

Chatter

Ucare

950 Nicollet Mall, Suite 290 Mpls 55403

Skyway Senior Center

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

In This Issue:

Page 1:

- Success!
- In This Issue

Page 2:

- Calling on Your Support

Page 3:

- Trips & Outings

Page 4:

- Events Around Town

Page 5:

- Artist of the Month

Page 6:

- At the Movies

Page 7:

- Movie Time

Page 8-9:

- Ongoing Activities

Page 10-11:

- April, May and June Activities

Page 12-14:

- Calendars

Page 15:

- Registration

Back Page:

- Map & Directions

UCARE SKYWAY SENIOR CENTER OPEN HOUSE WAS A HUGE SUCCESS!

We were packed to the rafters – over 200 people came through the center to participate in our Open House Celebration of our new partnership with UCare! It was a festive and gracious atmosphere – a perfect way to highlight the relationship we have with UCare for years to come! “We are so pleased to be part of this terrific Downtown resource for seniors and friends,” UCare marketing and public affairs Vice President Ghita Worcester said. Ms. Worcester was joined by Nancy Feldman CEO UCare, Mayor R.T. Rybek, Council President Barbara Johnson, Ward 7 Council Member Lisa Goodman, Gretchen Musicant, Commissioner, Minneapolis Department of Health and Family Support and Terry Diebold, President of the Friends of the Skyway Senior Center. “The partnership with UCare at the Skyway Senior Center is an exciting new opportunity to work together to serve seniors,” Gretchen Musicant stated. Terry Diebold, President of the Friends of the Skyway Senior Center expressed the gratitude the Friends have to UCare for making the partnership happen seamlessly. The Friends of the Skyway Senior Center was providing the support funding between the times the transitional dollars from Medica ended and the new partnership with UCare began.

IN THIS ISSUE

- Changes to our exercise programs – turn to page 8 for full details (pg. 8)
- Help our non-profit sustain and expand center programming (pg. 2)
- New Monthly Resource – “Ask the Pharmacist” provided by UCare (pg. 10)
- Get Your Health Care Directive done for free April 15th (pg. 10)
- May is Older Adults Month in Minneapolis – Let’s Celebrate (pg. 10)



Center Director
Christina Kendrick

Advisory Council

Donald Leners
Chair

Adrienne Merrill-Ratliff
Vice-Chair

Kay Hayes
Secretary

Fay Harrison

Dorothy Cunningham

Annella Duerr

Herman Gross

Patricia Hastreiter

Evelyn Eskeli

Mae Range

Patricia Harris

Alice Lincoln

Randy Wilson

**Friends of the
Skyway Senior
Center Board**

Terry Diebold
President

Becky Bates
Vice-President

Barbara Nysten
Secretary

Michael Murtaugh
Treasurer

Lisa Goodman
Councilmember

Sara Goodnough

Art Hogensen

Jennifer Wright

Corinne Zwickley

Virginia Reilly

Ellen Wolfson

HELP US THRIVE! HELP US GROW!

Our non-profit, The Friends of the Skyway Senior Center, is counting on your support to help sustain and expand our programs offered at the center. Your support goes directly into the operation of the senior center. The Friends of the Skyway Senior Center board are all volunteers and they use the center to hold their meetings. They have no paid staff or rent expenses. Your donation is also fully tax deductible! As always the goal of the center is to be barrier free so all programming, newsletters and center access is free of charge to the seniors. However, the cost of presenters, instructors, resources and the overall operation of the center continue to rise.

We understand that times are tough right now. There are many ways you can help:

- Tax deductible donation
- When you are visiting the center, purchase some cards or lighten yourself of all your spare change weighing you down. Our donation box by the cookies can be fed anytime...like our coffee it's bottomless!
- Donating items such as printer/copy paper, Kleenex, beverage napkins, prepackaged cookies and popcorn, unused greeting cards with envelopes – other supplies
- Connections and Networking - Do you belong to or have connection to a philanthropic organization? Do you have experience in fundraising? Are you willing to donate your time and skills for a presentation/program at the center?

If you have an idea, an item, or an answer – please don't hesitate to contact us at the senior center at 612-370-3869. Ask for the director, Christina Kendrick who is more than happy to assist and answer your questions. We are ever so grateful!

Thanks for Your Support!

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.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Trips & Social Outings



❖ Victor Borge: Life & Laughs of a Scandinavian Humorist at the American Swedish Institute

Do you remember seeing Victor Borge perform, or watching him on TV? Visit the American Swedish Institute to watch "Victor Borge's Funniest Moments," a clip show from performances spanning 50 years. These classic bits demonstrate his knack for engaging an audience with stories, jokes and music. You'll remember why Borge said, "The shortest distance between two people is a smile." Enjoy a 3-course Swedish buffet featuring meatballs, breads, cheeses, herring, caviar cream eggs, potato sausage rounds, potatoes, vegetables, dessert and beverage. After lunch, tour the mansion on your own, including the Victor Borge exhibit. Transportation is on your own. Meet at the American Swedish Institute, 2600 Park Ave. Park in lot and enter through back door.

Wednesday April 27 10:30 am-1:00 pm \$25

❖ Take Me Out To The Ballgame

Be part of the second season at the new outdoor Target Field as the Minnesota Twins take on the Toronto Blue Jays. Come and cheer on your hometown team while enjoying the open-air, natural grass ballpark. Seats are in the left field bleachers. Transportation is on your own. Meet at Target Field at Gate 6 near the Light Rail.

