

Chatter

Ucare

July - September 2011

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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ENJOY YOUR SUMMER AT THE CENTER!



UCare Skyway Senior Center is exactly that, the Center of it all! Fun, Friends, and Fulfilling Activities – we are located in the Center of Downtown Minneapolis in the Skyway. Stop in and check us out – No Membership Required! We have Exercise, Health and Wellness, Great Parties, Information & Community Resources and of course Randy's Famous Coffee! Next time you're in the neighborhood swing on in and take a break from the heat. Our Door is Open and the Air is On! ☺



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Center Director
Christina Kendrick

Advisory Council
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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**

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Becky Bates
Vice-President

Barbara Nylén
Secretary

Michael Murtaugh
Treasurer

Lisa Goodman
Councilmember

Sara Goodnough
Art Hogensen
Jennifer Wright

Corinne Zwickey
Virginia Reilly
Ellen Wolfson

THANK YOU UCARE SKYWAY SENIOR CENTER VOLUNTEERS

Our Center flourishes thanks to the dedication of the volunteers at the UCare Skyway Senior Center. In 2010, the Center reported over 2500 volunteer hours. When you walk in you are greeted immediately by the volunteer sitting at the reception desk and offered refreshments by the volunteer host. You can sign up for computer lessons taught by volunteers or attend a discussion group on current events or the latest show at the Guthrie – presented by volunteers. Often times you will see a very (very) young face; we welcome students both high school and college students to volunteer here at the Center for a variety of activities and they always express how much they learn and grow during their volunteer time here. The UCare Skyway Senior Center Advisory Board is a group of volunteer seniors who give input into activities, host events, and reach out to the community to inform them what the Center can offer. The Friends of the Skyway Senior Center is also a group of volunteers who dedicate their skills, time and efforts to ensure the sustainability and growth of the Center. The Center is a community and that welcoming sense of community at the Center is most certainly grounded in volunteer power!

THANK YOU VOLUNTEERS!

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: _____

Artists of the Month

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



July

Howard Carson is a nationally and locally known artist. Howard attributes this exposure early on to their mother who often wrote poetry and always wanted to learn how to draw and paint. Howard Carson is a very talented artist who creates in a variety of mediums.

Artist Reception Tuesday, July 12 at 1:00

August

Walter Williams has been a Minneapolis resident since 1965. He received a BA in Studio Arts in 1970 from the University of MN. Walter has been creating works since high school. Walter creates oil paintings and block prints.

Artist Reception Tuesday, August 16 at 1:00



September

Sherry Box - Throughout my life, volunteering peaked my interest in fashion and artistic designs, connecting me to community and business organizations such as The Gospel Arts Workshop, the Illinois Arts Counsel, and Lyric Opera to name a few. My artistic career began as a student participating in fashion/art events at the Art Institute of Chicago, IL and as a wardrobe mistress working as an intern while attending Columbia College of Illinois. Instructors introduced me to Fashion Stylist who needed assistance in their completion of specific designs for theater companies, individuals and organizations who needed assistance with designs for commercial use while working as a stylist assistant and professional seamstress. As an Artist and Fashion Designer, my direction turned to Costume Design while working at Lost Eras Antique and Costume Company, a well known antique and theatrical costume shop located in Chicago, IL. The influence of a fashion background is clearly evident in my work as a Portrait Artist.

Artist Reception Wednesday, September 7 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.

Trips & Social Outings



❖ Take Me Out to the Ballgame

Help cheer the Minnesota Twins to victory at Target Field. Reserved seats are in the Pavillion Area which is in the right field lower level, under cover, with few stairs. Remember to dress for the weather. Target Field offers plenty of concessions and also allows guests to bring food into the stadium. Containers must be soft-sided and fit under the seat. Sealed, bottled water, 32 oz. or less is also permitted. Transportation is on your own. Meet near Gate 34 at the Plaza Entrance. Minnesota Twins vs. Detroit Tigers



Sunday August 28 12:10 pm \$26

❖ HMS Pinafore at the Guthrie Theater

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 Street South.

