

# Chatter

Ucare

July – September 2015

950 Nicollet Mall, Suite 290 Mpls 55403

Skyway Senior Center

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

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## SUMMER IN THE CITY

- Celebrate the joy of summer with an ice cream social at the UCare Skyway Senior Center on Wednesday, July 1, 1-2 p.m.
- Join UCare at the Minnesota State Fair for their annual “Stretch and Stroll” on Thursday, September 3. Activities start and 9:00 a.m. and run through the afternoon at Carousel Park. There will be music and activities throughout the day. Stop by the UCare Skyway Senior Center for more information about this event.
- The Chatter will be getting a new look. Look for the updated newsletter style towards the end of the year.
- Special thanks to our long-time yoga instructor, Mary Konanek, who has moved on to other opportunities. She will be missed.

The UCare Skyway Senior Center schedules many speakers and presentations. Please note the views expressed are not necessarily the views of the City of Minneapolis, nor does the City endorse any products or services presented.

Please submit any suggestions or comments about the UCare Skyway Senior Center:

- 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)
- Twitter: @skywaycenter
- Facebook: <https://www.facebook.com/pages/UCare-Skyway-Senior-Center/539294026093788>

Thank you for supporting the 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: \_\_\_\_\_

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# HEALTH CARE

*that starts with:*

*David*

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Minneapolis, MN



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H2459 H4270\_092313 CMS Accepted (09282013)  
H2459 H4270 Group\_092313 IA (09232013)

Center Coordinator  
Sara Goodnough

**Advisory Council**

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# Artists of the Month



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

## July

**Wynn Davis**

Davis has lived along the St. Croix River Valley his whole life and currently resides in Stillwater. He is a high school art teacher in River Falls, Wis. He has a bachelor's degree in art education and a master's of science and education degree in fine arts, both at the UW-River Falls, with emphasis in photography and drawing. Davis' drawings consist mostly of birds and nature of the upper-Midwest, rendered in detail and revealing qualities of early 20th Century gravure plates and silver gelatin prints. Davis recently published *A Field Menagerie to Birds of North America* in book form.

Artist Reception - T

July 7

1:30

Free

## August

**Sandi Thompson**

My name is Sandi Thompson and I live in NE Minneapolis. I am a country girl who lives in the city. I grew up on the prairies of Kansas and have lived in Minnesota for 10 years. I have loved art since I was a child. I love to try new mediums but have recently settled into two that I really enjoy. I have been working with acrylic paints and alcohol inks in a pour painting style. I usually do not use brushes. By tilting and moving the canvas the paint finds its own way. This body of work is mostly abstract. It represents a state of freedom to me. I love the way the colors mix together and play off of each other. It is very relaxing for me to watch the paint and what form and shape it takes on. I hope that these works speak to the viewers and allow them to feel that sense of abstract freedom.

Artist Reception - T

August 4

1:30

Free

## September

**Nicole Hoekstra**

Nicole Hoekstra is a photographer and collagist. She received her BA in fine Art from UCLA. Currently, she is being mentored by a retired professor from the University of Minnesota. Her photography centers on the meditative quality of nature. Her work brings awareness to the future of the natural landscape. Her photos describe a subtle transformation toward tranquility in its surroundings. Using Iceland as her subject, she invites us to both escape the city and welcome its endless beauty, the vastness of both fire and ice.

Artist Reception - T

September 1

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.

# Minneapolis Community Education Trips & Social Outings



## Take Me Out to the Ballgame

Help cheer the Minnesota Twins to victory as they take on the Baltimore Orioles. 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. Tickets will be mailed to you.

Wednesday, July 8                      12:10 pm                      \$23

## Mill City Museum Visit & Lunch

Built into the ruins of what was once the world's largest flour mill, the Mill City Museum is located on the historic Mississippi riverfront. Learn about the intertwined histories of the flour industry, the river, and the city of Minneapolis. Begin with an orientation to the museum, experience the Flour Tower, a 30 seat multi-media elevator ride that travels between eight floors, see Minneapolis in 19 Minutes Flat, a film by Kevin Kling and enjoy rooftop views of the Mississippi River, St. Anthony Falls and the Stone Arch Bridge. A delicious boxed lunch, from D'Amico Catering, includes your choice of turkey or Genoa salami sandwich. Both are served with chips, cookie and freshly cut fruit. Pay parking is available in ramp or at nearby surface lots. Transportation is on your own. Meet at the Mill City Museum, 704 South 2nd St.

Thursday, July 9                      9:45 am-1:30 pm                      \$22

## The Music Man at the Guthrie Theater

The story is about a fast-talking salesman and his money-making scheme to form a boys' band in small-town Iowa. He falls head over heels for Marian the librarian, who transforms him into an honest man. Overflowing with heart and a parade of toe-tapping songs including "Goodnight, My Someone," "Gary, Indiana," "Till There Was You" and "Seventy-Six Trombones," this Tony-winning classic is family entertainment at its best. Reserved seats are on the side of the theater. Transportation is on your own. Tickets will be mailed to you. Meet at the Guthrie Theater, 818 2nd Street South.

