

Chatter

UCare

950 Nicollet Mall, Suite 290 Mpls 55403

Skyway Senior Center

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

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Don't Miss Our
Celebration!

There is no better way to celebrate a new year and a new beginning than with a grand re-opening of our beautiful UCare Skyway Senior Center! Join us January 26th from 1:00-2:30 along with Mayor R.T. Rybak, Council President Barbara Johnson, Ward 7 Council Member Lisa Goodman, UCare President and Chief Executive Officer Nancy Feldman, UCare Senior Vice President, Public Affairs and Marketing Ghita Worcester and many more partners and friends. Refreshments will be served.

In This Issue

Looking to start the New Year off in a healthy way? Check out our daily exercise opportunities – open to everyone and only \$2.00 per class. Go as often as you wish. Our Thursday Walking Club is free and offered every Thursday at 10:00 am. Or check out the monthly I Can Eat Sensibly group. Every month features special presentations on exercising and stretching, nutrition, even the challenges of quitting smoking.



Center Director
Christina Kendrick

Advisory Council
Donald Leners
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Adrienne Merrill-Ratliff
Vice-Chair
Kay Hayes
Secretary
Fay Harrison
Dorothy Cunningham
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Art Hogensen
Jennifer Wright
Corinne Zwickey

THE FRIENDS OF THE SKYWAY SENIOR CENTER IS CALLING ON YOUR SUPPORT!

The Friends of the Skyway Senior Center Board would like to take this opportunity to thank you, our dedicated donors and visitors, for your support during this challenging and difficult year. It is because of your donations made throughout the last seven years that The Friends were able to keep The Senior Center open and available to the senior community during a time of great uncertainty. We invite you to continue your support by making a tax-deductible donation in order to continue and further strengthen The Friends and The Center heading into the New Year. Thank you again for your support, and we all wish you a very pleasant Holiday Season.



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



❖ Jeeves in Bloom at the Old Log Theater

Follow the uproarious mishaps and misadventures of Bertie Wooster, who manages to put himself in socially precarious situations, only to be rescued by his brainy butler, Jeeves. Bertie finds himself dodging romantic entanglements with a starry-eyed young woman, eluding an enraged chef, and begrudgingly helping his aunt to commit a burglary. Thank heavens, Jeeves is there to save the day! With registration, choose from smoked pork chop, walleye almandine, roasted breast of chicken with stuffing or vegetarian lasagna. All are served with salad, potatoes, vegetable, bread, dessert and beverage. Price includes bus transportation, show, lunch, tax and gratuity.

Thursday, Feb. 3 10:00 am - 5:00 pm \$48

❖ Physics Force 2011

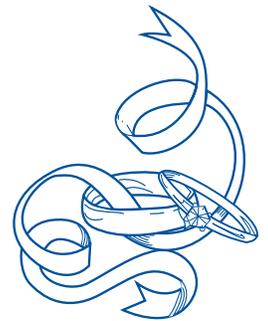
People sometimes shy away from what they think are difficult subjects like physics, math and chemistry. The Physics Force is an outreach program of the University of Minnesota's Institute of Technology that was developed to make science exciting and fun for people of all ages. The Force consists of a changing group of high school physics teachers and University professors. They have performed variations of The Force at Disney's Epcot Center and many other venues. Join the fun and excitement but don't be surprised when you see how much physics you learn. For example, how you can crush a 55 gallon steel barrel in less than a second? To register, call 612-668-3450.

Transportation is on your own. *Meet at Minneapolis Convention Center, 1301 2nd Ave. S.*

Thursday, Feb. 10 6:45 pm - 8:00 pm Free

❖ I Do! I Do! at the Chanhassen Dinner Theatres

Enter the world of matrimony with Michael and Agnes as they "tie the knot" and live out fifty years of marriage on stage before your eyes in a two hour time span. The journey begins on their wedding day and traverses through their lifelong partnership with humor, realism and song. Make your dining selection from the menu of delicious Chanhassen specialties. Price includes lunch, show, gratuity, and bus transportation.



