

# Chatter

Ucare

July – September 2013

950 Nicollet Mall, Suite 290 Mpls 55403

Skyway Senior Center

612-370-3869 Mon-Fri 9 a.m.-3 p.m.

## In This Issue:

### Page 1:

- You Have Been Heard

### Page 2:

- UCare

### Page 3:

- Artist of the Month

### Page 4:

- Trips & Outings

### Page 5:

- Good to Know-You Want to Know

### Page 6:

- Senior LinkAge Line

### Page 7:

- Movie Time

### Page 8-10:

- Ongoing Activities

### Page 10-11:

- July, August & September Activities

### Page 12-14:

- Calendars

### Page 15:

- Registration

### Back Page:

- Map & Directions

## You Have Been Heard

Last quarter I asked center visitors, Advisory Board members and volunteers what programs they would like to see at the center. In addition to our popular continuing programs, I believe we have some great new classes and programs to offer this quarter. We have documentaries, health presentations, art, computer classes and even a ladies accessory exchange.

I would like to thank all of our volunteers who help keep the UCare Skyway Senior Center running. In addition to our many long-term volunteers, we have welcomed several new volunteers who add to our team: Val, Dianne, Glenn and Lodean.

If you have any suggestions or comments about the UCare Skyway Senior Center, please submit them:

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

Thank you for supporting the UCare Skyway Senior Center.

*Sara Goodnough*

Coordinator

UCare Skyway Senior Center

### 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:*

*Jerrice*

– UCare member  
West St. Paul, 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.

---

UCare Minnesota and UCare Health, Inc. are health plans with Medicare contracts. ©2013, UCare H2459 H4270\_082712 CMS Accepted (09012012) H2459 H4270 Group\_082712 IA (09012012)

*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>3</sup>



Center Coordinator  
Sara Goodnough

#### Advisory Council

Donald Leners  
*Chair*

Adrienne Merrill-Ratliff  
*Vice-Chair*

Betty Jeanne Leners,  
*Secretary*

Kay Hayes

Fay Harrison

Evelyn Eskeli

Mae Range

Alice Lincoln

Randy Wilson

Patricia Hastreiter

Jerry Dudley

#### Friends of the Skyway Senior Center Board

Terry Diebold  
*President*

Art Hogenson  
*Vice President*

Dan Dahl  
*Secretary*

Ellen Wolfson

Shannon McDonough

Kay Hayes

Midge Loeffler

# Artists of the Month

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



## July

Juliet L. Anderson — My artwork has been accepted in juried art shows and owned by private collectors, as is my glass work. I also promote, arrange and illustrate for one of my brothers, John E. Carson's, writings. I am displaying some paintings that have been inspired by John's writings and some writings that have been inspired by my paintings. I use different mediums to create: watercolors, acrylics, colored pencils, some oils, or whatever is close at hand when I feel inspired. Metalwork is my current challenge. I also work with glass; stained, and sandblasted, on glass and mirrors. The canvas of words in the form of poetry is yet another, also note cards featuring my paintings and poems of mine and John's. Photography is also another form of expression for me. I truly love nature; landscapes are a favorite of mine, although like most artists, inspiration brings me to unlimited subjects. I create commissioned work in most mediums. It is important to me to see and create my customer's vision and my interpretation to the best of my ability, keeping an even balance between both.

**Artist Reception - Tuesday, July 2 at 11:00, Free**

## August

Rita Beyer Corrigan is a pastel artist whose MA degree is in creative photography and oil painting. Later she became fascinated with the brilliance of pastels and the effect they had on her work. She is currently working with landscape images of northern Minnesota, especially along Lake Superior. She is fascinated by the layering of colors in the depths of the forest and the grassy meadows they surround. The contrast of and reflective nature of water set against the land forms of both rocks and trees also call her to record their images. Two recent trips to Croatia and then to Ireland in the past year have greatly influenced Rita's subject matter. She is currently working on images from these two very different experiences.

**Artist Reception – Thursday, August 1 at 11:00 Free**

## September

Howard Carson is a locally and nationally recognized artist. In the period from 1996 to 2005 Howard won 38 awards in competition (mostly first place) and had a watercolor displayed by request in the Senate Rotunda in Washington D.C. Howard works in many mediums including: watercolor, pastels, graphite, pen & ink and ink wash. His subject matter includes portraits, landscapes, cityscapes and domestic & wild animals. Howard found an early interest in art and attributes his desire to perfect his talent to his mother's encouragement, who often wrote poetry and had the desire to learn how to draw and paint herself.

**Artist Reception - Tuesday, September 3 at 1:30 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

## A Day in Spicer

Spicer is a delightful community located on the shores of Green Lake, in the heart of the Little Crow Lakes Region, 99 miles west of the Twin Cities. With its friendly people and restful atmosphere, it is a wonderful place to visit. Take a relaxing boat cruise on beautiful Green Lake. Enjoy lunch at The Oaks, overlooking the Eagle Creek Golf Course and Willmar Lake. Their signature buffet features soup and salad bar, choice of entrees, potato, vegetable, fresh popovers, dessert and beverage. After lunch, plan to stop in at Mr.B. Chocolatier. You will have a chance to learn about their chocolate and taste their creations. Price includes coach bus transportation, boat cruise, lunch, tax and gratuity.

