

Chatter

UCare

October - December 2011

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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DEAR FRIENDS OF THE UCARE SKYWAY SENIOR CENTER

Your Skyway Senior Center needs your financial help. The Friends of the Senior Center Board uses your contributions to help meet the expanding needs of the center, including special programming, speaker presentations and expenses such as emergency funding needs for equipment and services of the center.

Please be generous in your support of the Skyway Senior Center, but know that whatever amount you give will be greatly appreciated. To show our appreciation of your financial support, a board member of the Center has agreed to donate two \$25 gift cards from Target. Anyone who makes a contribution of \$5 or more by December 1, 2011, will go into a drawing for one of the \$25 gift cards! The drawing will be held on December 15, 2011, and you need not be present to win.

As you know, the Skyway Senior Center is a vital, well used drop-in center serving the downtown Minneapolis senior population and those seniors who find our skyway location convenient no matter where they live. In 2010, the center had over 10,000 visits and over 1,500 registrations for the 400 structured activities offered at the Center, including exercise classes, travel talks, and educational classes. A recent survey demonstrated over half of survey respondents using the Center are at or below 133% of the federal poverty guideline, and 75% of survey respondents using the Center live alone.

Your financial support is greatly appreciated and an important part of funding for the Center! Thank You from all of us!

Sincerely, The 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.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

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Ratliff
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HEALTH CARE
that starts with:

C. Leigh

– UCare member
Mendota Heights, MN

Discover *UCare for Seniors*SM, the plan designed specifically for our members. With UCare, you'll enjoy simple, affordable health care with great benefits at a great price. 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, and more.

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.[®]

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Artists of the Month

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



October

Sylvia Rudolph enjoys her almost life-long connection to painting, from childhood crayons to teen-young adult oils to years of working with chalk pastels. Most of the images that have been framed are scenes of beautiful locations that inspired her. She also filled notebooks with the other necessary part of art --the sketches and experiments that try to understand or show her inner world, to explore color and shape, to lead to new paintings or new directions for life (or just for fun).

Artist Reception Tue., October 11 at 1:00

November

William (Bill) Kerr was classically trained by his paternal grandmother, Mary Seymour Brooks. Mary studied under William Bouguereau in Paris, and later painted numerous estate and corporate portraits in Cleveland, Ohio. William Kerr paints and draws in several styles and in a number of mediums: water color, pen and ink, pastels, acrylics, even outdoor house paints at times. He painted all of the signs for three corner businesses at 15th and Nicollet in Minneapolis.

Artist Reception Wed., November 2 at 1:00

December

Barbara Lewis is back with her amazing quilts! Barbara took her first quilt making class in 1970, sitting at a ping-pong table in the garage of a Mormon lady in Los Altos, California. She went on to teach many classes at several quilt shops and led quilting retreats in California and Oregon. Now retired from a professional career, she belongs to a group making "kid quilts" for the Minneapolis/St. Paul Children's Hospitals.

Artists Reception Wed., December 7 at 1:00



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

Interested in Showing Your Art?

We are always looking for artists and all mediums to feature at our center. You just have to be able to hang it! Please contact MSSC at 612-370-3869 and ask for Christina Kendrick for more information.

Trips & Social Outings

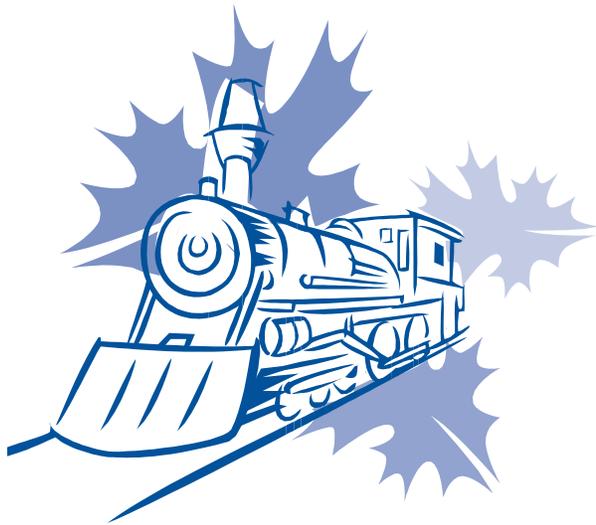


Fall Colors on the Northstar Train

Enjoy the beautiful fall colors while riding the Northstar Train to Big Lake from downtown Minneapolis. In Big Lake, board a shuttle bus to enjoy Sunday dinner at Russell's on the Lake, a regionally recognized destination for fabulous lake-side dining. With registration, choose from Apple Peach Tilapia, Tuscan Chicken, or Carved Sirloin, all served with side dishes, dessert and beverages. Catch the shuttle bus for the return train to downtown. Price includes train and shuttle bus, dinner, tax and gratuity.

Meet at Target Field Station, 335 - 5th Street N.

