

**In This Issue:**

**Funding Update**

**Page 1:**

- Funding Update

**Page 2:**

- Trips & Outings

**Page 3:**

- Meet the Artist

**Page 4:**

- Good to Know-  
You Want to  
Know

**Page 5:**

- We Want  
To Know

**Page 6:**

- At the Movies

**Page 7-9:**

- Ongoing  
Activities

**Page 9-11:**

- October,  
November,  
December  
Activities

**Page 12-14:**

- Calendars

**Page 15:**

- Registration

**Back Page:**

- Map & Directions

The future of the Skyway Senior Center is unknown at the time this newsletter went to press. The Friends of the Skyway Senior Center have generously been supporting the Center since April in absence of a sponsor and their funding will run out the end of this calendar year. With that scenario in mind, the Friends asks for your support with a generous contribution to our annual fundraising appeal so that the Center can continue into 2017 while more sustainable funding is sought. The Friends are a 501(c)(3) organization and gifts are tax-deductible. A donor envelope is included in this newsletter for your convenience. Our supporters have another convenient way to contribute to the Friends of the Skyway Senior Center at: <https://www.givemn.org/organization/the-friends-of-the-skyway-senior-center-incorporated> You can make a contribution securely online with your credit card.

Please give generously and thanks for your support.

Friends of the Skyway Senior Center

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

- In our suggestion box at the Skyway Senior Center
- By phone at 612-370-3869
- E-mail at [skywaycenter@minneapolismn.gov](mailto:skywaycenter@minneapolismn.gov)
- Twitter: @skywaycenter
- Facebook: <https://www.facebook.com/pages/UCare-Skyway-Senior-Center/539294026093788>

Thank you for supporting 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: \_\_\_\_\_

# Minneapolis Community Education Trips & Social Outings



## Rochester Fall Colors Trolley Tour

Board a vintage red trolley for a narrated tour of Rochester. Get a close up view of parks, gardens and private homes. Hear the story of Rochester's growth and transformation from a humble Midwestern farm town to a world-famous mecca for medical arts. Be delighted by hidden scenic and cultural gems. Then head by bus to Mantorville for lunch at the historic Hubbell House. With registration, choose from Roast Beef or Baked Chicken. Both are served with sides, beverage and dessert. After lunch, browse around Mantorville. Price includes coach bus transportation, trolley tour, lunch, tax and gratuity.

Friday October 7 8:00 am-4:45 pm \$57

## The Parchman Hour at the Guthrie Theatre

At the dawn of the Civil Rights Movement, brave women and men of all backgrounds said goodbye to their families, boarded buses and headed into the Deep South to battle discrimination. Arrested and imprisoned in Mississippi's notorious Parchman Farm Penitentiary, these Freedom Riders endured by creating a nightly variety show called The Parchman Hour. This captivating play with music reveals a defining chapter in American history while celebrating the hope and resilience of a community that joined together to stand against segregation. Transportation is on your own. Tickets will be mailed to you. Meet at the Guthrie Theatre, 818 2nd Street South.

Wednesday October 12 1:00-3:30 pm \$23

## Cabaret at the Orpheum Theatre

Memorable songs like Willkommen, Maybe This Time, and – of course – Cabaret take you inside the heart of 1930s Berlin to experience the free spirited decadence and desire that is Cabaret. Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Saturday October 22 2:00-4:30 pm \$47

## The Lion in Winter at the Guthrie Theatre

Set during Christmas 1183, The Lion in Winter tells the wickedly amusing tale of King Henry II, his imprisoned queen (released only for the holiday), and their three

entitled sons who vie for the throne in a double-dealing division of the kingdom. With elegance and barbarism, devotion and disloyalty, this brutally funny family comedy is a high-stakes chess game where the pieces constantly change sides and no one is spared the sword. Transportation is on your own. Tickets will be mailed to you. Meet at the Guthrie Theatre, 818 2nd Street South.

## The Bodyguard at the Orpheum Theatre

A former Secret Service agent turned bodyguard is hired to protect a superstar from an unknown stalker. Each expects to be in charge, what they don't expect is to fall in love. The romantic thriller features irresistible classics such as Saving All My Love, I Wanna Dance with Somebody and, I Will Always Love You. Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Sunday January 15 1:00-3:30 pm \$47

## Mama Mia! at the Orpheum Theatre

The ultimate feel-good, smash hit musical includes classic songs like Dancing Queen, Take A Chance on Me and The Winner Takes It All. It's an enchanting tale of love, laughter and friendship. Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Sunday February 12 1:00-3:30 pm \$47

## Minneapolis Southside Singers

If you are over 55 and like to sing, you are invited to join this chorus, which has more than 50 members. Their repertoire includes music from the '30s and '40s, patriotic music, show tunes, spirituals, dance numbers and vaudeville-style skits. New members are always welcome. This activity is funded, in part, by the Minnesota Arts and Cultural Heritage Fund as appropriated by the MN State Legislature. For more information, call 612-729-4984. Rehearsals are at Trinity Lutheran Church of Minnehaha Falls, 5212 - 41st Ave. S.

