participate in the active northeast Minneapolis arts community. For more information about my art, please call 612-729-0379.

Artist Reception - Tuesday, Jan. 7, 1:30, Free

February

Kat Corrigan

I am inspired by light and shadow, how color works together to make areas pulse and recede, and the way brush strokes and layers of paint can influence emotional responses to a work. My work is expressionistic, in a realistic manner. I paint in acrylic on black-gessoed masonite or canvas, allowing some of the black to show through; this contrasts against the brightness of the colors in a way that thrills me. A piece is successful for me when I want to keep looking at it. Kat Corrigan is an artist and art teacher residing in Minneapolis with her menagerie, human and animal. She has studied painting and drawing at CSB and the University of St Catherine, has participated in the WARM Mentor program and teaches adult painting classes from her studio. Her work is collected across the globe, her commissions are widely sought, and she has won numerous awards for her luminous work. For more information on commissions or to purchase a piece, please contact the artist directly at katjojo@hotmail.com or 612-720-6675.

Artist Reception – Monday, Feb. 3, 10:00, Free

March

Holly Stone

Local artist Holly Stone has been teaching painting in the Twin Cities metro area since 1999. Recent series include oils honoring favorite old movies, pen and ink drawings of northern Minnesota, cityscapes of Twin Cities landmarks, and whimsical animals. She recently opened a gallery/shop in Hopkins called Smiling Stone Studio. Visit <http://Holly-Stone.artistwebsites.com> to learn more about Holly.

Artist Reception - Monday, Mar. 3, 11:30, Free

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

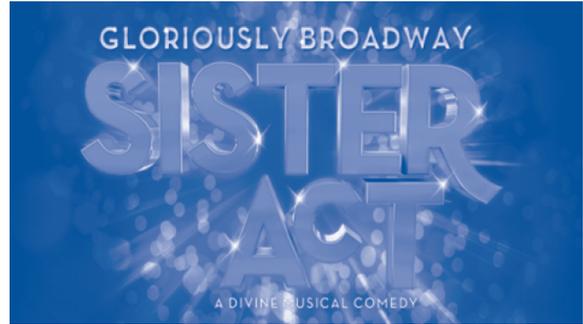
Interested in Showing Your Art?

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@minneapolisismn.gov for more information.

Trips & Social Outings

Church Basement Ladies: The Last (Potluck) Supper

The fourth installment of the Church Basement Ladies, at the Plymouth Playhouse, dishes up as many laughs as the first three! At the church's Centennial Celebration, the women work in the kitchen sharing hot dish, bars, and stories from the last 100 years. These memories burst into life through a series of flashbacks. They will time-jump through a century with hilarity and toe-tapping musical numbers. A delicious lunch features baked chicken breast, mashed potatoes, gravy, corn, Jello, coleslaw, bread, dessert and beverage. Price includes bus transportation, show, lunch, tax and gratuity.



Sister Act at the Orpheum Theatre

Sister Act is Broadway's feel-amazing musical comedy smash. Sister Act tells the story of Deloris Van Cartier, a wannabe diva whose life takes a surprising turn when she witnesses a crime and the cops hide her in the last place anyone would think to look-a convent! Under the suspicious watch of Mother Superior, Deloris helps her fellow sisters find their voices as she unexpectedly rediscovers her own. A sparkling tribute to the universal power of friendship, Sister Act is reason to rejoice. Reserved seats are toward the back on the main floor. Transportation is on your own. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Friday, February 14 10:15am-4:45 pm \$59

Crimes of the Heart at the Guthrie Theater

In this deeply touching Southern comedy, three young Mississippi sisters gather in their hometown to await news of their hospitalized grandfather. With troubles in life and with the law, the sisters navigate their pasts to seize the future in an imaginative and touching story. The New York Post noted, "It has heart, wit and a surprisingly zany passion." Reserved seats are on the side of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2nd Street South.

Sunday, June 1 1:00-3:30 pm \$32

Wednesday, May 14 1:00-3:30 pm \$17



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



Senior Nutrition

Eating right is vital to good health. Our eating habits often change, but good nutrition is especially important in maintaining good health as we age. Minnesota communities offer a spectrum of meal services, from Home Delivered Meals to Senior Dining Centers. Call the Senior LinkAge Line® at 1-800-333-2433 for information on what is available in your community.

Who is eligible for senior dining services?

