

# 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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## New and Exciting for 2012 at the UCare Skyway Senior Center

New Time for Bundles of Love Bridge

Free Exercise Class

Another Yoga Class Added

Tai Chi Cancelled

February and March Socials

You will be greeted with a Smile... and a one minute questionnaire. It will be quick and painless and most importantly anonymous. It is critical for our program to fully understand who we serve. This information helps the Center to provide quality and relevant programming and also provides the Center the data needed to sustain our program for years to come. Our services remain free to the senior community. You will only fill the questionnaire out one time in 2012 and you will feel satisfaction knowing that you are a part of keeping our resources available and easily accessible to the senior community.

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: \_\_\_\_\_

**Center Director**  
Christina Kendrick

**Advisory Council**  
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*Chair*

Adrienne Merrill-Ratliff  
*Vice-Chair*

Betty Jeanne Leners  
*Secretary*

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Mae Range

Patricia Harris

Alice Lincoln

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Center Board**

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Lisa Goodman  
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Jennifer Wright

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Ellen Wolfson

The Friends of the Skyway Senior Center wish to thank everyone for their generosity. No matter the gift size, everything helps and goes directly toward the operation and programming of the UCare Skyway Senior Center. All board members are volunteers and there is no paid board staff. Watch for upcoming fundraising events around the community!

Are you looking for a rewarding opportunity that uses your talents at the UCare Skyway Senior Center? There are positions available on the Friends of the Skyway Senior Center Board and the UCare Skyway Senior Center is looking for presenters for all topic areas. Call 612-370-3869 and ask for Christina for more information!

The UCare Skyway Senior Center always accepts donations of Kleenex, microwave popcorn, copy paper, unused greeting cards, etc.

## HEALTH CARE *that starts with:*

*C. Leigh*

– UCare member  
Mendota Heights, MN

**D**iscover *UCare for Seniors*<sup>SM</sup>, the plan designed specifically for our members. With UCare, you'll enjoy simple, affordable health care with great benefits at a great price. It's just what you'd expect from health care that starts with you.

*Get more information the way you prefer:*

**Visit:** [UCareplans.org](http://UCareplans.org) for instant access to rates, plan details, and more.

**Call:** (toll free) 1-877-523-1518  
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**UCare**<sup>®</sup>

Health care that starts with you.<sup>®</sup>

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# Artists of the Month

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



## January

**Ellie Kingsbury** project draws from the sacred art form of mandalas – circular meditative patterns that represent wholeness from the personal to the universal. Ellie found that the patterns formed by Mother Nature to be much more inviting than the computer generated images of mandalas and created a series of these natural images. Each image of this project was photographed on a beautiful and spiritual island in northern Minnesota.

Artist Reception Thur., January 12 at 1:00

## February

**Nikki Remington** is a senior at Zimmerman High School and plans on attending college in Minnesota to study art and design right after graduation. Nikki's interest in art started very early, at age 5. She favors the popular style of drawing manga, a Japanese influenced animation style but she also experiments in watercolor, colored pencil and photography. She has won awards for her art featured in local art contests.

Artist Reception Wed., February 15 at 1:00

## March

**Bill Smoger** photographs mostly nature scenes of public lands. In this way he combines two interests - the outdoors and photography. This work encompasses primarily the Twin Cities Regional Parks system and Minnesota's State Parks. He is a self-taught photographer.

Artists Reception Wed., March 28 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 and all mediums to feature at our center. You just have to be able to hang it! Please contact MSSC at 612-370-3869 and ask for Christina Kendrick for more information.

# Trips & Social Outings



## Plays, Trips and Tours Minneapolis Community Education

### Everybody Loves Opal at the Old Log Theater

This classic comedy is about the infectiously cheerful Opal Kronkie and a trio of down and out con artists. The unsavory trio concoct elaborate schemes to "do in" Opal, but each one backfires. Through it all, Opal radiates kindness, affection and an abiding faith in the goodness of human nature. With registration, choose from smoked pork chop, walleye almandine, lemon artichoke chicken breast, beef stroganoff, or vegetarian lasagna. They are served with salad, potatoes, vegetable, bread and dessert. Price includes bus transportation, show lunch, tax and gratuity.

Thursday, February 2 10:00 am-5:00 pm \$49

### Cat on a Hot Tin Roof at the Guthrie Theater

This Pulitzer Prize-winning classic takes place on the 65th birthday of a wealthy southern patriarch, who is unknowingly dying. His sons have arrived at the family plantation in hopes of getting closer to the inheritance. As one of the sons descends into alcoholism, the lies and illusion become too much for the family to bear. Seats are on the side of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2nd St. S.