Wednesday, July 29                      1:00-3:30 pm                      \$23

## 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, desert and beverage. After lunch, we will 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.

Wednesday, August 12                      8:30 am-6:00 pm                      \$63

## Rodgers + Hammerstein's Cinderella at the Orpheum Theatre

This Tony Award-winning Broadway musical delights audiences with its contemporary take on the classic tale. It features an incredible orchestra, jaw-dropping transformations and all the moments you love - the pumpkin, the glass slipper, the masked ball and more. Be transported back to your childhood as you rediscover some of Rodgers + Hammerstein's most beloved songs, including "In My Own Little Corner," "Impossible/It's Possible" and "Ten Minutes Ago," in this hilarious and romantic Broadway experience for anyone who's ever had a wish, a dream...or a really great pair of shoes. Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Sunday, September 14                      6:30-9:00 pm                      \$47

## The Little Mermaid at the Orpheum Theatre

In a magical kingdom fathoms below, meet Ariel, the little mermaid who is tired of flipping her fins and longs to be part of the fascinating world on dry land. Joining her are Sebastian, Ariel's crabby sidekick; Ursula, the evil sea witch; Triton, King of the Sea and the handsome and human Prince Eric. This is based on the Disney animated film and hit Broadway musical. Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Sunday, October 18                      6:30-9:00 pm                      \$47

### 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

## Minneapolis Aquatennial

The Minneapolis Aquatennial is the official civic celebration of the City of Minneapolis. Minnesota residents, workers and visitors have come to love and appreciate all that Minneapolis has to offer during the Aquatennial. The Best Days of Summer, happening July 22-25, 2015. For more information visit [www.aquatennial.com](http://www.aquatennial.com)

## 4th of July Ice Cream Social

Please join us for an ice cream social on Wednesday, July 1, 1-2 p.m., to celebrate the 4th of July holiday!

## UCare Skyway Senior Center Wish List

- Nintendo Wii & few easy games (bowling, tennis etc.)
- Reading glasses/"cheaters" to loan to visitors
- Puzzles (over 500 pieces)
- Volunteers to teach or lead a craft class
- Current magazines

*\*We are no longer accepting VHS tapes for donation\**

## Great Decisions Foreign Policy Discussions

The UCare Skyway Senior Center, in conjunction with Minneapolis Community Education, is hosting another session of Great Decisions Foreign Policy Discussions in July. Check out the calendar for more information. **Participants must register with Minneapolis Community Education at 612-668-4828.**

## Aging in the Right Place Research Study

Are you living in the right place? Jessica Finlay, a graduate student at the University of Minnesota, is researching how neighborhood environments affect the health and wellbeing of older residents. She is interviewing community-dwelling older adults in the Twin Cities area.

If you are interested in participating, you will be asked to sit down for a 90-minute interview with student researchers. You can also give a 15-20 minute "tour" around your neighborhood. In order to participate, you must:

- (1) Be 60 years of age or older
- (2) Live in a non-institutional home (e.g. house, apartment, condo)
- (3) Live in or near Downtown Minneapolis, North Minneapolis, or Eden Prairie

Participants will receive \$25 gift card to Target to thank you for your time. To take part in the study or for more information, please call Jessica Finlay at 612-803-7087, or email her at [finla039@umn.edu](mailto:finla039@umn.edu).

## Advisory Committee & Friends Board

If you are interested in shaping the future of the UCare Skyway Senior Center, considering volunteering to serve on the Advisory Committee or the Friends of the Skyway Senior Center Board. The Advisory Committee make programming & policy recommendations for the Center and the Friends Board raises funds, sponsors activities, parties and pays for some supplies for the Center. For more information call Sara at 612-370-3869.

# At the Movies with "Downtown Tom"

FREE POPCORN!

Sponsored by TCF National Bank – Skyway Branch

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

## A Letter to Three Wives - 1949 - NR 103 mins

In this 1949 black-and-white classic, three married women (Jeanne Crain, Linda Darnell and Ann Sothern) vacationing on the Hudson suddenly find themselves on the receiving end of a disturbing missive: One of their husbands has broken his nuptial vows and cheated. But whose? The answer is revealed as each woman excavates the ruins of her marriage. Kirk Douglas costars. Cast: Jeanne Crain, Linda Darnell & Ann Sothern. (Drama)

F July 10 12:00 Free

## Selma - 2014 PG-13 128 mins

Commemorating the 50th anniversary of the 1965 civil rights march from Selma, Ala., to Montgomery, this stirring historical drama highlights the courage of the marchers as they withstand racist and violent attacks by the police. Cast: David Oyelowo, Tom Wilkinson, Carmen Ejogo (Drama)

F July 17 12:00 Free

## Where the Sidewalk Ends - 1950 - NR - 95 mins

Tormented by his criminal father's reputation, hard-line cop Mark Dixon (Dana Andrews) spins a web of lies to conceal his accidental killing of a suspect. But by planting evidence meant to pin the rap on a racketeer (Gary Merrill), the gumshoe unwittingly turns an innocent taxi driver into the prime suspect. To further complicate matters, Dixon falls for the cabbie's daughter (Gene Tierney) in this stinging film noir directed by Otto Preminger. (Drama)