Mondays Ongoing 1:00-3:00 pm \$20per year

### Please Contact Minneapolis Community Education to Register for trips listed

Call: 612-668-4828 – or send your payment to –  
Patty Hastreiter, Roosevelt Community Education  
4029-28<sup>th</sup> 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, 1607-51<sup>st</sup> Avenue North  
Parker Skyview Highrise, 1815 Central Avenue NE  
Windom School, 5821 Wentworth Avenue South

Center Coordinator  
Sara Goodnough

**Advisory Council**

Donald Leners  
*Chair*

Adrienne Merrill-Ratliff  
*Vice-Chair*

Betty Jeanne Leners,  
*Secretary*

Fay Harrison

Evelyn Eskeli

Mae Range

Randy Wilson

Jerry Dudley

Byron Crouch

**Friends of the Skyway  
Senior Center Board**

Pam Biljan  
*President*

Ellen Wolfson  
*Vice President*

Midge Loeffler  
*Treasurer*

Michelle Iverson  
*Secretary*

Barbara Nysten

Claudia Kittcock

# Meet the Artists

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



## October Howard Carson

I have been interested in art since I was a child. I am a self-taught artist and have learned through trial and error with the different mediums I work with including: watercolor, pastel, color pencil, graphite, pen & ink, inkwash, block prints and others. I have competed in national and local competitions from 1996-2005 and have won 39 awards in total. I have been teaching art as a volunteer at the VA hospital and Skyway Senior Center for many years. I find it rewarding to see people who believe they cannot draw surprise themselves at their success in my classes. As a 39 year cancer survivor, I have found that my art has helped me by giving me a purpose.

Artist Reception                      Tue., Oct. 4                      1:30 p.m.                      Free

## November Margaret Grill

Margaret Grill has worked as a visual artist for more than 10 years, exhibiting with a diverse group of galleries and venues. She has received a Bachelor of Fine Arts in Studio Arts and a Bachelor of Liberal Arts in Art History from the University of Minnesota. Much of the inspiration for Margaret's work is drawn from the immediate landscape surrounding her home and studio, a location that has been in her family for four generations. Additional work by Margaret Grill can be found at mgrillpainting.com. As a painter, I represent the change in the landscape as I feel it allows me better understand my place in the world. Change can be beautiful, exciting, unexpected and disconcerting. My goal as an artist is to inspire others to observe their own landscapes and ask their own questions about the changes they see.

Artist Reception                      Wed., Nov. 9                      1:00 p.m.                      Free

## December Courtney Olson (Jacob)

Currently residing in Northern Minnesota, Crookston. Courtney is a transplant from Minneapolis and ever since leaving the city she has realized more each day painting has become a huge part of her life. Courtney graduated with a Bachelor's Degree in Graphic Design from The Art Institutes International Minnesota. Courtney's works of art express aspects of nature and the natural beauty she sees in the world. Photography helps her capture a glimpse in time and influences her future works. The use of molding paste with acrylics build texture and give slight dimension to foliage in paintings. She creates her works with minimal detail so the brush strokes become the details of each piece. The power of color shows self-expression of mood and emotion which gives the viewers a sense of feeling. Her color palettes are vibrant with high contrast to catch the eye from a far and bring the greater sometimes forgotten natural beauty in the world to surface. To learn more about Courtney visit: [courtneyjacob.weebly.com](http://courtneyjacob.weebly.com)

Artist Reception                      Fri., Dec. 2                      11:00 a.m.                      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](mailto:skywaycenter@minneapolismn.gov) for more information.

# GOOD TO KNOW - YOU WANT TO KNOW

## Tired of being retired? Be a hero to students at local schools.

Support students in your community by becoming a Minnesota Reading Corps or Minnesota Math Corps tutor. As a Reading Corps or Math Corp tutor, you'll receive extensive training and onsite coaching to help students who are struggling in reading or math to get up to grade level. You'll be paid every two weeks and earn an education award of up to \$5,775 to pay tuition or repay student loans. Tutors 55 or older may gift this education award to their child or grandchild. Full- and part-time tutor positions are available. We're helping more kids catch up and soar on their own. And you can be part of it! Visit [MinnesotaReadingCorps.org](http://MinnesotaReadingCorps.org) or [MinnesotaMathCorps.org](http://MinnesotaMathCorps.org) to learn more and apply. Send questions to [recruitment@servemnaction.org](mailto:recruitment@servemnaction.org) or call 866-859-2825.

## Fare for All: Food that Makes Cents

Fare For All buys fresh produce and frozen meat in bulk from wholesalers and manufactures to find the best deals available. Volunteers at our warehouse pre-pack the produce and meat into food packages that range in price from \$10 – \$25. These packages are for sale at all of our Fare For All locations. To visit a Fare For All location, there is no need to register in advance or fill out any paperwork. Fare For All is open to everyone – because we buy food in bulk, the more people who participate the better. We try to fill our trucks for each location, so it is very rare that we run out of food. We visit our locations once a month, for two hours at a time. Fare For All accepts cash, credit, debit, and EBT cards. For more information & locations visit <https://fareforall.org/> or call 763-450-3880

## Holiday Party

The Skyway Senior Center annual holiday party is scheduled Wednesday, December 14, 11:30-1:00 p.m. There will be food, fun and door prizes. This is a great opportunity to see old friends and new

## Skyway Senior Center Wish List

- Nintendo Wii & few easy games (bowling, tennis etc.)
- Reading glasses/"cheaters" to loan to visitors
- Puzzles (over 500 pieces)
- Volunteers to teach or lead a craft class

