

Chatter

UCare

July - September 2012

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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Summer Break for Some Exercise Classes

UCare STATE FAIR KICK-OFF!

LUNCH BUNCH moving to Thursday!

Welcome our Southeast Asian Friendship Group

Remember to Register for Classes – Seating may be limited

Are You A Member? Registered Members Eligible to For Prize Drawing – Simply stop at the Center to show Your Membership Card and Enter

Drawing will be held July 20th at 11:45 (before the movie) – You must be present

The UCare Skyway Senior Center would like to thank Anita Makar for her 10 years of service volunteering for the Center. Anita brought to us the monthly presentation "Guthrie Theater Discussion". She has put in many hours of preparation and her popular discussion was so detailed that participants need not to have seen the play to get a beautiful description and informational discussion about the Guthrie offerings. With the smaller attendance levels and Anita's busy schedule, Anita has decided that all good things must end and June will be the last Guthrie Theater Discussion presentation. Anita has written a personal letter to those of you who have attended thanking you for your patronage. Please feel free to stop by and get a copy. We will certainly miss her and wish her all the best and prosperity in her future.

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: _____

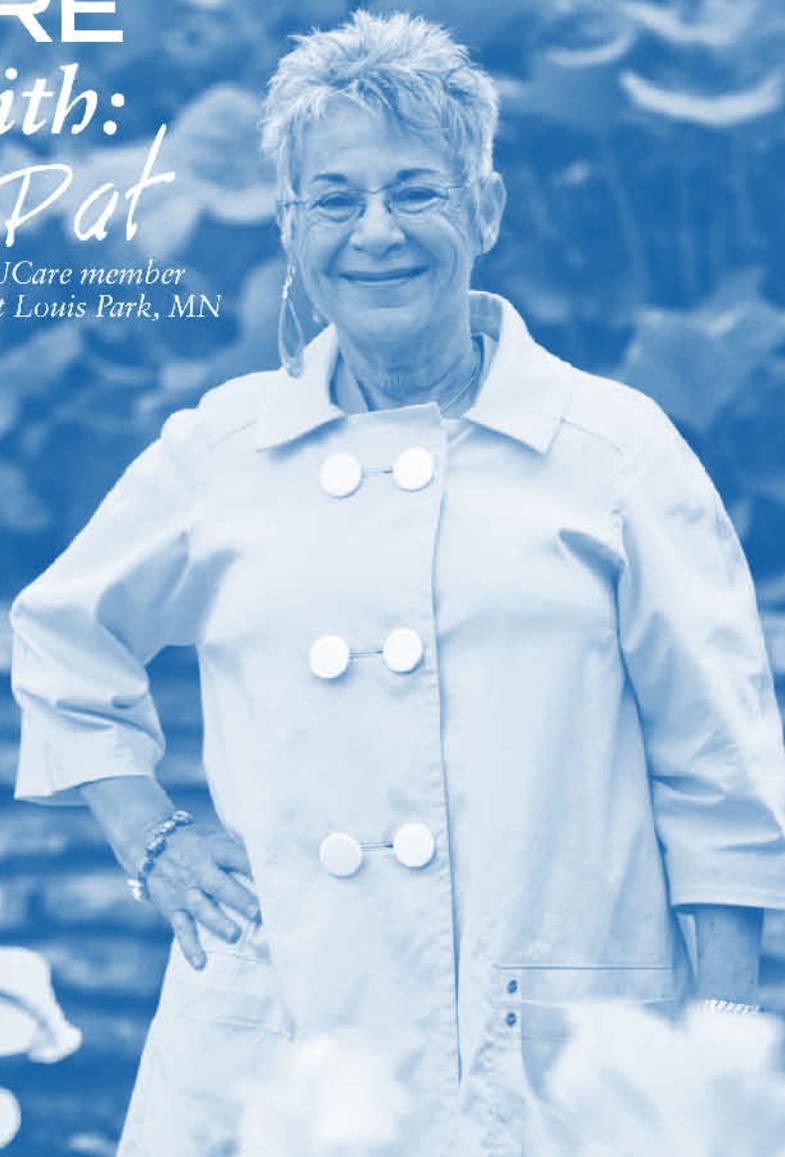
Phone: _____ Email: _____

HEALTH CARE

that starts with:

Pat

*— UCare member
St Louis Park, MN*



At UCare, we've grown to more than 250,000 members by focusing on what matters most: you. With *UCare for Seniors*SM, you'll enjoy simple, affordable health care with great benefits—like no co-pays for primary care visits, coverage when you travel, and prescription drug, eyewear, and dental coverage. You'll even get to talk to a real person 24/7 when you call customer service. It's exactly what you'd expect from health care that starts with you.