F July 24 12:00 Free

## House Calls - 1978 - PG - 95 mins

Middle-aged widower Dr. Charley Nichols treads the scary waters of the dating scene, but he feels like a fish out of water until he meets divorcée Ann (Glenda Jackson). The two engage in a comic warfare, but neither will commit to a serious relationship. Cast: Walter Matthau, Glenda Jackson, Art Carney. (Comedy)

F July 31 12:00 Free

## The Treasure of the Sierra Madre - 1948 - NR - 126 mins

Wrapped in a classic tale of adventure, this Academy Award winner helmed by John Huston follows a trio of gold prospectors who set out to strike it rich and agree to split the take until paranoia and greed consumes one of them. Delivering superb performances as the three miners are Humphrey Bogart, Tim Holt and Walter Huston. (Drama)

F August 7 12:00 Free

## Unbroken - 2014 - PG-13 - 137 mins

This inspiring tale of survival is based on the real-life experiences of Louis Zamperini, an American pilot held by the Japanese during World War II. After his plane crashes into the Pacific Ocean, Zamperini spends 47 days adrift before his capture. Cast: Garrett Hedlund, Domhnall Gleeson, Jai Courtney. (Drama)

F August 14 12:00 Free

## Marriage Italian Style - 1964 - NR 95 mins

Domenico Soriano (Marcello Mastroianni) is about to marry, but when he learns that his mistress Filumena Marturano (Sophia Loren) is ill, he stays by her side, learning later that it was a ploy by her to get him to marry her instead. (Foreign Comedy)

F August 21 12:00 Free

## Secondhand Lions - 2003 - PG - 107 mins

In 1960s Texas, timid teen Walter is forced to spend the summer with his rich and eccentric great-uncles on their farm, where, over time, he learns surprising tidbits about their mysterious and dangerous pasts. Cast: Michael Caine, Robert Duvall, Haley Joel Osment (Drama)

F August 28 12:00 Free

## Sunset Boulevard - 1950 - NR - 110 mins

Running from debt collectors, screenwriter Joe Gillis stumbles upon the crumbling mansion of former silent-film star Norma Desmond. As he begins penning a comeback screenplay for her, their professional relationship evolves into something more. Cast: William Holden, Gloria Swanson, Erich von Stroheim. (Drama)

F September 4 12:00 Free

## Young at Heart - 1954 - NR - 120 mins

Frank Sinatra stars in this remake of Four Daughters as Barney Sloan, a cynical musician who storms into the life of sunny small-town girl Laurie Tuttle (Doris Day) and steals her away from her fiancé. With a memorable score and standout supporting performances from Ethel Barrymore, Gig Young, Dorothy Malone, Elisabeth Fraser and John Garfield. (Musical/drama)

F September 11 12:00 Free

## Scaramouche - 1952 - NR - 115 mins

Based on Rafael Sabatini's novel, this 1952 action-adventure stars Stewart Granger as an 18th-century Frenchman who masters the art of swordsmanship to seek revenge against his brother's killer. The film features a legendary six-minute duel that's a riveting display of swordsmanship, along with a stellar cast including Stewart Granger & Eleanor Parker. (Drama/action)

F September 18 12:00 Free

## Charade - 1963 - NR - 113 mins

Cary Grant stars as Peter, who may or may not be a con man who aids the recently widowed Regina in her mission to recover a fortune hidden by her late husband. But three sinister crooks -- who'll stop at nothing -- also covet the loot. Cast: Cary Grant, Audrey Hepburn, Walter Matthau. (Drama/mystery)

F September 25 12:00 Free

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

# ONGOING ACTIVITIES

## Exercise Class Policy

- Punch cards are required for exercise classes and may be purchased at the reception desk.
- Punch cards cost \$10 for 5 individual classes. Each class you attend, you will need to present your "punch card" to the instructor to be initialed.
- If paying by check, please make check payable to "Mpls. Finance Department."
- If paying with cash, you must have exact change. We are not able to make change.
- You can go to as many or as few classes as you wish because the paid cards don't expire.
- There are NO refunds on cards purchased so please don't lose your card. You are responsible for your card.

## Exercise Classes

### Fitness Mix

Improve your stability, bone density, endurance, coordination and mental sharpness. Exercises focus on stretching, flexibility, balance, low impact aerobics and strength training. Come for the exercise, stay for the community!



M & W July 1 – Sept. 30 10:00 – 11:00

### Chair Yoga & Balance Class

Sometimes as we age we lose our sense of balance which makes us more prone to falls. To stay active and enjoy life it is critical to do exercise that improves your balance, flexibility and strength.

Chair Yoga & Balance Class benefits:

- Improves General Fitness & Well-being
- Releases Stress
- Helps Prevent Falls
- Group Exercise is more Fun than Exercising Alone

*Chair Yoga & Balance Class will help you stay active and independent for life. It is the best "health insurance" for keeping yourself healthy.*

T July 7 – Sept. 29 11:00 – 12:00

### Yoga Stretch

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. (NOTE: Class on the 3rd Thursday of the month will be 30 minutes)



Th July 2 - Sept. 24 10:00 – 10:45

**Mat Yoga – Mat Yoga has been discontinued at this time.**



Please note that due to instructor availability the schedule is subject to change. Please call the Center at 612-370-3869 if you have any questions about the exercise schedule.

