

# Chatter

Ucare

October – December 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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The Skyway Senior Center is a vital, well used drop-in center serving Minneapolis and surrounding area seniors no matter where they live. In 2011 the center had over 18,000 visits. In February of this year, the center started free membership and by the end of July 2012, served over 500 members and over 50 non-members.

The Center offers activities every single day, including computer tutoring, health and wellness presentations, connection to community resources and educational classes FREE of charge. Every morning there are exercise classes for only \$2 a class.

The Center has only one paid staff and relies on the skill and wisdom of community volunteers. Over 75% of the Center volunteers are over age 60. UCare is extremely generous and provides a significant amount of financial support for the Center operation so all of your TAX DEDUCTIBLE support goes directly to the programs and the seniors.

The Center strives to be barrier free and welcoming to all. Over 72% of Center members live alone and 52% are at or below federal poverty guidelines. For the seniors who use the center or the people who are caring for a senior in their life, the Center is above all, a connection to community, friends, and much needed resources and services.

Your financial support is greatly appreciated and an important part of funding for the Center! To show our appreciation of your financial support, anyone who makes a contribution of \$5 or more by December 1, 2012, will go into a drawing for one of two \$25 gift cards! The drawing will be held on December 18, 2012, at the Center holiday party, sponsored by the Friends of the Skyway Senior Center. You need not be present to win. Thank You from all of us!

Friends of the Skyway Senior Center



*"My Dr. at the VA referred me to here. I love to volunteer and talk with all the people. I feel good when I am here." Don Burnham, 94 years old and a Skyway Senior Center volunteer and member*

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:*

*Patrick*

*– UCare member  
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**A**t UCare, we've grown to some 300,000 members by focusing on what matters most: you. *UCare for Seniors*<sup>SM</sup> lets you choose from plans that cover prescription drugs, travel, eyewear, dental, fitness programs like SilverSneakers<sup>®</sup> and more. Most plans have no co-pays for primary care doctor visits. And you'll get to talk to a real person 24/7 when you call customer service. 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, upcoming meetings, and more.

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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.*



## October

I'm Helen Schmidt. I live in the Seward neighborhood. This is a little of my artist story. I love doing and doing art has unlimited possibilities. The senior center has given me an opportunity for my first show in 70 years. Yes, in a small country school, in 1942 I had my other show, and that experience was very motivating. All through my years I've sketched and painted whenever time allowed. These activities provided experiences of creative living. All my children and grandchildren are creative problem solvers; in science, construction, sports, and even the military. I had some formal art education in high school, college, classes at Minneapolis Institute of Arts, and community education. I continue to enjoy gathering with fellow artists in our homes, in our parks, along the river, and all over town. Technically, I'm somewhat proficient in many mediums. Currently, I like acrylics. This fast drying medium suits my time and temperament. I love finishing a visual thought or idea in one go.

**Artist Reception October 2 at 1:00**

## December

Barbara Lewis is back with her amazing quilts - some new! Barbara took her first quilt making class in 1970, sitting at a ping-pong table in the garage of a Mormon lady in Los Altos, California. She went on to teach many classes at several quilt shops and led quilting retreats in California and Oregon. Now retired from a professional career, she belongs to a group making "kid quilts" for the Minneapolis/St. Paul Children's Hospitals.

**Artist Reception December 4 at 1:00-2:30**

## November

Loretta Bebeau moved to Minneapolis after graduating from North Dakota State University with a B.A. in Art Education. She augmented her degree with workshops and residencies, including Minnesota Center for Book Arts, Vermont Studio Center, and the University of Notre Dame where she worked with Alice Neel, Lenore Tawney, and Janet Fish. Bebeau earned an M.A. from Hamline University, focusing her research on art and sociology. She has been adjunct instructor at several institutions, most currently in Continuing Ed at Minneapolis Community and Technical College. Her art has been included in over 50 group exhibits, most notably Revealing Culture at the Smithsonian Institution, and Dwell-ing at NDSU. In 2011, Bebeau was awarded an Artist Initiative Grant from the Minnesota State Arts Board to develop a project using the languages of Minnesota. She was also one of the artists in the 12'12'12' event at the Minnesota State Fair Fine Arts Building in 2012. Her studio is located in Northeast Minneapolis. Website: [www.mnartists.org/loretta\\_bebeau](http://www.mnartists.org/loretta_bebeau).

