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The Future of the Skyway Senior Center

The Center will lose UCare's sponsorship in 2016 and while additional sponsors are sought, it is critical to continue to support the Center. Because UCare lost an important state contract to provide managed care services to the prepaid medical assistance population in all counties except for Olmsted, they are no longer able to support the Center. UCare has been an outstanding sponsor of the Skyway Senior Center since 2010 and we thank them for their support and personal connections to the Center. Augustana is providing partial support for the Center in 2016 and we are grateful for their partnership.

The Minneapolis Health Department is in the process of identifying and meeting with potential future sponsors. Thanks to your donations, the Friends of the Skyway Senior Center has money in reserves to keep the Center open until mid-2016. You can make a contribution to the Friends of the Skyway Senior Center that is tax deductible on your income tax and help to continue the valuable work of the Center.

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

- In our suggestion box at the Skyway Senior Center
- By phone at 612-370-3869
- E-mail at skywaycenter@minneapolismn.gov
- Twitter: @skywaycenter
- Facebook: <https://www.facebook.com/pages/UCare-Skyway-Senior-Center/539294026093788>

Thank you for supporting the 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: _____



Tours
Daily



Augustana Care

fostering fullness of life

...how we enjoy life

Minneapoliscampus.org | 612.238.5000

Center Coordinator
Sara Goodnough

Advisory Council

Donald Leners
Chair

Adrienne Merrill-Ratliff
Vice-Chair

Betty Jeanne Leners,
Secretary

Fay Harrison

Evelyn Eskeli

Mae Range

Randy Wilson

Jerry Dudley

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Joe Mario

**Friends of the Skyway
Senior Center Board**

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Ellen Wolfson

Shannon McDonough

Midge Loeffler

Pam Biljan

Barbara Nylen

Michelle Iverson

Meet the Artists

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



January

Maurissa Kraft

When I am creating my art, I am not painting a piece of fruit or landscape. It is a mash-up between Automatism and Surrealism. I will allow the image to emerge from the canvas. I will rotate the canvas many times until I find a gesture to work. I will let intuition be my guide in choosing colors. The image revealing itself is Subconscious showing itself to me. Education: Bachelor of Fine Arts, 1998, University of Minnesota, Printmaking Emphasis. To learn more about Maurissa visit: <https://maurissakraft.see.me/community>.

No Artist Reception Scheduled

February

Kyle Voigtlander

At its core, Kyle Voigtlander's art is about engaging in imaginative processes with the intent to produce positive culture. Whether working with other artists on a group show, or working solo in his studio at Center for Performing Arts, this underlying goal remains. Having completed over 30 bird drawings, Kyle is now beginning to branch out, exploring new mediums and subject matter, and also developing his skills as a curator through Sanctuary Art Collective. To learn more about Kyle visit www.behance.net/kylevoigtlander.

Artist Reception - W

February 3

1:00

Free

March

Timothy Bruehl

Following the Aristotelian credo "the whole is greater than the sum of its parts", it is my mission to provide a body of work that reaches beyond the aesthetic, via a quasi-folk-art style that also includes a spiritual, philosophical and social awareness component. To define a 'style', over time I've fostered a technique with paint (that mimics print-making) to create the perfect (straight-edge) line and symmetrical balance that resembles more the generic graphics we've allowed ourselves to become accustomed to than a piece of fine art. Each individual work when complete becomes part of the larger whole (currently 100-- 24x48" acrylic paint on panels).

Artist Reception - W

March 2

1:00

Free

Artist's works are for sale. Please inquire at the center if interested.

Interested in Showing Your Art?

We are always looking for artists and all mediums to feature at our center. You just have to be able to hang it! Please contact USSC at 612-370-3869 and ask for Sara, or email skywaycenter@minneapolisismn.gov for more information.

