

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 4:00-5:00 pm Dutch Treat Social Hour	4 7:30-8:30 am River Walkers 1:30-3:00 pm Program Committee Mtg	5 8:00-9:15 am Hatha Yoga 9:30-10:30 am Rendezvous Readers Book Chat 7:00-8:30 pm A Conversation with the Jungle Theater's Artistic Director	6 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 2:00-3:00 pm SBS Class	7 8:00-9:15 am Hatha Yoga	8
9	10 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: The Koreans	11 7:30-8:30 am River Walkers 1:00-2:30 pm Technology Workshop: How to Make a Photo Book Learn the easy steps to creating a beautiful photo book.	12 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregiver Support Group 3:00-5:00 pm Social Bridge	13 7:30-8:30 am River Walkers 10:00-11:30 am Our Turn 11:30 am-12:30 pm Men's Dutch Lunch 2:00-3:00 pm SBS Class 7:00-8:30 pm An Insider Look at the Mayo Clinic's Current and Future Initiatives	14 8:00-9:15 am Hatha Yoga	15
16	17 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Turnabout: Stories of Triumph Over Tough Challenges	18 7:30-8:30 am River Walkers Got stuff? Learn how to reduce, donate vs. sell & more!	19 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 3:00-4:30 pm Downsize to the Rightsize	20 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 2:00-3:00 pm SBS Class	21 8:00-9:15 am Hatha Yoga	22
23	24 4:00-5:00 pm Dutch Treat Social Hour	25 7:30-8:30 am River Walkers 5:00-6:00 pm Happy Hour Mingle with friends at Keegan's Irish Pub!	26 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregiver Support Group 3:00-5:00 pm Social Bridge 7:00-8:30 pm MN Public Policy: Homelessness in Minneapolis	27 7:30-8:30 am River Walkers 11:30 am-12:30 pm Men's Dutch Lunch 2:00-3:00 pm SBS Class 3:30-5:00 pm Our Turn	28 8:00-9:15 am Hatha Yoga	29 1:00-2:00 pm Our Turn: A Special Gathering
30 5:00-7:00 pm Sunday Soiree	31 HALLOWEEN 4:00-5:00 pm Dutch Treat Social Hour					



**Mill City Commons
brings together
neighbors 55+
residing along
or near the
downtown riverfront.**

Join us and enjoy:

- Valuable connections to active, welcoming friends who embrace the concept of living in community.
- A rich calendar of events, making it easy to engage and have fun as we learn, grow and share together.
- Trusted resources and friendly staff to help redefine and navigate the aging journey.

CONTACT US!

www.millcitycommons.org
(612) 455-3329
Info@millcitycommons.org

MILL CITY COMMONS DETAILED CALENDAR – October 2016

Mondays, October 3, 10, 17, 24 & 31; 4:00 - 5:00 pm

Dutch Treat Social Hour at the Aster Cafe

Do you find it hard to really get to know members at our large programs ... or those featuring a speaker? This spontaneous event might be just right for you! Take this opportunity to meet new members and reconnect with some you haven't seen lately. Dutch treat--no reservations required.

Aster Café

125 Main St. S.E.

MCC MEMBERS & GUESTS

Tuesdays & Thursdays, October 4, 6, 11, 13, 18, 20, 25 & 27; 7:30 – 8:30 am

River Walkers

All levels of walkers are welcome for this early morning walk along the banks of the Mississippi River. To meet the group, show up at the Stone Arch Lofts parking lot. The group leaves promptly at 7:30 am and will proceed across the Stone Arch Bridge so members on the east side of the river can catch the walk as it comes down Main Street about 7:50 am.

Attention first-time walkers: Please call Mill City Commons at (612) 455-3329 so we can ensure another member is available to greet you.

Stone Arch Lofts – Riverside parking lot

MCC MEMBERS & GUESTS*

Wednesdays & Fridays, October 5, 7, 12, 14, 19, 21, 26 & 28; 8:00 – 9:15 am

Hatha Yoga

Created especially for Mill City Commons, this weekly Hatha class is an alignment-based class generally involving holding poses for slightly longer. This gives students time and confidence to learn to breathe easily and work into poses safely and to the best of their ability. The classes welcome students of all levels, with modifications given as needed. **Cost:** Flexible 12-class pass: \$132 (paid directly to Yoga Center of Minneapolis). Drop-ins: \$12.50/class (no registration required). Call the Yoga Center at (612) 436-4700 for more information.

Yoga Center of Minneapolis

212 3rd Ave. N., Suite 205

MCC MEMBERS

Wednesday, October 5; 9:30 – 10:30 am

Rendezvous Readers' Book Chat

Join us to discuss *The Things They Carried* by Tim O'Brien. They carried malaria tablets, love letters, 28-pound mine detectors, dope, illustrated bibles, each other. And if they made it home alive, they carried unrelenting images of a nightmarish war that history is only beginning to absorb. Since its first publication, *The Things They Carried* has become an unparalleled Vietnam testament, a classic work of American literature and a

profound study of men at war that illuminates the capacity, and the limits, of the human heart and soul.

