

In This Issue:

Page 1:

- Summer Funding Update

Page 2:

- HCMC

Page 3:

- Meet the Artist

Page 4:

- Trips & Outings

Page 5:

- Good to Know- You Want to Know

Page 6:

- At the Movies

Page 7-9:

- Ongoing Activities

Page 9-11:

- July, August, September Activities

Page 12-14:

- Calendars

Page 15:

- Registration

Back Page:

- Map & Directions

Summer Funding Update

At the time this newsletter went to press, we do not have an update on future funding for the Skyway Senior Center. The Minneapolis Health Department continues to identify and meet with potential future sponsors. Thanks to your donations, the Friends of the Skyway Senior Center has money in reserves to keep the Center open through fall of 2016. You can make a contribution to the Friends of the Skyway Senior Center that is tax deductible on your income tax and help to continue the valuable work of the Center.

Hennepin County Medical Center (HCMC) has made a donation to the Skyway Senior Center. We welcome them as a co-sponsor.

Augustana Care Minneapolis served as a co-sponsor through June, 2016 and we thank them for their donation and participation this past year.

Please submit any suggestions or comments about the Skyway Senior Center:

- In our suggestion box at the 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 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: _____

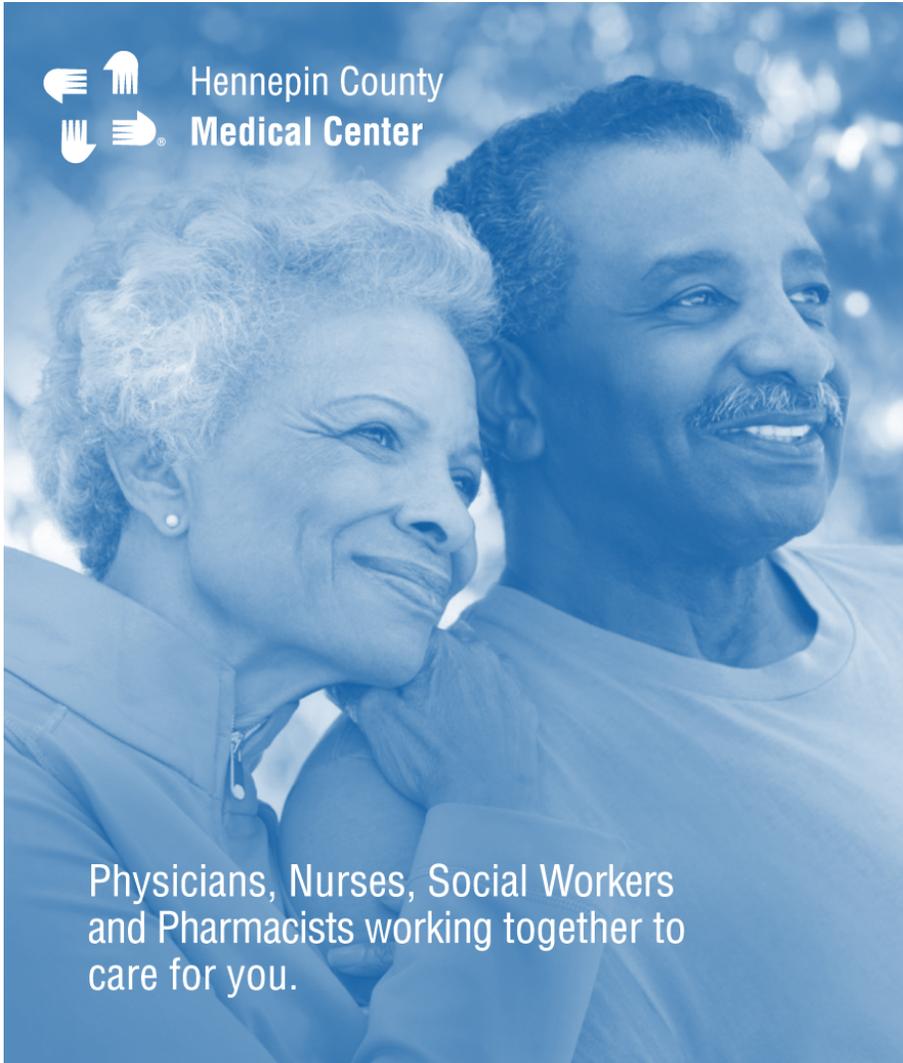
Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____



Hennepin County
Medical Center



Physicians, Nurses, Social Workers
and Pharmacists working together to
care for you.