Wednesday, March 9 10:00 am - 5:00 pm \$57

❖ Arsenic & Old Lace at the Guthrie Theater

Spinster sisters, Abby and Martha Brewster, are devoted to charity and family. But the sisters have taken on another project as well - befriending lonely older gentlemen and then poisoning them with arsenic-laced elderberry wine. The New York Times described this play as "so funny that none of us will ever forget it." Reserved seats are on the side of the theater. Transportation is on your own. *Meet at the Guthrie Theater, 818 2nd St. S.*

Wednesday, May 4 12:45 pm - 3:30 pm \$13



Contact Minneapolis Community Education to Register

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

Healthy Life Expo at the Convention Center - Limited FREE Tickets available at the UCare Skyway Senior Center

Each ticket admits 2 people

Minneapolis Convention Center Ballroom
1301 2nd Ave S.
Minneapolis, MN

612-335-6000

Scottish Ramble

Time to bring out the tartan! Enjoy bagpipes, Highland dance competition, Scottish meat pies, shopping, educational presentations, information on area Scottish organizations/activities and music as the Scottish Ramble invades Landmark Center! Nothing's cooler than kilts in February! \$3 Seniors 62+ \$5 General Admission, \$3 Children 6-12, Children 5 & under are FREE

Feb. 19 & 20

Landmark Center
75 5th St W
St Paul, MN 55102
(651) 292-3225

St Paul Winter Carnival

Join us for the 125th Saint Paul Winter Carnival, the "Coolest Celebration on Earth™" since 1886! It continues to bring family-friendly events and community pride to Saint Paul and the Twin Cities metro area.

The Saint Paul Heritage and Festival Foundation manages and produces the Saint Paul Winter Carnival. Most events are free and open to the public.

Jan 27th – Feb 6
Call 651-223-4700 for more information

IMDA St Patrick's Day Irish Celebration

Take in all things Irish at two events you can't miss at Landmark Center. Lively Celtic music, dancing, and authentic wares from vendors vault these as among St. Paul's best traditions. Produced by Irish Music and Dance Association, hosted by Minnesota Landmark. Call for pricing and Senior Discount information.

March 13 & 17, 10:00 am – 5:00 pm
Landmark Center
75 5th St W
St Paul, MN 55102
(651) 292-3225

St. Patrick's Day Parade

The 45th Annual St. Patrick's Day Parade.

March 17, Noon
Parade runs from 4th St to Market St

Artists of the Month

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



January

Rita Kirsch Dungey resides in Bloomington, MN. Her non-representational and abstract mixed media works are a combination of bold forms, colors, and textures that are intuitively and expressively combined to create lush, free, and energetic images. Rita has worked in medical research, social work, psychology, yoga, and Reiki (a form of energetic healing). Currently she devotes herself full-time to art, yoga study and teaching. Her background in health-care, healing, and helping others remains a foundation in her artistic practice. She experiences art as a combination of life-giving forces and honors the freedom to create. Having courage, responding to what occurs, trusting nature, and following one's rhythms all work to breathe life in to her work and art. Rita's artwork has been exhibited at Northrup King Building, Hennepin County Library, Bloomington Theatre and Art Center, Edina Art Center, Hopkins Center for the Arts, Century College, and Dunn Bros. Coffee, Eagan, MN.

Artist Reception Wednesday, January 19th at 1:00

February

Marie Hammond grew up in Northern Minnesota and her observation and love of nature is apparent in her paintings. She has lived Tunisia, Morocco, China and Norway and you may also find those experiences in her work. Marie graduated from the U of M in 1987 with a degree in Cross-Cultural Communications and Studio Arts and has a degree in Nursing from Bethesda

School of Nursing. She has served as an art therapist at Bethesda, combining forty years of Nursing with her art experience. Marie has paintings in permanent collections at Bethesda Hospital and Ramsey Medical Center and in private collections. Marie is active in local art clubs and has served on the board of Northstar Watercolor Society. She teaches drawing and painting classes. She has taken awards in local and national shows and is a signature member of Red River National Show. A studio in the Northrup King Building in MPLS provides space for work and an outlet for her Abstract and Representation work.

Artist Reception Wednesday, February 9 at 1:00

March

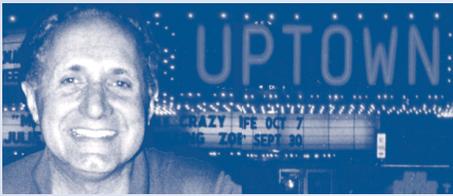
Jane Strauss is an Attorney in remission, grantwriter in recovery, and practicing photographer who enjoys classic car shows, the country, nature, architecture, and travel, not necessarily in that order. After fifty years trying to be practical, she was laid off from a non-profit job, picked up a camera to follow her dream and only occasionally looks back. She resides in South Minneapolis and until March 21, will also have images of the Foshay Tower hanging as part of an exhibit at the observation deck museum. She has two primary web presences, www.janesprints.com and www.janesclassiccarphotos.com, and shows images primarily in the Twin Cities area.

