

# 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 UCare Skyway Senior Center Coordinator

My name is Sara Goodnough and I am the new Coordinator of the UCare Skyway Senior Center. I served on the Friends of the Skyway Senior Center board from 2006-2012 and I am thrilled to be part of this amazing center. I would like to thank our Interim Coordinator, Michelle Larson, and our former Coordinator, Tina Kendrick, for their time, support and commitment to the UCare Skyway Senior Center during this transition. I would also like to thank our volunteer hosts and receptionists who keep the center running every day.

As we move into spring and summer I am eager to hear from our visitors about what programs you would like to see in the future. Do you want classes or presentations on health, art, music, history, animals, crafts, food or personal finance? I encourage you to submit your comments and ideas:

- In our suggestion box at the UCare Skyway Senior Center
- By phone at 612-370-3869
- E-mail at [skywaycenter@minneapolismn.gov](mailto:skywaycenter@minneapolismn.gov)
- We're now on Twitter @skywaycenter

I look forward to meeting more of you and I would like to thank you for supporting the UCare Skyway Senior Center.

*Sara Goodnough*

### 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.  
950 Nicollet Mall, Suite 290 – Minneapolis, MN 55403

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

# HEALTH CARE

*that starts with:*

*Patrick*

– UCare member  
Brooklyn Park, MN



**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.

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*Get more information the way you prefer:*

**Visit:** [UCareplans.org](http://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.<sup>†</sup>



Center Director  
Sara Goodnough

#### Advisory Council

Donald Leners  
*Chair*

Adrienne Merrill-Ratliff  
*Vice-Chair*

Betty Jeanne Leners,  
*Secretary*

Kay Hayes

Fay Harrison

Karen Fournier

Evelyn Eskeli

Mae Range

Alice Lincoln

Randy Wilson

Patricia Hastreiter

#### Friends of the Skyway Senior Center Board

Terry Diebold  
*President*

Art Hogenson  
*Vice President*

Patricia Harris  
*Treasurer*

Dan Dahl  
*Secretary*

Ellen Wolfson

Shannon McDonough

Kay Hayes

# Artists of the Month

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



## April

**Shane Anderson** – Art has played a major role in my life for as long as I remember. When I was in middle school I started doodling cartoons on my notebook covers. I would fill the covers of my notebooks with fun expressive faces. As I would run out of space on my "makeshift canvas" I would start filling in the spaces with more faces. Since then my unique style has evolved into creative works of art. The style I create in is colorful, accessible and visually engaging to the emotions. It draws on both graphic illustrations and cartooning techniques while also maintaining the level of expressiveness and rigor found in fine art painting. The shadowing, modeling and brush strokes are integrated with clean, sharp lines showing bold colors. These characteristics carry an urban quality. The techniques create a sense of narrative, as well as separating individual characters in such a way that it makes them feel as if they are leaping off the canvas.

**Artist Reception - Wednesday, April 17 at 1:00, Free**

## May

**Sean McKenna** – There was that time in South Dakota, outside of a gas station deep in the badlands; the mystics spoke of the great ghost-dance and the moon howled back at the wolves. Or that night in Texas, when tornadoes beat down upon the sleepy town of Hereford—when strangers sat quietly in a hole, their homes being ransacked by the wind. He was there, a wanderer on a journey through the American Experience. With only his camera and a vague sense of direction, Sean McKenna finds those places that only exist for a fraction of a second; when time and space become one and together they slow down to catch their breath. You know the place; you've been there before.

**Artist Reception – Thursday, May 2 at 11:00, Free**

## June

**Holly Jacobson and Drew Trampe** are artists living and working in the Northeast Minneapolis Arts District. This husband and wife team own Easel Street Gallery at the Northrup King Building where they display their own art works and those of other North American Artists. In June they will be showing Holly's watercolor paintings and Drew's art photographs. Holly draws inspiration from her life experiences and impressions. Drew is inspired by the play of light on various subjects which he feels is the essence of photography. Holly and Drew both feel that art in all its forms is the soul of mankind, and they feel blessed to have been drawn into its world..

**Artist Reception - Tuesday, June 4 at 1:00, Free**

**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 Sara, or email [skywaycenter@minneapolismn.gov](mailto:skywaycenter@minneapolismn.gov) for more information.

