


February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1 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 Peace Corps Stories	2 7:30-8:30 am River Walkers 11:30-12:30 pm Men's Dutch Lunch 2:00-3:00 pm SBS Class	3 8:00-9:15 am Hatha Yoga 10:00-11:30 am Baking with Bob ↓ Learn how to make Bob Whitlock's famous bread!	4	
5	6 4:00-5:00 pm Dutch Treat Social Hour Bill Davnie shares his views on what's to come.	7 7:30-8:30 am River Walkers 7:00-8:30 pm Foreign Policy: Fragments from the New Administration	8 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregiver Support Group	9 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 2:00-3:00 pm SBS Class 3:30-5:00 pm Our Turn	10 8:00-9:15 am Hatha Yoga 10:30-11:30 am A Roadmap for Driving Later in Life ↓ Find out about this beneficial driver assessment tool.	11	Mill City Commons brings together neighbors 55+ residing along or near the downtown riverfront.
12 5:00-7:00 pm Sunday Soiree Celebrate 15 years of the Village Movement!	13 4:00-5:00 pm Dutch Treat Social Hour 4:00-5:00 pm Atul Gawande: The Value of Community and Choice As We Age	14 VALENTINE'S DAY 7:30-8:30 am River Walkers 1:00-2:30 pm Technology Help Desk	15 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 3:00-5:00 pm Social Bridge	16 7:30-8:30 am River Walkers 11:30-12:30 pm Men's Dutch Lunch 2:00-3:00 pm SBS Class	17 8:00-9:15 am Hatha Yoga 10:30-11:30 am "Migration, Identity, Belonging" at the Swedish Institute → Don't miss this terrific exhibit!	18	Join us and enjoy: <ul style="list-style-type: none"> 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.
19 First Great Decisions of the season.	20 PRESIDENTS' DAY 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: The Future of Europe	21 7:30-8:30 am River Walkers 6:30-9:30 pm Guthrie Play Reading Stone Arch	22 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregiver Support Group 7:00-8:30 pm Helping Our Low-Income Neighbors Stay in Their Homes	23 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 10:00-11:30 am Our Turn 2:00-3:00 pm SBS Class	24 8:00-9:15 am Hatha Yoga	25	
26	27 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:00 pm On Stage: "Anna in the Tropics" ↓ A stimulating theater presentation and discussion.	28 7:30-8:30 am River Walkers 1:30-3:00 pm Program Committee Meeting 5:00-6:00 pm Last Tuesday Happy Hour 6:00-9:00 pm Guthrie Play Reading North Star	↓ Learn about some surprising Habitat for Humanity programs.				CONTACT US! www.millcitycommons.org (612) 455-3329 Info@millcitycommons.org

MILL CITY COMMONS DETAILED CALENDAR – FEBRUARY 2017

Wednesdays & Fridays, February 1, 3, 8, 10, 15, 17, 22 & 24; 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, February 1; 9:30 – 10:30 am

Rendezvous Readers' Book Chat

Join us to discuss *A Man Called Ove* by Frederick Backman. Ove is a curmudgeon, the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines and a short fuse. People call him "the bitter neighbor from hell." Behind the cranky exterior there is a story and sadness. So, when one morning a chatty young couple with two chatty young daughters move in next door and accidentally flatten Ove's mailbox, it's the lead-in to a comical and heartwarming tale of unkempt cats and unexpected friendship--all of which will change one cranky old man and a local residents' association to their very foundations.

If you'd like to read ahead, March's book is *Medicine Walk* by Richard Wagamese. Have a book suggestion for the Book Chat? Email [Barbara Goldner](mailto:Barbara.Goldner@millcitycommons.org).

Guthrie Theater Level Five Express

818 S. 2nd St.

MCC MEMBERS & GUESTS

Wednesdays, February 1 & 15; 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 S. 2nd St.

MCC MEMBERS & GUESTS*

Wednesday, February 1; 7:00 – 8:30 pm

Stories from the Peace Corps

Several MCC members have had the privilege of serving in the American Peace Corps. Their experiences are as wide and varied as the countries in which they served. Come

and hear stories from exotic places such as Shiraz (Iran), Sierra Leone, Ivory Coast, Ethiopia and Harsola, a village in central India. Brief presentations from each member will be followed by time for questions and comments. Panelists include Dale Anderson, Patty Canney, Patty Connelly, Dave and Peggy Lucas, Linnea Olesen and Mary Texidor.