If you'd like to read ahead, November's book is *The Innocent Have Nothing to Fear* by Stuart Stevens. Have a book suggestion for the Book Chat? Email Barbara Goldner.

Guthrie Theater Level Five Express
818 2nd St. S.
MCC MEMBERS & GUESTS

Wednesday, October 5, 7:00 - 8:30 p.m.

A Conversation with the Jungle Theater's Artistic Director

As part of her vision for the Jungle Theater, Artistic Director Sarah Rasmussen aims to make it a "neighborhood theater with national impact." Join Sarah as she discusses her work at theaters across the country, including the Oregon Shakespeare Festival, the Guthrie and the Dallas Theater Center; how she assesses national trends in the theater and identifies opportunities in the arts landscape to apply at the Jungle; and how a play makes it to the stage—and where it goes after that. Sarah opened her inaugural season at the Jungle with an acclaimed all-female version of "The Two Gentlemen of Verona," directed "Sense and Sensibility" at the Guthrie (now showing) and will direct the final show of the Jungle's 2016 season, "The Oldest Boy," opening in November.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.

The Carlyle Club Room
100 3rd Ave. S.
MCC MEMBERS

Thursdays, October 6 & 20; 7:30 – 8:30 am

MCC Men's Coffee and Conversation Group

It's caffeine and camaraderie for the male members of MCC! This group meets every other Thursday and is hosted by various members who get the conversation going. Please register by the Monday prior to Men's Coffee and Conversation.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.

Elsie's Restaurant
729 Marshall St. N.E.
MCC MEN & GUESTS*

Thursdays, October 6, 13, 20 & 27 2:00 – 3:00 pm

SBS (Strength, Balance, Stretch) Class

An exclusive opportunity (and great deal!) for MCC members, this weekly class focuses on strength, balance and stretching to keep you fit and strong. Please register by contacting 501FIT at (612) 767-4415. **Cost:** \$20 – \$25/class depending on commitment.

501FIT
501 Washington Ave. S.
MCC MEMBERS

Monday, October 10; 7:00 – 8:30 pm

Great Decisions: The Koreas

At the end of World War II, Korea was divided in two. The northern half of the Korean peninsula was occupied by the Soviet Union, the southern by the United States. Today, North and South Korea couldn't be further apart. The North is underdeveloped, impoverished and ruled by a corrupt, authoritarian government, while the South advanced rapidly to become one of the most developed countries in the world. With such a wide gap, some are asking if unification is possible, or even desirable, anymore. Speaker Dr. Hangtae Cho is the founding director of the Korean program at the University of Minnesota. He currently teaches "Language and Society of the Two Koreas," which introduces the growing divide of the past 70 years between North and South Korea in the areas of language, society and culture. Carole and Doug Baker host.

Registration on the MCC website is required for Great Decisions members. *Sorry, not open to guests; to join the MCC Great Decisions Discussion Group, email the MCC office at info@millcitycommons.org.*

RESERVATIONS through <http://millcitycommons.org>. Log in to register.

Winslow House Party Room

100 2nd St. S.E.

MCC MEMBERS (who have signed up for Great Decisions 2016)

Tuesday, October 11; 1:00 – 2:30 pm

Technology Workshop: How to Make a Photo Book

You've seen the photo books friends make after a memorable trip or family members create chronicling Junior's first year, and you now want to make your own. This workshop will give an overview of the process for first-timers. We'll talk about what you need to gather before you start, survey the various services available online and then walk through an example of one or two of those services.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.

American Academy of Neurology, Training Room A

201 Chicago Ave.

MCC MEMBERS

Wednesdays, October 12, 19 & 26; 9:00 - 10:00 am

Rendezvous on 5

Drop in and join your friends and neighbors for a morning chat at this neighborhood haunt. These adventures require no reservations!

Guthrie Theater Level Five Express

818 2nd St. S.

MCC MEMBERS & GUESTS

Wednesdays, October 12 & 26; 10:30 am - noon

Caregiver Support Group

Members of Mill City Commons have created a Caregiver Support Group. This guided discussion group with professional facilitation was created to support MCC members and nonmembers who are or have been in a caregiving role. Caregiver Support Group members will share experiences, issues and concerns about caregiving, as well as give and receive support around this critical role. The current four-month series, meeting the second and fourth Wednesday of each month from 10:30 am to 12:00 pm., runs through December.

Registration is now closed. For those who are interested in joining, contact the MCC office to learn more about future caregiving series.

Cobalt Condos

45 University Ave. S.E., 2nd floor Conf. Room (buzz Tamra Nelson at the security phone)

MCC MEMBERS & GUESTS*

Wednesdays, October 12 & 26; 3:00 – 5:00 pm

Social Bridge

Join advanced or intermediate bridge players for a round of social bridge. You are expected to come with a partner at your level. (Advanced players play all the major conventions comfortably.) If you need help finding a partner, contact Carol Jordan at (612) 817-0466 or caroljordan@millcitycommons.org and she will assist you.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.

