

Chatter

Ucare

January – March 2015

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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HAPPY NEW YEAR

Thank you to our sponsor, UCare, who will continue to sponsor the Center in 2015.

On behalf of UCare, the Minneapolis Health Department, the Friends of the Skyway Senior Center and the UCare Skyway Senior Center Advisory Board, thank you for supporting the UCare Skyway Senior Center. In 2015 we will continue our focus on senior health and wellness. Please check out our calendar for upcoming events and presentations.

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: _____

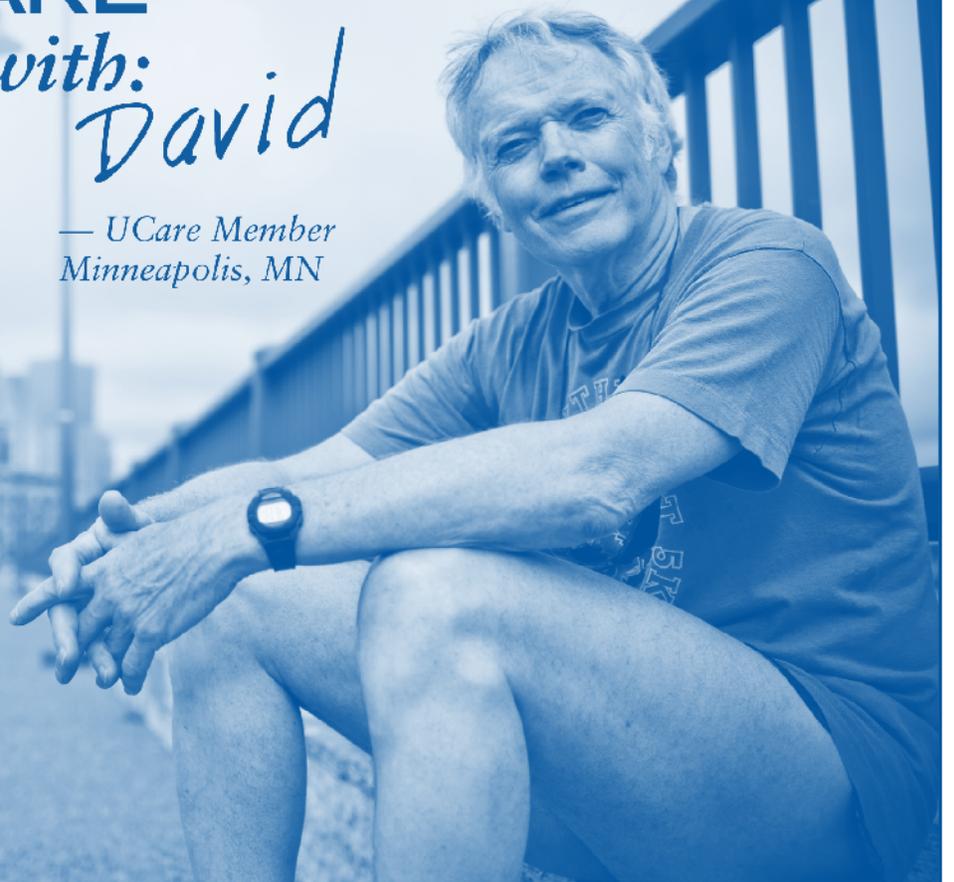
Phone: _____ Email: _____

HEALTH CARE

that starts with:

David

— UCare Member
Minneapolis, MN



Discover *UCare for Seniors*SM, the simple, affordable health plan that provides great benefits at a great price — just what you'd expect from health care that starts with you.

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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.®

UCare Minnesota and UCare Health, Inc. are Medicare Advantage plans with Medicare contracts. Enrollment in UCare Minnesota and UCare Health, Inc. depends on contract renewal.