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Get more information the way you prefer:

Visit: UCareplans.org for instant access to rates, plan details, upcoming meetings, and more.

Call: a real person (toll free) 1-877-523-1518 (TTY) 1-800-688-2534, 8 a.m. to 8 p.m. daily.



Health care that starts with you.[®]



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Artists of the Month

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



July

Rise, Inc., ArtSpeaks will continue through July with some new art by artists in their program. ArtSpeaks is an art program offered through Rise Inc. It provides people with disabilities opportunities to learn experience and share in the creative process. Art Speaks participants have a variety of disabilities. These include physical, developmental, traumatic brain injury and emotional disabilities. Through art classes and exhibitions in the community participants experience the opportunity to find their voice and share it with others.

Artist Reception July 18 at 1:00

August

Art and You, Tell us how art affects you! You can write, draw, create – supplies will be throughout the Center and finished pieces will be displayed for August.



September

Mary Tkadlec loves to bring back to life old photos/postcards from the early years of photography. Most of the photos were taken in France in the late 1800's to early 1920's. Mary lives with her husband in S. Minneapolis and grew up in Forest Lake. Mary's inspiration is the human body as an art form and working with old postcards, wondering what life would have been like in Paris in the 1920's and what was the story of these women/models in her work. She finds most of the postcards she uses very artful and loves playing with them, mixing and matching colors and format. She also did research about the photographers, there were only about 10 of them that did this technique which was called 'Boudoir Belle Photography' which means a private place for a woman to go. Mary currently works at a Minneapolis high school clinic.

Artist Reception Sept 12 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 USSC at 612-370-3869 and ask for Christina Kendrick for more information.

Trips & Social Outings

Mississippi River Lunch Cruise

Enjoy a 2 hour sightseeing excursion on one of the Padelford Riverboats. Starting at Harriet Island in St. Paul, explore landmarks like the St. Paul High Bridge, Pig's Eye Cave, Minnesota River mouth, Pike Island and Fort Snelling. A delicious on-board picnic lunch features pulled BBQ pork with buns, roasted chicken, coleslaw, baked beans, watermelon, cookies and coffee. Live Dixieland banjo music is an added treat for all. With air-conditioned viewing areas, and open-air decks. Price includes bus transportation, cruise, lunch and gratuity.

Wednesday July 18 10:15am-3:30pm \$43

Lakewood Cemetery & Memorial Chapel

The Lakewood Chapel is on the National Register of Historic Places and serves as the architectural focal point of the cemetery. Many consider the interior to be the most perfect example of Byzantine mosaic art in the U.S. Bob Hatlestad, Administrator with Lakewood, will discuss the fascinating history of the chapel and cemetery and some of the famous memorials there. Learn about the cemetery's founders and ties to the early days of the city. Afterward, there is an optional self-guided walking tour of the rest of the grounds. To register, call 612-668-4828. Transportation is on your own. Meet at Lakewood Cemetery Memorial Chapel, 3600 Hennepin Ave.

Tuesday July 24 9:00-10:30 am Free

Take the Bus to Lunch

Gather at the East Lake Library to hear Lowanda Aaron, Customer Advocate with Metro Transit, discuss the many destinations and services available through Metro Transit. Then, catch a Metro Transit bus to travel to St. Paul for lunch, on your own, at Fabulous Ferns. Lunches range from \$10-\$15 and you can order off the menu. After lunch, browse the neighborhood shops, walk through the St. Paul Cathedral, or sit and visit before catching a Metro Transit bus back to Minneapolis. To register, call 612-668-4828. Transportation is on your own. Meet at the East Lake Library, 2800 East Lake Street.