Artist Reception Wednesday, March 9 at 1:00

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

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"*

UNUSUAL BLEND OF FILMS TO KICK-OFF 2011

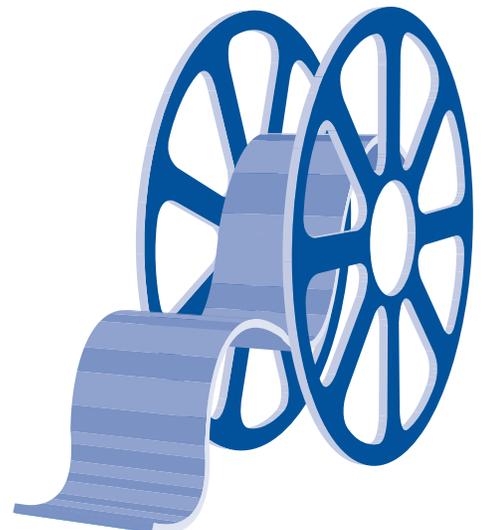
Taken as a whole, the 12 films on the opposite page comprise a menu of enjoyment. There's just about something for everyone who checks out the center's film calendar. This blend of 12 is particularly noteworthy because it includes several titles which finally became available after months of waiting. These several titles are *Pandora and the Flying Dutchman* (1951), *Middle of the Night* (1959), and *Dog Day Afternoon* (1975). A few comments about each.

Pandora is a strangely haunting picture and can probably be best understood as a some sort of "supernatural romance." Ava Gardner stars as Pandora Reynolds, a predatory creature who destroys the lives of all men who've been unfortunate enough to fall in love with her. Enter James Mason as Hendrick van der Zee, a mystical figure who proves to be Pandora's match. It turns out that van der Zee is the legendary 17th Flying Dutchman. His spirit is doomed to wander the earth until he's able to find a woman willing to love him with all her heart--and thereby sacrifice her own life--to redeem his. Ava Gardner is stunningly beautiful. James Mason gives a masterful, absorbing performance. Together, they command the screen!

"*Middle of the Night*" is a black-white film about loneliness. Based on a successful stageplay, it shows Jerry Kingsley, a lonely, middle-age widower who's a successful clothing manufacturer. He becomes attracted to and falls in love with Betty, a 24-year old secretary. Her recent divorce has shaken her confidence and she needs help. The movie shows another perspective on a May-December romance. Friends and relatives of the couple feel left out in the cold and are un-supportive of the couple's chances. Fredric March & Kim Novak play the unlikely couple...How do things turn out?

"*Dog Day Afternoon*," based on a true 1972 story, chronicles a unique bank robbery on a hot summer afternoon in New York City. Shortly before closing time Sonny (Al Pacino) and his slow-witted buddy Sal burst into a Brooklyn bank that's virtually broke. And that's just the beginning! By film's end you'll join Pacino's "Attika! Attika!" rants as he taunts the cops & plays the crowds. Don't Miss This Picture!

"*Double Indemnity*" is a thriller in a class by itself, a return engagement to the Senior Center. The film gets an "A" rating--ADDICTIVE. Come & enjoy!



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 Jan 7 12:00 Free

❖ Double Indemnity – PG-13, 1944 (107 min.)

An insurance rep (Fred MacMurray) lets himself be talked into a murder/insurance fraud scheme by the seductive wife (Barbara Stanwyck) of one of his clients that arouses the suspicions of an insurance investigator.

(crime-thriller)

F Jan 14 12:00 Free

❖ Robin Hood – PG-13, 2010 (140 min.)

In 13th century England, Robin (Russell Crowe) and his band of marauders confront corruption in a local village & lead an uprising against the crown.

(action-adventure-drama)

F Jan. 21 12:00 Free

❖ Pandora and the Flying Dutchman – PG, 1951 (122 min.)

James Mason as the legendary flying Dutchman who guides his yacht into a Spanish seaport. He has been doomed to roam the seas until he finds a woman (Ava Gardner as Pandora) who will sacrifice her life to redeem his.