**Artist Reception November 20 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



## Fall Colors Taylors Falls Boat Cruise

Enjoy the fall colors from an authentic paddlewheel river boat. The river boat pilot will point out unique rock formations and highlight the history of the St. Croix River Valley. A delicious on-board lunch features baked chicken, mashed potatoes, coleslaw, baked beans, rolls, brownie and beverage. Stop on the way home at Pleasant Valley Apple Orchard. Price includes coach bus transportation, boat tour, lunch, tax and gratuity.



Friday, October 5 9:00 am-4:00 pm \$47

## Appomattox at the Guthrie Theater

This new play bridges the final week of the Civil War in 1865 in Appomattox, Virginia – as Robert E. Lee and Ulysses S. Grant attempt to set the county on a hopeful course – with the American civil rights movement and the 1965 death of protestor Jimmie Lee Jackson, confronting the fact that the root cause of the Civil War was still an issue that divided the American soul 100 years later. Reserved seats are on the side of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2<sup>nd</sup> Street South.

Wednesday, October 31 12:45-3:30 pm \$17

## A Christmas Carol at the Guthrie Theater

This perennial favorite continues the Guthrie's holiday tradition for the 38<sup>th</sup> year. Reserved seats are on the side of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2<sup>nd</sup> Street South.

Thursday, November 29

12:45-3:30 pm

\$23



## Holiday Dinner at Lake Nokomis Community Center

Come and enjoy a fabulous, festive holiday dinner. Doors open at 12 pm for punch and social. A delicious meal will be followed by wonderful entertainment by the Minneapolis Southside Singers. Their delightful music brings out the true spirit of the season. Complete the afternoon with a drawing for fun door prizes. Transportation is on your own. Meet at Lake Nokomis Community Center, 2401 E. Minnehaha Parkway.

Thursday, December 13 12:00-2:15 pm \$8

## Catch Me if You Can at the Orpheum

Based on the hit film DreamWorks, this delightfully entertaining Broadway musical tells the story of a teenager who runs away in search of the glamorous life. With nothing more than his boyish charm, a big imagination and millions of dollars in forged checks, he successfully poses as a pilot, a doctor and a lawyer – living the high life and winning the girl of his dreams. But when his lies catch the attention of the FBI, something unexpected is found. Reserved seats are toward the back on the main floor. Transportation is on your own. Meet in the lobby of the Orpheum Theatre, 910 Hennepin Ave.

Saturday, December 15 1:45-4:30 pm \$32

## Long Day's Journey into Night at the Guthrie

This Pulitzer Prize and Tony Award-winning family drama is considered one of the greatest plays written by an American playwright. Like most American families, the Tyrone family have experienced highs and lows in life – from fame and financial success to illness and loss. Yet in the course of one day in their seaside Connecticut home, their familial bond begins to unravel, and the family members confront their demons in a final effort to save their family. Reserved seats are on the side of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2<sup>nd</sup> Street South.

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

### 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  
4029-28<sup>th</sup> Ave. So., Minneapolis, MN 55406

### Pickup Points for Trips

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

# GOOD TO KNOW - YOU WANT TO KNOW



## Don't miss One Read event featuring Garrison Keillor and Diane Wilson

One Read week — set for Sept. 19 – 24— officially launches the second year of One Minneapolis One Read, a citywide “read” where the entire community is encouraged to read the same book and join in a community conversation. This year’s selection is Spirit Car: Journey to a Dakota Past, a book of vignettes created by author Diane Wilson to honor the lives of her Dakota family. ONE READ WEEK WILL CULMINATE IN AN EVENING WITH GARRISON KEILLOR AND WILSON AT 7 P.M., MONDAY, SEPT. 24 AT THE MINNEAPOLIS CONVENTION CENTER AUDITORIUM. Keillor is the host and writer of A Prairie Home Companion and The Writer’s Almanac heard on public radio stations across the country. He is also the author of more than a dozen books, including Lake Wobegon Days.

