



1015 Fourth Ave N, Minneapolis MN

Welcome Desk
612-344-2221

Alive & Kickin
612-382-7155

Courage Kenny
612-775-2475

MHRC
612-342-1330

Northside Funders
Group
612-351-8214

NorthPoint
612-543-2500

Open Circle
612-843-4940

Thomas T. Feeney
612-843-0090

YMCA
612-230-3987

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

Contact Information
Evelyn LaRue
Center Director
612-344-2210

This publication
highlights different
programs, activities,
and events at the
Heritage Park Health
and Wellness Center.



NORTHPOINT
Health & Wellness Center

NorthPoint Becomes A Distinguished Partner

Partnering to Create a Healthier Community

Heritage Park Health and Wellness Center is happy to announce that NorthPoint Health and Wellness is our newest on-site partner. The recently opened clinic at Heritage Park is NorthPoint's latest effort to improve the physical and socio-economic health of the North Minneapolis community through an integrated model of health and human services.

NorthPoint offers Medical and Behavioral Health services to clients 55 and older. NorthPoint's goal is to provide quality health care across the life cycle of the people we serve, as well as address health disparities and inequities that impact mortality and quality of life. The clinic is open Monday through Friday from 8:00 a.m. – 5:00 p.m. and provides great patient care to community members. More information about the clinic is available on their website at: <http://www.northpointhealth.org> or by calling 612-543-2500.

ALIVE & KICKIN

THESE SENIORS ROCK

Alive & Kickin presents: Sing Out

What: A monthly musical gathering of community members for the purpose of singing, sharing stories and socializing.

Who: EVERYONE who likes to sing, listen or participate. Talent not a requirement.

When: 2nd Monday of the month from 2:30 p.m. – 4:00 p.m. (starting March 2016)

How: Just show up – no need to audition or register. We will supply the music and/or song lyrics.

Location: Heritage Park Health & Wellness Center - Emilio Bettaglio Great Room

For more information, visit them online at www.aliveandkickinmn.org

THOMAS T. FEENEY
MANOR
4th Anniversary Party!!!
February 12th @ 1pm

HPSSC Community Members Join Us for
"Miss Country Music" singer Diane followed by
Lundstrum Center for Performing Arts



UPCOMING EVENTS

Tuesday, February 16, 2016
Movie Day - 2:00 p.m. - 4:00 p.m.

Monday, February 22, 2016
Bingo - 12:30 p.m. - 2:30 p.m.

Wednesday, February 24, 2016
Baseball Talk - 10:30 a.m. - 12:00 p.m.

Every Monday
Alive & Kickin
10:00 a.m. - 1:00 p.m.

Every Friday
Senior Perspectives Radio Show
1:00 p.m. - 2:00 p.m.

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

Every Sunday
Circle of Healing
2:00 p.m. - 4:00 p.m.



FEBRUARY: GO RED FOR WOMEN

Support Go Red For Women by participating in National Wear Red Day® on **Friday, February 5, 2016.**

Why Go Red? Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we can change that because 80 percent of cardiac and stroke events may be prevented with education and action. That's why this year we are asking that you wear red on **National Wear Red Day®** and locate programs that increase women's awareness about cardiovascular health.

Don't forget to make your heart health a priority. Schedule your Well-Woman Visit, a prevention check-up to review a woman's overall health so her doctor can measure blood pressure, check cholesterol and look for signs of heart disease, stroke and other illnesses. Our newest partner, NorthPoint Health and Wellness is available to the North Minneapolis community to answer all questions related to cardiovascular disease and overall women's health. Stop by the Center or call 612-543-2500 to make an appointment.