**Experts in Geriatric
Medicine who listen.**

**Support Staff who
help and guide.**

Senior Care Clinic
825 South 8th Street
Parkside Professional Center,
Suite 440
Minneapolis, MN 55404

Additional locations
and information:
hcmc.org/seniorcare

**Schedule an appointment
612-873-2723**

Center Coordinator
Sara Goodnough

Advisory Council

Donald Leners
Chair

Adrienne Merrill-Ratliff
Vice-Chair

Betty Jeanne Leners,
Secretary

Fay Harrison

Evelyn Eskeli

Mae Range

Randy Wilson

Jerry Dudley

Byron Crouch

**Friends of the Skyway
Senior Center Board**

Pam Biljan
President

Ellen Wolfson
Vice President

Midge Loeffler
Treasurer

Michelle Iverson
Secretary

Barbara Nysten

Meet the Artists

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



July Kurt Hippauf

Art has always been a keen interest of mine. I don't recall at time where drawing and painting was not a part of my life. As a young adult I studied art and majored in painting achieving a BFA from the Massachusetts College of Art. In the years following graduation I continued to paint and work in Boston and was a member of the Boston Visual Artists Union and The Copley Society. I moved to Minnesota in 2000 and in 2007 at the encouragement of friends I returned to working with oils. This move ignited a renewed interest in painting and I began to seriously pursue painting with renewed passion. Since that time I have shown my work nationally and around the Minneapolis area.

Artist Reception Wed., July 6 1:00 p.m. Free

August Vic Perlbachs

I have always had an interest in art and design. I graduated from the University of Minnesota in 1975 with a Bachelor of Architecture degree and began my career. Through the years I continued to develop my drawing and design skills as co-owner of The Design Partnership, Ltd. Architects in Minneapolis. In 2000 I decided to branch out with watercolor, being inspired by fellow Architect Vic Gilbertson's book on watercolors of bridges crossing the Minnehaha Creek. I paint a wide variety of subjects, and attempt to convey them in interesting and unique ways. Watercolor is such an unpredictable medium, one never knows exactly what will happen when the pigment hits the water, but the experience of creating a piece is wonderful! I am a member of the Minnesota Watercolor Society, and the Minnesota Artists Association.

Artist Reception Wed., August 3 1:00 p.m. Free

September Linda Rock

My name is Linda Rock. I have worked for Minneapolis Police & Fire 911/Dispatch for the last 21 years. I have loved working for the community of people in Minneapolis as well as the brave and wonderful Fire Personnel and Peace Officers. However, my work can be very stressful and consuming on me emotionally and mentally. I use photography as a creative outlet to the high stress-high performance demands of my career. I can be found at the Landscape Arboretum several times a week, hiking and shooting the ever changing landscape of flowers and trees. I am a native of Duluth, MN and love to kayak Lake Superior. Frequently, I will be on the water prior to sunrise surrounded by fog and the cry of loons. Much of my photography has been taken either on the Lake in my kayak or in the dead freeze of winter. Capturing the magic that is the North Shore and the ever mood changing Lady Superior is what keeps me calm, compassionate and full of passion.

Artist Reception Tue., Sept. 6 1:30 p.m. Free

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

Interested in Showing Your Art?

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

Minneapolis Community Education Trips & Social Outings



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

Travel with us on a three-day motor coach tour to Lake Geneva, a Wisconsin town rich in history and beauty. Experience a show at the Dancing Horses Dinner Theater on Wednesday, a cruise on the Lake Geneva U.S. Mail Boat on Thursday and a visit to the mid-continental Railway Museum on Friday with a memorable train ride. Also during the trip, enjoy the signature buffet dinner of Fireside Theatre in Fort Atkinson and see Singin' in the Rain. The coach bus picks up at Windom School, Dowling School and Parker Skyview Highrise. Price includes transportation, lodging, most meals and attractions. To learn more, call 612-668-4828.

Wednesday, July 27-Friday, July 29, 2016

\$575/Person (2 per room)

\$740/Person (1 per room)

The Parchman Hour at the Guthrie Theatre

At the dawn of the Civil Rights Movement, brave women and men of all backgrounds said goodbye to their families, boarded buses and headed into the Deep South to battle discrimination. Arrested and imprisoned in Mississippi's notorious Parchman Farm Penitentiary, these Freedom Riders endured by creating a nightly variety show called "The Parchman Hour." The Parchman Hour is a captivating play with music, one that reveals a defining chapter in American history while celebrating the hope and resilience of a community that joined together to stand against segregation. Transportation is on your own. Tickets will be mailed to you. Meet at the Guthrie Theatre, 818 2nd Street South.

Wednesday October 12 1:00-3:30 pm \$23

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



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

Improve Your Strength and Balance while Helping Others: Be a Bone Builders Leader!

