

Chatter

Ucare

October – December 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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YOUR FINANCIAL SUPPORT IS APPRECIATED

The UCare Skyway Senior Center is a vital, well used drop-in center serving Minneapolis and surrounding-area seniors. From July, 2013 through June, 2014 the center had 19,181 recorded visits averaging 78 visitors per day. The Center offers activities M-F, including computer tutoring, health and wellness presentations, connection to community resources, movies and educational classes FREE of charge. Exercise classes are only \$2 per class and are very popular.

The Center strives to be barrier free and welcoming to all seniors. Although Center visitors represent all economic backgrounds, many Center participants live alone with incomes below federal poverty guidelines. The UCare Skyway Senior Center provides social interaction and a needed connection to community, friends, resources and services. The Center has a full-time coordinator and one temporary part-time staff person and relies mostly on volunteers. While UCare provides a significant amount of financial support for the Center operation, additional funding is needed. The Friends of the Skyway Senior Center raises additional funding to support Center operations. Almost all of your TAX DEDUCTIBLE support to the Friends of the Center goes directly to the Centers' programs and activities for all users. Your financial support is greatly appreciated and is an important part of funding for the Center.

As a result of your donations, the Friends Board was able to purchase a 60" LED TV to replace our outdated movie projector. To show our appreciation for your financial support, anyone who makes a contribution of \$10 or more from October 1, 2014 to December 12, 2014, will be entered into a drawing for one of two \$25 Target gift cards! The drawing will be held on December 16, 2014 at the Center's annual holiday party, sponsored by UCare & the Friends of the Skyway Senior Center. You need not be present to win. Please give generously and thanks for your support.

Friends of the Skyway Senior Center

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:*

Ram

– UCare member
Eden Prairie, 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.

October

Lory Worthing

Lory Worthing lives and works in the Chippewa National Forest, near Grand Rapids, MN. I take my inspiration from the world I see around me. I have studied art at The University of Minnesota, Itasca Community College, Edina Art Center, and the MacRostie Art Center. I was an Artist in Residence for the City of Grand Rapids, Minnesota in the winter of 2014. I work in watercolor, acrylics, and oil. Like most people, I spent many years working outside the field of art to make a living. I am now able to paint and draw every day. I hope I will live long enough to become a really good artist.

Artist Reception - W Oct. 1 11:00 Free

November

William Bukowski

I enjoy painting landscapes and try to bring the experience of "being there" to the viewer. I have been doing three themes within landscape genre, the cottage, the garden and the walking trail. Many of the paintings are done from life, painting on the spot. I like to combine plein-air painting with memory and digital references. Bukowski is a long time professor of Art at Bethany Lutheran College in Mankato. Recently he completed over 20 paintings for Minneapolis and St. Paul Children's Hospital as well 2 murals and 30 foot panel painting. His paintings are in public and private collections in the midwest. To learn more about Bill visit www.bukowskipainting.com.

Artist Reception - T Nov. 4 11:30 Free

December

Kenneth Marunowski

My artistic interests include plein air painting and drawing as well as studio work. From Kent State University in my home state of Ohio, I received Bachelor degrees in Painting and French, and spent my junior year abroad in Aix-en-Provence, France at the Marchutz School of Painting and Drawing. Having resurrected my passion for art since moving to Duluth, I spend much time along the north shore of Lake Superior, in the Rose Garden, and in the city itself both drawing and painting. To learn more about Kenneth visit www.kennethmarunowski.com

Artist Reception - W Dec. 3 1:00 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@minneapolismn.gov for more information.

Minneapolis Community Education Trips & Social Outings



Lake Pepin Cruise & Chickadee Cottage Luncheon

Take in the fall scenery on a coach bus trip to Lake City, Minnesota. Lunch, served at the Chickadee Cottage, includes Swedish meatballs in creamy gravy, mashed potatoes, glazed carrots, French bread, beverage and caramel apple cake. Enjoy a narrated cruise on Lake Pepin onboard Pearl of the Lake, a modern day replica of the grand riverboats that traveled the Mississippi River in the 1800s. Cost includes coach bus transportation, lunch, tax, gratuity and cruise.