Tickets for the One Read evening are now available at [www.ticketworks.com](http://www.ticketworks.com) or 612-343-3390. Tickets are \$10, \$5 for seniors, students or limited income (for those tickets, select the \$10 option and choose “apply discount” before purchasing).



## Lutheran Social Service has an Opportunity for You - Stipended Senior Volunteer Position

The Senior Companion Program (sponsored by Lutheran Social Service of Minnesota) is looking for an individual to help others as a friendly visitor in their homes and with practical errands and daily living tasks. This individual is needed to serve the Minneapolis area and must be 55+ and willing to commit to a minimum of 15 hours/week. This position receives a tax-free hourly stipend plus mileage and meal reimbursement. If interested, please contact CORY RAMEL at 651-310-9447 or [Cory.Ramel@lssmn.org](mailto:Cory.Ramel@lssmn.org)



## Get ready for Sept. 21: Falls Prevention Awareness Day! Sponsored by UCare

Come learn how to take action to prevent falls at home and utilize some helpful tools to keep you safe. We will learn about obvious and not so obvious hazards we can all avoid by being more aware and mindful of our surroundings. We will also talk about how the EnhanceFitness program can improve your strength and balance to keep you safe all year around. Healthy Snacks – Great Information to Take Home!

Friday September 21st 11:00-12:00, Free



## YOUR WISDOM AND TALENT CAN & WILL MAKE A DIFFERENCE

The Friends of the Skyway Senior Center is looking for individuals any age who want to use their skills and talents to brainstorm, strategically plan, connect with community partners, plan and implement activities and fundraisers, and engage with a group of committed people whose goal is to ensure the success and sustainability of the UCare Skyway Senior Center. Time commitment is typically 3-5 hours a month. Please contact Christina Kendrick at 612-370-3869 or [skywaycenter@minneapolismn.gov](mailto:skywaycenter@minneapolismn.gov) to join this rewarding volunteer opportunity.



## National Senior Center Month Open House Celebration

In honor of National Senior Center Month the UCare Skyway Senior Center will be having a celebration and open house. If you haven't been here, come and see what we are all about and if you have, bring a friend! Door prizes and refreshments provided by the Friends of the Skyway Senior Center and Dunn Brothers Coffee.

Wednesday September 26th 1:00-2:30,  
Free to All!



## At the Movies with "Downtown Tom"

### George C. Scott: An Actor's Views on Acting & Making Movies

"When asked for suggestions on how to judge acting, I have three tests. First, which dominates, the character or the actor? With very few exceptions it should be the character. Second, on film - as opposed to stage - we're pretty much playing basic emotions: love, anger, fear, pity. So the trick is whether you can come up with any fresh choices to present these common emotions. Third - and this is the quality that separates the great ones from the good ones - I look for a "joy of performing" quality. Who had that quality? As much as anyone - Jimmy Cagney".

"The Academy ceremonies are a two-hour meat parade, a public display with contrived suspense for economic reasons. I have nothing against Oscar. I know what he stands for and it's terrific. And I think when people used to hang around and pat each other on the back over a drink and dinner it was wonderful. But when it became an international hoopla, where careers lived and died on whether or not you did or didn't get an Oscar, then it got out of hand. Actors are the world's oldest, underprivileged minority - looked upon as nothing but buffoons, one step above thieves and charlatans. These award ceremonies simply compound the image for me."

"There is no question you get pumped up by the recognition. Then a self-loathing sets in when you realize you're enjoying it. On psychoanalysis - Four visits. I kept laughing. I couldn't get serious. If it helps you, it helps you. If standing on your head on the roof helps you, it helps you - if you think so. I became an actor to escape my own personality. Acting is the most therapeutic thing in the world. I think all the courage that I may lack personally, I have as an actor."