Volunteers are needed to lead, co-lead, or be substitute leaders for free exercise classes that help older people strengthen their bones and improve their balance in downtown and Northeast Minneapolis. Volunteers receive free training and support, plus RSVP volunteer benefits. The Greater Twin Cities RSVP volunteer program provides Bone Builders classes in senior housing facilities, churches, and community centers. Bone Builders is based on research showing that weight and balance training helps protect against fractures caused by osteoporosis. People participate in the ongoing classes at their own pace, with their doctor's permission. Participants and leaders have numerous stories about the ways they've benefited; annual fitness assessments validate improvement in their strength and flexibility. The oldest Bone Builders participant is 102. RSVP has matched the skills and experience of people 55+ with the needs of their communities since 1971. We help create a customized volunteer opportunity to match the skills, interests, schedule and geographic availability of each person. RSVP is part of the national Senior Corps, funded by the Corporation for National and Community Service. For more information: 612-704-6114 or mary.quirk@voamn.org

Computer Tutor

Our computer tutor, Jim Little, is available to work one-on-one with you. Call the Center at 612-370-3869 to set up your appointment. Jim is an experienced, patient computer tutor who likes helping seniors learn about computers and technology.



FARE FOR ALL

Food that makes cents

Fare For All buys fresh produce and frozen meat in bulk from wholesalers and manufactures to find the best deals available. Volunteers at our warehouse pre-pack the produce and meat into food packages that range in price from \$10 – \$25. These packages are for sale at all of our Fare For All locations. To visit a Fare For All location, there is no need to register in advance or fill out any paperwork. Fare For All is open to everyone – because we buy food in bulk, the more people who participate the better. We try to fill our trucks for each location, so it is very rare that we run out of food. We visit our locations once a month, for two hours at a time. Fare For All accepts cash, credit, debit, and EBT cards. For more information & locations visit www.fareforall.org or call 763-450-3880

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

We are no longer accepting VHS tapes for donation

At the Movies with "Downtown Tom"

FREE POPCORN!

The Martian - 2015 PG-13 - 2hr 10m

Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney must find a way to survive the planet's harsh environment -- despite having only 28 days of supplies left. Cast: Matt Damon, Jessica Chastain, Michael Peña (Drama)

F July 1 12:00 Free

Suffragette - 2015 PG-13 1hr 46m

Dreaming of the right to vote, working-class Maud eagerly joins the early feminist movement. But when the peaceful protests of the suffragettes accomplish nothing, they're driven to more radical methods of effecting change. Cast: Carey Mulligan, Helena Bonham Carter, Brendan Gleeson (Drama)

F July 8 12:00 Free

An American in Paris - 1951 NR - 1hr 55m

Once a struggling painter, opportunistic American artist Jerry Mulligan (Gene Kelly) now lives in the City of Light, enjoying the patronage of a well-heeled, amorous American gallery owner (Nina Foch) -- and swiftly falling for a willowy French street urchin (Leslie Caron). Trouble is, the object of Mulligan's affection also happens to be engaged to a famous French singer (Georges Guétary). This tour de force movie musical nabbed seven Oscars. Cast: Leslie Caron, Nina Foch, Gene Kelly (Musical)

F July 15 12:00 Free

Bridge of Spies - 2015 PG-13 - 2hr 22m

At the height of the Cold War in 1960, the downing of an American spy plane and the pilot's subsequent capture by the Soviets draws Brooklyn attorney James Donovan into the middle of an intense effort to secure the aviator's release. Cast: Tom Hanks, Mark Rylance, Amy Ryan (Drama)

F July 22 12:00 Free

Born Yesterday - 1950 NR - 1hr 42m

Boorish business tycoon Harry Brock (Broderick Crawford) fears that ditsy fiancée Billie Dawn (Judy Holliday) will prove an embarrassment in the presence of politicians he wants to influence, so he hires a reporter (William Holden) to tutor the ostensibly brainless blonde in the political and social graces. Brock gets more than he bargained for, however, when the journalist transforms Billie into the backroom dealmaker's most formidable foe. Cast: Judy Holliday, Broderick Crawford, William Holden (Comedy)

F July 29 12:00 Free

Trumbo - 2015 R - 2hr 5m

Bryan Cranston stars as famed 1940s screenwriter Dalton Trumbo, whose refusal to testify before the congressional House Un-American Activities Committee resulted in a prison sentence and being blacklisted as a communist. Cast: Bryan Cranston, Diane Lane, Helen Mirren (Drama)