Wednesday July 25 10:15 am-2:30 pm \$10-15
(for lunch on your own) plus transit fare

Take Me Out to the Ballgame

Help cheer the Minnesota Twins to victory at Target Field. Seats are reserved, 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. There are 2 games to choose from:



Minnesota Twins vs. Chicago White Sox
Wednesday August 1 11:10 am \$22
(Seats are in Powerball Pavillion area. Meet near Gate 34 at the Plaza Entrance.)

Minnesota Twins vs. New York Yankees
Wednesday September 26 11:10 am \$23
(Seats are in Left Field Bleachers. Meet at Target Field, at Gate 6 near the Light Rail.)

Roman Holiday at the Guthrie Theater

A radiant young princess is on a European tour when the demands of her official duties and rigorous schedule become too much. She sneaks away, disguises herself as a commoner, and meets an American newspaper reporter who feigns ignorance of her true identity to land an exclusive story. But his plan crumbles as the couple finds themselves falling in love. The musical features unforgettable tunes by Cole Porter. Seats are on the side of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2nd St. S.

Wednesday July 11 12:45-3:30 pm \$22

Guthrie Theater presents The Sunshine Boys

Despite their comedic chemistry onstage, the one-time famous duo "Lewis and Clark" can't stand each other offstage. Shenanigans ensue when the seasoned stage partners are coerced to reunite for a CBS television comedy special. Don't miss this hilarious Neil Simon comedy. Reserved seats are on the side of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2nd Street South.

Wednesday August 22 12:45-3:30 pm \$22

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, Roosevelt Community Education
4029-28th Ave. So., Minneapolis, MN 55406

Pickup Points for Trips

Dowling School, 3900 W. River Parkway
Hawthorne Transit Station, 31 North 9th St.
Northeast Middle School, 2955 Hayes St. NE
Olson Middle School, 1607 – 51st Avenue North
Parker Skyview Highrise, 1815 Central Avenue NE
Windom School, 5821 Wentworth Avenue South

Free Events Around Town



MINNEAPOLIS AQUATENNIAL

Welcome to the 2012 Minneapolis Aquatennial Festival! Aquatennial is the official civic celebration of the City of Minneapolis. Entering its 73rd 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, occurring

July 13-21



Introducing The Plaza - Downtown City Park

There is a new park in downtown Minneapolis on Nicollet Mall between 3rd Street and Washington Avenue.

Outdoor music, picnic tables, free exercise classes on Fridays and so much more! You have got to check it out!



Uptown Art Fair

Join The Uptown Art Fair 2012: 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 49 year legacy of excellence. LOCATION: The intersection of Lake Street and Hennepin Avenue and "The Mall" in Southwest Minneapolis.

**Free event
August 3-5**



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 on the first Saturday of every month from 10-5!**

Always a new exhibit to experience.
612.375.7600



At the Movies with *"Downtown Tom"*

Tough Guys & The Movies

Portrayals of "tough guys" in movies has been going on since the early silents, and moviegoers have lapped it up. And why shouldn't they? These characters have provided the "motor" for action to take place; and viewers go to movies to see how their influence--good or bad-- works in the end. Tough guys, though, have to "earn their keep" with audiences. Whatever side of the law they fall, they have to be interesting and continue to filter through the viewers' imagination. Physical size, voice, and code of conduct play in here. In 2012, viewers are often taken on a roller coaster of a tough guy's inner workings to reveal what makes him/her tick. Just plain bullets don't cut it anymore!

Take, for example, the new crime film, "Rampart." Woody Harrelson gives a tour de force performance playing David Brown, one of the last dirty cops working for the LAPD in 1999. He's a dirty cop who doesn't seem to realize he is one. Brown finally gets in over his head when he's filmed beating a man. This sets off a range of events that leave him spinning out of control. "Rampart" doesn't tell a straight crime story. Instead, it really looks at a bad man & tries to explain why he's bad. The film is simply trying to say that there are bad people out there who are just bad all the way around. And it just doesn't have to be for lust, money, or fame. Tough guys & their admirers, take note! "Rampart" is available on DVD. "Tough Guys" films are scheduled for August screenings for you to see.