Minneapolis Community Education Trips & Social Outings



The Wedding Singer at the Old Log Theatre

The Wedding Singer takes us back to a time when hair was big, greed was good, collars were up, and a wedding singer might just be the coolest guy in the room. New Jersey's favorite wedding singer, Robbie Hart, is the life of the party until his own fiancée leaves him at the altar. Enter Julia, a waitress who wins his affection but is about to be married to someone else and unless Robbie can pull off the performance of a decade, the girl of his dreams will be gone forever. With registration, indicate your choice of beef short ribs, tilapia, vegetarian pasta, or chicken breast. All are served with sides, dessert, and beverage. Price includes coach bus transportation, show, lunch, tax and gratuity.

Thursday, February 18 10:00-5:15 pm \$68

Gypsy at the Pantages Theatre

Strippers! Showstoppers! Stage Mothers! Nationally acclaimed director Peter Rothstein stages this iconic, Tony Award-winning musical. Gypsy features music by Jule Styne and lyrics by Stephen Sondheim and includes the legendary songs "Everything's Coming up Roses," "Together (Wherever We Go)," "Small World," "Some People," "Let Me Entertain You," and, of course, "Rose's Turn." Transportation is on your own. Tickets will be mailed to you. Meet at the Pantages Theatre, 710 Hennepin Avenue.

Saturday, February 27 2:00-4:30 pm \$40

Joseph & the Amazing Technicolor Dreamcoat at the Orpheum Theatre

One of the most enduring shows of all time, this is the irresistible family musical about the trials and triumphs of Joseph, Israel's favorite son. This new production is a reimagining of the Biblical story of Joseph, his eleven brothers and the coat of many colors. The magical musical is full of unforgettable songs, including "Go Go Go

Joseph," "Any Dream Will Do" and "Close Every Door." Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Sunday, April 3 1:00-3:30 pm \$47

Book of Mormon at the Orpheum Theatre

This outrageous musical comedy follows the misadventures of a mismatched pair of missionaries, sent halfway across the world to spread the Good Word. Now with standing room only productions in London, on Broadway, and across North America, it has truly become an international sensation. Contains explicit language. Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Sunday, May 22 6:30-9:00 pm \$57

Lake Geneva U.S. Mail Boat Cruise, Fireside Theatre, and Mid-Continental Train

Join us for a 3-day motor coach tour to Wisconsin. Wednesday, we'll travel to Lake Geneva, a popular summer retreat rich in history and beauty, to enjoy dinner and show at the Dancing Horses Dinner theater. Thursday morning, board the Lake Geneva U.S. Mail Boat for a narrated cruise. Check into the Holiday Inn before an evening at the Fireside Theatre in Fort Atkinson. Have their signature buffet dinner and see Singin' in the Rain. Friday, we'll visit the Mid-Continental Railway Museum. Pick up a box lunch and take a memorable train ride in a restored coach. Bus picks up at 3 locations: Windom School, Dowling School, Parker Skyview Highrise. Price includes transportation, lodging, most meals and attractions. For more details, call 612-668-4828.

Wednesday, July 27-Friday, July 29, 2016

\$575/Person (2 per room)

\$740/Person (1 per room)

Please Contact Minneapolis Community Education to Register for trips listed

Call: 612-668-4828 – or send your payment to –
Patty Hastreiter, Roosevelt Community Education
4029-28th Ave. So., Minneapolis, MN 55406

Pickup Points for Trips

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

GOOD TO KNOW - YOU WANT TO KNOW

Exercise Classes

Monday and/or Wednesday exercise classes have not been finalized by the time this newsletter went to print. Please check with the Center in early January for the updated group fitness schedule. Tuesday Chair Yoga & Thursday Zumba will continue.

Valentine's Day Party Sponsored by Augustana Care

Augustana Care, a new co-sponsor of the Center, will co-host the Valentine's Day party on February 12, 11:00-12:00. Join us for the fun!

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 (drop-off during regular Center hours)

We are no longer accepting VHS tapes for donation

Advisory Committee & Friends Board

If you are interested in shaping the future of the Skyway Senior Center, consider volunteering to serve on the Advisory Committee or the Friends of the Skyway Senior Center Board. The Advisory Committee makes programming & policy recommendations for the Center. 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.

