

Chatter

Ucare

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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We are all looking forward to spring after this endless winter. There are new events and programs to look forward to as the snow melts.

Older Americans Month – on Monday, May 19, 11-1 p.m. we will have our annual party sponsored by UCare, to celebrate Older Americans Month. There will be food and fun in recognition of older adults. In addition, our good friends at The Local, 931 Nicollet Mall, are going to do a promotion for the month of May to raise funds for the Friends of the Skyway Senior Center. More to come...

A monthly Music Appreciation group (with a focus on jazz) has been formed – everyone is welcome. The group will decide each month whether to watch dvd concerts or documentaries, bring in their own music to enjoy and discuss or invite guests to speak.

A few scheduling changes have been made to exercise classes. Some days and times have changed. Yoga has moved to Thursday and the Walking Club has moved to Wednesday. Please check the schedule.

Please submit any suggestions or comments about the UCare Skyway Senior Center: In our suggestion box at the UCare Skyway Senior Center
 By phone at 612-370-3869
 E-mail at skywaycenter@minneapolismn.gov
 Twitter: @skywaycenter
 Facebook: <https://www.facebook.com/pages/UCare-Skyway-Senior-Center/539294026093788>

Thank you for supporting the UCare Skyway Senior Center.

Please accept my donation to support the Skyway Senior Center

\$10 \$25 \$50 \$100 Other \$ _____

Enclosed is my tax-deductible gift payable to:
 Friends of the Skyway Senior Center.
 950 Nicollet Mall, Suite 290 – Minneapolis, MN 55403

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

HEALTH CARE *that starts with:*

Pat

– UCare member
St. Louis Park, MN



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

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

Start here:

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



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.



April

FAIR School Students

The FAIR School is located in downtown Minneapolis and is known for integrating the arts into its classes. This exhibit is comprised of artwork created by the members of the national Art Honor Society of FAIR Downtown. The National Art Honor Society is a group of students who excel at the visual arts. The NAHS strives to aid members in attaining the highest standards in art scholarship, character, and service, and to bring art education to the attention of the school and community. This current group is comprised of students in grades 9-12 with a variety of interests in the visual arts. Our group meets on a monthly basis to discuss and plan events and activities related to furthering our artistic endeavors. We are currently looking for opportunities for artistic community service.

Artist Reception - Wednesday, April 16, 1:00, Free

May

Vicki Deutsch

I have been creating art for 60 years. I graduated from the Minneapolis College of Art and Design with a major in Drawing and minor in Painting. My medium has changed over the years from Acrylic paint to Digital Art. My art is a combination of Folk, Classic and Cartoon. I collect antique children's books and I get some of my ideas from those books...as well as from my own imagination. I enjoy illustrating fictional people. I am a member of CBIG (the Childrens Book Illustrators Guild) of MN. From 2000 - 2010 I was the Chair and Treasurer of CBIG. I have been and continue to be in numerous art shows with CBIG. CBIG has a web site where you can find me: www.childrens-illustrators.com

I also have a blog site: www.victoriousart.blogspot.com

You can contact me at: vldeut@gmail.com

Artist Reception – Monday, May 5, 11:00, Free

June

Donna Triska

I must have been born with a pencil in one hand and a book in the other. I have always loved reading, art and art making. I started reading at age four and did my first mural that year as well, unfortunately I had to scrub that one off the wall. I like to paint from nature, whether it be flowers, fish, feathered, furry animals or sometimes just strange people, they are all interwoven with my dreams. It is my hope that my art instills a sense of peace and stillness in the viewer. To learn more about me and my exhibitions, visit my web page at www.donnatriska.com.

Artist Reception - Tuesday, June 3, 11:30, Free

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

Interested in Showing Your Art?

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

Minneapolis Community Education Trips & Social Outings



Foreign Policy Issues Discussion

Through the nationwide Great Decisions program, learn more about vital foreign policy issues facing our country. The sessions feature lectures and lively discussions with local college professors and other guest speakers. Topics include: "Turkey's Challenges," "Israel and the U.S.," "Islamic Awakening," and "Defense Technology." Co-sponsored with Friends of the Washburn Library, Walker Place, and the UCare Skyway Senior Center, respectively. To register, call 612.668.4828. Three sections offered:

Washburn Library
5244 Lyndale Ave. S.
4 Tuesdays Apr 15-May 6
1:00-2:30 pm, Free

Walker Place
3701 Bryant Ave S.
4 Thursdays Apr 17-May 8
2:00-3:30 pm, Free

UCare Skyway Senior Center,
950 Nicollet Mall, Suite 290
4 Wednesdays May 14-June 4
1:00-2:30 pm, Free

55+ Trips & Tours

Harlem Globetrotters 2014 "Fans Rule" World Tour
The Globetrotters' one-of-a-kind show features mesmerizing ball handling, an assortment of trick shots, high-flying dunks and precise timing – all with an array of comedy guaranteed to entertain. Reserved seats are in lower level corners. Transportation is on your own. Meet at the Target Center, 600 First Ave. N.