Sponsored by TCF National Bank,
Target Skyway Traditional Branch
(Free Popcorn)

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.

Extremely Loud & Incredibly Close--PG-13, 2011 (129 min.) A nine-year-old amateur inventor, Francophile, and pacifist searches New York City for the lock that matches a mysterious key left behind by his father, who died in the World Trade Center on September 11, 2001. Tom Hanks, Sandra Bullock. (adventure-drama-mystery)

F Jul 6 12:00 Free

Carmen Jones--No Rating, 1954 (105 min.) The Corporal Joe (Harry Belafonte) is engaged to the countryside girl Cindy Lou (Olga James) and is ready to go to the pilot school. However, he is assigned to transport the troublemaker Carmen Jones (Dorothy Dandridge), an easy independent and arrogant woman desired by every man that works in a parachute factory, to be arrested in another town. (drama-musical-romance)

F Jul 13 12:00 Free

J Edgar--R, 2011 (137 min.) A Clint Eastwood film. J. Edgar Hoover, powerful head of the FBI for nearly 50 years, looks back on his professional and personal life. Leonardo DeCaprio. (biography-crime-drama)

F Jul 20 12:00 Free

My Week with Marilyn--R, 2011 (99 min.) Colin Clark, an employee of Sir Laurence Olivier's, documents the tense interaction between Olivier and Marilyn Monroe during production of the film, *The Prince and the Showgirl*. Michelle Williams. (biography-drama-history)

Th Jul 26 12:00 Free

White Heat--PG, 1949 (114 min.) A psychopathic criminal with a mother complex makes a daring break from prison and leads his old gang in a chemical plant payroll heist. Shortly after the plan takes place, events take a crazy turn. James Cagney. (crime-film noir)

F Aug 3 12:00 Free

Dirty Harry--R, 1972 (102 min.) A San Francisco cop with little regard for rules (but who always gets results) tries to track down a serial killer who snipes at random victims. Clint Eastwood. (action-crime-thriller)

F Aug 10 12:00 Free

The Iron Lady--PG-13, 2011 (105 min.) Meryl Streep stars as Margaret Thatcher, who smashed through barriers of gender and class to become Britain's first female Prime Minister. (biography drama)

F Aug 17 12:00 Free

The Dirty Dozen--No Rating, 1967 (150 min.) A US Army Major is assigned a dozen convicted murderers to train and lead them into a mass assassination mission of German officers in World War II. Lee Marvin, Charles Bronson. (action-drama-war)

F Aug 24 12:00 Free

The Maltese Falcon--PG, 1941 (100 min.) A private detective takes on a case that involves him with three eccentric criminals, a gorgeous liar, and their quest for a priceless statuette. Humphrey Bogart. (crime-film noir-mystery)

F Aug 31 12:00 Free

What's Up, Doc?--G, 1972 (94 min.) The accidental mix up of four identical plaid overnight bags leads to a series of increasingly wild and wacky situations. Barbara Streisand, Ryan O'Neal. (comedy-romance)

F Sep 7 12:00 Free

Mr. and Mrs. Bridge--PG-13, 1990 (126 min.) Paul Newman and Joanne Woodward star as a conservative married midwestern couple in the 1930's. It's about a five member family. The father is a conservative and traditional person who directs the family. The mother is at home, she tries to hold together the family, while Mr. Bridge works as a lawyer. The children have just grown up, and the complications are derived from that they have a more modern view of life. A slow-paced character-study rich in detail, like a family photo album.

F Sep 14 12:00 Free

Witness for the Prosecution--Not Rated, 1957 (116 min.) Agatha Christie tale of a man on trial for murder; a trial featuring surprise after surprise. Tyrone Power, Marlene Dietrich, Charles Laughton. (crime-drama-mystery)

F Sep 21 12:00 Free

Limitless--PG-13, 2011 (105 min.) A writer discovers a top-secret drug which bestows him with super human abilities. Bradley Cooper, Robert DeNiro. (mystery-sci-fi, thriller)

Th Sep 27 12:00 Free

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

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 and outside. June 28th – the Last Thursday in June – we will be walking to some of downtowns "secret" museums! Don't miss that day! Wear comfy clothes and shoes.

