

# Chatter

Ucare

January – March 2013

950 Nicollet Mall, Suite 290 Mpls 55403

Skyway Senior Center

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

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The UCare Skyway Senior Center is a valuable community resource and so many of you recognize how important the Center is for the aging community. The Friends of the Skyway Senior Center want to thank each and every one of you for your continuous and generous support. The winners of the drawing were announced at the Holiday Party. All expenses of the Center's Holiday and other parties, volunteer incentives, and center presentations and other program offerings like the hot coffee are supported by the Friends of the Skyway Senior Center through their fundraising efforts.

The Center has also established great relationships in the community. Supporters of the Center include TCF Bank IDS Branch, Target Skyway Branch, Dunn Bro.'s Nicollet Mall, Davanni's Downtown, and especially Ryan Company and Franklin Street Properties. These community supporters are committed to healthy and enriching opportunities for older adults. The City of Minneapolis and the Friends of the Skyway Senior Center want to again extend a most sincere Thank You to UCare for their commitment to the Center that has gone far beyond financial support. They have repeatedly stepped up to offer services, staff, connections and so much more to ensure that the UCare Skyway Senior Center is a place of community that fosters a positive aging experience.

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: \_\_\_\_\_

# HEALTH CARE

*that starts with:*

*Patrick*

– UCare member  
Brooklyn Park, MN



**A**t UCare, we've grown to some 300,000 members by focusing on what matters most: you. *UCare for Seniors*<sup>SM</sup> lets you choose from plans that cover prescription drugs, travel, eyewear, dental, fitness programs like SilverSneakers<sup>®</sup> and more. Most plans have no co-pays for primary care doctor visits. And you'll get to talk to a real person 24/7 when you call customer service. It's just what you'd expect from health care that starts with you.

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*Get more information the way you prefer:*

**Visit:** [UCareplans.org](http://UCareplans.org) for instant access to rates, plan details, upcoming meetings, and more.

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

**UCare**<sup>®</sup>

Health care that starts with you.<sup>†</sup>



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# Artists of the Month

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

## January

**Matt Blair**, All-Pro/Ring Of Honor 2012, began taking photographs in 1974, his rookie year with the Minnesota Vikings. After his twelve-year career, he made a natural transition to events by taking companies to Super Bowls, the Masters, etc. Matt retired from events this past summer to focus on his photography. He was encouraged to sell them after joining with a homeless artist as a fundraiser for the Union Gospel Mission in 2010.

Since that time, Matt has earned recognition for his photography by being named the 2011 Commemorative Artist for the Uptown Art Fair. Four Photography Books and Other Recognitions:

"Homeless Dreams" (1990)

"To Be A Viking" (2004)

"Time Never Stops" (2008)

"Each Day Is A Gift" (2011)

Commemorative Artist, Uptown Art Fair 2011

**Artist Reception** – Unfortunately, Matt's schedule is not able to accommodate a reception, but certainly he loves feedback! Feel free to submit your comments to the center receptionist.

## March

**Sylvia Roman** of Mahtomedi, Minnesota specializes in creating artwork for the discriminating collector who appreciates the uniqueness of an original, one of a kind, painting. She believes color, design and technique must all work together to achieve a mood that is expressive of the subject and resonates emotionally with the viewer.

**Artist Reception Tuesday, Mar. 12th, 1:00**

## February

**Emmy White** has been painting watercolor with serious intent since retiring from nursing ten years ago. She has taken numerous workshops and exhibits in art shows with the Minnesota Watercolor Society, Minnesota Artists Association, and Northstar Watercolor Society. She has won numerous awards at the MAA shows and was accepted to the Minnesota State Fair in 2003, 2005, 2006, 2007, 2008 and 2009 and to the Annual Red River Watercolor Society's National Juried Art Exhibition in 2004, 2006, 2008 and 2009. She also has been juried into the Bloomington Art Center Annual Member Show for the past three years. She is a signature member of the MNWS and Red River Watercolor Society, a member of Uncharted Water, a group of five, and along with Cal de Ruyter and three other artists. Emmy says "Painting is a dance, moving with the energy of the moment. What I'm seeing and feeling in that moment is about my inner space and is reflected in my painting. I love to tell stories about what I see. I see the play of light on the ground and I want to paint it. I love to paint with my artist friends because their enthusiasm and their perceptions give me energy in my work. I am a joyful painter and love to try and capture the connections I see between people in their ordinary lives."

**Artist Reception Tuesday, Feb. 5th, 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 USSC at 612-370-3869 and ask for Christina Kendrick for more information.