(drama-fantasy-love story-mystery)

Th Jan 27 12:00 Free

❖ The Kids are All Right – R, 2009 (106 min.)

Two teenage children conceived by artificial insemination seek out their birth father. Their parents are two women, Nic and Jules, who are in a long term, committed, loving relationship. Birth father's arrival raises questions!

(comedy-drama)

F Feb 4 12:00 Free

❖ Stakeout – R, 1987 (117 min.)

Two cops are assigned to observe the home of an escaped convict's ex-girlfriend. One cop, Chris, (Richard Dreyfuss) accidentally meets her & falls in love. Just as Chris confesses, the convict appears, but will she betray him?

(action-comedy-crime)

F Feb 11 12:00 Free

❖ Funny Face – Not Rated, 1957 (103 min.)

Fashion photographer Dick Avery (Fred Astaire) spots potential in an "air-head" model, Jo (Audrey Hepburn). He offers her a modeling contract which takes her to Paris where she blossoms in music and dance.

(romance-comedy-musical)

F Feb 18 12:00 Free

❖ Middle of the Night – PG-13, 1959 (118 min.)

A powerful drama. Kim Novak plays Betty, an attractive 24-yr old divorcee, working as a secretary in the hard-boiled atmosphere of Manhattan's garment district. Fredric March is Jerry, her much older, widowed boss. They do the unthinkable: they fall in love.

W Feb 23 12:00 Free

❖ Dog Day Afternoon – R, 1975 (125 min.)

A man (Al Pacino) robs a bank to pay for his lover's operation; it turns into a hostage situation and a media circus.

(crime-drama-comedy)

F Mar 4 12:00 Free

❖ Salt – PG-13, 2010 (100 min.)

A CIA agent (Angelina Jolie) goes on the run after a defector accuses her of being a Russian spy.

(action-crime-mystery)

F Mar 11 12:00 Free

❖ Eat Pray Love – PG-13, 2010 (133 min.)

A married woman (Julia Roberts) realizes just how unhappy her marriage really is. After a painful divorce, she takes off on a round-the-world journey to "find herself."

(drama-romance)

F Mar 18 12:00 Free

❖ The Hudsucker Proxy – PG, 1994 (122 min.)

Tim Robbins as Norville Barnes, a naive business graduate, who's installed as president of a manufacturing company as part of a stock scam. Paul Newman co-stars.

(comedy-drama-fantasy-romance)

Th Mar 24 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. Try it out and have your friends come with you! Wear comfy clothes and shoes.

Every Thursday 10:00 – 11:00 Free



❖ SilverSneakers® Muscular Strength and Range of Motion

EVERYONE IS WELCOME TO JOIN! You do not have to have SilverSneakers® to join this class. Weights, Strength Training, Stretching and Cardio. Max of 10/ Min of 6 participants.

M	Jan 3-Mar 28	10:00 – 10:45
F	Jan 7-Mar 25	10:00 – 10:45

❖ SilverSneakers® Yoga Stretch

EVERYONE IS WELCOME TO JOIN!

You do not have to have SilverSneakers® to join this class. 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 (not SilverSneakers endorsed) the last 15 minutes for those who are interested.

W	Jan 5 – Mar 30	11- 12:00
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❖ Tai Chi Exercise with Mieng Lam

EVERYONE IS WELCOME TO JOIN!

Winter Break Scheduled Jan 1 – Feb 28. Class Begins Again March 1. Gentle movements target specific muscle groups. Tai Chi incorporates a relaxed, meditative approach to physical activity.

T	Mar 1-Mar 29	9:30 – 10:30
Th	Mar 3-Mar 31	9:30 – 10:30

❖ I Can Eat Sensibly (I.C.E.S.)

Have A Blast! Enjoy Friends! Stay Supported! Get off to a great start in 2011! ICES is a great way to stay on course with your healthy lifestyle or learn how to get started! This is a great group to confer, 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	Jan 10, Feb 14, Mar 14	11:00-12:30	Free
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❖ Foot Care Clinics

Foot Care Clinics are in full swing! 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	Jan 28, Feb 25, Mar 25	11:00 – 3:00	\$25
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❖ Sit n' Stitch

Knitting, Crocheting, Needlepoint, Quilting, GREAT CONVERSATION – NOW ON A NEW DAY! 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.

Second Thursday of every month at 1:00

❖ Birthday of the Month Club

See October Activities for a Special October Birthday Celebration! 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 call and register at 612-370-3869.

