

# Chatter

Ucare

July – September 2014

950 Nicollet Mall, Suite 290 Mpls 55403

Skyway Senior Center

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

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Join us on Tuesday, July 2, 11:30 – 1:00 p.m. for a pre-4th of July party. There will be food, friends and fun for everyone.

#### Program Notes:

- Tai Chi is going on hiatus this summer but we are planning to add an exercise class on Tuesday mornings this fall.
- A summer documentary film series is scheduled in the Tai Chi time slot (most Tuesday mornings). Check out the calendar to see what will be showing.
- "Music Appreciation" has been changed to "Jazz Appreciation" and moved to a new time: the second Tuesday of the month at 1:00 p.m.
- The UCare Skyway Senior Center will be closed on Friday, July 4 and Monday, September 1.

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](mailto: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: \_\_\_\_\_

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# HEALTH CARE *that starts with:*

*Jerrice*

– UCare member  
West St. Paul, MN



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

UCare for Seniors<sup>SM</sup> 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<sup>®</sup> fitness memberships and more. It's just what you'd expect from health care that starts with you.

### *Start here:*

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

**UCare**<sup>®</sup>

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

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Sara Goodnough

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# Artists of the Month



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

## July

### Susan Gainen

Susan Gainen is a painter whose Prime Directive is to Spread Whimsy. She paints the Lost Cave Paintings of Saint Paul, Wild Parrots of Saint Paul, Backyard Roosters of Saint Paul, and Tiny Wild Hummingbirds of Saint Paul, as well as the Pandas and Frogs from Saint Paul's Hidden Bamboo Forest. Susan is a member of Northstar Watermedia Society, Minnesota Watercolor Society, Vine Arts Center, and Hopkins Center for the Arts. She is part of the WARM (Women's Art Resources of Minnesota) 2013-2014 Mentor-Protégé Cycle. To learn more about Susan visit [www.susangainen-nanoscapes-smallfriends.com/](http://www.susangainen-nanoscapes-smallfriends.com/)

Artist Reception - Tuesday                      July 1                      11:00                      Free

## August

### Tom Dimock

My work is rooted in the Modern Art of Matisse and Thomas Hart Benton. I push beyond representationalism and explore new ideas, methods, points of view and images unfettered by the bonds of conformity. Each of my paintings begins with a strong sense of the present holding true, from there, to the reason I was attracted to the subject. I build my image, choosing medium, method, color, values, and composition. My approach is direct with conscious strokes conveying what I want to communicate. To learn more about Tom, visit [www.dimockart.com](http://www.dimockart.com)" [www.dimockart.com](http://www.dimockart.com)

Artist Reception – Tuesday                      Aug 5                      11:00                      Free

## September

### Sergio Mojica

I am a self-taught artist, guitar player, volunteer, and dreamer. Born in El Salvador, grew up in New York City. I believe in the marriage between music and art, they feed off each other and stimulate ideas and imagery felt deep within the soul. Nature is my altar of inspiration, and it is where I feel closer to the spirit world. Art and music, they are nourishment for the soul. To learn more about Sergio visit [http://mnartists.org/sergio\\_mojica](http://mnartists.org/sergio_mojica)

Artist Reception - Tuesday                      Sept. 9                      11:00                      Free

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

## Interested in Showing Your Art?

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

# Minneapolis Community Education Trips & Social Outings



## Foreign Policy Issues Discussion Part 2

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 "Energy Independence," "China's Foreign Policy," "Food and Climate," and "U.S. Trade Policy." To register, call 612-668-4828.

4 Wednesdays July 16-August 6 1:00-2:30 pm Free

## Take Me Out to the Ballgame

Help cheer the Minnesota Twins to victory as they take on the Kansas City Royals. Seats are reserved in the Powerball Pavilion area with few stairs. Dress for the weather. Target Field offers plenty of concessions or you can bring your own food in a soft-sided container that will fit under the seat. Sealed, bottled water, 32 oz. or less is also permitted. Transportation is on your own. Enter at Gate 34 entrance at Target Field. Tickets will be mailed to you.

Wednesday July 2 12:10 pm \$23

## Lake Elmo Inn & Stillwater Trolley Tour

Enjoy a delicious lunch at the award-winning Lake Elmo Inn. With registration, choose from: Cranberry Turkey Sandwich, Strawberry Chicken Salad, Panko-crusted Canadian Walleye, or Certified Hereford sliced Sirloin of Beef. Chocolate mousse with fresh fruit topping, side dishes, rolls and beverage are included. After lunch, travel to Stillwater to experience the charm and beauty of this historic river town. A narrated trolley tour will show you how Stillwater evolved from a booming lumber town full of beautiful old Victorian mansions to "one of the prettiest little towns in America." See fabulous views of the St. Croix River valley, lumber barons' mansions in the hills, the historic Stillwater lift bridge, and learn about the history and folklore of Stillwater. Price includes coach bus transportation, lunch, tax, gratuity, and trolley tour.

