

Activities, Classes & Day Trips For Adults 55+ | **SPRING 2015**

Minneapolis Community Education Lifelong Learning 55+

LOOK FOR: Neighborhood Landmarks ■ Red Wing River Cruise ■ Stories from Students Abroad



A program of the Minneapolis Public Schools
Register online at www.mplscommunityed.com

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Classes in this brochure are priced at the senior rate. UCare & MHP discounts may be applied to these classes.



Learning is a Lifelong Adventure

Happy Spring! After another Minnesota winter has come and gone, it's time to get out and meet friends, take a class or day trip, improve your health or get more involved with your community. We invite you to look through this catalog to find a new Community Education activity that you will enjoy. Register early online, by phone, mail or stop by our office. We hope to see you this spring!

The staff & Advisory Council members of Minneapolis Community Education Lifelong Learning for Adults 55+



Adventures in Learning

Armistice Day, 1918

The armistice which ended World War I on the 11th hour of the 11th day of the 11th month was perceived as a great victory by the allies. The Germans, however, saw it merely as a halt to the fighting and certainly not a surrender. Hugh Tyndall will examine why this cruel and pointless war ended as it did, and how it sowed the all too fertile seeds of an even deadlier conflict 20 years later. To register, call 612.668.4828. Class held at Nokomis Library, 5100 34th Ave. S.

2 Wednesdays Apr 29–May 6
 10:00-11:30 am Free

Bingo Social

Meet your friends and neighbors and play a few fun rounds of Bingo. Light refreshments will be served and then the game of Bingo will commence. There will be fun prizes, but no cash will be awarded. Game dates are April 30 and May 28. To register, call 612.668.3767. Held at McRae Park, 906 E. 47th St.

2 Thursdays Apr 30–May 28
 11 am-12:30 pm \$2 at door



Discounts are limited to one discount per year for UCare for Seniors members.

This is a result of guidelines issued by the Centers for Medicare & Medicaid Services, the federal agency that regulates this and other Medicare Advantage plans nationwide.

Foreign Policy Issues Discussion

Through the nationwide Great Decisions program, learn more about vital foreign policy issues facing our country. Sessions feature lectures and lively discussion with local college professors and other guest speakers. Topics include: "Russia and the Near Abroad," "U.S. Policy Toward Africa," "Brazil's Metamorphosis," and "Sectarianism in the Middle East." To register, call 612.668.4828. Three sections:

Walker Place, 3701 Bryant Ave. S.

4 Thursdays Apr 16–May 14
 2:00-3:30 pm Free
 No class Apr 23

Washburn Library, 5244 Lyndale Ave. S.

4 Fridays Apr 17–May 15
 10:00-11:30 am Free
 No class May 1

UCare Skyway Senior Center, 950 Nicollet Mall

4 Wednesdays May 13–Jun 3
 1:00-2:30 pm Free

Joy in Learning

Join us once a month for a luncheon and discussion or presentation on various topics of interest. This is a great chance to meet others in the community. Co-sponsored by Pratt Community Education and Southeast Seniors, a Living at Home Block Nurse Program. Call 612.668.1100 for more information. Held at Prospect Park United Methodist Church, 22 Malcolm Ave. S.E.

2 Wednesdays Apr 8–May 13
 12:00-1:30 pm Free

Lunch & Classic Movie Special

Join friends at Pepito's Parkway Theater for lunch at 11 am followed by a screening of classic films at noon on the third Thursday of each month. See *All About Eve* on April 16 and *The Truman Show* on May 21. The cost is \$12.95/person and does not include tip or beverage. You may bring along a guest for free! Hosted by poet and actor, John Flynn. Transportation is on your own. Call 612.668.3767 to pre-register and pay for your lunch at Pepito's. Meet at Pepito's, 4814 Chicago Ave. S.

2 Thursdays Apr 16–May 21
 11 am-1:30 pm \$12.95 Each

North Mississippi Regional Park Programs

North Mississippi Regional Park
 4900 Mississippi Ct. (49th St. N. & I-94).

Pre-registration required.
 To register, call 612.668.4828.

Heron Homecoming & Shuttle Ride

It's spring, and the great blue herons are back! Join us for their homecoming, learn about their lives, and view a photo journal of their travels. Ride the shuttle to the heron rookery to view these amazing long-legged birds as they rebuild their nests and settle in for the summer. Morning and afternoon tours offered. Please indicate your preference with registration.

1 Wednesday Apr 15
 9:30-11:30 am \$5

1 Wednesday Apr 15
 12:30-2:30 pm \$5

Bug Bite Relief with Essential Oils

Learn about the basics of essential oils with RN and Clinical Aromatherapist, Denise Joswiak. Create your own unique recipe of bug bite relief to use on those nasty mosquito bites. Supplies are included in the class fee.

