

# July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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2	3 4:00-5:00 pm Dutch Treat Social Hour	4 <b>INDEPENDENCE DAY</b> 7:30-8:30 am River Walkers  <b>MCC OFFICE CLOSED</b>	5 8:00-9:15 am Hatha Yoga 9:30-10:30 am Rendezvous Readers Book Chat 3:00-5:00 pm Social Bridge	6 7:30-8:30 am River Walkers 11:30 am-12:30 pm Men's Dutch Lunch	7 8:00-9:15 am Hatha Yoga	8	
9	10 4:00-5:00 pm Dutch Treat Social Hour 1:00-2:30 pm Technology Help Desk  Schedule time with a tech guru!	11 7:30-8:30 am River Walkers 10:00-11:00 am Exploring Meditation 10:30 am-12:00 pm Nosy Neighbor Tour: Dunwoody College 6:30-9:30 pm Guthrie Play Reading Stone Arch  Learn more about this 103-year-old institution.	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 4:00-5:30 pm MCC Board Meeting 7:00-8:30 pm Understanding Turkey Today	13 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  Ross Wilson, former U.S. Ambassador to Turkey, gives us an update.	14 8:00-9:15 am Hatha Yoga 10:30-11:30 am Minneapolis Sculpture Garden Tour  Join us for a guided tour of this Minneapolis gem!	15	
16 5:00-7:00 pm Sunday Soiree  Mingle with MCC friends on the Phoenix deck!	17 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm The President, the Press and Our Democracy	18 7:30-8:30 am River Walkers 10:00-11:00 am Exploring Meditation  Member Joel Kramer will speak.	19 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 3:00-5:00 pm Social Bridge 7:00-8:30 pm Minneapolis Madams: The Fascinating History of Prostitution on the Riverfront	20 7:30-8:30 am River Walkers 11:30 am-12:30 pm Men's Dutch Lunch 2:00-3:00 pm SBS Class  A historian reveals Minneapolis' bordello history!	21 8:00-9:15 am Hatha Yoga	22	
23	24 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Support Your Art Habit!  Come to this "meetup" for members interested in the arts.	25 7:30-8:30 am River Walkers 10:00-11:00 am Exploring Meditation 5:00-6:00 pm Happy Hour  Join us for drinks and small bites at Bev's Wine Bar.	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 1:30-3:00 pm Historic Milwaukee Avenue Walking Tour 6:00-9:00 pm Guthrie Play Reading North Star	27 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  A cool tour for history and architecture buffs!	28 8:00-9:15 am Hatha Yoga	29	
30	31 4:00-5:00 pm Dutch Treat Social Hour						



**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 – July 2017

**Mondays, July 3, 10, 17, 24 & 31; 4:00 - 5:00 pm**

### **Dutch Treat Social Hour at the Aster Cafe**

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**

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**Tuesdays & Thursdays, July 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\***

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**Wednesdays & Fridays, July 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**

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**Wednesday, July 5; 9:30 – 10:30 am**

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

Join us to discuss *A Gentleman in Moscow* by Amor Towles. *A Gentleman in Moscow* immerses us in an elegantly drawn era with the story of Count Alexander Rostov. When, in 1922, he is deemed an unrepentant aristocrat by a Bolshevik tribunal, the count is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors. Unexpectedly, his reduced circumstances provide him a doorway into a much larger world of emotional discovery. Brimming with humor, a glittering cast of characters, and one beautifully rendered

scene after another, this singular novel casts a spell as it relates the count's endeavor to gain a deeper understanding of what it means to be a man of purpose.

If you'd like to read ahead, August's book is *Americanah* by Chimamanda Ngozi Adichie. Have a book suggestion for the Book Chat? Email [Barbara Goldner](mailto:Barbara.Goldner@gmail.com).

**Abiitan's Porter Cafe**  
**428 2<sup>nd</sup> St.S.**  
**MCC MEMBERS & GUESTS**

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**Wednesdays, July 5 & 19; 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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**Thursdays, July 6 & 20; 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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**Monday, July 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-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**  
**125 Main St. S.E., Suite 339**  
**MCC MEMBERS**

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**Tuesdays, July 11, 18 & 25; 10:00 – 11:00 am**

**Exploring Meditation**

Mill City Commons members have launched a six-week summer meditation series that offers the opportunity to explore a regular meditation practice. The meditation will be a peaceful guided experience that is intended to increase a feeling of calm, reduce stress and clear the clutter in your mind. Members Joan Patterson and Linda Dolan are

facilitating the summer series, which will meet on consecutive Tuesdays from 10:00 to 11:00 am through August 1 (skipping July 4).