Monday July 21 9:30 am-4:00 pm \$51

## My Fair Lady at the Guthrie Theater

The story, the songs, the characters -- you know and love them. See them come to life in a spectacular production. Professor Henry Higgins loves language. Cockney flower girl Eliza Doolittle yearns to speak like a lady. Sparks fly when his curiosity and her determination launch a daring social experiment designed to turn a lower-class ugly duckling into a high-society swan -- with unexpected results for both of them. This charming and beloved musical features such unforgettable numbers as "I Could Have Danced All Night," "The Rain in Spain" and "On the Street Where You Live." Reserved seats are on the side of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2nd Street South. Tickets will be mailed to you.

Wednesday August 6 1:00 pm \$19

## Red Wing to Hudson River Cruise

Summer will be in full swing as we venture to Red Wing to board the Grand Duchess for a 3 ½ hour journey beginning on the Mississippi River and ending on the St. Croix River. Experience the rich history, the nature and wildlife that have made these rivers premier recreational areas. Enjoy breathtaking sights and summer breezes. The Salty Dogs will provide live on-board musical entertainment. A late mid-afternoon lunch buffet on board features herb baked chicken, roasted potatoes, vegetables, assorted salads, dessert and beverage. A coach bus will transport you to Red Wing to board the boat and, at the end of the day, will pick you up in Hudson to take you back home. There are stairs on the boat and some walking is required between the bus and the boat.

Tuesday August 12 11:30 am-7:00 pm \$45

### 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

## Upcoming Events

### Minneapolis Aquatennial July 18 - 26, 2014

The Minneapolis Aquatennial is the official civic celebration of the City of Minneapolis. Celebrating 75 years, Minnesota residents, workers, and visitors have come to love and appreciate all that Minneapolis has to offer during the Aquatennial. Join in the celebration and enjoy The Best Days of Summer, happening July 18 - 26, 2014. For a complete calendar of events visit [www.aquatennial.com/](http://www.aquatennial.com/)

### Uptown/Powderhorn Art Fair - Aug 1-3

On August 2-3 there will be two large art fairs in Minneapolis: The Uptown Art Fair and the Powderhorn Art Fair. The Uptown Art Fair is celebrating its 51st anniversary this year. For more information visit [www.uptownartfair.com](http://www.uptownartfair.com). The Powderhorn Art Fair set in the pastoral, 66-acre Powderhorn Park, features 184 regional and national artists of varied disciplines, as well as a Community Showcase and Group Exhibitors from the Powderhorn area. For more information visit [www.powderhornartfair.com](http://www.powderhornartfair.com).

### Minnesota State Fair

The Minnesota State Fair is one of the largest and best-attended expositions in the world, attracting nearly 1.8 million visitors annually. Showcasing Minnesota's finest agriculture, art and industry, the Great Minnesota Get-Together is always Twelve Days of Fun Ending Labor Day. The 2014 Minnesota State Fair runs Aug. 21-Labor Day, Sept. 1. Seniors Day is Thursday, August 28 and admission is \$8 for seniors 65 and older.



### HandyWorks Senior Chore Service

HandyWorks provides indoor and outdoor chore services to seniors and disabled adults in south, southeast and northeast Minneapolis who need a helping hand to maintain their homes. Clients are matched with a network of both paid and volunteer chore workers. Workers complete chores such as snow removal, lawn mowing, yard care, house cleaning, laundry, and minor repairs such as door-lock replacement.

#### What to Expect:

HandyWorks workers will be courteous, dependable and prompt. To ensure client's safety a criminal background check is conducted on each worker.

While many of the services are free, some work is done by contractors and fees average \$12 - \$15 an hour. Some subsidy may be available to eligible clients, especially low-income seniors. For more information call 612-276-1578.

HandyWorks is a program of the Greater Minneapolis Council of Churches, funded by the United Way.

### UCare Skyway Senior Center Wish List

- New greeting cards w/envelopes (birthday, sympathy, blank etc.)
- Puzzles (over 500 pieces).
- Current magazines
- VHS or DVD Movies – limited space available
- 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.

## Babes in Arms--NR--1939 (94 min)

Unwilling to risk losing a show business opportunity, Mickey Rooney and his talented girlfriend, Judy Garland, plunge into new plans to stage a huge musical production fresh with all the trimmings.