Wednesday, February 1 12:45-3:30 pm \$17

### Disney's The Lion King at the Orpheum Theatre

The entire savannah comes to life and, as the music soars, marvel at the breathtaking spectacle of animals brought to life by a cast of more than 40 actors. Thrill

to the pulsating rhythms of the African Pridelands and an unforgettable score including "Can You Feel the Love Tonight" and "Circle of Life." Reserved 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.

Thursday, February 9 1:45-4:30 pm \$47

### Million Dollar Quartet at the State Theatre

This Broadway musical was inspired by the true story of the famed recording session that brought together Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. These young musicians gathered for what would be one of the greatest jam sessions of all time. The show brings that night to life with a tale of broken promises, secrets, betrayal and celebrations featuring hits including "Blue Suede Shoes," "Fever," "That's All Right," "I Walk the Line," "Who Do You Love," and more. Reserved seats are toward the back of the main floor. Transportation is on your own. Meet in the lobby of the State Theatre, 805 Hennepin Ave.

Saturday, March 3 11:45-4:30 pm \$32

### Mamma Mia! at the Orpheum Theatre

This is the ultimate feel-good show. The musical combines greatest hits, including "Dancing Queen," "Take a Chance on Me," and "The Winner Takes All," with an enchanting tale of love, laughter and friendship. Transportation is on your own. Meet in the lobby of the Orpheum Theatre, 910 Hennepin Ave.

Sunday, April 29 12:45-3:30 pm \$32

## MAIL PAYMENT TO NEW ADDRESS:

### Please Contact Minneapolis Community Education to Register for trips listed

Call: 612-668-4828

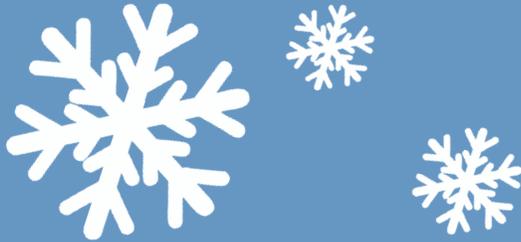
– or send your payment to –

Patty Hastreiter, Minneapolis Community Education  
4029 28<sup>th</sup> Ave So, 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

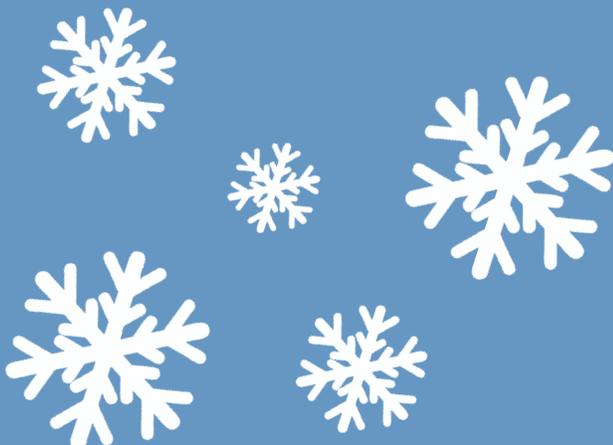
# Free Events Around Town



## St Paul Winter Carnival

Join us for the 126th Saint Paul Winter Carnival, the "Coolest Celebration on Earth tm" 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 26 – Feb 5  
651-223-4700



## Scottish Ramble

Nothing's cooler than kilts in February! Enjoy bagpipes, dance competitions, shopping, informative lectures and traditional music as annual favorite, the [www.scottishramble.org](http://www.scottishramble.org)

Scottish Ramble,  
invades Landmark Center!  
75 Fifth St. W, St Paul, MN, 55102  
(651) 292-1239  
February 18-19 - Sat 10 am-5 pm  
Sun 12 pm-5 pm  
\$5 adults / \$3 kids & seniors



## St. Patrick's Day Parade

The 46th Annual St. Patrick's Day Parade

Parade goes along 4th St in St. Paul from Sibley St to Market St  
Noon on Saturday March 17, 2012!



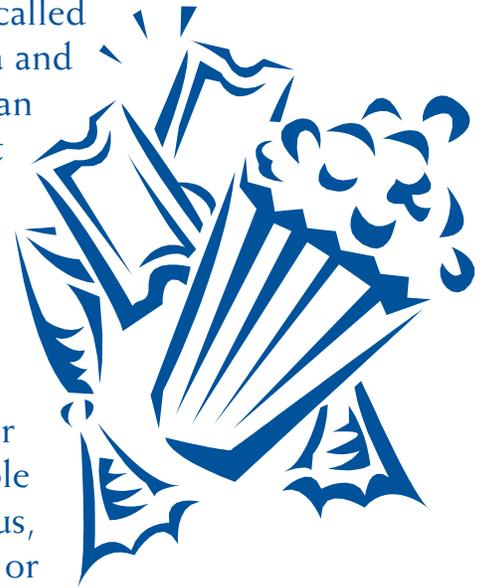


## At the Movies with *"Downtown Tom"*

# February's "Femmes Fatales"

Audiences to UCare films have already seen these so-called "dangerous women" in such memorable films as "Pandora and the Flying Dutchman" (Ava Gardner), "The Postman Always Rings Twice" (Lana Turner) and perhaps most memorably, "Double Indemnity" (Barbara Stanwyck). What accounts for the spell that these femmes fatales characters hold for filmgoers, both male and female?

