


# November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>Familiar with <b>Atul Gawande's</b> book <i>Being Mortal</i>? Check out this program.</p>	<p><b>1 7:30-8:30 am</b> River Walkers</p> <p><b>1:30-3:00 pm</b> Program Committee Meeting</p> <p><b>4:00-5:30 pm</b> Advanced Illness: What to Discuss with Your Doctor</p>	<p><b>2 8:00-9:15 am</b> Hatha Yoga</p> <p><b>9:30-10:30 am</b> Rendezvous Readers Book Chat</p>	<p><b>3 7:30-8:30 am</b> River Walkers</p> <p><b>7:30-8:30 am</b> Men's C &amp; C</p> <p><b>11:00 am-12:00 pm</b> Nosy Neighbor Tour: City Hall</p> <p><b>2:00-3:00 pm</b> SBS Class</p>	<p><b>4 8:00-9:15 am</b> Hatha Yoga</p> <p><b>Cool tour</b> of Minneapolis City Hall, an architectural gem.</p>	<b>5</b>	 <p><b>Mill City Commons</b> brings together neighbors 55+ residing along or near the downtown riverfront.</p> <p>Join us and enjoy:</p> <ul style="list-style-type: none"> <li>Valuable connections to active, welcoming friends who embrace the concept of living in community.</li> <li>A rich calendar of events, making it easy to engage and have fun as we learn, grow and share together.</li> <li>Trusted resources and friendly staff to help redefine and navigate the aging journey.</li> </ul> <p><b>CONTACT US!</b>  <a href="http://www.millcitycommons.org">www.millcitycommons.org</a>            (612) 455-3329  <a href="mailto:Info@millcitycommons.org">Info@millcitycommons.org</a></p>
<p><b>6 DAYLIGHT SAVINGS TIME ENDS</b></p> <p>Get your nagging technology questions answered by a tech expert!</p>	<p><b>7 1:00-2:30 pm</b> Technology Help Desk</p> <p><b>4:00-5:00 pm</b> Dutch Treat Social Hour</p>	<p><b>8 ELECTION DAY</b></p> <p><b>7:30-8:30 am</b> River Walkers</p>	<p><b>9 8:00-9:15 am</b> Hatha Yoga</p> <p><b>9:00-10:00 am</b> Rendezvous on 5</p> <p><b>10:30 am-12:00 pm</b> Caregiver Support Grp</p> <p><b>11:00-11:30 am</b> MCC Annual Meeting</p> <p><b>3:00-5:00 pm</b> Social Bridge</p> <p><b>7:00-8:30 pm</b> MN Contributions to International Human Rights</p>	<p><b>10 7:30-8:30 am</b> River Walkers</p> <p><b>10:00-11:30 am</b> Our Turn</p> <p><b>11:30-12:30 pm</b> Men's Dutch Lunch</p> <p><b>2:00-3:00 pm</b> SBS Class</p> <p>Join a dialogue about two amazing Minnesota organizations working on worldwide human rights.</p>	<p><b>11 VETERANS DAY</b></p> <p><b>8:00-9:15 am</b> Hatha Yoga</p>	<b>12</b>	
<p><b>13 5:00-7:00 pm</b> Sunday Soiree</p> <p>Enjoy an eve of apps &amp; desserts with MCC friends!</p>	<p><b>14 4:00-5:00 pm</b> Dutch Treat Social Hour</p> <p><b>7:00-8:30 pm</b> Great Decisions: Middle East Alliances</p>	<p><b>15 7:30-8:30 am</b> River Walkers</p> <p><b>6:30-9:30 pm</b> Guthrie Play Reading Stone Arch</p> <p><b>Don't miss</b> the last Great Decisions program of the year!</p>	<p><b>16 8:00-9:15 am</b> Hatha Yoga</p> <p><b>9:00-10:00 am</b> Rendezvous on 5</p>	<p><b>17 7:30-8:30 am</b> River Walkers</p> <p><b>7:30-8:30 am</b> Men's C &amp; C</p> <p><b>2:00-3:00 pm</b> SBS Class</p> <p><b>5:30-7:30 pm</b> The Story of the House of Talents</p>	<p><b>18 8:00-9:15 am</b> Hatha Yoga</p> <p><b>10:00-11:00 am</b> 5 Surprises from the Village to Village Conference</p> <p>Learn about a local company that's helping artisans in Africa.</p>	<b>19</b>	
<b>20</b>	<p><b>21 4:00-5:00 pm</b> Dutch Treat Social Hour</p>	<p><b>22 7:30-8:30 am</b> River Walkers</p>	<p><b>23 8:00-9:15 am</b> Hatha Yoga</p> <p><b>9:00-10:00 am</b> Rendezvous on 5</p> <p><b>10:30 am-12:00 pm</b> Caregiver Support Grp</p> <p><b>3:00-5:00 pm</b> Social Bridge</p>	<p><b>24 THANKSGIVING DAY</b></p> <p><b>MCC OFFICE CLOSED</b></p>	<p><b>25 8:00-9:15 am</b> Hatha Yoga</p> <p><b>MCC OFFICE CLOSED</b></p>	<b>26</b>	
<b>27</b>	<p><b>28 4:00-5:00 pm</b> Dutch Treat Social Hour</p> <p><b>Mingle &amp; nosh</b> at The Butcher Block, hosted by MCC members who live at Cobalt.</p>	<p><b>29 7:30-8:30 am</b> River Walkers</p> <p><b>5:00-6:00 pm</b> Last Tuesday Happy Hour</p> <p><b>6:00-9:00 pm</b> Guthrie Play Reading North Star</p>	<p><b>30 8:00-9:15 am</b> Hatha Yoga</p> <p><b>9:00-10:00 am</b> Rendezvous on 5</p>				