Saturday April 12 1:00 pm \$29



MAIL PAYMENT TO NEW ADDRESS:

Please Contact Minneapolis Community Education to Register for trips listed

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

Pickup Points for Trips

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

GOOD TO KNOW - YOU WANT TO KNOW

Upcoming Events Art in Bloom

Free and open to the public, Art in Bloom exhibits imaginative floral interpretations of selected works of art from the Minneapolis Institute of Art's (MIA) permanent collection, created by more than 100 commercial florists and individual artists. Over the course of the four-day festival, everyone is invited to experience the floral fragrance throughout the museum, enjoy a lecture or demonstration, attend a party or free docent tour, and browse garden-related merchandise in the Museum Shop. Art in Bloom 2014 will take place May 1-4. For more information call (612) 870-3000.

Art in Bloom is the principal fundraiser of the Friends of the Minneapolis Institute of Arts. The Friends organization is dedicated to supporting, enhancing, and sustaining the collections, programs, and influence of the MIA.

MayDay Parade

The 40th Annual MayDay Parade and Festival is scheduled Sunday, May 4, 2014. There are three parts to our MayDay event, the Parade, and the Ceremony, followed by a Festival in Powderhorn Park in South Minneapolis until dusk. The parade begins at the corner of 25th Street East and Bloomington Avenue South, and travels south on Bloomington to 34th Street East, where the parade turns west towards Powderhorn Park, where the parade ends and the MayDay Ceremony and Festival begins, at approximately 3pm. For more information call 612-721-2535.

Twin Cities Pride Festival June 28-29, 2014

The 2014 Pride Celebration will be June 28-29, 2014 at Loring Park in Minneapolis. The Pride Festival features each year over 400 exhibitors, 40 food and beverage booths, 20 sponsors and 300,000+ visitors participate in this free celebration of the GLBT community. For more information visit www.tcpride.org

2014 Paint-A-Thon Applications Available

Each year, on the first weekend in August, Metro Paint-A-Thon rallies volunteer teams from corporations, congregations, and civic groups to paint the homes of seniors and people with disabilities.

The program helps homeowners remain living independently in their own homes and improves neighborhoods throughout the Twin Cities seven-county metropolitan area. Since 1984, Metro Paint-A-Thon volunteers have painted more than 6,000 homes.

Paint-A-Thon welcomes referrals and accepts applications from all eligible homeowners. To be considered, completed applications must be received by mid-April. Selected homeowners are notified by mail in early July of each year.

To qualify, the applicant must meet the following criteria:

Be over the age of 60 or have a permanent physical disability.

Own and occupy a single-family home in Anoka, Carver, Dakota, Hennepin, Ramsey, Scott or Washington county that needs the exterior painted, but does not need major repairs.

The monthly household income cannot exceed 200% of federal poverty level. See page 1 of the application below for the income limits.

For more info or an application, call 612-276-1579.

UCare Skyway Senior Center Wish List

- Piano Player: Volunteer to play our electric piano for special events & activities
- New greeting cards w/envelopes (birthday, sympathy, blank etc.)
- Puzzles (over 500 pieces).
- Current magazines.
- Volunteers to teach or lead a craft class.

At the Movies with "Downtown Tom"

FREE POPCORN!

Sponsored by TCF National Bank – Skyway Branch

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

Will Success Spoil Rock Hunter – NR – 1957 (95 min.)
Jayne Mansfield plays curvaceous starlet Rita Marlowe, who gets roped into a promotion for a lipstick product. Tony Randall plays an advertising ace, and the media plays their relationship as "hot romance." (comedy)
F April 4 12:00 Free

The Great Gatsby – PG-13 – 2013 (143 min.)
Leonardo DiCaprio stars as literary icon Jay Gatsby in this latest screen adaptation of F. Scott Fitzgerald's novel. His war veteran neighbor, Nick Carraway, is drawn to the affluence and mystery surrounding Gatsby's life. (drama)
F April 11 12:00 Free

Sahara – NR – 1943 (99 min.)
Humphrey Bogart as Sergeant Joe Gunn who leads an abandoned tank unit after the fall of Tobruk in North Africa during WWII. The tanks picks up British, French, South African, and Sudanese soldiers along the way; all work together to defeat a much larger German force that wants the same water well that they have. (action-drama-war) (Bogart's favorite of his war films)
F April 18 12:00 Free

