

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2 <div>George W. Bush's chief ethnics lawyer shares his views.</div>	3 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Conflicts of Interest and the New Administration	4 7:30-8:30 am River Walkers 1:30-3:00 pm Program Committee Mtg 6:30-9:30 pm Guthrie Play Reading Stone Arch	5 8:00-9:15 am Hatha Yoga 9:30-10:30 am Rendezvous Readers Book Chat 1:00-2:30 pm Technology Help Desk	6 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	7 8:00-9:15 am Hatha Yoga	8	
9	10 PASSOVER 1st DAY 4:00-5:00 pm Dutch Treat Social Hour <div>Learn tricks & tools to get the most out of your iPhone when you travel.</div>	11 7:30-8:30 am River Walkers 1:00-2:30 pm Technology Workshop: Technology Tools for Travelers	12 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregiver Support Group 3:00-5:00 pm Social Bridge	13 7:30-8:30 am River Walkers 11:30 am-12:30 pm Men's Dutch Lunch 2:00-3:00 pm SBS Class 7:00-8:30 pm MN Public Policy: Gun Violence & What We Can Do to Prevent It	14 GOOD FRIDAY 8:00-9:15 am Hatha Yoga MCC OFFICE CLOSED <div>Find out how Protect Minnesota is tackling this issue.</div>	15	
16 EASTER <div>NEW program! Spot early-arriving waterfowl with expert Jamie McBride.</div>	17 8:00-9:30 am Waterfowl Walk 1:00-3:30 pm International Film Fest Screening: "The Chocolate Case" 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: Trade, Jobs & Politics	18 7:30-8:30 am River Walkers 6:00-9:00 pm Guthrie Play Reading North Star <div>Ambassador Ross Wilson will speak.</div>	19 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 1:00-2:30 pm Overland Gallery Tour <div>A chance to see this private collection & observe the process of art conservation.</div>	20 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	21 8:00-9:15 am Hatha Yoga	22	
23 12:00-2:00 pm Sunday Soiree	24 8:00-9:30 am Waterfowl Walk 1:00-3:30 pm International Film Fest Screening: "Ministry of Love" 4:00-5:00 pm Dutch Treat Social Hour	25 7:30-8:30 am River Walkers 9:30 am-1:00 pm "A Day in the Life" Tour 5:00-6:00 pm Happy Hour <div>A meaningful look at homelessness.</div>	26 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregiver Support Group 3:00-5:00 pm Social Bridge	27 7:30-8:30 am River Walkers 11:30 am-12:30 pm Men's Dutch Lunch 2:00-3:00 pm SBS Class 7:00-8:30 pm Reducing Hazardous Chemicals in Our Homes	28 8:00-9:15 am Hatha Yoga	29	
30							



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

Learn the facts about building materials.

MILL CITY COMMONS DETAILED CALENDAR – April 2017

Mondays, April 3, 10, 17 & 24; 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, April 3; 7:00 – 8:30 pm

Conflicts of Interest and the New Administration

Join us as Richard Painter, University of Minnesota law professor and a top ethics scholar who worked as George W. Bush's chief ethics lawyer, discusses conflicts of interest for the president of the United States and other government officials. Professor Painter's talk will include discussion of the U.S. Constitution, conflict of interest laws and the practices used by government officials to comply. There will be ample time for questions.

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

Washburn Lofts Common Room

700 2nd St. S.

MCC MEMBERS

Tuesdays & Thursdays, April 4, 6, 11, 13, 18, 20, 25 & 27; 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*

Tuesday, April 4; 6:30 – 9:30 pm

Guthrie Play Reading – Stone Arch Group

Enjoy this month's play reading of "The Bluest Eye." Based on Toni Morrison's first novel, "The Bluest Eye" is a heartrending coming of age story about a young black girl in 1940s Ohio. Pecola Breedlove wants nothing more than to be loved, but she's only met with ridicule and abuse. Confronting turmoil at home, she prays for Shirley Temple's blue eyes, believing their beauty is the only thing standing between her and the happiness of the white girls at school. By turns beautiful and harrowing, this powerful adaptation explores the destructive power of a racist society and the strength of a community attempting to embrace an era of change. 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

Wednesdays & Fridays, April 5, 7, 12, 14, 19, 21, 26 & 28; 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, April 5; 9:30 – 10:30 am

Rendezvous Readers' Book Chat

Join us to discuss *Hillbilly Elegy* by J.D. Vance. *Hillbilly Elegy* is a passionate and personal analysis of a culture in crisis—that of white working-class Americans. The decline of this group, a demographic of our country that has been slowly disintegrating over 40 years, has been reported on with growing frequency and alarm, but has never before been written about as searingly from the inside. J. D. Vance tells the true story of what a social, regional and class decline feels like when you were born with it hung around your neck. A deeply moving memoir with its share of humor and vividly colorful figures, *Hillbilly Elegy* is the story of how upward mobility really feels. And it is an urgent and troubling meditation on the loss of the American dream for a large segment of this country.