*\*We are no longer accepting VHS tapes for donation\**

## Senior Dining

Senior Nutrition offers a full, nutritionally balanced, sit-down style lunch with varied menu options, to people age 60 and up. These lunches are served hot, Monday through Friday, unless otherwise indicated, at 27 locations in Hennepin and Anoka counties. Ethnic specialty menu options are available at some locations. Diners are asked to contribute \$4.00 per lunch, however they may contribute what they can afford. No one is ever denied a meal because of inability to pay. – For more information or to find a location near you, call 952-945-4156 or visit: [www.voamnwi.org/senior-nutrition](http://www.voamnwi.org/senior-nutrition)

# We Want to Know

1. What is one of your favorite memories of the Skyway Senior Center?

1. What types of activities would you like to see at the Skyway Senior Center?

**Please clip & mail in the enclosed envelope.  
If you are including a donation, both can go in envelope.  
Thank you!**

# At the Movies with "Downtown Tom"

 **FREE POPCORN!** 

**Love Actually** - 2003 R - 2hr 15m

Writer-director Richard Curtis's charming treatise on romance and relationships is an all-star ensemble comedy that tells 10 separate (but intertwining) London love stories, leading up to a spirited climax on Christmas Eve. Cast: Hugh Grant, Emma Thompson, Colin Firth (romantic comedy)

F Oct. 7 12:00 Free

**Joy** - 2015 PG-13 - 2hr 4m

After 10 years of trying to mass-market the revolutionary floor mop she had invented, housewife Joy Mangano strikes gold with a personal pitch on QVC that turns her Miracle Mop into an overnight marketing miracle. Cast: Jennifer Lawrence, Robert De Niro, Bradley Cooper. (drama)

F Oct. 14 12:00 Free

**From Here to Eternity** - 1953 - NR - 1hr 58m

This gripping adaptation of James Jones's novel about Army life in Hawaii in the idyllic days just before Dec. 7, 1941, follows the stories of three soldiers and the women who love them. Cast: Burt Lancaster, Montgomery Clift, Deborah Kerr (Drama)

F Oct. 21 12:00 Free

**Get Smart** - 2008 - PG-13 - 1hr 50m

When the identities of secret agents are compromised, hapless but eager analyst Maxwell Smart is promoted and teams with the far more capable Agent 99 to thwart the evil terrorist group KAOS in this comedy caper based on the classic TV show. Cast: Steve Carell, Anne Hathaway. (comedy)

F Oct. 28 12:00 Free

**Champion** - 1949 - NR - 1hr 39m

Midge Kelly is a talented boxer but a horrible person. He rises to the top of his sport, but fame and wealth quickly seduce him, and he revels in being a star. Eventually, Kelly alienates everyone who's helped him -- and finds himself alone. Cast: Kirk Douglas, Marilyn Maxwell, Arthur Kennedy. (drama)

F Nov. 4 12:00 Free

**Eddie the Eagle** - 2016 PG-13 - 1hr 45m

Forever endearing himself to the British public, Eddie "the Eagle" Edwards becomes the first Englishman to compete in the Winter Olympics ski jump, relying on valor to make up for his lack of experience and bad eyesight. Cast: Taron Egerton, Hugh Jackman, Christopher Walken. (drama)

F Nov. 18 12:00 Free

**Dead Reckoning** - 1947 - NR - 1hr 44m

Humphrey Bogart stars as Rip Murdock, a World War II veteran ensnared in a web of crime and conspiracy when his best friend, Johnny Drake (William Prince), disappears en route to Washington, D.C., to receive a war medal. Murdock follows the trail to Drake's hometown, where he finds his friend's body burned beyond recognition. His continuing investigation soon involves Drake's ex-girlfriend, femme fatale Cory Chandler (Lizabeth Scott). Cast: Humphrey Bogart, Lizabeth Scott. (Drama)

F Dec. 2 12:00 Free

**Brooklyn** - 2015 - PG-13 - 1hr 51m

After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations -- and two men. Cast: Saoirse Ronan, Domhnall Gleeson. (drama)

F Dec. 9 12:00 Free

**Lady Sings the Blues** - 1972 R - 2hr 24m

Diana Ross stars as legendary jazz singer Billie Holiday in this poignant biopic chronicling Lady Day's hard-knock beginnings, her remarkable musical career and the personal demons that led to her tragic demise. Cast: Diana Ross, Billy Dee Williams, Richard Pryor. (drama)

F Dec. 16 12:00 Free

**It Happened on 5th Avenue** - 1947 NR - 1hr 56m

Every year, when the O'Connors leave their lavish New York home to spend Christmas in Florida, hobo Aloysius T. McKeever takes up residence in the house in their absence. But this year, daughter Trudy shows up unexpectedly. Posing as a runaway, she keeps her identity a secret, as does her father when he arrives home. The confusion that follows ensures the O'Connors will never forget this Christmas. Cast: Don DeFore, Ann Harding, Charles Ruggle (classic)

F Dec. 23 12:00 Free

**Singin' in the Rain** - 1952 - G - 1hr 43m

Gene Kelly, Debbie Reynolds and Donald O'Connor combine their talents in one of the greatest big-screen musicals ever made, a two-time Oscar nominee that includes the songs "Good Morning," "Make 'Em Laugh" and the iconic title tune. When Hollywood attempts the transition from silent films to talkies, a matinee idol (Kelly) hopes to make the cut. But he's hampered by a silent-movie queen (Jean Hagen) with a voice like fingernails on a blackboard. Cast: Gene Kelly, Donald O'Connor, Debbie Reynolds. (musical comedy)

F Dec. 30 12:00 Free



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

The Skyway Senior Center schedules many speakers and presentations. Please note the views expressed are not necessarily the views of the City of Minneapolis, nor does the City endorse any products or services presented.

