

Chatter

UCare

October – December 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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Friends Annual Fundraising Drive

The Friends of the Skyway Senior Center asks for your support of our organization this year with a generous contribution to our annual fundraising appeal. Each year the Friends provide financial support for programs, activities, equipment, and appreciation events at the UCare Skyway Senior Center. We are counting on your financial support. We promise that we will not be telephoning you, so please give generously to this request. Remember, the Friends are a 501.c3 organization and gifts may be tax-deductible. A donor envelope is included in this newsletter for your convenience. This year our supporters have a new convenient way to contribute to the Friends of the Skyway Senior Center at www.GiveMN.org. Just enter "skyway" in the search box and you can make a contribution securely online with your credit card. In addition, anyone making a donation \$10 or more between October 1 – December 11, 2015, will be entered into a drawing for one of two \$25 Target gift cards! The drawing will be held on December 16, 2015 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.

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: _____

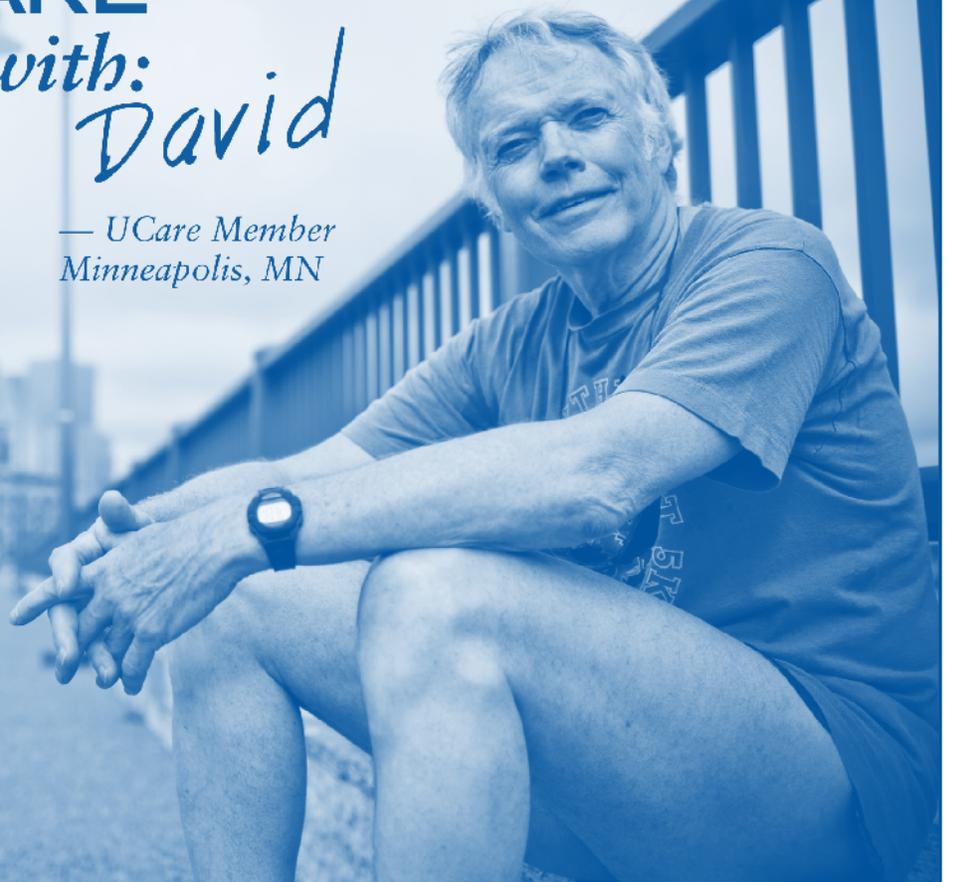
Phone: _____ Email: _____

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Minneapolis, MN



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Barbara Nylen

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Artists of the Month



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

October

Allan Benson

I recognized my abilities and desire to express myself through art in a class at Opportunity Partners. I continue to strengthen my artistic visions and techniques in classes there and with my art mentor. I have exhibited my work at the Hennepin County Library, Hopkins Center for the Arts, Opportunity Partners headquarters, Vision Loss Resources and Munka Beans Coffee Shop. My painting, Flower at Home, won 2nd place in painting at the Sister Kenney Annual International Art Show in May, 2009.