# Trips & Social Outings

## Perfect Wedding at the Old Log Theater

This riotous comedy is about a man who wakes up on the morning of his wedding with a dreadful hangover, a bump on his head and a stranger in his bed. This sets off a chain of comic disasters, lame excuses and false confessions, leaving everyone in the wedding party hopelessly befuddled and the audience aching with laughter. It's a nonstop comedy and touching love story. With registration, choose from smoked pork chop, walleye almandine, beef stroganoff, lemon artichoke chicken breast, or vegetarian lasagna. Entrees are served with salad, potatoes, vegetables, bread, dessert and beverage. Price includes bus transportation, show, lunch, tax and gratuity.

Thursday, February 7 10:00 am-5:00 pm \$51

## "Nellie" at the History Theatre in St. Paul

Civil rights and labor activist Nellie Stone Johnson was a local hero. Her feisty spirit and drive to succeed made her a political force to be reckoned with. This play tells the story of a young African American woman who moved from a farm in northern MN to Minneapolis. In the face of discrimination at her job, Nellie fought back by organizing a union, breaking numerous race and gender barriers along the way. A late lunch at Joseph's Restaurant in St. Paul features roasted turkey breast, dressing, and garlic mashed potatoes with gravy. This event is made possible in part by a grant from the MN State Arts Board. Price includes bus transportation, theater seating, lunch, tax and gratuity.

Friday, February 15 8:30 am-4:00 pm \$17

## Celtic Tenors

Travel to the historic Paramount Theater in St. Cloud to hear the renowned Celtic Tenors. With over one million CD's sold and a full international touring schedule, the Celtic Tenors have appeared on major stages around the world. They will melt your heart with their Celtic charm and enchanting, classically trained voices singing magnificent Irish ballads. Before the show, a delicious lunch will be served at Michael's Restaurant. Enjoy baked chicken, mashed potatoes and gravy, vegetable, salad and beverage. Price includes coach bus transportation, reserved theater seating, lunch, tax and gratuity.

Wednesday, March 13 9:45 am-5:00 pm \$54

## Nice Fish at the Guthrie Theater

Created in collaboration with Duluth poet Louis Jenkins, whose work is regularly featured on A Prairie Home Companion, this play centers on two men who have gone ice fishing on the last day of the season; the ice is melting and the DNR is watching. They are hoping for something essential and immortal when a construction worker roars across the ice on his snowmobile, spear, dynamite and fancy dress in hand! And the last blizzard of the season is about to begin. Seats are on the sides of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2nd St. S.

Wednesday, April 24 12:45 – 3:30 pm \$23

## MAIL PAYMENT TO NEW ADDRESS:

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

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

# GOOD TO KNOW - YOU WANT TO KNOW



## **YOUR WISDOM AND TALENT CAN & WILL MAKE A DIFFERENCE**

The Friends of the Skyway Senior Center is looking for individuals of any age who want to use their skills and talents to brainstorm, strategically plan, connect with community partners, plan and implement activities and fundraisers, and engage with a group of committed people whose goal is to ensure the success and sustainability of the UCare Skyway Senior Center. Time commitment is typically 3-5 hours a month. Please contact the Center Coordinator at 612-370-3869 or [skywaycenter@minneapolismn.gov](mailto:skywaycenter@minneapolismn.gov) to join this rewarding volunteer opportunity.



## **LET YOUR VOICE BE HEARD!**

The Senior Citizen Advisory Committee to the Mayor and Council is Looking for YOU! The SCAC is seeking individuals who would like to help shape key policy decisions and provide input on City services by serving on this committee. Play an important role for your city! This is a great opportunity to network, connect, be informed and be involved in issues that affect you and your neighbors. Contact Christina Kendrick for any questions and to sign up today 612-673-3952 or [christina.kendrick@minneapolismn.gov](mailto:christina.kendrick@minneapolismn.gov).



## **A NEW CHAPTER FOR THE UCARE SKYWAY SENIOR CENTER**

The day has come for me to move forward in my career. On November 2, 2012, I accepted the position of Program Specialist, Senior Community in the City of Minneapolis Department of Neighborhood and Community Relations. It was a very hard decision for me. February 2013 would have marked six years as serving as Director of the Skyway Senior Center. My time at the Center has been an exciting and rewarding experience that I will cherish. This new position is a part of the commitment Minneapolis has to its residents through focusing on creating an environment that promotes healthy and positive aging. Michelle Larson will be the interim coordinator until a full time coordinator is in place.

With warmest regards ~Christina Kendrick



Open 7 Days<sup>SM</sup>

Did You Know that TCF Bank proudly sponsors your favorite "Movie Time" activity all year? They have been a long supporter of this activity and we can't thank them enough for their generosity. TCF is where our non-profit banks. Recently, they have eliminated their standard fees for their checking accounts too! What a great savings that is.