# ONGOING ACTIVITIES

## Exercise Class Policy

- 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.
- There are NO refunds on cards purchased so please don't lose your card. You are responsible for your card.

## Exercise Classes

### Gentle Yoga & Stretch

Gentle Yoga & Stretch incorporates yoga moves with stretching and strengthening the core to improve balance. A focus on mind-body will be incorporated into our practice. Please note there will be no class on May 31.

Tuesdays Oct. 4 – Dec. 27 11:00 – 12:00

### Zumba Gold

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Benefits: Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Zumba Gold is a SilverSneakers class and may be included with your health insurance. Ask instructor before class.

Mondays & Thursdays Oct. 3 – Dec. 29 9:30 – 10:30

### Walking Club

Walking Club is a fun, free workout. Everyone is welcome to join! 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. Walking club meets on Fridays.

Every Friday 10:00 – 11:00 a.m. Free



Please note that due to instructor availability the schedule is subject to change. Please call the Center at 612-370-3869 if you have any questions about the exercise schedule.

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.)

I Can Eat Sensibly has been discontinued at this time.

## Foot Care Clinic

Foot care appointments includes nail trimming, foot soak & foot massage by registered nurse. The cost is \$25 (cash or check) payable to the nurse the day of your appointment. Call the Center at 612-370-3869 to sign up – the clinics are popular and fill up fast. Please bring your own hand towel.

W Nov. 23 11:00-2:00 \$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. Schedule dependent upon volunteer availability. Call 612-370-3869 to schedule an appointment.

## Sew Lovely

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

Th Oct. 13, Nov. 10 & Dec. 8 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 Skyway Senior Center.

T Oct. 4, Nov. 1 & Dec. 6 12:30 Free



## Book Club

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

## October Book – Letters from Earth by Mark Twain

The great American writer's most controversial and suppressed work, *Letters from Earth*, consists of a series of detailed reports written by Satan to the Archangels Gabriel and Michael, in which the inhabitants of earth are described as long-suffering victims of their own ludicrous religious beliefs. The essays were initially considered too "controversial" to publish, and were suppressed by Twain's own family who felt that the writer's reputation would be harmed if the depth of his dislike for Christianity, and his uncanny ability to see through all the foibles of human belief and the

large number of biblical contradictions, became widely known. It was only in 1962—more than fifty years after Twain's death—that permission was finally granted by the family for the essays to be published.

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

## November Book – Gilead by Marilynne Robinson

Nearly 25 years after *Housekeeping*, Marilynne Robinson returns with an intimate tale of three generations, from the Civil War to the 20th century: a story about fathers and sons and the spiritual battles that still rage at America's heart. In the words of Kirkus, it is a novel "as big as a nation, as quiet as thought, and moving as prayer. Matchless and towering." *Gilead* tells the story of America and will break your heart.

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

## December– Book Club Social

If your new year's resolution is to read more books, consider participating in the Book Club. At the December Book Club meeting, participants will meet to discuss the book club books for 2017. This is a great opportunity to bring forward your ideas or suggestions for 2017 books and discuss books with other readers. Whether you come once or every month, new members are always welcome.

Th Dec. 15 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. Everyone is responsible for paying their own check. Lunch Bunch meets the 4th Thursday of the month except in November when they meet the 3rd Thursday.

Th Oct. 27 Oak Grill (Macy's)  
700 Nicollet Mall 11:30  
Th Nov. 17 McCormick & Schmick's  
800 Nicollet Mall 11:30  
Th Dec. 22 Murray's  
26 South 6th St. 11:30

## Jazz Appreciation

Once a month, Jazz Appreciation meets to watch a jazz documentary or concert video. Starting October, 2015 through most of 2016, we will be viewing Ken Burns' *Jazz* documentary during each monthly session. Everyone is welcome. Jazz Appreciation meets the second Tuesday of every month at 1:00 p.m.

T Oct. 11 "Jazz on a Summer's Day"  
1:00-2:30 Free  
T Nov. 8 "Django Reinhardt: King of Jazz Guitar"  
1:00-2:30 Free  
T Dec. 13 "Judy Garland: The Concert Years"  
1:00-2:30 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. Call 612-370-3869 to schedule your one-on-one appointment. The advocate is here the 3rd Thursday of every month.

Th Oct. 20 , Nov. 17 & Dec. 15 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 Oct. 3 – Dec. 26 1:00-2:30 Free

# OCTOBER ACTIVITIES

## \*Medicare Part D – Open Enrollment and Extra Help

It is important to review your Medicare prescription drug plan each year during the Open Enrollment period, from October 15 - December 7. The Medicare.gov website allows individuals to make health insurance comparisons and change to the most cost-effective Part D plan, based on the prescription drugs they are taking. Our presentation will explain how Part D works, including the impact of the Affordable Care Act on "the donut hole." We can also explain the new 5-star plans, available throughout the year. Extra Help will be explained, a program for people with lower incomes, that may reduce prescription drug costs. Copies of the Health Care Choices booklet, published by the Minnesota Board on Aging, will be provided.