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

❖ St. Croix Festival Theater

Summer will be in full swing as we venture to Balsam Lake, Wisconsin. Brunch, at the beautiful Paradise Landing, is served at your table and features scrambled eggs with sausage and bacon, French toast with mixed berries along with seasonal fruit and coffee. Travel to St. Croix Falls for the delightful play, Once Upon a Mattress. This show is best known for catapulting Carol Burnett into stardom. It tells the off kilter version of the Princess and the Pea fairy tale, complete with song and dance. Price includes theater ticket, brunch, tax, gratuity, and coach bus transportation.

Thursday July 14 8:30 am-6:30 pm \$55

❖ West Side Story at the Orpheum Theater

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

Free Events Around Town



Uptown Art Fair

August 5-7 for the Uptown Art Fair 2011: Urban Experiences. Over 360 professional artists, 40 youth artists, 25 performers, 20 food vendors and hundreds of Uptown businesses will help uphold the event's 47 year legacy of excellence.

LOCATION: The intersection of Lake Street and Hennepin Avenue and "The Mall" in Southwest Minneapolis.
Free event.



MUSIC IN THE PARKS 2010 - LAKE HARRIET Bandshell Free CONCERTs

43rd St. W and E Lake Harriet
Parkway Minneapolis, MN 55409

Mon - Sat at 7:30 and
Sun 2:00 & 5:30
unless otherwise listed

612-313-7796



MINNEAPOLIS AQUATENNIAL

Welcome to the 2011 Minneapolis Aquatennial Festival! Aquatennial is the official civic celebration of the City of Minneapolis. Entering its 72nd year, Minneapolis residents, workers, and tourists have come to love and appreciate all that the City of Minneapolis has to offer during the Aquatennial Festival. We invite you to join in the celebration and enjoy the Best Days of Summer.

July 15-23, 2011

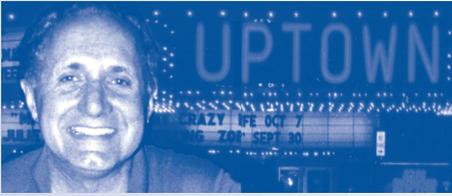


Walker Art Center Free First Saturdays

The Walker Art Center is a catalyst for the creative expression of artists and the active engagement of audiences. Experience the Walker for free. Always a new exhibit to experience.

First Saturday of every
month from 10-5

612.375.7600



At the Movies with *"Downtown Tom"*

JULY MOVIE JUBILEE

"BEAT THE HEAT WITH A MOVIE TREAT!"

During the steamy month of July, UCare Skyway Senior Center is hosting a 5-Film Jubilee designed to fight the Summer blahs & invigorate frazzled spirits hit by the heat. Why sit & suffer when you can laugh, snicker, and howl at five films that are silly-by-design, nutty in spirit, goofy, and just plain over-the-top funny? No, we haven't abandoned serious films or films in good taste; we've just put those aside for August and beyond. So, duck in out of the heat, fasten your seat belts, and be prepared for a good laugh with your fellow movie going members. You'll be glad you did!

How to live Forever

Director Mark Wexler steers an entertaining worldwide film trek to investigate just what it means to grow old, and what it could mean to live forever. He travels to Okinawa and Iceland, where people live longest; he travels to Las Vegas for a funeral directors' convention and to Arizona for a tour of a cryonics facility. Wexler explores the viewpoints of a delightfully varied group who've managed to live long lives: 94-year-old exercise guru Jack LaLanne; Buster Martin, a 101-year-old chain-smoking, beer-drinking marathoner; futurist Ray Kurzweil; and finally, an elder porn star (name withheld). In the mix as well are health, fitness, and life-extension experts. The film evolves into a thought-provoking examination of what truly gives life meaning. It's not just for the aging--but for all who plan to grow old one day. AARP recommended. Check newspaper theater listings in July for locations and show times.



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.

❖ Election – R 1999 (107 min.)

Tracy Flick (Reese Witherspoon) is running unopposed for this year's high school student election. But school civics teacher Jim McAllister (Matthew Broderick) has a different plan. Partly to establish a more democratic election, and partly to satisfy some deep personal anger toward Tracy, Jim talks a popular varsity football player to run for president as well. Chaos ensues. (screwball comedy-drama)

F July 1 12:00 Free

❖ There's Something About Mary – Unrated 1998 (119 min.)