Thursday October 2 8:00 am-5:00 pm \$49

White Christmas at the Orpheum Theatre

Irving Berlin's White Christmas tells the story of two buddies putting on a show in a magical Vermont inn and finding their perfect mates in the process. This new musical shines with classic Berlin hits like "Blue Skies," "How Deep is the Ocean?" and, of course, the unforgettable title song. Seats are toward the back on the main floor. Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Sunday November 30 6:30 pm \$32

Holiday Smorgasbord at the American Swedish Institute

Enjoy a facilitator-led exploration of the exquisite Turnblad mansion, all beautifully decorated for Christmas. Learn about the Turnblad family, the architecture of their castle, and life in early Minneapolis. See 5 decorated Scandinavian Christmas rooms including rooms from Sweden, Norway, Denmark, Finland and Iceland. A delicious smorgasbord features Swedish meatballs, mashed potatoes, gravlax, rye bread, Swedish salads, dessert and beverage. Transportation is on your own. Meet at the American Swedish Institute, 2600 Park Ave. Park in lot at 27th & Park Ave.

Wednesday December 3 10:00 am-12:30 pm \$34

Motown The Musical at the Orpheum Theatre

This is the true American dream story of Motown founder Berry Gordy's journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, and Smokey Robinson. Motown shattered barriers, shaped our lives and made us all move to the same beat. Seats are toward the back on the main floor. Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Friday December 26 2:00 pm \$47

I Love Lucy at the State Theatre

It's 1952 and you are a member of the studio audience awaiting the filming of I Love Lucy. A charming host entertains you, the Crystallone Singers perform advertising jingles in perfect 50s style harmony and the sidesplitting antics of Lucy, Ricky, Fred and Ethel are presented live. Transportation is on your own. Tickets will be mailed to you. Meet at the State Theatre, 805 Hennepin Ave.

Saturday January 24 2:00 pm \$32

Oliver at the Pantages Theatre

Oliver's quest to find a home and family takes you on a heart-wrenching and heart-warming musical journey. Lionel Bart's unforgettable score, featuring The Minnesota Boychoir as the Workhouse Orphans, showcases such iconic songs as "Consider Yourself," "Food, Glorious Food," "You've Got to Pick a Pocket or Two" and "As Long As He Needs Me." Transportation is on your own. Tickets will be mailed to you. Meet at the Pantages Theatre, 710 Hennepin Ave.

Saturday February 14 2:00 pm \$39

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

American Diabetes Expo: Minneapolis

**When: Saturday, October 11, 2014
9:00 AM to 3:00 PM**

**Where: Minneapolis Convention
Center
1301 2nd Avenue S
Minneapolis, Minnesota 55403**

The EXPO is FREE and includes health screenings, cooking demonstrations, product and service exhibitors, as well as leading experts talking about diabetes management, research and prevention. Get the latest information on preventing and managing diabetes and its deadly complications to help keep you and your family healthy. Visit the American Diabetes Association EXPO Minneapolis and Join the Millions® in the fight to Stop Diabetes®. Learn how to live healthy, be active and change the future of diabetes for you and your family.

Volunteers Needed

- Volunteer receptionists are needed to greet our visitors, sign them up for classes, answer questions & provide customer service. We provide the training. Shifts available: 9-12 or 12-3. You can volunteer once or twice a month or more often - whatever works for you. For more information stop by our reception desk and ask for a volunteer application.
- Volunteers are needed to wrap gifts at the downtown Minneapolis Barnes & Noble for tips to be donated to the Friends of the Skyway Senior Center. Two people needed for each shift, several shifts available in December. This is a really fun activity that helps the Center. Stop by the Center reception desk for more information.

GOOD TO KNOW

Skyway Senior Center Program News

Exercise classes

There will be some changes to the exercise class schedule starting in October. Fitness Mix will be on Monday & Wednesday mornings and we have a new instructor, Sandy. A new class has been added Tuesday mornings: Chair Yoga & Balance. Walking Club is moving to Friday mornings so we will now have exercise opportunities every day we're open.