F July 11 12:00 Free

## Gravity---PG 13-2013--(91 min)

Sandra Bullock and George Clooney stuck in outer space? A shuttle mission goes haywire and the two are tethered to nothing but each other and the darkness surrounding them. (drama-sci fi thriller)

F July 18 12:00 Free

## Destry Rides Again--NR--1939 (94 min)

James Stewart as Destry, a low key guy who's hired to bring law and order to the town of Bottleneck. Marlene Dietrich runs the saloon and ups the heat with rousing musical numbers. Nevertheless, Stewart still gets the job done.(western-comedy)

F July 25 12:00 Free

## Anna Lucasta--NR--1958--(97 min)

Eartha Kitt as Anna, whose wild ways get her banished from the family by her self-righteous father. Anna falls into a prostitution lifestyle and into the arms of a street-wise sailor Danny Johnson (Sammy Davis, Jr.) Eventually, Anna lucks out by finding a well-healed young suitor but her Daddy-o still holds a strong grudge. (drama)

F Aug 1 12:00 Free

## Scent of a Woman--R--1992--(157 min)

Al Pacino as Frank, a retired Lt Col in the US Army. He's blind and impossible to get along with. A young student named Charlie agrees to look after Frank. Frank's niece underestimates the hassles of his planned New York Thanksgiving. (drama)

F Aug 8 12:00 Free

## I Married A Witch--NR--1942--(77 min)

Alluring Veronica Lake plays a 17th century witch named Jennifer who's burned at the stake with her father by uptight puritans. Before her death, she puts a curse on all future generations

of the Wooley family: all the men will always marry the wrong woman. Through a fluke, Wallace Wooley (Fredrich March) takes a love position that was intended for the witch. (comedy-fantasy-romance.)

F Aug 15 12:00 Free

## Absolute Power--R--1997--(121 min)

A Clint Eastwood picture depicting the ruthlessness of people in power. The President believes that everything he does is beyond reproach. This leads to murder and everyone around him is involved. Gene Hackman. (crime drama-thriller)

F Aug 22 12:00 Free

## Jezebel--NR--1938--(104 min)

Bette Davis plays a haughty, headstrong Southern Belle in Antebellum Louisiana, who loses her fiance (Henry Fonda) due to her stubborn vanity and pride and vows to get him back.

F Aug 29 12:00 Free

## Mr. and Mrs. Bridge--PG 13--1990--126 min)

Story about a five-member family. Paul Newman plays a conservative, traditional lawyer who directs this 1930's family. Joanne Woodward is the homemaker, who tries to hold the family together. The children have grown up; complications ensue from their more-modern view of life.(drama)

F Sept 5 12:00 Free

## Captain Phillips---PG 13--2013--(134 min)

Tom Hanks plays the title role: the true story of Captain Richard Phillips and the 2009 highjacking by Somali pirates of an American cargo ship. (biog-drama-thriller)

F Sept 12 12:00 Free

## Holiday--NR--1938--95 min.)

A young man (Cary Grant) falls in love with a girl from a rich family. His unorthodox plan to go on a holiday for the early years of his life is met with skepticism by everyone except his fiancé's eccentric sister (Katharine Hepburn) and her long-suffering brother. (comedy-romance)

F Sept 19 12:00 Free

## Zorba The Greek NR--1964--142 min)

An aimless Englishman finds he has a small inheritance on a Greek island. His joyless existence is upturned when he meets Zorba (Anthony Quinn), a middle aged Greek with a real lust for life. The Englishman's views on life change, as he discovers the earthy pleasures of Greece. (adventure-drama)

F Sept 26 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 (formerly EnhanceFitness)

Improve your stability, bone density, endurance, coordination and mental sharpness. Exercises focus on stretching, flexibility, balance, low impact aerobics and strength training. Come for the exercise, stay for the community!

M & F                      July 7 – Sept. 29                      10:00 – 11:00

### Yoga Stretch

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

Th                      July 3 – Sept. 25                      9:30-10:15

### 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 45 minutes long. (Note: No class on 7/17, 7/24, 8/21, 9/18 & 9/25)

Th                      July 3 – Sept. 25                      10:30-11:15

### Tai Chi

Tai Chi will be going on hiatus this summer due to our instructor moving out of state. Future options are being explored.

## Activities & Classes

### Walking Club

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

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

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

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

M                      July 14, Aug. 11 & Sept. 8                      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 payable to nurse. \*Note: if you make an appointment and don't call 24 hours in advance to cancel, you will be charged for the appointment. Call the Center at 612-370-3869 to sign up – the clinics are popular and fill up fast. Offered every other month.