H2459 H4270_092313 CMS Accepted (09282013)
H2459 H4270 Group_092313 IA (09232013)

Center Coordinator
Sara Goodnough

Advisory Council

Donald Leners
Chair

Adrienne Merrill-Ratliff
Vice-Chair

Betty Jeanne Leners,
Secretary

Kay Hayes

Fay Harrison

Evelyn Eskeli

Mae Range

Randy Wilson

Jerry Dudley

Byron Crouch

**Friends of the Skyway
Senior Center Board**

Art Hogenson
President

Dan Dahl
Vice President/ Secretary

Ellen Wolfson

Shannon McDonough

Kay Hayes

Midge Loeffler

Pam Biljan

Barbara Nylén

Artists of the Month



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

January

Leslie Walton

Lesley Walton is a portrait artist who uses her drawing and painting skills to express her love of people and their spirit seen through a single expression. With her graphite drawings she captures a subject by drawing not just a technically accurate rendering, but by showing the spirit within the individual. Her paintings are a fun use of bold color recreating nostalgic times from black and white photos from years past with colors chosen to bring the subjects to life. Like Dorothy landing in Oz...Lesley releases the subjects from their black and white images to a more colorful life.

Artist Reception - T

Jan. 6

1:30

Free

February

Christin Congdon

Christin Congdon enjoys working in watercolors and oil pastels, but has dabbled in just about every medium. She received her BFA from San Diego State University, and her M.Ed. from Colorado State University. Christin draws her inspiration from her local surroundings, taking digital photographs to capture the fleeting moment. Once back in her studio she works to create a prismatic, illustrative work of art, based on the photograph. She loves working in watercolors because of the unpredictability of the medium. No two pieces can ever be exactly alike. Christin resides in Excelsior, MN with her doting husband and two adventurous children.

Artist Reception - T

Feb. 3

1:30

Free

March

Janelle Kay Doyle

I returned to painting after a near fatal car accident in 2011. Painting helps me deal with my permanent disabilities by allowing me to focus my mind while restoring my fine motor skills. Through my paintings, I address universal issues of identity as well as my personal journey of physical, mental, and spiritual recovery. My style is characterized by bold, dark lines balanced with fields of subtly modulated color. I am an active member of WARM (Women's Art Resources of Minnesota), work as a teaching artist with organizations including Banfill-Locke Center for the Arts, and my paintings have been included in over 25 juried shows since 2012.

Artist Reception - W

Mar. 4

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@minneapolisismn.gov for more information.

Minneapolis Community Education Trips & Social Outings



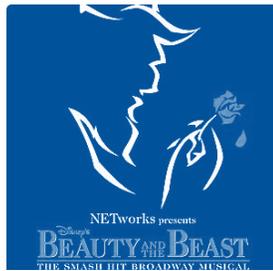
Ring of Kerry at the Paramount Theatre

Travel to the historic Paramount Theater in St. Cloud for a delightful afternoon of Irish music, in celebration of St. Patrick's Day. Ring of Kerry's specialty is playing highly energetic and engaging concerts including a troupe of fully costumed Irish step dancers. You will be enticed to sing along, stomp your feet, and join in the merriment. You will also be beautifully serenaded. Before the show, enjoy a fabulous buffet lunch at Coyote Moon Grill, featuring 3 hot entrees, salads, soup, popovers, beverage and desert. Price includes coach bus transportation, reserved theater seating, lunch, tax and gratuity.

Friday March 13 9:00 am-6:00 pm \$58

Beauty and the Beast at the Orpheum Theatre

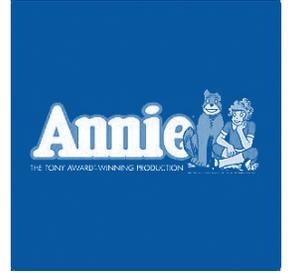
Based on the Academy Award-winning animated feature film, this eye-popping spectacle has won the hearts of over 35 million people worldwide. This classic musical love story is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers including "Be Our Guest" and the beloved 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.