Picnic – PG – 1955 (113 min.)
William Holden as Hal Carter, a handsome drifter who arrives at a small Kansas town looking to get his life in order with the help of Alan, an ex- fraternity brother. Hal is drawn to Madge Owens (Kim Novak), the town's beauty queen, and romance follows. (drama – romance)
F April 25 12:00 Free

Lee Daniels' The Butler – PG-13 – 2013 (113 min.)
Forest Whitaker plays Cecil Gaines, who served as butler to eight presidents during his tenure at the White House, covering the civil rights movement, Vietnam, and other major events affecting this man's life, family, and American society. Oprah Winfrey. (bio-drama)
F May 2 12:00 Free

All About Eve – NR – 1950 (139 min.)
Writer-director Joseph L. Mankiewicz's sharp script anchors this story about New York City theater life, with Bette Davis playing an aging Broadway diva who employs a star struck fan (Anne Baxter) as her assistant, only to learn the woman is a conniving upstart. (drama)
F May 9 12:00 Free

The Rainmaker – NR – 1956 (121 min.)
Flimflamming his way through the drought-plagued Southwest, Bill Starbuck (Burt Lancaster) promises -- for \$100 -- to bring rain to farmer H.C. Curry. But Curry's spinster daughter (Katharine Hepburn) remains dubious about Starbuck's guarantee until he works his pitchman charm on her. (romance-western)
F May 16 12:00 Free

All That Jazz – R – 1979 (123 min.)
Bob Fosse's Oscar-winning autobiographical film celebrates the raunchy underbelly of show business. Successful director-choreographer Joe Gideon (Roy Scheider) is at the top of the Broadway heap. But he stands powerless as his world slowly collapses around him. Soon, it's clear Gideon will have to make a choice -- his art or his life. (drama-fantasy-music)
F May 23 12:00 Free

Sudden Fear – NR – 1952 (110 min.)
Successful playwright Myra Hudson (Joan Crawford) puts her mystery-writing skills to good use when she suspects that her husband (Jack Palance) and his mistress (Gloria Grahame) are plotting to kill her when they discover the contents of her will. (thriller)
F May 30 12:00 Free

Last Vegas – PG-13 – 2013 (105 min.)
Four sixty-something pals -- Billy, Paddy, Archie and Sam -- gather in Las Vegas to celebrate Billy's upcoming nuptials with the intention of running wild for four straight days. But Sin City has gotten a lot crazier than they could've ever imagined. Robert DeNiro, Morgan Freeman, Michael Douglas & Kevin Kline. (comedy)
F June 6 12:00 Free

Gunfight at the O.K. Corral – PG – 1957 (122 min.)
When Wyatt Earp puts an end to the cattle-rustling activities of Ike Clanton and his brothers, the outlaws seek revenge. But instead of killing Wyatt, they murder Wyatt's brother, Jimmy, paving the way for the famous confrontation at the O.K. Corral. Burt Lancaster, Kirk Douglas. (western)
F June 13 12:00 Free

Young Man with a Horn – NR – 1950 (112 min.)
Kirk Douglas as Rick Martin, a jazz trumpeter of the highest order. His life hits a sour note when his crumbling marriage, penchant for the bottle and stormy personality threaten to derail a promising career. Lauren Bacall and Doris Day co-star as Rick's love interests. (bio-drama-music)
F June 20 12:00 Free

Blue Jasmine – PG-13 – 2013 (121 min.)
Cate Blanchett plays Jasmine, a New York socialite, deeply troubled and in denial. She arrives in San Francisco to impose upon her sister. Jasmine looks a million, but isn't bringing money, peace, or love. Woody Allen directs this unusual comedy. (Downtown Tom saw it twice!)
F June 27 12:00 Free

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

ONGOING ACTIVITIES

Exercise Class Policy

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

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

Exercise Classes

Fitness Mix

Improve your stability, bone density, endurance, coordination and mental sharpness. Exercises focus on stretching, flexibility, balance, low impact aerobics and strength training. Come for the exercise, stay for the community! (Note: no class on 4/4, 5/19 or 5/26)



M & F Apr. 7 – June 30 10:00 – 11:00

Yoga Stretch (Note: New Day & Time)

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



Th Apr. 3 – June 26 9:30-10:15

Mat Yoga (Note: New Day & Time)

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 45 minutes long. (Note: No class on 4/17, 5/15, 5/22 or 6/19)

Th Apr. 3 – June 26 10:30-11:15

Tai Chi for Health

Tai Chi for Health Class: This simple, gentle Sun style Tai Chi Form can be enjoyed by everyone. Done seated or standing, these qigong exercises and forms bring flexibility and balance while improving stamina and stability. Movements are easy to do, relaxing and fun! This Form is approved by the American Arthritis Foundation. The American Geriatric Society also recommends doing tai chi to help prevent falls.