Artist Reception - T October 6 1:30 Free

November

Hope Thier

Hope Thier received her Master of Arts in 2014 and Bachelor of Fine Arts in 2012 from Minnesota State University-Mankato. She is a recipient of the 2014 Toy Wilson Blethen Fine Arts Award, Nadine B. Andreas Graduate Teaching Assistantship, several juried awards from exhibitions around the Midwest, two Undergraduate Research Creative grants, ITW Foundation Scholarship, and the Mary Sugden Endowment Scholarship in Painting. She has taught at Minnesota State University-Mankato, the Arts Center of St. Peter, and served as the Program Director for Twin Rivers Council for the Arts' festival Arts by the River and as President for Student Art League for two years. Hope currently resides in Fort Dodge, Iowa and is the Art Educator/Assistant Director at the Blanden Art Museum.

Artist Reception – M November 2 11:00 Free

December

Patrick Glander

I am Patrick Glander, an artist from Duluth, MN. To me, art is a representation of experiences that are difficult to explain in any other way. My plein air (outdoor) painting started as an extension of my hiking and running through the woods of the north shore. Several years ago I built a wooden easel to serve as a mobile workstation. There's something special about plein air painting, and being able to interact with the subject at any given time. Depicting a stream on canvas is one thing, but being able to feel the water to better understand how to show it is another. Making art in this way lets me focus my mind. Just me, the forest, and the paint. To learn more about Patrick visit <http://www.mnartists.org/patrick-glander>

Artist Reception - T December 1 1:30 Free

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

Interested in Showing Your Art?

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

Minneapolis Community Education Trips & Social Outings



Lake Minnetonka Fall Colors Cruise

Enjoy a leisurely, narrated boat cruise aboard Al & Alma's luxury yacht. Explore the peaceful bays of Lake Minnetonka on this 2-hour cruise as you enjoy the breathtaking fall colors and cool lake breezes. An onboard lunch features sautéed chicken breast on rice with Dijon sauce, Italian Mandarin salad, vegetable cheese tortellini salad, rolls, dessert and beverage. Price includes cruise, lunch, tax, gratuity, and bus transportation.

Friday, October 9 9:15 am-2:30 pm \$49

The Little Mermaid at the Orpheum Theatre

In a magical kingdom fathoms below, met Ariel, the little mermaid who is tired of flipping her fins and longs to be part of the fascinating world on dry land. Joining her are Sebastian, Ariel's crabby sidekick; Ursula, the evil sea witch; Triton, King of the Sea and the handsome and human Prince Eric. This is based on the Disney animated film and hit Broadway musical. Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Sunday, October 18 6:30-9:00 pm \$47

A Gentleman's Guide to Love & Murder at the State Theatre

Gentleman's Guide tells the uproarious story of Monty Navarro, a distant heir to a family fortune who sets out to jump the line of succession by - you guessed it - eliminating the eight pesky relatives (all played by one fearless man) who stand in his way. All the while, Monty has to juggle his mistress, his fiancée, and the constant threat of landing behind bars. Transportation is on your own. Tickets will be mailed to you. Meet at the State Theatre, 805 Hennepin Ave.

Saturday, January 9 2:00-4:30 pm \$47

Gypsy at the Pantages Theatre

Strippers! Showstoppers! Stage Mothers! Nationally acclaimed director Peter Rothstein stages this iconic, Tony Award-winning musical. Gypsy features music by Jule Styne and lyrics by Stephen Sondheim and includes the legendary songs "Everything's Coming up Roses,"

"Together (Wherever We Go)," "Small World," "Some People," "Let Me Entertain You," and, of course, "Rose's Turn." Transportation is on your own. Tickets will be mailed to you. Meet at the Pantages Theatre, 710 Hennepin Avenue.

Saturday, February 27 2:00-4:30 pm \$40

Lake Geneva U.S. Mail Boat Cruise, Fireside Theatre, and Mid-Continental Train

Join us for a 3-day motor coach tour to Wisconsin. Wednesday, we'll travel to Lake Geneva, a popular summer retreat rich in history and beauty, to enjoy dinner and show at the Dancing Horses Dinner theater. Thursday morning, board the Lake Geneva U.S. Mail Boat for a narrated cruise. Check into the Holiday Inn before an evening at the Fireside Theatre in Fort Atkinson. Have their signature buffet dinner and see Singin' in the Rain. Friday, we'll visit the Mid-Continental Railway Museum. Pick up a box lunch and take a memorable train ride in a restored coach. Bus picks up at 3 locations: Windom School, Dowling School, Parker Skyview Highrise. Price includes transportation, lodging, most meals and attractions. For more details, call 612-668-4828.

