

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 4:00-5:00 pm Dutch Treat Social Hour <div> Fitness trend: A chance to watch, listen & try! </div>	2 7:30-8:30 am River Walkers 10:00-11:30 am Learn About the CrossFit Craze! 1:30-3:00 pm Program Committee Meeting	3 8:00-9:15 am Hatha Yoga 9:30-10:30 am Rendezvous Readers Book Chat 7:00-8:30 pm Minnesota Center for Book Arts Tour	4 7:30-8:30 am River Walkers 7:30-8:30 am Men's C&C 2:00-3:00 pm SBS Class 3:30-5:00 pm Our Turn	5 8:00-9:15 am Hatha Yoga	6	
7	8 1:00-2:30 pm Technology Workshop: Technology Tools for Travelers 4:00-5:00 pm Dutch Treat Social Hour <div> The second in our tech-savvy traveler series! </div>	9 7:00-9:00 am Birding Walk 1 7:30-8:30 am River Walkers 7:00-8:30 pm Author Celebration: Fred Amram <div> A Holocaust survivor and immigrant shares his story. </div>	10 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 4:00-5:30 pm MCC Board Meeting 5:30-6:30 pm Trial Member Meet & Greet	11 7:30-8:30 am River Walkers 10:30-11:30 am Nosy Neighbor Tour: East Side Neighborhood Services 11:30-12:30 pm Men's Dutch Lunch 2:00-3:00 pm SBS Class	12 8:00-9:15 am Hatha Yoga	13	
14 MOTHER'S DAY	15 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: Saudi Arabia in Transition	16 7:00-9:00 am Birding Walk 2 7:30-8:30 am River Walkers 5:00-6:00 pm Happy Hour <div> Get the latest scoop on this future park site. </div>	17 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 1:30-2:30 pm Water Works Tour	18 7:30-8:30 am River Walkers 7:30-8:30 am Men's C&C 10:00-11:30 am Our Turn 2:00-3:00 pm SBS Class	19 8:00-9:15 am Hatha Yoga	20	
21 5:00-7:00 pm Sunday Soiree	22 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm What Is Clean Water Worth? <div> A scientist helps us understand this critical issue. </div>	23 7:00-9:00 am Birding Walk 3 7:30-8:30 am River Walkers	24 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 7:00-8:30 pm Treasures from the Archives	25 7:30-8:30 am River Walkers 11:30-12:30 pm Men's Dutch Lunch 2:00-3:00 pm SBS Class <div> A historical look at the 140-year-old Our Lady of Lourdes parish and neighborhood. </div>	26 8:00-9:15 am Hatha Yoga	27	
28	29 MEMORIAL DAY 4:00-5:00 pm Dutch Treat Social Hour	30 7:00-9:00 am Birding Walk 4 7:30-8:30 am River Walkers 1:30-3:00 pm Program Committee Mtg	31 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 10:30-11:30 am Sneak Peek: New Minneapolis Sculpture Garden	<div> MCC Birding Walks are back! Join a naturalist on Tuesday mornings in May. </div>			



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 – MAY 2017

Mondays, May 1, 8, 15, 22 & 29; 4:00 - 5:00 pm

Dutch Treat Social Hour at the Aster Café

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! Join us for casual conversation at the Aster Café. Take this opportunity to meet new members and reconnect with some you haven't seen lately. Dutch treat--no reservations required.

Aster Café

125 Main St. S.E.

MCC MEMBERS & GUESTS

Tuesdays & Thursdays, May 2, 4, 9, 11, 16, 18, 23, 25 & 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*

Tuesday, May 2; 10:00-11:30 am

Learn About the CrossFit Craze!

Join us to talk about the latest trends in fitness, health and nutrition. Wear something comfortable and come ready to try (if you want!) a low-impact, breathing-focused, flexibility and mobility-designed program that builds strength and a heart rate conditioning base. Logan Uu coaches CrossFit, CrossFit Chill, and yoga at the Power House and played football at the University of Minnesota. Julie Causey is one of the Power House athletes and is globally ranked in CrossFit in Women 50-54.

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

Bridgewater Community Room

215 10th Ave. S.