Th                      July 24 & Sept 25                      11:00-3:00                      \$25

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

## 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 is the second Thursday of every month at 1:00.

Th July 10, Aug. 14 & Sept. 11 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 July 1, Aug. 5 & Sept. 2 12:30 Free

## Bundles of Love

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

W July 9, Aug. 13 & Sept. 10 12:30 Free

## Book Club

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

## July Book – Mornings on Horseback by David McCullough

The National Book Award-winning biography that tells the story of how young Teddy Roosevelt transformed himself from a sickly boy into the vigorous man who would become a war hero and ultimately president of the United States, told by master historian David McCullough, however, forces him to reflect on that fateful summer.

Th July 17 10:30-11:30 Free

## August Book – The Invisible Thread by Laura Schroff and Alex Tresneowski

An Invisible Thread tells of the life-long friendship between a busy sales executive and a disadvantaged young boy, and how both of their lives were changed by what began as one small gesture of kindness. An Invisible Thread is the true story of the bond between a harried sales executive and an eleven-year-old boy who seemed destined for a life of poverty. It is the heartwarming story of a friendship that has spanned three decades and brought meaning to an over-scheduled professional and hope to a hungry and desperate boy living on the streets.

Th Aug. 21 10:30-11:30 Free

## September Book – Yes, Chef by Marcus Samuelsson

It begins with a simple ritual: Every Saturday afternoon, a boy who loves to cook walks to his grandmother's house and helps her prepare a roast chicken for dinner. The grandmother is Swedish, a retired domestic. The boy is Ethiopian and adopted, and he will grow up to become the world-renowned chef Marcus Samuelsson. This book is his love letter to food and family in all its manifestations. Yes, Chef chronicles Samuelsson's journey, from his grandmother's kitchen to his arrival in New York City, where his outsize talent and ambition finally come together at Aquavit, earning him a New York Times three-star rating at the age of twenty-four.

Th Sept. 18 10:30-11:30 Free

## The Lunch Bunch

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

Th	July 24	The Local	
		931 Nicollet Mall	11:30
Th	Aug. 28	The Hen House	
		114 S 8th St.	11:30
Th	Sept. 25	Oceanaire	
		50 S 6th St	11:30

## Jazz Appreciation (formerly Music Appreciation)

Once a month, Jazz Appreciation meets to listen, watch and/or discuss jazz. The group will collaborate together to decide whether to view a concert video, bring in our own music to discuss or ask speakers to present. Everyone is welcome. **Note new time: Jazz Appreciation meets the second Tuesday of every month at 1:00 p.m.**

T July 8, Aug. 12 & Sept. 9 1:00-2:30 Free

## Advocate & Resources

One-on-one appointments available. Our advocate can assist you with issues of housing, independent living, personal safety, in-home visits, home repairs, property assessments, filling out paperwork, qualifying for military benefits and many other needs. Call 612-370-3869 to schedule your one-on-one appointment. The advocate is here the 3rd Thursday of every month.

Th July 17, Aug. 21 & Sept. 18 1:00-2:30 Free

## Catching Up on Current Events

Did you catch the news last night? Read the paper this morning? Do you enjoy discussions about important issues? The Current Events Discussion Group meets every Monday to discuss today's top local, national and international issues. Bring information, articles or topic ideas. Share your opinion, do some research & learn from others. This is a great way to engage and connect. Meets every Monday.

M July 7 – Sept. 29 1:00-2:30 Free

## Ask the Pharmacist

Our 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 comes to the center every other month.)

Tue., July 22, 1:00-2:30 – Topic: "Brown Bag Day" – bring all your medications in a brown bag for the pharmacist to review.

Tue., Sept. 23, 1:00-2:30 – Topic: The Myths about Influenza or "the flu" and Why to Consider Vaccination.

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

# JULY ACTIVITIES

## Fourth of July Party!

Join us for a pre-4th of July party at the Center. Food, refreshments and fun will be provided.

W July 2 11:30-1:00 Free

## Documentary: 20 Feet From Stardom

– 2013 - PG-13 - 89 minutes

Winner of the 2014 Academy Award for Best Documentary Feature, this film takes a behind-the-scenes look at the world of backup vocalists, weaving together interviews with legendary singers with the voices that support them.

T July 8 10:00-11:30 Free

## Documentary: Dear America: Letters Home from Vietnam -1987- PG-13- 84 min.

Filmmaker Bill Couturie's poignant HBO documentary strikingly captures the gamut of emotion experienced by Vietnam veterans, as a host of celebrated actors -- including Robert De Niro and Sean Penn -- recite correspondence from American soldiers. Set to a 1960s soundtrack and accompanied by authentic news footage, still photos and home movies, these readings create an honest snapshot of a tumultuous time.