There is no minimum balance requirement and no required number of transactions per month. There is no direct deposit requirement either. TCF has many products for older adults as well. And what they DO still have is the Friends and Family incentive plan and the Friends of the Skyway Senior Center qualifies for this! So simply give the TCF representative the special TCF Tell-A-Friend referral form for Friends of the Skyway Senior Center and with every new checking account the Center gets \$25 from TCF! It's that simple! And don't forget to thank them for the great movies and popcorn!



## More services. More benefits.

**Two TCF Checking accounts designed to fit your needs:**

TCF Premier 50+ Checking<sup>®</sup>

TCF Premier 62+ Checking<sup>SM</sup>

Find out about TCF's extra services and benefits at our two downtown Minneapolis locations (IDS Center, skyway level and 801 Marquette Avenue, ground level)

612-TCF-BANK (Twin Cities Metro Area) or 1-800-TCF-BANK

[tcfbank.com](http://tcfbank.com)

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Open 7 Days<sup>SM</sup>

# 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.

**The Best Exotic Marigold Hotel--PG-13, 2011 (124 min.)** British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than its advertisements, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways. Judi Dench. (comedy-drama)

F Jan 4 12:00 Free

**Nothing But A Man--Not Rated, 1964 (95 min.)** A proud black man and his schoolteacher wife face discriminatory challenges in 1960's America. Ivan Dixon, Abbey Lincoln. (drama-romance)

F Jan 11 12:00 Free

**Tinker Tailor Soldier Spy--R, 2011 (127 min.)** In the bleak days of the Cold War, espionage veteran George Smiley is forced from semi-retirement to uncover a Soviet agent within M16. Gary Oldman. (drama-mystery-thriller)

F Jan 18 12:00 Free

**The Jerk--R, 1979 (104 min.)** A complete imbecile struggles to make it through life on his own, until a strange invention makes him unbelievably wealthy. Steve Martin. (comedy)

F Jan 25 12:00 Free

**Mr. and Mrs. Bridge--PG-13, 1990 (126 min.)** Paul Newman and Joanne Woodward star as a conservative married mid-western couple in the 1930's. It's about a five member family. The father is a conservative and traditional person who directs the family. The mother is at home and she tries to hold together the family while Mr. Bridge works as a lawyer. The children have just grown up and the complications are derived from the fact that they have a more modern view of life. This is a slow-paced character study rich in detail like a family photo album.

F Feb. 1 12:00 Free

**Trouble with the Curve--PG-13, 2012 (111 min.)** Clint Eastwood as an ailing baseball scout in his twilight years. He takes his daughter along for one last recruiting trip. (drama)

F Feb 8 12:00 Free

**Valentine's Day--PG-13, 2010 (125 min.)** Intertwining couples and singles in Los Angeles break-up and make-up based on the pressures and expectations of Valentine's Day. Julia Roberts, Jamie Foxx (comedy-romance).

F Feb 15 12:00 Free

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

F Feb 22 12:00 Free

**The Innocents--Not Rated, 1961 (100 min.)** Deborah Kerr as a young governess for two children becomes convinced that the house and grounds are haunted. (horror)

F Mar 1 12:00 Free

**For Whom the Bell Tolls--Not Rated, 1943 (170 min.)** Gary Cooper and Ingrid Bergman in a passionate love affair amidst revolutionary turmoil in 1930's Spain. Their objective is to blow up a strategically important bridge in rugged mountain terrain. (adventure-drama-history)

F Mar 8 12:00 Free

**The Full Monty--R, 1997 (91 min.)** Six unemployed steel workers form a male striptease act. The women cheer them on to go for "the full monty" - total nudity. Robert Carlyle (comedy-drama-music)

F Mar 15 12:00 Free

**The Thing from Another World--PG, 1951 (87 min.)** Scientists at an Arctic research station discover a spacecraft buried in the ice. Upon closer examination, they discover the frozen pilot. All hell breaks loose when they take him back to their station and he is accidentally thawed out! An extremely well-made horror-sci-fi film starring James Arness as the alien visitor.

F Mar 22 12:00 Free

**The Ides of March--R, 2011 (101 min.)** George Clooney directs and stars in this drama about an idealistic staffer for a new presidential candidate (Ryan Gosling) who gets a crash course in dirty politics during his stint on the campaign trail.

F Mar 29 12:00 Free

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

## 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.**

### Walking Club

**Walking Club = FREE & FUN WORKOUT!** Everyone is Welcome to Join! The walking club works with all fitness levels. Now that we're experiencing winter, let's do our walking in the skyways where we don't need to worry about snow and ice! Wear comfy clothes and shoes.

