


# March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			<b>1 8:00-9:15 am</b> Hatha Yoga <b>9:30-10:30 am</b> Rendezvous Readers Book Chat <b>11:00-12:30 pm</b> Nosy Neighbor Tour: Abiitan <b>3:00-5:00 pm</b> Social Bridge	<b>2 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>3 8:00-9:15 am</b> Hatha Yoga	<b>4</b>	
<b>5</b>	<b>6 4:00-5:00 pm</b> Dutch Treat Social Hour	<b>7 7:30-8:30 am</b> River Walkers <b>2:00-3:00 pm</b> Technology Workshop: Navigating the MCC Website	<b>8 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>4:00-5:30 pm</b> MCC Board Meeting <b>7:00-8:30 pm</b> Nuclear Weapons in the New Administration	<b>9 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	<b>10 8:00-9:15 am</b> Hatha Yoga	<b>11</b>	<b>Mill City Commons brings together neighbors 55+ residing along or near the downtown riverfront.</b>
<b>12 DAYLIGHT SAVINGS TIME BEGINS</b> <b>5:00-6:30 pm</b> Author Celebration: Jessica Fishman	<b>13 4:00-5:00 pm</b> Dutch Treat Social Hour <b>7:00-8:30 pm</b> So, How's the Mississippi River? ▼	<b>14 7:30-8:30 am</b> River Walkers <b>11:00-12:00 pm</b> State Capitol Tour	<b>15 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>16 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> The Future of Higher Education	<b>17 8:00-9:15 am</b> Hatha Yoga	<b>18</b>	<b>Join us and enjoy:</b> <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>
<b>19 5:00-7:00 pm</b> Sunday Soiree ▼ <b>Food, friends, fun!</b>	<b>20 4:00-5:00 pm</b> Dutch Treat Social Hour <b>7:00-8:30 pm</b> Great Decisions: Nuclear Security ▼	<b>21 7:30-8:30 am</b> River Walkers <b>10:30-11:30 am</b> Foodie Tour: The Food Building ▼ <b>A must-see for foodies!</b>	<b>22 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>23 7:30-8:30 am</b> River Walkers <b>7:30-8:30 am</b> Men's Coffee & Conversation <b>10:00-11:30 am</b> Our Turn <b>2:00-3:00 pm</b> SBS Class	<b>24 8:00-9:15 am</b> Hatha Yoga	<b>25</b>	<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>
<b>26</b>	<b>27 4:00-5:00 pm</b> Dutch Treat Social Hour	<b>28 7:30-8:30 am</b> River Walkers <b>5:00-6:00 pm</b> Last Tuesday Happy Hour ▼ <b>Meet up with MCC friends at Sea Change.</b>	<b>29 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>30 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>31 8:00-9:15 am</b> Hatha Yoga		

A second tour of Abiitan, back by popular demand!

Bring your computer or tablet and get your questions answered!

Hear the perspectives of the former chair of the Ploughshares Fund.

Get an update on the health of the Mississippi.

Your chance to visit our beautifully restored Capitol!

Former U of M president Bob Bruininks speaks to MCC.

Which way forward for the U.S.?

## MILL CITY COMMONS DETAILED CALENDAR – MARCH 2017

**Wednesdays & Fridays, March 1, 3, 8, 10, 15, 17, 22, 24, 28 & 31; 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, March 1; 9:30 – 10:30 am**

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

Join us to discuss *Medicine Walk* by Richard Wagamese. Growing up in the care of the "old man" he was entrusted to at birth, Franklin Starlight has never really known his biological father, Eldon. The fleeting moments he shared with the alcoholic man have only ended in disasters that haunt the boy. But when father, coming to the end of his alcohol-ruined life, reaches out to 16-year-old son, their first and last journey together begins. Hesitantly, Franklin obliges his dying father's wish--to be buried as a warrior--and together they hazard the rugged and dangerous beauty of the backcountry to find an appropriate burial site. Through the fog of pain, Eldon relates to his son the desolate moments in his life, as well as the times of hope--the family history Franklin has never known. As Father tells the tale, the Son, and the reader, live for the stories, in the hope that they will shed light on the mysteries of a tortured past.

If you'd like to read ahead, April's book is *Hillbilly Elegy* by J.D. Vance. Have a book suggestion for the Book Chat? Email [Barbara Goldner](mailto:Barbara.Goldner@millcitycommons.org).