"Acting changes the inner spirit. It's fulfilling, but psychologically very costly. You can't steal enough money in a lifetime to make up for the damage. I'm ashamed for the bitterness it created in me, but it exists. Even when you're successful it's hard to rise above it. It's like a growth. Acting was the only avenue of escape I had from myself. It's never been difficult to subjugate myself to a part because I don't like myself too well. Acting was, in every sense, my means of survival."

"I think you have to be schizoid three different ways to be an actor. You've got to be three different people. You have to be a human being. Then you have to be the character you're playing. And on top of that you've got to be the guy sitting out there in Row 10, watching yourself and judging yourself. That's why most of us are crazy to start with, or go nuts once we get into it. I mean, don't you think it's a pretty spooky way to earn a living? Acting is just a matter of observation, imitation and communication. That's what it's all about."



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.

**The Artist--PG-13, 2011** (100 min.) A silent movie star bemoaning the coming era of talking pictures makes a connection with a young dancer set for a big break...(comedy-romance-drama) Silent film & subtitled. Oscar for Best Picture.

F Oct 5 12:00 Free

**The 400 Blows--No Rating, 1959** (99 min.) Intensely touching story of a misunderstood young adolescent who, left without attention, delves into a life of petty crime. (crime-drama) French & sub-titled.

F Oct 12 12:00 Free

**The Descendants--R, 2011** (115 min.) A land baron tries to re-connect with his two daughters after his wife is seriously injured in a boating accident. George Clooney. (comedy-drama)

F Oct 19 12:00 Free

**The Shining--R, 1980** (142 min.) A family heads to an isolated hotel for the winter where an evil and spiritual presence influences the father into violence, while his psychic son sees horrific forebodings from the past and of the future. (drama-horror-mystery) Jack Nicholson. Halloween Film.

F Oct 26 12:00 Free

**Miss Pettigrew Lives For A Day--PG-13, 2008** (92 min.) Guinevere Pettigrew, a middle-aged London governess, finds herself unfairly dismissed from her job. An attempt to gain new employment catapults her into the glamorous world and dizzying social whirl of an American actress and singer, Delysia Lafosse. (comedy-romance) Frances McDormand, Amy Adams.

F Nov 2 12:00 Free

**Adam's Rib--G, 1949** (101 min.) Domestic and professional tensions mount when a husband and wife work as opposing lawyers in a case involving a woman who shot her husband. (comedy-drama-romance) Spencer Tracy, Katharine Hepburn.

F Nov 9 12:00 Free

**Darling Companion--PG-13, 2012** (103 min.) The story of a woman who loves her dog more than her husband. And then her husband loses the dog. (drama) Diane Keaton, Kevin Kline.

F Nov 16 12:00 Free

**Home For The Holidays--PG-13, 1995** (103 min.) After losing her job, making out with her soon to be ex-boss, and finding out that her daughter plans to spend Thanksgiving with her boyfriend, Claudia Larson has to face spending the holiday with her family. She wonders if she can survive their crazy antics. (comedy-drama-romance) Holly Hunter, Anne Bancroft, Robert Downey, Jr.

W Nov 21 12:00 Free

**Show Boat--No Rating, 1951** (108 min.) The daughter of a riverboat captain falls in love with a charming gambler, but their fairytale romance is threatened when his luck turns sour. (drama-musical-romance) Howard Keel, Ava Gardner

Th Nov 29 12:00 Free

**Shallow Grave--R, 1994** (92 min.) Three friends discover their new flatmate dead but loaded with cash. (crime-thriller) Ewan McGregor.

F Dec 7 12:00 Free

**Kramer Vs. Kramer--PG, 1979** (105 min.) A just-divorced man must learn to care for his son on his own, and then must fight in court to keep custody of him. (drama) Dustin Hoffman, Meryl Streep.

F Dec 14 12:00 Free

**The Song of Bernadette--G, 1943** (156 min.) In 1858 France, Bernadette, an adolescent peasant girl, has a vision of "a beautiful lady" in the city dump. She never claims it to be anything other than this, but the townspeople all assume it to be the virgin Mary. The pompous government officials think she is nuts, and do their best to suppress the girl and her followers, and the church wants nothing to do with the whole matter. But as Bernadette attracts wider and wider attention, the phenomenon overtakes everyone in the town, and transforms their lives. (biog-drama) Jennifer Jones.