Wednesday March 11 7:30-10:00 pm \$47

Annie at the Orpheum Theatre

The timeless story and the classic characters featuring the beloved book and score, Annie, includes such unforgettable songs as "It's the Hard Knock Life," "Easy Street," "I Don't Need Anything But You," plus the eternal anthem of optimism, "Tomorrow." 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 April 5 1:00-3:30 pm \$32

Jersey Boys at the Orpheum Theatre

This is the story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide – all before they were 30! Jersey Boys features their hit songs "Sherry," "Big Girls Don't Cry," "Rag Doll," "Oh What a Night" and "Can't Take My Eyes Off You." 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 May 3 1:00-3:30 pm \$47

MAIL PAYMENT TO NEW ADDRESS:

Please Contact Minneapolis Community Education to Register for trips listed

Call: 612-668-4828 – or send your payment to –
Patty Hastreiter, 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

Advisory Committee & Friends Board

If you are interested in shaping the future of the UCare Skyway Senior Center, considering volunteering to serve on the Advisory Committee or the Friends of the Skyway Senior Center Board. The Advisory Committee make programming & policy recommendations for the Center and the Friends Board raises funds for the Center and sponsors activities, parties and pays for some supplies for the Center. For more information call Sara at 612-370-3869.

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.

Code of Conduct

The UCare Skyway Senior Center Code of Conduct is posted around the senior center. If you would like a copy of the Code of Conduct please stop by the front desk. Due to space limitations we respectfully ask visitors to hang coats in the closet and limit the number of personal belongings brought into the Center including: bags, backpacks or suitcases. Excessive personal belongings may cause a tripping hazard or limit available seating. Thank you for your cooperation.

Parties

This quarter we have two parties scheduled:

Valentine's Day Party
Thursday, February 12, 1-2 p.m.

St. Patrick's Day Party
Tuesday, March 17, 1-2 p.m.

Hope to see you there.

UCare Skyway Senior Center Wish List

- Puzzles (over 500 pieces).
- Current magazines
- Nintendo Wii & few easy games (bowling, tennis etc.)
- 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.

Gentleman's Agreement - 1947 – NR - 118 minutes

Enterprising reporter Phil Green (Gregory Peck), eager to blow the lid off anti-Semitism, accepts an assignment to pen a series of frank exposés for a progressive magazine. Looking for a new angle, Green poses as a Jew and soon endures the full spectrum of bigotry -- from being denied a job and use of public facilities to his son suffering a beating. Little by little, the journalist comes to understand the cruel effects of prejudice. (Drama)

F Jan 2 12:00 Free

The Hunger Games - 2012 - PG-13 - 142 minutes

In a dystopian future ruled by a totalitarian regime, resourceful Katniss and her partner, Peeta, represent their district in the lethal Hunger Games, a televised survival competition in which teenage contestants fight each other to the death. (Sci-Fi, Fantasy)

F Jan 9 12:00 Free

The Face of Love - 2013 - PG-13 - 92 minutes

Years after the death of her husband, Garrett, Nikki begins a romance with Tom, a great guy who looks almost exactly like Garrett. As their relationship unfolds, fate seems to be delivering Nikki both a new start and a second chance. (Drama)

F Jan 16 12:00 Free

The Hasty Heart - 1949 - NR - 102 minutes

At the end of the war, Scottish Cpl. Lachlan MacLachlan (Richard Todd) is detained in a military hospital on account of a lower-back wound. Unaware that his injury is fatal, the prickly patient is befriended by an American GI (Ronald Reagan) and a compassionate nurse who are adamant about hiding the news of his impending death. But when the secret comes out, MacLachlan must either embrace friendship or succumb to bitterness in his final days. (Drama)

F Jan 23 12:00 Free

The Book Thief - 2013 PG-13 - 131 minutes

Young Liesel steals books to teach herself to read, giving her refuge from the horrors of Nazi Germany and her cold foster parents. When not reading, she forms a bond with the Jewish man her adoptive family is hiding in their home. (Drama)

F Jan 30 12:00 Free

Sorry, Wrong Number - 1948 - NR - 88 minutes

When Leona Stevenson (Barbara Stanwyck) dials a wrong number by mistake, she overhears two men plotting a murder. As she tries to trace the source of the call, she becomes convinced that her husband (Burt Lancaster) is involved. (Classic, thriller)

F Feb 6 12:00 Free

Libeled Lady - 1936 - NR - 98 minutes

This Oscar-nominated classic film directed by Jack Conway stars Spencer Tracy as Warren Haggerty, a newspaper editor who's prone to postponing his nuptials to Gladys Benton (Jean Harlow) and who faces an even greater problem when he's sued by a woman (Myrna Loy) who claims she's been libeled by his publication. Haggerty hatches an intricate plot to put the woman in her place before she can bilk the paper for all it's worth. (Classic)