F Aug. 5 12:00 Free

Julie - 1956 - NR - 1hr 36m

A former stewardess, widow Julie Benton is terrorized by her insanely jealous second husband, Lyle. It becomes a life-or-death matter after friend Cliff Henderson relays his suspicions to Julie that her first husband's death might not have been a suicide. Pretending that she would have fallen for Lyle even if her first

husband had still been alive, Lyle confesses the murder to her. Julie flees with Cliff's help, but police are unable to arrest Lyle without proof. Julie instead changes her identity, moves north and returns to her former job with the airline. Cast: Doris Day, Louis Jourdan, Barry Sullivan (Thriller)

F Aug. 12 12:00 Free

Move Over, Darling - 1963 - NR 1hr 43m

Five years after his wife, Ellen (Doris Day), disappears at sea in a plane crash, successful lawyer Nick Arden (James Garner) decides it's time to move on: He has Ellen declared legally dead, remarries and sets off on his honeymoon. But there's trouble in paradise when Ellen -- who's in fact very much alive -- turns up to surprise the newlyweds. Day earned a Golden Globe nod for her performance in this update of the 1940 comedy My Favorite Wife. Cast: Doris Day, James Garner, Polly Bergen (Comedy)

F Aug. 19 12:00 Free

The Day the Earth Stood Still - 1951 G - 1hr 32m

A humanoid envoy from another world lands in Washington, D.C., with a warning to Earth's people to cease their violent behavior. But panic erupts when a nervous soldier shoots the messenger, and his robot companion tries to destroy the capital. Cast: Michael Rennie, Patricia Neal, Hugh Marlowe (Sci-Fi)

F Aug. 26 12:00 Free

Steve Jobs - 2015 R - 2hr 3m

Everyone knows about the products Steve Jobs designed, but few people really knew the man behind the technology. This revealing biopic focuses on a few key incidents and relationships to tell the story of a digital visionary who changed the world. Cast: Michael Fassbender, Kate Winslet, Seth Rogen (Drama)

F Sept. 2 12:00 Free

The Intern - 2015 - PG-13 - 2hr 1m

Agreeing to participate in a community outreach program, e-commerce entrepreneur Jules Ostin hires a 70-year-old intern -- who ends up bringing his special brand of business savvy to her fashion enterprise. Cast: Robert De Niro, Anne Hathaway, Rene Russo (Comedy)

F Sept. 9 12:00 Free

Atlantic City - 1980 R - 1hr 44m

Longtime low-level mobster Lou (Burt Lancaster) is fading and past his prime -- much like the decaying city in which he lives. He meets and falls for a sexy casino employee named Sally (Susan Sarandon), who needs his help -- and Lou surprises himself by rising to the occasion. Director Louis Malle's richly textured, atmospheric drama was nominated for multiple Oscars and earned numerous critics' awards. Cast: Burt Lancaster, Susan Sarandon, Kate Reid (Drama)

F Sept. 16 12:00 Free

...And Justice for All - 1979 - R 2hr

America's justice system comes under indictment in director Norman Jewison's penetrating film starring Al Pacino as upstanding attorney Arthur Kirkland, who's tasked with defending a hard-line -- and tainted -- judge (John Forsythe) standing trial for rape. Kirkland has a history with the judge, who jailed one of the lawyer's clients on a technicality. So when the judge confesses his guilt, Kirkland faces an ethical and legal quandary. Cast: Al Pacino, Jack Warden, John Forsythe (Drama)

F Sept. 23 12:00 Free

Strangers on a Train - 1951 PG - 1hr 41m

When Bruno meets tennis star Guy aboard a train, he confesses he wants his rich father dead, prompting Guy to reveal that he wants to divorce his shrewish wife -- so Bruno suggests that they "trade" murders in this Alfred Hitchcock classic. Cast: Farley Granger, Ruth Roman, Robert Walker. (Thriller)

F Sept. 30 12:00 Free

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

The 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

Gentle Yoga & Stretch

Gentle Yoga & Stretch incorporates yoga moves with stretching and strengthening the core to improve balance. A focus on mind-body will be incorporated into our practice.

Tuesdays July 5 – Sept. 27 11:00 – 12:00

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! (Note: class on 8/31 ends at 10:45.) This class runs July & August - no class in September.

Wednesdays July 6-Aug. 31
10:00 – 11:00



Zumba Gold

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 SilverSneakers class and may be included with your health insurance. Ask instructor before class.

Mondays & Thursdays July 7 – Sept. 29
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.)

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

M July 11, Aug. 8 & Sept. 12 11:00-12:00 Free

Foot Care Clinic

Foot care appointments includes nail trimming, foot soak & foot massage by registered nurse. The cost is \$25 (cash or check) payable to the nurse the day of your appointment. Call the Center at 612-370-3869 to sign up – the clinics are popular and fill up fast. Please bring your own hand towel.