W	Jan 12, Feb 9, Mar 9	9:00 – 11:30	Free
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❖ Book Club

January – *The Train of Salt & Sugar* by Licínio de Azevedo

Mozambique, after many years of war, first for their independence against the Portuguese and then against each other during the civil war, was left a desolate wasteland; with little or no infrastructure and a starving population. Trains seldom ran, the tracks had been sabotaged and the probability of enemy attacks was very real. Yet on a misty morning in the town of Nampula, in northern Mozambique, a convoy of three trains, loaded with supplies, three garrisons of soldiers and over 600 passengers left relative safety, destined for Cuamba, a town 341 kilometers to the west, bordering Malawi. The book takes its title from a woman, Mariamu, who plans to trade her supply of salt, a rare commodity, for sugar, an even rarer commodity, in Malawi, thus enabling her to feed her children in the coming year. A fragile love is born amid the death between a young nurse returning home and a soldier who is tasked with protecting her.



Th	Jan 20	10:00-11:00	Free
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February – *The Picture of Dorian Gray* by Oscar Wilde

A lush, cautionary tale of a life of vileness and deception or a loving portrait of the aesthetic impulse run rampant? Why not both? After Basil Hallward paints a beautiful, young man's portrait, his subject's frivolous wish that the picture change and he remain the same comes true. Dorian Gray's picture grows aged and corrupt while he continues to appear fresh and innocent. After he kills a young woman, "as surely as if I had cut her little throat with a knife," Dorian Gray is surprised to find no difference in his vision or surroundings. "The roses are not less lovely for all that. The birds sing just as happily in my garden."

Th	Feb 17	10:00-11:00	Free
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March – *Peril at End House* by Agatha Christie

Poirot and Hastings return in this novel set in the resort town of St. Loo on the Cornish coast. While on a week's holiday, the pair meet Miss Magdala Buckley who has had a series of life-threatening accidents. Poirot believes these "accidents" are more likely attempts on her life. In true Christie tradition, a murder soon occurs. However, Miss

Buckley is not the victim, but the newly-deceased is a cousin of hers. Into the mix enters her friends Frederica Rice and Commander Challenger as well as a mysterious couple from Australia who live in a cottage on the grounds of End House, possible narcotics involvement, and a surprise ending that will truly amaze.

Th	Mar 17	10:00-11:00	Free
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❖ The Lunch Bunch

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 for Lunch 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!

F	Jan 28	Oak Grill 12th Floor Macy's	375-2938	11:30
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F	Feb 25	Hell's Kitchen 80 9th St	332-4700	11:30
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F	Mar 25	The Local 931 Nicollet Mall	904-1000	11:30
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❖ 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.

❖ 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. A calendar will be available in the classroom to see what topics will be scheduled as well as the opportunity to lead a discussion – just fill in your name and topic on an open day and you are the facilitator! Bring information, ideas – even guest speakers. Give your opinion, do some research, get information from others – This is a great way to engage and connect! Special Refreshments will be served.

M	Jan 3 - Mar 28	1:00 - 2:30	Free
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❖ 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.

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

Social Worker / Care Manager / Housing Advocate

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 do not realize the many benefits they are entitled to, even if they were told they do not qualify. Patricia Manley will answer your questions and help you get what you deserve!

Th Jan 20, Feb 17, Mar 17 Free

January Activities

❖ Gluten - Find Out the Facts

We have heard a lot about Gluten lately. But what is it? What foods often contain Gluten? Is it safe? Are people allergic to Gluten? Does Gluten have health benefits? So many questions – come and find out the answers. Lisa Kane will be ready to help you separate helpful information from hype.

W Jan 5 1:00 – 2:30 Free

❖ At Your Service

Starting in January, the second Tuesday of every month will offer an opportunity to schedule a personal, one on one 30 minute session tailored to your needs. It's up to you to decide what you need. Do you have a question, an idea, a complaint? Do you want to have a computer tutor session? Learn how to use your new cell phone or camera? Connect to a resource? Visit? 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 Jan 11, Feb 8, Mar 8 11:00 – 2:30 Free

❖ Super Easy Stretch & Exercise

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 Jan 12 1:00 – 2:30 Free

❖ MN Tribal Nations

Carrie Day Aspinwall will host a presentation about Tribal History, Sovereignty and current issues. Carrie hails from Leech Lake band of Ojibwe. Join us for this open and informative conversation. Be ready with your questions!