Thursday, July 11 8:30 am-6:00 pm \$49

## Crazy for You at the Festival Theatre

Travel to St. Croix Falls, WI to see this high energy comedy, complete with mistaken identity, plot twists, fabulous song and dance. It is an artfully constructed tale of boy meeting girl in the Wild West, where they spread a love of performance and dance, and ultimately fall in love. This musical features Ira Gershwin's most loved music, stunning dance numbers, and the witty dialogue of Ken Ludwig. Before the show, a delicious lunch will be served at Village Pizzeria in Dresser, WI. It features champagne chicken breast, garlic mashed potatoes, vegetable, salad, bread, dessert and beverage. Price includes coach bus transportation, lunch, show, tax and gratuity.

Thursday, August 1 10:15 am-6:15 pm \$51

## Pride and Prejudice at the Guthrie Theater

Marriage is in the air and on the minds of the five Bennet daughters, who are in need of suitable husbands. The matrimonial matchmaking begins with a flourish. Mr. Darcy creates a stir in the neighborhood by his proud and arrogant demeanor, yet he cannot escape a growing attraction to the lively and rebellious Elizabeth

Bennet. She is meanwhile drawn to the charming Mr. Wickham, a young man in the militia who has stories to tell of Mr. Darcy's past. Mistaken impressions and unexpected revelations keeps the young couple apart until a social error by the youngest Bennet daughter allows Darcy to swallow his pride and Elizabeth to rethink her prejudice. Reserved seats are on the side of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2nd Street South.

Wednesday, August 21 1:00-3:30 pm \$23

## Take Me Out to the Ballgame

Help cheer the Minnesota Twins to victory as they take on the Kansas City Royals. Seats are reserved in the Powerball Pavilion area with few stairs. Dress for the weather. Target Field offers plenty of concessions or you can bring your own food in a soft-sided container that will fit under the seat. Sealed, bottled water, 32 oz. or less is also permitted. Transportation is on your own. Enter at Gate 34 entrance at Target Field.

Thursday, August 29 12:10 pm \$23

## Cirque Du Soleil presents AMALUNA

Cirque Du Soleil is recognized the world over for high quality artistic entertainment. Their new show, AMALUNA, invites you to a mysterious island governed by Goddesses and guided by the cycles of the moon. In the wake of a storm, a group of young men lands on the island, triggering an epic, emotional story of love between a young woman and a brave young suitor. The couple must face numerous demanding trials and overcome daunting setbacks before they can achieve mutual trust, faith, and harmony. Reserved seats are on the side and if purchased individually would cost \$50. Transportation is on your own. Meet at the Grand Chapiteau at the Mall of America's North Parking Lot.

Sunday, October 13 1:00 pm \$28

### 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



## Upcoming Summer Events

**The Minneapolis Aquatennial** is the official civic celebration of the City of Minneapolis. Entering its 74th year, Minnesota residents, workers, and visitors have come to love and appreciate all that Minneapolis has to offer during the Aquatennial. Join the celebration and enjoy The Best Days of Summer, happening July 12 - 20, 2013.



**The 50th Annual Uptown Art Fair** is August 2-4. This family friendly event features art, food and performances. For more information visit [www.uptownartfair.com](http://www.uptownartfair.com) or call (612) 823-4581.

**The Minnesota State Fair** is one of the largest and best-attended expositions in the world, attracting nearly 1.8 million visitors annually. Showcasing Minnesota's finest agriculture, art and industry, the Great Minnesota Get-Together is always Twelve Days of Fun Ending Labor Day. The 2013 Minnesota State Fair runs Aug. 22-Labor Day, Sept. 2. For more information call (651) 288-4400.



## We're Always Looking for New Volunteers

Volunteer receptionists are needed to greet our visitors, sign them up for classes and answer questions. We provide the training. Shifts available: 9-12 or 12-3. You can volunteer twice a month or twice a week - whatever works for you. For more information call Sara at 612-370-3869.



## The CHATTER Newsletter is Available Via E-mail

Did you know you can have the UCare Skyway Senior Center's newsletter automatically delivered to you via email? To subscribe visit: [https://public.govdelivery.com/accounts/MPLS/subscriber/new?topic\\_id=MPLS\\_196](https://public.govdelivery.com/accounts/MPLS/subscriber/new?topic_id=MPLS_196)

Enter your email address and check the UCare Skyway Senior Center box.

You can also view the Chatter online at <http://www.minneapolismn.gov/health/seniors/senior-newsletters>

If you would like to be added or deleted from the CHATTER mailing list, please call the center at 612-370-3869 to make the request.



## ***The free call that does it all!***

The Senior LinkAge Line® is the Minnesota Board on Aging's free statewide information and assistance service. The Senior LinkAge Line® service is provided by six Area Agencies on Aging that cover all 87 counties of Minnesota and helps connect you to local services.

### **Senior LinkAge Line® makes your life easier**

Just one phone call to 1-800-333-2433 is all it takes. Senior LinkAge Line® help simplify the complex issues and decisions you face every day as a senior, Baby Boomer, Medicare beneficiary, caregiver or someone trying to reduce prescription drug costs.