Sunday May 15 12:10 pm \$22



❖ Cirque Du Soleil

In the early 1980's in a village near Quebec, a theater troupe walked on stilts, juggled, danced, breathed fire and played music. These young entertainers constantly impressed and intrigued local residents. This was the early beginnings of Cirque Du Soleil which is now recognized the world over for high quality artistic entertainment. Enjoy their new show, 'OVO', a colorful ecosystem teeming with life, where insects work, eat, crawl, flutter, play, fight and look for love. The insects' home is a world of biodiversity and beauty. When a mysterious egg appears in their midst, the insects are awestruck and intensely curious. The hidden, secret world at our feet is revealed as tender and torrid, peaceful and chaotic. Reserved seats are on the side. Transportation is on your own. Meet at the Grand Chapiteau at the Mall of America's North Parking Lot.

Sunday June 12 12:30-3:00 pm \$31

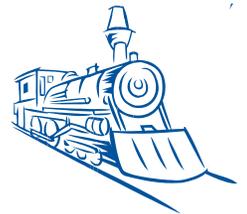
❖ Cruise the St. Croix River

Travel to Stillwater to enjoy a luxury cruise down the scenic St. Croix River on a paddlewheel riverboat. A deli buffet lunch includes sliced meats and cheeses served with fresh bakery rolls, sandwich fixings, fresh fruit, seasonal salad, a warm entree selection and a gourmet cookie assortment. Price includes coach bus transportation, boat tour, lunch, tax and gratuity.

Friday June 17 9:15 am-3:30 pm \$39

❖ All Aboard the Northstar Train

Take a 40 mile ride on the gleaming, blue and yellow train, departing from downtown Minneapolis and traveling to the countryside of Big Lake. In Big Lake, board a shuttle bus to travel a short distance to enjoy Sunday dinner at Russell's on the Lake, a regionally recognized destination for fabulous lakeside dining. With registration, choose from Apple Peach Tilapia served with Rice Pilaf, Tuscan Chicken served with Garlic Mashed Potatoes, or Carved Sirloin with Mushroom Red Wine Reduction and Garlic Mashed Potatoes. All are served with vegetable, garden salad, beverage, and choice of small dessert. There will be time to visit, relax, and if you wish, walk outside near the lake before catching the shuttle bus to the return train to downtown Minneapolis. Price includes train and shuttle bus, dinner, tax and gratuity. Meet near the ticket vending machines in the enclosed foyer of the Target Field Station, 5th Street & 3rd Ave. N.



Sunday June 26 10:00-3:30 pm \$30/\$23 (over 65)

❖ H.M.S. Pinafore at the Guthrie Theatre

Gilbert & Sullivan's first blockbuster is among the most popular comic operas in history, loved for its infectious songs, witty libretto and light-hearted satire. A lowly seaman has fallen in love with his captain's daughter. However, their social classes prevent them from marrying. They prepare to elope, yet their plan is intercepted and a long kept secret is revealed, offering an uplifting twist of fate for all. Reserved seats are on the side of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2nd St. S.

Wednesday July 13 12:45-3:30 pm \$18

❖ West Side Story at the Orpheum Theatre

More than 50 years ago one musical changed theater forever. Now it's back on Broadway mesmerizing audiences once again. West Side Story soars as the greatest love story of all time. The music is considered to be some of Broadway's finest and features such classics of the American musical theater as 'Tonight', 'America', 'I Feel Pretty', and 'Somewhere'. Seats are toward the back of the main floor. Transportation is on your own. Meet in the lobby of the Orpheum Theatre, 910 Hennepin Ave.

Saturday July 16 1:45-4:30 pm \$32



Please Contact Minneapolis Community Education to Register for trips listed

Call: 612-668-3450

– or send your payment to –

Patty Hastreiter, Minneapolis Community Education
201 W. 49th St. Minneapolis, MN 55419

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

Events Around Town



Macy's Flower Show

Spring Is In The Air as Macy's and Bachman's transform Macy's 8th Floor Auditorium in downtown Minneapolis into a wonderland of spectacular gardens where magic reaches new heights and floral fantasies take flight! This year's show - spectacular gardens with different varieties of exotic trees, flowering plants and brilliant color AND a hot air balloon centerpiece, overflowing with lush spring flowers!

March 28th – April 11



Twin Cities Pride Festival

The mission of Twin Cities Pride is to commemorate and celebrate our diverse heritage, inspire the achievement of equality and challenge discrimination. The 2011 Pride Festival & Parade will take place in Loring Park and on Hennepin Avenue.

**Saturday and Sunday,
June 25 - 26th
Parade is on Sunday**

612-305-6900

www.tcpride.org



May Day at Powderhorn Park

In the Heart of the Beast Puppet and Mask Theatre's annual May day parade starts at Noon: May Day Parade participants assemble by section east of Bloomington Avenue on 25th Street, between Bloomington and Cedar Avenue in South Minneapolis. 1 pm: Parade begins at the corner of 25th Street East and Bloomington Avenue South, and travels south on Bloomington to 34th Street East, where the parade turns west towards Powderhorn Park, where the parade ends and the May Day Ceremony and Festival begins.

**Sunday, May 1st,
at approximately 3pm**

612-721-2535



Minneapolis Farmer's Market

The Nicollet Mall market opens May – November.

**Every Thursday
6 a.m. to 6 p.m.**

612-333-1718

Artists of the Month

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



April

The Osher Lifelong Learning Institute (OLLI) was organized at the University of Minnesota 15 years ago. The OLLI group at the U of M functions under the banner of the College of Continuing Education and currently registers over 1,000 students.

The OLLI Artists is a group composed of members who are interested in exhibiting works of art including oil, watercolor and acrylic paintings as well as pastel drawings and photographs. The OLLI Artists group has about 20 members and includes a few professional artists as well as some very experienced and talented amateur artists.

The objective of the group members is to exhibit their works of art for the enjoyment of the community.