T July 15 10:00-11:30 Free

## \*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.

T July 15 1:30-2:30 Free

## \*Great Decisions: Foreign Policy Issues Discussion Part 2

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 "Energy Independence," "China's Foreign Policy," "Food and Climate," and "U.S. Trade Policy." To register, call 612-668-4828.

W July 16 1:00-2:30 Free

## Documentary: The Cove - 2009 - PG-13 - 92 min.

A group of activists and filmmakers travels to the small village of Taiji, Japan, to secretly obtain footage of a heavily guarded operation that captures and kills scores of dolphins to use as meat.

T July 22 10:00-11:30 Free

### **\*Great Decisions: Foreign Policy Issues Discussion Part 2**

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 "Energy Independence," "China's Foreign Policy," "Food and Climate," and "U.S. Trade Policy." To register, call 612-668-4828.

W July 23 1:00-2:30 Free

### **Documentary: Somm – 2012 – NR - 93 min.**

Filmed in six countries over a two-year period, this documentary follows four sommeliers as they embark on an all-consuming course of study for the prestigious (and nearly impossible to pass) Master Sommelier exam.

T July 29 10:00-11:30 Free

### **\*Stroke Prevention**

This informational presentation will show you how to reduce the risk of stroke and how to recognize stroke symptoms when they occur. It also includes treatment options and the act fast approach.

T July 29 1:00-2:30 Free

### **\*Great Decisions: Foreign Policy Issues Discussion Part 2**

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 "Energy Independence," "China's Foreign Policy," "Food and Climate," and "U.S. Trade Policy." To register, call 612-668-4828.

W July 30 1:00-2:30 Free

### **\*Travels with Anita: France**

In June, Anita went on a river cruise from Marseille to Paris. The last part of the trip was by train from Dijon to Paris. Come to hear her share this latest travel adventure.

Th July 31 1:00-2:30 Free

## **AUGUST ACTIVITIES**

### **\*Great Decisions: Foreign Policy Issues Discussion Part 2**

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 "Energy Independence," "Chi-

na's Foreign Policy," "Food and Climate," and "U.S. Trade Policy." To register, call 612-668-4828.

W Aug 6 1:00-2:30 Free

### **Documentary: Waiting for "Superman" – 2010 – PG - 111 min.**

Dynamic documentarian Davis Guggenheim weaves together stories about students, families, educators and reformers to shed light on the failing public school system and its consequences for the future of the United States.

T Aug 12 10:00-11:30 Free

### **Documentary: The Armstrong Lie – 2013 – R - 128 min.**

Filming cyclist Lance Armstrong as he trained for the 2009 Tour de France, director Alex Gibney had intimate access to the racer's team. Gibney's cameras were also rolling for Armstrong's startling 2012 confession of performance-enhancing drug use.

T Aug 19 10:00-11:30 Free

### **\*Basic Drawing with Howard**

For absolute beginners to the experienced. Learn a 3-step process to drawing anything that interest you and find the pleasure of going beyond stick people. Feel the thrill that artists enjoy in the process of creating art. **Required materials (you must bring):** sketchpad, No. 2 pencil & kneadable eraser. (Fee of \$5 per class payable to instructor.)

T Aug 19 1:00 – 2:30 \$5

### **\*Culture Club: Tour of the Minneapolis Central Library**

Tour this stunning Cesar Pelli-designed library with a green roof, four fireplaces, an art gallery, a piano room, four-story atrium and 2.4 million items in the collection -- including government documents and much more! Meet at the Welcome Station (1st desk on the right hand side as you enter into the library from the atrium) at 1:00 p.m. Minneapolis Central Library is located at 300 Nicollet Mall.

W Aug 20 1:00-2:00 Free

### **Documentary: The Wild Parrots of Telegraph Hill – 2005 – G - 83 min.**

This poignant documentary chronicles the true story of a modern-day St. Francis of Assisi, a homeless San Francisco street musician by the name of Mark Bittner who adopts a flock of wild parrots as he searches for meaning in his life. With a surprise ending that left festival audiences cheering, director Judy Irving's film celebrates urban wildness -- human and avian -- and links parrot antics to human behavior.

T Aug 26 10:00-11:30 Free

### \*Color Pencil Techniques with Howard

For absolute beginners to the experienced. Learn the fundamentals to creating textures and depth in color. Feel the thrill that artists enjoy in the process of creating art. Required materials (you must provide): sketchpad and artist color pencil set (preference of prisma-color or something of equal quality.) \*Fee of \$5 per class payable to instructor.\*

T Aug 26 1:00-2:30 \$5

### Blueprint for Equitable Engagement

The Blueprint for Equitable Engagement is a multi-year strategic action plan to ensure an equitable community engagement system for the City of Minneapolis. The City's Neighborhood and Community Relations (NCR) department and the Neighborhood and Community Engagement Commission (NCEC) are utilizing an engagement strategy consistent with the City's adopted Core Principles of Engagement. An equitable engagement system ensures that all community voices are sought and valued and that decision makers reflect the communities of which they serve.