Holiday Party

Our annual Holiday Party is scheduled Tuesday, December 16, 11:30-1:30. This is a great chance to reconnect with old friends and meet new friends in a fun party setting.

Fundraising

The Friends of the Skyway Senior Center are holding their annual fundraising drive. Your donations support Center activities for everyone.

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.

August: Osage County - 2013 - R - 121 minutes

When their father disappears, three strong-willed women return to their childhood home and to their equally strong-willed mother. As they search for their patriarch, the dysfunctional family members wind up facing difficult truths about themselves. Starring Meryl Streep & Julia Roberts.

F Oct 3 12:00 Free

Champagne for Caesar - 1950 - NR - 99 minutes

When a brainy man named Beauregard Bottomley (Ronald Colman) becomes a contestant on a radio quiz show, he soon racks up \$40 million -- much to the dismay of the show's sponsor, Burnbridge Waters (Vincent Price), who decides he must find a way to throw Beau off his game. Waters hires sexpot Flame O'Neill (Celeste Holm) to distract Beau, but will it work? Art Linkletter co-stars as announcer Happy Hogan in this satire of the game-show business.

F Oct 10 12:00 Free

Enough Said – 2013 - PG-13 - 93 minutes

Julia Louis-Dreyfus and James Gandolfini star in this charming comedy about a divorced woman venturing into a relationship with a sweet man. But things get tricky when she discovers the man she's dating is the hated ex-husband of her new best friend.

F Oct 17 12:00 Free

You Can't Take It with You - 1938 - NR - 126 minutes

In this Frank Capra classic, Tony (James Stewart) and Alice (Jean Arthur) meet and fall in love. But things are far from rosy: He's the son of a millionaire, and she and her wacky family live in a house that's in the way of the senior Kirby's construction project. Will an office building literally stand in the way of true love? The movie, adapted from a Pulitzer Prize-winning play by George S. Kaufman and Moss Hart, delivers the answer.

F Oct 24 12:00 Free

The Monuments Men - 2014 - PG-13 - 118 minutes

In a race against time, a crew of art historians and museum curators unite to recover renowned works of art stolen by Nazis before Hitler destroys them. Written, directed and starring George Clooney.

F Oct. 31 12:00 Free

The Man Who Knew Too Much - 1956 - PG - 120 minutes

While vacationing in Morocco, American tourist Ben McKenna (James Stewart) learns of an assassination plot but can't turn to the police without endangering his young son, who's been kidnapped to ensure McKenna's silence. Director Alfred Hitchcock's suspenseful remake of his

1934 thriller features a rare dramatic turn by Doris Day as Ben's wife and makes legendary use of the Oscar-winning tune "Whatever Will Be, Will Be (Que Sera, Sera)."

F Nov 7 12:00 Free

The Secret Life of Walter Mitty - 2013 - PG - 114 minutes

In this remake of the 1947 classic comedy, shy photo manager Walter Mitty (Ben Stiller) is constantly daydreaming to escape his humdrum life and domineering mother, but when he gets embroiled in a real-life adventure, he discovers that being a hero is tough work.

F Nov 14 12:00 Free

The Shop Around the Corner - 1940 - NR - 98 minutes

In Ernst Lubitsch's charming, Budapest-set romance -- later remade as the Meg Ryan-Tom Hanks vehicle You've Got Mail -- Klara (Margaret Sullavan) and Alfred (James Stewart) fall in love, even though they've only met before as pen pals and don't even know each other's names. Over Alfred's objections, Klara is hired in the shop where he works. But as they continue their loving correspondence, they embark on a combative working relationship.

F Nov 21 12:00 Free

Seven Brides for Seven Brothers - 1954 - G - 102 minutes

Set on a ranch in the Oregon Territory, this rousing musical tells the story of Adam (Howard Keel) and his six unruly brothers. Adam marries Milly (Jane Powell), who's appalled by the motley crew and takes it upon herself to tame them. Longing to become husbands like their brother, the boys go into town and kidnap six lovely women for themselves. Not without chaos and uproar, the boys and their wives eventually find happiness.