Every Thursday from 10 – 11 am Free

### ENHANCEFITNESS

You do not have to have UCare Insurance to participate. EnhanceFitness® classes are proven to safely improve strength and fitness in older adults. Classes are led by highly-trained instructors, so you get the results you want.

M & F Jan 4 – Mar 29 10:00 – 11:00

### Yoga Stretch

**EVERYONE IS WELCOME TO JOIN!**

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Last 15 minutes of each class is an option progressive floor stretch series for those who are interested.

W Jan 2 – Mar 27 11:00-12:00

### Mat Yoga

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

W Jan 2 – Mar 27 10:00-11:00

### COMING ... Still : )

#### Tai Chi – Specialized for Older Adults

We are so close to finalizing all of the details in order to contract with organizations to provide Tai Chi

courses. As of this newsletter submission we don't have the days/times, but we are hoping that we can offer this on Tuesdays and Thursdays at 9:30 a.m. We will post information around the center when the details are finalized and please, call the Center in January to find out the updates! Thanks so much for your patience!

**Any questions about any of the exercise classes, please don't hesitate to call the center at 612-370-3869.**

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

**Have A Blast! Enjoy Friends! Stay Supported!**

Now that the holiday season has passed, it's time to get back to eating sensibly again. What's your healthy eating and exercise plan? Come and see what everyone is talking about. I.C.E.S. is a great way to stay on course with your healthy lifestyle or learn how to get started! Share and connect with others who have goals to stay healthy and active and nutritionally sound. I.C.E.S. is a group that meets once a month to support each other, share recipes and exercise articles, and exchange health information. Join us the second Monday of every month. You can bring your lunch or even a healthy snack to share.

M Jan 14, Feb 11, Mar 11 11:00-12:30 Free

### Foot Care Clinics – NEW DAY – THURSDAY!

OOOHHHH AAAAAHHHHH – 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.**

Th Jan 24, Mar 28 11:00am – 3:00pm \$25

### Crafts & More For Free

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

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

can tailor this time to suit your mood. Always the Second Thursday of Every Month at 1:00.

Th Jan 14, Feb 10, Mar 10 1:00-2:30 Free

### **Birthday of the Month Club (NOTE - JANUARY'S PARTY WILL BE HELD WED. JANUARY 2)**

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!

W Jan 2, 12:30 Free  
T Feb 5, Mar 5 12:30 Free

### **Bundles of Love Club**

A Great Activity for a Great Cause and IT IS A LOT OF FUN! Help newborns in need by preparing fabric for blankets and other items. There is no sewing or knitting required. There is something to do for everyone – especially great conversation! If you are interested in volunteering your time once a month, please come on in and join the effort!

W Jan 9, Feb 13, Mar 13 12:30 Free

### **Book Club**

#### **Jan – Prince of Tides by Pat Conroy**

Set in New York City and the low-country of South Carolina and spanning forty years, this is the story of turbulent Tom Wingo, his gifted and troubled twin sister, Savannah, and their struggle to triumph over the dark and tragic legacy of the extraordinary family into which they were born. It revolves around traumatic events that affected the former football player's relationship with his immediate family. Tom's elder brother, Luke, met a tragic and premature death and his sister, Savannah, a published poet, has attempted suicide and is now in a deep depression. Tom and Savannah's psychiatrist, Susan Lowenstein, unravel a history of violence, abandonment, commitment and love. Tom realizes that trying to save his sister is perhaps his last chance to save himself.

Th Jan 17 10:30-11:30 Free

#### **Feb – The Autobiography of Miss Jane Pittman by Ernest Gaines**

She is one of the most unforgettable heroines in American fiction, a woman whose life has come to symbolize the struggle for freedom, dignity, and justice. This now-classic novel - written as an autobiography - spans one hundred years of Miss Jane's life, from her childhood as a slave on a Louisiana plantation to

the Civil Rights era of the 1960s. It is a story of courage and survival, history, bigotry, and hope as seen through the eyes of a woman who lived through it all. The narrative brings to life an important story of race in America.

Th Feb 17 10:30-11:30 Free

#### **Mar – Have a Little Faith: A True Story by Mitch Albom**

The book begins with an unusual request: an eighty-two-year-old rabbi from Albom's old hometown asks him to delivery his eulogy. Feeling unworthy, Albom insists on understanding the man better. Meanwhile, closer to his current home, Albom becomes involved with a Detroit pastor – a reformed drug dealer and convict – who preaches to the poor and homeless in a decaying church with a hole in its roof. This is an eight-year journey between two worlds – two men, two faiths, two communities. Moving between their two worlds, Christian and Jewish, African-American and white, impoverished and well-to-do, Albom observes how these very different men employ faith similarly in fighting for survival; the older, suburban rabbi embracing it as death approaches; the younger, inner-city pastor relying on it to keep himself and his church afloat.

