

Longfellow/Seward Healthy Seniors



SENIOR CONNECTIONS

Fall 2018



“Rock Art” Classes on Oct. 3, Nov. 7 & Dec. 5

Join us for a three-part series on “rock art,” which is acrylic painting on small river stones. We will provide the instruction and supplies. You provide the creativity! No experience is necessary. Whether you’ve never picked up a paintbrush or you have extensive experience, we invite you to attend.

The classes will be held the first Wednesdays from 1:30 – 3:30 pm on Oct. 3, Nov. 7 and Dec. 5 at Trinity Apartments, 2800 E. 31st Street, Minneapolis. There is a \$4 fee per class (\$3 for Trinity residents.) Class size is limited, so sign up early to ensure you get a spot!

To register, email info@LShealthyseniors.org or call 612-729-5799. Please register by Sept. 27 for the Oct. 3 class, by Nov. 1 for the Nov. 7 class, and by Nov. 29 for the Dec. 5 class.



Color Your Day: Attend a “Coloring Jam”

You’re invited to try our new “coloring jams,” which are open coloring sessions for older adults. Spend creative time with others who enjoy coloring! We’ll have coloring books of all different styles and designs available for your use, as well as markers, crayons and colored pencils. Come discover the calming effect of coloring!

The coloring jams will be held Sept. 26 and Nov. 28 from 1:30 – 3:30 pm at Trinity Apartments, 2800 E. 31st Street, Minneapolis. Classes cost \$4 each (\$3 for Trinity residents.) There’s a limited number of seats. Please register by Sept. 20 for the Sept. 26 class, and by Nov. 21 for the Nov. 28 class.

“When we color, we switch gears and access the right side of the brain, the creative, artistic region, allowing creativity to take over and block worries.”

- Kathleen Lorain, art therapist

Our Mission: To enable community seniors to live healthy, independent and socially connected lives



Tai Chi Easy

Healthy Seniors sponsors “Tai Chi Easy” classes for older adults. Classes cost \$5 each. Jam Cummings, a certified Tai Chi instructor, facilitates the classes.

**When: Mondays from 10:30 – 11:30 am
September 10 – December 17**

**Where: Holy Trinity Lutheran Church
2730 E. 31st Street, Minneapolis**

Tai Chi Easy is low-impact exercise that’s adaptable to individual abilities. The classes vary between sitting and standing and include slow, easy movements aimed at improving breathing, coordination, flexibility and strength. No registration is required.

Diabetes Support Group

Healthy Seniors sponsors a monthly diabetes support group for adults with Type 1 or Type 2 diabetes. The group is facilitated by Beth Peltzer, MSW. The group meets on the second Wednesdays from 1:00 – 2:30 pm at Trinity Apartments, 2800 E. 31st Street, Minneapolis. Upcoming dates include Sept. 12, Oct. 10, Nov. 14 and Dec. 12. Anyone who has diabetes is welcome to attend.

Contact Information

Follow us on social media to stay informed of upcoming events and resources!



Like our Facebook page:
Longfellow Seward Healthy Seniors

Website: LShealthyseniors.org

Email: info@LShealthyseniors.org

Phone: 612-729-5799

2800 E. Lake Street, Minneapolis, MN 55406



Senior Social & Health Talks

Senior Social & Health Talks are held on the third Tuesdays from 10:30 – 11:30 am at Holy Trinity Lutheran Church, 2730 E. 31st Street, Minneapolis. A “Nurse Is In”/Blood Pressure Clinic is held afterwards. Everyone is welcome to attend!

The events are co-sponsored by Healthy Seniors and Minneapolis Public Schools Community Education. Thanks to Holy Trinity Lutheran Church for providing the great space! *(There’s a \$1 suggested donation.)*

Sept. 18 – Know the 10 Signs of Alzheimer’s

Discover the ten common signs of Alzheimer’s. If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts about Alzheimer’s. Presented by a representative from the Alzheimer’s Association.

October 16 – Power of Attorney

What is a Power of Attorney? When do you need one and what should you consider before you complete the forms? Presented by an attorney from Mid-Minnesota Legal Aid.

November 20 – Foot Care

Our feet are one of the most often used parts of our bodies, but most of us neglect and mistreat them. Learn about preventing foot injuries, increasing circulation in your feet and toes, and what to consider in selecting the right footwear. Presented by Michael Brown, R.N.

December 18 – Annual Holiday Celebration

Celebrate the season with old friends and new! Enjoy live entertainment, lunch and door prizes. (Please note – this event lasts till noon or later and is located in the church gymnasium.)

