


# January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1 NEW YEAR'S DAY</b>	<b>2 4:00-5:00 pm</b> Dutch Treat Social Hour	<b>3 7:30-8:30 am</b> River Walkers <b>1:30-3:00 pm</b> Program Committee Meeting <div>iPad acting up? PC problems? Get your questions answered!</div>	<b>4 8:00-9:15 am</b> Hatha Yoga <b>9:30-10:30 am</b> Rendezvous Readers Book Chat <b>3:00-5:00 pm</b> Social Bridge	<b>5 7:30-8:30 am</b> River Walkers <b>11:30-12:30 pm</b> Men's Dutch Lunch <b>2:00-3:00 pm</b> SBS Class <b>7:00-8:30 pm</b> → MN Public Policy: Water vs. Mining	<b>6 8:00-9:15 am</b> Hatha Yoga	<b>7</b>	 <p><b>Mill City Commons brings together neighbors 55+ residing along or near the downtown riverfront.</b></p> <p><b>Join us and enjoy:</b></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>
<b>8 5:00-7:00 pm</b> Sunday Soiree ↓ <div>Kick off the new year at an MCC Soiree!</div>	<b>9 4:00-5:00 pm</b> Dutch Treat Social Hour <b>7:00-8:30 pm</b> The Cultural Revitalization of Downtown Minneapolis →	<b>10 7:30-8:30 am</b> River Walkers <b>1:00-2:30 pm</b> Technology Help Desk ↑ <div>Dynamo Tom Hoch speaks to MCC about downtown!</div>	<b>11 8:00-9:15 am</b> Hatha Yoga <b>9:00-10:00 am</b> Rendezvous on 5 <b>10:30 am-12:00 pm</b> Caregiver Support Grp <b>4:00-5:30 pm</b> MCC Board Meeting <b>7:00-8:30 pm</b> Combatting Islamophobia →	<b>12 7:30-8:30 am</b> River Walkers <b>7:30-8:30 am</b> Men's C & C <b>2:00-3:00 pm</b> SBS Class <b>3:30-5:00 pm</b> Our Turn → <div>Learn about efforts being undertaken by the U.S. Attorneys' Office.</div>	<b>13 8:00-9:15 am</b> Hatha Yoga	<b>14</b>	
<b>15</b> <div>Don't miss! Thoughts from a local director and actor.</div>	<b>16 MARTIN LUTHER KING DAY</b> <b>4:00-5:00 pm</b> Dutch Treat Social Hour ← <b>7:00-8:30 pm</b> Women and Motherhood on the Stage	<b>17 7:30-8:30 am</b> River Walkers <b>7:00-8:30 pm</b> Wallin Education Partners ▼ <div>A national leader in programs of this type!</div>	<b>18 8:00-9:15 am</b> Hatha Yoga <b>9:00-10:00 am</b> Rendezvous on 5 <b>3:00-5:00 pm</b> Social Bridge	<b>19 7:30-8:30 am</b> River Walkers <b>11:30-12:30 pm</b> Men's Dutch Lunch <b>2:00-3:00 pm</b> SBS Class	<b>20 8:00-9:15 am</b> Hatha Yoga	<b>21</b>	
<b>22</b>	<b>23 4:00-5:00 pm</b> Dutch Treat Social Hour <b>7:00-8:00 pm</b> Artful Aging Radio Hour (Second show on Jan. 24)	<b>24 7:30-8:30 am</b> River Walkers <b>11:00 am-12:30 pm</b> Nosy Neighbor Tour: Abiitan <b>7:00-10:00 pm</b> Guthrie Play Reading Stone Arch	<b>25 8:00-9:15 am</b> Hatha Yoga <b>9:00-10:00 am</b> Rendezvous on 5 <b>10:30 am-12:00 pm</b> Caregiver Support Group	<b>26 7:30-8:30 am</b> River Walkers <b>7:30-8:30 am</b> Men's C & C <b>10:00-11:30 am</b> Our Turn <b>2:00-3:00 pm</b> SBS Class	<b>27 8:00-9:15 am</b> Hatha Yoga <b>10:00-12:00 pm</b> Happy Birthday Mozart: A Recital	<b>28</b>	
<b>29</b>	<b>30 4:00-5:00 pm</b> Dutch Treat Social Hour	<b>31 7:30-8:30 am</b> River Walkers <b>1:30-3:00 pm</b> Program Meeting <b>5:00-6:00 pm</b> Last Tuesday Happy Hour → <b>6:00-9:00 pm</b> Guthrie Play Reading North Star <div>This month's Happy Hour is at new restaurant McKinney Roe.</div>					