Every Thursday from 10 – 11 am Free

ENHANCEFITNESS

Tue/Thu Class Cancelled for the Summer!

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. REMEMBER YOU CAN NOT ATTEND CONSECUTIVE DAYS. EXAMPLE: YOU CAN GO TO THE MON AND FRI OR THE TUE AND THU CLASS.



M & F Jul 2 – Sep 28 10:00 – 11:00 am

Yoga Stretch

10am Class Cancelled for Summer!

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 Jul 4 – Sep 26 11:00-12:00



Super Easy Stretch & Exercise Free Exercise Class

Start the year right! Join Mary Kohanek to learn 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 – JULY AND SEPTEMBER CLASSES ARE CANCELLED.

W Aug 1 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 Jul 9 – Sep10 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 Jul 27 & Sep 28 11:00am – 3pm \$25



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

Crafts & More For Free

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 Jul 11, Aug 8, Sep 12 12:30 Free



Book Club

July – La's Orchestra Saves the World by Alexander McCall-Smith

It is 1939. Lavender—La to her friends—decides to flee London, not only to avoid German bombs but also to escape the memories of her shattered marriage. The peace and solitude of the small town she settles in are therapeutic ... at least at first. As the war drags on, La is in need of some diversion and wants to boost the town's morale, so she organizes an amateur orchestra, drawing musicians from the village and the local RAF base. Among the strays she corrals is Feliks, a shy, proper Polish refugee who becomes her prized recruit—and the object of feelings she thought she'd put away forever. Does La's orchestra save the world? What will become of it after the war is over? And what will become of La herself?

Th Jul 19 10:30-12:30 Free

Aug – My Staggerford Journal by Jon Hassler

In the spring of 1975, an unknown Minnesota teacher named Jon Hassler decided to take a sabbatical and fulfill his lifelong dream of writing a novel. A year later, Hassler typed the final page of Staggerford--a book that has won a cherished place as a classic novel of small-town life in America. Now, many years and many novels later, Hassler shares the private story of Staggerford's creation as recorded in the vividly revealing journals he kept while writing the book.

Th Aug 16 10:30-12:30 Free

Sep – A Tale of Two Cities by Charles Dickens

After eighteen years as a political prisoner in the Bastille the aging Dr Manette is finally released and reunited with his daughter in England. There, two very different men, Charles Darnay, an exiled French aristocrat, and Sydney Carton, a disreputable but brilliant English lawyer, become enmeshed through their love for Lucie Manette. From the tranquil lanes of London, they are all drawn against their will to the vengeful, bloodstained streets of Paris at the height of the Reign of Terror and soon fall under the lethal shadow of La Guillotine.

Th Sep 20 10:30-12:30 Free

The Lunch Bunch – NEW DAY – THURSDAY

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

Couldn't do Fridays? Now there is no excuse! Join friends and meet new ones! Everyone is welcome to participate BUT Please register by the Tuesday before the lunch so we can give the restaurant an accurate count! Lunch is a busy time and the restaurant can't accommodate inaccurate reservations. Thanks for understanding.

Th Jul 26 Crooked Pint
501 S Washington
877-6900 • 11:30

Th Aug 23 Pracna
117 Main St SE
379-3200 • 11:30

Th Sep 27 Market BBQ
1414 Nicollet Ave
872-1111 • 11:30



YOU MUST REGISTER FOR ALL CLASSES

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.



Advocates, Resources, Assistance, Information One on One Appointments Available 3rd Thursday of Every Month

We 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 Jul 19, Aug 16, Sep 20 1:00-2:30 Free

Catching Up on Current Events – Invigorating Discussion Group – HOT HOT 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 Jul 2 – Sep 24 1:00-2:30 Free

Southeast Asian Friendship Group

Join us for conversation, friendship, presentations offered in the Hmong language. Every Tuesday Morning. September 11th, hours – 9:30-10:30

T Jul 3 – Sep 25 9:30 – 12:30 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 Jul 24, Aug 28, Sep 25 1:00 Free

JULY ACTIVITIES



4TH OF JULY PARTY

Sponsored by Friends of the Skyway Senior Center!