W Oct. 5 11:00-12:00 Free

## \*UMN Research Study

Researchers from the University of Minnesota will talk about a study on how brain antioxidant levels in healthy elders are different than those in: the young and patients with Alzheimer's disease. The study is also looking for healthy men who are in the age ranges 65-89 years old. Participants will spend one morning at the University of Minnesota and be compensated financially for their time.

W Oct. 5 1:00-2:00 Free

## \*Pneumonia & Shingles Presentation

Pharmacy staff from the Nicollet Mall Walgreens will provide general information regarding the pneumonia and shingles vaccine. Question and answer session to follow the presentation.

W Oct. 12 1:00-2:00 Free

## Flu Shot Clinic

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.

This year:

### • Quadrivalent Flu Shot—cash price \$36.00

• Protects against four flu strains  
(two A Strains and two B Strains) \*Ages 3 years & up\*

### • High Dose—cash price \$60.00

• Protects against three flu strains  
(two A strains and one B strain) This option provides four times the protection of the Trivalent formulation

\*Ages 65 & older.\*

HCMC/MVNA is able to bill any insurance provider but it is the responsibility of the participants to confirm their benefits. Please bring ID & insurance info. Call the Center to sign up or for more information at 612-370-3869.

T Oct. 18 1:00 – 2:00 Call for info

## 2016 Election Information

Join Minneapolis Elections staff for information about the upcoming presidential election. Learn about voter registration, where to vote, absentee voting, becoming an election judge, sample ballots and more.

W Oct. 19 11:00-12:00 Free

## \*Health Insurance Counseling

The Skyway Senior Center has scheduled health insurance counseling on multiple dates in Oct.-Dec. Counseling is provided by state-certified Health Insurance Counseling staff or volunteers and is available at no fee at this site. **Please call the Senior LinkAge Line® at 800 333 2433 to schedule an appointment.**

Counselors assist clients with:

- Understanding the basics of Medicare and Medical Assistance
- Choosing a Medicare supplement
- Choosing a Medicare Part D plan
- Ensuring proper processing of Medicare and Medical Assistance claims
- Assisting with health insurance forms
- Exploring ways to lower prescription drug costs
- Assessing long-term care insurance as an option

Health insurance counseling services are also available by calling the Senior LinkAge Line® at 1-800-333-2433 Monday through Friday between the hours of 8:00 a.m. & 4:30 p.m. Deaf or hard-of-hearing clients may call the Minnesota Relay at 1-800-627-3529 and ask for the Senior LinkAge Line® number

W Oct. 19 12:00-3:00 Free



## Pre-registration encouraged for classes marked with an asterisk (\*)

Please call 612-370-3869 to register unless otherwise noted.

If a class gets cancelled, you will receive a call if pre-registered.

You are still welcome and encouraged to drop-in to any class if there is a space available.

### Documentary: "Mr. Warmth: The Don Rickles Project"- 2007- NR - 1hr 30m

Renowned director John Landis offers up a portrait of legendary comedian Don Rickles (in an Emmy-winning role) by blending clips of Rickles's appearances at the Dean Martin celebrity roasts and on "The Tonight Show" with footage from his stand-up routine and interviews. A slew of celebrities -- including Martin Scorsese, Christopher Guest, Robin Williams, Sarah Silverman, Sidney Poitier and Clint Eastwood -- offer their insights on the man known as "Mr. Warmth."

T Oct. 25 1:00-2:30 Free

### \*Minneapolis Comprehensive Plan

Participate in shaping the future of Minneapolis! Minneapolis 2040 is an update to the City's Comprehensive Plan, which shapes the future of development in Minneapolis. We are looking for community input on what you would like to see happen in Minneapolis in the next 20 years. City staff will give a brief overview of this plan and then conduct an open discussion. All are welcome to participate.

W Oct. 26 10:30-12:00 Free

### \*Health Benefits of Meditation

Join us for a presentation by the University of Minnesota's Center for Spirituality & Healing on the health benefits of meditation. Simple meditation techniques will be demonstrated and there will be time for questions and answers. A great way to start your new year.

W Oct. 26 1:00-2:00 Free

### Halloween Party

Join us for our annual Halloween party with treats and a costume contest.

M Oct. 31 11:00-12:00 Free



## NOVEMBER ACTIVITIES

### \*AARP HomeFit – The Lifelong Home

AARP research consistently finds that the vast majority of people age 50 and older want to stay in their homes and communities for as long as possible. The AARP HomeFit Guide was created to help people stay in the homes they love by turning where they live into a "lifelong home," suitable for themselves and anyone in their household. The guide offers solutions that range from simple do-it-yourself fixes to improvements that require skilled expertise but can be well worth the expense. Gene Nicoletti, an architect with expertise in Universal Design will walk us through

the Guide and share his own advice on modifications that help people stay at home, where they want to be.

W Nov. 2 10:00-11:30 Free

### \*Health Insurance Counseling

The Skyway Senior Center has scheduled health insurance counseling on multiple dates in Oct.-Dec. Counseling is provided by state-certified Health Insurance Counseling staff or volunteers and is available at no fee at this site.

