


August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 7:30-8:30 am River Walkers 10:00-11:00 am Exploring Meditation 1:30-3:00 pm Program Committee Meeting	2 8:00-9:15 am Hatha Yoga 9:30-10:30 am Rendezvous Readers Book Chat 1:00-2:30 pm Star Tribune Printing Plant Tour 3:00-5:00 pm Social Bridge	3 7:30-8:30 am River Walkers 11:30-12:30 pm Men's Dutch Lunch 2:00-3:00 pm SBS Class <div>See 100-foot-high presses, 2,500 lb. rolls of newsprint & more!</div>	4 8:00-9:15 am Hatha Yoga	5	
6 <div>A local author tells the story of these extraordinary women.</div>	7 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm ← The Black Women of NASA	8 7:30-8:30 am River Walkers 1:00-2:30 pm Technology Help Desk <div>Art Lovers: Learn about this turn-of-the-century movement in NYC.</div>	9 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 ← Spotlight on the Ash Can School of Art	10 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	11 8:00-9:15 am Hatha Yoga	12	Mill City Commons brings together neighbors 55+ residing along or near the downtown riverfront.
13	14 4:00-5:00 pm Dutch Treat Social Hour <div>Get the facts about refugee resettlement in Minnesota.</div>	15 7:30-8:30 am River Walkers 7:00-8:30 pm ← Refugees in Minnesota	16 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 3:00-5:00 pm Social Bridge	17 7:30-8:30 am River Walkers 11:30-12:30 pm Men's Dutch Lunch 2:00-3:00 pm SBS Class 6:00-8:00 pm Twin Cities River Rats Waterski Show <div>Outdoor fun! Bring a blanket & join MCC friends on the riverfront!</div>	18 8:00-9:15 am Hatha Yoga	19	Join us and enjoy: <ul style="list-style-type: none"> Valuable connections to active, welcoming friends who embrace the concept of living in community.
20 <div>Tour this vital resource for low-income adults in our community.</div>	21 4:00-5:00 pm Dutch Treat Social	22 7:30-8:30 am River Walkers 1:30-2:30 pm ← Cora McCorvey Health & Wellness Center Tour <div>MCC's most popular event of the year!</div>	23 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregiver Support Group 5:30-8:00 pm ← MCC Annual Party	24 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	25 8:00-9:15 am Hatha Yoga	26	<ul style="list-style-type: none"> A rich calendar of events, making it easy to engage and have fun as we learn, grow and share together.
27	28 4:00-5:00 pm Dutch Treat Social Hour <div>Get a sneak peek at East Hennepin's newest hot spot—Bardo!</div>	29 7:30-8:30 am River Walkers 1:30-3:00 pm Program Committee Meeting 5:00-6:00 pm ← Last Tuesday Happy Hour	30 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 3:00-5:00 pm Social Bridge	31 7:30-8:30 am River Walkers 11:30-12:30 pm Men's Dutch Lunch 2:00-3:00 pm SBS Class			CONTACT US! www.millcitycommons.org (612) 455-3329 Info@millcitycommons.org

MILL CITY COMMONS DETAILED CALENDAR – AUGUST 2017

Tuesdays & Thursdays, August 1, 3, 8, 10, 15, 17, 22, 24, 29 & 31; 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, August 1; 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.

Home of Joan Patterson

618 3rd Ave. S.E.

MCC MEMBERS

Wednesdays & Fridays, August 2, 4, 9, 11, 16, 18, 23, 25 & 30; 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, August 2; 9:30 – 10:30 am

Rendezvous Readers' Book Chat

Join us to discuss *Americanah* by Chimamanda Ngozi Adichie. Ifemelu and Obinze are young and in love when they depart military-ruled Nigeria for the West. Beautiful, self-assured Ifemelu heads for America, where despite her academic success, she is forced to grapple with what it means to be black for the first time. Quiet, thoughtful Obinze had hoped to join her, but with post-9/11 America closed to him, he instead plunges

into a dangerous, undocumented life in London. Fifteen years later, they reunite in a newly democratic Nigeria and reignite their passion—for each other and for their homeland.

If you'd like to read ahead, September's book is *The Sympathizer* by Viet Thanh Nguyen. Have a book suggestion for the Book Chat? Email [Barbara Goldner](mailto:Barbara.Goldner).

Abiitan's Porter Cafe
428 2nd St. S.
MCC MEMBERS & GUESTS

Wednesday, August 2; 1:00 – 2:30 pm

Star Tribune Printing Plant Tour

To celebrate its 150th anniversary, the Star Tribune is hosting tours of its Heritage Center printing facility. If you like BIG, this is the place to see! The presses are 100 feet high, rolls of newsprint paper weigh 2,500 pounds and the building is the size of nine football fields. Register early, as we have just 12 spots on the tour.