If you'd like to read ahead, May's book is *The Rosie Project* by Graeme Simsion. Have a book suggestion for the Book Chat? Email Barbara Goldner.

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

Wednesday, April 5; 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

Thursdays, April 6 & 20; 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, April 6, 13, 20 & 27; 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

Thursday, April 6; 3:30 – 5:00 pm

Thursday, April 20; 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*

Tuesday, April 11; 1:00-2:30 pm

Technology Workshop: Technology Tools for Travelers

Join us for the first in a three-part series focusing on useful apps, accessories and tips for traveling with your iPhone or iPad. The series will cover tools that can help you stay in touch, save money, navigate your way in a new place and discover interesting sites. This first class will cover apps to use for accommodations, transportation and airline travel, such as Airbnb, Lyft, Uber, Roadtrippers, FlySmart, My TSA and more. The workshop is limited to 15 attendees, and it will cover iPhones only, not Android devices. You do not need to participate in all three workshops to attend. 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

Wednesdays, April 12, 19 & 26; 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, April 12 & 26; 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.

Cobalt Condos

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

MCC MEMBERS & GUESTS*

Wednesdays, April 12 & 26; 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.

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

Washburn Lofts

700 S. 2nd St.

MCC MEMBERS & GUESTS*

Thursdays, April 13 & 27; 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.

Abilitan's Porter Cafe

428 2nd St. S.

MCC MEN & GUESTS

Thursday, April 13; 7:00 - 8:30 pm

MN Public Policy: Gun Violence and What We Can Do to Prevent It

After officiating at six funerals for gun violence victims, the Rev. Nancy Nord Bence, an ordained Lutheran pastor, felt called to leave parish ministry and join the gun reform movement. She now serves as Executive Director of Protect Minnesota, the only

independent, state-based gun violence prevention organization in Minnesota. Protect Minnesota promotes a culture of health and safety for all Minnesotans by reducing gun deaths and injuries through education, organization and advocacy. Nord Bence will speak to us about gun violence and what we can do to prevent it.

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

Winslow House

100 2nd St S.E.

MCC MEMBERS

Mondays, April 17 & 24; 8:00 – 9:30 am

Waterfowl Walk

Each year, hundreds of thousands of birds stream through Minnesota on their annual migrations. The Minneapolis Chain of Lakes is a great place to observe them. In these walks led by Jamie McBride, lead naturalist with the Minneapolis Park and Recreation Board, we'll be watching for geese, ducks, swans, pelicans and more. Bring binoculars and field guides, if you have them (we'll also have some to borrow). The April 17 session will meet at the [Lake Harriet Bandshell](#). Location for the April 24 walk to be announced.

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

April 17: Lake Harriet Bandshell, 4235 E. Lake Harriet Blvd.

April 24: Location TBD

MCC MEMBERS & GUESTS*

Monday, April 17; 1:00 – 3:30 pm

MSP International Film Festival Screening: "The Chocolate Case"

The Cynthia Froid Group hosts a special free screening for MCC members and guests of "The Chocolate Case." When a 2002 newspaper article casually reported the news of child slavery in the production of cocoa, Dutch journalists Teun van de Keuken, Maurice Dekkers and Roland Duong decided to try and make a difference. Working diligently, their research revealed that child labor was used in every chocolate product, even those with the Fair Trade logo on it, and that big corporations like Nestlé are eager to sweep such information under the proverbial rug. Frustrated that their efforts weren't getting more attention, van de Keuken came up with a novel idea: to sue himself, as a consumer of chocolate, for complicity in child slavery. The case really made it to court, and three years later a verdict was passed. Benthe Forrer's moving documentary is a captivating look at this little-known issue. A reception will follow the film in the River Room at the Aster Cafe. **RSVP to Cynthia Froid with attendee names and date of screening: admin@cynthiafroid.com.**

To RSVP, email Cynthia Froid at admin@cynthiafroid.com

St. Anthony Main Theatre

115 Main St. S.E.

Reception: Aster Café River Room

125 Main St. S.E.

MCC MEMBERS & GUESTS*

Monday, April 17; 7:00 – 8:30 pm

Great Decisions: Trade, Jobs and Politics

The U.S. political mood toward trade has gone sour. One need look no further than the 2016 presidential contest for the popular narrative: Trade means that China wins, at America's expense. But do the numbers support that conclusion? The metrics used to gauge economic strength—gross domestic product and balance of trade—have not

kept up with the realities of modern manufacturing. Obtaining an accurate picture of U.S. economic stature requires a critique of those numbers. Only then can the U.S. develop appropriate policy solutions for the challenges at hand. Our speaker, Ambassador Ross Wilson, is a distinguished fellow at the Atlantic Council and a visiting lecturer in international affairs at George Washington University. In his 30-year career in the U.S. Foreign Service, he served as American ambassador to Turkey and Azerbaijan, held assignments at several U.S. embassies and served in numerous State Department roles.