F Dec 5 12:00 Free

Heaven Knows, Mr. Allison - 1957 - NR - 106 minutes

Hiding from the Japanese on an island on the Pacific Ocean, a Marine (Robert Mitchum) and an Irish nun (Deborah Kerr) search for food, shelter and help while trying to avoid the burgeoning attraction that exists between them. Director John Huston elicits amazing performances for a movie that eventually earned two Academy Award nominations.

F Dec 12 12:00 Free

It's a Wonderful Life - 1946 - NR - 132 minutes

It's a wonderful film. Frank Capra's inverted take on A Christmas Carol stars Jimmy Stewart as George Bailey, a good man who's spent a lifetime giving up on his dreams in order to keep life in his small town humming. When a guardian angel named Clarence finds a despondent George poised to jump off a bridge, he shows George what life would've been like had he never been born.

F Dec 19 12:00 Free

Philomena - 2013 - PG-13 - 95 minutes

Floundering BBC journalist Martin Sixsmith and aging Irishwoman Philomena Lee (Judi Dench) form an unlikely bond when they pair up to find the son Philomena was forced to give up for adoption 50 years ago.

F Dec 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

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

Exercise Classes

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!



M & W Oct. 1 – Dec. 31 10:00 – 11:00

NEW Chair Yoga & Balance Class

Sometimes as we age we lose our sense of balance which makes us more prone to falls. To stay active and enjoy life it is critical to do exercise that improves your balance, flexibility and strength.

Chair Yoga & Balance Class benefits:

- Improves General Fitness & Well-being
 - Releases Stress
 - Helps Prevent Falls
 - Group Exercise is more Fun than Exercising Alone.
- Chair Yoga & Balance Class will help you stay active and independent for life. It is the best "health insurance" for keeping yourself healthy. (Note: no class Dec. 16)

T Oct. 7 – Dec. 30 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 Oct. 2 – Dec. 18 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 10/16, 11/20 & 12/18)

Th Oct. 2 – Dec. 18 10:30-11:15

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

Activities & Classes

Walking Club

Walking Club is on the move...to Fridays. Walking Club is a fun, free workout. Everyone is welcome to join! Participants meet at the Center and head out for a healthy walk thru the downtown skyways and when weather permits, outdoors. Wear comfortable clothes and shoes. Now on **Fridays!**

Every Friday 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. (Note: No class in October due to holiday.)**

M Nov. 10 & Dec. 15 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.

W Nov. 19 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 (formerly Crafts & More)

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 Oct. 9, Nov. 13 & Dec. 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 Oct. 7, Nov. 4 & Dec. 2 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.

W Oct. 8, Nov. 12 & Dec. 10 12:30 Free

Book Club

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

October Book – The Turtle Catcher by Nicole Lea Helget

In the tumultuous days after World War I, Herman Richter returns from the front to find his only sister, Liesel, allied with Lester Sutter, the "slow" son of a rival clan who spends his days expertly trapping lake turtles. Liesel has sought Lester's friendship in the wake of her parents' deaths and in the shadow of her own dark secret. But what begins as yearning for something of a human touch quickly unwinds into a shocking, suspenseful tragedy that haunts the rural town of New Germany,

Minnesota, for generations. Woven into this remarkable story are the intense, illuminating experiences of German immigrants in America during the war and the terrible choices they were forced to make in service of their new country or in honor of the old. *The Turtle Catcher* is a lyrical, vibrant, beautifully wrought look at a fascinating piece of American history—and the echoing dangers of family secrets.

Th Oct. 16 10:30-11:30 Free

November Book – *Of Mice and Men* by John Steinbeck

They are an unlikely pair: George is "small and quick and dark of face"; Lennie, a man of tremendous size, has the mind of a young child. Yet they have formed a "family," clinging together in the face of loneliness and alienation. Laborers in California's dusty vegetable fields, they hustle work when they can, living a hand-to-mouth existence. For George and Lennie have a plan: to own an acre of land and a shack they can call their own. When they land jobs on a ranch in the Salinas Valley, the fulfillment of their dream seems to be within their grasp. But even George cannot guard Lennie from the provocations of a flirtatious woman, nor predict the consequences of Lennie's unswerving obedience to the things George taught him.