Wednesday, July 27-Friday, July 29, 2016 \$575/Person (2 per room \$740/Person (1 per room)

Minneapolis Southside Singers

If you are over 55 and like to sing, you are invited to join this chorus, which has more than 50 members. Their repertoire includes music from the '30s and '40s, patriotic music, show tunes, spirituals, dance numbers and vaudeville-style skits. New members are always welcome. This activity is funded, in part, by the Minnesota Arts and Cultural Heritage Fund as appropriated by the MN State Legislature. For more information, call 612-729-4984. Rehearsals are at Trinity Lutheran Church of Minnehaha Falls, 5212 - 41st Ave. S.

Mondays Ongoing 1:00-3:00 pm \$20 per year

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

Welcome Augustana!



Augustana Care is a non-profit organization that provides senior housing, health care and community-based services to older generations and others in need—and helps residents live the lives that most inspire them. Augustana Care has become a new co-sponsor of the Center and they are looking forward to sharing their resources and participating in upcoming Center activities. Augustana Care will be sponsoring our annual Halloween Party & Costume Contest on Thursday, October 29, 1:00-2:30 p.m.

Senior Outreach & Caregiver Services

A program of Senior Community Services – provides support to friends, spouses, and other family members who help an older adult remain at home. The staff not only assists these caregivers in connecting with needed services and resources for their loved one, but gives support to them as well. The licensed social workers can provide consultation, caregiver support groups, family meeting facilitation, and coaching to the caregiver. For computer-savvy caregivers, the program also offers an online care team tool – CareNextion – to provide an efficient method of enlisting other family and friends in sharing the care. For more information or to request service, call 612-770-7005.

UCare Skyway Senior Center Wish List

- Nintendo Wii & few easy games (bowling, tennis etc.)
- Reading glasses/"cheaters" to loan to visitors
- Puzzles (over 500 pieces)
- Volunteers to teach or lead a craft class
- Current magazines

We are no longer accepting VHS tapes for donation

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, sponsors activities, parties and pays for some supplies for the Center. For more information call Sara at 612-370-3869.

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.

Still Alice - 2014 - PG-13 - 101 mins

When 50-year-old linguistics professor Alice Howland begins having trouble remembering words, her symptoms ultimately lead to a diagnosis of early-onset Alzheimer's -- which forces Alice and her family to make radical changes in their lives. Cast: Kristen Stewart, Julianne Moore, Kate Bosworth (drama)

F Oct. 2 12:00 Free

Fun with Dick and Jane - 1977 - PG - 95 mins

George Segal and Jane Fonda star as the titular Dick and Jane, a pair of up-and-coming yuppies who exemplified the lifestyle before there was even a name for it. But they face a drastic change in their priorities when Dick loses his lucrative job. Unable to keep up with the expenses of the life to which they've grown accustomed, the high-living couple goes on a crime spree -- with hilarious results. Cast: George Segal, Jane Fonda, Ed McMahon (comedy)

F Oct. 9 12:00 Free

Easy Living - 1937 - NR - 89 mins

This classic screwball satire follows a wealthy financier who takes action after becoming fed up with his family's spending habits. But the simple act of throwing his wife's expensive fur coat out the window, where it lands on a working-class secretary, sets off a chain of hilarious events that teaches everyone a valuable lesson. Cast: Jean Arthur, Edward Arnold, Ray Milland (comedy)

F Oct. 16 12:00 Free

Foxcatcher - 2014 - R - 134 mins

Preparing for the 1988 Olympics, two sibling wrestlers cross paths with a paranoid schizophrenic millionaire in this drama based on a true story. The competitive Schultz brothers soon learn their new acquaintance is a dangerous distraction. Cast: Channing Tatum, Steve Carell, Mark Ruffalo (drama)

F Oct. 23 12:00 Free

Desk Set - 1957 - NR - 104 mins

Bunny is a reference librarian whose tepid long-term relationship with television executive Mike Cutler is fizzling. Enter Richard Sumner, a no-nonsense computer genius who's created a new product to automate the work of Bunny and her co-workers. Cast: Spencer Tracy, Katharine Hepburn, Gig Young (classic comedy)