1 Wednesday Apr 29
 10 am-12 pm \$20

Warbler Walk

Wake up with coffee, a treat, and a guided walk along the Mississippi flyway with a naturalist. Learn calls, unique behaviors, and habitat preference of tricky common warblers. With young leaves just beginning, we might also peek at woodpeckers, thrushes, and other colorful migrants. Bring your own binoculars or borrow a pair from us.

1 Thursday May 7
 7:30-9:00 am \$5

Minnesota Geography & Geomorphology

How would you describe Minnesota? Plains? Grasslands? Forests? Wetlands? The state contains some rocks 3.6 billion years old! Our climate is a mix of extreme temperatures and every form of moisture known to weather forecasting. Our growing season varies from 90 days in the Iron Range to 160 days in Southeast Minnesota. Join Geographer Karen Murdock to learn about this amazing space we call home and look at our “Land of 10,000 Lakes” with new eyes. To register, call 612.668.3767. Held at Lake Nokomis Community Center, 2401 E. Minnehaha Pkwy.

1 Tuesday May 19
1:00-2:00 pm \$1 at door

Elder Enrichment

Catholic Eldercare Main St. Lodge
909 Main Street N.E.

To register, call 612.362.2450.

Poetry: Light Verse

Light verse is written to amuse. Prominent types include limericks, epigrams, and nonsense verse. This presentation with English Professor Lawrence Moe is illustrated by examples with opportunity for discussion and laughter.

1 Monday Apr 13
1:30-3:00 pm Free

Mexico: Rich History, Culture, Music and Cuisine

A former Spanish colony, our neighbor south of the border is an ancient civilization with unique pyramids and sculptures, fabulous cathedrals, strong Roman Catholic traditions, beautiful beaches and rich natural resources. Irene Khin Khin Jensen visited Mexico and met educators, bishops, professors and ordinary Mexicans, rich and poor. Come to this session to learn what they shared with her.

1 Monday May 4
1:30-3:00 pm Free

Native Bees

Mason bees, sweat bees, and other native bees are more than twice as efficient at pollinating crops like apples, tomatoes, and squash. Discover the diversity and importance of native bees, why they are in decline, and how to attract them to your backyard garden or flowerbed. Take home a nesting block to provide a winter home for your bees. Register online or by calling 612.668.4828. Meet at North Mississippi Park, 4900 Mississippi Ct. (49th Ave. N & I-94).

1 Tuesday Jun 2
10 am-12 pm \$5

Neighborhood Landmarks

Local historian Tom Balcom will provide a fascinating look at buildings and maps of historical importance to the neighborhood surrounding the Washburn Library. To register, call 612.668.4828. Class held at Washburn Library, 5244 Lyndale Ave. S.

1 Saturday Apr 18
1:00-2:00 pm Free

Poetry: Exploring Poetry

Take a little time out of your busy life and join this interactive class to (re)discover the joy of poetry! Bring your favorite poems to share. Kate Donahue will provide background for poems presented and discussed, and will introduce poems and poets through audio and visual means. Class held at Pratt Community School, 66 Malcolm Ave. S.E.

6 Tuesdays Apr 14–May 19
10:00-11:00 am \$25

Stories from Students Abroad: Student Project for Amity Among Nations

The Student Project for Amity Among Nations (SPAN) is a program open to students from all Minnesota colleges and universities. The program enables students to do independent research on topics of their own choosing while they live and work in another country. Come hear the stories from students who studied last summer in Russia or in Cuba/ Puerto Rico, including their insights on the culture they visited. To register, call 612.668.1100. Class held at Van Cleve Park, 901 15th Ave. S.E.

1 Thursday May 7
10:00-11:00 am Free

Armchair Travel

NORTHEAST MINNEAPOLIS

Meets at Gustavus Adolphus Church,
1509 N.E. 27th Ave. (Upper East Wing).
Park in lot.

Call 612.668.1590 to register.



Brazil

Explore the Pantanal area of Brazil, specifically viewing birds and mammals from that region through photos and video. See photos and video of jaguar and ocelot. The presenter is excited to share them with you!

1 Tuesday Apr 28
1:00-2:30 pm \$2 at door



Ottawa & Quebec

In her recent travels from Minneapolis to Maine, Ruth Aaskov took the northern route via Sault Ste. Marie, winding along the shores of Lake Huron to the Thousand Islands through Ontario and Quebec. She missed the arrival of Queen Elizabeth at the Parliament in Ottawa, but saw the preparations for her visit. Her journey continued for a two-day stay in French Quebec City before returning to the U.S. via the Maine border.