Th Mar 17 10:30-11:30 Free

#### **The Lunch Bunch – 4th Thursday of the Month If You Do Not Register by Tuesday Noon, You May Not Be Able To Sit With The Group!**

Couldn't do Fridays? Now there is no excuse! 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! Lunch is a busy time and the restaurant can't accommodate inaccurate reservations. Thanks for understanding.

Th Jan 24 RockBottom Brewery  
800 LaSalle • 332-2739 11:30

Th Feb 28 McCormicks & Schmicks  
800 Nicollet Mall • 338-3300 11:30

Th Mar 28 Keys  
114 S. 9th • 436-2691 11:30

### **Computer Tutor**

#### **Check to See if a Time is Good for You to Learn!**

From turning on the computer to e-mailing photos – all skill levels welcome! Call for FREE SESSION. Mon-Wed times available!

**YOU MUST REGISTER FOR ALL CLASSES**

## Advocate, Resources, Assistance, Information

### One on One Appointments Available, 3rd Thursday of Every Month

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

Th Jan 17, Feb 21, Mar 21 1:00-2:30 Free

### Catching Up on Current Events – Invigorating Discussion Group – HOT HOT 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. 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 Jan 7-Mar 25 1:00-2:30 Free

### Ask the Pharmacist

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

T Jan 22, Feb 26, Mar 26 1:00-2:30 Free

## JANUARY ACTIVITIES

### CALLING ALL CREATIVE WRITERS!

The Center is exploring interest in creative writing sessions. We are looking for 1.) Interested participants 2.) Program facilitators. If you would like to have an ongoing monthly creative writing session or if you would love to facilitate/instruct – or know of someone who would love to donate their time to facilitate/instruct - PLEASE contact the Center at 612-370-3869

### Animal Ambassadors

Animal Ambassadors will be bringing a host of exotic animals/mammals, even a bug or two! Come and meet the Ambassadors and their animals from all over the world!

T Jan 8 1:00-2:30 Free

## Money Management

While many view retirement as a time for relaxation and not a time for budgeting, we encourage seniors to discipline themselves in budgeting, analyzing their net worth, and setting financial goals. The best way to ensure financial resources are appropriately managed is to maintain a monthly budget. We understand that seniors are on a limited income, but believe with the right money management tools, their goals can be achieved. Presented by Community Action of Minneapolis

T Jan 15 1:00-2:30 Free

### Consumer Fraud Targeted at Seniors

Seniors are a prime target for scam artists of all kinds. It is estimated that one-third of all elder abuse cases involve financial exploitation. The best way to protect yourself is to understand the methods that are used to scam seniors. This workshop will cover many types of scams and ways to prevent and protect seniors from becoming a victim. Presented by Community Action of Minneapolis

W Jan 16 1:00-2:30 Free

### Shingles Clinic

#### You Must Sign Up and Fill Out the Form by January 23rd

Shingles is an extremely painful inflammation of the nerves that produce a rash. If you have had Chicken Pox, you can easily get shingles and the risk grows as you age. Walgreens will be at the Center to administer the Shingles Vaccine. Please call you insurance to ensure coverage. Feel free to Call Walgreens Nicollet Mall at 612-339-0363 with any questions you may have.

T Jan 29 10:00-12:30 Call Walgreens for Cost

### The Persuaders - Documentary

PBS's long-running television series "Frontline" examines the inner workings of advertising and public relations and the men and women -- dubbed "persuaders" -- whose job it is to influence the buying habits of today's consumers. See how they research the preferences of shoppers, pique their interest, entice them to part with their hard-earned money, and get their own messages across in an increasingly complicated and tech-savvy world.

Th Jan 31 1:00-2:30 Free



**YOU MUST REGISTER FOR ALL CLASSES**

## FEBRUARY ACTIVITIES

## MARCH ACTIVITIES

### **Savvy Social Security for Boomers**

John Mazzara CFP of Financial Planning Associates will give you an overview and explanation of Social Security retirement benefits. He will review the basics as well as highlight a couple of benefit strategies. A broad informational overview will be established in addition to providing specific information that you can act on today. It's time to take a fresh look at Social Security. We must consider the importance of Social Security as part of our retirement income and the role it will play in our life. John will cover everything from eligibility, benefit calculations and current strategies. After attending the class, you will have a better understanding of your benefits and be able to make more informed decisions as you plan for your retirement.

T Feb 12 1:00-2:30 Free

### **Valentine's Day Party**

It's that time of year again to come to the Center for sweets, flowers, Valentine's cards and just a great time with others!