F Oct. 30 12:00 Free

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

The Imitation Game - 2014 - PG-13 - 114 mins

Chronicling mathematical wizard Alan Turing's key role in Britain's successful effort to crack Germany's Enigma code during World War II, this historical biopic also recounts how his groundbreaking work helped launch the computer age. Cast: Benedict Cumberbatch, Keira Knightley, Matthew Goode (drama)

F Nov. 6 12:00 Free

Arthur - 1981 - PG - 97 mins

Charming but incessantly intoxicated multimillionaire Arthur Bach (Dudley Moore) stands on the brink of an arranged marriage to properly pedigreed heiress Susan Johnson (Jill Eikenberry), but his heart belongs to a working-class filcher (Liza Minnelli). When his family threatens to cut off Arthur's inheritance if he doesn't marry Susan, he asks loyal squire Hobson (John Gielgud, who chalked up an Oscar for his supporting role) to lend a hand. Cast: Dudley Moore, Liza Minnelli, John Gielgud. (comedy)

F Nov. 13 12:00 Free

The Soloist - 2009 - PG-13 - 109 mins

This true-life drama tells the poignant tale of Los Angeles newspaper reporter Steve Lopez (Robert Downey Jr.), who discovers brilliant street musician Nathaniel Ayers (Jamie Foxx), and the unique friendship that transforms both their lives. Cast: Jamie Foxx, Robert Downey Jr., Catherine Keener. (drama)

F Nov. 20 12:00 Free

The Music Man - 1962 - G - 151 mins

It doesn't get any better than this slice of Midwestern Americana: Charming con man Harold Hill wants to steal River City citizens' money with a "boys' band" scam, but finds it hard to skip town when lovely librarian Marian Paroo steals his heart. Cast: Robert Preston, Shirley Jones, Buddy Hackett (musical comedy)

F Dec. 4 12:00 Free

Mother - 1996 - PG-13 - 104 mins

Divorced novelist John needs to figure out the reason his relationships with women keep failing. To learn, he goes to the source: his mother. But she's not exactly thrilled when he moves in with her. Cast: Albert Brooks, Debbie Reynolds, Laura Weekes. (comedy)

F Dec. 11 12:00 Free

White Christmas - 1954 - NR - 120 mins

Bing Crosby and Danny Kaye play war buddies turned entertainers who fall for two sisters. The boys follow the girls to a resort owned by their former commanding officer, and he's in danger of losing the place. Cast: Bing Crosby, Danny Kaye, Rosemary Clooney. (musical comedy)

F Dec. 18 12:00 Free

The UCare Skyway Senior Center schedules many speakers and presentations. Please note the views expressed are not necessarily the views of the City of Minneapolis, nor does the City endorse any products or services presented.

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!



Mondays Oct. 5 – Dec. 28 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.

- 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.

Tuesdays Oct. 6 – Dec. 29 11:00 – 12:00 a.m.

Yoga Core *New Class*

Yoga Core will utilize chair and standing yoga techniques to increase flexibility and core strength. A strong core increases balance and fitness. Note: No class on December 16.



Wednesdays Oct. 7- Dec. 30 10:00 – 11:00 a.m.

Zumba Gold *New Class*

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Benefits: Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Zumba Gold is a Silver-Sneakers class and may be included with your health insurance. Ask instructor before class.

Thursdays Oct. 1 – Dec. 31 9:30 – 10:30

Please note that due to instructor availability the schedule is subject to change. Please call the Center at 612-370-3869 if you have any questions about the exercise schedule.

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

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. Walking club meets 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 I.C.E.S. in October due to holiday.

M Nov. 9 & Dec. 14 11:00-12:30 Free

Foot Care Clinic

Comprehensive foot care, including a foot soak. 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. You must bring your own towel.

W Nov. 25 11:00-2:00 \$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. Schedule dependent upon volunteer availability. Call 612-370-3869 to schedule an appointment.

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 Oct. 8, Nov. 12 & Dec. 10 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. 6, Nov. 3 & Dec. 1 12:30 Free

Bundles of Love

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

Wed., Oct. 14 & Dec. 9 12:30 Free

Book Club

Meets on the 3rd Thursday of every month. Everyone is welcome and encouraged to participate. October Book – Cocktail Hour Under the Tree of Forgetfulness by Alexandra Fuller
Cocktail Hour Under the Tree of Forgetfulness is an intimate exploration of Fuller's parents and of the price of being possessed by Africa's uncompromising, fertile, death-dealing land. We follow Tim and Nicola Fuller hopscotching the continent, restlessly trying to establish a home. War, hardship, and tragedy follow the family even as Nicola fights to hold on to her children, her land, her sanity. But just when it seems that Nicola has been broken by the continent she loves.