W Aug 27 1:00-2:30 Free

## SEPTEMBER ACTIVITIES

### Documentary: Herb & Dorothy – 2008 – NR - 87 min.

Postal clerk Herb Vogel and his librarian wife, Dorothy, share a passion for art, which they pursued over decades, becoming two of the most important collectors of minimalist and conceptual art with more than 4,000 pieces.

T Sept 2 10:00-11:30 Free

### \*Healthy Fall Salads with Beth Dooley

Beth Dooley, author of the cookbook, "Minnesota's Bounty: The Farmers Market Cookbook" will prepare healthy fall salads and show you ingredients and preparation techniques with a special emphasis on ingredients available at our local farmer's markets.

W Sept 3 1:00-2:30 Free

### Documentary: No Impact Man – 2009 – NR- 90 minutes

A family embarks on a year-long project to reduce their net footprint by using no electricity, producing no trash and giving back to the world. No Impact Man presents the severe lifestyle changes that come with altering their entire existence.

T Sept 16 10:00-11:30 Free



### \*Long Term Care Options/Live Well at Home

Learn about personal risks that may cause an older adult to have to move from his/her home. What options are there for seniors who prefer to stay in their homes and "age in place"? What if they want to continue living independently but need assistance with concerns such as home maintenance, personal care, food support or transportation? The Senior LinkAge Line® provides resource assistance and long term care options counseling to help seniors stay independent in their homes as long as possible.

T Sept 16 1:00-2:30 Free

### \*Brain Injury Prevention

Participants will be able describe basic facts about the brain and brain injury: Causes, statistics, effects, how hemispheres and lobes of the brain work. Participants will also review the emotional, functional, and behavioral changes and what it means to live with a brain injury and its effects. Information about resources will be provided.

W Sept 17 1:00-2:00 Free

### Documentary: Chasing Ice - 2012 PG-13 76 minutes

Environmental photographer James Balog deploys time-lapse cameras to capture a record of the world's changing glaciers, compressing years into seconds to illustrate how these ice mountains are disappearing at a breathtaking rate.

T Sept 23 10:00-11:30 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 Sept 24 1:00 – 2:30 Free

### \*AARP Smart Driver Course

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

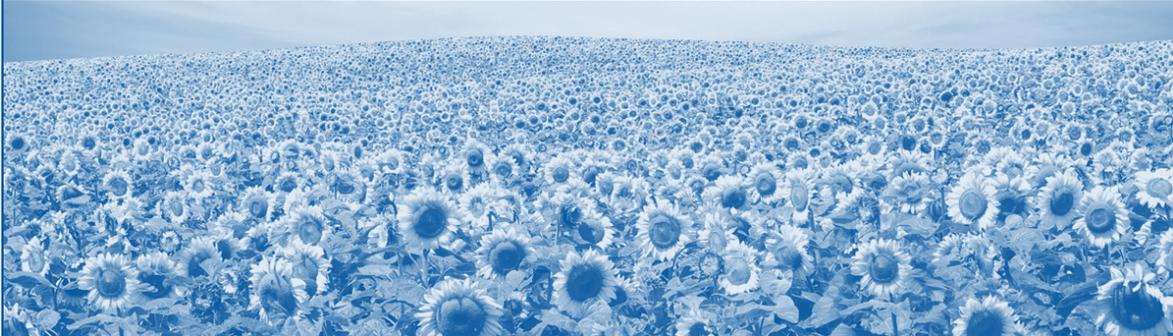
T Sept 30 11:00 – 3:00  
(\$15 AARP Members/\$20 non-members)