Th July 28 & Sept. 22 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 own project to class and enjoy the company of friends. Sew Lovely is the second Thursday of every month at 1:00.

Th July 14, Aug. 11 & Sept. 8 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 Skyway Senior Center.

T July 5, Aug. 2 & Sept. 6 12:30 Free



Book Club

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

July Book – Precious Gifts by Danielle Steele

The story of a man's last wish to make a difference—and of the loved ones he leaves behind fulfilling their destinies at last—Precious Gifts is bursting with indelible characters and emotional complexity as it takes readers from New York and Los Angeles to the art capitals of Europe and the South of France. Inspiring and uplifting, it is a deeply moving exploration of the rich territory of loss, inheritance, and reawakening.

Th July 21 10:30-11:30 Free

August Book – Under a Flaming Sky by Daniel Brown

On September 1, 1894, Hinckley, Minn.—a thriving town with a population of more than 1,200, two railroads, a successful lumber mill and five hotels—was ravaged by a firestorm that grew out of a catastrophic convergence of two ordinary fires, high winds, hot weather and white pine forest. Brown, a textbook writer, gives a human face to natural calamity as he draws on firsthand survivor stories, such as those of his grandfather, who at nine was rescued from the disaster that killed his father, a Norwegian immigrant. With its pine forests obliterated in the firestorm that claimed more than 436 lives, Hinckley became a specter of its former self.

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

September Book – Prague Winter by Madeleine Albright

Before Madeleine Albright turned twelve, her life was shaken by the Nazi invasion of Czechoslovakia—the country where she was born—the Battle of Britain, the

near total destruction of European Jewry, the Allied victory in World War II, the rise of communism, and the onset of the Cold War. Albright's experiences, and those of her family, provide a lens through which to view the most tumultuous dozen years in modern history. Drawing on her memory, her parents' written reflections, interviews with contemporaries, and newly available documents, Albright recounts a tale that is by turns harrowing and inspiring. *Prague Winter* is an exploration of the past with timeless dilemmas in mind and, simultaneously, a journey with universal lessons that is intensely personal.

Th	Sept. 15	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	July 28	Ling & Louis 921 Nicollet Mall	11:30
Th	Aug. 25	Nicollet Island Inn 95 Merriam St	11:30
Th	Sept. 22	Union Restaurant 731 Hennepin Ave	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	July 12	Ken Burns' Jazz-Pt. 10	1:00-2:30	Free
T	Aug. 9	"The Girls in the Band"	1:00-2:30	Free
T	Sept. 13	"Preservation Hall Jazz Band"	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 except in February when the advocate will be here Wednesday, March 16.

Th	July 21, Aug. 18 & Sept. 15	1:00-2:30	Free
----	-----------------------------	-----------	------

Catching Up on Current Events

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

M	July 11 – Sept. 26	1:00-2:30	Free
---	--------------------	-----------	------

JULY ACTIVITIES

*Foot Care & Foot Pain

Join Dr. Michael Bevan, Podiatrist, for a presentation on foot care & foot pain. Learn about prevention, causes, and treatments such as shoe inserts for those with flat feet or best treatment options for ingrown toenails, toenail fungus, stretches for plantar fasciitis, and more.

W	July 13	1:00-2:00	Free
---	---------	-----------	------

*Rethink Your Drink

When people think about their "diet", they generally think about the food they are eating. However, beverages make up a significant part of your diet as well, and what you drink can either positively or negatively impact your mind and body. Experts have identified sugary drinks as the single largest contributor of calories and added sugars to the U.S. diet. Come join us as we talk about sugary drinks, see how much sugar is hiding in your favorite beverage(s), and learn about (and taste test) healthier options.

T	July 19	1:00-2:00	Free
---	---------	-----------	------

Ice Cream Social

Stop by the Skyway Senior Center for some ice cream, visit with friends and celebrate the best days of summer in Minnesota.

W	July 20	12:30-1:30	Free
---	---------	------------	------

Documentary: "Buck" - 2011 PG - 1hr 29m

Master horseman Buck Brannaman, inspiration for *The Horse Whisperer*, reveals details of his troubled childhood and how our communication with our animal companions can teach us lessons about how we relate to fellow human beings.

T	July 26	1:00-2:30	Free
---	---------	-----------	------

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

Please call 612-370-3869 to register unless otherwise noted.

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.

*Nice Ride Presentation

Learn about Nice Ride – the bike share system for Minneapolis and St. Paul. Taking a trip to the grocery store, park or library is simple – just grab a bike and go. A demo of the bike share system will be provided. There will be an opportunity for questions and answers.