F Dec 21 12:00 Free

**A Streetcar Named Desire--No Rating, 1951** (122 min.) Based on the Tennessee Williams play, disturbed Blanche DuBois moves in with her sister in New Orleans and is tormented by her brutish brother-in-law while her reality crumbles around her. (drama) Marlon Brando, Vivien Leigh.

F Dec 28 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. 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 & F Oct 1 – Dec 31 10:00 – 11:00 am



### Yoga Stretch –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 Oct 3 - Dec 26 11:00-12:00



### NEW! Mat Yoga

This new class will be a gentle mat yoga class, with standing and floor poses, and lots of stretching. It will be appropriate for people who are comfortable moving between standing and lying down positions. This class is 50 minutes long. Want to try it out? The first 2 months are FREE (Oct–Nov)

W Oct 3 – Dec 26 10:00-11:00

### COMING – Tai Chi – Specialized for Older Adults

The Center is working hard to coordinate an instructor who can provide a Tai Chi program with a focus on arthritis and/or balance for older adults! Sessions would be on Tuesdays and/or Thursdays from 9:30-10:30. Stay Tuned! Call the Center to check for availability by September 28<sup>th</sup> – 612-370-3869.

*Any questions about any of the exercise classes, please don't hesitate to call the center at 612-370-3869.*

### Super Easy Stretch & Exercise – Free Exercise Class

Get Ready for the Holidays! 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 –

W Oct 3, Nov 7, & Dec 5 1:00-2:30 Free

### I Can Eat Sensibly (I.C.E.S.)

Have A Blast! Enjoy Friends! Stay Supported!

Holidays are coming up fast! What's your healthy eating and exercise plan! 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 Oct 8, Nov 12, & Dec 10 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

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

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 Nov 30 11:00am – 3pm \$25

### 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 Oct 10, Nov 14, & Dec 12 12:30 free

### Book Club

#### Oct – The Greater Journey, Part 1 by David McCullough

The Greater Journey is the enthralling, inspiring—and until now, untold—story of the adventurous American artists, writers, doctors, politicians, architects, and others of high aspiration who set off for Paris in the years between 1830 and 1900, ambitious to excel in their work.

Th Oct 18 10:30-12:30 Free

#### Nov – The Greater Journey, Part 2 by David McCullough

The Greater Journey is the enthralling, inspiring—and until now, untold—story of the adventurous American

artists, writers, doctors, politicians, architects, and others of high aspiration who set off for Paris in the years between 1830 and 1900, ambitious to excel in their work.

Th Nov 16 10:30-12:30 Free

### Dec – Suggest and Select Books for 2013

Know of a great book? Have ideas about topics to read about? Bring your ideas and suggestions as we put together the book club schedule for 2013!

Th Dec 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	Oct 25	Atlas Grill
	200 S. 6 <sup>th</sup> St 332-4200	11:30
Th	Nov 29	Newsroom
	990 Nicollet Mall 343-0073	11:30
Th	Dec 27	Murrays
	26 S. 6 <sup>th</sup> St 339-0909	11:30

### Computer Tutor – More Times Added!!!

Terry Diebold, our Monday Computer Tutor and the Center would like to Welcome Dan Dahl. Dan has worked in the computer field for over 30 years in the areas of both hardware and software. His first job was at Control Data Corporation working on disk drives the size of a kitchen stove! His favorite quote is from Joseph Campbell who said "Computers are like Old Testament gods, they have too many rules and no mercy." It is Dan's hope we can help each other decipher the rules and get all of us a bit of computer mercy. From turning on the computer to e-mailing photos – all skill levels welcome! Call for FREE SESSION. Mon-Wed times available!

**YOU MUST REGISTER FOR ALL CLASSES**

## Advocates, Resources, Assistance, Information

One on One Appointments Available

3<sup>rd</sup> 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 3<sup>rd</sup> Thursday of every month.