Anyone who is 60 years of age or older (and spouse) is welcome to participate.

How do I qualify?

The guidelines for Meals on Wheels are different than Senior Dining. Call the Senior LinkAge Line® at 1-800-333-2433 to determine which program best fits your needs.



BenefitsCheckUp.org

BenefitsCheckUp is free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington, DC. Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist or how they can apply.

BenefitsCheckUp asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses.

After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form.

Here are the types of expenses you may get help with:

Medications • Food

Utilities • Legal

Health care • Housing

In-home services • Taxes

Transportation • Employment Training

Visit www.benefitscheckup.org to get started.



Upcoming Events

Healthy Life Expo

January 11-12, 10am – 5pm. This is the ultimate place to find anything that's healthy for you, your home and the earth. Stop, shop and compare products, services and information for achieving a better healthier life. 100s of Exhibitors and On-Going FREE SEMINARS All Day - Both Days!! Event Hours: Saturday & Sunday 10am to 5pm Admission: Tickets ONLY \$6.00 at the Door! (Under 17 admitted for FREE with a paid Adult) (952) 238-1700

Progressive Boat Show

January 30 – February 2, The upper Midwest's best selection of new boats and hundreds of booths showcasing the very latest in engines, electronics, fishing gear and accessories, there's no better place to get a head start on a summer full of fun! From canoes to cruisers, from pontoons to personal watercraft there are boats for every lifestyle, activity and budget. Event hours & admission reflects 2013 pricing Show Hours: Thursday - 2pm to 10pm Friday - Noon to 10pm Saturday - 10am to 9pm Sunday - 10am to 5pm Admission: Adults (16 and older): \$11.00 Children (15 and younger): FREE Senior Day, Thursday, January 31, 62+ \$8.00 Active Military: Free Admission! Just show your active military ID at the Box Office onsite.



UCare Skyway Senior Center Wish List

- Puzzles (over 500 pieces).
- Current magazines.
- Volunteers to teach or lead a craft class.
- VHS Videos for members to check out.

At the Movies with "Downtown Tom"

FREE POPCORN!

Sponsored by TCF National Bank – Skyway Branch

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

A Man for All Seasons – NR – 1966 (120 min.)
The story of Thomas Moore, who stood up to King Henry VIII when the King rejected the Roman Catholic Church, to obtain a divorce and remarriage. Paul Scofield & Robert Shaw. Won 6 Oscars, including best picture & actor. (drama.)

F Jan. 3 12:00 Free

Viva Las Vegas – NR – 1964 (86 min.)
Race car driver Lucky Jackson (Elvis Presley) pulls into Las Vegas, ready for the city's first-ever Grand Prix. To make bucks, he takes a job as a casino waiter. Beautiful Rusty Martin (Ann-Margret) draws his attention and the pair works things out through music & dance.

F Jan. 10 12:00 Free

Julia – PG – 1977 (117 min.)
At the bequest of an old, dear friend playwright Lillian Hellman (Jane Fonda) undertakes a dangerous mission to smuggle funds into Nazi Germany. Co-starring Vanessa Redgrave. (drama)

F Jan. 17 2:00 Free

The Truman Show – PG – 1998 (103 min.)
Truman Burbank is the star of "The Truman Show," a 24-hour-a-day TV phenomenon that broadcasts every aspect of his life without his knowledge. When he discovers that his life is a sham for public consumption, he devises a desperate escape plan. Jim Carrey, Laura Linney. (comedy)

F Jan. 24 12:00 Free

House of Games – R – 1987 (101 min.)
When psychiatrist Margaret Ford tries to intervene on behalf of a patient -- a compulsive gambler in hock to a smooth-talking con artist -- she soon finds herself in over her head as she gets drawn into a world of duplicity and death. Lindsay Crouse, Joe Mantegna. (drama/crime thriller.)

F Jan. 31 12:00 Free

Chocolat – PG-13 – 2000 (121 min.)
A single mother and her young daughter move into a peaceful French village and open a chocolate shop during the height of Lent. At first, the shop's rich, sensuous desserts scandalize the town. Villagers soon give in. Juliette Binoche, Judi Dench, Johnny Depp. (drama/romance)

F Feb. 7 12:00 Free

A Rather English Marriage – NR – 1998 (104 min.)
When their wives die on the same day in the same hospital room, two aging British World War II vets --

upper-crust Reggie (Albert Finney) and retired milkman Roy (Tom Courtenay) become unlikely roommates in Reggie's mansion. Then gold-digging Liz (Joanna Lumley) enters the picture with her sights set on Reggie in this beautifully acted Masterpiece Theatre comedy-drama.