# Trips & Social Outings



## Wine Tasting in the St. Croix River Valley

Did you know there are over 30 wineries in Minnesota and 87 in Wisconsin? Here's an opportunity to tour a few: the Northern Vineyards in Stillwater and the Chateau St. Croix near St. Croix Falls, WI. You can taste a variety of wines made from both local and imported grapes, learn about the wine industry, and discuss the interplay of geology, climate, and soil in producing the distinctive grapes grown in this region. Lunch, featuring pork with peppercorn sauce, green beans, baby red potatoes and roll, will be at the Water Street Inn in Stillwater. Price includes coach bus transportation, tastings, tours, lunch, tax and gratuity. Note special pick up times & locations for this trip: Bus pick up provided at 3 locations: Windom School, 5821 Wentworth Ave. S. at 8:30 am; Dowling School, 3900 W. River Rd. at 8:45 a.m.; and Parker Skyview Highrise, 1815 Central Ave. NE at 9 a.m.

Saturday, May 4 8:30 am-5:30 pm Cost: \$56

## Take Me Out to the Ballgame

Help cheer the Minnesota Twins to victory as they take on the Chicago White Sox. Seats are reserved in the Powerball Pavilion area 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. Enter Gate 34 at the Target Plaza entrance.

Wednesday, May 15 12:10 pm Cost: \$15

## War Horse at the Orpheum Theatre

This remarkable tale of courage, loyalty and friendship set in England as WWI begins. Young Albert's beloved horse, Joey, is sold to the cavalry and shipped to

France. He's soon caught up in enemy fire, and fate takes him on journey, serving on both sides. Albert cannot forget Joey and embarks on a treacherous mission to find him. This moving drama features stirring music and astonishing life-sized puppets that bring charging horses to life on stage. Reserved seats are toward the back on the main floor. Transportation is on your own. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Thursday, June 13 2:00-4:30 pm Cost: \$54

## Clybourne Park at the Guthrie Theater

Winner of the Pulitzer Prize and a 2012 Tony Award nominee, this satiric comedy deals with race and class. The play begins in 1959 as a black family moves into a white neighborhood in north Chicago, and in Act Two takes us to the same house in 2009 as gentrification sets in and the roles are reversed. Jokes fly and hidden agendas unfold as two generations tiptoe through social politics, pitting race against real estate. Seats are on the sides of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2nd St. S.

Wednesday, June 19 12:45-3:30 pm Cost: \$23

## Cruise the St. Croix River

Travel to Stillwater for a luxury cruise down the scenic St. Croix River on a paddlewheel river boat. A deli buffet lunch includes sliced meats and cheeses served with fresh bakery rolls, sandwich fixings, fresh fruit, seasonal salad, a hot entrée selection, and a gourmet cookie assortment. Price includes coach bus transportation, boat tour, lunch, tax and gratuity.

Thursday, June 20 9:15 am-3:30 pm Cost: \$39

### 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

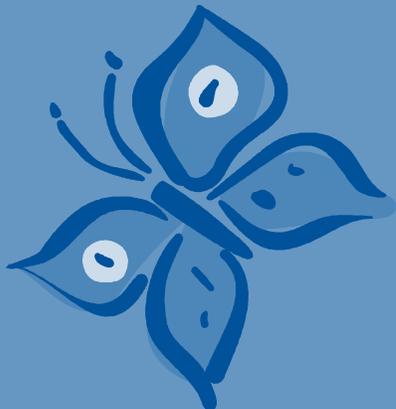


## We Need Volunteers

The Friends of the Skyway Senior Center, our non-profit board, is looking for individuals of any age who want to use their skills and talents to strategically plan, connect with community partners, and raise funds to ensure the sustainability of the UCare Skyway Senior Center. The Friends meet the first Monday of every other month at noon. If you are interested in learning more or serving on the board, please contact Sara, the Center Coordinator, at 612-370-3869 or [skywaycenter@minneapolismn.gov](mailto:skywaycenter@minneapolismn.gov) to learn more about this rewarding volunteer opportunity.

Volunteer Receptionists are needed to greet our visitors and answer questions. We provide the training. Shifts available: 9-12 or 12-3. For more information call Sara at 612-370-3869.

If you are a news junkie who enjoys getting conversations started, we are looking for a volunteer to facilitate the Keeping up with Current Events group that meets Mondays at 1:00 p.m. For more information call Sara at 612-370-3869.