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

December – Book Club Social

If your new year's resolution is to read more books, consider participating in the Book Club. At the December Book Club meeting, participants will meet to discuss the book club books for 2015. This is a great opportunity to bring forward your ideas or suggestions for 2015 books and discuss books with other readers. Whether you come once or every month, new members are always welcome.

Th Dec. 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. Lunch is a busy time and the restaurant can't accommodate inaccurate reservations. Everyone is responsible for paying their own check. Lunch Bunch meets the 4th Thursday of the month except in November and December.

Th	Oct. 23	Sea Change (Guthrie)	
		806 S 2nd St	11:30
Th	Nov. 20	Oak Grill	
		700 Nicollet Mall.	11:30
Th	Dec. 18	Manny's	
		825 S Marquette Ave	11:30

Jazz 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. with the exception of 11/18.

T Oct. 14, Nov. 18 & Dec. 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 Oct. 16, Nov. 20 & Dec. 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 Oct. 6 – Dec. 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., Nov. 25, 1:00-2:30 – Topic: "Shingles: What it is & why to Vaccinate"

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

OCTOBER ACTIVITIES

*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 farmers' markets.

W Oct. 1 1:00-2:30 Free

Flu Shot Clinic

MVNA provides so many services around Minnesota to those in need. Proceeds from their flu shot program provide home health and preventative health nursing services to thousands of uninsured Minnesotans each year. Every shot matters. Numbers will be given out first come first served. Bring your identification and your insurance and Medicare information card – 16 insurances accepted for flu shots. If paying out of pocket: Flu - \$35 & Pneumonia - \$89 - other vaccinations available, call for prices.

W Oct. 15 11:00-12:00

*World War I with Ruth Weber

World War I began one hundred years ago. It is called "The Great War." Why? Because it forever changed mankind's way of waging war and resulted in more casualties than in any other war to that time. It introduced new weapons of warfare like heavy artillery and poison gas. Because battles sometimes went on for months instead of days, trench warfare was initiated. Men sometimes lived for months in those trenches. Last month Ruth Weber attended a conference on World War I at Oxford University in England. Come remember with her the famous names from that time: Churchill, Petain, Czar Nicholas II, and Kaiser Wilhelm. Remember those famous but haunted places—the battles of Ypres, the Marne, and the Somme. And ask with her, "What did we learn?"

W Oct. 15 1:00-2:30 Free

*Watercolor Painting

Learn techniques of watercolor and have fun creating your own artwork. Techniques include dry brush, stippling, wet on wet, washer & more. Please bring the following materials: 1. Paint: Cotman or equivalent student-grade water colors. 2. Brushes: One small round brush; one ¼" or ½" flat brush; one wash brush, one liner or rigger brush. 3. Paper: watercolor paper (140 lb. art or cold press). 4. One kneadable eraser. 5. A photo of subject of choice 6. Two broad-base containers for clean water & rinse water. The cost of this 3-session class is \$20 payable to instructor at first class.

T Oct. 21, Oct. 28 & Nov. 4 1:30-2:30 \$20

*Culture Club: Green Line Tour

At 10:45 participants will walk or bus down to the Nicollet Mall light rail station and take the Green Line to St. Paul's Union Station and have lunch at Christo's Greek restaurant. Participants are responsible for buying their own lunch and paying their own light rail fare and any other expenses. Plan on catching return train to Minneapolis around 1:00 p.m.

W Oct. 22 10:45-2:00
Pay own expenses

Documentary: Elaine Stritch: Shoot Me – 2013 - NR - 80 minutes

Still refreshingly caustic at 87, Broadway legend Elaine Stritch looks back on her life and career in this feature-length portrait composed of candid reflections, rare archival footage and testimonials from her dearest friends.

W Oct. 29 1:00 Free

Halloween Party/Costume Contest



Join us for our annual Halloween party and costume contest. Halloween treats, music and fun for all. The winners of the costume contest will win a prize.

