

December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Anne & Peter Heegaard host a merry gathering at Lourdes Square!</div>		<div>We're collecting cash donations for MCC's 9th Annual Turkey & Extra Helpings Drive through December 10! Mail your check to the MCC office.</div>		1 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee and Conversation 2:00-3:00 pm SBS Class 7:30 pm "The Oldest Boy" at the Jungle Theater	2 8:00-9:15 am Hatha Yoga	3
4 5:00-7:00 pm Sunday Soiree	5 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm The Future of Journalism	6 7:30-8:30 am River Walkers 1:30-3:00 pm Program Committee Meeting 7:00-10:00 pm Guthrie Play Reading Stone Arch	7 8:00-9:15 am Hatha Yoga 9:30-10:30 am Rendezvous Readers Book Chat 3:00-5:00 pm Social Bridge 7:00-8:30 pm Women & Motherhood on the Stage	8 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	9 8:00-9:15 am Hatha Yoga 10:30 am-12:00 pm Minneapolis Police Strategic Information Center Tour	10
<div>Serious journalism is under threat. Is there a way forward?</div>		<div>Don't miss this cool tour of a real-time criminal intelligence center!</div>		<div>Help deliver holiday meal groceries for families at Ascension School.</div>		
11	12 4:00-5:00 pm Dutch Treat Social Hour	13 7:30-8:30 am River Walkers 5:00-6:00 pm Happy Hour	14 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregiver Support Grp	15 7:30-8:30 am River Walkers 7:30-8:30 pm Men's Coffee & Conversation 10:30 am-12:00 pm Turkey & Extra Helpings Volunteer Opportunity 2:00-3:00 pm SBS Class	16 8:00-9:15 am Hatha Yoga	17
<div>Toast your MCC friends at the last Happy Hour of the year!</div>		<div>Take a break from holiday hubbub at this exquisite exhibit.</div>		<div>Ring in the New Year with dinner at Spoonriver</div>		
18	19 4:00-5:00 pm Dutch Treat Social Hour	20 7:30-8:30 am River Walkers 10:15-11:30 am "Unknown Fabergé" at the Museum of Russian Art	21 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregiver Support Grp 3:00-5:00 pm Social Bridge	22 7:30-8:30 am River Walkers 11:30 am-12:30 pm Men's Dutch Lunch 2:00-3:00 pm SBS Class	23 8:00-9:15 am Hatha Yoga MCC OFFICE CLOSED	24
25 CHRISTMAS HANUKKAH (1ST DAY)	26 4:00-5:00 pm Dutch Treat Social Hour MCC OFFICE CLOSED	27 7:30-8:30 am River Walkers 4:30-8:00 pm A Movie & Dinner	28 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5	29 7:30-8:30 am River Walkers 7:30 am-8:30 am Men's Coffee & Conversation 2:00-3:00 pm SBS Class	30 8:00-9:15 am Hatha Yoga MCC OFFICE CLOSED	31 NEW YEAR'S EVE 5:00-7:00 pm New Year's Eve Dinner



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 – DECEMBER 2016

Tuesdays & Thursdays, December 1, 6, 8, 13, 15, 20, 22, 27 & 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*

Thursdays, December 1, 15 & 29; 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, December 1, 8, 15, 22 & 29; 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

Thursday, December 1; 7:30 pm

"The Oldest Boy" at the Jungle Theater

Join MCC friends for an evening at the theater! "The Oldest Boy" tells the story of an American mother whose young son is believed to be the reincarnation of a Buddhist Lama. When Tibetan monks arrive unexpectedly asking to bring her child to India for a life of spiritual training, she and her Tibetan husband must make a life-altering choice that will test their faith and their hearts. Tickets have been purchased for those who reserved them, but others are welcome to purchase their own tickets and meet up with MCC members at the theater.

Jungle Theater

2951 Lyndale Ave. S.

MCC MEMBERS

Wednesdays & Fridays, December 2, 7, 9, 14, 16, 21, 23, 28 & 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

Sunday, December 4; 5:00 – 7:00 pm

Sunday Soiree

Join your friends and neighbors for the MCC Sunday Brunch Soiree, hosted by Anne and Peter Heegaard. 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.

Lourdes Square

184 Bank St. S.E.

MCC MEMBERS

Mondays, December 5, 12, 19 & 26; 4:00 - 5:00 pm

Dutch Treat Social Hour at Jefe Urban Hacienda

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.

Jefe Urban Hacienda

219 Main St. S.E.

MCC MEMBERS & GUESTS

Monday, December 5; 7:00 – 8:30 pm

The Future of Journalism

Information has never flowed more freely. Yet serious journalism is under threat, both as a viable business and as a constitutionally protected pillar of effective democracy. Is there a way forward? Joel Kramer, MinnPost co-founder and CEO and editor until 2016, and former editor, publisher and president at the StarTribune, will lead the discussion.

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

Village Lofts Community Room

100 2nd St. N.E.

MCC MEMBERS

Tuesday, December 6; 7:00 – 10:00 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.

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

Wednesday, December 7; 9:30 – 10:30 am

Rendezvous Readers' Book Chat

Join us to discuss *Delicious!* by Ruth Reichl. Billie Breslin has traveled far from her home in California to take a job at *Delicious!*, New York's most iconic food magazine. Away from her family, particularly her older sister, Genie, Billie feels like a fish out of water--until she is welcomed by the magazine's colorful staff. She is also seduced by the vibrant downtown food scene, especially by Fontanari's, the famous Italian food shop where she works on weekends. Then *Delicious!* is abruptly shut down, but Billie agrees to stay on in the empty office, maintaining the hotline for reader complaints in order to pay her bills. To Billie's surprise, the lonely job becomes the portal to a miraculous discovery that eventually inspires Billie to come to terms with her fears, her big sister and her ability to open her heart to love.

