



Longfellow/Seward Healthy Seniors

SENIOR CONNECTIONS

2800 E. Lake Street, Minneapolis, MN

612-729-5799

www.LShealthyseniors.org

FALL 2019



WATERCOLOR CLASSES

Back by popular demand! Join us this fall for a three-part watercolor painting series! We will go over the main painting techniques, basic watercolor information, and spend time painting still-life florals, landscapes, and more. You do not need any artistic background to participate and will leave feeling comfortable painting with watercolors on your own.

The classes will be held on **September 25, October 23, and November 20** from **1:00—3:00 pm at Trinity Apartments, 2800 E. 31st St., Minneapolis**. There is a \$7 fee per class (\$5 for Trinity residents) which includes supplies. Class size is limited, so sign up early to ensure you get a spot. Please register by **September 20 to reserve your spot for all three classes**.



TECHNOLOGY CLINIC

Do you have a new piece of technology you don't feel comfortable using? Did you get a kindle as a present and never got around to setting it up? Does your smart phone frustrate you to no end? Do you wish you could send an e-mail to your family or friends but need someone to show you how? Want to get set up on social media to see pictures of your grandkids? We can help!

If you would like to learn the basics or just brush up on your digital know-how, we can give you pointers on how to become tech-savvy in no time.

Join us for one or all of our clinics on **Tuesdays, September 10, October 8, and November 12** from **11:00 am—1:00 pm at Trinity Apartments, 2800 E. 31st St., Minneapolis**. You do not need to reserve a spot, but it is first come first served. You do not need to be a resident of Trinity Apartments to participate.

CONTACT

If you have a question, want more information, would like to volunteer, or want to register for a class, please call 612-729-5799 or email us at info@LShealthyseniors.org.

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

Find us on Facebook by searching for Longfellow Seward Healthy Seniors.



KING'S FAIR

Stop by our booth at the Seward King's Fair in Matthews Park, 2318 29th Ave S, Minneapolis. September 21 from 12-5pm.

SENIOR SOCIAL & HEALTH TALKS

Senior Social & Health Talks are held on the third Tuesday of each month at Holy Trinity Lutheran Church, 2730 E. 31st Street, Minneapolis. The program begins at 10:30 am and doors open at 10:00 am. A "Nurse Is In"/Blood Pressure Clinic is held afterwards. (A \$1.00 suggested donation.)

Co-sponsored by: Longfellow/Seward Healthy Seniors and Minneapolis Community Education. Event space is donated by Holy Trinity Lutheran Church.

September 17 – Laughter Yoga – The Best Medicine

Laughter Yoga is a combination of deep breathing exercises from yoga and laughter exercises that make us feel more healthy and energetic. Peter and Jan Girard of Pathways explain the benefits and demonstrate exercises to laugh your way to a better quality of life.

October 15 – Can You Recycle That?

Why are some things recyclable, and others not? Why does what is recyclable sometimes change? Gain insight into the recycling process and make your recycling efforts more effective and worthwhile. Presented by Robert Rossi, one of Hennepin County's Master Recyclers/Composters.

November 19 – Annual Medicare Update

Meet the staff of Metropolitan Area Agency on Aging to learn the impacts of recent changes in Medicare benefits and coverage and how to review and compare your Medicare Part D coverage during the open enrollment period.

TAI CHI

"Tai Chi for Health" exercise classes will be held weekly on Tuesdays from 9:30—10:15 am starting September 17 at Holy Trinity Lutheran Church, 2730 E. 31st Street. Please note the date, time, and instructor have changed since June. Classes cost \$5.00 each. Registration is not required—come and try it!

NURSE IS IN/BLOOD PRESSURE CLINICS

Our service that reaches the most number of people is our monthly Nurse Is In/Blood Pressure Clinics. We hold these clinics at eight community locations: Brian Coyle Community Center; American Indian Center; Korean Service Center; Trinity Apartments; Riverside Apartments; Becketwood Senior Housing Cooperative; after our monthly Senior Social & Health Talks (at a local church); and at our office. We plan on adding another clinic at the Somali Senior Center this fall. Call our office for dates/times for the clinic sites.

The Nurse Is In Clinic that's held in our office (inside the U.S. Bank building at 2800 E. Lake Street) is scheduled for the first Tuesday of each month from 10:00—11:30 am, Sept. 3, Oct. 1, and Nov. 5.

WE NEED VOLUNTEERS!

Help out in your community; be a volunteer. Volunteers play an essential role in helping us meet the needs of seniors and their ability to live healthy, independent and socially connected lives. We have a variety of ways people can volunteer such as visiting, helping with chores, shopping, etc.

For more information on volunteer opportunities and how to get involved, call our Volunteer & Service Coordinator at 612-729-5799.

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 Wednesday of each month from 1:00—2:30 pm at Trinity Apartments, 2800 E. 31st Street, Minneapolis. Upcoming dates are Sept. 11, Oct. 9, and Nov. 13.