## MILL CITY COMMONS DETAILED CALENDAR – JANUARY 2017

**Mondays, January 2, 9, 16, 23 & 30; 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**

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**Tuesdays & Thursdays, January 3, 5, 10, 12, 17, 19, 24, 26 & 31; 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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**Wednesdays & Fridays, January 4, 6, 11, 13, 18, 20, 25 & 27; 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, January 4; 9:30 – 10:30 am**

### **Rendezvous Readers' Book Chat**

Join us to discuss *Euphoria* by Lily King. Set between World War I and II and inspired by events in the life of revolutionary anthropologist Margaret Mead, *Euphoria* is the story of three young, gifted anthropologists in 1933 caught in a passionate love triangle that threatens their bonds, their careers and ultimately their lives. English Anthropologist Andrew Bankson has been alone in the field for several years, studying a tribe on the

Sepik River in the Territory of New Guinea with little success. Increasingly frustrated and isolated by his research, Bankson is on the verge of suicide when he encounters the famous and controversial Nell Stone and her wry, mercurial husband Fen. Bankson is enthralled by the magnetic couple whose eager attentions pull him back from the brink of despair.

If you'd like to read ahead, February's book is *A Man Called Ove* by Frederick Backman. Have a book suggestion for the Book Chat? Email [Barbara Goldner](#).

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

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**Wednesdays, January 4 & 18; 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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**Thursdays, January 5 & 19; 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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**Thursdays, January 5, 12, 19 & 26; 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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**Thursday, January 5; 7:00 – 8:30 pm**

**MN Public Policy: Water vs. Mining in Northern Minnesota**

Join us as Rep. Paul Thissen talks about the competing views of environmentalists and labor on the proposed PolyMet mining NorthMet project in northeastern Minnesota. Thissen led the DFL Caucus for six years and navigated the competing interests during that period. Thissen has represented Minneapolis district 61B since 2002. He was speaker of the House starting in 2013 and more recently Minority Leader for the House DFL Caucus.

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

**Winslow House**

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

**MCC MEMBERS & GUESTS\***

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**Sunday, January 8; 5:00-7:00 pm**

**Sunday Soiree**

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Bob and Pam Berkwitz and Ginny and Will Craig. 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.**

**Mill & Main Party Room**

**401 Main St. S.E.**

**MCC MEMBERS**

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**Monday, January 9; 7:00 – 8:30 pm**

**The Cultural Revitalization of Downtown Minneapolis**

Join Tom Hoch, Hennepin Theatre Trust CEO and President, to discuss how the Trust orchestrated the creation of WeDo, the West Downtown Cultural District. Led by a Cultural District Alliance that includes the Trust, Walker Art Center, Artspace and the City of Minneapolis, WeDo is a place to celebrate arts, culture and everything that makes our city unique. With Hennepin Avenue at its center, the district spans 1.7 miles end-to-end. Learn how WeDo is promoting this urban setting steeped in contrasts—gilded theaters, modern architecture, ballet, rock concerts at the Basilica and one of the largest public art gardens in the country. Discuss how we as a community can work to make downtown a safe and energetic city for all of us to enjoy.

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

**Winslow House**

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

**MCC MEMBERS**

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**Tuesday, January 10; 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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**Wednesdays, January 11, 18 & 25; 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, January 11 & 25; 10:30 am - noon**

**Caregiver Support Group**

Members of Mill City Commons 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 January 11 meeting will launch a four-month series, meeting the second and fourth Wednesdays of each month from 10:30 am to 12:00 pm. Contact Betsy Wray if you'd like to join: [betsywray@millcitycommons.org](mailto:betsywray@millcitycommons.org).

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

**Cobalt Condos**

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

**MCC MEMBERS & GUESTS\***

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**Wednesday, January 11; 7:00 – 8:30 pm**

**Combating Islamophobia**

Abdimalik Mohamed, Community Outreach Specialist in the U.S. Attorney's Office, will speak about efforts the U.S. Attorney's Office is taking to combat Islamophobia in the greater Twin Cities area. He'll also provide suggestions on how we--as individuals and Mill City Commons--can be part of this important effort. Abdi was born in Somalia but has lived most of his life in the United States and particularly in Minnesota.

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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Thursdays, January 12 & 26; 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, January 12; 3:30 – 5:00 pm

Thursday, January 26; 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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Monday, January 16; 7:00 – 8:30 pm

**Women and Motherhood on the Stage**

Jungle Theater Artistic Director Sarah Rasmussen has spent time recently 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 most recent show, "The Oldest Boy," begs to differ--rituals of motherhood become a powerful focus. Join Rasmussen and Twin Cities actor Christina Baldwin, featured as Mother in "The Oldest Boy," as they discuss 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." Baldwin is a Twin Cities actor and singer, next appearing in "Liberty Falls, 54321," at the Lab Theater.