A man (Ben Stiller) gets a chance to meet up with his high school dream girl (Cameron Diaz), even though his date back then was a complete disaster! (comedy-romance).***

F July 8 12:00 Free

❖ Airplane! – PG 1980 (88 min.)

Still craving for the love of his life, Ted Striker follows Elaine onto the flight that she is working on as a member of the cabin crew. Elaine doesn't want to be with Ted anymore, but when the crew and passengers fall ill from food poisoning, all eyes are on Ted to get flying! Robert Hays. (comedy-romance)

F July 15 12:00 Free

❖ Risky Business – R 1983 (98 min.)

Joel (Tom Cruise) has all the normal teenage fantasies...cars, girls, money. Then his parents leave for a week; all his fantasies came true...and things go wi-i-l-d-y out of control when his home gets filled with "unexpected guests." (comedy-drama)

W July 20 12:00 Free

❖ Wedding Crashers – R 2005 (119 min.)

John Beckwith (Owen Wilson) and Jeremy Grey (Vince Vaughn), a pair of committed womanizers who sneak into weddings to take advantage of the romantic tinge in the air, find themselves at odds with one another when John meets and falls for Claire Cleary. (comedy-romance)

F July 29 12:00 Free

❖ The King's Speech – R 2010 (118 min.)

The story of King George VI of Britain, his impromptu ascension to the throne and the speech therapist who helped the unsure monarch become worthy of it. Colin Firth. (biog-drama) (best picture for 2010)

F Aug 5 12:00 Free

❖ 127 Hours – R 2010 (94 min.)

A mountain climber becomes trapped under a boulder while canyoneering alone near Moab, Utah and resorts to desperate measures in order to survive. James Franco. (adventure-biog-drama)

F Aug 12 12:00 Free

❖ Royal Wedding – PG 1951 (93 min.)

Tom and Ellen Bowen (Fred Astaire and Jane Powell) are a brother and sister dance act whose show closes in New York. Their agent books them in London for the same period as the Royal Wedding where new romantic involvements await each. This picture is filled with song, gaiety, and show-stopping dance! (comedy-music-romance)

F Aug 19 12:00 Free

❖ The Eyes of Laura Mars – R 1978 (104 min.)

Laura Mars (Faye Dunaway) is a very successful high-end fashion and advertising photographer. Detective John Neville (Tommy Lee Jones) notes striking similarities between her art photos and those of actual crime scenes. Although suspicious of her, he soon realizes that she hasn't been involved in any of the crimes but can see what is happening through the eyes of the killer. After her friends and some of her models are killed, she joins forces with Neville to identify the killer before she too becomes a victim.

(horror-mystery-thriller)

Th Aug 25 12:00 Free

❖ Fair Game – PG13 2010 (108 min.)

CIA operative Valerie Plame (Naomi Watts) discovers her identity is allegedly leaked by the government as payback for an op-ed article her husband (Sean Penn) wrote criticizing the Bush administration. (biog-drama-thriller)

F Sept 2 12:00 Free

❖ Morning Glory – PG13 2010 (107 min.)

An upstart television producer accepts the challenge of reviving a struggling morning show program with warring co-hosts. Harrison Ford, Diane Keaton. (comedy-drama-romance)

F Sept 9 12:00 Free

❖ The Tourist – PG13 2010 (103 min.)

Elise (Angelina Jolie) sits next to an American tourist, Frank (Johnny Depp), on a train going to Venice. She has chosen him as a decoy, making believe that he is her lover who is wanted by police. Not only will they need to evade the police, but also the mobster whose money her lover stole. (action-drama-romance)

F Sept 16 12:00 Free

❖ Witness For The Prosecution – PG13 1957 (116 min.)