Sunday, October 2 10:00 am-3:30 pm
\$30/\$23 (65 and over)



Beyond the Rainbow at the History Theater

The incomparable Jody Briskey returns as Judy Garland at Carnegie Hall in her legendary 1961 comeback concert. Garland leads audiences through a whirlwind of memories starting with her childhood days in Grand Rapids and on to the studio at MGM, marriages and divorces and finally to Carnegie Hall. Show features some of the greatest songs of the 20th century. A late lunch, served at the Lake Elmo Inn, features roasted pork loin, potatoes, vegetable, rolls, apple strudel and beverage. Price includes bus transportation, show, lunch, tax and gratuity.

Thursday, November 3 8:30 am-3:30 pm \$48



Les Miserables at the Orpheum

Based on Victor Hugo's classic novel, this is the epic and uplifting story about the survival of the human spirit. It features a moving story, great characters and memorable songs, and is set in the turbulent times of the French Revolution. The magnificent score includes classics such as "I Dreamed a Dream," "On My Own," "One More Day," and many others. Reserved seats are toward the back on the main floor. Transportation is on your own. Meet in the lobby of the Orpheum Theatre, 910 Hennepin Ave.

Saturday, December 17 1:45-4:30 pm \$47

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, Minneapolis Community Education
4029 28th Ave So, Minneapolis, MN 55419

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

Free Events Around Town



American Diabetes Association Expo

Free event at the Minneapolis Convention Center.

October 15th at 9:00-3:00



Target Holidazzle Parade

The annual Target Holidazzle Parade shows over one million brilliant lights as visitors watch their favorite storybook characters come to life. Lighted floats, musical groups and costumed characters all lit up parade down the Nicollet Mall at 6:30pm, even as the winter weather descends upon Minneapolis. The parade is free to watch, and runs Thursday through Sunday during the holiday season.

Nov. 26 - Dec. 19, 2010



Westminster Town Hall Forum

Forums are held from noon to 1:00 pm at Westminster Presbyterian Church, Nicollet Mall and 12th Street, in downtown Minneapolis. Each forum is preceded by music. A public reception and small group discussion follow the forum from 1:00 to 2:00 pm. Town Hall Forums are broadcast on the News and Information stations of Minnesota Public Radio.

Fall 2011 Speakers:

Jeffrey Sachs; Oct. 20 at 12:00 pm
Tom Brokaw; Nov. 8 at 7:00 pm
Chris Matthews; Dec. 8 at 12:00 pm

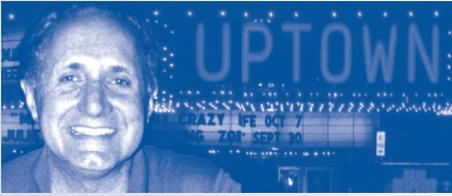


Macy's 8th Floor Holiday Display

Visit Macy's Downtown Minneapolis Nicollet Mall during store hours to take a tour of their famous holiday showpiece!

November through December

612-375-2200



At the Movies with *"Downtown Tom"*

How Tom produces a Quarterly Movie Schedule

I thought I'd share with UCare movie attendees some of the things which go through my mind in producing a movie calendar. It's both a somewhat self-gratifying process and a concern that the films that are picked draw an audience & entertains them. Based on my knowledge of both new and older releases I produce a list & present it to Tina. She checks her movie source to see what we can order. It may take several film lists to get a good variety of films to narrow it down to 13 or 14 finalists. I try to get a blend of movies that'll bring forth a wide spectrum of responses. Film is an emotional medium; the really good ones take viewers into other worlds which produce tears, cheers, deep thought, delight, anger, wonder, reverence, and awe. I generally like to kick-off a quarter with a "strong" film. A film with a strong theme, bristling with ideas, driven by a script that doesn't take "cheap shots" with the viewer's intelligence. Actors like working in such films & audiences can sense it. Actors and audiences are accomplices to enjoyment. So, I picked "You Don't Know Jack" starring that "actor's actor," Al Pacino, to get us out of the starting gate. Imagine, 134 minutes of stirring entertainment focusing on an M.D. whose passionate belief that folks living with excruciating pain should have the right to get help to end it all! And he, Dr. Jack Kevorkian, is willing to take his cause to The Supreme Court to decide. Whatta guy...whatta movie!

Back to the film calendar. Movies that follow "Dr. Jack" take viewers into other worlds of response; to cite just a few: *a comedic, interracial basketball romp *a creepy, campy battle between two female superstars (perfect for Halloween) *Helen Mirren in a very "un-lady-like" role as the mistress of America's 1st legal brothel *Temple Grandin as an autistic woman who champions humane treatment of cattle *Meryl Streep as a violin teacher to Harlem kids who encounters barriers from the system. So, film reader-viewer, that's "My Story."

See ya "At the movies!"



Movie Time

FREE POPCORN!

Sponsored by TCF National Bank,
Target Skyway Traditional Branch

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

❖ You Don't Know Jack – (Not Rated) 2010 (134 min.)