F Feb 13 12:00 Free

Jack Ryan: Shadow Recruit – 2014 - PG-13 - 105 minutes

CIA analyst Jack Ryan tries to thwart a terrorist plot to bring down the U.S. economy in this action-thriller helmed by Kenneth Branagh. Chris Pine plays the title character alongside an all-star cast that includes Kevin Costner and Keira Knightley. (Action-adventure)

F Feb 20 12:00 Free

The Grand Budapest Hotel - 2014 - R - 100 minutes

Between the world wars, Gustave H, the concierge at a prestigious European hotel, takes a bellboy named Zero as a trusted protégé. Meanwhile, the upscale guests are involved in an art theft and a dispute over a vast family fortune. (Comedy)

F Feb 27 12:00 Free

Chef - 2014 - R - 115 minutes

When chef Carl Casper's (Jon Favreau) plans for opening a restaurant in Los Angeles fail to pan out, he returns home to Miami and debuts a food truck instead. While trying to regain his zest for cookery, Carl also tries to mend his fractured family ties. (Comedy)

F Mar 6 12:00 Free

Blood and Sand - 1941 - NR - 125 minutes

Impoverished country boy Juan Gallardo (Tyrone Power) rises from obscurity to become Spain's most celebrated bullfighter in this lushly filmed adaptation of Vicente Blasco Ibañez's novel. After reaching the pinnacle of fame, the arrogant Juan gets entangled with an alluring socialite (Rita Hayworth) who may cost him everything, including his career and his virtuous wife (Linda Darnell). Anthony Quinn plays Juan's rival in and out of the bullring. (Classic, drama)

F Mar 13 12:00 Free

Citizen Kane - 1941 - PG - 119 minutes

Still considered one of the greatest films ever made, Orson Welles's complex and technically stunning film chronicles newspaper baron Charles Foster Kane's rise from poverty to become one of America's most influential men. (Classic, drama)

F Mar 20 12:00 Free

Kiss Me Deadly - 1955 – NR - 106 minutes

Shortly after sleazy detective Mike Hammer (Ralph Meeker) picks up a scantily clad hitchhiker (Cloris Leachman), his car is forced over a cliff. He awakens from unconsciousness to find his passenger dead -- but it wasn't the fall that killed her. As Hammer sets out to uncover the woman's deadly secret and find her unknown assassins, he ignores explicit signs that he should mind his own business. This film noir was adapted from Mickey Spillane's novel. (Classic, drama)

F Mar 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

- 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 Jan 5 – Mar 30 10:00 – 11:00

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.

T Jan 6 – Mar 31 11:00 – 12:00

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. (NOTE: Class on the 3rd Thursday of the month will be 30 minutes)



Th Jan 8 – Mar 26 10:00 – 10:45

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 1/15, 1/22, 2/19, 3/19 & 3/26)

Th Jan 8 – Mar 26 11:00 – 11:45

Walking Club

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.**

M Jan 12, Feb 9 & Mar 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 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 Jan 22 & Mar 26 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 is the second Thursday of every month at 1:00.

Th Jan 8, Feb 12 & Mar 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 Jan 6, Feb 3 & Mar 10 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 Jan 14, Feb 11 & Mar 11 12:30 Free

Book Club

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

January Book – Personal History by Katharine Graham

Winner of the 1998 Pulitzer Prize for Biography. An extraordinarily frank, honest, and generous book by one of America's most famous and admired women, *Personal History* is, as its title suggests, a book composed of both personal memoir and history. It is the story of Graham's parents: the multimillionaire father who left private business and government service to buy and restore the down-and-out Washington Post, and the formidable, self-absorbed mother who was more interested in her political and charity work, and her passionate friendships with men like Thomas Mann and Adlai Stevenson, than in her children.