Artist Reception Wednesday, April 6 at 1:00



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

May

Sigrid Skaaland has been a Minneapolis resident since 1965. She started painting when she was working at the downtown Minneapolis YWCA in 1969, painting porcelain figurines. Her love for painting grew and today Sigrid loves to paint, especially an adorable kitty, Lucy! Sigrid has two cats of her own, a tortoise shell named Miu Miu (after the design house) and Mo Mo. Mo Mo is short for Moses, who she found by a creek in the thrushes!

Artist Reception Wednesday, May 4 at 1:00

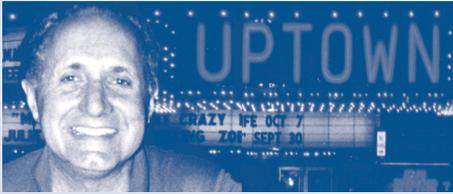
June

As a kid, Katie Muehe, growing up in the Twin Cities, creativity and imagination was an important part of my childhood—from fort building to cookie decorating, learning to sew from my grandmother, and doodling in the margins of all my school papers. A college art class added a dash of discipline to my creativity and I started highlighting the communities I have lived in and traveled to through my painting. I enjoy working with acrylic paints because the vibrant colors give a unique life to the simple design of each piece.

Artist Reception Tuesday, June 7 at 1:00

Interested in Showing Your Art?

We are always looking for artists of all mediums to feature at our center. You just have to be able to hang it! Call 612-370-3869 and ask for Christina Kendrick for more information.



At the Movies with *"Downtown Tom"*

HELLO MOVIE DAY FANS!

Tom is taking a much needed break! So I am not hesitating to take this time to thank him for his years of dedication picking out a brilliant selection of films and giving his thoughtful, charming and straightforward reviews on the many films out there to see.

I also thought this would be a great time to thank everyone for coming to the UCare Skyway Senior Center to enjoy our weekly cinematic program. Usually we have the film scheduled for Fridays, but sometimes it doesn't work out for Friday so please make sure you check the schedule for the day and time of the film you want to see.

While we always try to show the film that it listed, sometimes events happen that are out of our control. Sometimes the wrong movie is sent, the DVD is broken or scratched or sometimes the movie never shows up. We will always play a movie and this might mean a substitute. This doesn't happen very often, but we thank you for your patience and understanding during the times it does happen. In the event we have to substitute a movie, we will list the new movie and rating on the center activity board.

Make movie time enjoyable for you and your fellow movie goers!

- Take only one bag of popcorn
- Please refrain from talking during the film
- Turn off all electric devices and cell phones
- Try to limit going in and out of the movie room
(we understand nature calls)

We hope Tom enjoys his deserved time off and we hope you enjoy our current film selections.



Movie Time



FREE POPCORN!

Sponsored by TCF National Bank,
Target Skyway Traditional Branch

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

❖ Agnes of God – PG-13, 1985 (98 min.)

When a naive novice nun is discovered with a dead newborn in her convent quarters, a court appointed psychiatrist (Jane Fonda) investigates against the wishes of Mother Superior Miriam Ruth (Anne Bancroft). (drama-mystery-thriller)

F Apr 1 12:00 Free

❖ New in Town – PG 2009 (96 min)

The weather isn't the only change for high-paid consultant Lucy Hill (Renée Zellweger) when she's sent from her home base in South Beach, Fla., to a small Minnesota town to improve the productivity of a local manufacturing plant. (romantic comedy)

F Apr 8 12:00 Free

❖ Social Network – PG13 2010 (120 min)

A biography of the meteoric rise of Facebook CEO Mark Zuckerberg (Jesse Eisenberg) from Harvard sophomore to Internet superstar, examining his relationships with co-founder Eduardo Saverin (Andrew Garfield) and Napster founder Sean Parker (Justin Timberlake). (Drama)

Th Apr 14 12:00 Free

❖ Indiscreet – PG13, 1958 (100 min.)

A tycoon (Cary Grant) pretends to be married while courting a beautiful actress (Ingrid Bergman). Things turn ugly when she learns the truth. (comedy-romance)

W Apr 20 12:00 Free

❖ Hereafter – PG13 2010 (129 min)

Clint Eastwood directs this supernatural thriller about three very different people and their responses to death -an American psychic named George (Matt Damon), Marie (Cécile De France) a French journalist and young Marcus (Frankie and George McLaren) (drama, sci-fi)

F Apr 29 12:00 Free

❖ Red – PG13 2010 (111 min)

After trading in his professional past as a black-ops CIA operative for a new identity, Frank Moses (Bruce Willis) is basking in normality. But he's forced to return to old habits when an assassin puts a target on his back and goes after the woman (Mary-Louise Parker) he loves. (action-comedy).

F May 6 12:00 Free

❖ Coco Before Chanel – PG13 2009 (110 min)

Audrey Tautou stars as legendary French designer Gabrielle "Coco" Chanel in this lively biopic that explores the fashion icon's storied ascension from orphan to seamstress and cabaret singer and ultimately, the queen of Parisian haute couture. (Drama Foreign Film – subtitles in English)

F May 13 12:00 Free

❖ Burlesque – PG13 2010 (100 min)

After leaving Iowa with stars in her eyes, Ali (Christina Aguilera) arrives in Los Angeles and at a burlesque lounge owned by Tess (Cher), where she dreams of taking the stage with her soaring voice. (drama, musical)

F May 20 12:00 Free

❖ How Do You Know – PG13 2010 (121 min)

Feeling spurned after being cut from the national team due to her age, newly single softball player Lisa (Reese Witherspoon) finds herself in the middle of a heated love triangle. Jack Nicholson co-stars. (romantic comedy)

Th May 26 12:00 Free

❖ Shutter Island – R 2010 (138 min)