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

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**Wednesday, March 1; 11:00 am – 12:30 pm**

### **Nosy Neighbor Tour: Abiitan**

If you missed MCC's tour of Abiitan in January, here's your second chance to get a look at one of the newest buildings in the neighborhood! This comprehensive tour will include stops in the restaurant, café, activity room, memory care floor, sky room and terrace, and several of the apartments. The visit will conclude with a complimentary lunch in Abiitan's dining room. Limit of 20 people.

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

**Abiitan**  
**428 2<sup>nd</sup> St. S.**  
**MCC MEMBERS**

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**Wednesdays, March 1, 15 & 29; 3:00 – 5:00 pm**

**Social Bridge**

Join bridge players for a round of social bridge; levels of expertise and experience vary. Bring a partner if you can, and remember to register both yourself and your partner. Questions? Contact Carol Jordan at [caroljordan@millcitycommons.org](mailto:caroljordan@millcitycommons.org).

**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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**Tuesdays & Thursdays, March 2, 7, 9, 14, 16, 21, 23, 28 & 30; 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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**Thursdays, March 2, 16 & 30; 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).

**Abiitan's Porter Cafe**

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

**MCC MEN & GUESTS**

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**Thursdays, March 2, 9, 16, 23 & 30; 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 2<sup>nd</sup> St. S., #100**

**MCC MEMBERS**

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**Mondays, March 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**

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**Tuesday, March 7; 2:00-3:00 pm**

**Technology Workshop: Navigating the MCC Website**

Are you getting the most out of your MCC website? This session is designed for members who are less familiar with all the tools and information the website offers. Executive Director Joan Wright will show you how to both sign up for a program and cancel your registration, where to find member-recommended resources (First Stop Guide), how to access other members' phone numbers and email addresses, how to post to the Forum and more. Bring your computer, tablet and/or phone and get your questions answered! Please make sure your device is fully charged, as electrical will not be available in the room.

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

**American Academy of Neurology**

**201 Chicago Ave., Training Room B**

**MCC MEMBERS**

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**Wednesdays, March 8, 15, 22 & 29; 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, March 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 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](mailto:betsywray@millcitycommons.org).

**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, March 8; 7:00 - 8:30 pm**

**Nuclear Weapons in the New Administration**

Campaign rhetoric and subsequent appointees to key Administration posts suggest confusing signals at best and terrifying ones at worst about U.S. government policy concerning nuclear weapons over the past 50 years. What are the issues and possible Trump administration actions? MCC member Roger Hale, Chairman Emeritus of the Ploughshares Fund, will share his views. The [Ploughshares Fund](http://ploughsharesfund.org), through grantmaking, works to reduce and eventually eliminate the dangers posed by nuclear weapons.

**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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**Thursdays, March 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\***

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**Thursday, March 9; 3:30 – 5:00 pm**

**Thursday, March 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 meets every other Thursday, alternating between morning and afternoon times. Locations, hosts and topics change each time.

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

**MCC WOMEN & GUESTS\***

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**Sunday, March 12; 5:00 - 6:30 pm**

**Author Celebration: Jessica Fishman**

After moving to Israel, overcoming the notorious Israeli bureaucracy, making embarrassing mistakes while learning Hebrew, serving in an army that is run by teenagers, and serial dating egotistical Israelis, wide-eyed Minnesotan Jessica Fishman finally thought that she had made it, until everything came crashing down. Join us as Fishman, author of the just-published *Chutzpah and High Heels: The Search for Love and Identity in the Holy Land*, tells her story and leads a discussion on how travel changes us and our identity. Dick and Peg Kavaney host; light refreshments will be served.

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

**Flour Sack Flats**

**521 2<sup>nd</sup> St. S.E., #512**

**MCC MEMBERS**

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**Monday, March 13; 7:00 - 8:30 pm**

**So, How's the Mississippi River?**

How is the health of the Mississippi River? Can I safely swim in it? Can I eat the fish I catch? How are the bald eagles faring? What "new" pollutants are impacting the river's health? The National Park Service partnered with Friends of the Mississippi River to examine the research that helps answer these and other questions, and recently released the updated "State of the River Report." Learn about the important trends and emerging issues impacting the health of the river, as well as potential solutions. Lark Weller is the Water Quality Coordinator for the Mississippi National River and Recreation Area, a unit of the National Park Service. Trevor Russell is Watershed Program Director for Friends of the Mississippi River. They are the co-authors of the "State of the River Report."