Al Pacino plays the controversial physician-assisted suicide crusader in this bio-pic drama of Dr. Jack Kevorkian.

F Oct 7 12:00 Free

❖ White Men Can't Jump – R 1992 (115 min.)

Black and white basketball hustlers join forces in order to increase their winning chances. Wesley Snipes, Woody Harrelson. (comedy-drama- sport)

F Oct 14 12:00 Free

❖ Cadillac Records – R 2008 (109 min.)

In this tale of sex, violence, race, and rock and roll in 1950s Chicago, "Cadillac Records" follows the exciting but turbulent lives of some of America's musical legends, including Muddy Waters, Leonard Chess, Little Walter, Howlin' Wolf, Etta James and Chuck Berry. Beyonce Knowles, Adrien Brody.(drama-music)

F Oct 21 12:00 Free

❖ Whatever Happened To Baby Jane? – (Not Rated) 1962 (134 min.)

Bette Davis and Joan Crawford star in this Halloween Special Movie. In a decaying Hollywood mansion, Jane Hudson, a former child star, and her sister Blanche, a movie queen forced into retirement after a crippling accident, live in virtual isolation. Things get crazy when Jane decides she wants to make a film comeback using Blanche's portion of their fortune. (drama-thriller-horror)

F Oct 28 12:00 Free

❖ My Big Fat Greek Wedding – PG 2002 (95 min.)

A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity. (comedy-romance)

F Nov 4 12:00 Free

❖ Love Ranch – R 2010 (117 min.)

A married couple (Helen Mirren, Joe Pesci) open the first legal brothel in Nevada near Reno in the 70's. Her husband Charlie, with big dreams, a felony record, and an aptitude for spending and infidelity, is the brothel's public face. On the day Grace's doctor tells her she has cancer in an advanced state, Charlie takes on new client, Argentine boxer Armando Bruza,. With the IRS and the church ladies circling the business, Grace takes the manager's role seriously and, along the way, Bruza charms her..(comedy-drama-romance).

T Nov 8 12:00 Free

❖ True Grit – PG-13 2010 (110 min.)

A tough U.S. Marshal helps a stubborn young woman track down her father's murderer. Jeff Bridges, Matt Damon(adventure-drama-western) A re-make of the classic 1969 John Wayne film.

W Nov 16 12:00 Free

❖ Music of the Heart – PG 1999 (124 min.)

The true story of a young teacher who fights against the board of education in her bid to teach underprivileged kids in a Harlem school the beauty of music through the violin. In her struggle she loses everything as the system comes down on her with all their might but her determination for the kids' happiness helps her to battle back with wonderfully inspirational results. Meryl Streep, Cloris Leachman. (drama-music)

W Nov 23 12:00 Free

❖ Ace in the Hole – (Not Rated) 1951 (111 min.)

A frustrated former big-city journalist (Kirk Douglas) now stuck working for an Albuquerque newspaper exploits a story about a man trapped in a cave to re-jump start his career, but the situation quickly escalates into an out-of-control circus. (drama)

F Dec 2 12:00 Free

❖ Temple Grandin – PG 2009 (103 min.)

Biopic of Temple Grandin, an autistic woman who overcame the limitations imposed on her by her condition to become an expert in the field of animal husbandry. She developed an interest in cattle early in life while spending time at her Aunt and Uncle's ranch. She did not speak until age four and had difficulty right through high school, mostly in dealing with people. She is noted for creating her 'hug box', widely recognized today as a way of relieving stress and her humane design for the treatment of cattle in processing plants. Claire Danes.

F Dec 9 12:00 Free

❖ The Fighter – PG 2010 (116 min.)

Mark Wahlberg in a drama about boxer "Irish" Micky Ward's unlikely road to the world light welterweight title. His Rocky-like rise was shepherded by half-brother Dicky (Christian Bale) , a boxer-turned-trainer on the verge of being KO'd by drugs and crime.

F Dec 16 12:00 Free

❖ My Fair Lady – PG 1964 (170 min.)

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

F Dec 23 12:00 Free

❖ Black Swan – R 2010 (108 min.)

A ballet dancer wins the lead in "Swan Lake" and is perfect for the role of the delicate White Swan - Princess Odette - but slowly loses her mind as she becomes more and more like Odile, the Black Swan. Natalie Portman. (drama-mystery-thriller)

F Dec 30 12:00 Free

Paying for Exercise Classes and our NEW UCare Member Opportunities

Each class you attend, you will need to present your "punch card" which will be initialed by the instructor. Cards are \$16.00 and cover 8 classes. You can go to as many or as few classes as you wish because the cards don't expire. There are NO refunds on cards purchased so don't lose your card or keep it at the center.

UCARE MEMBERS WILL BE ABLE TO EXERCISE AT NO COST TO THEM WITH QUALIFYING UCARE INSURANCE BENEFIT.