We will be open and the picnic starts at 1:00! Wear your Red, White and Blue – but no fireworks allowed in the center

W Jul 4 1:00-2:30 Free

Documentary – Prohibition Part I

This will be a 3 part series highlighting the history of prohibition. Ken Burns's fascinating multipart documentary examines the history of alcohol in America, including the events leading up to the passage of the 18th Amendment, the social and legal effects of prohibiting alcohol, and the repeal of Prohibition. Part I episode "A Nation of Drunkards".

T Jul 17 1:00-2:30 Free

Amdahl Hearing Information Session – Hear What You've Been Missing

Amdahl Hearing will be presenting an information session about hearing loss, advancements in hearing testing and equipment and will be available to answer all your questions about hearing and hearing loss. There will also be an opportunity for FREE hearing aid clean and check and ear inspection



W Jul 25 1:00-2:30 Free

Back by Popular Demand – E-Readers, Electronic Tablets, and the Internet

Are you curious about the new way to read a book using an electronic reader? Do you know what other many wonderful things electronic readers can do, include going on the internet? So much lighter than a laptop and very affordable as well. Join Shandai from Barnes and Noble Bookstore to learn how to use these new devices as well as the costs and benefits of these little machines. Bring Your Questions! There will be devices to try out!

T Jul 31 1:00 – 2:30 Free

YOU MUST REGISTER FOR ALL CLASSES

August ACTIVITIES

Vision Loss & Blindness

Blindness: Learning in New Dimensions (BLIND), Incorporated will be presenting their senior program option for visually impaired and blind seniors. Information on alternative techniques for living with vision loss and a brief demonstrations of techniques one can use as well as the option of signing up for a class that will provide more in depth instruction in alternative techniques. These techniques include everything from home and personal management to independent travel and becoming an active member in your community without letting blindness stop you.

T Aug 14 1:00-2:30 Free

Foreign Policy Issues Discussion – YOU MUST REGISTER BY AUG 10TH SEATING IS LIMITED.

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 "Exit from Afghanistan and Iraq," "State of the Oceans," Indonesia," and "Energy Geopolitics."

W Aug 15-Sep 5 1:00-2:30 Free

Preppin' for the State Fair!

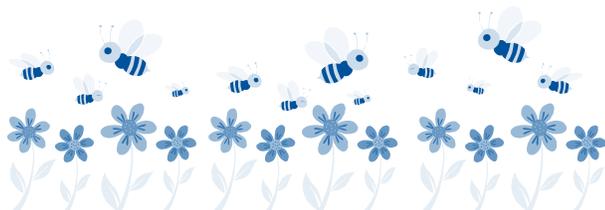
UCare is hosting a State Fair-themed get-together at the Center! Come and enjoy a snack on a stick! We'll have fun goodies, a prize drawing, and news about Fair events like UCare's Stretch & Stroll on Seniors Day.

Th Aug 16 1:00-2:30 Free

Documentary – Prohibition Part II

Ken Burns's fascinating multipart documentary examines the history of alcohol in America, including the events leading up to the passage of the 18th Amendment, the social and legal effects of prohibiting alcohol, and the repeal of Prohibition. Part II episode "A Nation of Scofflaws".

T Aug 21 1:00-2:30 Free



September ACTIVITIES

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 Sep 11 11:00 – 3:00 pm \$12 AARP \$14 regular

Documentary – Prohibition Part III

Ken Burns's fascinating multipart documentary examines the history of alcohol in America, including the events leading up to the passage of the 18th Amendment, the social and legal effects of prohibiting alcohol, and the repeal of Prohibition. Part III episode "A Nation of Hypocrites"