1 Tuesday May 19
1:00-2:30 pm \$2 at door

SOUTH MINNEAPOLIS

Meets at Hosmer Community Library,
347 E. 36th St.

Call 612.668.2740 to register.

Antarctica

Journey to the Falkland Islands and South Georgia Island before reaching the Antarctic continent. Along the way, see birds, including seven kinds of penguins, seals, ice, snow, icebergs and human habitation. The scenery is incredible.

1 Tuesday Apr 21
1:00-2:30 pm \$2 at door



Red Rocks of Sedona

Come travel with us to Sedona, Arizona and—more specifically—the Red Rocks. The formations appear to glow in brilliant orange and red when illuminated by the rising or setting sun. The rocks form a popular backdrop for activities ranging from spiritual pursuits to hiking and mountain biking.

1 Tuesday May 19
1:00-2:30 pm \$2 at door

SOUTHEAST MINNEAPOLIS

Meets at Van Cleve Park,
901 15th Ave. SE. *Free parking at park.*

Call 612.668.1100 to register.

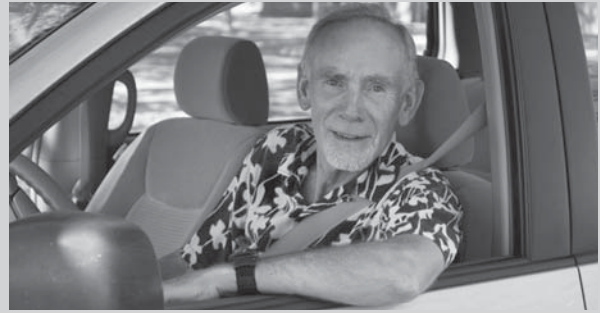
Tulip Time in Pella, Iowa

Enjoy the heritage of this authentic Dutch town and, without leaving your chair, tiptoe through the tulips during the annual festival in southeast Iowa. View three days of celebration featuring food, family and fun. Co-Sponsored by Van Cleve Park Seniors.

1 Thursday Apr 9
10:00-11:00 am Free

Defensive Driving

Drivers 55+ can save 10% on auto insurance by taking this class. After the initial 8-hour course, you need a 4-hour course every 3 years to renew the discount. Review driving skills, current laws and gain safety tips. Discount certificate is given upon completion. Some classes are offered in collaboration with AARP. **AARP Members receive a \$5 discount. AARP card must be brought to class. Indicate AARP membership on registration form or call the site offering the class to register with discount. AARP discounts are not available for classes at Pratt, Roosevelt, Southwest or Washburn.**



Edison High School
700 22nd Ave. N.E. | 612.668.1515

8-Hour Initial Class
1 Wed & Thu May 13 & May 14
5:00-9:00 pm \$24/\$19 AARP Member

4-Hour Refresher Class
1 Monday May 11
5:00-9:00 pm \$20/\$15 AARP Member

Henry High School
4320 Newton Ave. N. | 612.668.1922

8-Hour Initial Class
1 Mon & Wed May 18 & 20
4:30-8:30 pm \$24/\$19 AARP Member

4-Hour Refresher Class
1 Wednesday May 13
4:30-8:30 pm \$20/\$15 AARP Member

Northeast Middle School
2955 Hayes St. | 612.668.1515

4-Hour Refresher Class
1 Saturday May 9
10 am-2 pm \$20/\$15 AARP Member

Pratt Community School
66 Malcolm Ave. S.E. | 612.668.1100

4-Hour Refresher Class
1 Saturday May 16
9 am-1 pm \$20

Roosevelt High School
4029 28th Ave. S. | 612.668.4828

8-Hour Initial Class
2 Wednesdays May 6 & 13
4:10-8:10 pm \$24

4-Hour Refresher Class
1 Monday May 4
4:10-8:10 pm \$20

1 Wednesday May 13
4:10-8:10 pm \$20

Southwest High School
3414 W. 47th St. | 612.668.3100

8-Hour Initial Class
2 Mondays Apr 6 & 13
4:00-8:00 pm \$24

4-Hour Refresher Class
1 Monday Apr 20
4:00-8:00 pm \$20

Waite Park School
1800 34th Ave. N.E. | 612.668.1590

8-Hour Initial Class
1 Wed & Thu Apr 22 & 23
10 am-2:30 pm \$20/\$15 AARP Member

Washburn High School
201 W. 49th St. | 612.668.3450

8-Hour Initial Class
2 Tuesdays May 5 & 12
4:00-8:00 pm \$24

4-Hour Refresher Class
1 Tuesday May 12
4:00-8:00 pm \$20

Creative Activities

Acting: Improvisation 1 & 2

Explore the core concepts of improv acting in a creatively safe environment with instruction from an improv professional. You don't have to be "funny." You will be valued just for being you. Try it and see why so many participants keep coming back. Suitable for new and more experienced students. Register online or call 612.668.2740. Returning students: Please note location change. *Classes held at the Brave New Workshop Theater, 824 Hennepin Ave.*