Ongoing ACTIVITIES

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 downtown skyways or if weather permits we will be outside. Try it out and have your friends come with you! Wear comfy clothes and shoes. Every Thursday 10 – 11 am Free

ENHANCEFITNESS – FORMERLY WEIGHT & STRENGTH

You do not have to have UCare Insurance to participate. EnhanceFitnessÆ 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.

M	Oct 3-Dec 19	10:00 – 11:00 am
F	Oct 7-Dec 30	10:00 – 11:00 am



Yoga Stretch – Yoga Made For You!

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. Yoga is from 11:00-11:45 with an opportunity for a progressive floor stretch series the last 15 minutes for those who are interested.

W	Oct 5 – Dec 28	11- 12:00
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Tai Chi Exercise with Mieng Lam

Come and Try it out! Gentle movements target specific muscle groups. Tai Chi incorporates a relaxed, meditative approach to physical activity. Tuesdays are TRADITIONAL TAI CHI and Thursdays incorporates aspects of TAI CHI, KUNG FU, and other disciplines – No time change anymore on Thursday's either! EVERYONE IS WELCOME TO JOIN!

T	Oct 4-Dec 27	9:30 – 10:30am
Th	Oct 6-Dec 29	9:30 – 10:30am

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

Have A Blast! Enjoy Friends! Stay Supported! It's as much fun as you have been hearing! Come and see what everyone is talking about. ICES 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, exercise articles, and exchange health information. Always the second Monday of every month at 11:00 unless stated below. You can bring your lunch or even a healthy snack to share.

M	Oct 17, Nov 14, Dec 12	11:00-12:30	Free
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Foot Care Clinics – NEW SCHEDULE/ HOLIDAY SCHEDULE

OOOHHHH AAAAHHHHH – Yes it feels that good! Comprehensive foot care that now includes a great Foot Soak, so bring your towel. Cost is \$25. Call for your foot-care appointment. *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, as the clinics are very popular and are only EVERY OTHER MONTH.

F	Nov 18	11:00am – 3pm	\$25
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CALLING ALL BRIDGE PLAYERS!

Lately there has been some interest in starting a bridge card group. The proposed day is Mondays starting at 10:00 am. If you have interest, please call the center at 612.370.3869 and let the receptionist know that you would be happy to participate. If we have enough interest, bridge will start in January after the holidays! Watch for it in the first newsletter of 2012.



Crafts & More For Free – Formerly Sit n Stitch

Free to everyone – The classroom will be open to participate in a variety of activities. Games, puzzles, arts and crafts (including knitting, sewing, etc.) – you name it! From brain stimulation to relaxation, stop in and join others or relax with a personal activity, you can tailor this time to suit your mood. Always the Second Thursday of Every Month at 1:00.

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

Birthday of the Month Club

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

Bundles of Love Club – Earlier Start Time

A Great Activity for a Great Cause! Help newborns in need by preparing fabric for blankets and other items. 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 12, Nov 9, Dec 14 9:00 – 11:30 Free

Book Club

October – *Team of Rivals by Doris Kearns Goodwin Part 2*



Team of Rivals doesn't just tell the story of Abraham Lincoln. It is a multiple biography of the entire team of personal and political competitors that he put together to lead the country through its greatest crisis. Here, Doris Kearns Goodwin profiles five of the key players in her book, four of whom contended for the 1860 Republican presidential nomination and all of whom later worked together in Lincoln's cabinet.

Th Oct 20 10:30-12:30 Free

November – *The Pickwick Papers by Charles Dickens*

The Pickwick Club was founded by the most learned minds in London for the purpose of making a scientific tour of the world. No sooner have the distinguished members begun their historic journey than they are set upon by a charming but notorious con man. So begins a series of hilarious misadventures that takes the incorrigibly innocent Pickwicks wandering around England, coming in contact with some of the most colorful and comical characters in all fiction.

Th Nov 17 10:30-12:30 Free

December – *Book Selection Time for 2012 – Give your input – Everyone Welcome!*

Join the group for snacks, conversation and to suggest some fantastic reading for 2012!

Th Dec 15 10:30-12:30 Free

Computer Tutor

From turning on the computer to e-mailing photos – all skill levels welcome! Sign up for 30 minute appointments for free one-on-one computer assistance with one of our many experienced volunteers. Monday – Friday times available. Call for an appointment. Donations to the center are appreciated! *Note: Cancellations require a 24 hour notice.

The Lunch Bunch – If You Do Not Register by Wednesday Noon, You Will Not Be Able To Sit With The Group

Please Note Holiday Schedule! Take a break from the holiday busy with a little lunch with friends! We hope you can join us! Everyone is welcome to participate BUT Please register by the Tuesday before the lunch so we can give the restaurant an accurate count! Lunch is a busy time and the restaurant can't accommodate inaccurate reservations. Thanks for understanding.