If you'd like to read ahead, January's book is *Euphoria* by Lily King. Have a book suggestion for the Book Chat? Email [Barbara Goldner](mailto:Barbara.Goldner).

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

Wednesdays, December 7 & 21; 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***

Wednesday, December 7; 7:00 – 8:30 pm

Women and Motherhood on the Stage

Jungle Theater Artistic Director Sarah Rasmussen has spent much of her time this fall thinking about how few plays speak to the experience of motherhood. Perhaps there's a bias that motherhood isn't interesting to write about or show on stage. Rasmussen's current show, "The Oldest Boy," begs to differ--rituals of motherhood become a powerful focus in the work by Sarah Ruhl. Join Rasmussen as she discusses the role of women and motherhood on stage, and how such a widespread experience is so rarely seen in theater. Rasmussen opened her first season at the Jungle with an acclaimed all-female version of "The Two Gentlemen of Verona," directed "Sense and Sensibility" at the Guthrie, and the final show of the Jungle's 2016 season, "The Oldest Boy."

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

Winslow House Party Room

100 2nd St. S.E.

MCC MEMBERS & GUESTS*

Thursdays, December 8 & 22; 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, December 8; 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://millicitycommons.org>. Log in to register.

MCC WOMEN & GUESTS*

Friday, December 9; 10:30 am – 12:00 pm

Minneapolis Police Strategic Information Center Tour

Learn about the inner workings of the Minneapolis Police Strategic Information Center in this exclusive MCC tour. This real-time crime center and criminal intelligence facility is where many of the technologies used by the Minneapolis Police Department are brought together. Police officers and trained intelligence analysts work together to assist investigators and patrol officers by combining real-time information with database searches, complex link analysis, and information from public and private video systems.

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

Minneapolis Police Strategic Information Center

25 37th Ave. N.E.

MCC MEMBERS

Wednesday, December 13; 5:00 – 6:00 pm

Happy Hour

Join us for Happy Hour—this month on the second Tuesday instead of the last—at Vic's, hosted by Patty Canney, Joan Koosman and Nancy Reed. 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) 312-2000.

Vic's Restaurant

201 Main St. S.E.

MCC MEMBERS & GUESTS

Wednesdays, December 14, 21 & 28; 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, December 14 & 21; 10:30 am -12:00 pm

Caregiver Support Group

Mill City Commons members have created a Caregiver Support Group and invite other caregivers to join them. 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 September 14 meeting will launch a four-month series, meeting the second and fourth Wednesday of each month from 10:30 am to 12:00 pm. Contact Betsy Wray if you'd like to join: betsywray@millcitycommons.org.

Participants will be asked to pay \$80 for the four-month (eight-session) series regardless of how many sessions they are able to attend. Confidential scholarships are available; contact Executive Director Joan Wright: joanwright@millcitycommons.org.

RESERVATIONS through <http://millcitycommons.org>. Log in to register for the first session.

Cobalt Condos

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

MCC MEMBERS & GUESTS*

Thursday, December 15; 10:30 am – 12:00 pm

Turkey & Extra Helpings Volunteer Opportunity

Join MCC members and friends for the 9th annual Turkey & Extra Helpings Holiday Drive! Our goal is to provide groceries for holiday meals for 50 families in North Minneapolis. Volunteers are needed to help load and unload food for families from Ascension School. Meet in the North Star Lofts parking lot, 117 Portland Ave., at 10:30 a.m. From there, we'll drive to Cub Foods at 701 Broadway (I-94 and Broadway) to pick up groceries, and then proceed to Ascension School, 1726 Dupont Ave. N., to drop them

off. Please register and answer the "Question" on whether you have a large vehicle to help transfer food.

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

North Star Lofts Parking Lot

117 Portland Ave.

MCC MEMBERS

Tuesday, December 20; 10:15 – 11:30 am

"Unknown Fabergé" at the Museum of Russian Art

Join us for a look at a rich array of objects produced by the Fabergé jewelry firm in the late 19th to early 20th centuries. The [exhibition](#) reveals the art of Fabergé, a leading supplier to the Russian court, through more than 80 beautifully crafted pieces, many of them previously unknown. Docent Ruth Ann Benson will be our guide. You're welcome to invite guests! Admission is free for TMORA members, \$8 for seniors (65+) and \$10 for adults.

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

The Museum of Russian Art

5500 Stevens Ave. S.

MCC MEMBERS & GUESTS*

Tuesday, December 27; 4:30 -8:00 pm

A Movie & Dinner

Join MCC members for a dutch-treat mid-week movie and dinner! The movie will be chosen the week before and announced on the website and in Musings. We'll follow with dinner at a nearby restaurant, also to be announced. Members and guests are welcome to join us for the movie, dinner or both.

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

Location to be announced

MCC MEMBERS & GUESTS*

Saturday, December 31; 5:00 – 7:00 pm

New Year's Eve Dinner

Join your MCC friends and celebrate a year well-lived with an early New Year's Eve meal at Spoonriver. As a special treat, owner Brenda Langton will treat MCC diners to a complimentary amuse bouche. Make your reservation on the MCC website by December 23. **Please note:** *Our group needs to depart the restaurant by 7 p.m. to make way for other diners!*

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

Spoonriver

750 2nd St. S.

MCC MEMBERS & GUESTS*

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