F Feb. 14 12:00 Free

Who's Afraid of Virginia Woolf? – NR – 1966 (131 min.)
On a serene New England campus, submissive professor George (Richard Burton) and his overbearing wife, Martha (Elizabeth Taylor), turn a social evening of cocktails into an unrelenting exchange of piercing disclosures. Their guests -- junior professor Nick (George Segal) and his wife, Honey (Sandy Dennis) -- are helplessly drawn into the fire. (Drama)

F Feb. 21 12:00 Free

Calamity Jane – NR – 1953 (101 min.)
Doris Day as Calamity Jane in a rousing comedy-biographical musical romance story of her saloon and romance with Wild Bill Hickok (Howard Keel). (musical, comedy)

F Feb. 28 12:00 Free

The Trojan Women – NR – 1971 (105 min.)
Based on the Greek tragedy by Euripides, this film depicts war-ravaged Troy and the women who lived through those times. Hecuba (Katharine Hepburn), Queen of Troy, heads up a faction of protesting women against the war around them. Included are widow Andromache (Vanessa Redgrave) and troubled Cassandra (Genevieve Bujold). (drama)

F Mar. 7 12:00 Free

Victor/Victoria – PG – 1982 (133 min.)
Victoria Grant (Julie Andrews) is a struggling soprano who, with help from a fellow performer (Robert Preston), finally finds success by posing as a male female impersonator. But what will happen when a nightclub owner (James Garner) finds himself attracted to Victoria's cross-dressing male persona and begins to suspect "Victor" is really a woman? (musical, comedy)

F Mar. 14 12:00 Free

Babyface – NR – 1993 (71 min.)
Barbara Stanwyck as Babyface, a career-driven young woman who uses her feminine wiles and sexual pizzazz to get to the top of a male-dominated corporate edifice...but with a price to pay for each step she took. (This film was made during pre-code Hollywood before the industry had to "clean up its act.")

F Mar. 21 12:00 Free

The Last King of Scotland – R – 2006 (121 min.)
During a medical mission in the 1970s, Scottish doctor Nicholas Garrigan impresses Ugandan dictator Idi Amin and becomes the dictator's personal physician. Garrigan enjoys the perks of his new position, until he becomes aware of Amin's inhumanity. Forest Whitaker, Gillian Anderson. (drama)

F Mar. 28 12:00 Free

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

ONGOING ACTIVITIES

New Exercise Class Policy

Starting January, 2014, all exercise class participants, including UCare Insurance members, will be required to pay for exercise classes.

- Punch cards are required for exercise classes and may be purchased at the reception desk.
- Punch cards cost \$10 for 5 individual classes. Each class you attend, you will need to present your "punch card" to the instructor to be initialed.
- If paying by check, please make check payable to "Mpls. Finance Department."
- If paying with cash, you must have exact change. We are not able to make change.
- You can go to as many or as few classes as you wish because the paid cards don't expire. Cards purchased in 2013 will continue to be honored. The cards UCare Health Insurance members received for free in 2013, will NOT be honored in 2014.
- There are NO refunds on cards purchased so please don't lose your card. You are responsible for your card.

Exercise Classes

Fitness Mix (formerly EnhanceFitness)

Improve your stability, bone density, endurance, coordination and mental sharpness. Exercises focus on stretching, flexibility, balance, low impact aerobics and strength training. Come for the exercise, stay for the community! (Note: no class on 1/17 or 3/31)

M & F Jan. 3 – Mar. 31 10:00 – 11:00

Tai Chi for Health

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: No Tai Chi class on 1/7) *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 Jan. 14 – Mar. 25 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. (Note: No class on 2/5)

W Jan. 8 – Mar.26 10:00-11:00

Yoga Stretch

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. (Note: No class on 2/5)

W Jan. 8 – Mar.26 11:00-12:00



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

Walking Club

Walking Club is a fun, free workout. Everyone is welcome to join! The walking club works with all fitness levels. Participants meet at the Center and head out for a healthy walk thru the downtown skyways and when weather permits, outdoors. Wear comfortable clothes and shoes.

Every Thursday 10:00 – 11:00 a.m. Free

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

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.