Motivation is everything: A femme fatale character tries to achieve her hidden purpose by using feminine wiles such as beauty, charm, and sexual allure. Her seductive charms ensnare her admirers in bonds of irresistible desire, often leading them into compromising, dangerous, and deadly situations. In some situations, she uses lying or coercion rather than charm. She usually drives her admirers to the point of obsession and exhaustion so that he is incapable of making rational decisions. The femme fatale flourished in American films during the 1940's & 1950's. Audiences for these films took a welcome break from films driven by one-dimensional, wholesome heroines to films driven by women with darker, more complex motives. Actresses enjoyed playing out the psychology of a femme fatale character & audiences responded!



Although typically villainous, femme fatales exert their power over men in other unexpected ways. Hepburn's Susan Vance in "Bringing Up Baby" is intensely headstrong and eccentric. Glenda Jackson's Vicki is stridently rational. Young Sue Lyon is simply a bubble gum tease to erudite James Mason. And Rita Hayworth's Gilda oozes sexual tension and desire.



Come & enjoy February's Femme Fatales!

# 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.

## ❖ New York, New York--PG, 1977 (155 min.)

An egotistical saxophone player (Robert DeNiro) and a young singer (Liza Minnelli) meet on V-J Day and embark upon a strained and rocky romance, even as their careers begin a long uphill climb. (drama-music-musical)

F Jan 6 12:00 Free

## ❖ Casino Jack--R, 2010 (108 min.)

A hot shot Washington D.C. lobbyist and his protégé go down hard as their schemes to peddle influence lead to corruption and murder. Kevin Spacey, Barry Pepper. (biography-crime-comedy)

F Jan 13 12:00 Free

## ❖ Death Becomes Her--PG-13, 1992 (104 min.)

When a woman (Meryl Streep) learns of an immortality treatment, she sees it as a way to outdo her longtime rival (Goldie Hawn). (comedy-fantasy-horror)

F Jan 20 12:00 Free

## ❖ From Here to Eternity--Not Rated, 1953 (118 min.)

In 1941 Hawaii, a private is cruelly punished for not boxing on his unit's team, while his captain's wife and second in command are falling in love. Burt Lancaster, Montgomery Clift, Frank Sinatra. (drama-romance-war)

W Jan 25 12:00 Free

## ❖ Gilda--Not Rated, 1946, (110 min.)

The sinister boss of a South American casino finds that his right-hand man Johnny (Glenn Ford) and his sensuous new wife Gilda (Rita Hayworth) already know each other. Gilda plays temptress, never letting Johnny forget their torrid past together. (drama-romance)

F Feb 3 12:00 Free

## ❖ A Touch of Class--PG, 1973 (106 min.)

Steve (George Segal), a happily married man living in London meets Vicki (Glenda Jackson), an English divorcee. They become involved & and he now realizes he and Vicki have fallen in love. (comedy-romance)

F Feb 10 12:00 Free

## ❖ Lolita--PG-13, 1962 (152 min.)

Hubert Humbert, a divorced British professor of French literature, travels to small-town America for a teaching position. He allows himself to be swept into a relationship with Charlotte Haze, his widowed and sexually famished landlady, whom he marries in order to pursue Charlotte's 14-year old flirtatious daughter, Lolita. James Mason Shelley Winters, Sue Lyon. (drama)

F Feb 17 12:00 Free

## ❖ Bringing Up Baby--PG, 1938 (102 min.)

While trying to secure a \$1 million donation for his museum, a befuddled paleontologist is pursued by a flighty, often irritating heiress and her pet leopard "Baby." Cary Grant, Katharine Hepburn. (comedy)

F Feb 24 12:00 Free

## ❖ Stalag 17--PG, 1953 (120 min.)

When two escaping W.W.II prisoners are killed, the German POW camp barracks marketer, J.J.Sefton (William Holden) is suspected of being an informer. (comedy-drama-war)

F Mar 2 12:00 Free

## ❖ A Face in the Crowd--Not Rated, 1957 (126 min.)

An Arkansas hobo (Andy Griffith) becomes an overnight media sensation. But as he becomes drunk with fame and power, will he become exposed as the fraud he has become? Patricia Neal (intense drama)

F Mar 9 12:00 Free

## ❖ Water for Elephants--PG-13, 2011 (120 min.)

A veterinary student abandons his studies after his parents are killed and joins a traveling circus as their vet. Robert Pattinson, Reese Witherspoon. (drama-romance)