Senior Dining

Senior Nutrition offers a full, nutritionally balanced, sit-down style lunch with varied menu options, to people age 60 and up. These lunches are served hot, Monday through Friday, unless otherwise indicated, at 27 locations in Hennepin and Anoka counties. Ethnic specialty menu options are available at some locations. Diners are asked to contribute \$4.00 per lunch, however they may contribute what they can afford. No one is ever denied a meal because of inability to pay. For more info visit <http://www.voamnwi.org/senior-nutrition> or call 952-945-4156 for menus and locations.

Wanted: Volunteer Computer Tutor

We are looking for a volunteer with some computer knowledge to work one-on-one with seniors who need help or wish to learn more about computers. Examples: signing up for an email account; filling out online job applications; how to attach a photo to an email; how to do a google search etc.

At the Movies with "Downtown Tom"



FREE POPCORN!



Sponsored by TCF National Bank – Skyway Branch

The Second Best Exotic Marigold Hotel - 2015 - PG - 123 mins
In a sequel to the Golden Globe-nominated film, hotel owner Sonny is overwhelmed with the task of finding a second property to accommodate the influx of new residents, while his upcoming wedding plans may be too much for the hotel's staff to handle. Cast: Penelope Wilton, David Strathairn, Judi Dench (comedy/drama)

F Jan. 8 12:00 Free

Open Range - 2003 - R - 139 mins

Kevin Costner directs and stars in this Western about four free-grazing ranchers whose cattle meander close to a small town ruled by a greedy sheriff and his cronies. Forced to defend their way of life, the cowboys take on the corrupt leaders. Cast: Kevin Costner, Robert Duvall, Annette Bening. (western)

F Jan. 15 12:00 Free

Tunnel of Love - 1958 - NR - 98 mins

The Pooles are unable to have a baby after years of trying. They apply to the Rock-A-Bye Adoption Agency, and are assigned Miss Novick as an investigator. Through a farfetched miscommunication she gets a very bad impression of Augie Poole and indicates her report will be unfavorable. Through even more far-fetched circumstances, Augie is able to change Miss Novick's mind, and later comes to believe the baby she is carrying is his. Cast: Doris Day, Richard Widmark, Gig Young. (comedy)

F Jan. 22 12:00 Free

Everyone Says I Love You - 1996 - R - 101 mins

In director Woody Allen's musical comedy, one extended family's romantic escapades intertwine in song and dance across New York, Paris and Venice. As one sister postpones her wedding for a sociopath, another sister plays matchmaker for her dad. Cast: Alan Alda, Woody Allen, Drew Barrymore. (comedy/musical)

F Jan. 29 12:00 Free

The Quiet Man - 1952 - NR - 129 mins

John Wayne hangs up his spurs to star as bachelor ex-boxer Sean Thornton in this endearing classic. Back in his native Ireland, the Duke's thoughts turn to domestic tranquility after courting the lovely Mary Kate (Maureen O'Hara). But her brother (Victor McLaglen) may need to have some common sense knocked into him - literally - before the deal is done. Cast: John Wayne, Maureen O'Hara, Ward Bond. (comedy/romance)

F Feb. 5 12:00 Free

It's Always Fair Weather - 1955 - NR - 101 mins

In this satirical MGM musical that garnered Oscar nods for Best Score and Best Screenplay, war buddies Ted, Doug and Angie promise to meet 10 years after parting at the end of World War II. But their get-together doesn't turn out as

expected. Each man has seen his youthful dreams evaporate, and now a network TV coordinator wants to feature their reunion on live television. Cast: Gene Kelly, Dan Dailey, Cyd Charisse (musical/comedy)

F Feb. 12 12:00 Free

McFarland, USA - 2015 - PG - 129 mins

Track coach Jim White's search for work leads him to a high school in California's Central Valley with a largely Latino student body. After White and his determined athletes establish a bond of trust, remarkable achievements are on the horizon. Cast: Maria Bello, Elsie Fisher, Morgan Saylor (drama)