**Please call the Senior LinkAge Line® at 800 333 2433 to schedule an appointment.**

Counselors assist clients with:

- Understanding the basics of Medicare and Medical Assistance
- Choosing a Medicare supplement
- Choosing a Medicare Part D plan
- Ensuring proper processing of Medicare and Medical Assistance claims
- Assisting with health insurance forms
- Exploring ways to lower prescription drug costs
- Assessing long-term care insurance as an option

Health insurance counseling services are also available by calling the Senior LinkAge Line® at 1-800-333-2433 Monday through Friday between the hours of 8:00 a.m. & 4:30 p.m. Deaf or hard-of-hearing clients may call the Minnesota Relay at 1-800-627-3529 and ask for the Senior LinkAge Line® number

W Nov. 2, 16 & 30 12:00-3:00 Free

### \*Social Security Presentation

Join MN Legal Aid Senior Law Project Attorney Michael Persellin for a discussion about Social Security and SSI benefits. Q & A will follow the presentation. Mike Persellin is an attorney with the Senior Law Project, a program of Mid-Minnesota Legal Aid. A graduate of the University of Minnesota Law School, Mike has worked since 1982 at Legal Services offices in Minneapolis, St. Paul, St. Cloud, Little Falls, Willmar, and Cambridge. He has practiced extensively in the areas of Social Security, Consumer Law, Housing Law, Public Benefits Law, Health Law, and Family Law.

W Nov. 9 11:00-12:00 Free

### \* "Track Lighting": Improvisational Comedy Performance

Track Lighting, a 55+ improv group, began as an idea that was picked to play three shows at the Improv a-Go-Go featured at Huge Theater. The idea was simple, we are all lights in the world and we could place ourselves where and when we choose. We met at community ed improv classes where our training began. Brave New Workshop hosted the classes and we trained at Huge Theater & Comedy Sportz in Minneapolis. Rescheduled from August.

T Nov. 15 1:00-2:00 Free



**Documentary: "Requiem for the American Dream"**  
-2016 NR - 1hr 13m

In this timely documentary, Noam Chomsky, one of America's most respected and influential social theorists, offers sobering insights on the nation's extreme economic inequalities and the true cost of projecting U.S. power worldwide.

T Nov. 22 1:00-2:30 Free

**\*BINGO: Sponsored by Walgreens**

Staff from the Nicollet Mall Walgreens will host Bingo and provide prizes. Please call the Center at 612-370-3869 to reserve your spot. Space is limited.

T Nov. 29 1:00-2:00 Free

**Minneapolis Issues: Council Member Andrew Johnson**

Join our special guest, Minneapolis City Council Member Andrew Johnson, 12th Ward, for a discussion about Minneapolis issues. Council Member Johnson will talk about his district, share his thoughts on key local issues & initiatives and will have a Q & A with participants.

W Nov. 30 10:00-11:00 Free

**DECEMBER ACTIVITIES**

**\*Safeguarding our Seniors with the BBB**

Senior financial abuse is often underreported and misunderstood. The Better Business Bureau and Allianz Life have partnered to provide the program, "Safeguarding Our Seniors – Be Empowered to Take Action" to raise awareness and empower seniors and caregivers to take action against senior fraud and financial abuse.

**During this workshop you'll learn to:**

- Recognize the red flags that tell you something isn't quite right
- Understand the credible resources available to you for questions and reporting
- Be empowered to take action when a financial scam or fraud crosses your path

W Dec. 7 10:00-11:00 Free

**\*Health Insurance Counseling**

The Skyway Senior Center has scheduled health insurance counseling on multiple dates in Oct.-Dec. Counseling is provided by state-certified Health Insurance Counseling staff or volunteers and is available at no fee at this site.

**Please call the Senior LinkAge Line® at 800 333 2433 to schedule an appointment.**

**Counselors assist clients with:**

- Understanding the basics of Medicare and Medical Assistance
- Choosing a Medicare supplement
- Choosing a Medicare Part D plan
- Ensuring proper processing of Medicare and Medical Assistance claims
- Assisting with health insurance forms



- Exploring ways to lower prescription drug costs
  - Assessing long-term care insurance as an option
- Health insurance counseling services are also available by calling the Senior LinkAge Line® at 1-800-333-2433 Monday through Friday between the hours of 8:00 a.m. & 4:30 p.m. Deaf or hard-of-hearing clients may call the Minnesota Relay at 1-800-627-3529 and ask for the Senior LinkAge Line® number*

W Dec. 7 12:00-3:00 Free

**Annual Holiday Party**

Join us at the Skyway Senior Center's annual holiday party. Food, music and fun. This is a great time to reconnect with old and new friends at the Skyway Senior Center.



W Dec. 14 11:30-1:00 Free

**\*Travels with Anita: Around the World**

Anita has an exciting around-the-world trip scheduled fall, 2016. Come hear about her adventures, view photos and learn about many cultures.

T Dec. 20 1:00-2:00 Free

**\*AARP Driver Safety Course**

This 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. Limited space – register early.