F	Oct 28	Joe's Garage
904-1163	11:30	1610 Harmon Pl
F	Nov 18	Thom Pham's
338-1479	11:30	533 Hennepin Ave
F	Dec 16	Crave
332-1133	11:30	825 Hennepin Ave

RESOURCE CONNECTION

One on One Appointments – Advocates are here for YOU! 3rd Thursday of Every Month

Advocates 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. Always the 3rd Thursday of every month.

Th Oct 20, Nov 17, Dec 15 1:00-2:30 Free

Catching Up on Current Events – Invigorating Discussion Group – HOT Topics

Did you catch the news last night? Read the paper this morning? Come and get it off your chest and on the table! Open, Engaging, Insightful –Current Events Discussion Group will meet every Monday to enjoy an open forum of today's hot topics hosted by Jerry Gunderson. Bring information and topic ideas. Give your opinion, do some research, get information from others – This is a great way to engage and connect!

M Oct 3 – Dec 19 1:00-2:30 Free

Ask The Pharmacist

Have a question for our visiting pharmacist? Mary Ptacek, RPh and Clinical Pharmacy Manager for UCare is available to help you with - Medicare Part D, the donut hole, medication review, questions about medicine interactions, even vitamins and other over the counter medication questions, spend some time with Mary 1 on 1 to get your questions answered. First come first serve so ask the receptionist for your number for a 10-15 minute consult starting at 1:00 HOLIDAY SCHEDULE

T Oct 25 1:00 Free

Special Ask the Pharmacist – Medicare Focus

T Nov 29 1:00 Free

No sessions in December

**** Please register for all classes and trips UNLESS otherwise noted. ****

October ACTIVITIES

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

Numbers will be given out first come first served. Bring your identification and your insurance and Medicare information card. If paying out of pocket:

Flu = \$27 Pneumonia = \$57

W Oct 5 12:30-2:30



Guthrie Theater Discussion - The Burial at Thebes by Seamus Heaney

Nobel Laureate Seamus Heaney delivers an exquisite adaptation of Sophocles' Antigone. Marcela Lorca is the director of this production and original music composed by JD Steele gives this ancient tragedy a modern touch. Oct 3rd is a special conversation led by Joe Dowling with Nobel Laureate Seamus Heaney at 7:30 - tickets available at the Guthrie Box Office.

T Oct 11 11:00-12:00 Free

Super Easy Stretch & Exercise – Free Exercise Class

Join Mary Kohanek to hear about VERY EASY ways you can work your body to get that blood and oxygen flowing and feel revitalized and refreshed! No matter what your fitness level is or if you have concerns about balance – these body stretches and moves are for everyone!

W Oct 12 1:00-2:30 Free



Women's Health Forum

Reject the typical stereotypes of aging and educate yourself on what is normal in this Women's Health Panel. An occupational therapist, a social worker, a registered dietician and an RN will give you tips and answer questions regarding physical changes and a variety of exercises best suited for your lifestyle, techniques on dealing with the different kinds of stress that come through our life span, and eating tricks and suggestions to achieve a healthier you, and active aging. This is an INTERACTIVE program and your questions and thoughts are welcomed and encouraged. Healthy snacks and beverages will be provided.

T Oct 18 1:00-2:30 Free

Your Life Your Legacy – The Missing Pieces

Over the course of our lives we all plan for major life events, set money aside for emergencies, and buy insurance to protect our families. Many of us have a will and have appointed an executor. We've spent our whole lives planning, saving, and keeping our affairs in order. Many people believe that if they've purchased their final resting place, they've finished planning. But this is not the case. Death often occurs without warning. A family member is left alone to make all of the difficult decisions of arranging a funeral when they are at their most vulnerable. Most people have very little idea of what is involved, what the costs are, or even what their loved one may have wanted. The anxiety and stress of making funeral plans at the time of a death is an overwhelming emotional and financial responsibility. Learn tools to help alleviate this burden on your families.

W Oct 26 1:00-2:30 Free

Halloween Bash sponsored by The Kenwood

Yes – another opportunity to bring Halloween Terror to the unsuspecting citizens of the skyways! Naturally, there will be refreshments a-plenty and it wouldn't be a UCare Skyway Senior Center Halloween Party without PRIZES for the BEST costumes!

Th Oct 27 1:00-2:30 Free

November ACTIVITIES

UCare Information Session

Come find out what more than 85,000 UCare for Seniors members already know. Join us for this free session and learn about the four levels of health care coverage that UCare for Seniors offers.

W Nov 9 1:00-2:30 Free

Celebrate The Center's 10th Year–A Decade of Service

Time flies when your having fun – with your friends and family at the UCare Skyway Senior Center! Help us celebrate 10 years of service to seniors and their families. Jazz by Fosse will be our Entertainment. Appetizers and Community (and of course lot's of CAKE!) Entertainment starts at 12:30 and refreshments served after 1:30.