T Jan 18 1:00 – 2:30 Free

❖ BBB - Be Wise - Be Informed - Be Empowered

Gary Johnson is the Senior Outreach Manager for the Better Business Bureau of Minnesota and North Dakota. Gary has been associated with the BBB since 2004, and brings 40 years of business experience to the speaker's platform. Gary is committed to the mission of the Better Business Bureau and sharing the message with Senior Citizens, and other interest groups region wide. His program of "BE Wise, Be Informed, Be Empowered" will cover topics like Scam Alerts, BBB Business Reviews, and how to empower yourself to take action to protect yourself and others in today's marketplace.

T Jan 25 1:00 – 2:30 Free

❖ Grand Celebration - UCare Skyway Senior Center

See Front Page for Information

W Jan 26 1:00 – 2:30 Free

February Activities

❖ Anita Makar's Guthrie Play Discussion - The Winter's Tale by William Shakespear

You don't have to see the show to enjoy the discussion! The Winter's Tale is a mythic and moving story of a king's irrational jealous rage and its consequences. The play moves from tragedy to comedy, from the winter of estrangement and loss to the summer of reconciliation and renewal.

T Feb 1 11:00 – 12:00 Free

❖ Valentines Day Party featuring The Smooch Project

Bring a treat to share – it's all about the sweets! If you missed it last time, you have got to see the presentation The Smooch Project! It's about Love. It's about Community. It's about Healing. Artist Bonnie Fournier will share her projects journey and the funny and touching stories behind the photos.

M Feb 14 1:00 – 2:30 Free

❖ Tobacco Addiction: The Unfiltered Truth

Tobacco Addiction: The Unfiltered Truth. Through the unique stories of documentary participants, viewers of Tobacco Addiction: The Unfiltered Truth not only experience tobacco addiction at an individual level, but also gain an understanding of the larger influences that go into creating tobacco addiction. Most people believe smoking is an individual choice. In reality, that choice is influenced by the tobacco industry, society and physiological factors.

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

By highlighting the complexities involved in the decisions to start and stop smoking, Tobacco Addiction: The Unfiltered Truth shows that the "choice" to use tobacco isn't as simple as it seems. This documentary from Clear Way Minnesota and Twin Cities Public Television premiered on MN public television stations on October 31. It presents a glimpse into the personal struggles of four Minnesotans addicted to tobacco use. Resources for quitting will be available as well.



T Feb 15 1:00 – 2:30 Free

❖ Early Stage Memory Loss

MAP (Memory Adventure and Purpose) is a memory loss program designed for people in the early stage of memory loss. Although early diagnosis is encouraged there are few programs that address the specific needs of those in the early stages of the disease. MAP was designed to address that growing need. Peggy Gaard and Patty Crawford will be at the Ucare Skyway Senior Center to talk about this innovative program that combines memory enhancement strategies, sensory awareness, cultural experiences in the community, while building a support network. . MAP takes place on the Augustana Care downtown campus and is an initiative of Augustana Open Circle along with being a recipient of a Brookdale Foundation Grant.

W Feb 16 1:00 – 2:30 Free

❖ It's All About Nutrition

We hear so many concepts out there regarding the right amount of nutrition – what's fad and what is fact. How can you be sure you're getting what your body needs. Be informed on what vitamins and minerals act well – and not so well together. Bridget Doyle, a registered dietitian, will be available to answer your questions.

Th Feb 24 1:00 – 2:30 Free

March Activities

❖ What is FaceBook and How Easy Is It To Do?

You have heard all the buzz about the new websites that can connect you to family, friends and meet new people. FaceBook also offers a lot more – games, puzzles, photos, etc. This will be an introduction to FaceBook that will show you what it looks like, what it can do and how to start. Now you can tell everyone to "friend me"!

T Mar 15 1:00 – 2:30 Free

❖ Bedbugs 101

Nathan Heider, Licensed and Certified Pest Management Technician and Certified Dog Detection Handler, will be coming to speak about bed bugs. Bed bugs have reappeared since the 40's and 50's, becoming a huge nuisance, causing a lot of misunderstandings about bed bugs. Nathan will be teaching: what to look for, where to look, how to prevent, and how to treat bed bugs. Adam's Pest Control is Minnesota's leading bed bug experts. With their knowledgeable, certified technicians, Adam's is committed to being the best.