Th Oct. 30 12:30-2:00 Free

NOVEMBER ACTIVITIES

***Minneapolis Issues w/Council Member Jacob Frey, 3rd Ward**

Join our special guest, Minneapolis City Council Member Jacob Frey, for a discussion about Minneapolis issues. Council Member Frey will share his thoughts on his first year in office and answer questions about local issues and new initiatives.

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

Documentary: Nature: My Life as a Turkey - 2011 - NR - 60 minutes

In anticipation of Thanksgiving...When naturalist Joe Hutto became "mother" to a clutch of 16 wild turkey eggs, he had no idea of the heartache and joy that were to become part of his daily existence for the next 18 months, as he raised the chicks and helped them leave the nest.

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



DECEMBER ACTIVITIES

Holiday Party Sponsored by UCare & Friends of the Skyway Senior Center

Please join us for our annual holiday party sponsored by UCare and the Friends of the Skyway Senior Center. There will be food, music and fun!



T Dec. 16 11:30-1:30 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 fees are \$15 for AARP members and \$20 for non-members payable to the instructor the day of the class.)

W Dec. 17 11:00 – 3:00
(\$15 AARP Members/\$20 non-members)

***Internet Security**

Learn how to safely navigate the Internet and learn about email safety. Dan will answer your questions about Internet scams and how to avoid fraud online.

T Dec. 23 1:00-2:00 Free

Movie: New Year's Eve – 2011 - PG-13 - 117 minutes

In this star-studded romantic comedy, the fates of a diverse group of New Yorkers are wound together on New Year's Eve -- including one expectant couple hoping their baby will be the first to be born in the Big Apple after midnight.

T Dec. 30 12:00-2:00 Free



October

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 – 11:00 Fitness Mix 11:00 – 12:00 Meet the Artist: Lory Worthing 1:00 – 2:30 Healthy Fall Salads	2 9:30 – 10:15 Yoga Stretch 10:30 – 11:15 Mat Yoga 1:00 – 2:30 Advisory Board Meeting	3 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>August: Osage County</i>
		6 10:00 – 11:00 Fitness Mix 12:00 – 1:00 Friends Board Meeting 1:00 – 2:30 Catching Up on Current Events	7 10:00 – 11:00 Chair Yoga & Balance 12:30 – 1:30 Birthdays of the Month	8 10:00 – 11:00 Fitness Mix 12:30 – 3:00 Bundles of Love
<p style="text-align: center;">Closed for Holiday</p>		14 10:00 – 11:00 Chair Yoga & Balance 1:00 – 2:30 Jazz Appreciation	15 10:00 – 11:00 Fitness Mix 11:00 – 12:00 Flu Shot Clinic 1:00 – 2:30 Ruth Webber	16 9:30 – 10:15 Yoga Stretch 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates, Resources, Assistance, Information
		13	14 10:00 – 11:00 Chair Yoga & Balance 1:00 – 2:30 Jazz Appreciation	15 10:00 – 11:00 Fitness Mix 11:00 – 12:00 Flu Shot Clinic 1:00 – 2:30 Ruth Webber
20 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	21 10:00 – 11:00 Chair Yoga & Balance 1:00 – 2:30 Watercolor Painting	22 10:00 – 11:00 Fitness Mix 10:45 – 2:00 Culture Club: Green Line Tour	23 9:30 – 10:15 Yoga Stretch 10:30 – 11:15 Mat Yoga 11:30 – 1:00 Lunch Bunch: Sea Change	24 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>You Can't Take it With You</i>
27 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	28 10:00 – 11:00 Chair Yoga & Balance 1:00 – 2:30 Watercolor Painting	29 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Documentary: Elaine Stritch: Shoot Me	30 9:30 – 10:15 Yoga Stretch 10:30 – 11:15 Mat Yoga 12:30 – 2:00 Halloween Party	31 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>The Monuments Men</i>