W Dec. 21 11:00 – 3:00 (\$15 AARP Members/\$20 non-members)

**Documentary: "He Named Me Malala"** - 2015 - PG-13 - 1hr 27m

Vividly portraying the obstacles Pakistani women face in getting an education because of prohibitions by the Taliban, this affecting documentary chronicles the story of Malala Yousafzai, a 15-year-old who was shot because of her advocacy efforts.

T Dec. 2 1:00-2:30 Free

**\*Instruction on Awareness of Breath Meditation**

Join us for a presentation by the University of Minnesota's Center for Spirituality & Healing. Awareness of Breath Meditation is a type of concentration and mindfulness practice that help enhance the memory center of the brain and quiets the worry center, lessening anxiety and increasing focus, contentment and joy.

W Dec. 28 1:00-2:00 Free

# October

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>9:30 – 10:30</b> Zumba Gold  <b>12:00 – 1:00</b> Friends Board  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>4</b> <b>11:00 – 12:00</b> Gentle Yoga & Stretch <b>12:30 – 1:30</b> Birthdays of the Month <b>1:30 – 2:30</b> Meet the Artist: Howard Carson	<b>5</b> <b>11:00 – 12:00</b> Medicare Part D – Open Enrollment and Extra Help  <b>1:00 – 2:00</b> UMN Research Study	<b>6</b> <b>9:30 – 10:30</b> Zumba Gold  <b>1:00-2:00</b> Advisory Board	<b>7</b> <b>10:00 – 11:00</b> Walking Club  <b>12:00 – 2:00</b> Movie - <i>Love Actually</i>
<b>10</b> <b>Closed for Holiday</b>	<b>11</b> <b>11:00 – 12:00</b> Gentle Yoga & Stretch  <b>1:00 – 2:30</b> Jazz Appreciation	<b>12</b> <b>1:00 – 2:00</b> Pneumonia & Shingles Presentation	<b>13</b> <b>9:30 – 10:30</b> Zumba Gold  <b>1:00-2:30</b> Sew Lovely	<b>14</b> <b>10:00 – 11:00</b> Walking Club  <b>12:00 – 2:00</b> Movie - <i>Joy</i>
<b>17</b> <b>9:30 – 10:30</b> Zumba Gold  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>18</b> <b>11:00 – 12:00</b> Gentle Yoga & Stretch  <b>1:00 – 2:00</b> Flu Shot Clinic	<b>19</b> <b>11:00 – 12:00</b> Election Information  <b>12:00 – 3:00</b> Health Insurance Counseling	<b>20</b> <b>9:30 – 10:30</b> Zumba Gold  <b>10:30 – 11:30</b> Book Club  <b>1:00 – 2:30</b> Advocate & Resources	<b>21</b> <b>10:00 – 11:00</b> Walking Club  <b>12:00 – 2:00</b> Movie - <i>From Here to Eternity</i>
<b>24</b> <b>9:30 – 10:30</b> Zumba Gold  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>25</b> <b>11:00 – 12:00</b> Gentle Yoga & Stretch  <b>1:00 – 2:30</b> Documentary: Mr. Warmth	<b>26</b> <b>10:30 – 12:00</b> Comp Plan  <b>1:00 – 2:00</b> Health Benefits of Meditation	<b>27</b> <b>9:30 – 10:30</b> Zumba Gold  <b>11:30 – 1:00</b> Lunch Bunch: Oak Grill (Macy's)	<b>28</b> <b>10:00 – 11:00</b> Walking Club  <b>12:00 – 2:00</b> Movie - <i>Get Smart</i>
<b>31</b> <b>9:30 – 10:30</b> Zumba Gold  <b>11:00 – 12:00</b> Halloween Party  <b>1:00 – 2:30</b> Catching Up on Current Events				

# November

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>11:00 – 12:00</b> Gentle Yoga & Stretch  <b>12:30 – 1:30</b> Birthdays of the Month	<b>2</b> <b>10:00 – 11:30</b> AARP Home Fit  <b>12:00 – 3:00</b> Health Insurance Counseling	<b>3</b> <b>9:30 – 10:30</b> Zumba Gold  <b>1:00 – 2:00</b> Advisory Board	<b>4</b> <b>10:00 – 11:00</b> Walking Club  <b>12:00 – 2:00</b> Movie - <i>Champion</i>
<b>7</b> <b>9:30 – 10:30</b> Zumba Gold  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>8</b> <b>11:00 – 12:00</b> Gentle Yoga & Stretch  <b>1:00 – 2:30</b> Jazz Appreciation	<b>9</b> <b>11:00 – 12:00</b> Social Security Presentation  <b>1:00 – 2:00</b> Meet the Artist: Margaret Grill	<b>10</b> <b>9:30 – 10:30</b> Zumba Gold  <b>1:00 – 2:30</b> Sew Lovely	<b>11</b> <b>Closed for Holiday</b>
<b>14</b> <b>9:30 – 10:30</b> Zumba Gold  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>15</b> <b>11:00 – 12:00</b> Gentle Yoga & Stretch  <b>1:00 – 2:00</b> Track Lighting Improv Comedy	<b>16</b> <b>12:00 – 3:00</b> Health Insurance Counseling	<b>17</b> <b>9:30 – 10:30</b> Zumba Gold <b>10:30 – 11:30</b> Book Club <b>11:30 – 1:00</b> Lunch Bunch: McCormick & Schmick's <b>1:00 – 2:30</b> Advocates & Resources	<b>18</b> <b>10:00 – 11:00</b> Walking Club  <b>12:00 – 2:00</b> Movie - <i>Eddie the Eagle</i>
<b>21</b> <b>9:30 – 10:30</b> Zumba Gold  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>22</b> <b>11:00 – 12:00</b> Gentle Yoga & Stretch  <b>1:00 – 2:30</b> Documentary: Requiem for the American Dream	<b>23</b> <b>11:00 – 2:00</b> Foot Care	<b>24</b> <b>Closed for Holiday</b>	<b>25</b> <b>Closed for Holiday</b>
<b>28</b> <b>9:30 – 10:30</b> Zumba Gold  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>29</b> <b>11:00 – 12:00</b> Gentle Yoga & Stretch  <b>1:00 – 2:00</b> BINGO! Sponsored by Walgreens	<b>30</b> <b>10:00 – 11:00</b> Mpls Issues: Council Member Andrew Johnson  <b>12:00 – 3:00</b> Health Insurance Counseling		