T Mar 13 12:00 Free

## ❖ Office Space--PG-13, 1999 (89 min.)

Comedic tale of company workers who hate their jobs and decide to rebel against their greedy boss. Ron Livingston, Jennifer Aniston (comedy-crime)

Th Mar 22 12:00 Free

## ❖ Passion in The Desert--PG-13, 1997 (91 min.)

A young French officer escorts an artist to Egypt in Napoleon's 1798 Egyptian campaign. The two men become separated from their regiment & start wandering through the desert fighting for their life. Through a mysterious bond they communicate through sound, smell, and touch...until his regiment re-appears. (drama-adventure)

F Mar 30 12:00 Free

## Paying for Exercise Classes and our NEW UCare Member Opportunities

Each class you attend, you will need to present your "punch card" which will be initialed by the instructor. Cards are \$16.00 and cover 8 classes. You can go to as many or as few classes as you wish because the cards don't expire. There are NO refunds on cards purchased so don't lose your card or keep it at the center.

**UCARE MEMBERS WILL BE ABLE TO EXERCISE AT NO COST TO THEM WITH QUALIFYING UCARE INSURANCE BENEFIT.**

### 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 skyways or if weather permits we will be outside. Try it out and have your friends come with you! Wear comfy clothes and shoes.

Every Thursday from 10 – 11 am Free

### ENHANCEFITNESS

You do not have to have UCare Insurance to participate. EnhanceFitness® classes are proven to safely improve strength and fitness in older adults. Classes are led by highly-trained instructors, so you get the results you want.

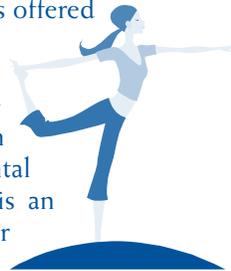
M Jan 9 – Mar 26 10:00 – 11:00 am

F Jan 6 – Mar 30 10:00 – 11:00 am



### Yoga Stretch – Two Times on Wednesday! 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. Last 15 minutes of each class is an option progressive floor stretch series for those who are interested.



W Jan 4 – Mar 28  
10:00-11:00

11:00-12:00

**Tai Chi** Exercise is cancelled. Sorry for the inconvenience. Please check out our other exercise options. They are sure to give you a great workout for all fitness levels!

### Super Easy Stretch & Exercise Free Exercise Class

Start the year right! 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! Always the First Wednesday of Every Month!

W Jan 4 – Mar 7 1:00-2:30 Free

### 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 unless stated below. You can bring your lunch or even a healthy snack to share.

M Jan 9, Feb 13, Mar 12 11:00-12:30 Free

### Foot Care Clinics –

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



F Jan 27, Mar 23 11:00am – 3pm \$25

### CALLING ALL BRIDGE PLAYERS!

Join us at the center for a day of bridge. Games start at 10:00 on Mondays in the main room and 11:00 on Tuesday in the classroom. The last game is at 1:00. The first Monday and Tuesday of every month!



M Feb 6, Mar 5 10:00-1:00 Free

T Jan 3, Feb 7, Mar 6 11:00-1:00 Free

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

## 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 1:00.

## 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 – New Start Time

A Great Activity for a Great Cause and IT IS A LOT OF FUN! 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 Jan 11, Feb 8, Mar 14 12:30 free

## Book Club

January – *Vanity Fair* by William Makepeace Thackeray



*Vanity Fair* is a story of Amelia Sedley, of good family, and Rebecca Sharp, an orphan as they leave Miss Pinkerton's academy on Chiswick Mall to live out their lives in *Vanity Fair* for the world of social climbing and search for wealth. Amelia does not esteem the values of *Vanity Fair* while for Rebecca nothing is more important. Amid the swirl of London's posh ballrooms and affairs of love and war, their fortunes rise and fall. Through it all, Thackeray lampoons the shallow values of his society, reserving the most pointed barbs for the upper crust. What results is a prescient look at the dogged pursuit of wealth and status--and the need for humility.

Th Jan 19 10:30-12:30 Free

February – *The Mis-Education of the Negro*  
by Carter G. Woodson

Originally released in 1933, *The Mis-Education of the Negro* continues to resonate today, raising questions that readers are still trying to answer. The impact of slavery on the Black psyche is explored and questions are raised about our education system, such as what and who African Americans are educated for, the difference between education and training, and which of these African

Americans are receiving. Woodson provides solutions to these challenges, but these require more study, discipline, and an Afrocentric worldview.

Th Feb 16 10:30-12:30 Free

March – *Cutting for Stone* by Abraham Verghese

Marion and Shiva Stone are twin brothers born of a secret union between a beautiful Indian nun and a brash British surgeon at a mission hospital in Addis Ababa. Orphaned by their mother's death in childbirth and their father's disappearance the twins come of age as Ethiopia hovers on the brink of revolution. It is their passion for the same woman that will tear them apart and force Marion to flee his homeland and make his way to America. When the past catches up to him, Marion must entrust his life to the two men he trusted least in the world- the father who abandoned him and the brother who betrayed him.