T Sep 18 1:00-2:30 Free

Free Phone MN – Everyone Deserves a Chance to Connect

Free phones will be handed out at the Center if you qualify. You will receive: A free wireless phone, activation of service without a fee or contract of any kind, no monthly charge, up to 250 minutes of airtime each and every month at no charge. To qualify you need proof of legitimate address (shelter addresses do not qualify. Other possible non-qualifying addresses are sleeping room/board & lodge/ program housing). You also need to bring your state of MN ID or proof of MN address and one of the following: TANF, SSI, Food Stamps/EBT card, Medicaid, Senior Citizen Low-Income Discount Plan (utility program), Federal Public Housing Assistance (FPHA, sect. 8), Low-Income Home Energy Assistance Program (LIHEAP)

W Sep 19 1:00-3:00 Free



YOU MUST REGISTER FOR ALL CLASSES

July 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>3</p> <p>12:30 – 1:30 Birthdays of the Month</p>	<p>4</p> <p>11:00 – 12:00 Yoga Stretch*</p> <p>1:00 – 2:30 4th of July Picnic</p>	<p>5</p> <p>10:00 – 11:00 Walking Club</p> <p>1:00 – 2:30 Advisory Board Meeting</p>	<p>6</p> <p>10:00 – 11:00 Enhance Fitness®*</p> <p>12:00 – 2:30 Movie - <i>Extremely Loud & Incredibly Close</i></p>
<p>9</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>11:00 – 12:30 I.C.E.S.</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>10</p>	<p>11</p> <p>11:00 – 12:00 Yoga Stretch*</p> <p>12:30 – 3:00 Bundles of Love</p>	<p>12</p> <p>10:00 – 11:00 Walking Club</p> <p>1:00 – 2:30 Crafts & More</p>	<p>13</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>12:00 – 2:30 Movie - <i>Carmen Jones</i></p>
<p>16</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>17</p> <p>1:00 – 2:30 Documentary - Prohibition Part 1</p>	<p>18</p> <p>11:00 – 12:00 Yoga Stretch*</p> <p>1:00 – 2:00 Meet the Artist - Rise, Inc.</p>	<p>19</p> <p>10:00 – 11:00 Walking Club</p> <p>10:30 – 12:30 Book Club</p> <p>1:00 – 2:30 Advocates, Resources, Assistance, Information</p>	<p>20</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>12:00 – 2:30 Movie - <i>J. Edgar</i></p>
<p>23</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>24</p> <p>1:00 – 2:30 Ask the Pharmacist</p>	<p>25</p> <p>11:00 – 12:00 Yoga Stretch*</p> <p>1:00 – 2:30 Amdahl Hearing Learning Session</p>	<p>26</p> <p>10:00 – 11:00 Walking Club</p> <p>11:30 – 1:00 Lunch Bunch Crooked Pint Ale House</p> <p>12:00 – 2:30 Movie - <i>My Week With Marilyn</i></p>	<p>27</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>11:00 – 3:00 Foot Care Clinic*</p>
<p>30</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>31</p> <p>1:00 – 2:30 E-Reader & the Internet</p>			

August 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>11:00 – 12:00 Yoga Stretch*</p> <p>1:00 – 2:30 Free & Easy Exercise</p>	<p>2</p> <p>10:00 – 11:00 Walking Club</p> <p>1:00 – 2:30 Advisory Board Meeting</p>	<p>3</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>12:00 – 2:30 <i>Movie - White Heat</i></p>
<p>6</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>12:00 – 1:00 Friends Board Meeting</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>7</p> <p>12:30 – 1:30 Birthdays of the Month</p>	<p>8</p> <p>11:00 – 12:00 Yoga Stretch*</p> <p>12:30 – 3:00 Bundles of Love</p>	<p>9</p> <p>10:00 – 11:00 Walking Club</p> <p>1:00 – 2:30 Crafts & More</p>	<p>10</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>12:00 – 2:30 <i>Movie - Dirty Harry</i></p>
<p>13</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>11:00 – 12:30 I.C.E.S.</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>14</p> <p>1:00 – 2:30 Vision Loss & Blindness</p>	<p>15</p> <p>11:00 – 12:00 Yoga Stretch*</p> <p>1:00 – 2:30 Great Decisions</p>	<p>16</p> <p>10:00 – 11:00 Walking Club</p> <p>10:30 – 12:30 Book Club</p> <p>1:00 – 2:30 Resources Information</p> <p>1:00 – 2:30 Preppin' for the State Fair!</p>	<p>17</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>12:00 – 2:30 <i>Movie - The Iron Lady</i></p>
<p>20</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>21</p> <p>1:00 – 2:30 Documentary - Prohibition Part 2</p>	<p>22</p> <p>11:00 – 12:00 Yoga Stretch*</p> <p>1:00 – 2:30 Great Decisions</p>	<p>23</p> <p>10:00 – 11:00 Walking Club</p> <p>11:30 – 1:00 Lunch Bunch Pracna on Main</p>	<p>24</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>12:00 – 2:30 <i>Movie - The Dirty Dozen</i></p>
<p>27</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>28</p> <p>1:00 – 2:30 Ask the Pharmacist</p>	<p>29</p> <p>11:00 – 12:00 Yoga Stretch*</p> <p>1:00 – 2:30 Great Decisions</p>	<p>30</p> <p>10:00 – 11:00 Walking Club</p>	<p>31</p> <p>10:00 – 11:00 EnhanceFitness®*</p> <p>12:00 – 2:30 <i>Movie - The Maltese Falcon</i></p>