**Registration is now closed.** For those who are interested in joining, contact Betsy Wray to learn more about future meditation series: [betsywray@millcitycommons.org](mailto:betsywray@millcitycommons.org).

**Home of Joan Patterson**  
**618 3<sup>rd</sup> Ave. S.E.**  
**MCC MEMBERS**

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**Tuesday, July 11; 10:30 am – 12:00 pm**

**Nosy Neighbor Tour: Dunwoody College of Technology**

Dunwoody College, founded in 1914, is the oldest institution of its kind in the Upper Midwest. Join us to learn more about its history, its impact on the Twin Cities and its future outlook. Following the presentation, we'll tour the state-of-the-art facilities and labs to explore what Dunwoody students are learning and creating in fields such as mechanical engineering, robotics, construction and design.

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

**Dunwoody College of Technology**  
**818 Dunwoody Blvd.**  
**MCC MEMBERS**

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**Tuesday, July 11; 6:30 – 9:30 pm**

**Guthrie Play Reading – Stone Arch Group**

Enjoy this month's play reading of "Native Gardens." In this brilliant new comedy, cultures and gardens clash, turning well-intentioned neighbors into feuding enemies. Pablo, a rising attorney, and doctoral candidate Tania, his very pregnant wife, have just purchased a home next to Frank and Virginia, a well-established D.C. couple with a prize-worthy English garden. But an impending barbecue for Pablo's colleagues and a delicate dispute over a longstanding fence line soon spirals into an all-out border dispute, exposing both couples' notions of race, taste, class and privilege. 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> S. St., #302**  
**MCC MEMBERS**

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**Wednesdays, July 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 2<sup>nd</sup> St. S.**  
**MCC MEMBERS & GUESTS**

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**Wednesdays, July 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 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](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, July 12; 7:00 - 8:30 pm**

**Understanding Turkey Today**

Few if any U.S. allies seem so troubled domestically—and so crucial to American success in the Middle East—as Turkey. It confounds the United States and Europe, and Turkey has many frustrations of its own, as well. How should one understand what is happening in Turkey, what are our interests with the country and the region around it, and what issues will determine Washington's ability to successfully pursue them? Speaker Ross Wilson is a distinguished senior fellow at the Atlantic Council, visiting lecturer in international affairs at George Washington University and chairman of the Board of Governors of the Institute of Turkish Studies. One of his posts in the course of a 30-year career in the U.S. Foreign Service was as American ambassador to Turkey in 2005-2008.

**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, July 13 & 27; 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, July 13; 10:00 - 11:30 am**

**Thursday, July 27; 3:30 – 5:00 pm**

**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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**Thursdays, July 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 2<sup>nd</sup> St. S., #100**

**MCC MEMBERS**

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**Friday, July 14; 10:30 – 11:30 am**

**Minneapolis Sculpture Garden Tour**

Learn more about the art and artists of the newly reopened Minneapolis Sculpture Garden in this MCC walking tour. Discover new icons, such as Katharina Fritsch's "Hahn/Cock" or Robert Indiana's "Love," and hear more about beloved favorites. The reconstructed Garden has many new features—did you know "Spoonbridge and Cherry" now uses recycled storm water? Explore how art and environment come together in this crown jewel of the city's park system. Meet our group in front of the Walker on the Wilf Family Plaza at the main entrance.

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

**Minneapolis Sculpture Garden,**

**725 Vineland Place**

**MCC MEMBERS**

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**Sunday, July 16; 5:00 - 7:00 pm**

**Sunday Soiree**

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Karla Ekdahl and Peter Hutchinson. 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.

**The Phoenix River Room, 6<sup>th</sup> floor**

**222 2<sup>nd</sup> St. S.E.**

**MCC MEMBERS**

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**Monday, July 17; 7:00 – 8:30 p.m.**

**The President, the Press and Our Democracy**

Joel Kramer, former editor and publisher of the Star Tribune and co-founder of MinnPost, will talk about the President, the press and our democracy through the first half year of Donald Trump's presidency. He'll explore the strains on the pillars of our democracy and how they're holding up.