7 Tuesdays Apr 14–May 26
10 am-12 pm \$50

Acting: Improvisation 3

Continue to improve your spontaneity and improv skills through games and scene work in this advanced class taught by an improv acting professional. Register online or call 612.668.2740. *Classes held at the Brave New Workshop Theater, 824 Hennepin Ave.*

7 Mondays Apr 13–May 25
10 am-12 pm \$50

SOUTHSIDE SINGERS

If you are over 55 and like to sing, you are invited to join this chorus. Their repertoire includes music from the '30s and '40s, patriotic music, show tunes, spirituals, dance numbers and vaudeville-style skits. New members are always welcome. This activity is made possible, in part, by the Minnesota Arts & Cultural Heritage Fund.

Rehearsals are held Mondays from 1-3 pm at Trinity Lutheran Church of Minnehaha Falls, 5212 41st Ave. S. Dues: \$20/year.

For more information, call 612.729.4984.



55+ Fitness

EnhanceFitness

Improve your stability, bone density, endurance, coordination and mental sharpness. Focused exercises work on stretching, flexibility, balance, low impact aerobics and strength training. A certified fitness instructor offers personal attention while you work to improve your overall health and well-being. Class sponsored by SilverSneakers. No charge for SilverSneakers Fitness Program members OR for SCC/KC residents. Call 612.668.3854 to register. *Class held at Shingle Creek Commons, 4600 Humboldt Ave. N.*

8 Tue & Thu Apr 7–May 28
1:00-2:00 pm \$16

Fit Forever

Active older adults will learn strengthening, cardiovascular, balance and flexibility components to create a safe, effective workout to keep their bodies and minds agile and strong throughout the years. Exercises can be done sitting or standing. All adults and fitness levels are welcome! Taught by Certified Fitness Instructor Jan Campbell. Pre-register by April 6 by calling 612.668.3854. *Class held at Bremer Way, 3232 Fremont Ave. N.*

7 Mondays Apr 13–Jun 1
10:30-11:30 am \$21
No class May 25

Keep in Touch

Call us at 612.668.4828 if you have questions about the Lifelong Learning 55+ Program. We are always happy to hear from you!

Fun & Fitness 55+

This class includes stretching exercises to increase your flexibility and range of motion as well as strengthening exercises. You will be working your cardiovascular system by doing fun, simple routines at a pace that is best for your body. Register online or call 612.668.3100. Held at Linden Hills Park, 3100 W. 43rd St.

8 Tue & Thu	Apr 7–May 28
1:00-2:00 pm	\$30

Lifelong Cardio: Balance

Combine fun with fitness to increase your cardiovascular and muscular endurance power with low-impact aerobics and strength training. Focus will be on stability, endurance, coordination, mental sharpness, breathing and relaxation. Weights, elastic bands, and balls are offered for resistance. A chair is available if needed for seated or standing support. Instructor: Sarah Tarleton. **Call 612.668.3450 to register with SilverSneaker Flex discount.** Classes held at Fuller Park, 4800 Grand Ave. S.

6 Tuesdays	Apr 14–May 19
1:00-2:00 pm	\$24

6 Thursdays	Apr 16–May 21
1:00-2:00 pm	\$24

Lifelong Cardio: Strength

Get going with an aerobics class that's fun, challenges your cardiovascular endurance and is gentle on the joints. The workout includes easy-to-follow low-impact movement, upper and lower body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. A chair is available if needed for seated or standing support. Instructor: Sarah Tarleton. **Call 612.668.3450 to register with SilverSneakers Flex discount.** Class held at Fuller Park, 4800 Grand Ave. S.

6 Mondays	Apr 13–May 18
1:00-2:00 pm	\$24

6 Wednesdays	Apr 15–May 20
1:00-2:00 pm	\$24

Register now and make sure you get into your favorite classes. We're online at: www.mplscommunityed.com.

Safety Disclaimer: There is an inherent risk of accident and injury in any activity. It is the responsibility of the participant to be aware that there are assumed risks in participation. Minneapolis Public Schools (SSD #1) assumes no responsibility for injuries received during activities. Any changes in participants' activity level should be done under the approval and direction of their physician or health care provider.

Lifelong Fitness

This course includes easy chair aerobics, standing and low-impact exercises to help improve your posture, bone density, balance and joint mobility. Register online or call 612.668.1100. Classes held at Pratt Community School, 66 Malcolm St. S.E.