F Feb. 19 12:00 Free

To Be or Not to Be - 1942 - NR - 99 mins

This 1942 comedy manages to eke out barrels of laughs from a contentious time in history, World War II. Joseph Tura leads a ragtag band of actors in Poland who come to the aid of an American soldier who needs help carrying out his work in the Resistance efforts. But it turns out that Tura's wife is having an affair with the military man, which severely undercuts Tura's sympathies for the soldier. Cast: Carole Lombard, Jack Benny, Robert Stack (comedy)

F Feb. 26 12:00 Free

The Yellow Rolls-Royce - 1964 - NR - 122 mins

One bright-yellow Rolls Royce has three different owners in this star-studded comedy-drama with an ensemble cast. Presented as a progression of three stories, the film earned a Golden Globe nod for Best Original Score, ultimately winning the award for Best Original Song ("Forget Domani"). Cast: Ingrid Bergman, Rex Harrison, Shirley MacLaine (comedy/drama)

F Mar. 4 12:00 Free

Don't Bother to Knock - 1952 - NR - 76 mins

After Lyn dumps him, Jed sulks until he spots gorgeous Nell Forbes, who recently moved to New York City. But Jed soon realizes that Nell harbors a dark past when her mental instability becomes apparent. While she babysits the daughter of Ruth and Peter, Nell's sad truth can't be hidden - not even by her Uncle Eddie. Cast: Richard Widmark, Marilyn Monroe, Anne Bancroft. (drama)

F Mar. 11 12:00 Free

You Were Never Lovelier - 1942 - NR - 97 mins

Fred Astaire, Rita Hayworth & Adolph Menjou star in the lavish 1942 musical set in Buenos Aires. Astaire plays a down-on-his-luck dancer who romances an elegantly cool Rita Hayworth against the wishes of her father, a rich Argentinian entrepreneur, who won't let her sisters get married until she herself is betrothed. Cast: Fred Astaire & Rita Hayworth. (musical)

F Mar. 18 12:00 Free

Lolita - 1962 - NR - 154 mins

Humbert Humbert (James Mason) is uncontrollably attracted to jailbait teen Lolita (Sue Lyon) and knows no good can come of his pursuit. But, driven by passion and desire, he continues his dangerous seduction - despite overwhelming reasons to stop. Peter Sellers co-stars as Humbert's nemesis, Clare Quilty, in director Stanley Kubrick's artful adaptation of the controversial novel by Russian writer Vladimir Nabokov. (drama)

F Mar. 25 12:00 Free

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

The 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.

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

Monday and/or Wednesday Exercise Class To Be Determined (TBD)

Monday and/or Wednesday exercise classes have not been finalized by the time this newsletter went to print. Please check with the Center in early January for the updated group fitness schedule. Tuesday Chair Yoga & Thursday Zumba will continue.

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.

- 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.

Tuesdays Jan. 5 – Mar. 29 11:00-12:00 a.m.



Zumba Gold

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Benefits: Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Zumba Gold is a SilverSneakers class and may be included with your health insurance. Ask instructor before class.

Thursdays Jan. 7 – Mar. 31 9:30-10:30

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. Walking club meets on Fridays.

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

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

I Can Eat Sensibly is going on hiatus January – March but expects to return in the spring.

NEW - Healthy, Affordable Recipes

This new group will meet to talk about cooking, recipes and shopping for food with an emphasis on healthy, simple, affordable food. Participants are encouraged to bring in favorite recipes to share, with a new focus each month. Healthy, Affordable Recipes will meet the 2nd Wednesday of every month.

W Jan. 13, Feb. 10 & Mar. 9 1:00-2:00 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 Jan. 28 & Mar. 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 Jan. 14, Feb. 11 & Mar. 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 Skyway Senior Center.