Th Mar 15 10:30-12:30 Free

## The Lunch Bunch

**If You Do Not Register by Tuesday Noon, You May Not Be Able To Sit With The Group!**

Take a break from the holiday busy with a little lunch with friends! 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 Jan 27 American Burger Bar  
825 Hennepin • 354-3418 • 11:30

F Feb 24 Rosa Mexicano  
609 Hennepin • 656-7144 • 11:30

F Mar 23 Kieran's  
601 1st Ave N • 339-4499 • 11:30

## 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**

Advocates 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. Just call for your one on one appointment. Always the 3rd Thursday of every month.

Th Jan 19, Feb 16, Mar 15 1:00-2:30 Free

**YOU MUST REGISTER FOR ALL CLASSES**

## 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 hosted by Jerry Gunderson. 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 Jan 9-Mar 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.



T Jan 24, Feb 28, Mar 27 1:00 Free

## January ACTIVITIES

### UCare's Minnesota Senior Health Options (HMO SNP)

UCare's Minnesota Senior Health Options (MSHO) provides seniors in Minnesota who are age 65 and older with health care coverage. It's a unique health plan that combines the benefits and services of Medicare and Medicaid. Each member gets quality care that meets their needs. With UCare's MSHO, you benefit from: No premium to join the plan.\* No deductibles. Medical, dental, and Part D prescription drug coverage. Free YMCA membership and no monthly dues. [www.ucare.org/dentalcareforu/Pages/default.aspx](http://www.ucare.org/dentalcareforu/Pages/default.aspx) Dental Care for U benefits that include UCare's See-A-Dentist GuaranteeSM, access to our Mobile Dental Clinic, and up to \$250 extra per year for preventive and restorative services not covered by Medical Assistance. A care coordinator. A Strong & Stable Kit to help you improve your balance and prevent falls. \*You must pay your Medicare Part B premium unless it is paid for by the State.

T Jan 10 1:00-2:30 Free

### MoOptics Eyeglass Adjustments and Info - Free

A Certified Optician offering free adjustments and minor repairs to your existing eyeglasses or answer questions you may have. You can even order new lenses if you have a prescription change or if you need new frames and lenses you can get them at substantial savings of 30% to 50%.

W Jan 18 1:00-2:30 Free

## Travels with Ruth – Amalfi Coast Italy

When I was about nine, I read The Last Days of Pompeii, and I knew that someday I had to see that city. It's taken me 70 years, but last October I finally made it. Wonderful trip--we also visited Herculaneum, Capri, Minore, Naples, and Sorrento. It's an amazingly beautiful area, but for me Pompeii was the best. Imagine a Roman city buried by a volcano in 79 A.D. and then being rediscovered many, many centuries later. Come hear about it!

Th Jan 26 1:00-2:30 Free

## Guthrie Theater Discussion with Anita Cat on a Hot Tin Roof by Tennessee Williams directed by Lisa Peterson

On the heels of the explosive A Streetcar Named Desire, this Pulitzer Prize-winning classic receives its second-ever Guthrie staging this season. It's the 65th birthday of wealthy southern patriarch Big Daddy Pollit, who is unknowingly dying of cancer, and his sons Gooper and Brick have arrived on the scene of the family's Mississippi plantation in hopes of inching closer to their \$10 million inheritance. Yet as Brick descends into alcoholism following the death of a college friend, his fragile relationship with his wife Maggie continues to crumble, and the lies and illusion become too much for the family to bear.

T Jan 31 11:00-12:00 Free

## February ACTIVITIES

### Valentine's Day of Sweets

Sugar is wonderful! Sugar Free and healthy options will be available. Romantic music in the air and the soft petals of carnations will be for everyone to enjoy!



T Feb 14 1:00-2:30 Free

## Guthrie Theater Discussion with Anita End of the Rainbow by Peter Quilter - directed by Terry Johnson

Direct from London's West End, this critically-acclaimed smash-hit helmed by Terry Johnson, director of Broadway's La Cage Aux Folles, features a star-turn performance by Olivier Award-winning actress Tracie Bennett playing Minnesota's own international superstar Judy Garland months before her untimely death. Set in London in 1968, the play combines humor and heartbreak.