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

## Walking Club

Walking Club is a fun, free workout. Everyone is welcome to join! Participants meet at the Center and head out for a healthy walk thru the downtown skyways and when weather permits, outdoors. Wear comfortable clothes and shoes. Now on Fridays!

Every Friday      10:00 – 11:00 a.m.      Free

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

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

Join us the second Monday of every month.

M July 13, Aug. 10 & Sept. 14      11:00-12:30      Free

## Foot Care Clinic

Comprehensive foot care, including a foot soak. The cost is \$25 payable to nurse. \*Note: if you make an appointment and don't call 24 hours in advance to cancel, you will be charged for the appointment. Call the Center at 612-370-3869 to sign up – the clinics are popular and fill up fast. You must bring your own towel.



Th Sept. 24      11:00-2:00      \$25

## Computer Tutor

Schedule your own private computer tutor appointment at the Center. What do you need to learn? Turning on the computer, e-mailing photos, getting your first e-mail account, how to "google" information? All skill levels welcome. Call to schedule your free one-on-one session. Schedule dependent upon volunteer availability. Call 612-370-3869 to schedule an appointment.

## Sew Lovely

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 is the second Thursday of every month at 1:00.

Th July 9, Aug. 13 & Sept. 10      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 7, Aug. 4 & Sept. 1      12:30      Free

## Bundles of Love

Bundles of Love is a MN all-volunteer non-profit organization dedicated to helping infants & their families. This fun volunteer group meets monthly to prepare essential clothing & blankets for these infants. There is no sewing or knitting required. Help newborns in need by preparing fabric for blankets and other items. Bundles of Love is looking for new volunteers. If you are interested, please stop in and join the effort! Bundles of Love meets the second Wednesday of every month at 12:30.

Wed., July 8; Aug. 12; & Sept. 9      12:30      Free

## Book Club

Meets on the 3rd Thursday of every month. Everyone is welcome and encouraged to participate.

## July Book – Sweet Thursday by John Steinbeck

In Monterey, on the California coast, Sweet Thursday is what they call the day after Lousy Wednesday, which is one of those days that are just naturally bad. Returning to the scene of Cannery Row, John Steinbeck once more brings to life the denizens of a netherworld of laughter and tears—from Doc, based on Steinbeck's lifelong friend Ed Ricketts, to Fauna, new headmistress of the local brothel, to Hazel, a bum whose mother must have wanted a daughter.

Th July 16      10:30-11:30      Free

## August Book – Animal, Vegetable, Miracle by Barbara Kingsolver

Author Barbara Kingsolver and her family abandoned the industrial-food pipeline to live a rural life—vowing that, for one year, they'd only buy food raised in their own neighborhood, grow it themselves, or learn to live without it. Part memoir, part journalistic investigation, *Animal, Vegetable, Miracle* is an enthralling narrative that will open your eyes in a hundred new ways to an old truth: You are what you eat.

Th Aug. 20      10:30-11:30      Free

## September Book – My Antonia by Jane Smiley

My *Antonia* tells the stories of several immigrant families who move out to rural Nebraska to start new lives in America, with a particular focus on a Bohemian family, the Shimerdas, whose eldest daughter is named *Antonia*. The book's narrator, Jim Burden, arrives in the fictional town of Black Hawk, Nebraska, on the same train as the Shimerdas, as he goes to live with his grandparents after his parents have died. Jim develops strong feelings for *Antonia*, something between a crush and a filial bond, and the reader views *Antonia's* life, including its attendant struggles and triumphs, through that lens.

Th	Sept. 17	10:30-11:30	Free
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### \*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. Everyone is responsible for paying their own check. Lunch Bunch meets the 4th Thursday of the month.

Th	July 23	The Local 931 Nicollet Mall	11:30
Th	Aug. 27	Curran's 4201 Nicollet Ave.	11:30
Th	Sept. 24	Bank Restaurant 88 South 6th St.	11:30

### Jazz Appreciation

Once a month, Jazz Appreciation meets to watch a jazz documentary or concert video. The group collaborates to decide which jazz artists to feature and to talk about jazz. Everyone is welcome. Jazz Appreciation meets the second Tuesday of every month at 1:00 p.m.

T	July 14	Herbie Hancock Trio	1:00-2:30	Free
T	Aug. 11	Nancy Wilson	1:00-2:30	Free
T	Sept. 8	Bucky Pizzarelli	1:00-2:30	Free

### Advocate & Resources

One-on-one appointments available. Our advocate 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. Call 612-370-3869 to schedule your one-on-one appointment. The advocate is here the 3rd Thursday of every month.

Th	July 16, Aug. 20 & Sept. 17	1:00-2:30	Free
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## Catching Up on Current Events

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 to discuss today's top local, national and international issues. Bring information, articles or topic ideas. Share your opinion, do some research & learn from others. This is a great way to engage and connect. Meets every Monday.