Th Feb 14 1:00-2:30 Free

### **Windows and Internet Skills – Basics and More**

Dan Dahl will be on-hand to go over tips, tricks and tools to navigate windows and the internet easier and faster! Come with questions! All skill levels welcome.

T Feb 19 1:00-2:30 Free

### **E-Mail Basics and More**

Dan Dahl is back to show you how to work with e-mail, sending, receiving, downloading pictures and uploading pictures and so much more. Don't miss this one – all skill levels welcome!

W Feb 27 1:00-2:30 Free

### **Community Action Energy Assistance Program**

Community Action of Minneapolis provides programs and services for low-income residents of Minneapolis. They are dedicated to helping people improve their lives. The Energy Assistance Program (EAP) is designed to provide financial assistance to low income families and individuals who live in the city of Minneapolis in order to help with the increased costs of home heating during the winter season. Program begins October 1st, and ends May 31st. Please visit [www.campls.org](http://www.campls.org) for more information or call 612-335-5837.

Th Feb 28 1:00-2:30 Free

### **Defensive Driving: 55 Alive: 4–Hour Refresher\* Course**

You must have competed 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 who 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 Mar 19 11:00 – 3:00 pm  
\$12 AARP \$14 regular

### **Travels With Ruth - Homeland of Aung San Suu Kyi—and More.**

In June of 2012, Suu Kyi of Myanmar was finally free to accept the Nobel Peace Prize awarded her in 1991. During the intervening years, when not actually under house arrest, she was afraid to leave her country for fear of not being readmitted. What is happening in Myanmar now? We hear mixed reports. During my brief visit there in February I learned more about what is happening in Aung San Suu Kyi's country. I also visited Singapore, Malaysia, and two Thai islands. All of these countries have interesting colonial histories. If you want to hear about my travels and what I learned, please come to my travelogue.

W Mar 20 1:00-2:30 Free

### **Spring Cleaning! Let's Learn How to Simplify and De-Clutter**

Cindy from Gentle Transitions will be at the Center with the magic bullet! Well actually, there will be lots of tips and tools you can use to take control of your spring cleaning. Simplifying and de-clutter is easier than you think! You will feel like you can conquer the world after you conquer your closet! Don't miss this one!

W Mar 27 1:00-2:30 Free

### **Shred It!**

After you have done your spring cleaning do you have a stack of paper that you are not comfortable just tossing in the recycle bin out back? Bring it to the Center to shred it. One paper bag of shreddible papers per person. There will not be any cross-cut shredders. We are not able to shred non-paper items. Shredding is done at your own risk.

Th Mar 28 1:00-2:30 Free

**YOU MUST REGISTER FOR ALL CLASSES**

# January 2013

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p><b>Closed For Holiday</b></p>	<p>2</p> <p><b>10:00 – 11:00</b> Mat Yoga*</p> <p><b>11:00 – 12:00</b> Yoga Stretch*</p> <p><b>12:30 – 1:30</b> Birthdays of the Month</p>	<p>3</p> <p><b>10:00 – 11:00</b> Walking Club</p> <p><b>1:00 – 2:30</b> Advisory Board Meeting</p>	<p>4</p> <p><b>10:00 – 11:00</b> Enhance Fitness®*</p> <p><b>12:00 – 2:30</b> Movie - <i>The Best Exotic Marigold Hotel</i></p>
<p>7</p> <p><b>10:00 – 11:00</b> EnhanceFitness®*</p> <p><b>1:00 – 2:30</b> Catching Up on Current Events</p>	<p>8</p> <p><b>1:00 – 2:30</b> Animal Ambassadors</p>	<p>9</p> <p><b>10:00 – 11:00</b> Mat Yoga*</p> <p><b>11:00 – 12:00</b> Yoga Stretch*</p> <p><b>12:30 – 3:00</b> Bundles of Love</p>	<p>10</p> <p><b>10:00 – 11:00</b> Walking Club</p> <p><b>1:00 – 2:30</b> Crafts &amp; More</p>	<p>11</p> <p><b>10:00 – 11:00</b> EnhanceFitness®*</p> <p><b>12:00 – 2:30</b> Movie - <i>Nothing But a Man</i></p>
<p>14</p> <p><b>10:00 – 11:00</b> EnhanceFitness®*</p> <p><b>11:00 – 12:30</b> I.C.E.S.</p> <p><b>1:00 – 2:30</b> Catching Up on Current Events</p>	<p>15</p> <p><b>1:00 – 2:30</b> Money Management</p>	<p>16</p> <p><b>10:00 – 11:00</b> Mat Yoga*</p> <p><b>11:00 – 12:00</b> Yoga Stretch*</p> <p><b>1:00 – 2:30</b> Consumer Fraud Target at seniors</p>	<p>17</p> <p><b>10:00 – 11:00</b> Walking Club</p> <p><b>10:30 – 11:30</b> Book Club</p> <p><b>1:00 – 2:30</b> Advocates, Resources, Assistance, Information</p>	<p>18</p> <p><b>10:00 – 11:00</b> EnhanceFitness®*</p> <p><b>12:00 – 2:30</b> Movie - <i>Tinker Tailor Soldier Spy</i></p>
<p>21</p> <p><b>Closed For Holiday</b></p>	<p>22</p> <p><b>1:00 – 2:30</b> Ask the Pharmacist</p>	<p>23</p> <p><b>10:00 – 11:00</b> Mat Yoga*</p> <p><b>11:00 – 12:00</b> Yoga Stretch*</p>	<p>24</p> <p><b>10:00 – 11:00</b> Walking Club</p> <p><b>10:00 – 3:00</b> Foot Care</p> <p><b>11:30 – 1:00</b> Lunch Bunch - Rockbottom Brewery</p>	<p>25</p> <p><b>10:00 – 11:00</b> EnhanceFitness®*</p> <p><b>12:00 – 2:30</b> Movie - <i>The Jerk</i></p>
<p>28</p> <p><b>10:00 – 11:00</b> EnhanceFitness®*</p> <p><b>1:00 – 2:30</b> Catching Up on Current Events</p>	<p>29</p> <p><b>10:00 – 12:00</b> Shingles Vaccination Clinic</p>	<p>30</p> <p><b>10:00 – 11:00</b> Mat Yoga*</p> <p><b>11:00 – 12:00</b> Yoga Stretch*</p>	<p>31</p> <p><b>10:00 – 11:00</b> Walking Club</p> <p><b>1:00 – 2:30</b> The Persuaders</p>	