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

La Rive Community Room

110 Bank St. S.E.

MCC MEMBERS

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**Wednesday, July 19; 7:00 – 8:30 p.m.**

**Minneapolis Madams: The Fascinating History of Prostitution on the Riverfront**

Our downtown riverfront neighborhood once had three thriving red-light districts within easy walking distance, but only one purpose-built brothel remains standing. Using official city and court documents, historical researcher Penny Peterson will tell the story of the city's secret past and a group of now-forgotten, daring, entrepreneurial women who exerted enormous influence over the city. As a bonus, Penny's husband Ted, an avid researcher of Old-Fashioneds, will share drink history and samples at the evening's end!

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

Home of Dave & Peggy Lucas

Stone Arch Lofts

600 2<sup>nd</sup> St. S., #701

MCC MEMBERS

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**Monday, July 24; 7:00 – 8:30 p.m.**

**Support Your Art Habit!**

Have you heard? Significant research concludes that healthy aging in older adults is enhanced through active participation in the arts. Do you like to sing, dance, write, paint, act or play an instrument? Have you ever wanted to learn more? Now's your chance! Join Aging Well subcommittee members Corin Kagan, Judy Healey, Sonia Cairns and Joan Wright for a "springboard discussion" on ways MCC members can actively participate in the arts. A 15-minute overview of neighborhood classes, lessons, chorale, writing or acting opportunities will be provided, after which participants will divide into four arts affinity group brainstorming sessions to talk further about creative options. A discussion leader will be provided in the following areas: Music/Dance, Theater, Visual Arts and Writing.

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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**Tuesday, July 25; 5:00 – 6:00 pm**

**Last Tuesday Happy Hour**

Join us for Last Tuesday Happy Hour at Bev's Wine Bar. Hosted by Linda and Rod Dolan and Cheryl Grasmoen and Bill Van Essenfeldt, this gathering is a time to catch up with friends and neighbors over drinks and small bites. For nearly 20 years, Bev's has been a local hotspot, serving perfect pours of house-selected wines, beers and cocktails. It features an intimate atmosphere with fantastic views of the downtown skyline. Dutch treat—no reservations required!

Bev's Wine Bar

250 3<sup>th</sup> Ave. N.

MCC MEMBERS & GUESTS

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**Wednesday, July 26; 1:30 – 3:00 pm**

**Historic Milwaukee Avenue Walking Tour**

The Milwaukee Avenue Historic District in the Seward neighborhood of Minneapolis is a half-hidden two-block-long landscaped walking lane with small workers' cottages, whose gingerbread porches in front of brick gabled facades are set right up to the walkway. Its historic designation recognizes this place for its immigrant history as the first homes in America in the late 19th century for Scandinavian and northern European factory worker households, and for its unique architecture and sense of place. The area was slated for demolition in a 1970s neighborhood-wide urban renewal program, but a neighborhood organization, thwarted that plan. Their rehabilitation-oriented renewal program preserved their neighborhood's older character. Architect, activist and author Bob Roscoe will lead the tour. Meet at the corner of Milwaukee and Franklin Avenues. (Milwaukee Avenue is between 22<sup>nd</sup> and 23<sup>rd</sup> Avenues, east of Hiawatha.) **OPTIONAL:** Meet for lunch at noon on the patio of the Seward Café, 2129 E. Franklin Ave.

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

**Milwaukee Avenue Historic District**

**Milwaukee & Franklin Avenues**

**MCC MEMBERS**

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**Wednesday, July 26; 6:00 - 9:00 pm**

**Guthrie Play Reading – North Star Group**

Enjoy this month's play reading of "Native Gardens." In this brilliant new comedy, cultures and gardens clash, turning well-intentioned neighbors into feuding enemies. Pablo, a rising attorney, and doctoral candidate Tania, his very pregnant wife, have just purchased a home next to Frank and Virginia, a well-established D.C. couple with a prize-worthy English garden. But an impending barbecue for Pablo's colleagues and a delicate dispute over a longstanding fence line soon spirals into an all-out border dispute, exposing both couples' notions of race, taste, class and privilege. 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.