NOTE: This class builds on progressive movements (forms) so participants should plan on attending most classes in the series. Wear loose comfortable clothes and flat shoes suitable for exercise. (No class on April 15, June 10 & June 17)

T Apr. 1 – June 24

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

Walking Club (Note: New Day)

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

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

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

Enjoy Friends! Stay Supported! Have fun!

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

M Apr. 14, May 12 & June 9 11:00-12:30 Free

Foot Care Clinic

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

Th May 22 11:00 – 3:00 \$25

Computer Tutor

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

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

Sew Lovely

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

Th Apr. 10, May 8 & June 12 1:00-2:30 Free

Birthdays of the Month

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

T Apr. 1, May 6 & June 3 12:30 Free

Bundles of Love

Bundles of Love is a MN all-volunteer non-profit organization dedicated to helping infants & their families. This fun volunteer group meets monthly to prepare essential clothing & blankets for these infants. There is no sewing or knitting required. Help newborns in need by preparing fabric for blankets and other items. Bundles of Love is looking for new volunteers. If you are interested, please stop in and join the effort! Bundles of Love meets the second Wednesday of every month at 12:30. (Note: No class on 5/14)

W Apr. 9 & June 11 12:30 Free

Book Club

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

April – Out Stealing Horses by Per Petterson

Trond's friend Jon often appeared at his doorstep with an adventure in mind for the two of them. But this morning was different. What began as a joy ride on "borrowed" horses ends with Jon falling into a strange trance of grief. Trond soon learns what befell Jon earlier that day--an incident that marks the beginning of a series of vital losses for both boys. Set in the easternmost region of Norway, *Out Stealing Horses* begins with an ending. Sixty-seven-year-old Trond has settled into a rustic cabin in an isolated area to live the rest of his life with a quiet deliberation. A meeting with his only neighbor, however, forces him to reflect on that fateful summer.

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

May – The Corpse Walker by Liao Yiwu

The Corpse Walker introduces us to regular men and women at the bottom of Chinese society, most of whom have been battered by life but have managed to retain their dignity: a professional mourner, a human trafficker, a public toilet manager, a leper, a grave robber, and a Falung Gong practitioner, among others. By asking challenging questions with respect and empathy, Liao Yiwu managed to get his subjects to talk openly and sometimes hilariously about their lives, desires, and vulnerabilities, creating a book that is an instance par excellence of what was once upon a time called "The New Journalism."

8 Th May 15 10:30-11:30 Free

June – Staggerford Flood by Jon Hassler

The Staggerford Flood, Jon Hassler brings back Agatha McGee and reunites other favorite characters from his award-winning Staggerford novels. When a flood hits Staggerford and neighboring towns, Agatha McGee's house on the highest hill in town becomes a refuge for seven female neighbors, friends, and former students for three days and three nights. This deluge of old and new friends—as well as a new young priest who thinks Agatha has become a bit too zealous about morality—helps to restore Agatha's own very distinctive spark.

Th June 19 10:30-11:30 Free

*The Lunch Bunch

Join friends and meet new ones. Everyone is welcome to participate but please register by the Tuesday before the lunch so we can give the restaurant an accurate count. If you do not register by Tuesday noon, you may not be able to sit with the group. Lunch is a busy time and the restaurant can't accommodate inaccurate reservations. Everyone is responsible for paying their own check. Lunch Bunch meets the 4th Thursday of the month.

Th	Apr. 24	The Dakota 1010 Nicollet Mall	11:30
Th	May 22	McCormick & Schmicks 800 Nicollet Mall	11:30
Th	June 26	Rock Bottom Brewery 800 LaSalle Ave	11:30

Music Appreciation

Several members of the UCare Skyway Senior Center have expressed interest in having a monthly music appreciation program with a focus on jazz. The group will collaborate to decide whether to watch a concert video, bring in our own music to discuss or ask speakers to present. Everyone is welcome. Music appreciation meets the second Tuesday of every month at 11:00 a.m.