## Food Assistance for Seniors

The Supplemental Nutrition Assistance Program (SNAP) helps ensure that people with lower incomes have enough food. It is a program designed to supplement a family or individual's income by providing money that can be spent on food. SNAP helps people avoid having to make hard choices between paying their bills and feeding themselves. Community Action Minneapolis can provide you with a screening to help determine if you are likely to qualify for the program. For more information call Community Action Minneapolis at 612-767-1741.



## 2013 Older Americans Month Event

Every year since 1963, May has been a month to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities. The theme for Older Americans Month 2013, Unleash the Power of Age, has never been more fitting. Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends, and neighbors. Join us at the UCare Skyway Senior Center on Thursday, May 30, 12:00-2:00 p.m., for a celebration with our friends and partners. Food, refreshments, games & prizes provided.



OLDER AMERICANS MONTH 2013

# May is Older Americans Month

## History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month, is now called "Older Americans Month," and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities.

## Past Older Americans Month Themes

- |  |   |
|--|---|
| 1978 - Older Americans and the Family  | 2000 - In the New Century. . . . The Future is Aging                      |
| 1984 - Health: Make it Last a Lifetime   | 2001 - The Many Faces of Aging  |
| 1985 - Help Yourself to Independence   | 2002 - America: "A Community for all Ages"                                |
| 1986 - Plan on Living the Rest of Your Life                                      | 2003 - What We Do Makes A Difference.                                     |
| 1992 - Community Action Begins with You: Help<br>Older Americans Help Themselves | 2004 - Aging Well, Living Well  |
| 1993 - No theme selected<br>(proclamation signed on May 25, 1993)                | 2005 - Celebrate Long-term Living   |
| 1994 - Aging: An Experience of a Lifetime  | 2006 - Choices For Independence   |
| 1995 - Aging: Generations of Experience  | 2007 - Making Choices for a Healthier Future                              |
| 1996 - Aging: A Lifetime Opportunity   | 2008 - Working Together for Strong, Healthy and<br>Supportive Communities |
| 1997 - Caregiving: Compassion in Action  | 2009 - Living Today for a Better Tomorrow                                 |
| 1998 - Living Longer, Growing Stronger in America                                | 2010 - Age Strong! Live Long!   |
| 1999 - Honor the Past, Imagine the Future: Towards a<br>Society for All Ages     | 2011 - Older Americans: Connecting the Community                          |
|  | 2012 - Never Too Old to Play  |

# 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 Passion of Joan of Arc--Not Rated**, 1928, B & W (98 min.) The drama recounts the events surrounding Joan of Arc's 1431 heresy trial, burning at the stake and subsequent martyrdom. Directed by Carl Theodor Dreyer with Maria Falconetti as the young French saint. (drama/silent film)

F Apr 5 12:00 Free

**Hope Springs--PG-13**, 2012 (100 min.) After decades of marriage, a devoted couple (Meryl Streep and Tommy Lee Jones) go to see a couples' counselor (Steve Carell) in order to spice things up and reconnect. The real challenge comes as they try to re-ignite the spark that caused them to fall for each other in the first place. (romantic comedy)

F Apr 12 12:00 Free

**Tobacco Road--Not Rated**, 1941, B & W (84 min.) Shiftless Jeeter Lester and his family of hillbilly stereotypes live in a rural backwater where their ancestors were once wealthy planters. Their slapstick existence is threatened by a bank's plans to take over the land for more profitable farming during the Great Depression in this classic from director, John Ford. Starring Gene Tierney (comedy)

F Apr 19 12:00 Free

**Stalag 17--Not Rated**, 1953, B & W (120 min.) For the allied prisoners of Stalag 17, every escape attempt ends the same way: disaster. Cynical Sgt. Sefton (William Holden) thinks they're all fools for trying, but soon his hectoring starts raising suspicions that there is a German spy among them. Could that spy be him? This WWII classic is directed by Billy Wilder. (comedy/drama)

F Apr 26 12:00 Free

**The Perks of Being a Wallflower--PG-13**, 2012 (101 min.) In this engaging coming-of-age tale based on the best-selling novel by Stephen Chbosky, a shy freshman struggling with depression deals with his best friend's suicide and his first love – and finds help from two seniors who take an interest in him. (drama)

F May 3 12:00 Free

**La Strada--Not Rated**, 1954, B & W (108 min.) The story follows the plight of gentle Gelsomina (Giulietta Masina), who's sold by her mother to a bullying circus performer (Anthony Quinn), only to have a clown (Richard Basehart) win her heart and ignite a doomed love triangle. The movie won the Academy Award for Best Foreign Film in 1956. (drama/English sub-titles)