M Jan. 13, Feb, 10 & Mar. 10 11:00-12:30 Free

Foot Care Clinic

Comprehensive foot care including a foot soak. You must bring your own towel. Call the Center to make an appointment. The cost is \$25. *Note: if you make an appointment and don't call 24 hours in advance to cancel, you will be charged for the appointment. Sign up early – the clinics are popular and fill up fast. Offered every other month.



Th Jan. 23 & Mar. 27 11:00 – 3:00 \$25

Computer Tutor

Schedule your own private computer tutor appointment at the Center. What do you need to learn? Turning on the computer, e-mailing photos, getting your first e-mail account, how to "google" information? All skill levels welcome. Call to schedule your free one-on-one session.

Mon & Wed appointments available – call 612-370-3869 to schedule a time.



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 Jan. 9, Feb. 13 & Mar. 13 1:00-2:30 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 Jan. 7, Feb. 4 & Mar. 4 12:30 Free

Bundles of Love

Bundles of Love is a MN all-volunteer non-profit organization dedicated to helping infants & their families. This fun volunteer group meets monthly to prepare essential clothing & blankets for these infants. There is no sewing or knitting required. Help newborns in need by preparing fabric for blankets and other items. Bundles of Love is looking for new volunteers. If you are interested, please stop in and join the effort! Bundles of Love meets the second Wednesday of every month at 12:30.

W Jan. 8, Feb. 12 & Mar. 12 12:30 Free



Book Club

Meets on the 3rd Thursday of every month. Everyone is welcome and encouraged to participate.

January – No Ordinary Time by Doris Kearnes Goodwin

No Ordinary Time is a monumental work, a brilliantly conceived chronicle of one of the most vi-

brant and revolutionary periods in the history of the United States. With an extraordinary collection of details, Goodwin masterfully weaves together a striking number of story lines—Eleanor and Franklin's marriage and remarkable partnership, Eleanor's life as First Lady, and FDR's White House and its impact on America as well as on a world at war. Goodwin effectively melds these details and stories into an unforgettable and intimate portrait of Eleanor and Franklin Roosevelt and of the time during which a new, modern America was born.

Th Jan. 16 10:30-11:30 Free

February – It Worked for Me: In Life & Leadership by Colin Powell

Colin Powell, one of America's most admired public figures, reveals the principles that have shaped his life and career in this inspiring and engrossing memoir. A beautiful companion to his previous memoir, the #1 New York Times bestseller *My American Journey*, Powell's *It Worked for Me: In Life and Leadership* is a trove of wisdom for anyone hoping to achieve their goals and turn their dreams into reality. A message of strength and endurance from a man who has dedicated his life to public service, *It Worked for Me* is a book with the power to show readers everywhere how to achieve a more fulfilling life and career.

Th Feb. 20 10:30-11:30 Free

March – Hotel on the Corner of Bitter & Sweet by Jamie Ford

Set during one of the most conflicted and volatile times in American history, *Hotel on the Corner of Bitter and Sweet* is an extraordinary story of commitment and enduring hope. In Henry and Keiko, Jamie Ford has created an unforgettable duo whose story teaches us of the power of forgiveness and the human heart.

Th Mar. 20 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. Everyone is responsible for paying their

own check. Lunch Bunch meets the 4th Thursday of the month.

Th Jan. 23 Marin
901 Hennepin Ave 11:30

Th Feb. 27 Hell's Kitchen
80 S. 9th St. 11:30

Th Mar. 27 Basil's
710 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 goal is to help past, present & future writers develop the writing habit with fun, creative writing exercises. The Creative Writing Group meets the second Tuesday of every month at 11:00 a.m.

T Jan. 14, Feb. 11 & Mar. 11 11:00 – 12:30 Free

Advocate & Resources

One-on-one appointments available. Our advocate 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 Jan. 16, Feb. 20 & Mar. 20 1:00-2:30 Free

Catching Up on Current Events

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 to discuss today's top local, national and international issues. Bring information, articles or topic ideas. Share your opinion, do some research & learn from others. This is a great way to engage and connect. Meets every Monday.