T Jan. 5, Feb. 2 & Mar. 1 12:30 Free

Bundles of Love

Bundles of Love has been discontinued at the Skyway Senior Center. For info about other sites visit <http://www.bundlesoflove.org/>



Book Club

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

January Book – Hard Choices by Hillary Clinton
Hillary Rodham Clinton's inside account of the crises, choices, and challenges she faced during her four years as America's 67th Secretary of State, and how those experiences drive her view of the future. Secretary Clinton's descriptions of diplomatic conversations at the highest levels offer readers a master class in international relations, as does her analysis of how we can best use "smart power" to deliver security and prosperity in a rapidly changing world - one in which America remains the indispensable nation.

Th Jan. 21 10:30-11:30 Free

February Book –

Warriors Don't Cry by Melba Beals

In 1957, well before Martin Luther King's "I Have a Dream" speech, Melba Pattillo Beals and eight other teenagers became iconic symbols for the Civil Rights Movement and the dismantling of Jim Crow in the American South as they integrated Little Rock's Central High School in the wake of the landmark 1954 Supreme Court ruling, *Brown v. Board of Education*. Throughout her harrowing ordeal, Melba was taunted by her schoolmates and their parents, threatened by a lynch mob's rope, attacked with lighted sticks of dynamite, and injured by acid sprayed in her eyes. But through it all, she acted with dignity and courage, and refused to back down.

Th Feb. 18 10:30-11:30 Free

March Book – *Balzac & the Little Chinese Seamstress* by Daj Sijie

Balzac and the Little Chinese Seamstress is an enchanting tale that captures the magic of reading and the wonder of romantic awakening. An immediate international bestseller, it tells the story of two hapless city boys exiled to a remote mountain village for re-education during China's infamous Cultural Revolution. There the two friends meet the daughter of the local tailor and discover a hidden stash of Western classics in Chinese translation. As they flirt with the seamstress and secretly devour these banned works, the two friends find transit from their grim surroundings to worlds they never imagined.

Th Mar. 17 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. Everyone is responsible for paying their own check. Lunch Bunch meets the 4th Thursday of the month.

Th Jan. 28 Buca di Beppo
1204 Harmon Pl. 11:30

Th Feb. 25 Oceanaire
50 South 6th St. 11:30

Th Mar. 24 Manny's
825 S. Marquette Ave. 11:30

Jazz Appreciation

Once a month, Jazz Appreciation meets to watch a jazz documentary or concert video. Starting October, 2015 through most of 2016, we will be viewing Ken Burns' Jazz documentary during each monthly session. Everyone is welcome. Jazz Appreciation meets the second Tuesday of every month at 1:00 p.m.

T Jan. 12 Ken Burns' Jazz-Pt. 4 1:00-2:30 Free

T Feb. 9 Ken Burns' Jazz-Pt. 5 1:00-2:30 Free

T Mar. 8 Ken Burns' Jazz-Pt. 6 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 except in March when the advocate will be here Wednesday, March 16.

Th Jan. 21, Feb. 18 & Wed. Mar. 16 1:00-2:30 Free

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 Jan. 4 – Mar. 28 1:00-2:30 Free

Ask the Pharmacist

Ask the Pharmacist has been discontinued at this time.

Pre-registration encouraged for classes marked with an asterisk (*)

Please call 612-370-3869 to register unless otherwise noted.

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.

JANUARY ACTIVITIES

* 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 Jan. 6 1:00-2:00 Free

Minneapolis Issues: Council Member Linea Palmisano

Join our special guest, Minneapolis City Council Member Linea Palmisano, 13th Ward, for a discussion about Minneapolis issues. Council Member Palmisano will share her thoughts on key local issues and initiatives and will have a Q & A with participants.

T Jan. 19 1:00-2:00 Free

* Fall Prevention: Anyone Can Fall

The Metropolitan Area Agency on Aging will present this fall prevention class. Gain insight on minimizing risks for falls and get tips for preventing falls. We introduce you to evidence-based programs that help prevent falls.

W Jan. 20 1:00-2:00 Free

Documentary: "I Am" - 2011 - 77 mins

In this contemplative documentary, filmmaker Tom Shadyac conducts in-depth interviews with prominent philosophers and spiritual leaders - including Archbishop Desmond Tutu - about what ails the world and how to improve it.