F May 10 12:00 Free

**1941--PG**, 1979 (146 min.) Steven Spielberg's comedy is based on a true incident about the war panic that erupted in Southern California after a Japanese sub was spotted off the coast six days after the attack on Pearl Harbor. Contains animated mayhem. Ensemble cast includes John Belushi, Dan Aykroyd, John Candy, Ned Beatty, Robert Stack and many others. (comedy)

F May 17 12:00 Free

**To Rome with Love--R**, 2012 (112 min.) The story is told in four separate vignettes: a clerk who wakes up to find himself a celebrity, an architect who takes a trip back to the street he lived on as a student, a young couple on their honeymoon, and a funeral director who has a talent for singing in the shower. Written by, directed by and starring Woody Allen, the film is set in Rome, Italy. (romantic comedy)

F May 24 12:00 Free

**The Wolfman--R**, 2010 (103 min.) Lawrence Talbot is lured back to his family estate to investigate the savage murder of his brother by a bloodthirsty creature of legend. Reunited with his estranged father, Lawrence sets out to find his brother's killer and discovers a horrifying destiny for himself. (drama/thriller)

F May 31 12:00 Free

**Pat and Mike--Not Rated**, 1952, B & W (95 min.) Pat Pemberton (Katharine Hepburn) is a women's sports sensation - a champion in golf, tennis, and whatever else she decides to do. Knowing a good thing when he sees it, Mike Conovan (Spencer Tracy), a slightly shady sports promoter, becomes her manager. Together they face mobsters, a jealous boxer and a growing mutual attraction. (romantic comedy)

F June 7 12:00 Free

**He's Just Not that Into You--PG-13**, 2009 (129 min.) An all-star ensemble cast of characters led by Jennifer Aniston, Drew Barrymore and Scarlett Johansson deals with their respective romantic problems, usually thwarted by the differing ideals and desires of their chosen partner. At the center of this is Gigi (Ginnifer Goodwin), a young woman who repeatedly misinterprets the behavior of her romantic partners. (romantic comedy)

F June 14 12:00 Free

**Advise & Consent--Not Rated**, 1962, B & W (140 min.) The film follows the consequences in Washington, D.C. when the President nominates a man with a hidden past for Secretary of State. The senate investigation into the President's nomination gives light to a secret from the past, which may not only ruin the candidate, but the President's character as well. Starring Henry Fonda (drama)

F June 21 12:00 Free

**A Place in the Sun--Not Rated**, 1951, B & W (122 min.) Based on the 1925 novel *An American Tragedy* by Theodore Dreiser, it tells the story of a working-class young man who is entangled with two women; one who works in his wealthy uncle's factory and the other a beautiful socialite. Starring Elizabeth Taylor (drama/romance)

F June 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.

### 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. (No class on 5/27)

M & F Apr 1-June 28 10:00 – 11:00

### 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 Apr 3 – June 26 11:00-12:00

### Mat Yoga

This class is 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.

W Apr 3-June 26 10:00-11:00

### Coming Soon

#### Tai Chi – Specialized for Older Adults

We are close to finalizing all of the details in order to contract with organizations to provide Tai Chi courses. As of this newsletter submission we don't have further information, but we will post information around the center when the details are finalized. Thank you for your patience.

*If you have questions about any of the exercise classes, please call the center at 612-370-3869.*

### 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 the downtown skyways and when weather permits, the outside. Wear comfy clothes and shoes.

Every Thursday from 10 – 11 am Free

### I Can Eat Sensibly (I.C.E.S.) - Enjoy Friends! Stay Supported! Have fun!

Are you eating sensibly? What's your healthy eating and exercise plan? Come and see what everyone is talking about. I.C.E.S. 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 and exercise articles, and exchange health information. Join us the second Monday of every month (no June class). You can bring your lunch or even a healthy snack to share.

M Apr 8 & May 13 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 offered EVERY OTHER MONTH.

Th May 23 11:00am – 3:00pm \$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.

Th Apr 11, May 9, June 13 1:00-2:30 Free

### Birthdays of the Month

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!