M Jan. 6 – Mar. 31 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 Jan. 28 & Mar. 25 1:00-2:30 Free

JANUARY ACTIVITIES

Cards for Soldiers

"A Million Thanks" is a year-round campaign to show our appreciation for our U.S. Military Men and Women, past and present, for their sacrifices, dedication, and service to our country through our letters, emails & cards. It is their goal to see that our military – active, reserve, and veterans – receive these messages, whether they are serving at home, abroad, or are injured in hospitals. On Wednesday, January 15, from 11-2 p.m., we will have blank Valentine's Day cards available to send our messages of thanks to soldiers overseas.

W Jan. 15 11:00 – 2:00 Free

Book Swap

Take a good, hard look at your bookshelves. The dusty coffee table books that well-intentioned relatives got you over the holidays... the silly novelty books that are only funny once. Make room for some new books. Donate one (or more) books you wish to share with another reader, and take a book that looks interesting to you. Any leftover books will be donated to Center to share with our visitors.

F Jan. 17 10:00 – 11:30 Free

Cell Phone & Tablet Lab

Do you have questions about the operation of your cell phone, iPad, tablet or Kindle? Stop into the tablet lab and Sara will try to answer your questions or help you understand the device. First come, first served.

T Jan. 21 1:00 – 2:30 Free

Introduction to Cloud Computing

Get your head in the cloud! How do you ensure your files are always available, safe and accessible from anywhere? Our computer tutor, Dan, will teach you about cloud computing and cloud services.

W Jan. 22 1:00 – 2:30 Free

Change Today for a Healthier Tomorrow

Sheryl Grover, Director of Chronic Disease Prevention at the YMCA of the Greater Twin Cities will provide information on how you can improve your health one small step at a time. Chronic disease, especially diabetes is on the rise. With a few lifestyle changes you can reduce your risk for type 2 diabetes (and other chronic diseases). Sheryl will also provide information on the YMCA's Diabetes Prevention Program, that Medicare participants can enroll in at no cost. Don't miss this opportunity to learn about the risks of diabetes and see if you are a good fit to participate in this life changing program.

W Jan. 29 1:00 – 2:30 Free

AARP Smart Driver Course

The four-hour refresher course is open to any licensed driver but focuses on those 50-plus. The refresher course covers information on laws that may be new or have changed since many participants got their licenses. (Note: The new fees will be \$15 for AARP members and \$20 for non-members payable to the instructor the day of the class.)



Th Jan. 30 11:00 – 3:00
\$15 AARP Members/\$20 non-members

FEBRUARY ACTIVITIES

Documentary: Thelonious Monk: Straight, No Chaser (1988)

Madness and genius are often inexplicably intertwined, as was the case with brilliant jazz pianist Thelonious Monk, who spent his last years living as a virtual hermit. Straight, No Chaser's archival footage only hints at the madness to come. Interviews with Monk's family and collaborators

complement footage shot in 1968 for German television in this music-filled portrait of talent and torment. (90 minutes)

W Feb. 5 1:00 Free

Living Well with Chronic Conditions: Chronic Disease Self-Management

The Chronic Disease Self-Management Program is an evidence-based health promotion program developed by Stanford University. It provides participants with a "toolbox" of management skills including pain management, positive thinking, better breathing techniques, relaxation methods & more. Program participants meet for 2 hours each week for 6 weeks. The series is led by two trained facilitators who either live with, or care for, someone with chronic conditions. The sessions are interactive with several learning activities, a break and healthy snacks. Each participant receives a copy of the companion book "Living Well with Chronic Conditions," which they may keep. There is a small one-time fee (based on a sliding income scale) and will cover the entirety of the six-week class & book. Please note that we do not want cost to be a barrier to participation in this class. Please call Sara at 612-370-3869 if you have any questions.

6 Tuesdays Feb. 11 – Mar. 18 1:00-3:00 p.m.
Sliding Fee Scale

Bingo! Sponsored by Walgreens

Join the staff from our local Walgreens on the Nicollet Mall who will be hosting Bingo at center. Prizes and refreshments provided by Walgreens. Limited number of seats – sign up soon.

W Feb. 19 1:00 – 2:30 Free

Senior LinkAge Line® Who We Are and What We Do

The Senior LinkAge Line is a service of the Metropolitan Area Agencies on Aging. We provide information and assistance to seniors and caregivers in the community. Our goal is to offer options for seniors to enable them to stay independent in their homes as long as possible. Our staff and volunteers connect consumers to programs and services such as transportation, home health care, housing, food, grocery delivery, legal and financial help, housework and home repairs, employment, volunteering and caregiver support. The Senior LinkAge Line®

also provides comprehensive, objective information about Medicare and health insurance options to Medicare beneficiaries of all ages. This presentation includes an introduction to our public database, www.MinnesotaHelp.info.