When Leonard Vole (Tyrone Power) is arrested for the sensational murder of a rich, middle-aged widow, the famous Sir Wilfrid Robarts (Charles Laughton) agrees to appear on his behalf. Vole's only alibi witness is his wife, the calm and coldly calculating Christine Vole. (Marlene Dietrich). Sir Wilfrid's task becomes even more impossible when Christine agrees to be a witness not for the defence but for the prosecution. (crime-drama-mystery)

W Sept 21 12:00 Free

❖ You Will Meet A Tall Dark Stranger – R 2010 (98 min.)

Woody Allen comedy that follows a pair of married couples, Alfie (Anthony Hopkins) and Helena (Gemma Jones), and their daughter Sally (Naomi Watts) and husband Roy (Josh Brolin), as their passions, ambitions, and anxieties lead them into trouble and out of their minds.

F Sept 30 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

Walking Club = FREE & FUN WORKOUT! 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. Thursdays also feature the Nicollet Ave Farmer's Market

Every Thursday	10 – 11 am	Free
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Weight & Strength -

EVERYONE IS WELCOME TO JOIN! NO CLASS IN JULY – SUMMER BREAK – But if you are looking for exercise, try our Thursday Walking Club or in July TAI CHI is offered for FREE!! Low impact! All Fitness Levels Welcome! Weights, Strength Training, Stretching and Cardio.



M	AUG 1-Sept 26	10:00 – 10:45 am
F	AUG 5-Sept 30	10:00 – 10:45 am

Yoga Stretch – Yoga Made For You!

EVERYONE IS WELCOME TO JOIN! 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	July 6-Sept 28	11- 12:00
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Tai Chi Exercise with Mieng Lam

JULY SPECIAL – FREE CLASSES – Come and Try it out! Gentle movements target specific muscle groups. Tai Chi incorporates a relaxed, meditative approach to physical activity. Tuesdays are TRADITIONAL TAI CHI and Thursdays incorporates aspects of TAI CHI, KUNG FU, and other disciplines ~ No time change anymore on Thursday's either! EVERYONE IS WELCOME TO JOIN!

T	July 5-Sept 27	9:30 – 10:30am
Th	July 7-Sept 29	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	July 11, Aug 8, Sept 12	11:00-12:30	Free
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Foot Care Clinics – NEW SCHEDULE

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 and are only EVERY OTHER MONTH.

F	July 22 and Sept 23	11:00am – 3pm	\$25
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Crafts & More For Free – Formerly Sit n Stitch

Free to everyone – The classroom will be open to participate in a variety of activities. Games, puzzles, arts and crafts (including knitting, sewing, etc.) – you name it! From brain stimulation to relaxation, stop in and join others or relax with a personal activity, you can tailor this time to suit your mood. Always the Second Thursday of Every Month at 12:30.

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

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 12:30. 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 July 13, Aug 10, Sept 14 9:00 – 11:30 free

Book Club

NEW START TIME



July – *The Sound and the Fury* by William Faulkner

The ostensible subject of *The Sound and the Fury* is the dissolution of the Compsons, one of those august old Mississippi families that fell on hard times and wild eccentricity after the Civil War. This rich, dark, scandal-ridden story of squandered fortune, incest (in thought if not in deed), madness, congenital brain damage, theft, illegitimacy, and stoic endurance is told in the interior voices of three Compson brothers.

Th July 21 10:30-12:30 Free

August – *A Walk in the Woods: Rediscovering America on the Appalachian Trail* by Bill Bryson

Bryson describes the destruction of many parts of the forest and warns of the continuing perils (both natural and man-made) the Trail faces. He speaks of the natural beauty and splendor as he passes through, and he recalls clearly the serious dangers the two face during their time together on the trail. So, *A Walk in the Woods* is not simply an out-of-shape, middle-aged man's desire to prove that he can still accomplish a major physical task, it's also a plea for the conservation of America's last wilderness. Bryson's telling is a knee-slapping, laugh-out-loud funny trek through the woods, with a touch of science and history thrown in for good measure.

Th Aug 18 10:30-12:30 Free



September – *Team of Rivals* by Doris Kearns Goodwin Part 1
Team of Rivals doesn't just tell the story of Abraham Lincoln. It is a multiple biography of the entire team of personal and political competitors that he put together to lead the country through its greatest crisis. Here, Doris Kearns Goodwin profiles five of the key players in her book, four of whom contended for the 1860 Republican presidential nomination and all of whom later worked together in Lincoln's cabinet.