With a single call to 1-800-333-2433 you will get assistance with looking at your situation to determine what service might be helpful.

Senior LinkAge Line® not only helps connect you to services in your community, but also provides the actual assistance to help you get the information and personalized help you need to make good decisions. This includes providing face to face help to you in your home and community. The Senior LinkAge Line® has expertise in the areas of:

#### **Medicare**

Prescription Drug Expense assistance  
for Minnesotans of all ages

Health Insurance Counseling

Forms assistance, including help applying for  
Medical Assistance and Medicare options

Long-term Care Insurance, including the  
Long-term Care Partnership

Long-term Care Planning Options

Caregiver planning and support

Grandparents raising Grandchildren

The Senior LinkAge Line® provides you with  
the information, assistance and connection to  
services to help you make good decisions.

#### **Senior LinkAge Line® can connect you with:**

Financial Assistance

Home Care

Housekeeping and Chore services

Indian Elder Program

Legal Assistance

Long-term Care Ombudsman

Meal Delivery and Nutrition

Transitional Consultation

Transportation

AND Many other services to help you  
remain independent in your community

# At the Movies with "Downtown Tom"



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.

## **Argo – R**, 2012 (120 min.)

In 1979, when Iranian militants seize the American embassy, six Americans slip into the Canadian embassy for protection, prompting the CIA to concoct an elaborate plot to rescue them by pretending that they are filmmakers rather than diplomats. Ben Affleck. Best picture Oscar 2012. (drama)

F                      July 5                      12:00                      Free

## **Pal Joey – NR**, 1957 (109 min.)

Joey Evans (Frank Sinatra) beguiles vixen widow Vera Simpson (Rita Hayworth) into financing his nightclub. He's set up for success until chorus girl Linda English (Kim Novak) enters the picture and steals the show -- and his heart. (romance, musical).

F                      July 12                      12:00                      Free

## **Hitchcock - PG-13**, 2012 (98 min.)

Iconic filmmaker Alfred Hitchcock struggles with his marriage, the censors and the financiers of his 1960 film Psycho in this biopic. Driven to prove he still has an edge, Hitchcock crafts what would become one of the greatest thrillers of all time. Anthony Hopkins & Helen Mirren. (drama)

F                      July 19                      12:00                      Free

## **Rocketship X-M – NR**, 1950 (78 min.)

A crew of five astronauts head for a first-time moon-landing. But an encounter with meteors shifts plans to a different planet inhabited by creatures who aren't very welcoming. Lloyd Bridges and Osa Massen as a female scientist in this exciting space drama. (sci-fi)

F                      July 26                      12:00                      Free

## **Skyfall – PG-13**, 2012 (143 min.)

The latest James Bond sizzler starring Daniel Craig as 007. Bond's loyalty to M is tested when her past comes back to haunt her. Whilst M16 comes under attack, 007 must track down and destroy the threat, no matter how personal the cost. (action)

F                      Aug. 2                      12:00                      Free

## **An Unmarried Woman – R**, 1978 (130 min.)

A multi-Oscar nominated film about a marital breakup. Jill Clayburgh. (drama, romance, comedy)

F                      Aug. 9                      12:00                      Free

## **Life of Pi – PG**, 2012 (127 min.)

Based on Yann Martel's best-selling novel, this coming-of-age tale recounts the adventures of Pi, an Indian boy who is the sole survivor of a shipwreck. Pi finds himself on a lifeboat with only some zoo animals for company. (adventure)

F                      Aug. 16                      12:00                      Free

## **Gigi – G**, 1958 (116 min.)

Leslie Caron is Gigi, an avant-garde French waif, being groomed to be the love interest of affluent, handsome Gaston (Louis Jordan). Gigi blooms into a real beauty & Gaston falls for her, against the wishes of Gigi's grandmother. (Romance-musical).

F                      Aug. 23                      12:00                      Free

## **Flight – R**, 2012 (138 min.)

After his amazing safe landing of a damaged passenger plane, an airline pilot (Denzel Washington) is praised for the feat, but has private questions about what happened. Further, the government's inquiry into the causes soon puts the new hero's reputation at risk. (Drama)

F                      Aug. 30                      12:00                      Free

## **Design for Living – NR**, 1933 (91 min.)

Gary Cooper, Miriam Hopkins, and Fredric March star in a racy comedy about an inseparable threesome living in a French garret, trying to make their "arrangement" work. (comedy, romance)

F                      Sept. 6                      12:00                      Free

## **The Impossible – PG-13**, 2012 (114 min.)

The story of a tourist family (Ewen McGregor & Naomi Watts) in Thailand caught in the destruction and chaotic aftermath of the 2004 Indian Ocean tsunami. (drama)

F                      Sept. 13                      12:00                      Free

## **The African Queen – NR**, 1951 (105 min.)

Charlie Allnut (Humphrey Bogart), the booze-guzzling, captain of a broken-down East African riverboat, teams with a straitlaced missionary (Katharine Hepburn) to take on a menacing German gunboat during World War I. (adventure, romance)

F                      Sept. 20                      12:00                      Free

## **Lincoln – PG-13**, 2012 (150 min.)

Director Steven Spielberg takes on the towering legacy of Abraham Lincoln, focusing on his stewardship of the Union during the Civil War years. The biographical saga also reveals the conflicts within Lincoln's cabinet regarding the war and abolition. (drama)

F                      Sept. 27                      12:00                      Free

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

## PAYING FOR EXERCISE CLASSES AND UCARE HEALTH INSURANCE MEMBER OPPORTUNITIES

Each class you attend, you will need to present your “punch card” to instructor which they will initial. Exercise cards are \$16 and are good for 8 classes.