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 D104

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

Tuesday, April 18; 6:00 - 9:00 pm

Guthrie Play Reading – North Star Group

Enjoy this month's play reading of "The Bluest Eye." Based on Toni Morrison's first novel, "The Bluest Eye" is a heartrending coming of age story about a young black girl in 1940s Ohio. Pecola Breedlove wants nothing more than to be loved, but she's only met with ridicule and abuse. Confronting turmoil at home, she prays for Shirley Temple's blue eyes, believing their beauty is the only thing standing between her and the happiness of the white girls at school. By turns beautiful and harrowing, this powerful adaptation explores the destructive power of a racist society and the strength of a community attempting to embrace an era of change. 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

Wednesday, April 19; 1:00 – 2:30 p.m.

Overland Gallery Tour

Join us for a tour of the Overland Gallery of Fine Art, a full-service gallery housing both the largest collection of Russian art outside of Russia and an extensive art restoration workshop. The tour will offer a chance to view some of the collection and to observe the skill of the conservators and restorers as they work on parts of the collection. MCC members may have seen some of the Gallery's paintings on exhibition at the Museum of Russian Art, as Overland has generously loaned several of its works to the museum.

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

Overland Gallery of Fine Art

5916 Pleasant Ave. S.

MCC MEMBERS

Sunday, April 23; 12:00 – 2:00 pm

Sunday Brunch Soiree

Join your friends and neighbors for the MCC Sunday Brunch Soiree, hosted by Sam and Sylvia Kaplan. Please contribute to the potluck by bringing brunch fare--**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.**

The Landings

510 River St.

MCC MEMBERS

Monday, April 24; 1:00 – 3:30 pm

MSP International Film Festival Screening: "Ministry of Love"

The Cynthia Froid Group hosts a special free screening for MCC members and guests of "Ministry of Love," with the film's director attending. Desperately searching for ways to trim their bloated budget, Croatia's government officials hatch a unique plan: send spies to follow the country's many war widows and try to uncover clandestine lovers, nullifying the meager pensions that the state owes them. Thus is created The Ministry of Love, and one of its most hapless bureaucrats is poor Krešo, a 40-year-old man desperate for money and respect, a biologist whose true vocation seems utterly worthless in his country, a lonely soul stuck in a dead-end marriage. When the opportunity arrives to become a spy for the Ministry, our hero takes a chance at this potential for redemption, and finds a lot more than he bargained for. With award-winning actor Stjepan Perić as Krešo's bumbling partner, Šikić, "The Ministry of Love" is a witty romantic comedy that celebrates good people seeking elusive dreams. A reception will follow the film in the River Room at the Aster Cafe. **RSVP to Cynthia Froid with attendee names and date of screening: admin@cynthiafroid.com.**

To RSVP, email Cynthia Froid at admin@cynthiafroid.com

St. Anthony Main Theatre

115 Main St. S.E.

Reception: Aster Café River Room

125 Main St. S.E.

MCC MEMBERS & GUESTS*

Tuesday, April 25; 9:30 am – 1:00 pm

"A Day in the Life" Tour

Homelessness is a significant problem in our community, but not well understood by most of us. St. Stephen's Human Services works to meet the needs of homeless people by providing food, shelter and services to help them return to a more stable life. "A Day in the Life" will help us better understand the causes of homelessness and programs working to address it. We'll visit a mix of shelters, drop-in centers and other services to learn about homelessness. This is a walking tour covering several miles, but accommodation is possible. At the end, our group visits a place that serves free lunch, where we'll have the opportunity to talk with people and better understand their experience. Cost for the tour is \$40 per person; reservations are due by April 11.

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

St. Stephen's Shelter

2211 Clinton Ave. S.

MCC MEMBERS & GUESTS*

Tuesday, April 25; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour at the new Radisson Red's Oui Bar + Ktchn. Hosted by Jan and Linda Willette, this gathering is a time to catch up with friends and neighbors over drinks and small bites. Dutch treat—no reservations required! The Oui Bar + Ktchn is graciously preparing an array of complimentary appetizers for our group as a way to introduce MCC members to this new dining venue. The bar has Happy Hour pricing until 7:00 p.m. If you'd like to stay for dinner, reservations can be made by calling (612) 252-5400.

Radisson Red

609 3rd St. S.

MCC MEMBERS & GUESTS

Thursday, April 27; 7:00 - 8:30 pm

Reducing Hazardous Chemicals in Our Homes

Did you know that the building products found in your home can affect your health? From lead poisoning to cancer to asthma, building materials can impact our health as much as the food we eat, the water we drink or the air we breathe. Most people think that chemicals used in building products are strictly regulated or tested for human health impacts, but that's not the case. In fact, it's difficult to get clear and reliable information about product ingredients. Healthy Building Network has developed a national initiative, called HomeFree, to help the public learn about healthier and cost-competitive options to reduce hazardous chemicals in building products. Please join Gina Ciganik, CEO of Healthy Building Network, to learn more about this issue and how you can find healthier product options for your home. Liz and Van Hawn host at Lourdes Square.

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

Lourdes Square

186 Bank St. S.E.

MCC MEMBERS

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