Th Jan. 15 10:30-11:30 Free

February Book – The Grace of Silence by Michelle Norris

A profoundly moving and deeply personal memoir by the co-host of National Public Radio's flagship program All Things Considered. While exploring the hidden conversation on race unfolding throughout America in the wake of President Obama's election, Michele Norris discovered that there were painful secrets within her own family that had been willfully withheld. These revelations—from her father's shooting by a Birmingham police officer to her maternal grandmother's job as an itinerant Aunt Jemima in the Midwest—inspired a bracing journey into her family's past, from her childhood home in Minneapolis to her ancestral roots in the Deep South.

Th Feb. 19 10:30-11:30 Free

March Book - Don't Let's Go to the Dogs Tonight by Alexandra Fuller

In Don't Let's Go to the Dogs Tonight, Alexandra Fuller remembers her African childhood with candor and sensitivity. Though it is a diary of an unruly life in an often inhospitable place, it is suffused with Fuller's endearing ability to find laughter, even when there is little to celebrate. Fuller's debut is unsentimental and unflinching but always captivating. In wry and sometimes hilarious prose, she stares down disaster and looks back with rage and love at the life of an extraordinary family in an extraordinary time.

Th Mar. 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 | Jan. 22 | Basil's | |
| | | 710 Marquette Ave S | 11:30 |
| Th | Feb. 26 | Capital Grille | |
| | | 801 Hennepin Ave. | 11:30 |
| Th | Mar. 26 | McCormick & Schmick's | |
| | | 800 Nicollet Mall | 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. Jazz Appreciation meets the second Tuesday of every month at 1:00 p.m.

| | | | | |
|---|---------|-----------------|-----------|------|
| T | Jan. 13 | Ella Fitzgerald | 1:00-2:30 | Free |
| | Feb. 10 | Oscar Peterson | 1:00-2:30 | Free |
| | Mar. 10 | Thelonious Monk | 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 Jan. 15, Feb. 19 & Mar. 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.

M Jan. 5 – Mar. 30 1:00-2:30 Free

Ask the Pharmacist

A UCare Pharmacist will be available for private one-on-one appointments to answer your questions 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: The pharmacist comes to the center every other month.)



Tue., Jan. 27 & Mar. 24, 1:00-2:30 Free

Pre-registration encouraged for classes marked with an asterisk (*)

Please call 612-370-3869 to register.

If a class gets cancelled, you will receive a call if pre-registered.

You are still welcomed and encouraged to drop-in to any class if there is a space available.

JANUARY ACTIVITIES

* Travels with Anita: Ahoy, Greece!

In September, Anita sailed on a clipper ship from Athens to Venice. Come to hear about this unique travel adventure.

W Jan. 7 1:00-2:30 Free

* The Joys of Hearing

Did You Know? A person could go years without even realizing they have a hearing loss! Untreated hearing loss has been linked to dementia, heart disease, depression, and other serious illnesses. That is why it is so important to make a hearing screening a fundamental part of your yearly wellness routine. Learn More about Your Hearing Health by coming to this educational presentation presented by Michelle Banse with Avada Audiology and Hearing Care.

T Jan. 20 1:00-2:00 Free

* Colds & Flu: How to Protect Yourself

Ever get the sniffles and wonder what works (and doesn't) against it? Do you wonder what's the difference between the Cold and the Flu, and why you manage to get them every year? If yes, look no further than this presentation. Two pharmacy students from the University of Minnesota-Twin Cities will be giving an approachable, yet informative, overview on the differences and similarities between the Cold and the Flu, what steps you can take to protect yourself against them, and the various remedies you can use to make yourself feel better if you have them.

W Jan. 21 1:00-2:00 Free

* UCare Choices Plan Overview

This is a benefits overview session about individual and family UCare Choices products available on the MNsure health insurance marketplace. These products are for people under age 65 who are looking for a health care plan and how to enroll in one. Laptops will be available for people who want to

start the enrollment process, which includes creating an account on the MNsure site. Speakers will answer questions about plans and provide support for enrollment at the meeting and beyond.