*If UCare is your health insurance provider, there is no cost for the exercise classes. You may be asked to show your current UCare Health Insurance card to receive your free punch card. There are NO refunds on exercise cards purchased and it is your responsibility to keep your card.*

### 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 7/5)

M & F July 1 – Sept. 30 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. The last 15 minutes of each class is an option progressive floor stretch series for those who are interested.

W July 3 – Sept. 25 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 July 3 – Sept. 25 10:00-11:00

### 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 comfortable 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. Feel free to bring your lunch or a healthy snack to share.

M July 8, Aug. 12 & Sept 9 11:00-12:30 Free

### Foot Care Clinics

Comprehensive foot care that now includes a great foot soak (please bring a 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 July 25 & Sept. 26 11:00am – 3:00pm \$25

### Sew Lovely (formerly Crafts & More)

Open to everyone – The classroom will be open to participate in a variety of activities including: knitting, sewing, games or arts & crafts. Bring your project to class and enjoy the company of friends. Sew Lovely, formerly called Crafts & More, is always the second Thursday of every month at 1:00.

Th July 11, Aug. 8 & Sept. 12 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 compliments of the UCare Skyway Senior Center.

T July 2, Aug. 6 & Sept. 3 12:30 Free

### Bundles of Love Club

A great activity for a great cause and it's 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 July 10, Aug. 14 & Sept. 11 12:30 Free

### \*Book Club

July – The Innocents Abroad by Mark Twain

In 1867, Mark Twain and a group fellow-Americans toured Europe and the Holy Land, aboard a retired Civil War ship known as Quaker City. Throughout the journey, Twain kept a written record of his experiences. The Innocents Abroad is both a travelogue and a critique of clashing cultures but more importantly, it is an entertaining and insightful work written by one of the great masters of American prose.

Th July 18 10:30-11:30 Free

August – The Kite Runner by Khaled Hosseini

The unforgettable, heartbreaking story of the unlikely friendship between a wealthy boy and the son of his father's servant, The Kite Runner is a beautifully craft-

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

ed novel set in a country that is in the process of being destroyed. It is about the power of reading, the price of betrayal, and the possibility of redemption; and an exploration of the power of fathers over sons—their love, their sacrifices, their lies.

Th Aug 15 10:30-11:30 Free

### September – The Round House by Louise Erdrich

One of the most revered novelists of our time—a brilliant chronicler of Native-American life—Louise Erdrich returns to the territory of her bestselling, Pulitzer Prize finalist *The Plague of Doves* with *The Round House*, transporting readers to the Ojibwe reservation in North Dakota. It is an exquisitely told story of a boy on the cusp of manhood who seeks justice and understanding in the wake of a terrible crime that upends and forever transforms his family. Riveting and suspenseful, arguably the most accessible novel to date from the creator of *Love Medicine*, *The Beet Queen*, and *The Bingo Palace*, Erdrich's *The Round House* is a page-turning masterpiece of literary fiction—at once a powerful coming-of-age story, a mystery, and a tender, moving novel of family, history, and culture.

Th Sept 19 10:30-11:30 Free

### The Lunch Bunch

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. If you do not register by Tuesday noon, you may not be able to sit with the group. Lunch is a busy time and the restaurant can't accommodate inaccurate reservations. Thank you for understanding. Lunch Bunch meets the 4th Thursday of the month.

Th July 25 Capital Grille  
801 Hennepin Ave 11:30

Th Aug 22 The Local  
931 Nicollet Mall 11:30

Th Sept 26 The Oak Grill  
700 Nicollet Mall 11:30

### Creative Writing Group

Calling all creative writers, from beginners to those who have been writing for years. Our facilitator, Jeanne Kerans, 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 July 9, Aug. 13 & Sept. 10 10:00-11:30 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 to schedule your free one-on-one session. Mon-Wed times available – call 612-370-3869 to schedule a time.

### Advocate & Resources

**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. The advocate is here the 3rd Thursday of every month.  
Th July 18, Aug. 15 & Sept. 19 1:00-2:30 Free

### 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? The Current Events Discussion Group meets every Monday as an open forum of today's hot topics. Bring information, articles or topic ideas. Share your opinion, do some research & learn from others. This is a great way to engage and connect!

M July 1 – Sept 30 (except Labor 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, 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. Note: Nancy will now be coming to the center every other month.

T July 23 & Sept 24 1:00-2:30 Free

## JULY ACTIVITIES

### Documentary - Nova scienceNOW: Can We Live Forever?

Consulting computer scientists and bioengineers, astrophysicist Neil deGrasse Tyson investigates the possibility of extending human life indefinitely and if the principles that keep a Volvo running could be applied to our own biology. (60 minutes)

W July 3 1:00 – 2:00 Free

### Let's Play Cards!

The classroom will be set up with card tables for pick-up games. Just show up with an interest to play bridge, cribbage or any other card game. Meet new friends and enjoy a friendly game.