September 2012

Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed for Holiday	4 12:30 – 1:30 Birthdays of the Month	5 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 Great Decisions	6 10:00 – 11:00 Walking Club 1:00 – 2:30 Advisory Board Meeting	7 10:00 – 11:00 EnhanceFitness®* 12:00 – 2:30 <i>Movie - Whats Up Doc?</i>
10 10:00 – 11:00 EnhanceFitness®* 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	11 11:00-3:00 4hr Defensive Driving	12 11:00 – 12:00 Yoga Stretch* 12:30 – 3:00 Bundles of Love 1:00 – 2:00 Meet the Artist - Mary Tkadlec	13 10:00 – 11:00 Walking Club 1:00 – 2:30 Crafts & More	14 10:00 – 11:00 EnhanceFitness®* 12:00 – 2:30 <i>Movie - Mr. and Mrs. Bridge</i>
17 10:00 – 11:00 EnhanceFitness®* 1:00 – 2:30 Catching Up on Current Events	18 1:00 – 2:30 Documentary - Prohibition Part 3	19 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 FreePhoneMN get a free phone	20 10:00 – 11:00 Walking Club 10:30 – 12:30 Book Club 1:00 – 2:30 Advocates, Resources, Assistance, Information	21 10:00 – 11:00 EnhanceFitness®* 12:00 – 2:30 <i>Movie - Witness for the Prosecution</i>
24 10:00 – 11:00 EnhanceFitness®* 1:00 – 2:30 Catching Up on Current Events	25 1:00 – 2:30 Ask the Pharmacist	26 11:00 – 12:00 Yoga Stretch*	27 10:00 – 11:00 Walking Club 11:30 – 1:00 The Lunch Bunch 12:00 – 2:30 <i>Movie - Limitless</i>	28 10:00 – 11:00 EnhanceFitness®* 11:00 – 3:00 Foot Care Clinic*



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

Please Refer to the Trips Section for Registration Instructions

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.

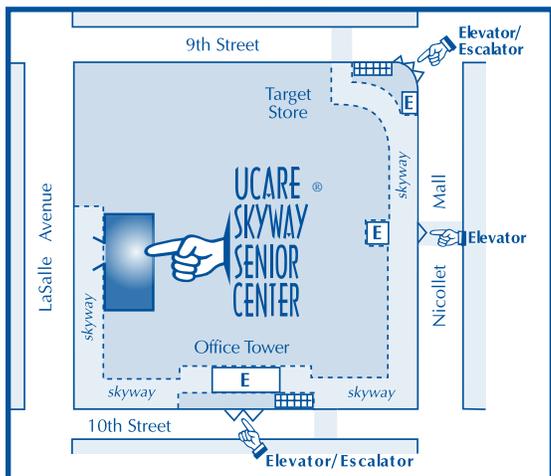
UCare Skyway Senior Center

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@minneapolismn.gov Website: 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

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.