W Jan. 28 1:00-2:30 Free

* FREE Hearing Clinic

Learn more about your hearing health by making a 20-30 minute appointment for:

- hearing screening
- hearing aid cleaning
- ear check for wax
- consultation

Limited space available – Must pre-register at 612-370-3869

Th Jan. 29 1:00-2:30 Free

FEBRUARY ACTIVITIES

* Understanding Medicare – An Overview

This presentation reviews what is covered by Parts A, B, C and D of Medicare, as well as Medicare supplement options available. The enrollment process and options for enrollment in Medicare will be discussed along with the personal costs of the program. We will address the donut hole and eligibility for extra help with prescription drug costs. Recent changes to Medicare as a result of recent health care reform will also be reviewed as well as examples of Medicare fraud and abuse. We will introduce the services of the Senior LinkAge Line® that include assistance making personal comparisons using the Medicare.gov website and the Health Care Choices booklet, published by the MN Board on Aging.

W Feb. 4 1:00-2:30 Free



Valentine's Day Party

Stop by the Center for Valentine's Day treats, music and fun.

Th Feb. 12 1:00-2:00 Free

* You Can Draw!

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 provide): sketch pad, No. 2 pencil & kneadable eraser.

T Feb. 17 1:00-2:30 Free

* Minneapolis Issues w/Council Member John Quincy, 11th Ward

Join our special guest, Minneapolis City Council Member John Quincy, for a discussion about Minneapolis issues. Council Member Quincy will share his thoughts on key local issues and initiatives and will have a Q & A with participants.

W Feb. 18 1:00-2:00 Free

* Senior Tax Matters and Benefits

Staff from the MN Department of Revenue will present tax information relevant to seniors including info regarding:

- Free tax preparation
- Senior Citizen Property Tax Deferral program
- New income thresholds for renter/homeowner refunds
- New free application for filing homeowner refunds
- Electronic filing free software products and direct deposit
- A question & answer session will follow the presentation.

T Feb. 24 1:00-2:30 Free

* Metro Transit Presentation: Commute with Confidence

Learn how to ride Metro Transit Bus and Lightrail with ease. Get all of the information you need regarding trip planning, paying your fare, Lost and Found and more. This informational session is perfect for new riders and current riders. Open Q&A format along with a PowerPoint presentation will take the angst and worry out of using Public Transportation. This session is a free service of Metro Transit. "Come onboard and leave the driving to us!" Pre-registration encouraged – call 612-370-3869 to register.

W Feb. 25 1:00-2:30 Free

MARCH ACTIVITIES



St. Patrick's Day Party

Please join us for a St. Patrick's Day celebration. There will be treats, music and fun!

T Mar. 17 1:00-2:00 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 fees are \$15 for AARP members and \$20 for non-members payable to the instructor the day of the class.)

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

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 a local training institution. Trainings include contact center, customer service, industrial sewing and many more. During and after training, RENEW counselors provide assistance with career readiness and supportive services to help you meet your employment goals. Please attend this presentation to learn how this program can support you in your career goals.

W Mar. 25 1:00-2:30 Free

* Health Benefits of Meditation

Join us for a presentation by the University of Minnesota's Center for Spirituality & Healing on the health benefits of meditation. Simple meditation techniques will be demonstrated and there will be time for questions and answers. A great way to start your new year.

T Mar. 31 1:00-2:30 Free

January

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
|  | | | 1 Closed for Holiday | 2 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Gentleman's Agreement</i> |
| | | | 5 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events | 6 11:00 – 12:00 Chair Yoga & Balance 12:30 – 1:30 Birthdays of the Month 1:30 – 2:30 Meet the Artist: Leslie Walton |
| 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 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Jazz Appreciation Ella Fitzgerald | 14 10:00 – 11:00 Fitness Mix 12:30 – 3:00 Bundles of Love | 15 10:00 – 10:30 Yoga Stretch 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates, Resources, Assistance, Information | 16 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>The Face of Love</i> |
| 19 Closed for Holiday | 20 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:00 "The Joys of Hearing" Presentation | 21 10:00 – 11:00 Fitness Mix 1:00 – 2:00 Colds & Flu: How to Protect Yourself | 22 10:00 – 10:45 Yoga Stretch 11:00 – 3:00 Foot Care* 11:30 – 1:00 Lunch Bunch: Basil's | 23 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>The Hasty Heart</i> |
| 26 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events | 27 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Ask the Pharmacist | 28 10:00 – 11:00 Fitness Mix 1:00 – 2:30 UCare Choices | 29 10:00 – 10:45 Yoga Stretch 11:30 – 11:45 Mat Yoga 1:00 – 2:30 Hearing Screenings | 30 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>The Book Thief</i> |