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

November Book – My Wish List by Gregoire Delacourt

Jocelyne lives in a small town in France where she runs a fabric shop, has been married to the same man for twenty-one years, and has raised two children. She is beginning to wonder what happened to all those dreams she had when she was seventeen. Could her life have been different? Then she wins the lottery—and suddenly finds the world at her fingertips. But she chooses not to tell anyone, not even her husband—not just yet. Without cashing the check, she begins to make a list of all the things she could do with the money. But does Jocelyne really want her life to change?

Th Nov. 19 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 2016. This is a great opportunity to bring forward your ideas or suggestions for 2016 books and discuss books with other readers. Whether you come once or every month, new members are always welcome.

Th Dec. 17 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 usually meets the 4th Thursday of the month, but will meet the 3rd Thursday of the month in Nov. & Dec. due to the holidays.

Th Oct. 22 Oak Grill
700 Nicollet Mall 11:30

Th Nov. 19 Il Foro (The Forum)
40 South 7th St. 11:30

Th Dec. 17 McCormick & Schmicks
800 Nicollet Mal. 11:30

Jazz Appreciation

Once a month, Jazz Appreciation meets to watch a jazz documentary or concert video. Starting October, 2015 through most of 2016, we will be viewing Ken Burns' Jazz documentary during each monthly session. Everyone is welcome. Jazz Appreciation meets the second Tuesday of every month at 1:00 p.m.

T Oct. 13 Ken Burns' Jazz-Pt. 1 1:00-2:30 Free

T Nov. 10 Ken Burns' Jazz-Pt. 2 1:00-2:30 Free

T Dec. 8 Ken Burns' Jazz-Pt. 3 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. 15, Nov. 19 & Dec. 17 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. 5 – Dec. 28 1:00-2:30 Free

Ask the Pharmacist

The 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.)

T Nov. 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 welcome and encouraged to drop-in to any class if there is a space available.

OCTOBER ACTIVITIES

* 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. 7 1:00 – 2:00 Call for prices

* Strategies for Memory Improvement

Can your memory use a boost? Learn some strategies and techniques for improving your memory. Presented by Mary Ann Schoenberger, Southwest Senior Center Director.

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

* Power of Attorney Presentation

Learn about the benefits of having a power of attorney and get your questions answered. Mike Persellin is a Staff Attorney with the Senior Law Project of Mid-Minnesota Legal Aid specializing in consumer debt collection, public benefits, and planning issues.

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

Documentary: “Alive Inside: A Story of Music & Memory” - 2014 - NR - 78 mins

This moving documentary follows social worker Dan Cohen as he uses music to unlock memory in nursing-home patients with Alzheimer's disease. Aided by well-known neurologist Oliver Sacks, Cohen aims to transform the quality of life for the afflicted.

T Oct. 27 1:00-2:30 Free

* Beginning Knitting (two sessions)

Make a Headband for Fall! Learn these knitting techniques:

1. Casting on
2. Knitting stitch
3. Casting off
4. Sewing with tapestry needle
5. Adding a decoration (optional)

Class limited to 5 people so instructor can give one-on-one attention. Please call the Center at 612-370-3869 to reserve your spot before it fills up. Cost: \$10 (payable to the instructor 1st day of class) to cover materials.

W Oct. 28 & Nov. 4 1:00-2:30 \$10

Halloween Party Sponsored by Augustana

Join us for our annual Halloween Party hosted by our new co-sponsor, Augustana Care. Activities include a costume contest, games, food, fun and door prizes.

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

NOVEMBER ACTIVITIES

* Beginning Knitting

Make a Headband for Fall! Learn these knitting techniques:

1. Casting on
2. Knitting stitch
3. Casting off
4. Sewing with tapestry needle
5. Adding a decoration (optional)

Class limited to 5 people so call the Center at 612-370-3869 to reserve your spot before it fills up. Cost: \$10 (payable to the instructor 1st day of class) to cover materials.