Washburn Lofts

700 2nd St. S.

MCC MEMBERS & GUESTS*

Thursday, October 13; 10:00 - 11:30 am

Thursday, October 27; 3:30 – 5:00 pm

Our Turn: A Conversation for Women

MCC women, you are invited to attend Our Turn: A Conversation for Women. This group typically meets every other Thursday alternating between morning and afternoon times. Locations and topics will change each time.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.

MCC WOMEN & GUESTS*

Thursdays, October 13 & 27; 11:30 am – 12:30 pm

Men's Dutch Lunch

This casual, dutch treat lunch alternates weeks with Men's Coffee and Conversation. No reservations required! There's no program, but good conversation happens here. If you would like to be added to the Thursday Dutch Lunch list, email Allan Burdick at alburd4057@gmail.com.

Guthrie Theater Level Five Express

818 2nd St. S.

MCC MEN & GUESTS

Thursday, October 13, 7:00 - 8:30 p.m.

An Insider Look at the Mayo Clinic's Current and Future Initiatives

Learn about the Mayo Clinic's current initiatives and future plans at this exclusive program for MCC members and guests. We'll first tour Mayo Clinic Sports Medicine and the Timberwolves and Lynx headquarters at Mayo Clinic Square. The tour will be followed by an update from the Mayo Clinic's John Wald, M.D., Medical Director of Public Affairs and Marketing; Michael Brennan, M.D., Professor of Medicine Consultant Emeritus (and MCC member); and Jonathan Finnoff, D.O., Medical Director for Mayo Clinic Square, Sports Medicine Center. A question and answer period will follow.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.

Mayo Clinic Square

600 Hennepin Ave., Floor 3

MCC MEMBERS & GUESTS*

Monday, October 17; 7:00 – 8:30 pm

Turnabout: Stories of Individuals Who Overcame Tough Challenges

MCC member and author Peter Heegaard will share the inspiring stories of people he interviewed for his book, *Turnabout*, published last year. Some were totally dependent on welfare, some had been in the criminal justice system, others were new immigrants. All, with the help of others, have become self-sufficient and taxpayers. Peter will talk about how they did it, what worked, what didn't and what's needed to make more successes like this possible.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.

Winslow House Party Room

100 2nd St. S.E.

MCC MEMBERS & GUESTS*

Wednesday, October 19, 3:00 - 4:30 p.m.

Downsize to the Rightsize

Do you have a move in your future, or are you just trying to reduce the amount of "stuff" you have? Learn the milestones that may prompt household reduction, how to preserve memories without keeping the objects, how to use a unique decision-making method and when to sell vs. donate. Speaker Amy Rottunda is a certified relocation and transition specialist who has helped countless families make the difficult decisions that come with downsizing and moving.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.

RiverWest Community Room

401 1st St. S.

MCC MEMBERS

Tuesday, October 25; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour at Keegan's Irish Pub. Hosted by Jim and Tomie Conaway, this gathering is a time to catch up with friends and neighbors over drinks

and small bites. Dutch treat--no reservations required! If you wish to stay for dinner, you may call (612) 252-0880 for reservations. Parking is available on the street and in a ramp behind the building.

Keegan's Irish Pub
16 University Ave. N.E.
MCC MEMBERS & GUESTS

Wednesday, October 26; 7:00 – 8:30 pm

MN Public Policy: Homelessness in Minneapolis

Ten years ago, the City of Minneapolis and Hennepin County launched "Heading Home Hennepin," a 10-year plan to end homelessness in our community. Join Mikkel Beckmen from the Office to End Homelessness in a conversation about the victories and failures of the work, ongoing efforts and plans for the future. Beckmen has been the Director of the Office to End Homelessness for Minneapolis and Hennepin County and in August began working in the newly created position of Housing Coordinator at Hennepin County.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.

Winslow House Party Room
100 2nd St. S.E.
MCC MEMBERS

Saturday, October 29; 1:00-2:00 pm

Our Turn: A Special Gathering

MCC women are invited to attend a special Our Turn gathering to greet and visit with Diane Radack. Diane's daughters are appreciative of all the support MCC members have expressed during Diane's recovery and will be accompanying Diane to the gathering.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.

RiverWest Community Room
401 1st St. S.
MCC MEMBERS

Sunday, October 30; 5:00 - 7:00 pm

Sunday Soiree

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Liz and Van Hawn. Please contribute to the potluck by bringing a hearty appetizer or dessert. As you register, let us know what you'll bring by answering the "Question" that will appear on the screen. You are welcome to bring your own wine or beer to share.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.

Lourdes Square
186 Bank St. S.E.
MCC MEMBERS

*** GUESTS, please call (612) 455-3329 or email info@millcitycommons.org to RSVP.**