M	July 6 – Sept. 28	1:00-2:30	Free
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### Ask the Pharmacist

The UCare Pharmacist will be available for private one-on-one appointments to answer your questions about Medicare Part D, the donut hole, medication review, questions about medicine interactions, vitamins and other over-the-counter medication questions. First come first serve so ask the receptionist for your number for a 10-15 minute consult. (Note: The pharmacist comes to the center every other month.)



T	July 28 & Sept. 22	1:00-2:30	Free
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## JULY ACTIVITIES

### Ice Cream Social

Join us for an ice cream social to kick off the 4th of July holiday.

W	July 1	1:00 – 2:00	Free
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### \*Great Decisions: Syria's Refugee Crisis with Bill Davnie

As Jordan, Lebanon, Turkey and other neighbors strive to accommodate the millions of Syrians, the risk of allowing Syrians to become dependent on emergency aid and forming a "lost generation" remains. Syrians have for a century welcomed over a million refugees from Armenia, Palestine, Iraq and other countries around the region. Now, thanks to a multiyear civil war, they are on track to become the source of the world's largest refugee population in a matter of months. Ultimately, though, the safety of displaced Syrians rests with the whole international community. Limited space – must call Mpls. Community Education to register at 612-668-4828.

W	July 15	1:00-2:30	Free
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**Pre-registration encouraged for classes marked with an asterisk (\*)**

**Please call 612-370-3869 to register.**

If a class gets cancelled, you will receive a call if pre-registered.

You are still welcome and encouraged to drop-in to any class if there is a space available.

**\*Documentary: "Tiny: A Story About Living Small" (2013) 62 min.**

Embracing extreme downsizing, a couple with no construction experience attempts to build a tiny house. Meanwhile, other families with similar aspirations live in parking space-sized homes in this film that contemplates shifting American values.

T July 21 1:00-2:30 Free

**\*Great Decisions: Privacy in the Digital Age with Don Gemberling**

Legislation, both at home and abroad, hasn't kept pace with technological developments, leaving some wondering if privacy as we know it is long dead. The idea of "privacy" has undergone significant changes in the digital age, as has the idea of privacy "harm." Fearful of British spying, influence and intervention, the founding fathers granted citizens significant protections in the Constitution. Now, the tables have turned: Concerns about what some see as a U.S. "dragnet" and unwarranted privacy intrusions have compelled other countries to revamp their own privacy protections. Limited space – must call Mpls. Community Education to register at 612-668-4828.

W July 22 1:00-2:30 Free

**\*Great Decisions: Human Trafficking in the 21st Century with Ellen Kennedy**

The U.S. and the international community have adopted various treaties and laws to prevent trafficking, but to truly understand and combat the issue, they must find the root causes enabling traffickers to exploit millions of victims. Human trafficking represents a multibillion in international trade per annum and continues to be one of the fastest growing criminal industries. While undeniably a global phenomenon, the U.S., as one of the world's leading human trafficking importers, bears a special responsibility to combat this practice. Limited space – must call Mpls. Community Education to register at 612-668-4828.

W July 29 1:00-2:30 Free

**\*Travels with Anita: South Africa**

One of Anita's most memorable trips was the one she took to South Africa. She went primarily to see the famous Victoria Falls. She also visited two wonderful Game Parks where you ride in a jeep and see the animals in their natural settings. A highlight of this trip was the visit to Robben Island where Nelson Mandela spent many years for his stand against apartheid. It was an amazing experience!

Th July 30 1:00-2:30 Free

## AUGUST ACTIVITIES

**\*Great Decisions: India Changes Course with Tom Hanson**

For the U.S., change in India brings its own set of unknowns, heralding an age ruled by a prime minister new to national office and other policymakers who have been out of the public eye for a decade. Fed up with corruption, dynastic policies and ineffective public services, Indian voters catapulted Narendra Modi and his Bharatiya Janata Party to power in the country's 2014 elections. For voters, Modi embodied real change and an India that wasn't stumbling, but running, to greatness. Now, the U.S. has to determine how to best secure its interests as India asserts itself on the world stage. Limited space – must call Mpls. Community Education to register at 612-668-4828.

W Aug. 5 1:00-2:30 Free

**Documentary: "Coral Reef Adventure" (2003) 76 min.**

By way of IMAX technology, be transported below the ocean's surface to an amazing underwater world, as explorers Howard and Michele Hall dive on a coral reef in the pristine waters of the South Pacific. With Jean-Michel Cousteau, deep reef scientist Richard Pyle and Fijian diver Rusi Vulakoro, the team explores and captures on film one of the most beautiful places on Earth ... in all its fragile splendor.

T Aug. 18 1:00-2:30 Free

### \*AARP Driver Safety Course

The four-hour refresher course is open to any licensed driver but focuses on those 50-plus. The refresher course covers information on laws that may be new or have changed since many participants got their licenses. Limited space – register early.

W Aug. 19 11:00 – 3:00  
(\$15 AARP Members/\$20 non-members)

### \*ABCDementia: A Primer

Mark Reese, U of Minnesota, MA, LMFT, will present the defining characteristics of dementia and then explores the five most current diagnosis related to dementia. A more in depth review of Alzheimer's disease occurs as it is the leading diagnosis associated with dementia in the world today. The presentation concludes with a brief summary of risk factors for Alzheimer's disease, and an exploration of possible pathways to prevention.