6 Tuesdays	Apr 14–May 19
8:30-9:30 am	\$26

6 Thursdays	Apr 16–May 21
8:30-9:30 am	\$26

Meditation & Self-Healing

Meditation improves your mind, body, and spirit. Practice meditation techniques including breathing, chanting, and more. Open to all. Class held at Hale School, 1220 E. 54th St.

5 Wednesdays	Apr 15–May 13
4:00-4:45 pm	\$22

Stretch & Balance

Gain flexibility, strength and better balance through low-impact conditioning and stretches in this mixed level class. Students must demonstrate an ability to follow directions while working at their personal level within the structure of the class. Movements are done standing and on the floor; please bring a mat. Students should get doctor's approval before starting all physical activity and have medical knowledge of what they can and cannot do. Class held at Waite Park, 1800 34th Ave. N.E.

7 Wednesdays	Apr 15–May 27
1:00-2:00 pm	\$31.50

Tai Chi & Qi Gong

Improve flexibility and balance using Sun style Tai Chi and Qi Gong exercises. Learn a 12-movement form to gain better control of your health and improve your quality of life. Two sections offered:

Van Cleve Park, 901 15th Ave. S.E.

Register online or call 612.668.1100.

6 Fridays	Apr 10–May 15
10:00-11:30 am	\$37

Waite Park, 1800 34th Ave. N.E.

Register online or call 612.668.1590.

6 Tuesdays	Apr 14–May 19
1:00-2:30 pm	\$37

Tai Chi for Health

Tai Chi is a holistic approach to harmonizing body, mind and spirit frequently described as “meditation in movement.” Class is designed for beginners and first timers. The benefits of Tai Chi on your mind and body are numerous. Come find out what all the talk is about. Held at the Kenwood Apartments, 825 Summit Ave.

6 Sundays	Apr 19–May 24
2:00-3:00 pm	\$18

Tai Chi 2

This Chinese-style Yoga can be done seated or standing. Five gentle movements are used along with breath work, self-applied massage and mindful visualization. Many positive health benefits can be felt immediately. It is safe and tolerable, even for those with arthritis or other chronic conditions. Taught by Jean Jentz, a physical therapist. Register online or call 612.668.3767. Class held at Our Lady of Peace, 5426 12th Ave. S.

6 Mondays	Apr 13–May 18
9:45-10:45 am	\$24

Tai Chi Chih: Gentle

This Chinese-style yoga can be done seated or standing and uses 5 gentle movements, along with breath work, self-applied massage, and mindful visualization. It's simple to learn, and it's safe and tolerable, even for those with arthritis or other chronic conditions. Register online or call 612.668.3450. Class held at Bethlehem Lutheran Church, 4100 Lyndale Ave S.

6 Thursdays	Apr 16–May 21
9:45-10:45 am	\$24

Yoga: Gentle 1

Focus on slow movements through seated, standing, and restorative poses that include proper alignment, breathing and relaxation techniques. Experience the benefits of yoga through calmness of the mind, improved balance, strength, circulation, and mobility.

Nokomis Community Ctr., 2401 E. Minnehaha Pkwy.

Register online or call 612.668.3767.

6 Tuesdays	Apr 14–May 19
3:30-4:30 pm	\$24

Fuller Park, 4800 Grand Ave. S

Register online or call 612.668.3450.

6 Tuesdays	Apr 14–May 19
11 am-12 pm	\$24

Hale School, 1220 E. 54th St.

Register online or call 612.668.3767.

5 Wednesdays	Apr 15–May 13
3:00-3:45 pm	\$22

Bethlehem Lutheran Church, 4100 Lyndale Ave S.

Register online or call 612.668.3450.

6 Wednesdays	Apr 15–May 20
12:30-1:30 pm	\$24

Health

Health Care for Seniors

Are you or a loved one turning 65? Already there? How do the government programs work? What are parts A, B, C and D? What is covered and what isn't, when to sign up and what does it mean to you? Long term care, nursing homes, the government spend down, Partnership Act and the Affordable Health Care for America Act will also be discussed. Get the information you need to help you make your decisions. Pre-registration required; register online or call 612.668.1922. Held at Lucy Laney, 3333 Penn Ave. N.

1 Thursday	Apr 30
6:00-7:30 pm	Free

North Community Health Chats

Bremer Way Condominiums
3232 Fremont Ave. N.

(Parking available in lot or on street)

Sponsored by Minneapolis Community Education & Bremer Way

Blood pressure screenings available Mondays from 1-1:30 pm before each session.

To register, call 612.668.3854.

Store To Door

Store To Door is a volunteer-based shopping and delivery service that gives seniors personal, reliable access to food and household essentials so they can continue to live in their own homes. Learn more about this service for yourself or for your loved ones. Stay after the presentation for a few minutes to help clip coupons for the coupon fundraiser program.