F July 5 10:00 – 11:30 Free

### Healthy Homes for Seniors: Injury & Fall Prevention and Home Safety

How can the City of Minneapolis help to keep your home free from injuries and falls? Come and learn about resources available to seniors for chore services, repairs and home modifications. Contribute to the ongoing discussion surrounding healthy homes and work toward solutions to keep seniors in the comfort of their homes. This will be an interactive presentation about the City of Minneapolis' Healthy Homes for Senior Citizens initiative; conversation and questions are encouraged.

T July 9 1:00 – 2:30 Free

## Farmer's Market Tour

Take a guided tour of the Farmers Market on Nicollet Mall to select the season's best vegetables, fruit, and artisan cheeses for a sumptuous lunch. Meet some of the region's best farmers and hear about what to expect through the year. Back at the center we'll turn our market basket-ful into three simple dishes from her new cookbook, Minnesota's Bounty: The Farmers Market Cookbook.

- Spring green salad with maple mustard vinaigrette.
- Creamy asparagus soup with cracked pepper crostini
- Rhubarb compote with whipped yogurt

We will meet at the center at walk down to the Farmer's Market as a group then return to the center.

Th July 11 10:00 – 11:30 Free

## Minneapolis Issues Discussion

Please join our guest, Minneapolis City Council Member Don Samuels, 5th 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 the city and get your questions answered.

T July 16 10:00 Free

## Internet & E-Mail Basics

Our computer tutor, Dan, is teaching introductory class on the Internet and e-mail basics. If you are new to computers or just want to learn more, this is the class for you. You will have a chance to have your questions answered in a supportive environment.

T July 16 1:00 Free

## Great Decisions Foreign Policy Issues: Iran with Tom Hanson

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

W July 17 1:00 Free

## Concert Video: Elvis on Tour

Blending concert clips and backstage footage, this Golden Globe-winning documentary filmed in 1972 over 15 nights -- in 15 cities -- captures the essence of Elvis Presley's entertainment style in all its multifaceted glory. Highlights include live performances of "Love Me Tender," "A Big Hunk o' Love," "Bridge Over Troubled Water" and "Can't Help Falling in Love," plus musical montages edited by a young Martin Scorsese.

T July 23 10:00 Free

## Great Decisions Foreign Policy Issues: Intervention with Ellen Kennedy

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

W July 24 1:00 Free

## Morning Matinee with Tom: "Sylvia" (2003)

Join us for a morning matinee: "Sylvia" - A whirlwind courtship kick-starts the tempestuous marriage between American poet and novelist Sylvia Plath and English poet Ted Hughes, an intense and stormy union that quickly dissolves due to Hughes's philandering and Plath's insecurity. Movie will follow with a discussion led by our movie guru, "Downtown Tom." If you love movies and love talking about the cinema, this is the program for you.

T July 30 10:00 Free

## Basic Drawing with Howard \*

For absolute beginners to the experienced. Learn a 3-step process to drawing anything that interest you and find the pleasure of going beyond stick people. Feel the thrill that artists enjoy in the process of creating art. Required materials (you must provide): sketchpad, No. 2 pencil & kneadable eraser. (Fee of \$5 per class payable to instructor.)

T July 30 1:00 \$5.00

## Great Decisions Foreign Policy Issues: Threat Assessment with Todd Lefko

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

W July 31 1:00 Free

# AUGUST ACTIVITIES

## Basic Drawing with Howard \*

For absolute beginners to the experienced. Learn a 3-step process to drawing anything that interest you and find the pleasure of going beyond stick people. Feel the thrill that artists enjoy in the process of creating art. Required materials (you must bring): sketchpad, No. 2 pencil & kneadable eraser. (Fee of \$5 per class payable to instructor.)

T Aug. 6 1:00 \$5.00

## Great Decisions Foreign Policy Issues: China in Africa with Richard Bohr

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.

W Aug. 7 1:00 Free

## Watercolor Painting with Howard \*

For absolute beginners to the experienced. Learn the techniques of wet on wet, dry brush & washes. Required materials (you must bring): hot or cold press paper (140 lb or better; 1 wash brush, 1 #6 or #8 round brush; 1 liner or rigger brush; 1 ¼ inch or ½ inch flat brush; 1 pallet (tray) for mixing; cotman or equivalent student grade watercolors. (Fee of \$5 per class payable to instructor.)

T Aug. 13 & Aug. 20th 1:00 \$5.00

## Travel Talk – New Mexico: Land of Enchantment

Learn about the culture, economics, and geography of New Mexico. Presented by former UCare Skyway Senior Center volunteer, Jerry Gunderson, who now lives in New Mexico.

T Aug. 20 10:00 Free

## Senior Safety Presentation

Minneapolis Police Crime Prevention Specialist (CPS) Renee Allen will be talking about safety for seniors. Topics will include: personal safety, home safety, elder abuse, preventing crime before it happens, economic crimes against seniors and the latest scams.