# July

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p><b>11:00 – 12:00</b> Meet the Artist: Susan Gainen</p> <p><b>12:30 – 1:30</b> Birthdays of the Month</p>	<p><b>2</b></p> <p><b>10:00 – 11:00</b> Walking Club</p> <p><b>11:30 – 1:00</b> 4th of July Party</p>	<p><b>3</b></p> <p><b>9:30 – 10:15</b> Yoga Stretch</p> <p><b>10:30 – 11:15</b> Mat Yoga</p> <p><b>1:00 – 2:30</b> Advisory Board Meeting</p>	<p><b>4</b></p> <p><b>Closed for Holiday</b></p>
<p><b>7</b></p> <p><b>10:00 – 11:00</b> Fitness Mix</p> <p><b>1:00 – 2:30</b> Catching Up on Current Events</p>	<p><b>8</b></p> <p><b>10:00 – 11:30</b> Documentary: 20 Feet from Stardom</p> <p><b>1:00 – 2:30</b> Jazz Appreciation</p>	<p><b>9</b></p> <p><b>10:00 – 11:00</b> Walking Club</p> <p><b>12:30 – 3:00</b> Bundles of Love</p>	<p><b>10</b></p> <p><b>9:30 – 10:15</b> Yoga Stretch</p> <p><b>10:30 – 11:15</b> Mat Yoga</p> <p><b>1:00 – 2:30</b> Sew Lovely</p>	<p><b>11</b></p> <p><b>10:00 – 11:00</b> Fitness Mix</p> <p><b>12:00 – 2:30</b> Movie -<i>Babes in Arms</i></p>
<p><b>14</b></p> <p><b>10:00 – 11:00</b> Fitness Mix</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>15</b></p> <p><b>10:00 – 11:30</b> Documentary: Dear America: Letters Home from Vietnam</p> <p><b>1:30 – 2:30</b> Medicare Listening Session</p>	<p><b>16</b></p> <p><b>10:00 – 11:00</b> Walking Club</p> <p><b>1:00 – 2:30</b> Great Decisions</p>	<p><b>17</b></p> <p><b>9:30 – 10:15</b> Yoga Stretch</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>18</b></p> <p><b>10:00 – 11:00</b> Fitness Mix</p> <p><b>12:00 – 2:30</b> Movie -<i>Gravity</i></p>
<p><b>21</b></p> <p><b>10:00 – 11:00</b> Fitness Mix</p> <p><b>1:00 – 2:30</b> Catching Up on Current Events</p>	<p><b>22</b></p> <p><b>10:00 – 11:30</b> Documentary: The Cove</p> <p><b>1:00 – 2:30</b> Ask the Pharmacist</p>	<p><b>23</b></p> <p><b>10:00 – 11:00</b> Walking Club</p> <p><b>1:00 – 2:30</b> Great Decisions</p>	<p><b>24</b></p> <p><b>9:30 – 10:15</b> Yoga Stretch</p> <p><b>11:00 – 3:00</b> Foot Care*</p> <p><b>11:30 – 1:00</b> Lunch Bunch- The Local</p>	<p><b>25</b></p> <p><b>10:00 – 11:00</b> Fitness Mix</p> <p><b>12:00 – 2:30</b> Movie - <i>Destry Rides Again</i></p>
<p><b>28</b></p> <p><b>10:00 – 11:00</b> Fitness Mix</p> <p><b>1:00 – 2:30</b> Catching Up on Current Events</p>	<p><b>29</b></p> <p><b>10:00 – 11:30</b> Documentary: Somm</p> <p><b>1:00 – 2:00</b> Stroke Prevention</p>	<p><b>30</b></p> <p><b>10:00 – 11:00</b> Walking Club</p> <p><b>1:00 – 2:30</b> Great Decisions</p>	<p><b>31</b></p> <p><b>9:30 – 10:15</b> Yoga Stretch</p> <p><b>10:30 – 11:15</b> Mat Yoga</p> <p><b>1:00 – 2:30</b> Travels with Anita: France</p>	

# August

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>10:00 – 11:00</b> Fitness Mix  <b>12:00 – 2:30</b> Movie - <i>Anna Lucasta</i>
				<b>4</b> <b>10:00 – 11:00</b> Fitness Mix  <b>12:00 – 1:00</b> Friends Board Meeting  <b>1:00 – 2:30</b> Catching Up on Current Events
<b>11</b> <b>10:00 – 11:00</b> Fitness Mix  <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>10:00 – 11:30</b> Documentary: Waiting for Superman  <b>1:00 – 2:30</b> Jazz Appreciation	<b>13</b> <b>10:00 – 11:00</b> Walking Club  <b>12:30 – 3:00</b> Bundles of Love	<b>14</b> <b>9:30 – 10:15</b> Yoga Stretch  <b>10:30 – 11:15</b> Mat Yoga  <b>1:00 – 2:30</b> Sew Lovely	<b>15</b> <b>10:00 – 11:00</b> Fitness Mix  <b>12:00 – 2:30</b> Movie - <i>I Married a Witch</i>
<b>18</b> <b>10:00 – 11:00</b> Fitness Mix  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>19</b> <b>10:00 – 11:30</b> Documentary: The Armstrong Lie  <b>1:00 – 2:30</b> Basic Drawing with Howard	<b>20</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:00</b> Culture Club: Tour Mpls. Central Library	<b>21</b> <b>9:30 – 10:15</b> Yoga Stretch  <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> Fitness Mix  <b>12:00 – 2:30</b> Movie - <i>Absolute Power</i>
<b>25</b> <b>10:00 – 11:00</b> Fitness Mix  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>26</b> <b>10:00 – 11:30</b> Documentary: The Wild Parrots of Telegraph Hill  <b>1:00 – 2:30</b> Color Pencil Drawing with Howard	<b>27</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Blueprint for Equitable Engagement	<b>28</b> <b>9:30 – 10:15</b> Yoga Stretch  <b>10:30 – 11:15</b> Mat Yoga  <b>11:30 – 1:00</b> Lunch Bunch- The Hen House	<b>29</b> <b>10:00 – 11:00</b> Fitness Mix  <b>12:00 – 2:30</b> Movie - <i>Jezebel</i>