# February 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<h2>Happy Valentine's Day</h2>				<p><b>1</b></p> <p><b>10:00 – 11:00</b> Enhance Fitness®*</p> <p><b>12:00 – 2:30</b> Movie -Mr. &amp; Mrs. Bridge</p>
<p><b>4</b></p> <p><b>10:00 – 11:00</b> EnhanceFitness®*</p> <p><b>12:00 – 1:00</b> Friends Board Meeting</p> <p><b>1:00 – 2:30</b> Catching Up on Current Events</p>	<p><b>5</b></p> <p><b>12:30 – 1:30</b> Birthdays of the Month</p> <p><b>1:00 – 2:30</b> Meet the Artist - Emmy White</p>	<p><b>6</b></p> <p><b>10:00 – 11:00</b> Mat Yoga*</p> <p><b>11:00 – 12:00</b> Yoga Stretch*</p>	<p><b>7</b></p> <p><b>10:00 – 11:00</b> Walking Club</p> <p><b>1:00 – 2:30</b> Advisory Board Meeting</p>	<p><b>8</b></p> <p><b>10:00 – 11:00</b> Enhance Fitness®*</p> <p><b>12:00 – 2:30</b> Movie - <i>Adam's Rib</i></p>
<p><b>11</b></p> <p><b>10:00 – 11:00</b> EnhanceFitness®*</p> <p><b>11:00 – 12:30</b> I.C.E.S.</p> <p><b>1:00 – 2:30</b> Catching Up on Current Events</p>	<p><b>12</b></p> <p><b>1:00 – 2:30</b> Savvy Social Security for Boomers</p>	<p><b>13</b></p> <p><b>10:00 – 11:00</b> Mat Yoga*</p> <p><b>11:00 – 12:00</b> Yoga Stretch*</p> <p><b>12:30 – 3:00</b> Bundles of Love</p>	<p><b>14</b></p> <p><b>10:00 – 11:00</b> Walking Club</p> <p><b>1:00 – 2:30</b> Crafts &amp; More</p> <p><b>1:00 – 2:30</b> Valentines Day Party</p>	<p><b>15</b></p> <p><b>10:00 – 11:00</b> Enhance Fitness®*</p> <p><b>12:00 – 2:30</b> Movie - <i>Valentine's Day</i></p>
<p><b>18</b></p> <p><b>Closed For Holiday</b></p>	<p><b>19</b></p> <p><b>1:00 – 2:30</b> Windows &amp; Internet Basics</p>	<p><b>20</b></p> <p><b>10:00 – 11:00</b> Mat Yoga*</p> <p><b>11:00 – 12:00</b> Yoga Stretch*</p>	<p><b>21</b></p> <p><b>10:00 – 11:00</b> Walking Club</p> <p><b>10:30 – 11:30</b> Book Club</p> <p><b>1:00 – 2:30</b> Advocates, Resources, Assistance, Information</p>	<p><b>22</b></p> <p><b>10:00 – 11:00</b> Enhance Fitness®*</p> <p><b>12:00 – 2:30</b> Movie - <i>Julia</i></p>
<p><b>25</b></p> <p><b>10:00 – 11:00</b> EnhanceFitness®*</p> <p><b>1:00 – 2:30</b> Catching Up on Current Events</p>	<p><b>26</b></p> <p><b>1:00 – 2:30</b> Ask the Pharmacist</p>	<p><b>27</b></p> <p><b>10:00 – 11:00</b> Mat Yoga*</p> <p><b>11:00 – 12:00</b> Yoga Stretch*</p> <p><b>1:00 – 2:30</b> E-Mail Basics</p>	<p><b>28</b></p> <p><b>10:00 – 11:00</b> Walking Club</p> <p><b>11:30 – 1:00</b> Lunch Bunch - McCormick &amp; Schmick's</p> <p><b>1:00 – 2:30</b> Community Action Energy Assistance Program</p>	