W Nov. 4 (part 2) 1:00-2:30 Free

Documentary: "Casting By" - 2013 - NR - 89 mins
Profiling legendary casting director Marion Dougherty -- who filled roles in such movies as Batman and Midnight Cowboy -- this illuminating documentary spotlights the vital but often overlooked part that casting directors play in the world of film.

W Nov. 17 1:00-2:30 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.

W Nov. 18 1:00-2:30 Free

DECEMBER ACTIVITIES

***Eleanor Ostman Presents "Always on Sunday"**

Eleanor Ostman, acclaimed food writer for the St. Paul Pioneer Press, presents a hilarious and historic walk through a life in food, including tales such as lunching with Paul Newman, crashing Walter Mondale's state banquet in China, judging national recipe contests, and more. Eleanor will have copies of her book, *Always on Sunday Revisited*, available for purchase.

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

***What is Medical Assistance?**

Ever wondered what Medical Assistance is and what it does? This presentation will give you a quick overview of some of the ins and outs of MA, and how it might be able to help you in the future.

T Dec. 15 1:00-2:00 Free

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. Come see old friends and new. There will be food, music and fun!

W Dec. 16 11:00-1:00 Free

Documentary: "Maidentrip" - 2013 - NR - 82 mins

Critics called her delusional. Child welfare agents tried to intervene. But Laura Dekker would not be denied her shot at sailing round the world. This documentary captures the 14-year-old's solo feat through footage she shot on her two-year voyage.

T Dec. 22 1:00-2:30 Free

Dick Cavett Interviews Bette Davis

If you are a fan of the great actress Bette Davis, come join "Downtown" Tom to view screen legend Bette Davis interviewed on the iconic Dick Cavett Show in the early 1970's. Discussion will follow.

W Dec. 23 1:00-2:30 Free

***Travels with Anita: Coastal Norway**

In 2011, Anita took her first trip along the coast of Norway. This trip went from Bergen to Kirkenes. In her journal of that trip she wrote, "This was a wonderful trip. I must do it again." So in September, 2015 she repeated the trip and wants to share what made this trip special enough to repeat.

T Dec. 29 1:00-2:30 Free

*** AARP Driver Safety 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. Limited space – register early.

W Dec. 30 11:00 – 3:00
(\$15 AARP Members/\$20 non-members)

October

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Advisory Board Meeting	2 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Still Alice</i>
			5 10:00 – 11:00 Fitness Mix 12:00 – 1:00 Friends Board Mtg. 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: Allan Benson
Closed for Holiday				
12 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	13 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Jazz Appreciation: Ken Burns' Jazz, Pt. 1	14 10:00 – 11:00 Yoga Core 12:30 – 3:00 Bundles of Love	15 9:30 – 10:30 Zumba Gold 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>Easy Living</i>
19 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	20 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:00 Strategies for Memory Improvement	21 10:00 – 11:00 Yoga Core 1:00 – 2:00 Power of Attorney Presentation	22 9:30 – 10:30 Zumba Gold 11:30 – 1:00 Lunch Bunch: Oak Grill	23 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Foxcatcher</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 Documentary: "Alive Inside: A Story of Music & Memory"	28 10:00 – 11:00 Yoga Core 1:00 – 2:30 Beginning Knitting	29 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Halloween Party	30 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Desk Set</i>

November

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 – 11:00 Fitness Mix 11:00 – 12:00 Meet the Artist: Hope Thier 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 Yoga Core 1:00 – 2:30 Beginning Knitting	5 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Advisory Board Meeting	6 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>The Imitation Game</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: Ken Burns' Jazz, Pt. 2	11 <p style="text-align: center;">Closed for Holiday</p>	12 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Sew Lovely	13 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Arthur</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 – 2:30 Documentary: "Casting By"	18 10:00 – 11:00 Yoga Core 1:00 – 2:00 Long Term Care	19 9:30 – 10:30 Zumba Gold 10:30 – 11:30 Book Club 11:30 – 1:00 Lunch Il Furo 1:00 – 2:30 Advocates, Resources, Assistance, Information	20 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>The Soloist</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 Yoga Core 11:00 – 2:00 Foot Care	26 <p style="text-align: center;">Closed for Holiday</p>	27 <p style="text-align: center;">Closed for Holiday</p>
30 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events				