W July 27 1:00-2:00 Free

AUGUST ACTIVITIES

*Nicollet Mall Update

Steve Cramer, President and CEO of the Minneapolis Downtown Council, will update us on the progress of the Nicollet Mall renovations, future amenities and construction timelines. A questions and answer session will follow.

W Aug. 10 1:00-2:00 Free

*“Track Lighting”: Improvisational Comedy Performance

Track Lighting, a 55+ improv group, began as an idea that was picked to play three shows at the Improv a-Go-Go featured at Huge Theater. The idea was simple, we are all lights in the world and we could place ourselves where and when we choose. We met at community ed improv classes where our training began. Brave New Workshop hosted the classes and we trained at Huge Theater & Comedy Sportz in Minneapolis. Join us for this fun improv comedy performance!

T Aug. 16 1:00-2:00 Free

Documentary: “Miss Representation” - 2011 NR - 1hr 28m

Explore how the media's often disparaging portrayals of women contribute to the under-representation of females in positions of power, creating another generation of women defined by beauty and sexuality, and not by their capacity as leaders.

T Aug. 23 1:00-2:30 Free

*BINGO: Sponsored by Walgreens

Staff from the Nicollet Mall Walgreens will host Bingo and provide prizes. Please call the Center at 612-370-3869 to reserve your spot. Space is limited.

W Aug. 24 1:00-2:00 Free

* Attorney Joe Tamburino

Joe Tamburino is one of the top defense attorneys in the Twin Cities and has been named a Minnesota “Super Lawyer” for fifteen straight years. He is a frequent commentator on legal issues and current trials for such media outlets as Minnesota Public Radio, Minneapolis Star Tribune, Saint Paul Pioneer Press, WCCO TV & Radio, KSMP/Fox 9 TV and KSTP TV. Joe will discuss highly publicized local legal cases and will share his thoughts on the criminal justice system.

T Aug. 30 1:00-2:00 Free

* AARP Driver Safety Course

This 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.

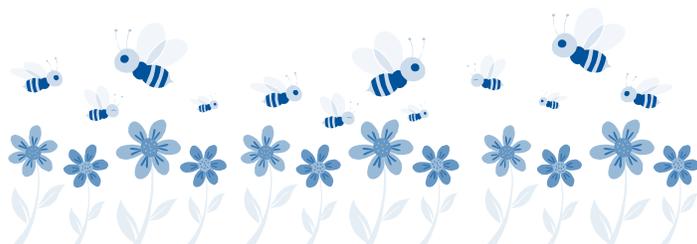
W Aug. 31 11:00 – 3:00
(\$15 AARP Members/\$20 non-members)

SEPTEMBER ACTIVITIES

*YMCA Day

Come learn about the Downtown YMCA just down the hall from the Skyway Senior Center. You will hear about Y programs, classes and wellness programs then you'll get a tour of the YMCA. Bring your health insurance card and see if you qualify for a free or reduced cost membership.

W Sept. 7 11:00-12:00 Free



***Great Decisions: The Kurds & Kurdistan w/ Gary Prevost**

Kurdistan, a mountainous region made up of parts of Turkey, Iraq, Iran, Armenia and Syria, is home to one of the largest ethnic groups in West Asia: the Kurds. Now, most in the West know them for their small, oil-rich autonomous region in northern Iraq called Iraqi Kurdistan — one of the U.S.' closer allies in the Middle East and a bulwark against the expansion of the so-called Islamic State. What does the success of Iraqi Kurdistan mean for Kurds in the surrounding region? **Register with Community Education at 612-668-4828.**

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

*** Great Decisions: The Koreas w/Mary McCormick**

At the end of World War II, Korea was divided in two. The northern half of the Korean peninsula was occupied by the Soviet Union, the southern by the United States. Today, North and South Korea couldn't be further apart. The North is underdeveloped, impoverished and ruled by a corrupt, authoritarian government, while the South advanced rapidly to become one of the most developed countries in the world. With such a wide gap, some are asking if unification is possible, even desirable, anymore? **Register with Community Education at 612-668-4828.**

W Sept. 14 1:00-2:30 Free

Minneapolis Issues: Council Member Lisa Bender

Join our special guest, Minneapolis City Council Member Lisa Bender, 10th Ward, for a discussion about Minneapolis issues. Council Member Bender will talk about her district, share her thoughts on key local issues & initiatives and will have a Q & A with participants.