1 Monday	Apr 13
1:30-2:30 pm	\$1 at door

Bingo & More

Gather with others to enjoy an afternoon of entertainment, Bingo playing and an opportunity to make new friends. Prizes for Bingo will be offered, but there will be no cash prizes. Light refreshments will be served. Come for the Bingo... stay for the fun! Event co-hosted by Senior Community Services.

1 Wednesday	May 6
1:00-3:00 pm	\$2 at door

Gemstones: Jewels of the Earth

Enjoy viewing pictures of these geological wonders! Lyall Schwaartzkopf will share fascinating information and slides of gemstones, some of which you may never have heard of or seen before. Learn about garnets, sapphires, and emeralds and what to look for when selecting gems of any type.

1 Monday	May 11
1:30-2:30 pm	\$1 at door



Pratt Senior Social & Health Talks

Pratt Community School
66 Malcolm Ave. S.E.

Sponsored by Minneapolis Community Education & Southeast Seniors, a Living at Home Block Nurse program

To register, call 612.668.1100.

Personal Safety & Self Defense

How do most real-life attacks start? Learn to recognize a possible attack in the making, and what role distance awareness, eye contact, body language, tone of voice, etc. can play. Simple “last-ditch” physical self-defense techniques that are practical for people of all ages and abilities will also be presented. Co-sponsored by the Mpls. Police Department Crime Prevention.

1 Monday	Apr 20
6:30-8:30 pm	Free

How to Ride the Metro Transit

Take a trip on the new Green Line Light Rail! Join Metro Transit Customer Advocate Joanna Hubbard, who will address every step of riding the light rail, including how to read a schedule, purchasing a ticket, directional signage, and more! The group will then take a train downtown, transfer, and return—approximately 30 minutes round trip. Each participant will receive a Free Ride coupon and free informational materials.

1 Tuesday	Apr 28
6:30-7:30 pm	Free

Sabathani Coffee Talks

Sabathani Community Center
310 E. 38th St., Room 106

Sponsored by Minneapolis Community Education & Sabathani Senior Center

To register, call 612.821.2306.

COPD

COPD, or Chronic Obstructive Pulmonary Disease, is a progressive disease that makes it hard to breathe. COPD is the fourth leading cause of death in the U.S. affecting one in four Americans over the age of 45. Participants will learn more about the causes of COPD. Individuals diagnosed with COPD will also learn techniques that can help them breathe easier and live a more active life. Instructor is from the American Lung Association of Minnesota and Minnesota COPD Coalition.

1 Thursday Apr 9
10:30-11:30 am Free

Smart Disposal of Medication

The Minnesota SMARxT DISPOSAL campaign is a public awareness campaign that targets medication consumers to provide guidance on proper disposal of unused and/or expired prescription and over-the-counter medications. SMARxT DISPOSAL also raises awareness about the potential environmental impacts from improperly disposed medications. A few small steps can make an important difference in safeguarding lives and protecting the environment.

1 Thursday May 14
10:30-11:30 am Free



Senior Social & Health Talks

Holy Trinity Lutheran Church
2730 E. 31st St.

Sponsored by Minneapolis Community Education Longfellow/Seward Healthy Seniors & Holy Trinity Lutheran Church

Social from 10:00-10:30 am. Blood pressure screenings available from 11:30 am-12 pm after sessions.

To register, call 612.668.3767.

Spring Forest Qi Gong for Health

Qi Gong (pronounced chee-gong) is an ancient practice which promotes healing and vitality. Easy, gentle movements help balance personal energy to relieve pain, improve mental focus, strength, balance and well-being. SFQ Certified Instructor, Rhonda Battisto, will discuss the basics of Qi Gong and lead a demonstration of some of the movements.

1 Tuesday Apr 21
10:30-11:30 am \$1 at door

Financial Smarts for Seniors

This presentation will cover common scams targeted at seniors and how to avoid being a victim. Learn about the “too good to be true” concepts along with other information and tips. The presenter is Debra Budinger, Senior Fraud Investigator with U.S. Bank Corporate Security.

1 Tuesday May 19
10:30-11:30 am \$1 at door

Healthy Bladders = Happy People

How does a healthy bladder work and what steps can you take to keep it healthy? Mary Dierich, PhD, RN, CNP, Associate Clinical Professor, U of M, School of Nursing will cover some simple treatments for common problems and explain how to talk to your provider about bladder issues.

1 Tuesday Jun 16
10:30-11:30 am \$1 at door

Shingle Creek Commons Programs

Shingle Creek Commons
4600 Humboldt Ave. N.

Sponsored by Minneapolis Community Education & Shingle Creek Commons

To register, call 612.668.3854.

What's so Funny About Aging?