December

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>11:00 – 12:00 Chair Yoga & Balance</p> <p>12:30 – 1:30 Birthdays of the Month</p> <p>1:30 – 2:30 Meet the Artist: Patrick Glander</p>	<p>2</p> <p>10:00 – 11:00 Yoga Core</p> <p>1:00 – 2:30 Eleanor Ostman: "Always on Sunday"</p>	<p>3</p> <p>9:30 – 10:30 Zumba Gold</p> <p>1:00 – 2:30 Advisory Board Meeting</p>	<p>4</p> <p>10:00 – 11:00 Walking Club</p> <p>12:00 – 2:30 Movie - <i>The Music Man</i></p>
<p>7</p> <p>10:00 – 11:00 Fitness Mix</p> <p>12:00 – 1:00 Friends Board Mtg.</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>8</p> <p>11:00 – 12:00 Chair Yoga & Balance</p> <p>1:00 – 2:30 Jazz Appreciation: Ken Burns' Jazz, Pt. 3</p>	<p>9</p> <p>10:00 – 11:00 Yoga Core</p> <p>12:30 – 3:00 Bundles of Love</p>	<p>10</p> <p>9:30 – 10:30 Zumba Gold</p> <p>1:00 – 2:30 Sew Lovely</p>	<p>11</p> <p>10:00 – 11:00 Walking Club</p> <p>12:00 – 2:30 Movie - <i>Mother</i></p>
<p>14</p> <p>10:00 – 11:00 Fitness Mix</p> <p>11:00 – 12:30 I.C.E.S.</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>15</p> <p>11:00 – 12:00 Chair Yoga & Balance</p> <p>1:00 – 2:00 What is Medical Assistance?</p>	<p>16</p> <p>11:00 – 1:00 Holiday Party</p>	<p>17</p> <p>9:30 – 10:30 Zumba Gold</p> <p>10:30 – 11:30 Book Club</p> <p>11:30 – 1:00 Lunch Bunch: McCormick & Schmicks</p> <p>1:00 – 2:30 Advocates, Resources, Assistance, Information</p>	<p>18</p> <p>10:00 – 11:00 Walking Club</p> <p>12:00 – 2:30 Movie - <i>White Christmas</i></p>
<p>21</p> <p>10:00 – 11:00 Fitness Mix</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>22</p> <p>11:00 – 12:00 Chair Yoga & Balance</p> <p>1:00 – 2:30 Documentary: "Maidentrip"</p>	<p>23</p> <p>10:00 – 11:00 Yoga Core</p> <p>1:00 – 2:30 Dick Cavett Interviews Bette Davis</p>	<p>24</p> <p>Closed for Holiday</p>	
<p>28</p> <p>10:00 – 11:00 Fitness Mix</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>29</p> <p>11:00 – 12:00 Chair Yoga & Balance</p> <p>1:00 – 2:30 Travels with Anita: Coastal Norway</p>	<p>30</p> <p>10:00 – 11:00 Yoga Core</p> <p>11:00 – 3:00 AARP Driver Safety</p>	<p>31</p> <p>9:30 – 10:30 Zumba Gold</p>	

Registration Form for Center Activities Only – No Trips

Name _____	Phone () _____
Address _____	Apt. # _____
City _____	Zip _____
Class 1 _____	Fee _____
Day _____ Date _____	Time _____
Class 2 _____	Fee _____
Day _____ Date _____	Time _____
Check # _____	Fee Total _____

Make Checks Payable To: Minneapolis Finance Department	Send To: UCare Skyway Senior Center 950 Nicollet Mall, Suite 290 Minneapolis, MN 55403	For Office Use Only: Date received: _____ Initials: _____
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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.

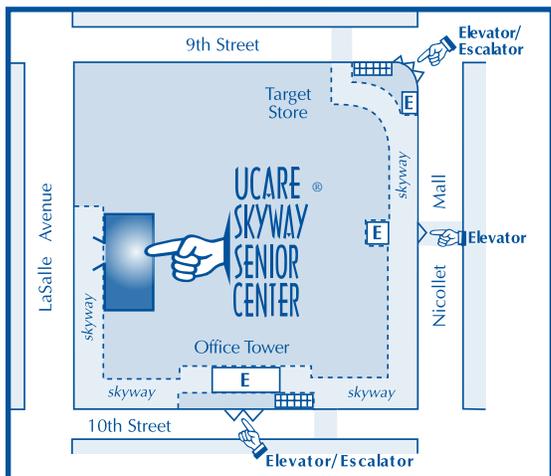
UCare Skyway Senior Center

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.