Th Sept 15 10:30-12:30 Free

The Lunch Bunch – If You Do Not Register by Wednesday Noon, You Will Not Be Able To Sit With The Group

We will explore a little beyond downtown – but these are great venues everyone's been talking about! You will meet at the restaurant for this quarter's lunches. Be at the restaurant at 11:30! We hope you can join us! Everyone is welcome to participate BUT Please register by the Tuesday 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	July 22	Loring Kitchen
843-0400	11:30	1359 Willow St
F	Aug 26	Gather (Walker Art)
253-3410	11:30	1750 Hennepin
F	Sept 23	Masa
338-6272	11:30	1070 Nicollet

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.

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, filling out paperwork, 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.

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

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 July 21, Aug 18, Sept 15 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 July 11 – Sept 26 1:00-2:30 Free

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.

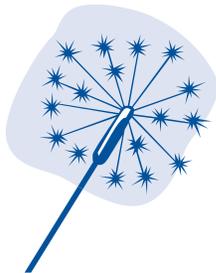


T July 26, Aug 23, Sept 27 1:00 Free

July ACTIVITIES

Independence Day Ice Cream Party!

Ice Cream --- Oh Yes, It's Ice Cream! Come and have a sweet treat and cool off. Be creative because there will be a "topping bar" and even ROOT BEER to take the vanilla to the next level!



W July 6 1:00-2:30 Free

Adventures in Asia

Last year, Michael Smith retired after almost 30 years of work and set out on a three month journey through Asia. Traveling with his backpack and camera and just a rough itinerary, he planned to see Thailand, the Philippines, Laos, and Vietnam. Join him to hear of his adventures, see slides of his travels, a find out how this trip brought major changes to his life.

W July 13 1:00-2:30 Free

Sit Down for Stand Up!

Keeping with our July Fun theme – take in some wholesome and VERY funny stand up comedy, Family Friendly laughs with a classic, Bill Cosby and right after a featured new comer to stand-up making a name for himself with his good clean humor, Jim Gaffican – First Showing is early – 11:00 and there will be popcorn!

T July 19 11:00 – 2:30 Free

AARP Legislative Update

Get the latest update on the issues that you care about! Medicare/Medicaid, government shutdowns and other hot issue topics. Bring your questions!

W July 27 1:00 – 3:00 Free

What Me Worry? – Awareness in HomeCare

Mark Hinchcliffe, Pinnacle Services, will be speaking about what questions should be asked when looking for a home care company; providing a checklist for them and family members; differences between Medicare and private pay costs and how to make a plan for when the time for in-home care comes. Other topics include planning for long term care; the basics around care giving and the impact on caregivers and family members; Minnesota's Partnership Program for long-term care; and who should look at planning for this. Know Your Options and don't be caught off guard or scared if/when a situation ever should occur.

T July 28 1:00-2:30 Free

August ACTIVITIES

Super Easy Stretch & Exercise – Free Exercise Class

It's hard to think about a workout when the temperature outside is SCORCHING! But not to worry because you can work out in air conditioning!. 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 Aug 3 1:00-2:30 Free

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

Leaving A Lasting Legacy

You won't hear a bunch of legal mumbojumbo just straight talk. Attorney Chuck Roulet will tell you exactly the differences between a will and a trust, what probate is and how it works, planning for incapacity, federal and state estate taxes - what they are, how they work/how to pass the maximum amount of your estate to your family, long-term care planning including government benefits such as MNCare and medicare and long-term care insurance, leaving a real legacy - capturing your greatest wealth, your human, spiritual and intellectual assets and passing them to the next generation and more! Get your individual questions addressed during Q&A time

T Aug 9 1:00-2:30 Free

Foreign Policy Issues Discussion 2 – To Many Good Topics to Wait Until Fall!

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 "Germany Ascendant," "Sanctions and Nonproliferation," "Crisis in the Caucasus," and "Global Governance." Co-sponsored by the Minnesota International Center, the Foreign Policy Association, and Minneapolis Community Education.