They say laughter is the best medicine, so join The Pretty Good Players for a healthy dose of original skits about aging—inspired by personal experiences, news items, stories shared by audience members, and a variety of other sources. What do you find funny, annoying, or heartwarming... and what do you have to say about it? Share your ideas afterwards, and you may inspire a new skit.

1 Thursday Apr 16
10:30-11:30 am \$1 at door

Wild About Walking

Would you like to have someone to walk with? Are you looking for a new way to get moving to stay healthy and make new friends? Join our planning meeting to start the Northside Walking Club! Bring your ideas about where to walk and what type of motivators you will use to keep you committed to your good health.

1 Wednesday Apr 22
1:00-3:00 pm Free

Making the Most of Your Doctor's Appointment

Your doctor is an expert on medical care, but you are the expert on yourself. Do you know how to communicate clearly to receive the answers you need from your doctor's visit? Join us to discuss some steps you can take to help insure that your doctor visit is both informative and empowering for you.

1 Thursday May 14
10:30-11:30 am \$1 at door



Wellness at Gustavus Adolphus

Gustavus Adolphus Church,
1509 N.E. 27th Ave. (Upper East Wing)

Sponsored by Minneapolis Community Education & Gustavus Adolphus

To register, call 612.668.1590.

Please do not arrive more than 20 minutes before programs.

Store to Door

Store To Door delivers peace of mind for seniors and their caregivers. This volunteer-based shopping and delivery service gives seniors personal, reliable access to their choice of food and household essentials, so they can continue to live in their own homes. Learn more about this service for yourself or for your loved ones. Stay after the presentation for a few minutes to help clip coupons for the coupon fundraiser program.

1 Tuesday Apr 21
1:00-2:00 pm \$2 at door

Putting Your Best FEET First!

This presentation is targeted to all adults with a focus on keeping feet healthy to help avoid infections and prevent falls. Your feet are like tires on your car; they require the appropriate fitting shoes and care of your feet with the right tools and supplies. Participants will leave with foot care instructions and resources. Come with your questions. Bring a friend!

1 Tuesday May 19
1:00-2:00 pm \$2 at door

Day Trips & Tours

Annie at the Orpheum Theatre

The timeless story and the classic characters featuring the beloved book and score, *Annie* includes such unforgettable songs as *It's the Hard Knock Life*, *Easy Street*, *I Don't Need Anything But You*, plus the eternal anthem of optimism, *Tomorrow*. Seats are toward the back on the main floor. Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

1 Sunday Apr 5
1:00-3:30 pm \$32

Jersey Boys at the Orpheum Theatre

This is the story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide — all before they were 30! *Jersey Boys* features their hit songs *Sherry*, *Big Girls Don't Cry*, *Rag Doll*, *Oh What a Night* and *Can't Take My Eyes Off You*. Seats are toward the back on the main floor. Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

1 Sunday May 3
1:00-3:30 pm \$47

Juno & the Paycock at the Guthrie Theatre

This is an epic tale of one family's survival in Dublin following the Irish Civil War. Jack Boyle is out of work and determined to stay that way. He and his sidekick Joxer spend their time drinking and playing cards while Juno, the matriarch, attempts to keep their family together. When the family learns of an inheritance from a distant relative, the money is spent before it even arrives. But will they transcend the events that conspire to keep them in their place? Reserved seats are on the side of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2nd St. S.

1 Wednesday Jun 3
1:00-3:30 pm \$23



Red Wing River Cruise

Enjoy a summer day in beautiful Red Wing, located in one of the most scenic and historic areas of Minnesota. Take a coffee break and then tour the area by bus with a knowledgeable guide who will point out area attractions. Next, board the Spirit of the Water for a narrated lunch cruise on the river. A fabulous buffet will be enjoyed by all. Price includes coach bus transportation, coffee break, guided city tour, lunch cruise, tax and gratuity.

1 Tuesday Jun 23
7:45 am-4:30 pm \$62

Take Me Out to the Ballgame

Help cheer the Minnesota Twins to victory as they take on the Boston Red Sox. Seats are reserved in the Powerball Pavillion area with few stairs. 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. Dress for the weather. Tickets will be mailed to you. Transportation to the ballpark is on your own. Meet at Target Field. Enter through Gate 34 at the Target Plaza entrance.

1 Wednesday May 27
12:10-4:00 pm \$23

Pick-up points for Trips:

- Dowling School**, 3900 W. River Pkwy.
- Hawthorne Transit Station**, 31 N. 9th St.
- Northeast Middle School**, 2955 Hayes St. NE
- Olson Middle School**, 1607 51st Ave. N
- Parker Skyview Highrise**, 1815 Central Ave. NE
- Windom School**, 5821 Wentworth Ave. S

Four Easy Ways to Register...