T Nov 15 12:30-3:00 Free

Reduce Stress Around the Holiday

The holidays are a time for celebration, but they can also have you running a little frantic. Extra activities, money worries and lots of extra calories can add up to feeling run down and fully stressed – not to mention navigating the Minnesota winter to get all of these done. A few easy tips, tools and exercises can help you feel fresh and rejuvenated and ready to enjoy the important times this holiday season.

T Nov 29 1:00-2:30 Free

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

Take Charge of Your Hearing Loss

Ahdahl Hearing has been helping people improve the quality of their lives in the Twin Cities and surrounding areas over the past 5 Years. Over the years, we at Ahdahl Hearing have found that our patients are often confused about their specific hearing issues. Please join us to learn about hearing loss and hearing aids. We encourage any and all questions from the audience. Our commitment is to provide honest, fact based answers to any and all questions regarding, hearing loss, hearing aids, and the hearing industry as a whole. Topics will include: Understanding common hearing issues, Enhancing communication and through the use of hearing aids, What to look for in a hearing care professional, The truth about hearing technology costs, Review and demonstration of the latest advancements in hearing technology

W Nov 30 1:00-2:30 Free

December ACTIVITIES

AARP Legislative Update

Get the latest update on the issues that you care about! Medicare/Medicaid, and other issues our government is discussing that will affect you! Bring your questions!

M Dec 5 1:00-2:30 Free

Guthrie Theater Discussion - The Burial at Thebes by Seamus Heaney

Nobel Laureate Seamus Heaney delivers an exquisite adaptation of Sophocles' Antigone. Marcela Lorca is the director of this production and original music composed by JD Steele gives this ancient tragedy a modern touch. Oct 3rd is a special conversation led by Joe Dowling with Nobel Laureate Seamus Heaney at 7:30 - tickets available at the Guthrie Box Office.

T Dec 6 11:00-12:00 Free

Defensive Driving: 55 Alive: 4 -Hour Refresher* Course

You must have completed the 8 hour "55 Alive Basic Driving Course" before you can take the refresher course. This refresher course is sponsored by AARP. Licensed drivers age 55 and over whom complete the course can reduce their car insurance premium by 10% for three years. Class does not involve any driving or tests. Class fee is payable to instructor the day of class. Please Register in Advance. Class limit of 15. Note: Feel free to bring your own snacks. You MUST bring your Minnesota driver's license.



T Dec 13 11:00 - 3:00 pm

\$12 AARP/\$14 regular

Super Easy Stretch & Exercise – Free Exercise Class

Join Mary Kohanek to hear about VERY EASY ways you can work your body to get that blood and oxygen flowing and feel revitalized and refreshed! No matter what your fitness level is or if you have concerns about balance – these body stretches and moves are for everyone!

W Dec 14 1:00-2:30 Free

Accessory Exchange – going green was never so fashionable!

BACK BY DEMAND! Update your wardrobe for the holidays for FREE! Here is how it works: Clean out your closets and jewelry box of any accessories you want to trade.

Hats, handbags, jewelry, scarves, etc. and make sure they are clean, not broken and in good shape. For how many items you bring, you will get a number. A pair of earrings count as one item, a pair of earrings and a scarf would be two items and so on.

Everyone will get a number that matches the amount of items they bring. Then everyone will put their name in a bucket to be drawn to determine who goes first, second, third, so on. It's super easy and fun!

You will leave with an instant wardrobe update. ITEMS MUST BE AT THE CENTER BY 12:30 PM

T Dec 20 1:00-2:30 Free



Tis the Season to Celebrate – A Holiday Celebration

Warm and welcoming – Let's share the seasons joy's with each other. And there is no better way to do it than with a good meal and a happy heart! Meal starts at 12:30 and Christmas Carol's start at 1:30. Be ready to Sing!

Th Dec 22 12:30-2:30 Free

National Geographic Series: Guns, Germs, and Steel 3 Part Series

After journeying to the four corners of the world to unearth the causes of inequality, Prof. Jared Diamond came up with a straightforward explanation: People's fortunes hinge on their geography and their contact with guns, germs and steel. Interlacing science, anthropology and historical reenactments, this insightful documentary based on Diamond's best-selling book brings to life his intriguing hypothesis. Opportunity for discussion after each film