World War II soldier-turned-U.S. marshal Teddy Daniels (Leonardo DiCaprio) investigates the disappearance of a patient from a hospital for the criminally insane (psychological thriller)

F June 3 12:00 Free

❖ One Eyed Jacks – PG13 1961 (141 min)

After a successful bank robbery in Mexico, outlaw bandit Rio (Marlon Brando) is betrayed by partner Dad Longworth (Karl Malden) and ends up serving a long prison stretch. After Rio gets sprung years later, he seeks vengeance on Longworth now a respectable lawman. (action western)

F June 10 12:00 Free

❖ Wall Street: Money Never Sleeps – PG13 2010 (138 min)

Trader Jake (Shia LaBeouf) tries to mend the broken relationship between his fiancée, Winnie (Carey Mulligan), and her father, Gordon Gekko (Michael Douglas), while avenging the fate of his mentor, Lou (Frank Langella) (drama)

F June 17 12:00 Free

❖ Priscilla, Queen of the Desert – R 1994 (104 min)

Invited to perform at a casino in remote Alice Springs, Australia, drag queens Mitzi (Hugo Weaving) and Felicia (Guy Pearce) and transsexual Bernadette (Terence Stamp) hit the road in a broken-down lavender bus named Priscilla in this campy comedy classic. (comedy)

Th June 23 12:00 Free

Paying for Exercise Classes

Each class you attend, you will need to present your "punch card" which will be initialed by the instructor. When a card is filled up, just purchase another one. Cards are \$16.00 and cover 8 classes. You can go to as many or as few classes as you wish! The cards don't expire and if a class is cancelled you don't pay a thing that day. There are NO refunds on cards purchased so don't lose your card. If you would like – we will have a convenient spot at the front desk to keep your card. Please let the receptionist know which exercise classes you plan on attending when purchasing a new card. This helps keep track of class interest, but you can go to any class you are interested in.

Ongoing Activities

Walking Club

Everyone is Welcome to Join! The walking club works with all fitness levels. It's a healthy tour of downtown and we walk the skyway or go outside all depending on the weather. Try it out and have your friends come with you! Wear comfy clothes and shoes.



Every Thursday 10-11 am Free

**SilverSneakers is no longer available at this location
Please see above pricing.**

Weight & Strength

EVERYONE IS WELCOME TO JOIN! Same great routine – Same great instructor - new name! Weights, Strength Training, Stretching and Cardio. Max of 10/ Min of 6 participants.

M April 4-June 27 10:00-10:45 am
F April 1-June 24 10:00-10:45 am

Yoga Stretch – Yoga Made For You!

EVERYONE IS WELCOME TO JOIN! Same great routine – Same great instructor - new name! 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. Yoga is from 11:00-11:45 with an opportunity for a progressive floor stretch series the last 15 minutes for those who are interested.

W April 6-June 29 11-12:00

Tai Chi Exercise with Mieng Lam

We are Back in Full Swing! Gentle movements target specific muscle groups. Tai Chi incorporates a relaxed, meditative approach to physical activity.

EVERYONE IS WELCOME TO JOIN!

T April 5-June 28 9:30-10:30am
Th April 7-June 30 9:30-10:30am

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

Have A Blast! Enjoy Friends! Stay Supported! It's as much fun as you have been hearing! Come and see what everyone is talking about. ICES 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, exercise articles, and exchange health information. Always the second Monday of every month at 11:00. You can bring your lunch or even a healthy snack to share.

M April 11, May 9, June 13 11:00-12:30 Free

Foot Care Clinics

OOOHHHH AAAAAHHHHH – Yes it feels that good! Comprehensive foot care that now includes a great Foot Soak, so bring your towel. Cost is \$25. Call for your foot-care appointment. *Note: If you make an appointment and don't call 24 hours in advance to cancel, you will be charged for the appointment. Sign up early, as the clinics are very popular.

F April 22, May 27, June 24 11:00am-3pm \$25

Sit n Stitch – New Days and Times

Knitting, Crocheting, Needlepoint, Quilting, GREAT CONVERSATION – NOW ON NEW DAYS! Come On Down! Join friends and make new ones! Bring your projects! Lot's of fun, conversation, creativity, good jokes and stories and an appreciation for the craft of knitting, crocheting and needlework. Bring magazines or even a good recipe to share.

W April 27, June 1 1:00-2:30 Free

Birthday of the Month Club

Celebrate your birthday, your friend's birthday, or just wish a stranger a Happy Birthday the First Tuesday of every month at 12:00. Enjoy birthday cake and other refreshments compliments of the UCare Skyway Senior Center!

Bundles of Love Club – Earlier Start Time

A Great Activity for a Great Cause! Help newborns in need by preparing fabric for blankets and other items. There is no sewing or knitting required. There is something to do for everyone – especially great conversation! If you are interested in volunteering your time once a month, please come on in and join the effort!

W April 13, May 11, June 8 9:00-11:30 Free

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

Book Club:

April – *Cakes and Ale* by W. Somerset Maugham

Cakes and Ale is a delicious satire of London literary society between the Wars. Social climber Alroy Kear is flattered when he is selected by Edward Driffield's wife to pen the official biography of her lionized novelist husband, and determined to write a bestseller. But then Kear discovers the great novelist's voluptuous muse (and unlikely first wife), Rosie. The lively, loving heroine once gave Driffield enough material to last a lifetime, but now her memory casts an embarrassing shadow over his career and respectable image. Wise, witty, deeply satisfying, *Cakes and Ale* is Maugham at his best.