Th Oct 18, Nov 15, & Dec 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. Bring information and topic ideas. Give your opinion, do some research, get information from others – This is a great way to engage and connect! There will be no Current Events on December 24

M Oct 1-Dec 31 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. There will be no session December 25, in observance of the Christmas Holiday

T Oct 23, Nov 27 1:00 Free



## October ACTIVITIES

### Flu Shot Clinic – Don't Be Sick, Be Prepared

MVNA provides so many services around Minnesota to those in need! Proceeds from their flu shot program provide home health and preventative health nursing services to thousands of uninsured Minnesotans each year. Every shot matters! Numbers will be given out first come first served. Bring your identification and

your insurance and Medicare information card – most insurances accepted. If paying out of pocket: Flu = \$29 Pneumonia = \$75 - other vaccinations available, call for prices.

T Oct 2 1:00-2:30 Free

## No New Memories: A Story of Adult Sibling Loss by Anita Makar

Anita Makar will give a presentation on my newly published book, "No New Memories." This book tells the story of the loss of her younger sister. Anita found very little had been written about the topic of adult sibling loss. Siblings are often called the "forgotten mourners." It is also the story of sisterly love. If you have lost an adult sister or brother or you know of someone who has, this book may help. Anita will also donate 10% of this event's book sales to the senior center. Please reserve your seat.

T Oct 9 1:00-2:30 Free

## My Life in Colonial South Africa and Beyond

"My Life in Colonial South Africa and Beyond" by Elizabeth Young begins with her birth in Sussex, England. It then describes her exciting voyage by boat to Cape Town, South Africa, complete with dunking by King Neptune in a pail of sea water as she passes the equator. When she arrives and settles in South Africa there are trips to museums, beautiful gardens, beaches, and the University of Cape Town, where her father taught mathematics. The history of South Africa and the war effort during World War II are described in some detail. The story continues with the family's move to Wisconsin and the adjustment problems in a new land. Elizabeth also describes her education and career as she prospers in her adopted country.

T Oct 16 1:00-2:30 Free

## For the Love of Music

Does music do something for you? How do you feel when you listen to different types of music, such as jazz, reggae, classical, rock, etc...? Michelle Larson, the center's intern, will help you explore your feelings as we delve into the mystery of music. We'll investigate several genres of music and find out if the various types have different effects on our emotions. Come just to listen and discuss what you are feeling, or express your feelings by creating art.

W Oct 17 1:00-2:30 Free



**YOU MUST REGISTER FOR ALL CLASSES**

### Why Shop? Accessory Swap!

How many times have you looked in your closet and said, "I have nothing to wear!?" Gather up your gently used items and bring them to our exchange party. You can refresh your wardrobe -- and get rid of those items you never wear. Bring your items -- everyone will draw a number to determine the order of picking an item. Drawing will continue until all items are gone.

Th Oct 25 1:00-2:30 Free

### UCare Information Session - UCare for Seniors (HMO-POS)

Want to learn more about UCare for Seniors? We will review the benefits for each of our four plan options so you can choose the plan that provides exactly what you need.

T Oct 30 1:00 - 2:30 Free

### Happy Halloween Party Sponsored by the Friends of the Skyway Senior Center

Boo! Be scary or be scared! Costume contest, treats, prizes and a ton of fun! Boo-Hoo - It's also our intern Michelle's last day. We have enjoyed all the help and her hard work. Don't miss the great time!



W Oct 31 1:00-2:30 Free

## November ACTIVITIES

### Travels with Anita – Northern Italy

To celebrate her 82<sup>nd</sup> Birthday, Anita decided on a trip with the title "The Splendors of the Italian Lakes and the Swiss Alps." This trip started in Milan then moved on to Lake Garda, Lake Como, and Lake Maggiore. She even added a few days of a post-trip to the Tuscan countryside. Please join Anita as she shares some of the highlights of this trip

T Nov 13 1:00-2:30 Free

## December ACTIVITIES

### 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 Dec 11 11:00 – 3:00 pm \$12 AARP/\$14 regular

### Holiday Party – Sponsored by the Friends of the Skyway Senior Center



Let's celebrate the warmth of friends this holiday. And there is no better way to do it than with a good meal and a happy heart! Meal starts at 12:30 and Christmas Carol's start at 1:30. Be ready to Sing!