T Feb 14 11:00-12:00 Free

**YOU MUST REGISTER FOR ALL CLASSES**

## Back by Popular Demand Your Life Your Legacy – the missing pieces

Everyone who attended the last session came out with amazement and gratitude over what they thought they knew but just learned! Death often occurs without warning. A family member is left alone to make all of the difficult decisions of arranging a funeral when they are at their most vulnerable. Most people have very little idea of what is involved, what the costs are, or even what their loved one may have wanted. The anxiety and stress of making funeral plans at the time of a death is an overwhelming emotional and financial responsibility. Learn tools to help alleviate this burden on your families. You will receive a free journal on how to have this conversation and what people need to know when that time comes.

W Feb 22 1:00-2:30 Free

## Meals on Wheels - All They Can Do For You

You've probably heard of Meals on Wheels but are you up-to-date on all the choices the program is able to offer its clients and their families? Metro Meals on Wheels works with over 35 community-based Meals on Wheels programs in the Twin Cities metro area. Attend this presentation to learn about the specifics of the Meals on Wheels service provided in your neighborhood for you or someone you know.

Th Feb 23 1:00-2:30 Free

## The Murder of Emmet Till: American Experience – Documentary and Discussion

This PBS "American Experience" documentary examines the murder of 14-year-old Emmett Till and the subsequent acquittal of his killers. Considered a catalyst for America's civil rights movement, Till's death sent shockwaves throughout the world. While visiting the Deep South, Till whistled at a white woman, an act which led to his brutal killing. Activists organized after Till's mother let national newspapers run pictures of her mangled son.

W Feb 29 1:00-2:30 Free

# March ACTIVITIES

## Travels with Anita – South Africa

South Africa has been on Anita's list of places to visit for a long time. This trip, which she took in February, was advertised as the "Best of Africa". Some of the cities and sites visited were Johannesburg, Kobe National Park, Kruger National Park, Victoria Falls and Capetown. Come to her about this "Best of Africa" trip!

T Mar 13 11:00-12:00 Free

## Luck O the Irish – A Blarney Party Indeed

No green beer, but there will be punch, Irish and Celtic music and refreshments. Bring soda bread to share or other Irish favorites. Get Your Green On!

F 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 20 11:00 – 3:00 pm  
\$12 AARP, \$14 regular

## Think Green

Large garden, small garden, container garden, even a community garden – it's time to plan! Come and brainstorm ideas for your gardening venture and share suggestions or get questions answered by Peggy MacRae, Master Gardner for Hennepin County. Peggy will also share ideas on gardening and health for you and the environment.

W Mar 21 1:00-2:30 Free

## Guthrie Theater Discussion with Anita Hay Fever by Noël Coward directed by Christopher Luscombe

On the heels of the wildly successful Brief Encounter and Private Lives, the Guthrie presents Noël Coward's delightful comedy of manners for the first time. The eccentric Bliss family – Judith, a recently retired actress, David, a self-absorbed novelist, and their two unconventional children – live in a world where reality slides easily into fiction. Cleverly constructed and slightly cynical, this entertaining romp will be directed by rising British director Christopher Luscombe.

T Mar 27 11:00-12:00 Free

## Health Information on the Internet

Whether you are looking up healthy ways to eat or a serious health concern, the Internet can be a great place for information as well as a place for wrong or misleading information. Wendy Roehlke, UCare holds a degree in library and information science and will give you the tools and resources you need that are trusted and legitimate so you are accurately informed.

Th Mar 29 1:00-2:30 Free

**YOU MUST REGISTER FOR ALL CLASSES**

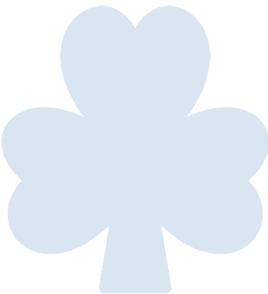
# January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>9:00 – 3:00 ww</b> Center Closed for Holiday	<b>3</b> <b>11:00 – 1:00</b> Bridge  <b>12:30 – 1:30</b> Birthdays of the Month	<b>4</b> <b>10:00 – 11:00</b> Yoga Stretch*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> Free & Easy Exercise	<b>5</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Advisory Board Meeting	<b>6</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>12:00 – 2:30</b> Movie - <i>New York New York</i>
<b>9</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>11:00 – 12:30</b> I.C.E.S.  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>10</b> <b>1:00 – 2:30</b> UCare's Minnesota Senior Health Options	<b>11</b> <b>10:00 – 11:00</b> Yoga Stretch*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>12:30 – 3:00</b> Bundles of Love	<b>12</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Crafts & More  <b>1:00 – 2:30</b> Meet the Artist Ellie Kingsbury	<b>13</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>12:00 – 2:30</b> Movie - <i>Casino Jack</i>
<b>16</b> <b>9:00 – 3:00</b> Center Closed for Holiday	<b>17</b>	<b>18</b> <b>10:00 – 11:00</b> Yoga Stretch*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> MoOptics Eyeglass Adjustments and Info	<b>19</b> <b>10:00 – 11:00</b> Walking Club  <b>10:30 – 11:30</b> Book Club  <b>1:00 – 2:30</b> Resource Connection Advocates	<b>20</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>12:00 – 2:30</b> Movie - <i>Death Becomes Her</i>
<b>23</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>24</b> <b>1:00 – 2:30</b> Ask the Pharmacist	<b>25</b> <b>10:00 – 11:00</b> Yoga Stretch*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>12:00 – 2:30</b> Movie - <i>From Here to Eternity</i>	<b>26</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Travels with Ruth – Amalfi Coast Italy	<b>27</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>11:00 – 3:00</b> Foot Care Clinic*  <b>11:30 – 1:00</b> The Lunch Bunch - American Burger Bar
<b>30</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>31</b> <b>11:00 – 12:00</b> Guthrie Theater - Cat on a Hot Tin Roof			<p style="text-align: center;"><b>*PLEASE REGISTER FOR CLASSES</b></p>