T April 8, May 13 & June 10 11:00–12:00 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 Apr. 17, May 15 & June 19 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. (No meeting on 5/19 or 5/26)

M Apr. 7 – June 30 1:00-2:30 Free

Ask the Pharmacist: Allergy Season

How to Treat Allergies and What Over-the-Counter Products to Avoid

Our new UCare Pharmacist, Angela Balascak (RPh., BCACP, CGP), will do a presentation at the beginning of her time at the Center. Come for the presentation then spend some time with Angela one-on-one to get your questions answered about Medicare Part D, the donut hole, medication review, questions about medicine interactions, vitamins and other over-the-counter medication questions. First come first serve so ask the receptionist for your number for a 10-15 minute consult. (Note: Angela will come to the center every other month.)

T May 27 1:00-2:30 Free

Pre-registration encouraged for classes marked with *Call 612-370-3869 to register

APRIL ACTIVITIES

*Medicare Listening Session

What do you want from your Medicare coverage? What are the issues you are facing today with your plan? Join UCare's Medicare Product Manager, Jennifer Schaefer, and tell her! Jennifer is conducting listening sessions to hear what people like you are saying about their Medicare coverage. You have valuable insight and Jennifer wants to hear it.

W April 2 1:30-2:30 Free

*Lifetrack Renew Jobs Program

Lifetrack's RENEW program offers Minneapolis residents the opportunity to begin a new career path in one of the Twin Cities growing industries. Participation in RENEW begins with a short-term, trade-specific training at an accredited training institution. Trainings include welding, machining, construction, industrial sewing and many more. During and after training, RENEW counselors provide assistance with career readiness and supportive services. Please join

Andrew and Brandon from Lifetrack's RENEW program on April 15th at 1:00 pm to learn how this program can support you in your career goals!

T April 15 1:00-2:30 Free

***Change Today for a Healthier Tomorrow**

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

T April 22 1:00-2:30 Free

***Preventing Falls at Home: Simple Steps to Keep You Safe**

Presented by Trauma Services of Fairview Southdale and the University of Minnesota Medical Center. Nurses will lead a discussion on how to prevent falls at home and review the simple steps to stay safe. Topics include:

- Prevalence of Falls with review of stats
- Review of Home/environment safety checklist
- Asking for what you need: assertiveness versus aggressiveness
- Talking with your Doctor
- Medications and side effects that can cause falls
- Assistive Devices
- Alcohol Use
- Exercises
- Resources for Seniors

W April 23 12:30-2:30 Free

***Culture Club: Theatre Tour – State Theatre**

Take a walking tour of Hennepin Theatre Trust's State, Orpheum and/or Pantages Theatres for an up-close look at the architecture, detailing and structure of the venues that anchored the region's "Theatre Row" along with an overview history of the buildings. The tour starts at the State Theatre Box Office and costs \$5 per person payable at the start of the tour. (Meet at the State Theatre Box Office – Lobby 805 Hennepin Ave.)

M April 28 1:00-2:00 \$5.00

***CLIMB Theatre Group**

In a series of four 45-minute sessions, Actor-Educators from CLIMB Theatre will lead participants in a series of creative activities. Do your grandkids love to hear you tell tales of the good ol' days? Has it been much too long since you told an epic fish sto-

ry? Come create stories with two actors from CLIMB Theatre! You can spend time with old friends and make new ones while doing creative activities, storytelling, and improvising scenes.

T Apr. 29-May 20 1:00-1:45 Free

Minneapolis for a Lifetime

Christina Kendrick, Senior Community Specialist, City of Minneapolis, will discuss how Minneapolis is preparing for an aging population. Hear how our beautiful city is changing and how the City of Minneapolis is creating a strategy for an age friendly and supportive city. Part of this presentation will explain how your voices were used to create this strategic framework. Bring your questions.

W April 30 1:00-2:00 Free

MAY ACTIVITIES

***CLIMB Theatre Group**

In a series of four 45-minute sessions, Actor-Educators from CLIMB Theatre will lead participants in a series of creative activities. Do your grandkids love to hear you tell tales of the good ol' days? Has it been much too long since you told an epic fish story? Come create stories with two actors from CLIMB Theatre! You can spend time with old friends and make new ones while doing creative activities, storytelling, and improvising scenes.

T Apr. 29-May 20 1:00-1:45 Free

Minneapolis Issues: Steve Cramer, Downtown Council

Please join our guest, Steve Cramer, President & CEO of the Minneapolis Downtown Council and Downtown Improvement District (DID). Learn about the unique work of the Downtown Council and DID and discuss the past and future of downtown Minneapolis.