T Aug. 25 1:00-2:30 Free

### Minneapolis for a Lifetime: Aging in Minneapolis

Minneapolis has been implementing the Minneapolis for a Lifetime strategy for a year. Hear about the progress of the plan, continuing development of action steps and completed and planned studies and research about Minneapolis as an age-friendly city.

W Aug. 26 1:00-2:30 Free

## SEPTEMBER ACTIVITIES

### \*AARP Fraud Prevention

Join AARP staff for an informative discussion about protecting yourself and loved ones from frauds, scams and identity theft. Come learn how to get watchdog alerts and stay up to date on con artists' latest tricks.

W Sept. 2 1:00-2:30 Free

### UCare Stretch & Stroll at the Minnesota State Fair

UCare's annual Stretch & Stroll starts Thursday morning, Sept. 3, at the Minnesota State Fair, Carousel Park. It is UCare's primary Fair event for seniors; they organize a full day of music & multicultural programming on the Carousel Park stage. More information will be available at the Center. Must provide own transportation to the Fair.

Th Sept. 3 MN State Fair (cost of admission)

### Documentary: "Who Killed the Electric Car?" (2006) 91 min.

Amid a volatile climate of ever-changing gas prices, this documentary delves into the short life of the GM EV1 electric car -- a fuel-efficient auto that was once all the rage in the mid-1990s and now has fallen by the roadside.

T Sept. 15 1:00-2:30 Free

### \*TED Program

Come learn about the Minnesota Department of Human Services' (DHS) Telephone Equipment Distribution (TED) Program that provides telephone equipment to people who are deaf, hard of hearing, deafblind, speech impaired or have a physical disability and need adaptive equipment in order to use the phone. DHS loans the equipment at no cost for as long as you need the equipment. Questions about equipment and eligibility requirements will be answered.

W Sept. 16 1:00-2:00 Free

### Aging in Place

Jessica Finlay, a doctoral candidate in the Department of Geography, Environment and Society at the University of Minnesota, will talk about aging in place, community and the work she's doing for a research study.

W Sept. 23 1:00-2:00 Free

### \*Research on Brain Health with Meditation & Mindfulness Practices

This talk will focus on how meditation and mindfulness practices can promote health of the body and brain. Learn about the research on meditation and get started on practices that reduce stress and help balance mind and body.

T Sept. 29 1:00-2:30 Free

### \*Senior Community Service Employment Program (SCSEP)

This is an employment training program where you earn minimum wage while developing your skills as you update your resume to achieve unsubsidized employment. If you are a Hennepin County resident 55 or older, unemployed and income-eligible, you can:

- Gain valuable on the job training while serving your community
- Work in a local nonprofit (i.e. libraries, schools or community centers)
- Work 20 hours per week to develop job skills while job searching for unsubsidized employment
- Ron Lee, Eastside Neighborhood Services, will share information and answer questions about this employment program for seniors.