W Aug 10-31 1:00-2:30 \$18



September ACTIVITIES

Foot Reflexology

Jaco Balmir, Reflexology Technician, will detail the practice of reflexology, what it is, why you would want or need foot reflexology. Foot reflexology is a natural healing art based on the principle that there are reflexes in the feet, hands and ears and their referral areas within zone related areas, which correspond to every part, gland and organ of the body - much more than the practice of massage. Come and learn about this holistic approach – Jaco will be happy to answer any questions.

T Sept 13 1:00-2:30 Free



UCare Information Session

Come find out what more than 85,000 UCare for Seniors members already know. Join us for this free session and learn about the four levels of health care coverage that UCare for Seniors offers.

W Sept 14 1:00-2:30 Free

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

You must have competed 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 Sept 20 11:00 – 3:00 pm
\$12 AARP/\$14 regular

Your Inner Artist –

Howard Carson will introduce you to the basic principals for drawing and incorporating color with these sessions. We will have supplies, but they are not "artist grade" so feel free to bring your own as listed below.

Basic Drawing Techniques

Learn the fundamentals of drawing in this first week course. Howard will work through the fundamentals of drawing, line, dimension, perspective, and more. Participants are encouraged to bring their own #2 pencils, eraser, sketch pad and a favorite photo or picture to work with.

Working with Colored Pencils

In the second week course, Howard will work with students on the many color techniques of working with colored pencil. Participants are encouraged to bring their own soft colored pencils (Prisma color or similar brand), eraser, sketch pad, burnish/smudge stick and a favorite photo or picture to work with.

Th Sept 22 & 29 1:00-2:30
\$6 for both, \$4 for 1

Anita Makar's Guthrie Play Discussion – Much Ado About Nothing

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 Sept 27 11:00 – 12:00 Free

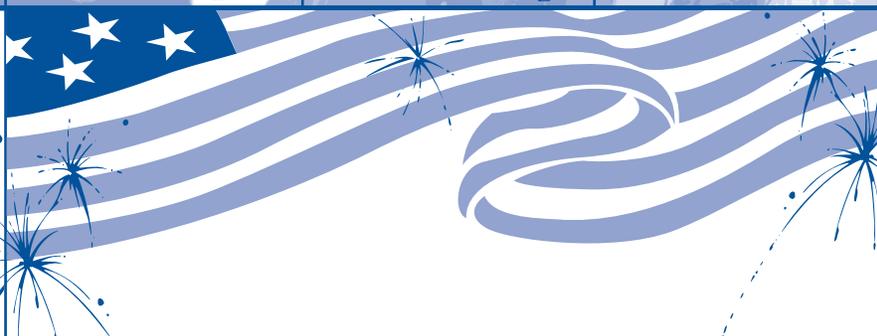
"Just Because We Can" Party

We can and we will have a party – Because they are fun and we don't need a reason. Visiting with friends, making new friends and just being with each other is all we need! Tell your friends and tell strangers to stop by! We will have snacks, light fair, punch, treats and we are staying open until 4:30 pm but come early before the food is gone!