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

Stone Arch Lofts
600 2nd St. S., #701
MCC MEMBERS

Tuesdays & Thursdays, February 2, 7, 9, 14, 16, 21, 23 & 28; 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, February 2 & 16; 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

Thursdays, February 2, 9, 16 & 23; 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 G-Werx Fitness at (612) 767-4415. **Cost:** \$20 – \$25/class depending on commitment.

G-Werx Fitness
428 2nd St. S., #100
MCC MEMBERS

Friday, February 3; 10:00 – 11:30 am

Baking with Bob

If you've attended MCC's Sunday Soirees, you may have tasted member Bob Whitlock's homemade bread. Bob will go through the techniques involved in making

the bread and share the recipe with a demonstration class in RiverWest's Club Room. Limited to 10 members!

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

RiverWest Club Room

401 1st S. S., Floor 1

MCC MEMBERS

Mondays, February 6, 13, 20 & 27; 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

Tuesday, February 7; 7:00 – 8:30 pm

Foreign Policy: Fragments from the New Administration

Join us as member Bill Davnie, former U.S. State Department foreign service officer, shares his perspectives on foreign policy in the new administration. We still don't know many specifics about how U.S. foreign policy may change, but some challenges already loom before us, and some aspects of President Trump's approach to the world have been consistent for 30 years. Who is staffing the new administration, how the existing national security system is changing and where those changes point should also tell us something. And then we can ponder the lifespan of Twitter-based policy, the role of credibility and the changing perception of America's "soft power." Bring your own thoughts and views to share as well.

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

La Rive Party Room

110 Bank St. S.E.

MCC MEMBERS

Wednesdays, February 8, 15 & 22; 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, February 8 & 22; 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 April.

Registration is now closed. For those who are interested in joining, contact Betsy Wray to learn more about future caregiving series: betsywray@millcitycommons.org.

Cobalt Condos

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

Thursdays, February 9 & 23; 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*

Thursday, February 9; 3:30 – 5:00 pm

Thursday, February 23; 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*

Friday, February 10; 10:30 - 11:30 am

A Roadmap for Driving Later in Life

The majority of older drivers are safe drivers. But we also know that the aging process can affect many of our abilities. Attend this information session to learn more about opportunities to maintain your fitness for driving. Kathy Woods, Manager of Courage Kenny Rehabilitation Institute's Driver Assessment and Training, will review caution signs that driving safety may be changing and educate you about Courage Kenny's driver assessment and training service.

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

RiverWest Common Room

401 1st St. S.

MCC MEMBERS

Sunday, February 12; 5:00 - 7:00 pm

Sunday Soiree

Join your friends and neighbors for the MCC Sunday Soiree, hosted by RiverWest residents in the Common Room off the lobby. Please contribute to the potluck by

bringing a hearty hors d'oeuvre, main dish salad or dessert to serve at least 12. 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.

RiverWest Common Room

401 1st St. S.

MCC MEMBERS

Monday, February 13, 4:00 - 5:00 pm

Atul Gawande: The Value of Community and Choice As We Get Older

Celebrate 15 years of the Village Movement at this virtual event featuring renowned surgeon, public health researcher and bestselling author Dr. Atul Gawande. Dr. Gawande wrote the seminal book *Being Mortal*, which spent months on the New York Times bestseller list. He will be speaking live in Boston in celebration of the 15th anniversary of the first Village, Beacon Hill Village, and the Village Movement, of which Mill City Commons is a part. His talk will be live-streamed across the country and here in the Twin Cities, with the support of the Film Society of Minneapolis St. Paul and St. Anthony Main Theatre. Join us for this conversation about the importance of the community and the many opportunities inherent in aging. A reception will follow in the Fireside Grotto in the adjacent Pracna on Main (purchase your own beverages at the bar).

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

St. Anthony Main Theatre

115 Main St. S.E.

MCC MEMBERS & GUESTS*

Tuesday, February 14; 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

Friday, February 17; 10:30 – 11:30 am

"Migration, Identity, Belonging" at the American Swedish Institute

Join us for a special tour focusing on issues of migration, identity and belonging at the American Swedish Institute. The tour will include ["Where the Children Sleep,"](#) a moving series of photos by award-winning photojournalist Magnus Wennman about refugee children who left Syria, as well as portions of two other exhibits: ["Swede Hollow"](#) and "The Stories They Told." You're welcome to invite guests! Admission for this special tour is \$10, including for ASI members. (Please bring \$10 cash, if possible, to speed up the check-in process.) Optional: Join your tourmates for lunch at Fika afterwards.