# December

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>9:30 – 10:30</b> Zumba Gold  <b>1:00 – 2:00</b> Advisory Board	<b>2</b> <b>10:00 – 11:00</b> Walking Club  <b>11:00 – 12:00</b> Meet the Artist: Courtney Jacob  <b>12:00 – 2:00</b> Movie - <i>Dead Reckoning</i>
			<b>5</b> <b>9:30 – 10:30</b> Zumba Gold  <b>12:00 – 11:00</b> Friends Board  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>6</b> <b>11:00 – 12:00</b> Gentle Yoga & Stretch  <b>12:30 – 1:30</b> Birthdays of the Month
<b>12</b> <b>9:30 – 10:30</b> Zumba Gold  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>13</b> <b>11:00 – 12:00</b> Gentle Yoga & Stretch  <b>1:00 – 2:30</b> Jazz Appreciation	<b>14</b> <b>11:30 – 1:00</b> Holiday Party	<b>15</b> <b>9:30 – 10:30</b> Zumba Gold  <b>10:30 – 11:30</b> Book Club  <b>1:00 – 2:30</b> Advocate & Resources	<b>16</b> <b>10:00 – 11:00</b> Walking Club  <b>12:00 – 2:00</b> Movie - <i>Lady Sings                      the Blues</i>
<b>19</b> <b>9:30 – 10:30</b> Zumba Gold  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>20</b> <b>11:00 – 12:00</b> Gentle Yoga & Stretch  <b>1:00 – 2:00</b> Travels w/Anita: Around the World	<b>21</b> <b>11:00 – 3:00</b> AARP Driver Safety	<b>22</b> <b>9:30 – 10:30</b> Zumba Gold  <b>11:30-1:00</b> Lunch Bunch: Murray's	<b>23</b> <b>10:00 – 11:00</b> Walking Club  <b>12:00 – 2:00</b> Movie - <i>.It Happened                      on 5th Avenue</i>
<b>26</b> <b>Closed                      for                      Holiday</b>	<b>27</b> <b>11:00 – 12:00</b> Gentle Yoga & Stretch  <b>1:00 – 2:30</b> Documentary: He Named Me Malala	<b>28</b> <b>1:00 – 2:00</b> Instruction on Awareness of Breath Meditation	<b>29</b> <b>9:30 – 10:30</b> Zumba Gold	<b>30</b> <b>10:00 – 11:00</b> Walking Club  <b>12:00 – 2:00</b> Movie - <i>Singin' in the                      Rain</i>

## Registration Form for Center Activities Only – No Trips

Name _____	Phone ( ) _____
Address _____	Apt. # _____
City _____	Zip _____
Class 1 _____	Fee _____
Day _____ Date _____	Time _____
Class 2 _____	Fee _____
Day _____ Date _____	Time _____
Check # _____	Fee Total _____

Make Checks Payable To: <b>Minneapolis Finance Department</b>	Send To: Skyway Senior Center 950 Nicollet Mall, Suite 290 Minneapolis, MN 55403	For Office Use Only: Date received: _____ Initials: _____
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## 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:

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.

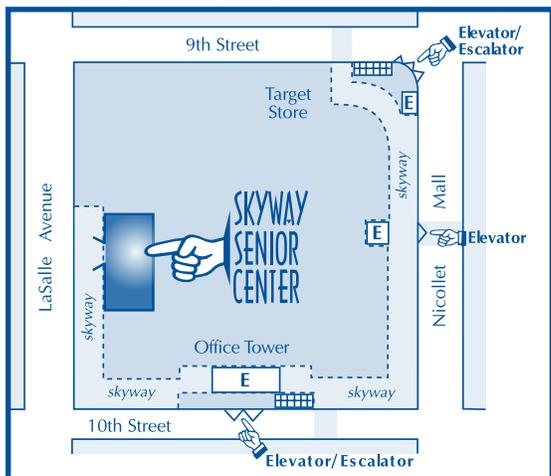
NO refunds on trips.

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 Skyway Senior Center



Published by the 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](mailto:skywaycenter@minneapolismn.gov) Website: [www.minneapolismn.gov/seniors](http://www.minneapolismn.gov/seniors)

## How Do I Find the 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 Skyway Senior Center. Refer to map above.

### Street-Level Entrances:

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

### Bus:

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