1. By Mail

Mail-in registration is available now. Mail your registration form, check or money order, payable to **Special School District #1** to:

**Roosevelt Community Education
Lifelong Learning 55+ Program**
4029 28th Ave. S.
Minneapolis, MN 55406

2. By Phone

Visa and Mastercard payments accepted during business hours.

3. Online

Using a Visa or Mastercard, go to www.mplscommunityed.com.

4. In Person

Register at Roosevelt HS. Please call 612.668.4828 for office hours.

Name: _____ Phone: (____) _____

Address: _____ City/State/Zip: _____

Special Needs: _____

Class	Start Date	Class Location	Class Fee
Trip	Date	Bus Pick Up	Fee
People you wish to sit with: _____			
UCare Discount (\$15/class; see note on page 15): ID#: _____			-
Enter Total Payment Here:			\$

Payment Information: Check Enclosed Charge My: Visa MasterCard

Make checks payable to **Special School District #1**.

Card Number: _____ - _____ - _____ - _____ Exp. Date: ____/____/____

Name: _____ Phone: (____) _____

Address: _____ City/State/Zip: _____

Special Needs: _____

Class	Start Date	Class Location	Class Fee
Trip	Date	Bus Pick Up	Fee
People you wish to sit with: _____			
UCare Discount (\$15/class; see note on page 15): ID#: _____			-
Enter Total Payment Here:			\$

Payment Information: Check Enclosed Charge My: Visa MasterCard

Make checks payable to **Special School District #1**.

Card Number: _____ - _____ - _____ - _____ Exp. Date: ____/____/____

Registration Information

First Come, First Served

Registrations are posted in the order received until the class is filled. Register early! Many classes fill quickly.

Discounts

To take a discount on a class, you must call the site offering the class to register or register by mail.

Supply fees are not discounted. UCare members may deduct \$15 per class.



UCare for Seniors Members:

Discounts are limited to one discount per calendar year for UCare for Seniors members.

This change is a result of guidelines issued by the Centers for Medicare and Medicaid Services, the federal agency that regulates this and other Medicare Advantage plans nationwide.

Refunds

Refunds (minus a \$5 processing fee) are given if you call and cancel at least three business days before the class starts. Full refunds are given if we cancel a class.

Confirmations

After registering, assume you are in the class unless you hear from us.

Disability Access

612.668.4325

Call Community Education Access Services to request accommodations for successful participation in classes and programs.

Weather Hot Line

612.668.1129

Community Education may be closed due to inclement weather. If you have questions about closings, please call.

Lifelong Learning...

It doesn't begin with kindergarten and it doesn't end with a diploma. Maybe Community Education can help you with the learning you need for what's next in your life!



Minneapolis Kids

612.668.3890

Providing care for children (grades kindergarten through 6) before and after school, on release days and during the summer.

Youth Development/ Youth Services

612.668.3939

Programs for youth (grades K-12) that provide positive life experiences, build self-esteem, and increase citizenship, academic and career skills.

After School Programs for Youth

612.668.3939

Providing enrichment, recreation and academic programs for youth (grades kindergarten through 8).

Summer Programs for Youth

612.668.3939

Providing day and evening enrichment, recreation and academic programs for youth in kindergarten through Grade 12.

Adult Education

612.668.3800

Offering GED preparation and testing, College and Work Readiness programs, Math, Reading and Writing, English (ELL) and Citizenship classes.

Adult Enrichment

612.668.3939

Providing evening and daytime recreation, enrichment, and academic programs for adults of all ages and interests.

Lifelong Learning for Adults 55+

612.668.4828

Enriching the lives of adults 55+ through educational, social and intergenerational opportunities.

Disability Access Services

612.668.4325

Providing accommodations needed by adults and children with disabilities for effective participation in Community Education programs.

Minneapolis Community Education

Roosevelt High School
4029 28th Ave. S., Minneapolis, MN 55406

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Welcome Spring!

3RD ANNUAL ICE CREAM SOCIAL

Join us in welcoming the arrival of spring.
Meet new friends, enjoy treats and
live entertainment not to be missed!

Entertainment by Lynn Brownell

Performing tunes from the '30s-'70s as well
as Show Tunes and Sing-a-Long favorites.

Thursday, May 7, 2015

1:30-2:30 pm

River Village, 2919 Randolph St. N.E.

Cost: \$5

Call 612.668.4828 to reserve your spot.

Space is limited—register early!



MINNEAPOLIS
PUBLIC SCHOOLS

Urban Education. Global Citizens.

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Special School District No. 1

MINNEAPOLIS PUBLIC SCHOOLS

Minneapolis, Minnesota

An Equal Opportunity
School District

2015