W Sept. 30 1:00-2:30 Free

# July

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b>  <b>10:00 – 11:00</b>                      Fitness Mix</p> <p><b>1:00 – 2:00</b>                      Ice Cream Social</p>	<p><b>2</b>  <b>10:00 – 10:45</b>                      Yoga Stretch</p> <p><b>1:00 – 2:30</b>                      Advisory Board Meeting</p>	<p><b>3</b>  <b>Closed for Holiday</b></p>
		<p><b>6</b>  <b>10:00 – 11:00</b>                      Fitness Mix</p> <p><b>1:00 – 2:30</b>                      Catching Up on Current Events</p>	<p><b>7</b>  <b>11:00 – 12:00</b>                      Chair Yoga &amp; Balance</p> <p><b>12:30 – 1:30</b>                      Birthdays of the Month</p> <p><b>1:30 – 2:30</b>                      Meet the Artist: Wynn Davis</p>	<p><b>8</b>  <b>10:00 – 11:00</b>                      Fitness Mix</p> <p><b>12:30 – 3:00</b>                      Bundles of Love</p>
<p><b>13</b>  <b>10:00 – 11:00</b>                      Fitness Mix</p> <p><b>11:00 – 12:30</b>                      I.C.E.S.</p> <p><b>1:00 – 2:30</b>                      Catching Up on Current Events</p>	<p><b>14</b>  <b>11:00 – 12:00</b>                      Chair Yoga &amp; Balance</p> <p><b>1:00 – 2:30</b>                      Jazz Appreciation: Herbie Hancock Trio</p>	<p><b>15</b>  <b>10:00 – 11:00</b>                      Fitness Mix</p> <p><b>1:00 – 2:30</b>                      Great Decisions: Syria</p>	<p><b>16</b>  <b>10:00 – 10:30</b>                      Yoga Stretch</p> <p><b>10:30 – 11:30</b>                      Book Club</p> <p><b>1:00 – 2:30</b>                      Advocates, Resources, Assistance, Information</p>	<p><b>17</b>  <b>10:00 – 11:00</b>                      Walking Club</p> <p><b>12:00 – 2:30</b>                      Movie - <i>Selma</i></p>
<p><b>20</b>  <b>10:00 – 11:00</b>                      Fitness Mix</p> <p><b>1:00 – 2:30</b>                      Catching Up on Current Events</p>	<p><b>21</b>  <b>11:00 – 12:00</b>                      Chair Yoga &amp; Balance</p> <p><b>1:00 – 2:30</b>                      Documentary: "Tiny: A Story About Living Small"</p>	<p><b>22</b>  <b>10:00 – 11:00</b>                      Fitness Mix</p> <p><b>1:00 – 2:30</b>                      Great Decisions: Privacy in Digital Age</p>	<p><b>23</b>  <b>10:00 – 10:45</b>                      Yoga Stretch</p> <p><b>11:30 – 1:00</b>                      Lunch Bunch: The Local</p>	<p><b>24</b>  <b>10:00 – 11:00</b>                      Walking Club</p> <p><b>12:00 – 2:30</b>                      Movie - <i>Where the Sidewalk Ends</i></p>
<p><b>27</b>  <b>10:00 – 11:00</b>                      Fitness Mix</p> <p><b>1:00 – 2:30</b>                      Catching Up on Current Events</p>	<p><b>28</b>  <b>11:00 – 12:00</b>                      Chair Yoga &amp; Balance</p> <p><b>1:00 – 2:30</b>                      Ask the Pharmacist</p>	<p><b>29</b>  <b>10:00 – 11:00</b>                      Fitness Mix</p> <p><b>1:00 – 2:30</b>                      Great Decisions: Human Trafficking</p>	<p><b>30</b>  <b>10:00 – 10:45</b>                      Yoga Stretch</p> <p><b>1:00 – 2:30</b>                      Travels with Anita: South Africa</p>	<p><b>31</b>  <b>10:00 – 11:00</b>                      Walking Club</p> <p><b>12:00 – 2:30</b>                      Movie - <i>House Calls</i></p>

# August

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>10:00 – 11:00</b> Fitness Mix <b>12:00 – 1:00</b> Friends Board Mtg. <b>1:00 – 2:30</b> Catching Up on Current Events	<b>4</b> <b>11:00 – 12:00</b> Chair Yoga & Balance <b>12:30 – 1:30</b> Birthdays of the Month <b>1:30 – 2:30</b> Meet the Artist: Sandi Thompson	<b>5</b> <b>10:00 – 11:00</b> Fitness Mix <b>1:00 – 2:30</b> Great Decisions: India	<b>6</b> <b>10:00 – 10:45</b> Yoga Stretch <b>1:00 – 2:30</b> Advisory Board Meeting	<b>7</b> <b>10:00 – 11:00</b> Walking Club <b>12:00 – 2:30</b> Movie - <i>The Treasure                      of the Sierra Madre</i>
<b>10</b> <b>10:00 – 11:00</b> Fitness Mix <b>11:00 – 12:30</b> I.C.E.S. <b>1:00 – 2:30</b> Catching Up on Current Events	<b>11</b> <b>11:00 – 12:00</b> Chair Yoga & Balance <b>1:00 – 2:30</b> Meet the Artist: Jazz Appreciation: Nancy Wilson	<b>12</b> <b>10:00 – 11:00</b> Fitness Mix <b>12:30 – 3:00</b> Bundles of Love	<b>13</b> <b>10:00 – 10:45</b> Yoga Stretch <b>1:00 – 2:30</b> Sew Lovely	<b>14</b> <b>10:00 – 11:00</b> Walking Club <b>12:00 – 2:30</b> Movie - <i>Unbroken</i>
<b>17</b> <b>10:00 – 11:00</b> Fitness Mix <b>1:00 – 2:30</b> Catching Up on Current Events	<b>18</b> <b>11:00 – 12:00</b> Chair Yoga & Balance <b>1:00 – 2:30</b> Documentary: "Coral Reef Ad- venture"	<b>19</b> <b>10:00 – 11:00</b> Fitness Mix <b>11:00 – 3:00</b> AARP Driver Safety	<b>20</b> <b>10:00 – 10:30</b> Yoga Stretch <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> Walking Club <b>12:00 – 2:30</b> Movie - <i>Marriage                      Italian Style</i>
<b>24</b> <b>10:00 – 11:00</b> Fitness Mix <b>1:00 – 2:30</b> Catching Up on Current Events	<b>25</b> <b>11:00 – 12:00</b> Chair Yoga & Balance <b>1:00 – 2:30</b> ABCDementia: A Primer	<b>26</b> <b>10:00 – 11:00</b> Fitness Mix <b>1:00 – 2:30</b> Mpls for a Lifetime	<b>27</b> <b>10:00 – 10:30</b> Yoga Stretch <b>11:30 – 1:00</b> Lunch Bunch: Curran's	<b>28</b> <b>10:00 – 11:00</b> Walking Club <b>12:00 – 2:30</b> Movie - <i>Secondhand                      Lions</i>
<b>31</b> <b>10:00 – 11:00</b> Fitness Mix <b>1:00 – 2:30</b> Catching Up on Current Events				