February

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 2 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events | 3 11:00 – 12:00 Chair Yoga & Balance 12:30 – 1:30 Birthdays of the Month 1:30 – 2:30 Meet the Artist: Christin Congdon | 4 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Understanding Medicare | 5 10:00 – 10:45 Yoga Stretch 11:00 – 11:45 Mat Yoga 1:00 – 2:30 Advisory Board Meeting | 6 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Sorry, Wrong Number</i> |
| 9 10:00 – 11:00 Fitness Mix 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events | 10 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Jazz Appreciation Oscar Peterson | 11 10:00 – 11:00 Fitness Mix 12:30 – 3:00 Bundles of Love | 12 10:00 – 10:45 Yoga Stretch 11:00 – 11:45 Mat Yoga 1:00 – 2:00 Valentine's Day Party 1:00 – 2:30 Sew Lovely | 13 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Libeled Lady</i> |
| 16 Closed for Holiday | 17 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 You Can Draw! | 18 10:00 – 11:00 Fitness Mix 1:00 – 2:00 Mpls. Issues: Council Member Quincy | 19 10:00 – 10:35 Yoga Stretch 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates, Resources, Assistance, Information | 20 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Jack Ryan: Shadow Recruit</i> |
| 23 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events | 24 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Senior Tax Matters | 25 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Metro Transit Presentation | 26 10:00 – 10:45 Yoga Stretch 11:00 – 11:45 Mat Yoga 11:30 – 1:00 Lunch Bunch: Capital Grille | 27 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>The Grand Budapest Hotel</i> |

Happy Valentines Day

March

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 2 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events | 3 11:00 – 12:00 Chair Yoga & Balance 12:30 – 1:30 Birthdays of the Month | 4 10:00 – 11:00 Fitness Mix 1:00 – 2:00 Meet the Artist: Janelle Doyle | 5 10:00 – 10:45 Yoga Stretch 11:00 – 11:45 Mat Yoga 1:00 – 2:30 Advisory Board Meeting | 6 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Chef</i> |
| 9 10:00 – 11:00 Fitness Mix 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events | 10 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Jazz Appreciation helonious Monk | 11 10:00 – 11:00 Fitness Mix 12:30 – 3:00 Bundles of Love | 12 10:00 – 10:45 Yoga Stretch 11:00 – 11:45 Mat Yoga 1:00 – 2:30 Sew Lovely | 13 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Blood and Sand</i> |
| 16 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events | 17 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:00 St. Patrick's Day Party | 18 10:00 – 11:00 Fitness Mix 11:00 – 3:00 AARP Smart Driver Course | 19 10:00 – 10:30 Yoga Stretch 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates, Resources, Assistance, Information | 20 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Citizen Kane</i> |
| 23 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events | 24 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Ask the Pharmacist | 25 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Lifetrack RENEW Job Program | 26 10:00 – 10:45 Yoga Stretch 11:00 – 3:00 Foot Care* 11:30 – 1:00 Lunch Bunch: McCormick & Schmicks | 27 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Kiss Me Deadly</i> |
| 30 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events | 31 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Health Benefits of Meditation | | | |

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.

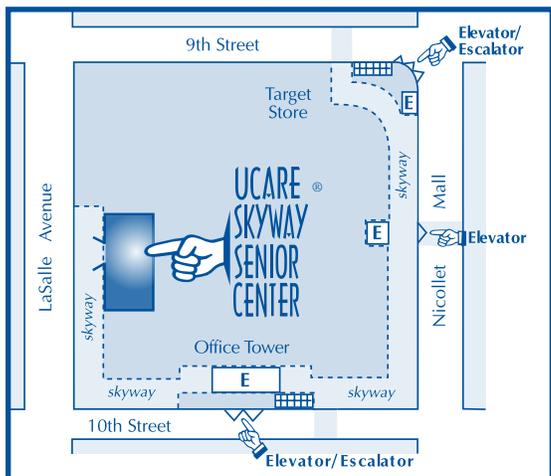
UCare Skyway Senior Center

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.