T Apr 2, May 7, June 4 12:30 Free

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

## Bundles of Love Club

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 Apr 10, May 8, June 12 12:30 Free

## Book Club

### April – A Tree Grown in Brooklyn by Betty Smith

The beloved American classic about a young girl's coming-of-age at the turn of the century, Betty Smith's *A Tree Grows in Brooklyn* is a poignant and moving tale filled with compassion and cruelty, laughter and heartache, crowded with life and people and incident. The story of young, sensitive, and idealistic Francie Nolan and her bittersweet formative years in the slums of Williamsburg has enchanted and inspired millions of readers for more than sixty years. By turns overwhelming, sublime, heartbreaking, and uplifting, the daily experiences of the unforgettable Nolans are raw with honesty and tenderly threaded with family connectedness -- in a work of literary art that brilliantly captures a unique time and place as well as incredibly rich moments of universal experience.

Th Apr 18 10:30-11:30 Free

### May – Peace Like a River by Leif Enger

This richly evocative novel, narrated by an asthmatic 11-year-old named Reuben Land, is the story of Reuben's unusual family and their journey across the frozen Badlands of the Dakotas in search of his fugitive older brother. Charged with the murder of two locals who terrorized their family, Davy has fled, understanding that the scales of justice will not weigh in his favor. But Reuben, his father, Jeremiah -- a man of faith so deep he has been known to produce miracles -- and Reuben's little sister, Swede, follow closely behind the fleeing Davy. Leif Enger is a Minnesota writer.

Th May 16 10:30-11:30 Free

### June– Whose Names Are Unknown by Sanora Babb

Originally written and slated for publication in 1939, this long-forgotten masterpiece was shelved by Random House when *The Grapes of Wrath* met with wide acclaim. In the belief that Steinbeck already adequately explored the subject matter, Babb's lyrical novel about a farm family's relentless struggle to survive in both Depression-era Oklahoma and in the California migrant labor camps gathered dust for decades. Rescued from obscurity by the University of Oklahoma Press, the members of the poor but proud Dunne family and their circle of equally determined friends provide another legitimate glimpse into life on

the dust-plagued prairies of the Southwest and in the fertile, but bitterly disappointing, orchards and vineyards of the so-called promised land. Babb, a native of Oklahoma's arid panhandle and a volunteer with the Farm Security Administration in Depression-era California, brings an insider's knowledge and immediacy to this authentically compelling narrative.

Th June 20 10:30-11:30 Free

### The Lunch Bunch – 4th Thursday of the Month If You Do Not Register by Tuesday Noon, You May Not Be Able To Sit With The Group!

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	Apr 25	Union
	731 Hennepin Ave • 455-6690	11:30
Th	May 23	Prairie Kitchen
	1300 Nicollet Mall • 596-4640	11:30
Th	June 27	Oceanaire
	50 South 6th St. • 333-2277	11:30

### Creative Writing Group

Calling all creative writers, from beginners to those who have been writing for years. We are pleased to announce that we have a facilitator, Jeanne Kerans, who will help people find their creative side by writing. Jeanne has led creative writing classes in many senior settings. Writing skills are not necessary, grammar, punctuation, sore hands, low vision - we can adapt around these concerns. Our goals will vary, but all will be encouraged to be supportive of each other's efforts & to have a good time. The Creative Writing Group will meet the second Tuesday of every month.

T April 9, May 14, June 11 10:00-11:00 Free

### Computer Tutor

Call to schedule your own private appointment at the center – 612-370-3869. From turning on the computer to e-mailing photos – all skill levels welcome! Call for your FREE INDIVIDUAL SESSION.

Mon-Wed times available – call 612-370-3869 to schedule a time.

### 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 Apr 18, May 16, June 20 1:00-2:30 Free

**YOU MUST REGISTER FOR ALL CLASSES**

## Catching Up on Current Events – Invigorating Discussion Group

Did you catch the news last night? Read the paper this morning? Do you enjoy discussions about important issues? Open, Engaging, Insightful – Current Events Discussion Group will meet every Monday to enjoy an open forum of today's hot topics. Bring information and topic ideas. Give your opinion, do some research, get information from others. This is a great way to engage and connect!

M Apr 1 – June 24 (except Memorial Day) 1:00-2:30 Free

## Ask the Pharmacist

Have a question for our visiting pharmacist? Nancy Ebner, RPh and UCare Pharmacist 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 Nancy one-on-one to get your questions answered. First come first serve so ask the receptionist for your number for a 10-15 minute consult.