# February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>10:00 – 11:00</b> Yoga Stretch*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> Free & Easy Exercise	<b>2</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Advisory Board Meeting	<b>3</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>12:00 – 2:30</b> Movie - <i>Gilda</i>
<b>6</b> <b>10:00 – 11:00</b> Enhance Fitness®* <b>10:00 – 1:00</b> Bridge <b>12:00 – 1:00</b> Friends Board Meeting <b>1:00 – 2:30</b> Catching Up on Current Events	<b>7</b> <b>11:00 – 1:00</b> Bridge  <b>12:30 – 1:30</b> Birthdays of the Month	<b>8</b> <b>10:00 – 11:00</b> Yoga Stretch*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>12:30 – 3:00</b> Bundles of Love	<b>9</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Crafts & More	<b>10</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>12:00 – 2:30</b> Movie - <i>A Touch of Class</i>
<b>13</b> <b>10:00 – 11:00</b> Enhance Fitness®* <b>11:00 – 12:30</b> I.C.E.S. <b>1:00 – 2:30</b> Catching Up on Current Events	<b>14</b> <b>11:00 – 12:00</b> Guthrie Theater - End of the Rainbow <b>1:00 – 2:30</b> Valentines Day of Sweets	<b>15</b> <b>10:00 – 11:00</b> Yoga Stretch* <b>11:00 – 12:00</b> Yoga Stretch* <b>1:00 – 2:30</b> Meet the Artist - Nikki Remington	<b>16</b> <b>10:00 – 11:00</b> Walking Club  <b>10:30 – 11:30</b> Book Club  <b>1:00 – 2:30</b> Resource Connection Advocates	<b>17</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>12:00 – 2:30</b> Movie - <i>Lolita</i>
<b>20</b> <b>9:00 – 3:00</b> Center Closed for Holiday	<b>21</b>	<b>22</b> <b>10:00 – 11:00</b> Yoga Stretch* <b>11:00 – 12:00</b> Yoga Stretch* <b>1:00 – 2:30</b> Your Life Your Legacy	<b>23</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Meals on Wheels - All They Can Do For You	<b>24</b> <b>10:00 – 11:00</b> Enhance Fitness®* <b>11:30 – 1:00</b> The Lunch Bunch - Rosa Mexicano <b>12:00 – 2:30</b> Movie - <i>Bringing Up Baby</i>
<b>27</b> <b>10:00 – 11:00</b> Enhance Fitness®* <b>1:00 – 2:30</b> Catching Up on Current Events	<b>28</b> <b>1:00 – 2:30</b> Ask the Pharmacist	<b>29</b> <b>10:00 – 11:00</b> Yoga Stretch* <b>11:00 – 12:00</b> Yoga Stretch* <b>1:00 – 2:30</b> The Murder of Emmet Till - docu discussion	<b>*PLEASE REGISTER FOR CLASSES</b>	