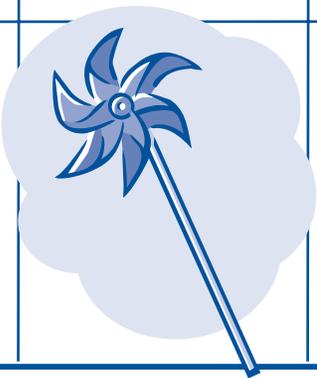
W Sept 28 1:30-4:30 Free

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

July 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*PLEASE REGISTER FOR CLASSES</p> 				<p>•1 Noon - 2:30 Movie: "Election"</p>
<p>4 9:00 - 3:00 Center Closed for the Holiday</p>	<p>5 9:30 - 10:30 Tai Chi* 12:30 - 1:30 Birthdays of the Month</p>	<p>6 11:00 - Noon Yoga Stretch* 1:00 - 2:30 Independence Day Ice Cream Party</p>	<p>7 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club</p>	<p>8 Noon - 2:30 Movie: "There's Something About Mary"</p>
<p>11 11:00 - 12:30 I.C.E.S. 1:00 - 2:30 Catching Up on Current Events</p>	<p>12 9:30 - 10:30 Tai Chi* 1:00 - 2:30 Meet the Artist - Howard Carson</p>	<p>13 9:00 - 11:30 Bundles of Love 11:30 - 12:30 Yoga Stretch* 1:00 - 2:30 Adventures in Asia</p>	<p>14 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Crafts & More</p>	<p>15 Noon - 2:30 Movie: "Airplane!"</p>
<p>18 1:00 - 2:30 Catching Up on Current Events</p>	<p>19 9:30 - 10:30 Tai Chi* 11:00 - 3:00 Sit Down for Stand Up!</p>	<p>20 11:00 - Noon Yoga Stretch* Noon - 2:30 Movie: "Risky Business"</p>	<p>21 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 10:30 - 12:30 Book Club-New Time! 1:00 - 2:30 Resource Connection Advocates</p>	<p>22 11:00 - 3:00 Foot Care Clinic* 11:30 - 1:00 The Lunch Bunch: Loring Kitchen</p>
<p>25 1:00 - 2:30 Catching Up on Current Events</p>	<p>26 9:30 - 10:30 Tai Chi* 1:00 - 2:30 Ask the Pharmacist</p>	<p>27 11:00 - Noon Yoga Stretch* 1:00 - 3:00 AARP Legislative Update</p>	<p>28 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 What, Me Worry? - Awareness in Homecare</p>	<p>29 Noon - 2:30 Movie: "Wedding Crashers"</p>

August 2011

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 - 10:45 Weight & Strength* 11:00 - 12:30 Friends Board Meeting 1:00 - 2:30 Catching Up on Current Events	2 9:30 - 10:30 Tai Chi* 12:30 - 1:30 Birthdays of the Month	3 11:00 - Noon Yoga Stretch* 1:00 - 2:30 Easy and Free Exercise!	4 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Advisory Board Meeting	5 10:00 - 10:45 Weight & Strength* Noon - 2:30 Movie: "King's Speech"
8 10:00 - 10:45 Weight & Strength* 11:00 - 12:30 I.C.E.S. 1:00 - 2:30 Catching Up on Current Events	9 9:30 - 10:30 Tai Chi* 1:00 - 2:30 Leaving a Lasting Legacy	10 9:00 - 11:30 Bundles of Love 11:30 - 12:30 Yoga Stretch* 1:00 - 2:30 Foreign Policy Discussion	11 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Crafts & More	12 10:00 - 10:45 Weight & Strength* Noon - 2:30 Movie: "127 Hours"
15 10:00 - 10:45 Weight & Strength* 1:00 - 2:30 Catching Up on Current Events	16 9:30 - 10:30 Tai Chi* 1:00 - 2:30 Meet the Artist - Walter Williams	17 11:00 - Noon Yoga Stretch* 1:00 - 2:30 Foreign Policy Discussion	18 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 10:30 - 12:30 Book Club-New Time! 1:00 - 2:30 Resource Connection Advocates	19 10:00 - 10:45 Weight & Strength* Noon - 2:30 Movie: "Royal Wedding"
22 10:00 - 10:45 Weight & Strength* 1:00 - 2:30 Catching Up on Current Events	23 9:30 - 10:30 Tai Chi* 1:00 - 2:30 Ask the Pharmacist	24 11:00 - Noon Yoga Stretch* 1:00 - 2:30 Foreign Policy Discussion	25 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club Noon - 2:30 Movie: "Eyes of Laura Mars"	26 10:00 - 10:45 Weight & Strength* 11:30 - 1:00 The Lunch Bunch: Gather
29 10:00 - 10:45 Weight & Strength* 1:00 - 2:30 Catching Up on Current Events	30 9:30 - 10:30 Tai Chi*	31 11:00 - Noon Yoga Stretch* 1:00 - 2:30 Foreign Policy Discussion		
*PLEASE REGISTER FOR CLASSES				