W May 7 1:00 – 2:30 Free

***Great Decisions: Israel and the United States (Gary Prevost)**

Modern Israel's struggles with the Palestinians have turned what was meant as a safe haven for Jews into the center of a decades-long conflict. The U.S. has stepped in as Israel's ally due to the two countries' shared values, providing years of unparalleled military and diplomatic support. But now those ties are being tested. The Arab Spring, Iran's nuclear ambitions, failed peace talks, and Israel's own decision to

give Washington the cold shoulder have put new strains on the 65-year-old "special relationship." Please register in advance by calling Mpls. Community Education at 612-668-4828

W May 14 1:00 Free

Older Americans Month Celebration

May is Older Americans Month. Join us for our annual celebration sponsored by UCare. Food, fun and refreshments will be provided.

M May 19 11:00-1:00 Free

*Great Decisions: Islamic Awakening (Waleed Mahdi)

The aftermath of the Arab Spring has resulted in unforeseen changes in the political landscape in many countries, especially regarding the role of Islam and democracy. How have the countries in the Maghreb reacted, including Tunisia, where the Arab Spring began? Is U.S. foreign policy adapting successfully to all of the changes in the region? Please register in advance by calling Mpls. Community Education at 612-668-4828

W May 21 1:00 Free

*Great Decisions: Defense Technology (Chuck Woodbury)

From robotic planes to cyber weapons to 3D printing and human enhancement, new "game-changing" technologies are moving from science fiction to battlefield reality – all during an age of fiscal austerity. But in wrestling with the new, we can actually learn a great deal from the past. Our forebears went through similar challenges with such once fanciful but now normal concepts as airplanes, submarines, and tanks. What are the "killer applications" of the 21st century battlefield, and in turn, what are the issues that the U.S. must navigate in adapting to them? Please register in advance by calling Mpls. Community Education at 612-668-4828.

W May 28 1:00 Free

*Introduction to Cloud Computing

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

Th May 29 1:00 – 2:30 Free

JUNE ACTIVITIES

*Great Decisions: Turkey's Challenges (Gary Prevost)

Turkey: a nation at a crossroads, a bridge between an ever-growing chasm between the East and West. Turkey's first Prime Minister Kemal Ataturk envisioned a modern, democratic nation-state built on the ashes of the Ottoman Empire with strong ties to Europe, not the Middle East. But as the clashes between secular and religious groups and the recent protests in Taksim Square show, the soul of Turkey is still very much up for grabs. Please register in advance by calling Mpls. Community Education at 612-668-4828.

W June 4 1:00 Free

*Writer's Workshop

Have you always wanted to write, but aren't sure how to get started? Interested in leaving a written legacy? Join us for a writer's workshop with a focus on memoir and life story writing. Expect fun, easy writing exercises to get the pen moving.

T June 17 1:00 Free

*AARP Smart Driver Course

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

W June 18 11:00 – 3:00
(\$15 AARP Members/\$20 non-members)

Documentary: The Times of Harvey Milk – 1984 (90 min.)

San Francisco's most colorful -- and tragic -- political figure: Harvey Milk, a staunch fighter for gay rights who helped forge a presence for the city's gay community in city hall. Milk became the first openly gay member of San Francisco's combative city council. But his life, along with Mayor George Moscone's, was cut short by infamous fellow politico Dan White.

T June 24 1:00-2:30 Free

*Bingo! Sponsored by Walgreens

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

W June 25 1:00 – 2:30 Free

April

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 – 11:00 Tai Chi 12:30 – 1:30 Birthdays of the Month	2 10:00 – 11:00 Walking Club 1:30 – 2:30 Medicare Listening Session	3 9:30 – 10:15 Yoga Stretch 10:30 – 11:15 Mat Yoga 1:00 – 2:30 Advisory Board Meeting	4 12:00 – 2:30 Movie - <i>Will Success Spoil Rock Hunters</i>
7 10:00 – 11:00 Fitness Mix 12:00 – 1:00 Friends Board Meeting 1:00 – 2:30 Catching Up on Current Events	8 10:00 – 11:00 Tai Chi 11:00 – 12:00 Music Appreciation	9 10:00 – 11:00 Walking Club 12:30 – 3:00 Bundles of Love	10 9:30 – 10:15 Yoga Stretch 10:30 – 11:15 Mat Yoga 1:00 – 2:30 Sew Lovely	11 10:00 – 11:00 Fitness Mix 12:00 – 2:30 Movie - <i>The Great Gatsby</i>
14 10:00 – 11:00 Fitness Mix 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	15 1:00 – 2:30 Lifetrack Renew Jobs Program	16 10:00 – 11:00 Walking Club 1:00 – 2:00 Meet the Artist: FAIR School Students	17 9:30 – 10:15 Yoga Stretch 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates, Resources, Assistance, Information	18 10:00 – 11:00 Fitness Mix 12:00 – 2:30 Movie - <i>Sabara</i>
21 10:00 – 11:00 Fitness Mi 1:00 – 2:30 Catching Up on Current Events	22 10:00 – 11:00 Tai Chi 1:00 – 2:30 Change Today for a Healthier Tomorrow	23 10:00 – 11:00 Walking Club 12:30 – 2:30 Preventing Falls at Home	24 9:30 – 10:15 Yoga Stretch 10:30 – 11:15 Mat Yoga 11:30 – 1:00 Lunch Bunch- The Dakota	25 10:00 – 11:00 Fitness Mix 12:00 – 2:30 Movie - <i>Picnic</i>
28 10:00 – 11:00 Fitness Mix 1:00 – 2:00 Culture Club: State Theatre Tour 1:00 – 2:30 Catching Up on Current Events	29 10:00 – 11:00 Tai Chi 1:00 – 1:45 CLIMB Theatre Group	30 10:00 – 11:00 Walking Club 1:00 – 2:00 Minneapolis for a Lifetime		