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

**Winslow House Party Room**

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

**MCC MEMBERS**

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**Tuesday, March 14; 11:00 am – 12:00 pm**

**State Capitol Tour**

After more than three years of restoration, renovation and repair, Minnesota's historic State Capitol is open again for visitors. Join us on this guided tour to see the restoration up close and get an overview of Capitol history, art, architecture and state government. Our group leader will check in at the Capitol Information and Tour Center to the right of the first floor main entrance. The rest of group should wait on the front steps for the tour guide. The State Capitol is located just east of the Metro Green Line Capitol/Rice Street station.

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

**Minnesota State Capitol**

**75 Rev. Dr. Martin Luther King, Jr. Blvd.**

**MCC MEMBERS**

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**Thursday, March 16; 7:00 - 8:30 pm**

**The Future of Higher Education**

Join us for a thought-provoking discussion led by Robert Bruininks, University of Minnesota Professor and President Emeritus. Bob will draw on his experience as president at the U of M to discuss the future opportunities and challenges facing large public research universities in the United States. Bob has the unusual distinction of spending his entire career at one institution—the U of M—as both an academic and an administrator.

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

**La Rive Party Room**

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

**MCC MEMBERS**

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**Sunday, March 19; 5:00-7:00 pm**

**Sunday Soiree**

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Mary & Steve Patnode and Pat Hoven. 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.**

**Bridgewater Community Room**

**215 10<sup>th</sup> Ave. S.**

**MCC MEMBERS**

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**Monday, March 20; 7:00 – 8:30 pm**

**Great Decisions: Nuclear Security – The Enduring Challenge of Nuclear Weapons**

Nuclear nonproliferation was a top priority for the Obama administration. While the Iran Deal was a diplomatic victory toward this end, major threats persist from both state and non-state actors. Countries like North Korea, Russia, India and Pakistan continue to challenge nonproliferation efforts. The possibility that terrorists will carry out an attack using a "dirty bomb" made from captured nuclear materials looks increasingly real. In a fractious world, what is the way forward for U.S. nuclear security policy? Speaker Margo Squire was a career diplomat for 30 years with the U.S. Information Agency and the U.S. Department of State, serving in Munich, Moscow, Melbourne, Baku, Ankara and Washington, D.C. She holds a B.A. in Russian Language and Studies from Dartmouth College and an M.A. from the Johns Hopkins University School of Advanced International Studies.

**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.**

**DeLaSalle High School**

**1 DeLaSalle Drive, Room D014**

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

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**Tuesday, March 21; 10:30 – 11:30 am pm**

**Foodie Tour: The Food Building**

Do you consider yourself a foodie? Then you need to visit the [Food Building](#)! Founded by Kiernan Foillard, former owner of The Local and founder of 2 Gingers Whiskey, this northeast Minneapolis gem is home to three artisan food makers. During the tour, you'll learn about the art, craft and care that go into the making of Red Table Meats and Baker's Field Flour and Bread. The tour will end with a tasting of each maker's products. Those who are interested may choose to stay for lunch at the adjacent [Draft Horse](#) bistro, which uses Food Building products in many of its menu items.

**Cost for the tour is \$15; please bring cash or a check (no credit cards).**

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

**Food Building**

**1401 Marshall St. N.E.**

**MCC MEMBERS & GUESTS\***



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**Tuesday, March 28; 5:00 – 6:00 pm**

**Last Tuesday Happy Hour**

Join us for Last Tuesday Happy Hour at Sea Change, located in the Guthrie Theater. Hosted by Suzanne Joyce and Barbara McBurney, this gathering is a time to catch up with friends and neighbors over drinks and small bites. Dutch treat—no reservations required! Sea Change's Executive Chef is graciously preparing an array of complimentary appetizers for our group as a way to reacquaint MCC members with this neighborhood dining option. If you'd like to stay for dinner, reservations can be made by calling (612) 225-6499.

**Sea Change**

**806 2<sup>nd</sup> St. S.**

**MCC MEMBERS & GUESTS**

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