T Jan. 26 1:00-2:30 Free

* Senior Tax Matters & Benefits

Staff from the MN Department of Revenue will present tax information relevant to seniors including info regarding:

- Free tax preparation
- Senior Citizen Property Tax Deferral program
- New income thresholds for renter/homeowner refunds
- New free application for filing homeowner refunds
- Electronic filing free software products and direct deposit

A question & answer session will follow the presentation.

W Jan. 27 1:00-2:30 Free

FEBRUARY ACTIVITIES

Valentine's Day Party Sponsored by Augustana

Join us for a Valentine's Day celebration with door prizes, games and treats.

Th Feb. 11 11:00-12:00 Free

Ask a Nurse/Surviving Flu Season

A nurse from the MVNA will talk about surviving the flu season in Minnesota and will be available to meet one-on-one with folks who may have a question for the nurse. Sign up for your one-on-one meeting at the reception desk the day of the event.



T Feb. 16 1:00-2:30 Free

* Homelessness in Minneapolis

Breanna Schell, Street Outreach Program Manager, St. Stephen's Human Services, will talk about homelessness in Minneapolis, the best way to help the homeless and resources available for those needing assistance. There will be time available for questions following the presentation.

W Feb. 17 1:00-2:00 Free

Documentary: "Dr. Martin Luther King, Jr.: A Historical Perspective" - 1994 - 60 mins

In honor of Black History Month, this documentary program focuses on the Civil Rights leader's many groundbreaking accomplishments. Footage covers Dr. King's war on poverty and his staunch opposition to the Vietnam War. Also included is his stirring "I Have a Dream" speech.

T Feb. 23 1:00-2:30 Free

* Understanding Medicare – An Overview

Understand what's covered by Medicare Parts A, B, C and D, as well as Medicare supplement options. We discuss Medicare enrollment, eligibility, and personal costs and the impact of health care reform. Presented by the Metropolitan Area Agency on Aging.

W Feb. 24 1:00-2:00 Free

MARCH ACTIVITIES

*Beginning Watercolor Painting

This is a fun and relaxed class where beginners will learn about color, basic visual elements and composition to improve your art. Bring a photograph or art clipping from home to work from, a student watercolor set, watercolor pad, brush and a plastic container for water. Three consecutive Tuesdays. Cost: Only \$10 payable to instructor 1st day of class.

T Mar. 15, 22 & 29 1:00-2:00 \$10

St. Patrick's Day Party

Join us for some food, fun, music and blarney to celebrate St. Patrick's Day.

Th Mar. 17 12:30-1:30 Free

* You Don't Know AARP

Age and experience are not limitations, they expand your possibilities. AARP is dedicated to enhancing quality of life for us all as we age, right here in the Twin Cities. Join Erin Parrish, AARP Minnesota's Director of Advocacy & Outreach to learn about AARP's social mission work related to your "Health, Wealth & Self." Learn how AARP is fighting for family caregivers to have the support they need, protecting Social Security and Medicare, addressing the retirement savings crisis and working on a variety of other issues that affect people age 50-plus. Speaking of plus, join us for a special treat.

W Mar. 23 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 Mar. 30 11:00-3:00
(\$15 AARP Members/\$20 non-members)

Dick Cavett Interviews Katharine Hepburn

If you are a fan of the great actress Katharine Hepburn, come join "Downtown" Tom to view screen legend Katharine Hepburn interviewed on the iconic Dick Cavett Show in the early 1970's. Discussion will follow.