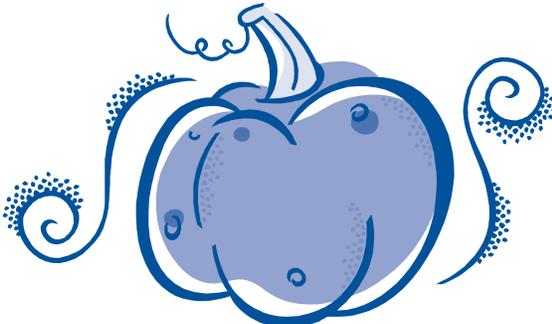
Out of Eden: T Dec 27 1:00-2:30

Conquest: W Dec 28 1:00-2:30

Into the Tropics: Th Dec 29 1:00-2:30

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

October 2011

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 - 11:00 Enhance Fitness®* 11:00 - 12:30 Friends Board Meeting 1:00 - 2:30 Catching Up on Current Events	4 9:30 - 10:30 Tai Chi* 12:30 - 1:30 Birthdays of the Month	5 11:00 - Noon Yoga Stretch* 12:30 - 2:30 Flu Shot Clinic	6 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Advisory Board Meeting	7 10:00 - 11:00 Enhance Fitness®* Noon - 2:30 Movie: "You Don't Know Jack"
10 9:00 - 3:00 Center Closed for the Holiday	11 9:30 - 10:30 Tai Chi* 11:00 - 12:00 Guthrie Theater Discussion 1:00 - 2:30 Meet the Artist - Sylvia Rudolph	12 9:00 - 11:30 Bundles of Love 11:30 - 12:30 Yoga Stretch* 1:00 - 2:30 Easy and Free Exercise	13 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Crafts & More	14 10:00 - 11:00 Enhance Fitness®* Noon - 2:30 Movie: "White Men Can't Jump"
17 10:00 - 11:00 Enhance Fitness®* 11:00 - 12:30 I.C.E.S. 1:00 - 2:30 Catching Up on Current Events	18 9:30 - 10:30 Tai Chi* 1:00 - 2:30 Women's Health Forum	19 11:00 - Noon Yoga Stretch*	20 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 10:30 - 12:30 Book Club 1:00 - 2:30 Resource Connection Advocates	21 10:00 - 11:00 Enhance Fitness®* Noon - 2:30 Movie: "Cadillac Records"
24 10:00 - 11:00 Enhance Fitness®* 1:00 - 2:30 Catching Up on Current Events	25 9:30 - 10:30 Tai Chi* 1:00 - 2:30 Ask the Pharmacist	26 11:00 - Noon Yoga Stretch* 1:00 - 2:30 Your Life Your Legacy	27 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Halloween Bash	28 10:00 - 11:00 Enhance Fitness®* 11:30 - 1:00 The Lunch Bunch: Joe's Garage Noon - 2:30 Movie: "Whatever Happened to Baby Jane"
31 10:00 - 11:00 Enhance Fitness®* 1:00 - 2:30 Catching Up on Current Events				*PLEASE REGISTER FOR CLASSES

November 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 - 10:30 Tai Chi* 12:30 - 1:30 Birthdays of the Month	2 11:00 - Noon Yoga Stretch* 1:00 - 2:30 Meet the Artist - Bill Kerr	3 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Advisory Board Meeting	4 10:00 - 11:00 Enhance Fitness®* Noon - 2:30 Movie: "My Big Fat Greek Wedding"
7 10:00 - 11:00 Enhance Fitness®* 11:00 - 12:30 Friends Board Meeting 1:00 - 2:30 Catching Up on Current Events	8 9:30 - 10:30 Tai Chi* Noon - 2:30 Movie: "Love Ranch"	9 9:00 - 11:30 Bundles of Love 11:30 - 12:30 Yoga Stretch* 1:00 - 2:30 UCare Information Session	10 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Crafts & More	11 9:00 - 3:00 Center Closed for Holiday
14 10:00 - 11:00 Enhance Fitness®* 11:00 - 12:30 I.C.E.S. 1:00 - 2:30 Catching Up on Current Events	15 9:30 - 10:30 Tai Chi* 12:30 - 3:00 Celebrating a Decade	16 11:00 - Noon Yoga Stretch* Noon - 2:30 Movie: "True Grit"	17 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 10:30 - 12:30 Book Club 1:00 - 2:30 Resource Connection Advocates	18 10:00 - 11:00 Enhance Fitness®* 11:00 - 2:30 Foot Care Clinic* 11:30 - 1:00 The Lunch Bunch: Thom Pham's
21 10:00 - 11:00 Enhance Fitness®* 1:00 - 2:30 Catching Up on Current Events	22 9:30 - 10:30 Tai Chi*	23 11:00 - Noon Yoga Stretch* Noon - 2:30 Movie: "Music of the Heart"	24 9:00 - 3:00 Center Closed for Holiday	25 9:00 - 3:00 Center Closed for Holiday
28 10:00 - 11:00 Enhance Fitness®* 1:00 - 2:30 Catching Up on Current Events	29 9:30 - 10:30 Tai Chi* 1:00 - 2:30 Ask the Pharmacist Medicare D 1:00 - 2:30 Reduce Stress Around the Holidays	30 11:00 - Noon Yoga Stretch* 1:00 - 2:30 Take Charge of Your Hearing Loss		
				*PLEASE REGISTER FOR CLASSES