# September

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>11:00 – 12:00</b> Chair Yoga & Balance <b>12:30 – 1:30</b> Birthdays of the Month <b>1:30 – 2:30</b> Meet the Artist: Nicole Hoekstra	<b>2</b> <b>10:00 – 11:00</b> Fitness Mix  <b>1:00 – 2:30</b> AARP Fraud Watch	<b>3</b> <b>9:00 – 2:00</b> Stretch & Stroll - State Fair <b>10:00 – 10:45</b> Yoga Stretch <b>1:00 – 2:30</b> Advisory Board Meeting	<b>4</b> <b>10:00 – 11:00</b> Walking Club  <b>12:00 – 2:30</b> Movie - <i>Sunset Boulevard</i>
<b>7</b> <b>Closed for Holiday</b>	<b>8</b> <b>11:00 – 12:00</b> Chair Yoga & Balance  <b>1:00 – 2:30</b> Jazz Appreciation: Bucky Pizzarelli	<b>9</b> <b>10:00 – 11:00</b> Fitness Mix  <b>12:30 – 3:00</b> Bundles of Love	<b>10</b> <b>10:00 – 10:45</b> Yoga Stretch  <b>1:00 – 2:30</b> Sew Lovely	<b>11</b> <b>10:00 – 11:00</b> Walking Club  <b>12:00 – 2:30</b> Movie - <i>Young at Heart</i>
<b>14</b> <b>10:00 – 11:00</b> Fitness Mix  <b>11:00 – 12:30</b> I.C.E.S.  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>15</b> <b>11:00 – 12:00</b> Chair Yoga & Balance  <b>1:00 – 2:30</b> Documentary: "Who Killed the Electric Car?"	<b>16</b> <b>10:00 – 11:00</b> Fitness Mix  <b>1:00 – 2:00</b> TED Program	<b>17</b> <b>10:00 – 10:30</b> Yoga Stretch  <b>10:30 – 11:30</b> Book Club  <b>1:00 – 2:30</b> Advocates, Resources, Assistance, Information	<b>18</b> <b>10:00 – 11:00</b> Walking Club  <b>12:00 – 2:30</b> Movie - <i>Scaramouche</i>
<b>21</b> <b>10:00 – 11:00</b> Fitness Mix  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>22</b> <b>11:00 – 12:00</b> Chair Yoga & Balance  <b>1:00 – 2:30</b> Ask the Pharmacist	<b>23</b> <b>10:00 – 11:00</b> Fitness Mix  <b>1:00 – 2:00</b> Aging in Place	<b>24</b> <b>10:00 – 10:45</b> Yoga Stretch  <b>11:00 – 2:00</b> Foot Care*  <b>11:30 – 1:00</b> Lunch Bunch: Bank	<b>25</b> <b>10:00 – 11:00</b> Walking Club  <b>12:00 – 2:30</b> Movie - <i>Charade</i>
<b>28</b> <b>10:00 – 11:00</b> Fitness Mix  <b>1:00 – 2:30</b> Catching Up on Current Events	<b>29</b> <b>11:00 – 12:00</b> Chair Yoga & Balance  <b>1:00 – 2:30</b> Brain Health & Meditation	<b>30</b> <b>10:00 – 11:00</b> Fitness Mix  <b>1:00 – 2:30</b> Senior Employment Program		

## Registration Form for Center Activities Only – No Trips

Name _____	Phone ( ) _____	
Address _____	Apt. # _____	
City _____	Zip _____	
Class 1 _____	Fee _____	
Day _____ Date _____	Time _____	
Class 2 _____	Fee _____	
Day _____ Date _____	Time _____	
Check # _____	Fee Total _____	
Make Checks Payable To: <b>Minneapolis Finance Department</b>	Send To: UCare Skyway Senior Center 950 Nicollet Mall, Suite 290 Minneapolis, MN 55403	For Office Use Only: Date received: _____ Initials: _____

## Registration is Easy

### By Mail

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

#### Mail registration materials to:

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

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

### By Phone

For Trips call 612-668-4828.

For Classes call 612-370-3869.

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

### Cancellations

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

NO refunds on trips.

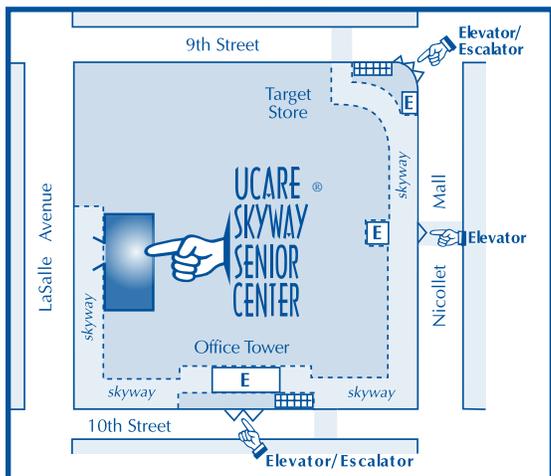
## UCare Skyway Senior Center

950 Nicollet Mall, Suite 290  
Minneapolis, MN 55403

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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.