Th Apr 21 10:00-11:00 Free



May – *The Boy Who Harnessed the Wind: Creating Currents of Electricity and Hope* by William Kamkwamba

Discarded motor parts, PVC pipe, and an old bike wheel may be junk to most people, but in the inspired hands of William Kamkwamba, they are instruments of opportunity. Growing up amid famine and poverty in rural Malawi, wind was one of the few abundant resources available, and the inventive fourteen-year-old saw its energy as a way to power his dreams. "A windmill meant more than just power, it was freedom." Despite the biting jeers of village skeptics, young William devoted producing an "electric wind."

Th May 19 10:00-11:00 Free

June – *Paula: A Memoir* by Isabel Allende

"Listen, Paula. I am going to tell you a story so that when you wake up you will not feel so lost." So says Chilean writer Isabel Allende in the opening lines of the luminous, heart-rending memoir she wrote while her 28-year-old daughter Paula lay in a coma. In its pages, she ushers an assortment of outrageous relatives and childhood scenes in Chile and Lebanon; her uncle Salvatore Allende's reign and ruin as Chilean president; her struggles to find love; and her metamorphosis into a writer.

Th June 16 10:00-11:00 Free

Computer Tutor

From turning on the computer to e-mailing photos – all skill levels welcome! Sign up for 30 minute appointments for free one-on-one computer assistance with one of our many experienced volunteers. Monday – Friday times available. Call for an appointment.

Donations to the center are appreciated! *Note: Cancellations require a 24 hour notice.



The Lunch Bunch

If You Do Not Register by Wednesday Noon, You Will Not Be Able To Sit With The Group. Time to EAT! Great Conversation only adds to the experience! Grab a bite to eat in Downtown's finest establishments! Meet at the center at 11:00 if you want to walk together or be at the restaurant at 11:30! We hope you can join us! Everyone is welcome to participate BUT Please register by the Wednesday before the lunch so we can give the restaurant an accurate count! Lunch is a busy time and the restaurant can't accommodate inaccurate reservations. Thanks for understanding.

F	Apr 22	Northern Shores Grille
11:30	349-4026	Marriott 30 S 7th St
F	May 27	Skywater
11:30	397-4927	Hilton 1001 Marquette
F	June 24	Smalley's 87 Club
11:30	877-7799	100 N 6th St

RESOURCE CONNECTION

One on One Appointments – Advocates are here for YOU! 3rd Thursday of Every Month

Senior Advocate

Ruth Kildow, City of Minneapolis Senior Ombudsman can assist you with issues of personal safety, independent living, housing options, in-home visits, home repairs, property assessments, and other needs.

Social Worker/Care Manager/Housing Advocate – 62 and older

Katie Smith from Catholic Charities can help you with securing housing, financial and medical assistance and filling out paperwork as well as other needs.

Veteran's Administration Advocate

Did You or a Family Member Serve in the Military? Most people who served in the military do not realize the many benefits they are entitled to – even if they were told in the past that they do not qualify. Patricia Manley will answer your questions and help you get what you deserve! Just call for your one on one appointment.

Th Apr 21, May 19, June 16 1:00-2:30 Free

Catching Up on Current Events

Invigorating Discussion Group – HOT Topics. Did you catch the news last night? Read the paper this morning? Come and get it off your chest and on the table! Open, Engaging, Insightful –Current Events Discussion Group will meet every Monday to enjoy an open forum of today's hot topics. Bring information and topic ideas. Give your opinion, do some research, get information from others – This is a great way to engage and connect!

M Apr 4-June 27 1:00-2:30 Free

**** Please register for all classes and trips UNLESS otherwise noted. ****

At Your Service

The second Tuesday of every month will offer an opportunity to schedule a private, one on one 30 minute session tailored to your needs. It's up to you to decide what you need. Do you want to have a computer session? Learn how to use your new cell phone or camera? Connect to a resource? Do you have a question, an idea, a complaint? Share photos or even a joke or two? It's up to you – the sky's the limit but you are encouraged to make an appointment. Walk-ins are welcome, but there is no guarantee you will get a time slot.

T	Apr 12, May 10, June 14	11:00-2:30	Free
---	-------------------------	------------	------

NEW FOR YOU! – Ask The Pharmacist

Have a question for our visiting pharmacist? Mary Ptacek, RPh and Clinical Pharmacy Manager for UCare is available to help you with - Medicare Part D, the donut hole, medication review, questions about medicine interactions, even vitamins and other over the counter medication questions, spend some time with Mary 1 on 1 to get your questions answered. First come first serve so ask the receptionist for your number for a 10-15 minute consult starting at 1:00 EVERY 4TH Tuesday of the Month.

T	Apr 26, May 24, June 28	1:00	Free
---	-------------------------	------	------

April Activities

Meet Faye Berger – Author of “Gumption”

Positive Aging! Join us as we hear author Faye Berger speak about her book “Gumption, lessons on old age, loneliness, and a hotdish,” (North Star Press 2010), a memoir of The Gang, her father's old guy social network in rural Minnesota 1986-96. The focus of The Gang was simply to share a meal. Limited to the six that fit in a car, The Gang had a reputation at home, in neighboring counties, and even on a cruise boat in the Caribbean. Their fierce independence is repeatedly tested by the realities of late life, then too by a woman who tries to stir the mix. Gumption highlights the resiliency and resourcefulness of these old guys.

W	Apr 13	1:00-2:30	Free
---	--------	-----------	------

National Health Care Directive Day!

Complete your Healthcare Directive for FREE! Law students from the University of St. Thomas will be available to help individuals complete a healthcare directive. A healthcare directive brings peace of mind, allowing all family and friends to clearly understand the individual's healthcare wishes. Learn how a healthcare directive will benefit you and your family.

F	Apr 15	12:00-3:00	Free
---	--------	------------	------

Satin Dolls – Kick Up Your Heels

The famed Satin Dolls will be entertaining you with their fun, fancy, and flirty footwork! Be sure to join us for this fun spring fling!