W Mar 16 1:00 – 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 Mar 22 11:00 – 3:00 \$12/\$14

❖ Laptops and going "wireless" 101

In the market for a computer? Wondering what exactly the benefit of having a laptop might be? How is it different from a standard computer (desktop or tower computer)? Find out the basics of laptops, how they are similar and different from desktop computers and things to consider before purchasing a laptop including internet use.

W Mar 23 1:00 – 2:30 Free

❖ Anita Makar's Guthrie Play Discussion - Arms & The Man by George Bernard Shaw

You don't have to see the show to enjoy the discussion! A delightful satire, compete with irony, mistaken identities and unexpected turns of events. The foolishness of glorifying war and idealistic notions of love are mocked as only Shaw can best express!

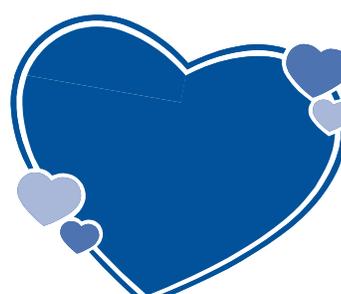
T Mar 29 11:00 – 12:00 Free

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

January 2011

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 - 10:45 SilverSneakers®* 1:00 - 2:30 Catching Up on Current Events	4 12:30 - 1:30 Birthdays of the Month	5 11:00 - Noon SilverSneakers® Yoga Stretch* 1:00 - 2:30 Gluten - Finding out the Facts	6 10:00 - 11:00 Walking Club 1:00 - 2:30 Advisory Board Meeting	7 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: "Agnes of God"
10 10:00 - 10:45 SilverSneakers®* 11:00 - 12:30 I.C.E.S 1:00 - 2:30 Catching Up on Current Events	11 11:00 - 2:30 At Your Service	12 9:00 - 11:30 Bundles of Love 11:30 - 12:30 SilverSneakers® Yoga Stretch* 1:00 - 2:30 Super Easy Stretch & Exercises!	13 10:00 - 11:00 Walking Club 1:00 - 2:30 Sit n Stitch	14 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: "Double Indemnity"
17 Center Closed	18 1:00 - 2:30 MN Tribal Nations	19 11:00 - Noon SilverSneakers® Yoga Stretch* 1:00 - 2:30 Meet the Artist - Rita Dungey	20 10:00 - 11:00 Book Club and Walking Club 1:00 - 2:30 Resource Connection Advocates	21 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: "Robin Hood"
24 10:00 - 10:45 SilverSneakers®* 1:00 - 2:30 Catching Up on Current Events	25 1:00 - 2:30 BBB - Be Wise-Be Informed-Be Empowered	26 11:00 - Noon SilverSneakers® Yoga Stretch* 1:00 - 2:30 Grand Celebration - UCare Skyway Senior Center	27 10:00 - 11:00 Walking Club Noon - 2:30 Movie: "Pandora and the Flying Dutchman"	28 10:00 - 10:45 SilverSneakers®* 11:00 - 3:00 Foot Care Clinic* 11:00 - 12:30 The Lunch Bunch: Oak Grill
31 10:00 - 10:45 SilverSneakers®* 1:00 - 2:30 Catching Up on Current Events				* Denotes class that requires advance registration and payment.

February 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:00 - 12:00 Anita Makar's Guthrie Discussion - The Winter's Tale 12:30 - 1:30 Birthdays of the Month	2 11:00 - Noon SilverSneakers® Yoga Stretch*	3 10:00 - 11:00 Walking Club 1:00 - 2:30 Advisory Board Meeting	4 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: "The Kids are All Right"
7 10:00 - 10:45 SilverSneakers®* 11:00 - 12:30 Friends Board Meeting 1:00 - 2:30 Catching Up on Current Events	8 11:00 - 2:30 At Your Service	9 9:00 - 11:30 Bundles of Love 11:30 - 12:30 SilverSneakers® Yoga Stretch* 1:00 - 2:30 Meet the Artist - Marie Hammond	10 10:00 - 11:00 Walking Club 1:00 - 2:30 Sit n Stitch	11 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: "Stakeout"
14 10:00 - 10:45 SilverSneakers®* 11:00 - 12:30 ICES 1:00 - 2:30 Catching Up on Current Events - Smooch Project 1:00 - 2:30 Valentine's Day Party	15 1:00 - 2:30 Tobacco Addiction: The Unfiltered Truth	16 11:00 - Noon SilverSneakers® Yoga Stretch* 1:00 - 2:30 Early Stage Memory Loss	17 10:00 - 11:00 Book Club and Walking Club 1:00 - 2:30 Resource Connection Advocates	18 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: "Funny Face"
21 Center Closed	22 	23 11:00 - Noon SilverSneakers® Yoga Stretch* Noon - 2:30 Movie: "Middle of the Night"	24 10:00 - 11:00 Walking Club 1:00 - 2:30 It's All About Nutrition	25 10:00 - 10:45 SilverSneakers®* 11:00 - 3:00 Foot Care Clinic* 11:00 - 12:30 The Lunch Bunch: Hell's Kitchen
28 10:00 - 10:45 SilverSneakers®* 1:00 - 2:30 Catching Up on Current Events				* Denotes class that requires advance registration and payment.