MCC MEMBERS

Wednesdays & Fridays, May 3, 5, 10, 12, 17, 19, 24, 26 & 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

Wednesday, May 3; 9:30 – 10:30 am

Rendezvous Readers' Book Chat

Join us to discuss *The Rosie Project* by Graeme Simsion. The art of love is never a science: Meet Don Tillman, a brilliant yet socially inept professor of genetics, who's decided it's time he found a wife. In the orderly, evidence-based manner with which Don approaches all things, he designs The Wife Project to find his perfect partner: a 16-page, scientifically valid survey to filter out the drinkers, the smokers, the late arrivers. Rosie Jarman possesses all these qualities. Don easily disqualifies her as a candidate for The Wife Project (even if she is "quite intelligent for a barmaid"). But Don is intrigued by Rosie's own quest to identify her biological father. When an unlikely relationship develops as they collaborate on The Father Project, Don is forced to confront the spontaneous whirlwind that is Rosie—and the realization that, despite your best scientific efforts, you don't find love, it finds you.

If you'd like to read ahead, June's book is *Our Souls at Night* by Ken Haruf. Have a book suggestion for the Book Chat? Email [Barbara Goldner](mailto:Barbara.Goldner).

Abiitan's Porter Café

428 2nd St. S.

MCC MEMBERS & GUESTS

Wednesday, May 3; 7:00 - 8:30 pm

Minnesota Center for Book Arts Tour

Join us at the Minnesota Center for Book Arts for a special evening of art and community! Enjoy a wine and cheese reception and tour MCBA's historic facility, including its galleries, library and artist studios specializing in bookbinding, papermaking and letterpress printing.

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

Minnesota Center for Book Arts

1011 Washington Ave. S.

MCC MEMBERS

Thursdays, May 4 & 18; 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, May 4, 11, 18 & 25; 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, May 4; 3:30 – 5:00 pm

Thursday, May 18; 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*

Monday, May 8; 1:00-2:30 pm

Technology Workshop: Technology Tools for Travelers

Join us for the second 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 second class will cover communication tools such as apps and iPhone features for communicating while traveling abroad, connecting to cell service outside of the U.S., sharing travel photos, and using foreign languages and currencies. The workshop is limited to 12 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 A

MCC MEMBERS

Tuesdays, May 9, 16, 23 & 30; 7:00 – 9:00 am

Birding Walks

Celebrate spring with a series of four bird-watching walks along the river! We hope to see migrating warblers and other songbirds. Jamie McBride, Naturalist Education Coordinator with the Minneapolis Park and Recreation Board, will lead the walks along with master birding volunteer Greg Severson. Meet for the May 9 walk at the [Nicollet Island Pavilion](#). Locations for the remaining walks to be announced.

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

May 9: Nicollet Island Pavilion

May 16, 23 & 30: Locations to be announced

MCC MEMBERS & GUESTS*

Tuesday, May 9; 7:00 - 8:30 pm

Author Celebration: Fred Amram

Join us as Fred Amram, University of Minnesota Professor Emeritus of communication and creativity, shares stories from his riveting memoir, *We're in America Now: A Survivor's Stories*. Born in Germany during the rise of Hitler in the 1930s, Amram and his surviving family escaped to Holland and sailed to America, where they encountered many challenges as immigrants in a new world. This country truly became a land of opportunity where they built a new life and became more than "Holocaust survivors."

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

RiverWest Community Room

401 1st St. S.

MCC MEMBERS & GUESTS*

Wednesdays, May 10, 17, 24 & 31; 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, May 10 & 24; 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 August. **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, May 10 & 24; 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*

Thursday, May 11; 10:30 – 11:30 am

Nosy Neighbor Tour: East Side Neighborhood Services

Join former MCC Executive Director Linnea Tweed for a tour of East Side Neighborhood Services. Founded in 1915, East Side is a multiservice agency with programs in the areas of child and youth development, education, employment, family violence prevention, senior services and food support. Linnea leads the Empowering Vital Aging (EVA) project at East Side. In addition to developing new initiatives to enhance aging in place, EVA serves as an umbrella for other vital programs that address needs of underserved older adults: The Senior Community Service Employment Program, Metro Food Programs, Handicap Accessible Transportation and Adult Day at Friendship Center.

OPTIONAL: If you wish to stay for lunch, served at 11:45 am by Volunteers of America, please make a reservation by May 4 with Betsy Wray at betsywray@millcitycommons.org. Cost is \$5.50 and can be paid on May 11.

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

East Side Neighborhood Services

1700 2nd St. N.E.

MCC MEMBERS

Thursdays, May 11 & 25; 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. Questions? Email Allan Burdick at alburd4057@gmail.com.

Abiitan's Porter Cafe

428 2nd St. S.