T	Apr 19	1:00-2:30	Free
---	--------	-----------	------

Anita Makar's Guthrie Play Discussion – Arsenic and Old Lace by Joseph Kesselring

You don't have to see the show to enjoy the discussion! An American classic, Arsenic and Old Lace is a perfectly written comedy. Spinster sisters, Abby and Martha are devoted to charity. Their charity takes on another project – befriending lonely older gentlemen and poisoning them with arsenic-laced elderberry wine!

T	Apr 26	11:00 – 12:00	Free
---	--------	---------------	------

Falls Steal Independence!

Understanding Technology and which system is best for you or your loved one. Robin M Sanders, a known leader in home technology and ActiveCare/Brainfitness/HealthTech Area Manager will cover the many different types of Personal Emergency Response Systems (PERS) available. Devices have changed significantly since the old commercial “I've fallen & can't get up” or it should be “I've fallen & can't push the button”. Bring your questions and hear about all the new technology that is available!

Th	Apr 28	1:00 – 2:30	Free
----	--------	-------------	------

May Activities

Super Easy Stretch & Exercise – Free Exercise Class

The winter months can leave you feeling stiff, slow and foggy. Join Mary Kohanek to hear about VERY EASY ways you can work your body to get that blood and oxygen flowing and feel revitalized and refreshed! No matter what your fitness level is or if you have concerns about balance – these body stretches and moves are for everyone!

W	May 11	1:00-2:30	Free
---	--------	-----------	------

Celebrate Older Adults Month at the UCare Skyway Senior Center

Join us May 12th as we celebrate the proclamation of May as Older Adults Month in Minneapolis. Prize Drawings, Friends, and Food! The celebration starts at 12:30 – Prize Drawing is at 1:30 (you must be present to win)!

Th	May 12	12:30-2:00	Free
----	--------	------------	------

Travels with Anita – Norway

In April, Anita traveled to Norway and experienced the Fjords, named by National Geographic Traveler Magazine as one of the world's most pristine travel destinations. She traveled on a small coastal ship designed expressly for linking the small cities along the coast. Thirty four ports were visited as part of the northern and southern cruise along the 1250 miles of coastline. Join her as she shared her latest travel adventure!

T	May 17	11:00-12:00	Free
---	--------	-------------	------



**** Register for all classes and trips UNLESS otherwise noted. ****

Spring Fashion Fever! Fun and Festive Fashion Show

TaylorMarie's is coming to you with a beautiful spring line - Brand Names like: Alfred Dunner, Tribal, Southern Lady, Ruby Road, Erin London, Katheryn Barclay and many others. From size 2 petite to 3x and very very affordable! You will have an opportunity to try on pieces before you buy after the show! Come and enjoy treats, coffee/tea and high fashion! Heidi Welbig, owner of TaylorMarie's is also offering an extra 10% discount on the day of the show! Want to get really involved? Volunteers to model are needed and all models get 20% off the day of the show! WOW! Just Call Christina at 612-370-3869 to get information on being a model that day - super easy and a great discount!

W May 18 1:00-3:00 Free

Accessory Exchange - going green was never so fashionable!

Want to update your wardrobe for FREE? Here is how it works: Clean out your closets and jewelry box of any accessories you want to trade. Hats, handbags, jewelry, scarves, etc. and make sure they are clean, not broken and in good shape. For how many items you bring, you will get a number. A pair of earrings count as one item, a pair of earrings and a scarf would be two items and so on. Everyone will get a number that matches the amount of items they bring. Then everyone will put their name in a bucket to be drawn to determine who goes first, second, third, so on. It's super easy and fun! You will leave with an instant wardrobe update and being environmentally friendly by re-using items to do it! This could turn into a quarterly event!

W May 25 1:00-2:30 Free

Anita Makar's Guthrie Play Discussion - God of Carnage by Yasmina Reza

You don't have to see the show to enjoy the discussion! This 2009 Tony Award winning play begins as two high powered couples meet for a civil discussion about a playground bight between their two sons. The civil discussion quickly moves into a laugh-out-loud train wreck of an evening.

T May 31 11:00-12:00 Free

Ethical Issues and Difficult Choices

This presentation is based on the book, "Hard Choices for Loving People" by Harold Dunn. The focus will be on the need to understand and make informed decisions on end of life treatments. We will discuss the benefits and drawbacks of such medical interventions as CPR, IV's, artificial nutrition, antibiotics, and the desire for comfort care. Sponsored by Augustana and Allina Home and Community Services.

T May 31 1:00-2:30 Free



June Activities

Foreign Policy Issues Discussion

Through the nationwide Great Decisions program, learn more about vital foreign policy issues facing our country. The sessions feature lectures and lively discussions with local college professors and other guest speakers. Topics include: "Rebuilding Haiti," "US National Security," "Horn of Africa," and "Responding to the Financial Crisis."

W June 8-29 1:00-2:30 \$18

Documentary Special and Prize Drawing

My Classic Car: Jay Leno - Certified Car Nut (2005) For Tonight Show host Jay Leno, cars are something very special. Leno is a serious car enthusiast, historian and writer, whose personal collection includes antiques, classics, customs, and some of the wildest things on four wheels. But these are no museum pieces—they are built to run, and Jay drives them all - there are even motorcycles! Register to win this DVD after the show.

Th June 9 12:30-2:30 Free

Defensive Driving: 55 Alive: 4 -Hour Refresher* Course

You must have completed the 8 hour "55 Alive Basic Driving Course" before you can take the refresher course. This refresher course is sponsored by AARP. Licensed drivers age 55 and over whom complete the course can reduce their car insurance premium by 10% for three years. Class does not involve any driving or tests. Class fee is payable to instructor the day of class. Please Register in Advance. Class limit of 15. Note: Feel free to bring your own snacks. You MUST bring your Minnesota driver's license.

