



**Center Mgmt
Office Hours**
Monday – Friday
8:00 a.m. – 4:30 p.m.

Contact Information

Evelyn LaRue
Center Director
612-344-2210

Welcome Desk
612-344-2221

Courage Kenny
612-775-2475

**Heritage Seniors
Clinic**
612-588-9411

MHRC
612-342-1330

**Northside Funders
Group**
612-351-8214

Open Circle
612-843-4940

Thomas T. Feeney
612-843-0090

YMCA
612-821-2193

**This publication
highlights different
programs, activities,
and events at the
Heritage Park Senior
Services Center.**



National Wear Red Day – February 6, 2015

Did you know there are seven easy ways to help control your risks for heart disease? Manage your heart risk by understanding “Life’s Simple 7.”

- Get active
- Control cholesterol
- Eat better
- Manage blood pressure
- Lose weight
- Reduce blood sugar
- Stop smoking

One in three women die of heart disease and stroke each year. Celebrate National Wear Red Day with Go Red For Women on Friday, Feb. 6, 2015 to help save women’s lives. Join the movement nationwide by scheduling your checkup today. NHS provides quality healthcare to insured and uninsured patients. Appointments can be scheduled by calling: 612-588-9411.

**THOMAS T. FEENEY
MANOR**

On Monday, January 12, 2015, Feeney Manor residents attended the first monthly birthday party in the Great Room at the Senior Center. Pictured is Mary Hammick. Mary and her twin Martha (not pictured) celebrated their 81st birthday on the 12th. Attendees enjoyed a special birthday song from the Alive and Kicking Rock Group, whose members range in age from 65 to 90, and are some of the Twin Cities most talented musicians.



Join us for the
"Senior Perspectives"
Radio Program on KMOJ
89.9 FM every Friday
at 1:00 p.m. For more information call
the Welcome Desk at 612-344-2221.



**MINNEAPOLIS HIGHRISE
REPRESENTATIVE COUNCIL**



Friday, February 6, 2015
Fun Day – 10:30 a.m. – 12:00 p.m.

Saturday, February 7, 2015
Financial Literacy – 11:00 a.m. - 12:00 p.m.

Saturday, February 7, 2015
"Unsinkable Molly Brown" – 4:00 p.m.

Monday, February 9, 2015
Birthday Party – 10:30 a.m. – 12:00 p.m.

Thursday, February 12, 2015
Safe & Sexy – 12:00 p.m. – 2:30 p.m.

Tuesday, February 17, 2015
Movie Day – 2:00 p.m. – 4:00 p.m.

Thursday, February 19, 2015
Act on Alzheimer's – 6:00 p.m.

Monday, February 23, 2015
Bingo – 12:30 p.m. – 2:30 p.m.

Saturday, February 28, 2015
Financial Literacy – 11:00 a.m. - 12:00 p.m.

Every Saturday
Gospel Aerobics - 11:30 a.m. – 12:20 p.m.

MHRC held its first full board meeting of the year on January 22nd at the Center. Attendees (pictured above) discussed the 2014-2015 MHRC priorities of improving communication between residents and MPHA along with ways to improve communication between residents and resident organizations. They also talked about ways to increase advocacy of resident issues in the high-rises and the community. A big 2015 focus will be on civic engagement including increased communication and accountability between residents and elected officials. During the meeting, Kitty Harris (pictured below) updated residents on the upcoming programs and events that are being hosted at the Center for residents and community members.



Be Active in the New Year!
**Watch for MPHA's 2015/16 Calendar for more information about activities at the
Heritage Park Senior Services Center.**