September 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*PLEASE REGISTER FOR CLASSES</p>		<p>1 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Advisory Board Meeting</p>	<p>2 10:00 - 10:45 Weight & Strength* Noon - 2:30 Movie: "Fair Game"</p>	
<p>5 9:00 - 3:00 Center Closed for the Holiday</p>	<p>6 9:30 - 10:30 Tai Chi* 12:30 - 1:30 Birthdays of the Month</p>	<p>7 11:00 - Noon Yoga Stretch* 1:00 - 2:30 Meet the Artist - Sherry Box</p>	<p>8 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Crafts & More</p>	<p>9 10:00 - 10:45 Weight & Strength* Noon - 2:30 Movie: "Morning Glory"</p>
<p>12 10:00 - 10:45 Weight & Strength* 11:00 - 12:30 I.C.E.S. 1:00 - 2:30 Catching Up on Current Events</p>	<p>13 9:30 - 10:30 Tai Chi* 1:00 - 2:30 Foot Reflexology</p>	<p>14 9:00 - 11:00 Bundles of Love 11:30 - 12:30 Yoga Stretch* 1:00 - 2:30 UCare Information Session</p>	<p>15 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 10:30 - 12:30 Book Club-New Time! 1:00 - 2:30 Resource Connection Advocates</p>	<p>16 10:00 - 10:45 Weight & Strength* Noon - 2:30 Movie: "The Tourist"</p>
<p>19 10:00 - 10:45 Weight & Strength* 1:00 - 2:30 Catching Up on Current Events</p>	<p>20 9:30 - 10:30 Tai Chi* 11:00 - 3:00 Defensive Driving 4 hr Refresh</p>	<p>21 11:00 - Noon Yoga Strength* Noon - 2:30 Movie: "Witness for the Prosecution"</p>	<p>22 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Your Inner Artist - Basic Drawing</p>	<p>23 10:00 - 10:45 Weight & Strength* 11:00 - 3:00 Foot Care Clinic* 11:30 - 1:00 The Lunch Bunch: Masa</p>
<p>26 10:00 - 10:45 Weight & Strength* 1:00 - 2:30 Catching Up on Current Events</p>	<p>27 9:30 - 10:30 Tai Chi* 11:00 - 12:30 Anita Makar Much Ado About Nothing 1:00 - 2:30 Ask the Pharmacist</p>	<p>28 11:00 - Noon Yoga Stretch* 1:30 - 4:30 "Just Because We Can" Party</p>	<p>29 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Your Inner Artist - Colored Pencil</p>	<p>30 10:00 - 10:45 Weight & Strength* Noon - 2:30 Movie: "You Will Meet a Tall Dark Stranger"</p>

Registration Form for Center Activities Only – No Trips

Name _____	Phone () _____	
Address _____	Apt. # _____	
City _____	Zip _____	
Class 1 _____	Fee _____	
Day _____ Date _____	Time _____	
Class 2 _____	Fee _____	
Day _____ Date _____	Time _____	
Check # _____	Fee Total _____	
Make Checks Payable To: Minneapolis Finance Department	Send To: UCare Skyway Senior Center 950 Nicollet Mall, Suite 290 Minneapolis, MN 55403	For Office Use Only: Date received: _____ Initials: _____

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.

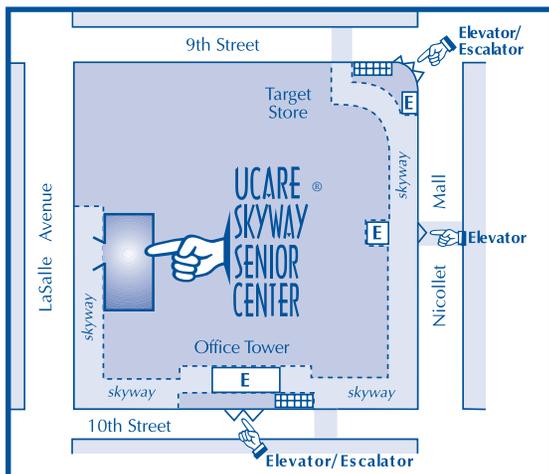
UCare Skyway Senior Center

950 Nicollet Mall, Suite 290
Minneapolis, MN 55403

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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.