T June 21 11:00-3:00 pm \$12 AARP \$14 regular

Anita Makar's Guthrie Play Discussion - H.M.S. Pinafore directed by Joe Dowling

You don't have to see the show to enjoy the discussion! Gilbert and Sullivan's first blockbuster is among the most popular comic operas in history, loved for its infectious songs, witty libretto and lighthearted satire.

T June 28 11:00 - 12:00 Free

Travels with Ruth - Central America/Panama Canal

Central America always scared me off because of all those little countries. But I can't go back to Egypt just now, and so I'm substituting a three-week cruise. We board the ship in Baja California and sail through the Panama Canal, visiting all those intriguing little countries. I'm told that in Belize the official language is English, while all the other countries speak Spanish. Why? That's one of the things I'm going to find out. The trip should be a peaceful contrast to last year's expedition in Central Asia. If you want a restful travelogue, come hear about it.

Th June 30 1:00-2:30 Free

**** Register for all classes and trips UNLESS otherwise noted. ****

April 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Denotes class that requires advance registration and payment</p>				<p>1</p> <p>10:00 - 10:45 Weight & Strength*</p> <p>Noon - 2:30 Movie: "Agnes of God"</p>
<p>4</p> <p>10:00 - 10:45 Weight & Strength*</p> <p>11:00 - 12:30 Friends Board Meeting</p> <p>1:00 - 2:30 Catching Up on Current Events</p>	<p>5</p> <p>9:30 - 10:30 Tai Chi*</p> <p>12:30 - 1:30 Birthdays of the Month</p>	<p>6</p> <p>11:00 - Noon Yoga Stretch*</p> <p>1:00 - 2:30 Meet the Artist - OLLI Artist Group</p>	<p>7</p> <p>9:30 - 10:30 Tai Chi*</p> <p>10:00 - 11:00 Walking Club</p> <p>1:00 - 2:30 Advisory Board Meeting</p>	<p>8</p> <p>10:00 - 10:45 Weight & Strength*</p> <p>Noon - 2:30 Movie: "New in Town"</p>
<p>11</p> <p>10:00 - 10:45 Weight & Strength*</p> <p>11:00 - 12:30 I.C.E.S.</p> <p>1:00 - 2:30 Catching Up on Current Events</p>	<p>12</p> <p>9:30 - 10:30 Tai Chi*</p> <p>11:00 - 2:30 At Your Service</p>	<p>13</p> <p>9:00 - 11:30 Bundles of Love</p> <p>11:30 - 12:30 Yoga Stretch*</p> <p>1:00 - 2:30 Meet Faye Berger - Author of "Gumption"</p>	<p>14</p> <p>9:30 - 10:30 Tai Chi*</p> <p>10:00 - 11:00 Walking Club</p> <p>Noon - 2:30 Movie: "Social Network"</p>	<p>15</p> <p>10:00 - 10:45 Weight & Strength*</p> <p>Noon - 3:00 National Health Care Directives Day</p>
<p>18</p> <p>10:00 - 10:45 Weight & Strength*</p> <p>1:00 - 2:30 Catching Up on Current Events</p>	<p>19</p> <p>9:30 - 10:30 Tai Chi*</p> <p>1:00 - 2:30 Satin Dolls</p>	<p>20</p> <p>11:00 - Noon Yoga Stretch*</p> <p>Noon - 2:30 Movie: "Indiscreet"</p>	<p>21</p> <p>9:00 - 9:50 Tai Chi*</p> <p>10:00 - 11:00 Book Club</p> <p>10:00 - 11:00 Walking Club</p> <p>1:00 - 2:30 Resource Connction Advocates</p>	<p>22</p> <p>10:00 - 10:45 Weight & Strength*</p> <p>11:00 - 3:00 Foot Care Clinic*</p> <p>11:30 The Lunch Bunch: Northern Shores Grill</p>
<p>25</p> <p>10:00 - 10:45 Weight & Strength*</p> <p>1:00 - 2:30 Catching Up on Current Events</p>	<p>26</p> <p>9:30 - 10:30 Tai Chi*</p> <p>11:00 - 12:00 Anita Makar's Guthrie Discussion</p> <p>1:00 - 2:30 Ask the Pharmacist</p>	<p>27</p> <p>11:00 - Noon Yoga Stretch*</p> <p>1:00 - 2:30 Sit n Stitch</p>	<p>28</p> <p>9:30 - 10:30 Tai Chi*</p> <p>10:00 - 11:00 Walking Club</p> <p>1:00 - 2:30 Technology and Independence</p>	<p>29</p> <p>10:00 - 10:45 Weight & Strength*</p> <p>Noon - 2:30 Movie: "Hereafter"</p>