## MILL CITY COMMONS DETAILED CALENDAR – November 2016

**Tuesdays & Thursdays, November 1, 3, 8, 10, 15, 17, 22 & 29; 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\***

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**Tuesday, November 1; 4:00-5:30 pm**

### **Advanced Illness: What to Discuss with Your Doctor When the Treatment Window Is Narrowing**

Dr. Atul Gawande wrote *Being Mortal* in 2014. The book details his exploration of how to have realistic conversations with individuals about disease and how to draw out their wishes and hopes for the future with respect to ongoing medical care. Dr. Gawande's Ariadne Labs created a program to train health professionals in this approach to discussion of advanced illness. Dr. Colleen Cooper, Medical Director of Fairview Home Care and Hospice, has been trained in the program and will explore with us Ariadne's approach to discussions around advanced illness.

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

**Washburn Lofts Common Room**

**700 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Wednesdays & Fridays, November 2, 4, 9, 11, 16, 18, 23, 25 & 30; 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**

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**Wednesday, November 2; 9:30 – 10:30 am**

**Rendezvous Readers' Book Chat**

Join us to discuss *The Innocent Have Nothing to Fear* by Stuart Stevens. New Orleans in July: It's hot and sticky and squalid. J.D. Callahan is in the middle of the political race of his life: His candidate, the sitting vice president, is neck and neck with an anti-immigrant, right-wing populist as the Republicans head into their first brokered convention in decades. Soon after a series of dye bombs set off a mass panic and tilt the convention toward the vice president's law-and-order opponent, J.D.'s estranged brother shows up and asks for an inconvenient favor at the most inconvenient time, threatening to reveal a family secret that would ruin the legacy of their civil rights journalist father and destroy J.D.'s own reputation if he doesn't follow through. Hilarious and remarkably sharp, the book is an endlessly entertaining whodunit and a brilliant satire of our political culture.

If you'd like to read ahead, December's book is *Delicious!* by Ruth Reichl. Have a book suggestion for the Book Chat? Email [Barbara Goldner](mailto:Barbara.Goldner@gmail.com).