T Apr 23, May 28, June 25 1:00-2:30 Free

## APRIL ACTIVITIES

### Brain Health in Aging Adults - Part 1.

Forgetfulness is something we all worry about. Over the past years researchers have learned a lot about memory and why some kinds of memory problems are serious and some are not. Join us as we discuss some of the myths around forgetfulness and learn when we need to ask for help. Sponsored by the University of Minnesota, Department of Family Medicine & Community Health.

W April 3 1:00 Free

### Travels with Anita: Chicago Revisited

At the end of March, Anita decided to travel to Chicago, one of her favorite cities. This time, the primary purpose was to attend three Lyric Opera performances. She also visited the Art Institute, the Field Museum and several theater performances. Come to hear about this Chicago adventure.

T April 9 1:00 Free

### Minneapolis Issues Discussion

Please join our guest, Minneapolis City Council Member Meg Tuthill, 10th Ward, who will be available to talk about the latest issues in Minneapolis. Want to talk about the stadium, neighborhood issues, public safety, elections or any other current Minneapolis topic? Stop in and learn about what's going on in our city and get your questions answered.

T April 16 11:00 Free

## Searching the Web Effectively

It has been estimated there are now over 14 billion pages available on the World Wide Web. This is an inconceivably huge amount of information, much of which is out dated, irrelevant or inaccurate. Dealing with finding the needle in this haystack effectively requires familiarity with what tools to use and how to use them. In this class we will take a look at how Web search engines work and some tips and tricks to make searches work for you.

T April 16 1:00 Free

## Climb Theatre Workshops

Elders CLIMBing: In a series of four 40-minute sessions, Actor-Educators from CLIMB Theatre will lead participants in a series of creative activities. Together, the seniors and the CLIMBers will explore old stories and they will invent new stories and characters that grow from the theatre activities. A portion of the final workshop session includes an open sharing of some of the created scenes, stories and characters. Sessions are limited to 20 people. Participants should plan on attending all 4 sessions to get the most out of this opportunity.

*This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund and by a grant from the National Endowment for the Arts.*

T April 30, May 7, May 14 & May 21 1:00-1:45 Free

## Documentary - Frontline: Storm Over Everest

This edition of "Frontline" heads to Mount Everest, where climber and filmmaker David Breashears relives the rescue effort to save climbers who were stranded in subzero extremes caused by a ferocious storm on May 10, 1996. When the storm hit during filming of the IMAX documentary Everest, Breashears and his crew risked their lives to save fellow climbers. Now, Breashears searches for answers to the disaster in which eight people lost their lives.

T April 23 10:00 Free

## MAY ACTIVITIES

### Brain Health in Aging Adults Part 2.

The foods we eat and the exercise we get have an impact on healthy aging and the health of our brains. Let's rate your plate and check your hand grip strength to see what they can tell us about memory. Sponsored by the University of Minnesota, Department of Family Medicine & Community Health.

W May 1 1:00 Free

## Climb Theatre Workshops

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**YOU MUST REGISTER FOR ALL CLASSES**

seniors and the CLIMBers will explore old stories and they will invent new stories and characters that grow from the theatre activities. A portion of the final workshop session includes an open sharing of some of the created scenes, stories and characters. Sessions are limited to 20 people. Participants should plan on attending all 4 sessions to get the most out of this opportunity.

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T April 30, May 7, May 14 & May 21 1:00-1:45 Free

### Great Decisions Foreign Policy Issues Discussion Group

Sponsored by the UCare Skyway Senior Center, Minneapolis Community Education, the Foreign Policy Association and the Minnesota International Center. The foreign policy discussions will be moderated by experts and will offer participants the opportunity to learn more about major world issues. Topic include: Future of the Euro; Myanmar & Southeast Asia; NATO; and Egypt. Please check the calendar for topic dates.

W May 15, May 22, May 29 1:00-2:30 Free

### Documentary - Frontline: Inside the Meltdown

Shining a light on the economic meltdown that changed the mood of the 2008 presidential election, this edition of "Frontline" offers an inside look at what caused the crisis and who -- if anyone -- could have stopped it. Segments focus on the failures of Bear Stearns, Lehman Brothers and AIG; the U.S. government bailout costing taxpayers \$700 billion; and the roles of the U.S. Treasury and the Federal Reserve in repairing the damage.

T May 28 10:00 Free

### Older Americans Month Celebration

May is Older Americans Month. Join us for the celebration: Food, refreshments, games and prizes will be provided by our friends from UCare. Everyone is welcome to come to the party.