May 2011

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 - 10:45 Weight & Strength* 1:00 - 2:30 Catching Up on Current Events	3 9:30 - 10:30 Tai Chi* 12:30 - 1:30 Birthdays of the Month	4 11:00 - Noon Yoga Stretch* 1:00 - 2:30 Meet the Artist - Sigrid Skaaland	5 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Advisory Board Meeting	6 10:00 - 10:45 Weight & Strength* Noon - 2:30 Movie: "Red"
9 10:00 - 10:45 Weight & Strength* 11:00 - 12:30 I.C.E.S. 1:00 - 2:30 Catching Up on Current Events	10 9:30 - 10:30 Tai Chi* 11:00 - 2:30 At Your Service	11 9:00 - 11:30 Bundles of Love 11:30 - 12:30 Yoga Stretch* 1:00 - 2:30 Easy and Free Exercise!	12 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 12:30 - 2:00 Older Adults Month Celebration	13 10:00 - 10:45 Weight & Strength* Noon - 2:30 Movie: "Coco Before Chanel"
16 10:00 - 10:45 Weight & Strength* 1:00 - 2:30 Catching Up on Current Events	17 9:30 - 10:30 Tai Chi* 11:00 - Noon Travel with Anita - Norway	18 11:00 - Noon Yoga Stretch* 1:00 - 3:00 Spring Fever Fashion Show	19 9:00 - 9:50 Tai Chi* 10:00 - 11:00 Book Club 10:00 - 11:00 Walking Club 1:00 - 2:30 Resource Connction Advocates	20 10:00 - 10:45 Weight & Strength* Noon - 2:30 Movie: "Burlesque"
23 10:00 - 10:45 Weight & Strength* 1:00 - 2:30 Catching Up on Current Events	24 9:30 - 10:30 Tai Chi* 1:00 - 2:30 Ask the Pharmacist	25 11:00 - Noon Yoga Stretch* 1:00 - 2:30 Accessory Exchange	26 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 12:00 - 2:30 Movie: "How Do You Know"	27 10:00 - 10:45 Weight & Strength* 11:00 - 3:00 Foot Care Clinic* 11:30 The Lunch Bunch: Skywater
30 10:00 - 10:45 Weight & Strength* 1:00 - 2:30 Catching Up on Current Events	31 9:30 - 10:30 Tai Chi* 11:00 - Noon Anita Makar's Guthrie Discussion 1:00 - 2:30 Ethical Issues & Difficult Choices			* Denotes class that requires advance registration and payment.

June 2011

Monday	Tuesday	Wednesday	Thursday	Friday
		1 11:00 - Noon Yoga Stretch* 1:00 - 2:30 Sit n Stitch	2 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Advisory Board Meeting	3 10:00 - 10:45 Weight & Strength* Noon - 2:30 Movie: "Shutter Island"
6 10:00 - 10:45 Weight & Strength* 11:30 - 12:30 Friends Board Meeting 1:00 - 2:30 Catching Up on Current Events	7 9:30 - 10:30 Tai Chi* 12:30 - 1:30 Birthdays of the Month 1:00 - 2:00 Meet the Artist - Katie Muehe	8 9:00 - 11:30 Bundles of Love 11:30 - 12:30 Yoga Stretch* 1:00 - 2:30 Great Decisions Foreign Policy	9 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 12:30 - 2:30 My Classic Cars Documentary	10 10:00 - 10:45 Weight & Strength* Noon - 2:30 Movie: "One Eyed Jacks"
13 10:00 - 10:45 Weight & Strength* 11:00 - 12:30 I.C.E.S. 1:00 - 2:30 Catching Up on Current Events	14 9:30 - 10:30 Tai Chi* 11:00 - 2:30 At Your Service	15 11:00 - Noon Yoga Stretch* 1:00 - 2:30 Great Decisions Foreign Policy	16 9:00 - 9:50 Tai Chi* 10:00 - 11:00 Book Club 10:00 - 11:00 Walking Club 1:00 - 2:30 Resource Connction Advocates	17 10:00 - 10:45 Weight & Strength* Noon - 2:30 Movie: "Wall Street: Money Never Sleeps"
20 10:00 - 10:45 Weight & Strength* 1:00 - 2:30 Catching Up on Current Events	21 9:30 - 10:30 Tai Chi* 11:00 - 3:00 Defensive Driving 4 hr	22 11:00 - Noon Yoga Stretch* 1:00 - 2:30 Great Decisions Foreign Policy	23 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club Noon - 2:30 Movie: "Priscilla, Queen of the Desert"	24 10:00 - 10:45 Weight & Strength* 11:00 - 3:00 Foot Care Clinic* 11:30 The Lunch Brunch: Smalley's 87 Club
27 10:00 - 10:45 Weight & Strength* 1:00 - 2:30 Catching Up on Current Events	28 9:30 - 10:30 Tai Chi* 11:00 - 12:00 Anita Makar's Guthrie Discussion 1:00 - 2:30 Ask the Pharmacist	29 11:00 - Noon Yoga Stretch* 1:00 - 2:30 Great Decisions Foreign Policy	30 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Travels with Ruth - Central America Panama Canal	* Denotes class that requires advance registration and payment.

✎ 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

FOR TRIPS PLEASE SEE PAGE 3 INSTRUCTIONS

In Person

Come directly to the UCare Skyway Senior Center, Suite 290, and fill out a registration form.

By Phone

For Trips call 612-668-3450.

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.

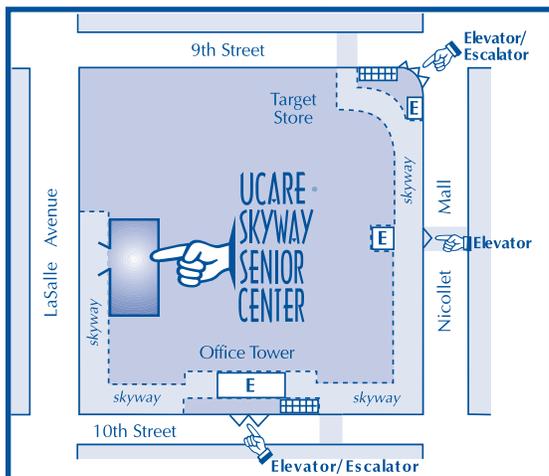
UCare Skyway Senior Center

950 Nicollet Mall, Suite 290
Minneapolis, MN 55403

NON PROFIT ORG
U.S. POSTAGE PAID
MINNEAPOLIS MN
PERMIT NO. 30681

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@ci.minneapolis.mn.us Website: www.ci.minneapolis.mn.us/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.