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

***Computer Basics**

Puzzled by your PC or just want to learn about computers? Our computer tutor, Jim Little, will provide some basic skills to help you put some of the pieces in place and help you get started using a Windows computer. Learn why all computers look different and how to make your computer look the way you choose? How to find the things you saved? You are welcome to bring your own laptop but it's not necessary

W Sept. 21 10:30-11:30 Free

***Great Decisions: International Migration w/ Bill Davnie**

As a record number of migrants cross the Mediterranean Sea to find refuge in Europe, the continent is struggling to come up with an adequate response. Although Europe's refugees are largely fleeing conflicts in Syria, Iraq and parts of Africa, their struggle is hardly unique. Today, with the number of displaced people is at an all-time high, a number of world powers find themselves facing a difficult question: How can they balance border security with humanitarian concerns? More importantly, what can they do to resolve these crises so as to limit the number of displaced persons? **Register with Community Education at 612-668-4828.**

W Sept. 21 1:00-2:30 Free

Documentary: "For All Mankind" - 1989 - NR - 1hr 20m

Director-journalist Al Reinert sifted through 6 million feet of film and 80 hours of interviews with astronauts to deliver an Oscar-nominated documentary chronicling the American space program and its rush to put a man on the moon.

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

***Great Decisions: The United Nations Post-2015 w/M. Jay Shahidi**

On the eve of the international organization's 70th birthday, the United Nations stands at a crossroads. This year marks a halfway point in the organization's global effort to eradicate poverty, hunger and discrimination, as well as ensure justice and dignity for all peoples. But as the UN's 193 member states look back at the success of the millennium development goals, they also must assess their needs for its sustainable development goals — a new series of benchmarks, which are set to expire in 2030. With the appointment of the ninth secretary-general in the near future as well, the next U.S. president is bound to have quite a lot on his or her plate going into office. **Register with Community Education at 612-668-4828.**

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

***Elder Abuse: Financial Exploitation & Scams Targeting Seniors**

Join staff from the Hennepin County Attorney's Office to learn & discuss elder abuse and how to detect and prevent financial exploitation and scams targeting seniors.

Th Sept. 29 1:00-2:00 Free

July

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY JULY 4TH

1
10:00 – 11:00
 Walking Club

12:00 – 2:00
 Movie - *The Martian*

4
**Closed
 for
 Holiday**

5
11:00 – 12:00
 Gentle Yoga &
 Stretch

12:30 – 1:30
 Birthdays of
 the Month

6
10:00 – 11:00
 Fitness Mix

1:00 – 2:00
 Meet the Artist:
 Kurt Hippauf

7
9:30 – 10:30
 Zumba Gold

1:00-2:00
 Advisory Board

8
10:00 – 11:00
 Walking Club

12:00 – 2:00
 Movie - *Suffragette*

11
9:30 – 10:30
 Zumba Gold

11:00 – 12:30
 I.C.E.S.