**Guthrie Theater Level Five Express**

**818 S. 2<sup>nd</sup> St.**

**MCC MEMBERS & GUESTS**

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**Thursdays, November 3 & 17; 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\***

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**Thursday, November 3; 11:00 am – 12:00 pm**

**Nosy Neighbor Tour: Minneapolis City Hall**

Rub the toe of the 14,000-pound Father of Waters statue (for good luck) and learn about the history of Minneapolis City Hall, which turned 125 years old this year. This architectural tour will give you a glimpse into many fascinating aspects of the building, which is listed on the National Register of Historic Places. Meet our tour guide, Michelle, at the Father of Waters statue in the 4<sup>th</sup> Street Rotunda. (Enter the building at 351 4<sup>th</sup> St. S. Press the red button on the wall to ring security, and you'll be buzzed in.)

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

**Minneapolis City Hall**

**351 4<sup>th</sup> St. S.**

**MCC MEMBERS & GUESTS\***

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**Thursdays, November 3, 10, & 17; 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**

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**Monday, November 7; 1:00-2:30 pm**

**Technology Help Desk**

Schedule time with a Tech Support Guru and have your nagging technology questions answered during our complimentary Help Desk. Support for both Apple products and PCs is available. When you register, MCC will confirm the time of your 20- to 30-minute one-on-one session. Reminder: Installing or upgrading software or creating accounts can't be included in the session, as they exceed the allotted appointment time.

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

**MCC Office**

**219 Main St. S.E., Suite 401**

**MCC MEMBERS**

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**Mondays, November 7, 14, 21 & 28; 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**

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**Wednesdays, November 9, 16, 23 & 30; 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 2<sup>nd</sup> St. S.**

**MCC MEMBERS & GUESTS**

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**Wednesdays, November 9 & 23; 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\***

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**Wednesday, November 9; 11:00 am – 1:30 pm**

**MCC Annual Meeting (11:00 – 11:30 am) & Board Meeting (12:00 – 1:30 pm)**

Learn about the direction of your Mill City Commons at the MCC Annual Meeting, as our current board chair passes the gavel to next year's chair and welcomes new officers and board members. The regular monthly meeting of the board will follow at 12:00 pm. Members are welcome to stay for the board meeting.

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

**Location to be announced**

**MCC MEMBERS**

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**Wednesdays, November 9 & 23; 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](mailto:caroljordan@millcitycommons.org) and she will assist you.

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

**Washburn Lofts**

**700 S. 2<sup>nd</sup> St.**

**MCC MEMBERS & GUESTS\***

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**Wednesday, November 9; 7:00-8:30 pm**

**Minnesota's Contributions to International Human Rights**

It's quite astonishing that a state in the heartland of America is so active on the global stage advocating for human rights and putting an end to torture. Join us to learn the stories of two remarkable organizations—[The Center for Victims of Torture](#) and [Global Rights for Women](#). The conversation will be led by Cheryl Thomas, Founder and Executive Director of Global Rights for Women, and Pete Dross, Director of External

Affairs for The Center for Victims of Torture. Hosted by MCC members Karla Ekdahl and Patty Connelly.

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

**The Phoenix River Room, 6<sup>th</sup> floor**

**222 2<sup>nd</sup> St. S.E.**

**MCC MEMBERS**

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**Thursday, November 10; 10:00 – 11:30 am**

**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\***

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**Thursday, November 10; 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](mailto:alburd4057@gmail.com).

**Guthrie Theater Level Five Express**

**818 2<sup>nd</sup> St. S.**

**MCC MEN & GUESTS**

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**Sunday, November 13; 5:00-7:00 pm**

**Sunday Soiree**

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Gerry and Susan Timm. Please contribute to the potluck by bringing a hearty hors d'oeuvre 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.**

**The Landings**

**429 River St.**

**MCC MEMBERS**

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**Monday, November 14; 7:00 – 8:30 pm**

**Great Decisions: Middle East Alliances**

From a proxy war in Yemen to the civil war in Syria, a number of ongoing conflicts have shaken the traditional alliances in the Middle East to their core. As alliances between state and non-state actors in the region are constantly shifting, the U.S. has found itself between a rock and a hard place. In a series of conflicts that are far from being black-

and-white, what can the U.S. do to secure its interests in the region without causing further damage and disruption? Speaker Mary Curtin is Diplomat in Residence at the Humphrey School of Public Affairs at the University of Minnesota, coordinating the Global Policy Area and working with the Human Rights Program on the creation of a new graduate degree in human rights, as well as teaching foreign policy courses.