November

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	4 10:00 – 11:00 Chair Yoga & Balance 11:00 – 12:00 Meet the Artist: Bill William Bukowski 12:30 – 1:30 Birthdays of the Month 1:00 – 2:30 Watercolor Painting	5 10:00 – 11:00 Fitness Mix 1:00 – 2:00 Minneapolis Issues: Council Member Frey	6 9:30 – 10:15 Yoga Stretch 10:30 – 11:15 Mat Yoga 1:00 – 2:30 Advisory Board Meeting	7 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>The Man Who Knew Too Much</i>
10 10:00 – 11:00 Fitness Mix 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	Closed for Holiday		13 9:30 – 10:15 Yoga Stretch 10:30 – 11:15 Mat Yoga 1:00 – 2:30 Sew Lovely	14 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>The Secret Life of Walter Mitty</i>
17 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	18 10:00 – 11:00 Chair Yoga & Balance 1:00 – 2:30 Jazz Appreciation	19 10:00 – 11:00 Fitness Mix 11:00 – 3:00 Foot Care	20 9:30 – 10:15 Yoga Stretch 10:30 – 11:30 Book Club 11:30 – 12:30 Lunch Bunch: Oak Grill 1:00 – 2:30 Advocates, Resources, Assistance, Information	21 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>The Shop Around the Corner</i>
24 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	25 10:00 – 11:00 Chair Yoga & Balance 1:00 – 2:30 Ask the Pharmacist	26 10:00 – 11:00 Fitness Mix 1:00 – 2:00 Culture Club: Tour Mpls. Central Library	Closed for Holiday	
Closed for Holiday				



December

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 – 11:00 Fitness Mix 12:00 – 1:00 Friends Board Meeting 1:00 – 2:30 Catching Up on Current Events	2 10:00 – 11:00 Chair Yoga & Balance 12:30 – 1:30 Birthdays of the Month	3 10:00 – 11:00 Fitness Mix 1:00 – 2:00 Meet the Artist: Kenneth Marunowski	4 9:30 – 10:15 Yoga Stretch 10:30 – 11:15 Mat Yoga 1:00 – 2:30 Advisory Board Meeting	5 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Seven Brides for Seven Brothers</i>
8 10:00 – 11:00 Fitness Mix 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	9 10:00 – 11:00 Chair Yoga & Balance 1:00 – 2:30 Jazz Appreciation	10 10:00 – 11:00 Fitness Mix 12:30 – 3:00 Bundles of Love	11 9:30 – 10:15 Yoga Stretch 10:30 – 11:15 Mat Yoga 1:00 – 2:30 Sew Lovely	12 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Captain Phillips</i>
15 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	16 10:00 – 11:00 Chair Yoga & Balance 11:00 – 1:30 Holiday Party	17 10:00 – 11:00 Fitness Mix 11:00 – 3:00 AARP Driver Safety	18 9:30 – 10:15 Yoga Stretch 10:30 – 11:30 Book Club 11:30 – 12:30 Lunch Bunch: Manny's 1:00 – 2:30 Advocates, Resources, Assistance, Information	19 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>It's a Wonderful Life</i>
22 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	23 10:00 – 11:00 Chair Yoga & Balance 1:00 – 2:00 Internet Security with Dan	24 10:00 – 11:00 Fitness Mix	25 Closed for Holiday	26 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Philomena</i>
29 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	30 10:00 – 11:00 Chair Yoga & Balance 12:00 – 2:00 Movie - <i>New Year's Eve</i>	31 10:00 – 11:00 Fitness Mix		

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.

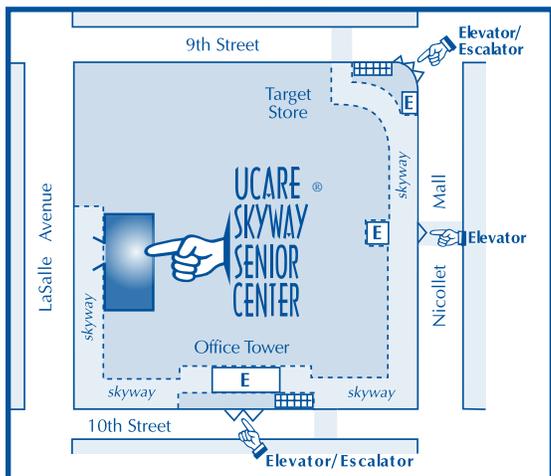
UCare Skyway Senior Center

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.