December 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*PLEASE REGISTER FOR CLASSES</p>		<p>1</p> <p>9:30 - 10:30 Tai Chi*</p> <p>10:00 - 11:00 Walking Club</p> <p>1:00 - 2:30 Advisory Board Meeting</p>	<p>2</p> <p>10:00 - 11:00 Enhance Fitness®*</p> <p>Noon - 2:30 Movie: "Ace in the Hole"</p>	
<p>5</p> <p>10:00 - 11:00 Enhance Fitness®*</p> <p>11:00 - 12:30 Friends Board Meeting</p> <p>1:00 - 2:30 AARP Legislative Update</p> <p>1:00 - 2:30 Catching Up on Current Events</p>	<p>6</p> <p>9:30 - 10:30 Tai Chi*</p> <p>11:00 - 12:00 Guthrie Theater Discussion</p> <p>12:30 - 1:30 Birthdays of the Month</p>	<p>7</p> <p>11:00 - Noon Yoga Stretch*</p> <p>1:00 - 2:30 Meet the Artist - Barbara Lewis</p>	<p>8</p> <p>9:30 - 10:30 Tai Chi*</p> <p>10:00 - 11:00 Walking Club</p> <p>1:00 - 2:30 Crafts & More</p>	<p>9</p> <p>10:00 - 11:00 Enhance Fitness®*</p> <p>Noon - 2:30 Movie: "Temple Grandin"</p>
<p>12</p> <p>10:00 - 11:00 Enhance Fitness®*</p> <p>11:00 - 12:30 I.C.E.S.</p> <p>1:00 - 2:30 Catching Up on Current Events</p>	<p>13</p> <p>9:30 - 10:30 Tai Chi*</p> <p>11:00 - 3:00 Defensive Driving - 4 hour Refresh</p>	<p>14</p> <p>9:00 - 11:00 Bundles of Love</p> <p>11:30 - 12:30 Yoga Stretch*</p> <p>1:00 - 2:30 Easy and Free Exercise</p>	<p>15</p> <p>9:30 - 10:30 Tai Chi*</p> <p>10:00 - 11:00 Walking Club</p> <p>10:30 - 12:30 Book Club</p> <p>1:00 - 2:30 Resource Connection Advocates</p>	<p>16</p> <p>10:00 - 11:00 Enhance Fitness®*</p> <p>11:30 - 1:00 The Lunch Bunch: Crave</p> <p>Noon - 2:30 Movie: "The Fighter"</p>
<p>19</p> <p>10:00 - 11:00 Enhance Fitness®*</p> <p>1:00 - 2:30 Catching Up on Current Events</p>	<p>20</p> <p>9:30 - 10:30 Tai Chi*</p> <p>1:00 - 2:30 Accessory Exchange</p>	<p>21</p> <p>11:00 - Noon Yoga Strength*</p>	<p>22</p> <p>9:30 - 10:30 Tai Chi*</p> <p>10:00 - 11:00 Walking Club</p> <p>12:30 - 2:30 Holiday Celebration</p>	<p>23</p> <p>10:00 - 11:00 Enhance Fitness®*</p> <p>Noon - 2:30 Movie: "My Fair Lady"</p>
<p>26</p> <p>9:00 - 3:00 Center Closed for Holiday</p>	<p>27</p> <p>9:30 - 10:30 Tai Chi*</p> <p>1:00 - 2:30 National Geographic Series Film "Out of Eden"</p>	<p>28</p> <p>11:00 - Noon Yoga Stretch*</p> <p>1:00 - 2:30 National Geographic Series Film "Conquest"</p>	<p>29</p> <p>9:30 - 10:30 Tai Chi*</p> <p>10:00 - 11:00 Walking Club</p> <p>1:00 - 2:30 National Geographic Series Film "Into the Tropics"</p>	<p>30</p> <p>10:00 - 11:00 Enhance Fitness®*</p> <p>Noon - 2:30 Movie: "Black Swan"</p>

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

In Person

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

By Phone

For Trips call 612-668-3450.

For Classes call 612-370-3869.

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

Cancellations

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

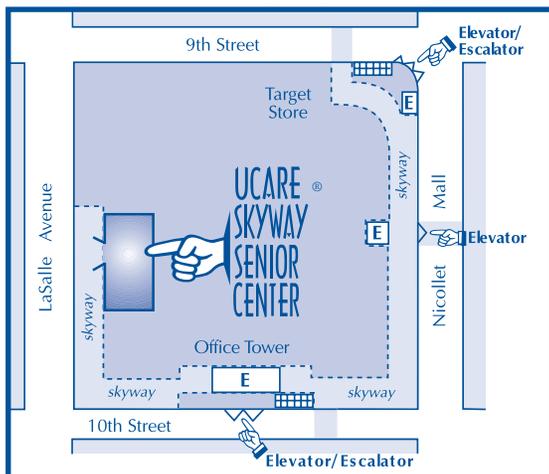
UCare Skyway Senior Center

950 Nicollet Mall, Suite 290
Minneapolis, MN 55403

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

Map to UCare Skyway Senior Center



Published by the UCare Skyway Senior Center, a program of the Minneapolis Department of Health and Family Support. Call 612-370-3869 to request additional copies.
E-mail: skywaycenter@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.