# March 2012

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Advisory Board Meeting	<b>2</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>12:00 – 2:30</b> Movie - <i>Stalag 17</i>
<b>5</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>10:00 – 1:00</b> Bridge  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>6</b> <b>11:00 – 1:00</b> Bridge  <b>12:30 – 1:30</b> Birthdays of the Month	<b>7</b> <b>10:00 – 11:00</b> Yoga Stretch*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> Free & Easy Exercise	<b>8</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Crafts & More	<b>9</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>12:00 – 2:30</b> Movie - <i>A Face in the Crowd</i>
<b>12</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>11:00 – 12:30</b> I.C.E.S.  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>13</b> <b>11:00 – 12:00</b> Travels with Anita - South Africa  <b>12:00 – 2:30</b> Movie - <i>Water for Elephants</i>	<b>14</b> <b>10:00 – 11:00</b> Yoga Stretch*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>12:30 – 3:00</b> Bundles of Love	<b>15</b> <b>10:00 – 11:00</b> Walking Club  <b>10:30 – 11:30</b> Book Club  <b>1:00 – 2:30</b> Resource Connection Advocates	<b>16</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>1:00 – 2:30</b> St. Patrick's Day Party
<b>19</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>20</b> <b>11:00 – 2:30</b> Defensive Drive 4 Hr	<b>21</b> <b>10:0 – 11:00</b> Yoga Stretch*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> Think Green	<b>22</b> <b>10:00 – 11:00</b> Walking Club  <b>12:00 – 2:30</b> Movie - <i>Office Space</i>	<b>23</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>11:00 – 3:00</b> Foot Care Clinic*  <b>11:30 – 1:00</b> The Lunch Bunch - Kierans
<b>26</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>27</b> <b>11:00 – 12:00</b> Guthrie Theater - Hay Fever  <b>1:00 – 2:30</b> Ask the Pharmacist	<b>28</b> <b>10:00 – 11:00</b> Yoga Stretch*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> Meet the Artist Bill Smoger	<b>29</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Health Information on the Internet	<b>30</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>12:00 – 2:30</b> Movie - <i>Passion in the Desert</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: <b>Minneapolis Finance Department</b>	Send To: UCare Skyway Senior Center 950 Nicollet Mall, Suite 290 Minneapolis, MN 55403	For Office Use Only: Date received: _____ Initials: _____
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## Registration is Easy

### By Mail

For each class (NOT TRIPS), make out a registration form and check payable to the *Minneapolis Finance Department*. If two or more people are registering for the same class, one check may be used.

#### Mail registration materials to:

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

**Please Refer to the Trips Section for Registration Instructions**

### 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.

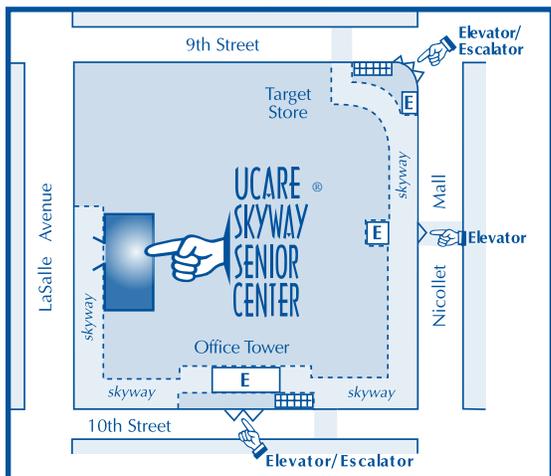
## UCare Skyway Senior Center

950 Nicollet Mall, Suite 290  
Minneapolis, MN 55403

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ORGANIZATION  
U.S. POSTAGE  
PAID  
POS

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

### Map to UCare Skyway Senior Center



Published by the UCare Skyway Senior Center, a program of the Minneapolis Department of Health and Family Support. Call 612-370-3869 to request additional copies.  
E-mail: [skywaycenter@minneapolismn.gov](mailto:skywaycenter@minneapolismn.gov) Website: [www.minneapolismn.gov/seniors](http://www.minneapolismn.gov/seniors)

## How Do I Find the UCare Skyway Senior Center?

### Location:

Our mailing address is 950 Nicollet Mall, Suite 290. We are located on the second floor, skyway-level of the building on the LaSalle Avenue side of the skyway. There is no street-level public entrance from LaSalle Avenue to the UCare Skyway Senior Center. Refer to map above.

### Street-Level Entrances:

**50 South 10th Street** – This is the nearest street level entrance to the UCare Skyway Senior Center. Take the escalator or the elevator up to the skyway level. Follow the skyway west (toward LaSalle Ave.), turn right and walk to suite 290, The UCare Skyway Senior Center.

**900 Nicollet Mall** – This entrance takes you to the Target store. Go up the escalator to the skyway level (second floor). **The UCare Skyway Senior Center is not located in the Target store.** Once you get to the skyway level, follow the skyway all around the perimeter of the building heading south, west and north to suite 290, the UCare Skyway Senior Center. This is about a two-block walk.

### Parking Ramp:

There is a municipal parking ramp in the building. The entrance is on LaSalle Avenue (a two-way street), between 9th and 10th Streets. Go to the public parking area (bear to the right). The Target guest parking area is straight ahead down the parking ramp. The Target guest parking rates are slightly higher than the public parking area. Once you have found a parking space, go to the 10th Street elevators through the yellow or blue door and get off the elevator at the skyway level. As you exit the elevator area, turn right. Follow the skyway west and north to suite 290, the UCare Skyway Senior Center.

### Bus:

10th Street and Nicollet is the nearest bus stop for the UCare Skyway Senior Center. Use the 50 South 10th Street entrance. Follow instructions listed above for 50 South 10th Street. For bus schedule information, contact Metro Transit at 612-373-3333 or [www.metrotransit.org](http://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.