May

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30 – 10:15 Yoga Stretch 10:30 – 11:15 Mat Yoga 1:00 – 2:30 Advisory Board Meeting	2 10:00 – 11:00 Fitness Mix 12:00 – 2:30 Movie - <i>Lee Daniels' The Butler</i>
			5 10:00 – 11:00 Fitness Mix 11:00 – 12:00 Meet the Artist: Vicki Deutsch 1:00 – 2:30 Catching Up on Current Events	6 10:00 – 11:00 Tai Chi 12:30 – 1:30 Birthdays of the Month 1:00 – 1:45 CLIMB Theatre Group
12 10:00 – 11:00 Fitness Mix 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	13 10:00 – 11:00 Tai Chi 11:00 – 12:00 Music Appreciation 1:00 – 1:45 CLIMB Theatre Group	14 10:00 – 11:00 Walking Club 1:00 – 2:30 Great Decisions	15 9:30 – 10:15 Yoga Stretch 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates, Resources, Assistance, Information	16 10:00 – 11:00 Fitness Mix 12:00 – 2:30 Movie - <i>The Rainmaker</i>
19 11:00 – 1:00 Older Americans Month Celebration	20 10:00 – 11:00 Tai Chi 1:00 – 1:45 CLIMB Theatre Group	21 10:00 – 11:00 Walking Club 1:00 – 2:30 Great Decisions	22 9:30 – 10:15 Yoga Stretch 11:00 – 3:00 Foot Care 11:30 – 1:00 Lunch Bunch-McCormick & Schmicks	23 10:00 – 11:00 Fitness Mix 12:00 – 2:30 Movie - <i>All That Jazz</i>
26 Closed for Holiday	27 10:00 – 11:00 Tai Chi 1:00 – 2:30 Ask the Pharmacist: Allergy Season	28 10:00 – 11:00 Walking Club 1:00 – 2:30 Great Decisions	29 9:30 – 10:15 Yoga Stretch 11:00 – 3:00 Foot Care 1:00 – 2:30 Intro to Cloud Computing	30 10:00 – 11:00 Fitness Mix 12:00 – 2:30 Movie - <i>Sudden Fear</i>