1:00 – 2:30
 Catching Up on
 Current Events

12
11:00 – 12:00
 Gentle Yoga &
 Stretch

1:00 – 2:30
 Jazz Appreciation

13
10:00 – 11:00
 Fitness Mix

1:00 – 2:00
 Foot Care & Foot
 Pain Presentation

14
9:30 – 10:30
 Zumba Gold

1:00 – 2:30
 Sew Lovely

15
10:00 – 11:00
 Walking Club

12:00 – 2:00
 Movie - *An American
 in Paris*

18
9:30 – 10:30
 Zumba Gold

1:00 – 2:30
 Catching Up on
 Current Events

19
11:00 – 12:00
 Gentle Yoga &
 Stretch

1:00 – 2:00
 Rethink Your
 Drink

20
10:00 – 11:00
 Fitness Mix

12:30 – 1:30
 Ice Cream Social

21
9:30 – 10:30
 Zumba Gold

10:30 – 11:30
 Book Club

1:00 – 2:30
 Advocate &
 Resources

22
10:00 – 11:00
 Walking Club

12:00 – 2:00
 Movie - *Bridge of
 Spies*

25
9:30 – 10:30
 Zumba Gold

1:00 – 2:30
 Catching Up on
 Current Events

26
11:00 – 12:00
 Gentle Yoga &
 Stretch

1:00 – 2:30
 Documentary:
 Buck

27
10:00 – 11:00
 Fitness Mix

1:00 – 2:00
 Nice Ride
 Presentation

28
9:30 – 10:30
 Zumba Gold

11:00-2:00
 Foot Care

11:30-1:00
 Lunch Bunch:
 Ling & Louis

29
10:00 – 11:00
 Walking Club

12:00 – 2:00
 Movie - *Born
 Yesterday*

August

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 – 10:30 Zumba Gold 12:00 – 1:00 Friends Board 1:00 – 2:30 Catching Up on Current Events	2 11:00 – 12:00 Gentle Yoga & Stretch 12:30 – 1:30 Birthdays of the Month	3 10:00 – 11:00 Fitness Mix 1:00 – 2:00 Meet the Artist: Vic Perlbachs	4 9:30 – 10:30 Zumba Gold 1:00 – 2:00 Advisory Board	5 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>Trumbo</i>
8 9:30 – 10:30 Zumba Gold 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	9 11:00 – 12:00 Gentle Yoga & Stretch 1:00 – 2:30 Jazz Appreciation	10 10:00 – 11:00 Fitness Mix 1:00 – 2:00 Nicollet Mall Presentation	11 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Sew Lovely	12 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - Julie
15 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Catching Up on Current Events	16 11:00 – 12:00 Gentle Yoga & Stretch 1:00 – 2:00 Improv Comedy: Track Lighting	17 10:00 – 11:00 Fitness Mix	18 9:30 – 10:30 Zumba Gold 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates & Resources	19 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>Move Over Darling</i>
22 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Catching Up on Current Events	23 11:00 – 12:00 Gentle Yoga & Stretch 1:00 – 2:00 Documentary: Miss Representation	24 10:00 – 11:00 Fitness Mix 1:00 – 2:00 BINGO! by Walgreens	25 9:30 – 10:30 Zumba Gold 11:30 – 1:00 Lunch Bunch: Nicollet Island Inn	26 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>The Day the Earth Stood Still</i>
29 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Catching Up on Current Events	30 11:00 – 12:00 Gentle Yoga & Stretch 1:00 – 2:00 Attorney Joe Tamburino	31 10:00 – 10:45 Fitness Mix 1:00 – 2:30 AARP Smart Driver Course		

September

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30 – 10:30 Zumba Gold 1:00 – 2:00 Advisory Board	2 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>Steve Jobs</i>
			5 Closed for Holiday	6 11:00 – 12:00 Gentle Yoga & Stretch 12:30 – 1:30 Birthdays of the Month 1:30 – 2:30 Meet the Artist: Linda Rock
12 9:30 – 10:30 Zumba Gold 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	13 11:00 – 12:00 Gentle Yoga & Stretch 1:00 – 2:30 Jazz Appreciation	14 1:00 – 2:30 Great Decisions: The Koreans	15 9:30 – 10:30 Zumba Gold 10:30 – 11:30 Book Club 1:00 – 2:30 Advocate & Resources	16 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>Atlantic City</i>
19 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Catching Up on Current Events	20 11:00 – 12:00 Gentle Yoga & Stretch 1:00 – 2:00 Mpls. Issues: Council Member Lisa Bender	21 10:30 – 11:30 Computer Basics 1:00 – 2:30 Great Decisions: International Migration	22 9:30 – 10:30 Zumba Gold 11:00-2:00 Foot Care 11:30-1:00 Lunch Bunch: Union Restaurant	23 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>...And Justice for All</i>
26 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Catching Up on Current Events	27 11:00 – 12:00 Gentle Yoga & Stretch 1:00 – 2:30 Documentary: For All Mankind	28 1:00 – 2:30 Great Decisions: The United Nations Post-2015	29 9:30 – 10:30 Zumba Gold 1:00 – 2:00 Elder Abuse: Financial Exploitation & Scams	30 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>Strangers on a Train</i>

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: 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:

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.

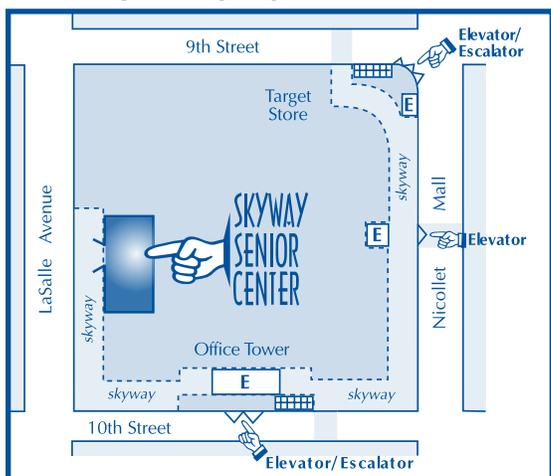
NO refunds on trips.

Skyway Senior Center
950 Nicollet Mall, Suite 290
Minneapolis, MN 55403

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PERMIT NO. 66
ST. CLOUD, MN
56301

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 Skyway Senior Center



Published by the 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 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 Skyway Senior Center. Refer to map above.

Street-Level Entrances:

50 South 10th Street – This is the nearest street level entrance to the 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 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 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 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 Skyway Senior Center.

Bus:

10th Street and Nicollet is the nearest bus stop for the 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.