W Aug. 21 1:00 Free

## Anatomy Bequest Presentation

The University of Minnesota Medical School Anatomy Bequest Program has been developed to facilitate anatomical donations to support medical research and education for health professionals. With the growing emphasis on education in the health sciences, the need for whole body donations for anatomical study has never been more important. Anatomical donations are essential to help identify causes of disease and health conditions and are instrumental in identifying new treatments and cures. Learn about the program, benefits to you and your family and get your questions answered.

Th Aug. 22 1:00 Free

## Concert Video – Frank Sinatra: Concert for the Americas

A spectacular 1982 concert proves that even at age 66, Francis Albert Sinatra was still the undisputed Chairman of The Board. Recorded at the Altos De Chavón Amphitheatre in La Romana, the Dominican Republic, this 90-minute epic performance features the legendary Buddy Rich on drums and a special guest appearance by guitarist Tony Mottola on a memorable rendition of Send in the Clowns.

T Aug. 27 10:00 Free

## Ladies Accessory Swap

Is it time to refresh your wardrobe? Gather up your jewelry, gently used scarves, hats or any accessory. Bring your items – everyone will draw a number to determine the order of picking an item. No money will be exchanged. Light refreshments will be served.

T Aug. 27 1:00 Free

## Ice Cream Social

Cool off with some ice cream courtesy of the Friends of the UCare Skyway Senior Center. Join us for ice cream and toppings until we run out.

Th Aug. 29 1:00 Free

# SEPTEMBER ACTIVITIES

## Google & More

Did you know that Google is much more than a search engine? Google provides email, cloud storage, calendars, maps, photo storage, blogging platforms, social

networking, translation and the list goes on and on. This is a great opportunity to learn what Google can do for you. Dan our computer tutor will teach the class and answer your questions.

W Sept. 4 1:00-2:30 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 Sept. 10 11:00 – 3:00 pm \$12 AARP  
\$14 regular

## Concert Video – Johnny Cash: Live in Denmark - 1971

The incomparable Johnny Cash takes the stage with his wife, June Carter Cash, the Statler Brothers, Carl Perkins and the Carter Family in this 1971 concert filmed live for Danish television. A memorable set list includes "Folsom Prison Blues," "I Walk the Line," "A Boy Named Sue," "Man in Black" and "Me and Bobby McGee."

T Sept. 17 10:00 Free

## Generations Plus Panel Discussion

Cindy Amberger, Gerald Kegler & Paul Benenson from Generations Plus will participate in a panel discussion about: ethical wills, life reflections stories, transitional home care and organizing and de-cluttering for seniors. There will be time for questions at the end of panel presentation.

T Sept. 17 1:00 Free

## Healthy Homes for Seniors: Indoor Air & Environmental Hazards

The City of Minneapolis would like you to be aware of the air and environmental hazards that could be in your home. We will focus on the potential health effects of these threats, how to test for them, and what to do if they are found in your home. Come to interact and learn about how the City of Minneapolis' Healthy Homes for Senior Citizens initiative is working to keep your home free from air and environmental dangers.

W Sept. 18 1:00 Free

## Cell Phone & Tablet Lab

Do you have questions about the operation of your cell phone, iPad, tablet or Kindle? Stop into the tablet lab and Sara will try to answer your questions or help you understand the device. First come, first served.

T Sept. 24 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 soon.