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

American Swedish Institute

2600 Park Ave.

MCC MEMBERS & GUESTS*

Monday, February 20; 7:00 – 8:30 pm

Great Decisions: The Future of Europe

The outcome of the United Kingdom referendum on EU membership sent shockwaves across the globe. It even caught British voters by surprise. The European Union has helped secure peace in Europe for the past 70 years. Now it faces an uncertain future. Amid a refugee crisis, lingering financial recession and the constant specter of terrorism, unity seems more imperative than ever. But the Brexit vote underscores the complexities of integrating an extremely diverse continent. What will post-Brexit Europe look like, and how can U.S. foreign policy adapt? 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.*

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

DeLaSalle High School

1 DeLaSalle Drive, Room D014

MCC MEMBERS (who have signed up for Great Decisions 2017)

Tuesday, February 21; 6:30 – 9:30 pm

Guthrie Play Reading – Stone Arch Group

Enjoy this month's play reading of Shakespeare's epic tragedy, "King Lear." After years of ruling Britain in peace, a respected King Lear decides to relinquish his crown and divide his kingdom among his three daughters. But when their love and loyalty falter, so does Lear's sanity. "King Lear" is a gripping portrait of fathers, daughters and a once mighty ruler thwarted by his own hubris and betrayed by a vanishing mind. 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.*

RiverWest

401 1st S. St., #302

MCC MEMBERS

Wednesday, February 22; 7:00 - 8:30 p.m.

Helping Our Low-Income Neighbors Stay in Their Homes

The Twin Cities housing stock as well as its homeowners are rapidly aging. Yet many folks want to remain living in their homes for as long as possible. Twin Cities Habitat for Humanity, which is best known for its home buyer program, is also working with low-income homeowners to rehab, repair and retain their current homes so they can live there as long as they'd like. Join Pat Lund, Program Developer at Twin Cities Habitat for Humanity, as he shares how the organization is impacting our community and beyond

through programs and services like neighborhood revitalization, advocacy, age in place, home thrift stores, global village trips and owner-occupied rehabs. and how you can be involved in helping preserve homes and homeownership in partnership with low-income families.

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

Village Lofts Community Room

100 2nd St. N.E.

MCC MEMBERS

Monday, February 27; 7:00 - 8:00 p.m.

On Stage: "Anna in the Tropics"

Join us for a stimulating theater presentation and discussion led by local actress and teaching artist Thomasina Petrus and Harry Waters Jr., Chair of the Theater Department at Macalester College. Actors will read from two scenes in "Anna in the Tropics," which opens February 11 at the Jungle Theater. The readings will be followed by a discussion of the themes, tying in current events, personal values and narratives, and stimulating critical thinking. "Anna in the Tropics," winner of the 2003 Pulitzer Prize for Drama, is set in a Cuban cigar factory in Florida in the 1920s. The cigars are hand-rolled, and the lectors read workers stories while they work. A lector starts reading them Tolstoy's *Anna Karenina*, and the play starts to take on the form of Tolstoy's play.

On Stage has arranged for discount tickets to the Jungle production, if you'd like see the show.

For Thursday performances:

**If purchasing tickets online, select "Student Regular" ticket type, and then use the code "TAMPA15"*

**If purchasing tickets on phone or in person, mention that you are an "On Stage Participant," and then mention the code "TAMPA15"*

For Friday performances:

**If purchasing tickets online, select "Student Regular" ticket type, and then use the code "CUBA15"*

**If purchasing tickets on phone or in person, mention that you are an "On Stage Participant," and then mention the code "CUBA15"*

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

Village Lofts Community Room

100 2nd St. N.E.

MCC MEMBERS

Tuesday, February 28; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour at Abiitan's new Smith & Porter Restaurant + Bar. Abiitan residents Carole & Doug Baker, Ellie Hands, Peter & Scotty Gillette and Dick & Martha Olson host. 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) 378-0020.

Smith and Porter

428 2nd St. S.

MCC MEMBERS & GUESTS

Tuesday, February 28; 6:00 - 9:00 pm

Guthrie Play Reading – North Star Group

Enjoy this month's play reading of Shakespeare's epic tragedy, "King Lear." After years of ruling Britain in peace, a respected King Lear decides to relinquish his crown and divide his kingdom among his three daughters. But when their love and loyalty falter, so does Lear's sanity. "King Lear" is a gripping portrait of fathers, daughters and a once mighty ruler thwarted by his own hubris and betrayed by a vanishing mind. 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.*

North Star Lofts

117 Portland Ave., #602

MCC MEMBERS

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