W Feb. 26 1:00-2:30 Free

MARCH ACTIVITIES

Culture Club: Wells Fargo History Museum

Join fellow members of the UCare Skyway Senior Center at the Wells Fargo History Museum on the Skyway level of Wells Fargo Center at 6th & Marquette. Step off the skyway into Wells Fargo's storied past beginning with the California Gold Rush. Explore a turn-of-the-century bank, discover frontier transportation including a restored 1863 Concord stagecoach, experience 19th century communications with a working telegraph station, and listen to the Northwestern National Bank Weatherball jingle. *Meet at the Skyway level of Wells Fargo Center at 6th & Marquette*

W Mar. 5 1:00 (meet at Wells Fargo Ctr.)Free

Minneapolis Issues Discussion

Please join our guest, Senator Bobby Joe Champion, who will talk about what's going on in our state legislature and how it affects Minneapolis. Learn more about the legislative process, taxes, neighborhood issues, public safety, housing or any other current topics. Stop in and learn about what's going on at the state capitol and get your questions answered.

W Mar. 19 1:00 Free

Health Care Directives

Attorney Michael Persellin, Legal Aid, will discuss the important topic of health care directives and answer your questions:

What is a health care directive?

How does it help?

How do you choose your health care agent?

How do you fill out a health care directive?

W Mar. 26 1:00 Free

January

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Closed For Holiday	2 10:00 – 11:00 Walking Club 1:00 – 2:30 Advisory Board Meeting	3 10:00 – 11:00 Fitness Mix* 12:00 – 2:30 Movie - <i>A Man for All Seasons</i>
6 10:00 – 11:00 Fitness Mix* 1:00 – 2:30 Catching Up on Current Events	7 12:30 – 1:30 Birthdays of the Month 1:30 – 2:30 Meet the Artist: Joe Grecco	8 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 12:30 – 3:00 Bundles of Love	9 10:00 – 11:00 Walking Club 1:00 – 2:30 Sew Lovely	10 10:00 – 11:00 Fitness Mix* 12:00 – 2:30 Movie - <i>Viva Las Vegas</i>
13 10:00 – 11:00 Fitness Mix* 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	14 10:00 – 11:00 Tai Chi* 11:00 – 12:30 Creative Writing Group	15 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 11:00 – 2:00 Cards for Soldiers	16 10:00 – 11:00 Walking Club 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates, Resources, Assistance, Information	17 10:00 – 11:30 Book Swap 12:00 – 2:30 Movie - <i>Julia</i>
20 Closed For Holiday	21 10:00 – 11:00 Tai Chi* 1:00 – 2:30 Cell Phone & Tablet Lab	22 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 Intro to Cloud Computing	23 10:00 – 11:00 Walking Club 11:00 – 3:00 Foot Care* 11:30 – 1:00 Lunch Bunch - Marin	24 10:00 – 11:00 Fitness Mix* 12:00 – 2:30 Movie - <i>The Truman Show</i>
27 10:00 – 11:00 Fitness Mix* 1:00 – 2:30 Catching Up on Current Events	28 10:00 – 11:00 Tai Chi* 1:00 – 2:30 Ask the Pharmacist	29 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 Diabetes Prevention Presentation	30 10:00 – 11:00 Walking Club 11:00 – 3:00 AARP Smart Driver Course*	31 10:00 – 11:00 Fitness Mix* 12:00 – 2:30 Movie - <i>House of Games</i>