Th Mar. 31 1:00-2:30 Free

January

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Closed for Holiday
4 10:00 TBD 1:00 – 2:30 Catching Up on Current Events	5 11:00 – 12:00 Chair Yoga & Balance 12:30 – 1:30 Birthdays of the Month	6 10:00 TBD 1:00 – 2:00 Bingo! Sponsored by Walgreens	7 9:30 – 10:30 Zumba Gold 1:00 Advisory Board	8 10:00 – 11:00 Walking Club 12:00 Movie - <i>Second Best Exotic Marigold Hotel</i>
11 10:00 TBD 1:00 – 2:30 Catching Up on Current Events	12 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Jazz Appreciation	13 10:00 TBD 1:00 – 2:00 Healthy, Affordable Recipes	14 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Sew Lovely	15 10:00 – 11:00 Walking Club 12:00 Movie - <i>Open Range</i>
Closed for Holiday	19 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:00 Mpls. Issues - Council Member Palmisano	20 10:00 TBD 1:00 – 2:00 Fall Prevention	21 9:30 – 10:30 Zumba Gold 10:30 – 11:30 Book Club 1:00 – 2:30 Advocate & Resources	22 10:00 – 11:00 Walking Club 12:00 Movie - <i>Tunnel of Love</i>
25 10:00 TBD 1:00 – 2:30 Catching Up on Current Events	26 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Documentary: "I Am"	27 10:00 TBD 1:00 – 2:30 Senior Tax Matters & Benefits	28 9:30 – 10:30 Zumba Gold 11:00 – 2:00 Foot Care 11:30 Lunch Bunch: Buca di Beppo	29 10:00 – 11:00 Walking Club 12:00 Movie - <i>Everyone Says I Love You</i>

February

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:00 TBD</p> <p>12:00 Friends Board</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>2</p> <p>11:00 – 12:00 Chair Yoga & Balance</p> <p>12:30 – 1:30 Birthdays of the Month</p>	<p>3</p> <p>10:00 TBD</p> <p>1:00 – 2:00 Meet the Artist: Kyle Voigtlander</p>	<p>4</p> <p>9:30 – 10:30 Zumba Gold</p> <p>1:00 – 2:00 Advisory Board</p>	<p>5</p> <p>10:00 – 11:00 Walking Club</p> <p>12:00 Movie - <i>The Quiet Man</i></p>
<p>8</p> <p>10:00 TBD</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>9</p> <p>11:00 – 12:00 Chair Yoga & Balance</p> <p>1:00 – 2:30 Jazz Appreciation</p>	<p>10</p> <p>10:00 TBD</p> <p>1:00 – 2:00 Healthy, Affordable Recipes</p>	<p>11</p> <p>9:30 – 10:30 Zumba Gold</p> <p>11:00 – 12:00 Valentine's Day Party</p> <p>1:00 – 2:30 Sew Lovely</p>	<p>12</p> <p>10:00 – 11:00 Walking Club</p> <p>12:00 Movie - <i>It's Always Fair Weather</i></p>
<p>15</p> <p>Closed for Holiday</p>	<p>16</p> <p>11:00 – 12:00 Chair Yoga & Balance</p> <p>1:00 – 2:30 Ask a Nurse</p>	<p>17</p> <p>10:00 TBD</p> <p>1:00 – 2:00 Homelessness in Minneapolis</p>	<p>18</p> <p>9:30 – 10:30 Zumba Gold</p> <p>10:30 – 11:30 Book Club</p> <p>1:00 – 2:30 Advocates & Resources</p>	<p>19</p> <p>10:00 – 11:00 Walking Club</p> <p>12:00 Movie - <i>McFarland USA</i></p>
<p>22</p> <p>10:00 TBD</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>23</p> <p>11:00 – 12:00 Chair Yoga & Balance</p> <p>1:00 – 2:30 Documentary: "Dr. Martin Luther King, Jr."</p>	<p>24</p> <p>10:00 TBD</p> <p>1:00 – 2:00 Understanding Medicare</p>	<p>25</p> <p>9:30 – 10:30 Zumba Gold</p> <p>11:30 Lunch Bunch: Oceanaire</p>	<p>26</p> <p>10:00 – 11:00 Walking Club</p> <p>12:00 Movie - <i>To Be or Not To Be</i></p>
<p>29</p> <p>10:00 TBD</p> <p>1:00 – 2:30 Catching Up on Current Events</p>				