T Dec 18 12:30-2:30 Free

### The Human Family Tree – National Geographic Documentary

Charting human history from its ancient roots in Africa to its startling evolution over time, geneticist Spencer Wells and his fellow scientists with National Geographic's Genographic Project uncover fascinating truths about the commonalities of man. The program focuses on a diverse group of New Yorkers, using samples swabbed from the inside of their cheeks, as a starting point for analyzing their origins.

W Dec 19 1:00-2:30 Free

### The Journey of Man – PBS Documentary

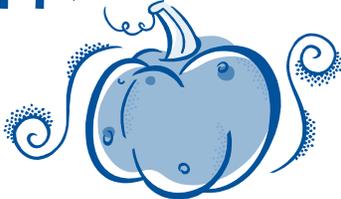
The origins of humankind are put under the microscope of this riveting PBS documentary film in which geneticists, historians, anthropologists and other theorists try to trace the beginnings of the human race. Could the seed, in fact, have begun with a man in Africa who roamed the Earth tens of thousands of years ago? Or have scientists merely found yet another descendant of a prehistoric predecessor?

W Dec 26 1:00-2:30



**YOU MUST REGISTER FOR ALL CLASSES**

# October 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>12:00 – 1:00</b> Friends Board Meeting  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>2</b> <b>12:30 – 1:30</b> Birthdays of the Month  <b>1:00 – 2:30</b> Flu Shot Clinic  <b>1:00 – 2:30</b> Meet the Artist - Helen Schmidt	<b>3</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> Free & Easy Exercise	<b>4</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Advisory Board Meeting	<b>5</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>12:00 – 2:30</b> Movie - <i>The Artist</i>
<b>8</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>11:00 – 12:30</b> I.C.E.S.  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>9</b> <b>1:00 – 2:30</b> No New Memories: A Story of Adult Sibling Loss - Anita Makar	<b>10</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>12:30 – 3:00</b> Bundles of Love	<b>11</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Crafts & More	<b>12</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>12:00 – 2:30</b> Movie - <i>The 400 Blows</i>
<b>15</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>16</b> <b>1:00 – 2:30</b> My Life in Colonial South Africa and Beyond - Elizabeth Young	<b>17</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> For the Love of Music	<b>18</b> <b>10:00 – 11:00</b> Walking Club  <b>10:30 – 11:30</b> Book Club  <b>1:00 – 2:30</b> Advocates, Resources, Assistance, Information	<b>19</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>12:00 – 2:30</b> Movie - <i>The Decendants</i>
<b>22</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>23</b> <b>1:00 – 2:30</b> Ask the Pharmacist	<b>24</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*	<b>25</b> <b>10:00 – 11:00</b> Walking Club  <b>11:30 – 1:00</b> Lunch Bunch - Atlas Grill  <b>1:00 – 2:30</b> Accessory Swap and Tea Party!	<b>26</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>12:00 – 2:30</b> Movie - <i>The Shining</i>
<b>29</b> <b>9:30 – 10:30</b> EnhanceFitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>30</b> <b>1:00 – 2:30</b> UCare For Seniors Information Session	<b>31</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> Halloween Party	<h2>Happy Halloween</h2> 	