MCC MEN & GUESTS

Monday, May 15; 7:00 – 8:30 pm

Great Decisions: Saudi Arabia in Transition

As Saudi Arabia struggles to adjust to the drastic decline in oil revenue, Deputy Crown Prince Mohammad bin Salman attempts to boldly transform the country and shift more power to the younger generation. At the same time, many countries such as the U.S. point out the lack of democracy, women's rights and human rights in Saudi Arabia and blame its promotion of Wahhabism, an extremely conservative version of Islam, for creating jihadists. Bipartisan criticism of Saudi Arabia is rising in Congress. Both countries need each other, but they are at a crossroads in bilateral relations. Speaker Molly Hayes worked for the U.S. Department of State from 2008-2014 as an advisor on foreign policy issues in East Africa, the Middle East and North Africa. Hayes served as the State Department's counterterrorism advisor for East Africa, desk officer for Kenya, Morocco, Western Sahara and Tunisia, and assistant to the Coordinator for Counterterrorism. She was also a deputy coordinator of the State Department's Egypt Task Force during the 2011 Arab Spring. Hayes holds a BA from the University of Notre Dame in English and Arabic and has lived in Cairo, Egypt, and County Kildare, Ireland.

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, May 16; 5:00 – 6:00 pm

Tuesday Happy Hour

Join us for Tuesday Happy Hour—a little earlier this month—at Blarney Pub & Grill. Hosted by Katie and Ken Searl, Happy Hour is a time to catch up with friends and neighbors over drinks and small bites. Dutch treat—no reservations required!

Blarney Pub & Grill

903 Washington Ave. S.

MCC MEMBERS & GUESTS

Wednesday, May 17; 1:30 – 2:30 pm

Nosy Neighbor Tour: Water Works

Join the Minneapolis Parks Foundation Executive Director Tom Evers and board member Sue Bennett on a walking tour of the future Water Works site. Located on the birthplace of Minneapolis's milling district, Water Works is a future park site being reimagined by the Minneapolis Parks Foundation in partnership with the Minneapolis Park and Recreation Board to create a world-class place of arrival in the Central Riverfront district. This summer, the former Fuji Ya building will be deconstructed to begin the process of transforming the site into a signature park space. Participants will get a personalized tour of the site before construction, including stories of the site's history and the people who used the land before current times. **Optional:** *Return to Mill City Quarter at the end of the tour for refreshments!*

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

Mill City Quarter Club Room

322 2nd St. S.

MCC MEMBERS

Sunday, May 21; 5:00 - 7:00 pm

Sunday Soiree

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Bruce Pankonin and Nancy Darcy. Please contribute to the potluck by bringing a hearty hors d'oeuvre, main dish salad or dessert to serve at least 8. 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.

Fifth Avenue Lofts Community Room

401 2nd St. N.

MCC MEMBERS

Monday, May 22; 7:00 – 8:30 pm

What Is Clean Water Worth? Accounting for the True Value of Water in Minnesota

Minnesota has abundant clean water resources that enhance recreation, support regional economic development, and promote cultural values and sense of place. At the same time, society continues to undervalue clean water: We overuse and pollute water resources leading others to "pay" for degraded water quality. How can we better account for the true value of clean water? And how can this information be used to inform policy and behavior? Drawing on recent advances in ecology and economics, Dr. Bonnie Keeler will describe evidence for how clean water affects households and communities in Minnesota and what may be at stake if we fail to internalize the true cost of water in decisions. Keeler is a program director and lead scientist at the University of Minnesota's Institute on the Environment where she oversees the Natural Capital Project, a partnership between universities and conservation organizations that aims to mainstream the value of nature in decisions.

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

Winslow House

100 2nd St. S.E.

MCC MEMBERS

Wednesday, May 24; 7:00 – 8:30 pm

Treasures from the Archives

Our Lady of Lourdes is the oldest church in continuous use in Minneapolis. This year marks the 140th anniversary for the parish, and preparations for the celebration included a deep dive into the church archives. MCC member Julie Craven will share some of the items and information that were found and talk about how both the neighborhood and the parish have evolved since the French-Canadian settlers made Lourdes their parish home back in 1877.

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

Our Lady of Lourdes Catholic Church, Hofstede Hall

1 Lourdes Place

MCC MEMBERS

Wednesday, May 31; 10:30 – 11:30 am

Sneak Peek: New Minneapolis Sculpture Garden

The Minneapolis Sculpture Garden was dedicated in 1988 and expanded in 1992. Now, 2017 marks the completion of Walker Art Center's 19-acre campus, with the Sculpture Garden opening on June 3. Join us for an overview of these changes. Discover popular Sculpture Garden sculptures in new locations, infrastructure enhancements, and descriptions of public art commissions by local, national and international artists.

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

RiverWest Community Room

401 1st St. S.

MCC MEMBERS

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