Th May 30 12:00 – 2:00 Free

## JUNE ACTIVITIES

### Great Decisions Foreign Policy Issues Discussion Group

Sponsored by the UCare Skyway Senior Center, Minneapolis Community Education, the Foreign Policy Association and the Minnesota International Center. The foreign policy discussions will be moderated by experts and will offer participants the opportunity to learn more about major world issues. Topic include: Future of the Euro; Myanmar & Southeast Asia; NATO; and Egypt. Please check the calendar for topic dates.

W June 5 1:00-2:30 Free

### The Hidden Web

The web that we regularly access easily actually contains only a fraction of the available information. It has been estimated that the hidden or deep web may be as much as 500 times larger than what we can easily access. In this class we will examine what the deep web is and how we can access that information.

T June 11 1:00 – 2:00 Free

### AARP Driver Safety: 4–Hour Refresher Course\*

You must have completed the 8 hour AARP Driver Safety Course before you can take the refresher course. This refresher course is sponsored by AARP. Licensed drivers age 55 and over who 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 June 18 11:00 – 3:00 pm \$12 AARP  
\$14 regular

### Brain Health (Aspirin) – Part 3

Aspirin has been around for ages. It's an old drug that seems to be in the news often. What are its benefits? What are its risks? Come and hear what we know about aspirin therapy and what the University of Minnesota researchers are doing to learn more about it. Sponsored by the University of Minnesota, Department of Family Medicine & Community Health.

W June 19 1:00 Free

### Documentary - Frontline: Old Man and the Storm

In this "Frontline" documentary -- by turns heartbreaking and inspiring -- filmmaker June Cross follows 82-year-old New Orleans resident Herbert Gettridge as he works to rebuild his Lower Ninth Ward home, alone, in the wake of Hurricane Katrina. The program also focuses on Gettridge's extended family and their efforts to remain in New Orleans, a once-vibrant city that holds their history but is now battered, bruised and largely uninhabitable.

T June 25 10:00 Free

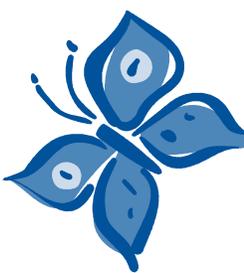
### Bingo! Sponsored by Walgreens

Join the staff from our local Walgreens on the Nicollet Mall who will be hosting Bingo at center. Prizes and refreshments provided by Walgreens. Limited number of seats – sign up at the center.

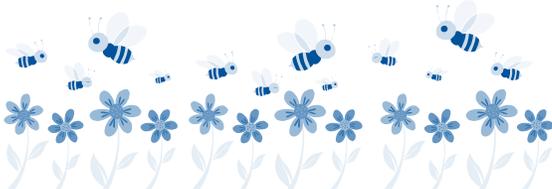
W June 26 1:00 Free

**YOU MUST REGISTER FOR ALL CLASSES**

# April

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>3</b> <b>10:00 – 11:00</b> Mat Yoga* <b>11:00 – 12:00</b> Yoga Stretch* <b>1:00 – 2:30</b> Brain Health-Part 1	<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>Passion of Joan of Arc</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>10:00 – 11:00</b> Creative Writing Group <b>1:00 – 2:00</b> Travels with Anita – Chicago Revisited	<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>Hope Springs</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>11:00 – 12:00</b> Mpls. Issues w/ Council Member Meg Tuthill, 10th Ward <b>1:00 – 2:30</b> Searching the Web Effectively	<b>17</b> <b>10:00 – 11:00</b> Mat Yoga* <b>11:00 – 12:00</b> Yoga Stretch* <b>1:00 – 2:00</b> Meet the Artist - Shane Anderson	<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>Tobacco Road</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>10:00 – 11:00</b> Documentary - Frontline: Storm over Everest <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 - Union	<b>26</b> <b>10:00 – 11:00</b> EnhanceFitness®* <b>12:00 – 2:30</b> Movie - <i>Stalag 17</i>
<b>29</b> <b>10:00 – 11:00</b> EnhanceFitness®* <b>1:00 – 2:30</b> Catching Up on Current Events	<b>30</b> <b>1:00 – 2:00</b> Climb Theatre Workshop			