# November 2012

Monday	Tuesday	Wednesday	Thursday	Friday
 <h2 style="font-family: cursive;">Happy Thanksgiving</h2>			<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>Pettigrew Lives for a Day</i>
<b>5</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>6</b> <b>12:30 – 1:30</b> Birthdays of the Month	<b>7</b> <b>10:00 – 11:00</b> Mat Yoga*  <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>Adam's Rib</i>
<b>12</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <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>1:00 – 2:30</b> Travels with Anita - Northern Italy	<b>14</b> <b>10:00 – 11:00</b> Mat Yoga*  <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> Advocates, Resources, Assistance, Information	<b>16</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>12:00 – 2:30</b> Movie - <i>Darling Companion</i>
<b>19</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>20</b> <b>1:00 – 2:30</b> Meet the Artist - Loretta Bebeau	<b>21</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>12:00 – 2:30</b> Movie - <i>Home for the Holidays</i>	<b>Closed For Holiday</b>	
<b>26</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>27</b> <b>1:00 – 2:30</b> Ask the Pharmacist	<b>28</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*	<b>29</b> <b>10:00 – 11:00</b> Walking Club  <b>11:30 – 1:00</b> Lunch Bunch - Newsroom  <b>12:00 – 2:30</b> Movie - <i>Show Boat</i>	<b>30</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>11:00 – 3:00</b> Foot Care Clinic*

# December 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>12:00 – 1:00</b> Friends Board Meeting  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>4</b> <b>12:30 – 1:30</b> Birthdays of the Month  <b>1:00 – 2:30</b> Meet the Artist - Barbara Lewis	<b>5</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> Free & Easy Exercise	<b>6</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Advisory Board Meeting	<b>7</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>12:00 – 2:30</b> Movie - <i>Shallow Grave</i>
<b>10</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>11:00 – 12:30</b> I.C.E.S.  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>11</b> <b>11:00-3:00</b> 4hr Defensive Driving	<b>12</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>12:30 – 3:00</b> Bundles of Love	<b>13</b> <b>10:00 – 11:00</b> Walking Club  <b>1:00 – 2:30</b> Crafts & More	<b>14</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>12:00 – 2:30</b> Movie - <i>Kramer vs. Kramer</i>
<b>17</b> <b>9:30 – 10:30</b> EnhanceFitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>18</b> <b>12:30 – 2:30</b> Holiday Party  	<b>19</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> The Human Family Tree	<b>20</b> <b>10:00 – 11:00</b> Walking Club  <b>10:30 – 11:30</b> Book Club  <b>1:00 – 2:30</b> Advocates, Resources, Assistance, Information	<b>21</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>12:00 – 2:30</b> Movie - <i>Song of Bernadette</i>
<b>24</b>  <b>Closed For Holiday</b>	<b>25</b>  <b>Closed For Holiday</b>	<b>26</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> The Journey of Man	<b>27</b> <b>10:00 – 11:00</b> Walking Club  <b>11:30 – 1:00</b> Lunch Bunch - Murray's	<b>28</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>12:00 – 2:30</b> Movie - <i>Streetcar Named Desire</i>
<b>31</b> <b>9:30 – 10:30</b> EnhanceFitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	 <p><i>Happy Holidays</i></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: <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: _____

## 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 612-668-4828.

For Classes call 612-370-3869.

Monday-Friday, 9 a.m.-3 p.m., and have the class information ready. Classes that require advance payment, your registration will be confirmed once payment is received.

### Cancellations

A minimum of 7 days is required prior to class date for full refund unless noted otherwise.

NO refunds on trips.

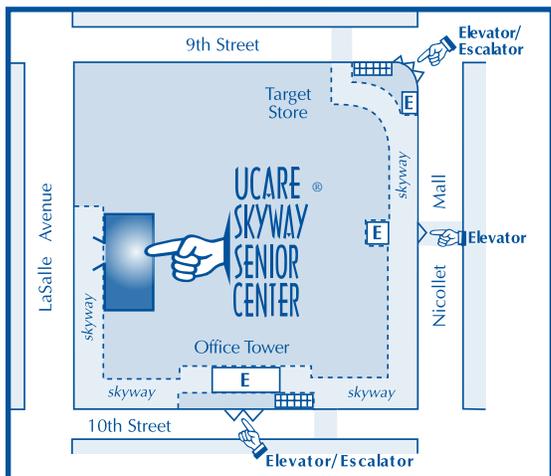
## UCare Skyway Senior Center

950 Nicollet Mall, Suite 290  
Minneapolis, MN 55403

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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.