# September

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Closed for Holiday</b>	<b>2</b> <b>10:00 – 11:30</b> Documentary: Herb & Dorothy  <b>12:30 – 1:30</b> Birthdays of the Month	<b>3</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Healthy Fall Salads w/Beth Dooley	<b>4</b> <b>9:30 – 10:15</b> Yoga Stretch  <b>10:30 – 11:15</b> Mat Yoga  <b>1:00 – 2:30</b> Advisory Board Meeting	<b>5</b> <b>10:00 – 11:00</b> Fitness Mix  <b>12:00 – 2:30</b> Movie - <i>Mr. &amp; Mrs. Bridge</i>
<b>8</b> <b>10:00 – 11:00</b> Fitness Mix  <b>11:00 – 12:30</b> I.C.E.S.  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>9</b> <b>11:00 – 12:00</b> Meet the Artist: Sergio Mojica  <b>1:00 – 2:30</b> Jazz Appreciation	<b>10</b> <b>10:00 – 11:00</b> Walking Club  <b>12:30 – 3:00</b> Bundles of Love	<b>11</b> <b>9:30 – 10:15</b> Yoga Stretch  <b>10:30 – 11:15</b> Mat Yoga  <b>1:00 – 2:30</b> Sew Lovely	<b>12</b> <b>10:00 – 11:00</b> Fitness Mix  <b>12:00 – 2:30</b> Movie - <i>Captain Phillips</i>
<b>15</b> <b>10:00 – 11:00</b> Fitness Mix  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>16</b> <b>10:00 – 11:30</b> Documentary: No Impact Man  <b>1:00 – 2:30</b> Long Term Care Options	<b>17</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:00</b> Brain Injury Prevention	<b>18</b> <b>9:30 – 10:15</b> Yoga Stretch  <b>10:30 – 11:30</b> Book Club  <b>1:00 – 2:30</b> Advocates, Resources, Assistance, Information	<b>19</b> <b>10:00 – 11:00</b> Fitness Mix  <b>12:00 – 2:30</b> Movie - <i>Holiday</i>
<b>22</b> <b>10:00 – 11:00</b> Fitness Mix  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>23</b> <b>10:00 – 11:30</b> Documentary: Chasing Ice  <b>1:00 – 2:30</b> Ask the Pharmacist	<b>24</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Bingo! Sponsored by Walgreens	<b>25</b> <b>9:30 – 10:15</b> Yoga Stretch  <b>11:00 – 3:00</b> Foot Care*  <b>11:30 – 1:00</b> Lunch Bunch- Oceanaire	<b>26</b> <b>10:00 – 11:00</b> Fitness Mix  <b>12:00 – 2:30</b> Movie - <i>Zorba the Greek</i>
<b>29</b> <b>10:00 – 11:00</b> Fitness Mix  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>30</b> <b>11:00 – 3:00</b> AARP Smart Driver Course			

## 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.

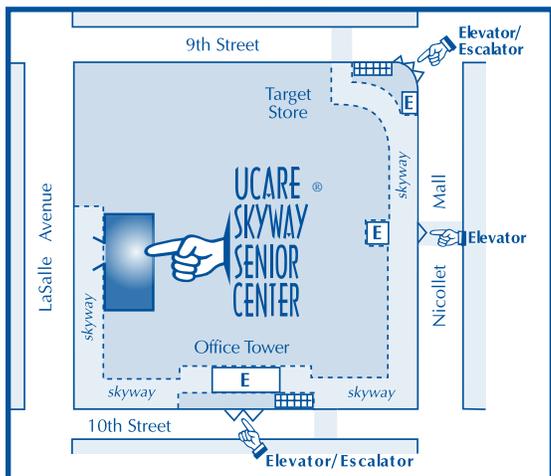
## UCare Skyway Senior Center

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](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.