# May

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> Brain Health-Part 2	<b>2</b> <b>10:00 – 11:00</b> Walking Club  <b>11:00 – 12:00</b> Meet the Artist - Sean Anderson  <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>The Perks of                      Being a Wallflower</i>
<b>6</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>7</b> <b>12:30 – 1:30</b> Birthdays of the Month  <b>1:00 – 2:00</b> Climb Theatre Workshop	<b>8</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>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>La Strada</i>
<b>13</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>14</b> <b>10:00 – 11:00</b> Creative Writing Group  <b>1:00 – 2:00</b> Climb Theatre Workshop	<b>15</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> Great Decisions - Future of the Euro	<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> Advocates, Resources, Assistance, Information	<b>17</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>12:00 – 2:30</b> Movie - <i>1941</i>
<b>20</b> <b>10:00 – 11:00</b> EnhanceFitness®*  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>21</b> <b>1:00 – 2:00</b> Climb Theatre Workshop	<b>22</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> Great Decisions - Myanmar & SE Asia	<b>23</b> <b>11:00 – 3:00</b> Foot Care Clinic*  <b>10:00 – 11:00</b> Walking Club  <b>11:30 – 1:00</b> Lunch Bunch - Prairie Kitchen	<b>24</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>12:00 – 2:30</b> Movie - <i>To Rome                      with Love</i>
<b>27</b>  <b>Closed                      For                      Holiday</b>	<b>28</b> <b>10:00 – 11:00</b> Documentary - Frontline: Inside the Meltdown  <b>1:00 – 2:30</b> Ask the Pharmacist	<b>29</b> <b>10:00 – 11:00</b> Mat Yoga*  <b>11:00 – 12:00</b> Yoga Stretch*  <b>1:00 – 2:30</b> Great Decisions - NATO	<b>30</b> <b>10:00 – 11:00</b> Walking Club  <b>12:00 – 2:00</b> Older Americans Month Event	<b>31</b> <b>10:00 – 11:00</b> Enhance Fitness®*  <b>12:00 – 2:30</b> Movie - <i>The Wolfman</i>

# June

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 – 2:00</b> Meet the Artist - Holly Jacobson and Drew Trampe	<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> Great Decisions - Egypt	<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>Pat &amp; Mike</i>
<b>10</b> <b>10:00 – 11:00</b> EnhanceFitness®* <b>1:00 – 2:30</b> Catching Up on Current Events	<b>11</b> <b>10:00 – 11:00</b> Creative Writing Group <b>1:00 – 2:00</b> The Hidden Web	<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>Movie - He's Just Not That Into You</i>
<b>17</b> <b>10:00 – 11:00</b> EnhanceFitness®* <b>1:00 – 2:30</b> Catching Up on Current Events	<b>18</b> <b>11:00 – 3:00</b> AARP Driver Safety	<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> Brain Health-Part 3	<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>Advise &amp; Consent</i>
<b>24</b> <b>10:00 – 11:00</b> EnhanceFitness®* <b>1:00 – 2:30</b> Catching Up on Current Events	<b>25</b> <b>10:00 – 11:00</b> Documentary - Frontline: Old Man & the Storm <b>1:00 – 2:30</b> Ask the Pharmacist	<b>26</b> <b>10:00 – 11:00</b> Mat Yoga* <b>11:00 – 12:00</b> Yoga Stretch* <b>1:00 – 2:00</b> Bingo! Sponsored by Walgreens	<b>27</b> <b>10:00 – 11:00</b> Walking Club <b>11:30 – 1:00</b> Lunch Bunch - Oceanaire	<b>28</b> <b>10:00 – 11:00</b> EnhanceFitness®* <b>12:00 – 2:30</b> Movie - <i>A Place in the Sun</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: _____

## 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.

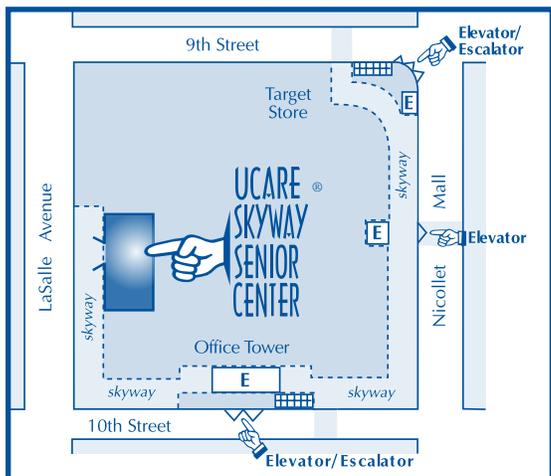
## UCare Skyway Senior Center

950 Nicollet Mall, Suite 290  
Minneapolis, MN 55403

NONPROFIT  
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.