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

Village Lofts Community Room

100 2<sup>nd</sup> St. N.E.

MCC MEMBERS & GUESTS\*

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**Tuesday, January 17; 7:00 – 8:30 pm**

**Crossing the Finish Line: Improving the Graduation Rates of Lower-Income Students**

Seventy-seven percent of students from families in the top income quartile nationally earn a college degree, as compared with only 9% of students from families in the lowest quartile. Students who begin college but don't graduate are more likely to be unemployed or underemployed and to default on their student loans. Learn more about how Wallin Education Partners is addressing these issues. Since 1992, more than 4,000 students have received support that includes four years of financial aid and ongoing services. With a graduation rate of 92%, Wallin is one of the most successful programs of its type in the country and is an effective alternative to traditional scholarships. Panelists include Brad Wallin, Wallin Education Partners Vice Chairman; Susan Basil King, Executive Director; and Tom Holman, former Board Chair, current trustee and long-time donor partner.

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

**La Rive Party Room**

**110 Bank St. S.E.**

**MCC MEMBERS**

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**Monday & Tuesday, January 23 & 24; 7:00 – 8:00 pm**

**Artful Aging Radio Hour**

CommonBond Communities and EngAGE.MN invite Mill City Commons members to a live show that will be performed and recorded for radio and podcast on two consecutive evenings. Featuring T. Mychael Rambo, award-winning actor, vocalist, arts educator and community organizer, the show is the culminating event of EngAGE.MN's "The Power of Storytelling" class at CommonBond's Riverview Senior Housing Community. Rambo taught the class and worked with the older artists, who also will be performing. The event is free but tickets must be reserved through the MCC website. A reception will follow the show.

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

**Pillsbury House Theatre**

**3501 Chicago Ave. S.**

**MCC MEMBERS & GUESTS\***

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**Tuesday, January 24; 11:00 am – 12:30 pm**

**Nosy Neighbor Tour: Abiitan**

Here's your chance to get an exclusive look of one of the newest buildings in the neighborhood! Executive Director Erwan Moison will lead a tour that includes stops in the restaurant, café, activity room, memory care floor, sky room and terrace, and several of the apartments. The visit will conclude with samplings of Abiitan's dining offerings.

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

**Abiitan**

**428 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Tuesday, January 24; 7:00 – 10:00 pm**

**Guthrie Play Reading – Stone Arch Group**

Enjoy this month's play reading of "The Royal Family." For the Cavendishes, the "Royal Family" of Broadway, the show must go on. Set in 1920s Manhattan, this American classic (loosely based on the legendary Barrymore family) centers on three generations of actors, each at different stages in their careers. From an aging grande dame to a promising ingénue, together they confront a choice between secure, yet dull domesticity and an erratic, egocentric yet potentially fulfilling life on the stage. A brilliant, fast-paced comedy, "The Royal Family" is a masterfully written love letter to the Great White Way. 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).*

**RiverWest**

**401 1<sup>st</sup> St. S., #302**

**MCC MEMBERS**

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**Friday, January 27; 10:00 am – 12:00 pm**

**Happy Birthday Mozart: A Recital**

Abiitan Mill City invites its Mill City Commons friends and neighbors to a recital celebrating Mozart's 261<sup>st</sup> birthday. Join MacPhail faculty member and soprano Andrea Leap and faculty member and pianist Gail Olszewski in Antonello Hall as they delight with songs and sonatas from Mozart, Haydn and Schubert, with discussion in between. Cookies and coffee will be served from 10:00-10:45 am, followed by the recital from 11:00 am to noon.

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

**MacPhail Center for Music**

**Antonello Hall**

**501 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Tuesday, January 31; 5:00 – 6:00 pm**

**Last Tuesday Happy Hour**

Join us for Last Tuesday Happy Hour at the McKinney Roe, the new restaurant located on the ground level of the Wells Fargo towers in East Town. Hosted this month by Anne and Tom Carrier, Happy Hour is a time to 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) 545-5863.

**McKinney Roe**

**530 4<sup>th</sup> St. S.**

**MCC MEMBERS & GUESTS**

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**Tuesday, January 31; 6:00-9:00 pm**

**Guthrie Play Reading – North Star Group**

Enjoy this month's play reading of "The Royal Family." For the Cavendishes, the "Royal Family" of Broadway, the show must go on. Set in 1920s Manhattan, this American classic (loosely based on the legendary Barrymore family) centers on three generations of actors, each at different stages in their careers. From an aging grande dame to a promising ingénue, together they confront a choice between secure, yet dull domesticity and an erratic, egocentric yet potentially fulfilling life on the stage. A brilliant, fast-paced comedy, "The Royal Family" is a masterfully written love letter to the Great White Way. 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.**