June

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00 – 11:00 Fitness Mix</p> <p>12:00 – 1:00 Friends Board Meeting</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>3</p> <p>10:00 – 11:00 Tai Chi</p> <p>11:30 – 12:30 Meet the Artist: Donna Triska</p> <p>12:30 – 1:30 Birthdays of the Month</p>	<p>4</p> <p>10:00 – 11:00 Walking Club</p> <p>1:00 – 2:30 Great Decisions</p>	<p>5</p> <p>9:30 – 10:15 Yoga Stretch</p> <p>10:30 – 11:15 Mat Yoga</p> <p>1:00 – 2:30 Advisory Board Meeting</p>	<p>6</p> <p>10:00 – 11:00 Fitness Mix</p> <p>12:00 – 2:30 Movie - <i>Last Vegas</i></p>
<p>9</p> <p>10:00 – 11:00 Fitness Mix</p> <p>11:00 – 12:30 I.C.E.S.</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>10</p> <p>11:00 – 12:00 Music Appreciation</p>	<p>11</p> <p>10:00 – 11:00 Walking Club</p> <p>12:30 – 3:00 Bundles of Love</p>	<p>12</p> <p>9:30 – 10:15 Yoga Stretch</p> <p>10:30 – 11:15 Mat Yoga</p> <p>1:00 – 2:30 Sew Lovely</p>	<p>13</p> <p>10:00 – 11:00 Fitness Mix</p> <p>12:00 – 2:30 Movie - <i>Gunfight at the O.K. Corral</i></p>
<p>16</p> <p>10:00 – 11:00 Fitness Mix</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>17</p> <p>1:00 – 2:30 Writer's Workshop:</p>	<p>18</p> <p>10:00 – 11:00 Walking Club</p> <p>1:00 – 3:00 AARP Driver Safety</p>	<p>19</p> <p>9:30 – 10:15 Yoga Stretch</p> <p>10:30 – 11:30 Book Club</p> <p>1:00 – 2:30 Advocates, Resources, Assistance, Information</p>	<p>20</p> <p>10:00 – 11:00 Fitness Mix</p> <p>12:00 – 2:30 Movie - <i>Young Man with a Horn</i></p>
<p>23</p> <p>10:00 – 11:00 Fitness Mix</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>24</p> <p>10:00 – 11:00 Tai Chi</p> <p>1:00 – 2:30 Documentary: The Times of Harvey Milk</p>	<p>25</p> <p>10:00 – 11:00 Walking Club</p> <p>1:00 – 2:30 Bingo! Sponsored by Walgreens</p>	<p>26</p> <p>9:30 – 10:15 Yoga Stretch</p> <p>10:30 – 11:15 Mat Yoga</p> <p>11:30 – 1:00 Lunch Bunch-Rock Bottom Brewery</p>	<p>27</p> <p>10:00 – 11:00 Fitness Mix</p> <p>12:00 – 2:30 Movie - <i>Blue Jasmine</i></p>
<p>30</p> <p>10:00 – 11:00 Fitness Mix</p> <p>1:00 – 2:30 Catching Up on Current Events</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

By Phone

For Trips call 612-668-4828.

For Classes call 612-370-3869.

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

Cancellations

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

NO refunds on trips.

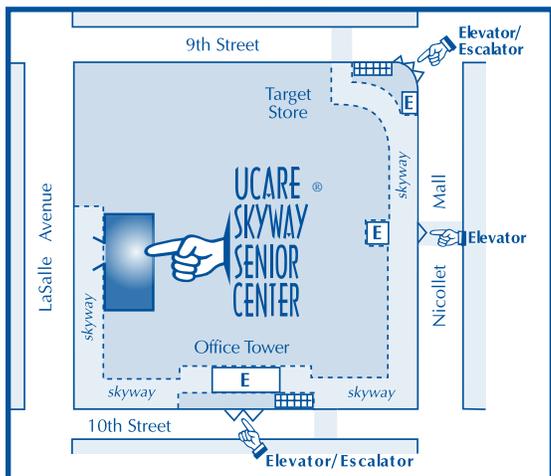
UCare Skyway Senior Center

950 Nicollet Mall, Suite 290
Minneapolis, MN 55403

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

Map to UCare Skyway Senior Center



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

How Do I Find the UCare Skyway Senior Center?

Location:

Our mailing address is 950 Nicollet Mall, Suite 290. We are located on the second floor, skyway-level of the building on the LaSalle Avenue side of the skyway. There is no street-level public entrance from LaSalle Avenue to the UCare Skyway Senior Center. Refer to map above.

Street-Level Entrances:

50 South 10th Street – This is the nearest street level entrance to the UCare Skyway Senior Center. Take the escalator or the elevator up to the skyway level. Follow the skyway west (toward LaSalle Ave.), turn right and walk to suite 290, The UCare Skyway Senior Center.

900 Nicollet Mall – This entrance takes you to the Target store. Go up the escalator to the skyway level (second floor). **The UCare Skyway Senior Center is not located in the Target store.** Once you get to the skyway level, follow the skyway all around the perimeter of the building heading south, west and north to suite 290, the UCare Skyway Senior Center. This is about a two-block walk.

Parking Ramp:

There is a municipal parking ramp in the building. The entrance is on LaSalle Avenue (a two-way street), between 9th and 10th Streets. Go to the public parking area (bear to the right). The Target guest parking area is straight ahead down the parking ramp. The Target guest parking rates are slightly higher than the public parking area. Once you have found a parking space, go to the 10th Street elevators through the yellow or blue door and get off the elevator at the skyway level. As you exit the elevator area, turn right. Follow the skyway west and north to suite 290, the UCare Skyway Senior Center.

Bus:

10th Street and Nicollet is the nearest bus stop for the UCare Skyway Senior Center. Use the 50 South 10th Street entrance. Follow instructions listed above for 50 South 10th Street. For bus schedule information, contact Metro Transit at 612-373-3333 or www.metrotransit.org

Parking Meters:

There are a limited number of parking meters on 9th Street, LaSalle Avenue and 10th Street. Cost is \$2 for one hour. Some meters have a two-hour limit.