March

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:00 – 12:00 Chair Yoga & Balance 12:30 – 1:30 Birthdays of the Month	2 10:00 TBD 1:00 – 2:00 Meet the Artist: Tim Bruehl	3 9:30 – 10:30 Zumba Gold 1:00 – 2:00 Advisory Board	4 10:00 – 11:00 Walking Club 12:00 Movie - <i>The Yellow Rolls Royce</i>
7 10:00 TBD 1:00 – 2:30 Catching Up on Current Events	8 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Jazz Appreciation	9 10:00 TBD 1:00 – 2:00 Healthy, Affordable Recipes	10 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Sew Lovely	11 10:00 – 11:00 Walking Club 12:00 Movie - <i>Don't Bother to Knock</i>
14 10:00 TBD 1:00 – 2:30 Catching Up on Current Events	15 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:00 Beginning Water-color Painting	16 10:00 TBD 1:00 – 2:30 Advocate & Resources	17 9:30 – 10:30 Zumba Gold 10:30 – 11:30 Book Club 12:30 – 1:30 St. Patrick's Day Party	18 10:00 – 11:00 Walking Club 12:00 Movie - <i>You Were Never Lovelier</i>
21 10:00 TBD 1:00 – 2:30 Catching Up on Current Events	22 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:00 Beginning Water-color Painting	23 10:00 TBD 1:00 – 2:30 You Don't Know AARP	24 9:30 – 10:30 Zumba Gold 11:00 – 2:00 Foot Care 11:30 Lunch Bunch: Manny's	25 10:00 – 11:00 Walking Club 12:00 Movie - <i>Lolita</i>
28 10:00 TBD 1:00 – 2:30 Catching Up on Current Events	29 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:00 Beginning Water-color Painting	30 10:00 TBD 11:00 – 3:00 AARP Driver Safety	31 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Dick Cavett Interviews Katharine Hepburn	

Registration Form for Center Activities Only – No Trips

Name _____	Phone () _____	
Address _____	Apt. # _____	
City _____	Zip _____	
Class 1 _____	Fee _____	
Day _____ Date _____	Time _____	
Class 2 _____	Fee _____	
Day _____ Date _____	Time _____	
Check # _____	Fee Total _____	
Make Checks Payable To: Minneapolis Finance Department	Send To: 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:

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.

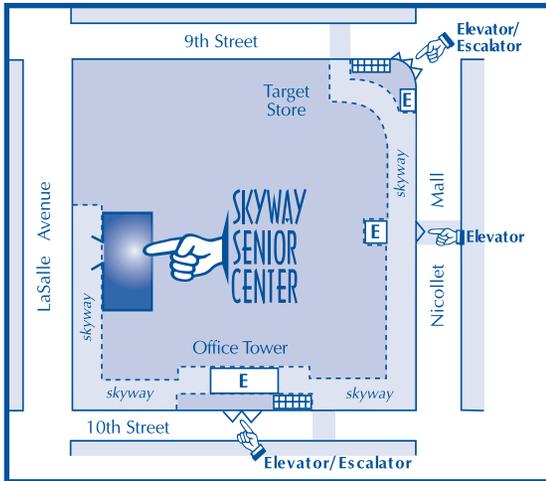
NO refunds on trips.

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 Skyway Senior Center



Published by the Skyway Senior Center, a program of the Minneapolis Department of Health and Family Support. Call 612-370-3869 to request additional copies.
E-mail: skywaycenter@minneapolismn.gov Website: www.minneapolismn.gov/seniors

How Do I Find the 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 Skyway Senior Center. Refer to map above.

Street-Level Entrances:

50 South 10th Street – This is the nearest street level entrance to the 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 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 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 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 Skyway Senior Center.

Bus:

10th Street and Nicollet is the nearest bus stop for the Skyway Senior Center. Use the 50 South 10th Street entrance. Follow instructions listed above for 50 South 10th Street. For bus schedule information, contact Metro Transit at 612-373-3333 or www.metrotransit.org

Parking Meters:

There are a limited number of parking meters on 9th Street, LaSalle Avenue and 10th Street. Cost is \$2 for one hour. Some meters have a two-hour limit.