March 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 - 10:30 Tai Chi* 12:30 - 1:30 Birthdays of the Month	2 11:00 - Noon SilverSneakers® Yoga Stretch*	3 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Advisory Board Meeting	4 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: "Dog Day Afternoon"
7 10:00 - 10:45 SilverSneakers®* 1:00 - 2:30 Catching Up on Current Events	8 9:30 - 10:30 Tai Chi* 11:00 - 2:30 At Your Service	9 9:00 - 11:30 Bundles of Love 11:30 - 12:30 Silver-Sneakers® Yoga Stretch* 1:00 - 2:30 Meet the Artist - Jane Strauss	10 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Sit n Stitch	11 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: "Salt"
14 10:00 - 10:45 SilverSneakers®* 11:00 - 12:30 I.C.E.S. 1:00 - 2:30 Catching Up on Current Events	15 9:30 - 10:30 Tai Chi* 1:00 - 2:30 Facebook!	16 11:00 - Noon Silver-Sneakers® Yoga Stretch* 1:00 - 2:30 Bedbugs 101	17 9:00 - 9:50 Tai Chi* 10:00 - 11:00 Book Club and Walking Club 1:00 - 2:30 Resource Connection Advocates	18 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: "Eat Pray Love"
21 10:00 - 10:45 SilverSneakers®* 1:00 - 2:30 Catching Up on Current Events	22 9:30 - 10:30 Tai Chi* 11:00 - 3:00 Defensive Driving 4 Hr Refresh	23 11:00 - Noon Silver-Sneakers® Yoga Stretch* 1:00 - 2:30 Laptops/Wireless 101	24 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club Noon - 2:30 Movie: "The Hudsucker Proxy"	25 10:00 - 10:45 SilverSneakers®* 11:00 - 3:00 Foot Care Clinic* 11:00 - 12:30 The Lunch Brunch: The Local
28 10:00 - 10:45 SilverSneakers®* 1:00 - 2:30 Catching Up on Current Events	29 9:30 - 10:30 Tai Chi* 11:00 - 12:00 Anita Makar's Guthrie Discussion - Arms & The Man	30 11:00 - Noon Silver-Sneakers® Yoga Stretch*	31 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club	* 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 55402	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 55402

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.

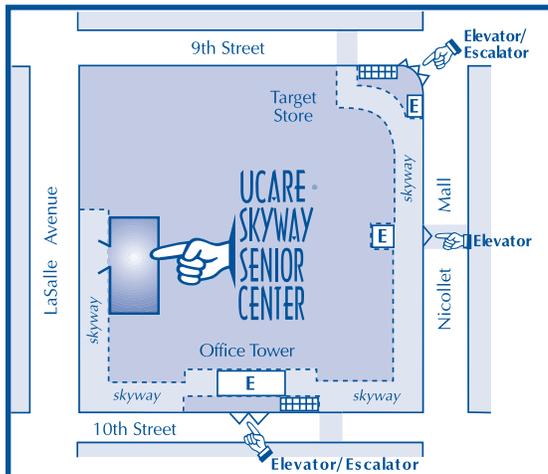
UCare Skyway Senior Center

950 Nicollet Mall, Suite 290
Minneapolis, MN 55403

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If you **DID NOT** receive this newsletter in the mail and would like to, call 612-370-3869 and we will add you to our mailing list.

Map to UCare Skyway Senior Center



Published by the UCare Skyway Senior Center, a program of the Minneapolis Department of Health and Family Support. Call 612-370-3869 to request additional copies.
E-mail: skywaycenter@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.