W Sept. 25 1:00 Free

# July

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| <b>1</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>1:00 – 2:30</b><br>Catching Up on<br>Current Events   | <b>2</b><br><b>12:30 – 1:30</b><br>Birthdays of<br>the Month<br><br><b>11:00 – 12:00</b><br>Meet the Artist:<br>Juliet L. Anderson                                      | <b>3</b><br><b>10:00 – 11:00</b><br>Mat Yoga*<br><br><b>11:00 – 12:00</b><br>Yoga Stretch*<br><br><b>1:00 – 2:30</b><br>Documentary-Nova<br>scienceNOW: Can<br>We Live Forever? | <b>4</b><br><br><p style="text-align: center;"><b>Closed<br/>For<br/>Holiday</b></p>   | <b>5</b><br><b>10:00 – 11:30</b><br>Let's Play Cards!<br><br><b>12:00 – 2:30</b><br>Movie - <i>Argo</i>            |
| <b>8</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>11:00 – 12:30</b><br>I.C.E.S.<br><br><b>1:00 – 2:30</b><br>Catching Up on<br>Current Events | <b>9</b><br><b>10:00 – 11:30</b><br>Creative Writing<br>Group<br><br><b>1:00 – 2:30</b><br>Healthy Homes for<br>Seniors: Injury &<br>Fall Prevention and<br>Home Safety | <b>10</b><br><b>10:00 – 11:00</b><br>Mat Yoga*<br><br><b>11:00 – 12:00</b><br>Yoga Stretch*<br><br><b>12:30 – 3:00</b><br>Bundles of Love                                       | <b>11</b><br><b>10:00 – 11:00</b><br>Walking Club<br><br><b>10:00 – 11:30</b><br>Farmer's Market Tour<br><br><b>1:00 – 2:30</b><br>Sew Lovely                            | <b>12</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>12:00 – 2:30</b><br>Movie - <i>Pal Joey</i>        |
| <b>15</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>1:00 – 2:30</b><br>Catching Up on<br>Current Events  | <b>16</b><br><b>10:00 – 11:30</b><br>Mpls. Issues w/<br>Council Member<br>Don Samuels<br><br><b>1:00 – 2:30</b><br>Internet and Email<br>Basics                         | <b>17</b><br><b>10:00 – 11:00</b><br>Mat Yoga*<br><br><b>11:00 – 12:00</b><br>Yoga Stretch*<br><br><b>1:00 – 2:30</b><br>Great Decisions -<br>Iran                              | <b>18</b><br><b>10:00 – 11:00</b><br>Walking Club<br><br><b>10:30 – 11:30</b><br>Book Club<br><br><b>1:00 – 2:30</b><br>Advocates, Resources,<br>Assistance, Information | <b>19</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>12:00 – 2:30</b><br>Movie - <i>Hitchcock</i>       |
| <b>22</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>1:00 – 2:30</b><br>Catching Up on<br>Current Events  | <b>23</b><br><b>10:00 – 11:30</b><br>Concert Video:<br>Elvis on Tour<br><br><b>1:00 – 2:30</b><br>Ask the Pharmacist  | <b>24</b><br><b>10:00 – 11:00</b><br>Mat Yoga*<br><br><b>11:00 – 12:00</b><br>Yoga Stretch*<br><br><b>1:00 – 2:30</b><br>Great Decisions -<br>Intervention                      | <b>25</b><br><b>10:00 – 11:00</b><br>Walking Club<br><br><b>11:00 – 3:00</b><br>Foot Care*<br><br><b>11:30 – 1:00</b><br>Lunch Bunch -<br>Capital Grill                  | <b>26</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>12:00 – 2:30</b><br>Movie - <i>Rockship</i><br>X-M |
| <b>29</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>1:00 – 2:30</b><br>Catching Up on<br>Current Events  | <b>30</b><br><b>10:00 – 12:00</b><br>Morning Matinee<br>w/Tom<br><br><b>1:00 – 2:30</b><br>Basic Drawing*   | <b>31</b><br><b>10:00 – 11:00</b><br>Mat Yoga*<br><br><b>11:00 – 12:00</b><br>Yoga Stretch*<br><br><b>1:00 – 2:30</b><br>Great Decisions -<br>Threat Assessment                 |    |  |

# August

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
|  |  |   | <b>1</b><br><b>10:00 – 11:00</b><br>Walking Club<br><br><b>11:00 – 12:00</b><br>Meet the Artist:<br>Rita Beyer Corrigan<br><br><b>1:00 – 2:30</b><br>Advisory Board Meeting | <b>2</b><br><b>10:00 – 11:00</b><br>Enhance Fitness®*<br><br><b>12:00 – 2:30</b><br>Movie - <i>Skyfall</i>     |
|  |  |   | <b>5</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>12:00 – 1:00</b><br>Friends Board Meeting<br><br><b>1:00 – 2:30</b><br>Catching Up on Current Events         | <b>6</b><br><b>12:30 – 1:30</b><br>Birthdays of the Month<br><br><b>1:00 – 2:30</b><br>Basic Drawing*          |
| <b>12</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>11:00 – 12:30</b><br>I.C.E.S.<br><br><b>1:00 – 2:30</b><br>Catching Up on Current Events | <b>13</b><br><b>10:00 – 11:30</b><br>Creative Writing Group<br><br><b>1:00 – 2:00</b><br>Watercolor Painting*                        | <b>14</b><br><b>10:00 – 11:00</b><br>Mat Yoga*<br><br><b>11:00 – 12:00</b><br>Yoga Stretch*<br><br><b>12:30 – 3:00</b><br>Bundles of Love           | <b>15</b><br><b>10:00 – 11:00</b><br>Walking Club<br><br><b>10:30 – 11:30</b><br>Book Club<br><br><b>1:00 – 2:30</b><br>Advocates, Resources, Assistance, Information       | <b>16</b><br><b>10:00 – 11:00</b><br>Enhance Fitness®*<br><br><b>12:00 – 2:30</b><br>Movie - <i>Life of Pi</i> |
| <b>19</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>1:00 – 2:30</b><br>Catching Up on Current Events   | <b>20</b><br><b>10:00 – 11:30</b><br>Travel Talk - New Mexico: Land of Enchantment<br><br><b>1:00 – 2:30</b><br>Watercolor Painting* | <b>21</b><br><b>10:00 – 11:00</b><br>Mat Yoga*<br><br><b>11:00 – 12:00</b><br>Yoga Stretch*<br><br><b>1:00 – 2:30</b><br>Senior Safety Presentation | <b>22</b><br><b>10:00 – 11:00</b><br>Walking Club<br><br><b>11:30 – 1:00</b><br>Lunch Bunch - The Local<br><br><b>1:00 – 2:30</b><br>Anatomy Bequest Program                | <b>23</b><br><b>10:00 – 11:00</b><br>Enhance Fitness®*<br><br><b>12:00 – 2:30</b><br>Movie - <i>Gigi</i>       |
| <b>26</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>1:00 – 2:30</b><br>Catching Up on Current Events   | <b>27</b><br><b>10:00 – 11:30</b><br>Concert Video: Frank Sinatra<br><br><b>1:00 – 2:30</b><br>Ladies Accessory Swap                 | <b>28</b><br><b>10:00 – 11:00</b><br>Mat Yoga*<br><br><b>11:00 – 12:00</b><br>Yoga Stretch*   | <b>29</b><br><b>10:00 – 11:00</b><br>Walking Club<br><br><b>1:00 – 2:00</b><br>Ice Cream Social   | <b>30</b><br><b>10:00 – 11:00</b><br>Enhance Fitness®*<br><br><b>12:00 – 2:30</b><br>Movie - <i>Flight</i>     |