February

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 – 11:00 Fitness Mix* 10:00 – 11:00 Meet the Artist: Kat Corrigan 12:00 – 1:00 Friends Board Meeting 1:00 – 2:30 Catching Up on Current Events	4 10:00 – 11:00 Tai Chi* 12:30 – 1:30 Birthdays of the Month	5 1:00 – 2:30 Documentary: Thelonious Monk: Straight, No Chaser	6 10:00 – 11:00 Walking Club 1:00 – 2:30 Advisory Board Meeting	7 10:00 – 11:00 Fitness Mix* 12:00 – 2:30 Movie - <i>Chocolat</i>
10 10:00 – 11:00 Fitness Mix* 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	11 10:00 – 11:00 Tai Chi* 11:00 – 12:30 Creative Writing Group 1:00 – 3:00 Living Well with Chronic Conditions	12 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 12:30 – 3:00 Bundles of Love	13 10:00 – 11:00 Walking Club 1:00 – 2:30 Sew Lovely	14 10:00 – 11:00 Fitness Mix* 12:00 – 2:30 Movie - <i>A Rather English Marriage</i>
17 Closed For Holiday	18 10:00 – 11:00 Tai Chi* 1:00 – 3:00 Living Well with Chronic Conditions	19 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 Bingo! Sponsored by Walgreens	20 10:00 – 11:00 Walking Club 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates, Resources, Assistance, Information	21 10:00 – 11:00 Fitness Mix* 12:00 – 2:30 Movie - <i>Who's Afraid of Virginia Woolf?</i>
24 10:00 – 11:00 Fitness Mix* 1:00 – 2:30 Catching Up on Current Events	25 10:00 – 11:00 Tai Chi* 1:00 – 3:00 Living Well with Chronic Conditions	26 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 Senior Linkage	27 10:00 – 11:00 Walking Club 11:30 – 1:00 Lunch Bunch - Hell's Kitchen	28 10:00 – 11:00 Fitness Mix* 12:00 – 2:30 Movie - <i>Calamity Jane</i>

March

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 – 11:00 Fitness Mix* 11:30 – 12:30 Meet the Artist: Holly Stone 12:00 – 2:30 Catching Up on Current Events	4 10:00 – 11:00 Tai Chi* 12:30 – 1:30 Birthdays of the Month 1:00 – 3:00 Living Well with Chronic Conditions	5 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:00 Culture Club: Tour of Wells Fargo Museum	6 10:00 – 11:00 Walking Club 1:00 – 2:30 Advisory Board Meeting	7 10:00 – 11:00 Fitness Mix* 12:00 – 2:30 Movie - <i>The Trojan Women</i>
10 10:00 – 11:00 Fitness Mix* 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	11 10:00 – 11:00 Tai Chi* 11:00 – 12:30 Creative Writing Group 1:00 – 3:00 Living Well with Chronic Conditions	12 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 12:30 – 3:00 Bundles of Love	13 10:00 – 11:00 Walking Club 1:00 – 2:30 Sew Lovely	14 10:00 – 11:00 Fitness Mix* 12:00 – 2:30 Movie - <i>Victor/Vic- toria</i>
17 10:00 – 11:00 Fitness Mix* 1:00 – 2:30 Catching Up on Current Events	18 10:00 – 11:00 Tai Chi* 1:00 – 3:00 Living Well with Chronic Conditions	19 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 Minneapolis Issues: Sen. Bobby Joe Champion	20 10:00 – 11:00 Walking Club 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates, Resources, Assistance, Information	21 10:00 – 11:00 Fitness Mix* 12:00 – 2:30 Movie - <i>Babyface</i>
24 10:00 – 11:00 Fitness Mix* 1:00 – 2:30 Catching Up on Current Events	25 10:00 – 11:00 Tai Chi* 1:00 – 2:30 Ask the Pharmacist	26 10:00 – 11:00 Mat Yoga* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 Health Care Directives	27 10:00 – 11:00 Walking Club 11:00 – 3:00 Foot Care* 11:30 – 1:00 Lunch Bunch - Basil's	28 10:00 – 11:00 Fitness Mix* 12:00 – 2:30 Movie - <i>The Last King of Scotland</i>
31 1:00 – 2:30 Catching Up on Current Events				

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.

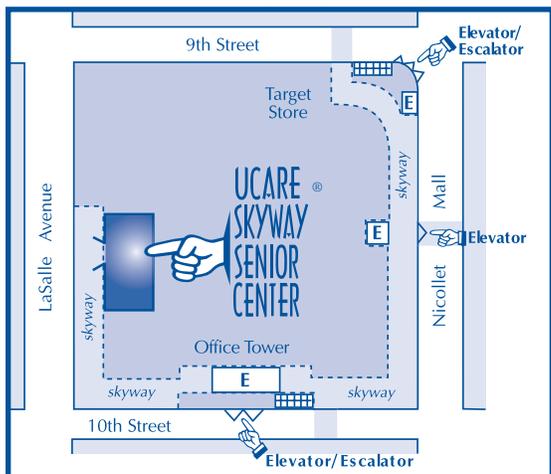
UCare Skyway Senior Center

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.