**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](mailto:info@millcitycommons.org).*

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

**Winslow House Party Room**

**100 2<sup>nd</sup> St. S.E.**

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

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**Tuesday, November 15; 6:30-9:30 pm**

**Guthrie Play Reading – Stone Arch Group**

Enjoy this month's play reading of "The Lion in Winter." Set during Christmas 1183, "The Lion in Winter" tells the wickedly amusing tale of King Henry II, his imprisoned queen (released only for the holiday) and their three entitled sons who vie for the throne in a double-dealing division of the kingdom. With elegance and barbarism, devotion and disloyalty, this brutally funny family comedy is a high-stakes chess game where the pieces constantly change sides and no one is spared the sword. Guthrie Dramaturg Jo Holcomb will assign parts.

**Registration is now closed.** *If you are interested in being on a "sub" list for the Guthrie play-reading program, please contact Betsy Wray: [betsywray@millcitycommons.org](mailto:betsywray@millcitycommons.org).*

**Stone Arch Lofts**

**600 2<sup>nd</sup> St. S., #306**

**MCC MEMBERS**

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**Thursday, November 17; 5:30-7:30 pm**

**The Story of the House of Talents**

Join us to hear the story of the House of Talents, a Minneapolis-based company whose mission is to alleviate poverty by connecting artisans from developing countries with consumers worldwide. Founder Kate Herzog, a native of Ghana, will share her journey from growing up in Ghana to—many years later—earning an MBA at the University of St. Thomas and starting a company in Minnesota. Baskets by House of Talents artisans will be available for sale, with half of the proceeds going to the Angel Foundation, supporting adults with cancer. MCC members Mary Racciatti and Peggy Lucas co-host. Ghanaian appetizers will be served!

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

**Humboldt Lofts**

**750 2<sup>nd</sup> St. S., #901**

**MCC MEMBERS & GUESTS\***

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**Friday, November 18; 10:00-11:00 am**

**5 Surprises from the Village to Village Conference**

Join several Mill City Commons board members and Executive Director Joan Wright for a panel discussion about what they experienced, learned and took away from this year's Village to Village Annual Gathering in Columbus, Ohio.

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

**Washburn Lofts Common Room**

**700 2<sup>nd</sup> St. S.**

**MCC MEMBERS & GUESTS\***

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**Tuesday, November 29; 5:00 – 6:00 pm**

**Last Tuesday Happy Hour**

Join us for Last Tuesday Happy Hour at The Butcher Block, hosted by Cobalt members Allan and Lou Burdick, Jack and Mary Lou Meyer, Merle and Roland Minda, George and Tamra Nelson, and Carol and Ron Vantine. Catch up with friends and neighbors over drinks and small bites. Dutch treat--no reservations required! If you'd like to stay for dinner, reservations can be made by calling (612) 455-1080.

**The Butcher Block**

**308 Hennepin Ave. E.**

**MCC MEMBERS & GUESTS**

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**Tuesday, November 29; 6:00-9:00 pm**

**Guthrie Play Reading – North Star Group**

Enjoy this month's play reading of "The Lion in Winter." Set during Christmas 1183, "The Lion in Winter" tells the wickedly amusing tale of King Henry II, his imprisoned queen (released only for the holiday) and their three entitled sons who vie for the throne in a double-dealing division of the kingdom. With elegance and barbarism, devotion and disloyalty, this brutally funny family comedy is a high-stakes chess game where the pieces constantly change sides and no one is spared the sword. Guthrie Dramaturg Jo Holcomb will assign parts.

**Registration is now closed.** *If you are interested in being on a "sub" list for the Guthrie play-reading program, please contact Betsy Wray: [betsywray@millcitycommons.org](mailto:betsywray@millcitycommons.org).*

**North Star Lofts**

**117 Portland Ave., #602**

**MCC MEMBERS**

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