# March 2013

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>12:00 – 2:30</b> Movie - <i>The Innocents</i>
<b>4</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>5</b> <b>12:30 – 1:30</b> Birthdays of the Month	<b>6</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*	<b>7</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Advisory Board Meeting	<b>8</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>12:00 – 2:30</b> Movie - <i>For Whom the Bell Tolls</i>
<b>11</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>11:00 – 12:30</b> I.C.E.S.  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>12</b> <b>1:00 – 2:30</b> Meet the Artist - Sylvia Roman	<b>13</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>12:30 – 3:00</b> Bundles of Love	<b>14</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Crafts & More	<b>15</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>12:00 – 2:30</b> Movie - <i>The Full Monty</i>
<b>18</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>19</b> <b>11:00 – 3:00</b> Defensive Driving	<b>20</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:30 – 3:00</b> Travels With Ruth - Singapore and More	<b>21</b> <b>10:00 – 11:00</b> Walking Club  <b>10:30 – 11:30</b> Book Club  <b>1:00 – 2:30</b> Advocates, Resources, Assistance, Information	<b>22</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>12:00 – 2:30</b> Movie - <i>The Thing From Another World</i>
<b>25</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>26</b> <b>1:00 – 2:30</b> Ask the Pharmacist	<b>27</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> Spring Cleaning and Declutter tips	<b>28</b> <b>9:00 – 3:00</b> Foot Care <b>10:00 – 11:00</b> Walking Club <b>11:30 – 1:00</b> Lunch Bunch - Keys <b>1:00 – 2:30</b> Shred It!	<b>29</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>12:00 – 2:30</b> Movie - <i>The Ides of March</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: UCare Skyway Senior Center 950 Nicollet Mall, Suite 290 Minneapolis, MN 55403	For Office Use Only: Date received: _____ Initials: _____

## Registration is Easy

### By Mail

For each class (NOT TRIPS), make out a registration form and check payable to the *Minneapolis Finance Department*. If two or more people are registering for the same class, one check may be used.

#### Mail registration materials to:

UCare Skyway Senior Center  
950 Nicollet Mall, Suite 290  
Minneapolis, MN 55403

**Please Refer to the Trips Section for Registration Instructions**

### By Phone

For Trips call 612-668-4828.

For Classes call 612-370-3869.

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

### Cancellations

A minimum of 7 days is required prior to class date for full refund unless noted otherwise.

NO refunds on trips.

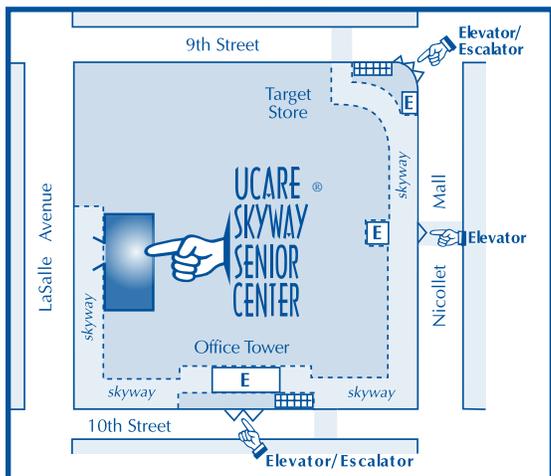
## UCare Skyway Senior Center

950 Nicollet Mall, Suite 290  
Minneapolis, MN 55403

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ORGANIZATION  
U.S. POSTAGE  
PAID  
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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](mailto:skywaycenter@minneapolismn.gov) Website: [www.minneapolismn.gov/seniors](http://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](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.