# September

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
| <b>2</b><br><br><b>Closed<br/>For<br/>Holiday</b>   | <b>3</b><br><b>12:30 – 1:30</b><br>Birthdays of the Month<br><br><b>1:30 – 2:30</b><br>Meet the Artist:<br>Howard Carson | <b>4</b><br><b>10:00 – 11:00</b><br>Mat Yoga*<br><br><b>11:00 – 12:00</b><br>Yoga Stretch*<br><br><b>1:00 – 2:30</b><br>Google & More  | <b>5</b><br><b>10:00 – 11:00</b><br>Walking Club<br><br><b>1:00 – 2:30</b><br>Advisory Board Meeting  | <b>6</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>12:00 – 2:30</b><br>Movie - <i>Design for Living</i>  |
| <b>9</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>11:00 – 12:30</b><br>I.C.E.S.<br><br><b>1:00 – 2:30</b><br>Catching Up on Current Events | <b>10</b><br><b>10:00 – 11:00</b><br>Creative Writing Group<br><br><b>11:00 – 3:00</b><br>AARP Driver Safety Class*      | <b>11</b><br><b>10:00 – 11:00</b><br>Mat Yoga*<br><br><b>11:00 – 12:00</b><br>Yoga Stretch*<br><br><b>12:30 – 3:00</b><br>Bundles of Love  | <b>12</b><br><b>10:00 – 11:00</b><br>Walking Club<br><br><b>1:00 – 2:30</b><br>Sew Lovely   | <b>13</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>12:00 – 2:30</b><br>Movie - <i>The Impossible</i>    |
| <b>16</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>1:00 – 2:30</b><br>Catching Up on Current Events  | <b>17</b><br><b>10:00 – 11:30</b><br>Concert Video:<br>Johnny Cash<br><br><b>1:00 – 2:30</b><br>Generations Plus Panel   | <b>18</b><br><b>10:00 – 11:00</b><br>Mat Yoga*<br><br><b>11:00 – 12:00</b><br>Yoga Stretch*<br><br><b>1:00 – 2:30</b><br>Healthy Homes for Seniors: Indoor Air & Environmental Hazards | <b>19</b><br><b>10:00 – 11:00</b><br>Walking Club<br><br><b>10:30 – 11:30</b><br>Book Club<br><br><b>1:00 – 2:30</b><br>Advocates, Resources, Assistance, Information | <b>20</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>12:00 – 2:30</b><br>Movie - <i>The African Queen</i> |
| <b>23</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>1:00 – 2:30</b><br>Catching Up on Current Events  | <b>24</b><br><b>10:00 – 11:30</b><br>Cell Phone & Tablet Lab<br><br><b>1:00 – 2:30</b><br>Ask the Pharmacist             | <b>25</b><br><b>10:00 – 11:00</b><br>Mat Yoga*<br><br><b>11:00 – 12:00</b><br>Yoga Stretch*<br><br><b>1:00 – 2:30</b><br>Bingo! Sponsored by Walgreens                                 | <b>26</b><br><b>10:00 – 11:00</b><br>Walking Club<br><br><b>11:00 – 3:00</b><br>Foot Care*<br><br><b>11:30 – 1:00</b><br>Lunch Bunch - Oak Grill                      | <b>27</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>12:00 – 2:30</b><br>Movie - <i>Lincoln</i>           |
| <b>30</b><br><b>10:00 – 11:00</b><br>EnhanceFitness®*<br><br><b>1:00 – 2:30</b><br>Catching Up on Current Events  |                                      |  |   |  |

## 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:<br>Minneapolis Finance Department | Send To:<br>UCare Skyway Senior Center<br>950 Nicollet Mall, Suite 290<br>Minneapolis, MN 55403 | For Office Use Only:<br>Date received: _____<br>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.

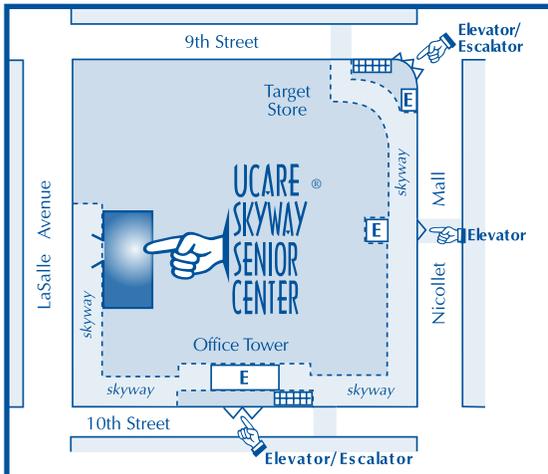
## UCare Skyway Senior Center

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.