PLEASE NOTE: Closed-toe shoes are required.

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

Star Tribune Heritage Center
800 N.1st St.
MCC MEMBERS

Wednesdays, August 2, 16 & 30; 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@millicitycommons.org.

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

Washburn Lofts
700 S. 2nd St.
MCC MEMBERS & GUESTS*

Thursdays, August 3, 17 & 31; 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.

Abiitan's Porter Cafe
428 2nd St. S.
MCC MEN & GUESTS

Thursdays, August 3, 10, 17, 24 & 31; 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

Mondays, August 7, 14, 21 & 28; 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

Monday, August 7; 7:00 - 8:30 pm

The Black Women of NASA

Dozens of black women worked for NASA as expert mathematicians from the 1940s to the 1960s, and almost no one knows about it. Segregated within NASA facilities in Hampton, Virginia, well-educated Black women used slide rules and pencils to do the calculations for flights by astronauts John Glenn and Alan Shepherd. American Studies Professor Duchess Harris, whose grandmother Miriam Daniel Mann, was one of these extraordinary women, researched the history and co-authored *Hidden Human Computers: The Black Women of NASA*. Harris, chair of the American Studies department at Macalester, will speak about this remarkable history.

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

Carlyle Great Room
100 3rd Ave. S.
MCC MEMBERS

Tuesday, August 8; 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

Wednesdays, August 9, 16, 23 & 30; 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, August 9 & 23; 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*

Wednesday, August 9; 7:00 - 8:30 pm

Spotlight on the Ash Can School of Art

Join us to learn more about the Ash Can School, a small group of artists who sought to document everyday life in turn-of-the-century New York City, capturing it in realistic and unglamorized paintings and etchings of urban street scenes. Local author Robert Gambone highlights Jerome Myers, whose pioneering work places him in the forefront of contemporary realist artists. Myers' focused concentration depicting the environment and inhabitants of New York City's Lower East Side immigrant community allows us to understand these immigrant neighborhoods in a way that would not be possible today if his art did not exist. Speaker Robert Gambone is the author of *Jerome Myers: The Ash Can Artist of the Lower East Side*.

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

ArtAndes Studio

1500 Jackson St. N.E., #285

MCC MEMBERS & GUESTS*

Thursdays, August 10 & 24; 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, August 10; 10:00 - 11:30 am

Thursday, August 24; 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*

Tuesday, August 15; 7:00 - 8:30 pm

Refugees in Minnesota

Over the last three decades, Minnesota has welcomed more than 95,000 refugees and is now home to some of the largest Hmong, Somali and Liberian communities in the United States. Join us for a discussion about refugee resettlement in Minnesota, where we'll answer questions such as: Who is a "refugee"? What's the refugee journey to Minnesota like? What's the transformative impact of refugee communities in Minnesota? What's the future of refugee resettlement with President Trump's travel ban? How can I get involved? Speaker Molly Hayes was most recently Program Director at the International Institute of Minnesota, where she oversaw workforce development and education programs for New Americans (refugees and immigrants) across the Twin Cities. Previously, Hayes was a U.S. State Department foreign policy advisor focused on the Middle East and Africa.

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

DeLaSalle High School

1 DeLaSalle Drive, Room D104

MCC MEMBERS

Thursday, August 17; 6:00 – 8:00 p.m.

Twin Cities River Rats Waterski Show

Minnesota is the birthplace of waterskiing, and the Mississippi River is the home of the Twin Cities River Rats Water Ski Show Team! Join MCC friends on the banks of the Mississippi for one of the Rats' hour-long shows, where they combine various waterskiing acts with skits and music. We'll meet at 6:00 pm to grab a viewing spot, and then order pizzas from nearby Broadway Pizza or visit one of the concessions on site. A development show (with newer or younger River Rats) starts at 6:30 pm, followed by The Big Show at 7:00 pm. Park on West River Road south of Broadway. Bring blankets or chairs.

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

Twin Cities River Rats

1758 W. River Rd. N.

MCC MEMBERS & GUESTS*

Tuesday, August 22; 1:30 – 2:30 pm

Cora McCorvey Health and Wellness Center Tour

Join us for a tour of the [Cora McCorvey Health and Wellness Center](#) in Heritage Park. Part of a health and wellness campus, the Center is a "one-stop shop" of services developed specifically for mature/older adults. Learn how the Center was developed in collaboration with distinguished agencies and service providers to offer a wide range of services to older adults in our community.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.
Cora McCorvey Health and Wellness Center
1015 N. 4th Ave.
MCC MEMBERS & GUESTS*

Wednesday, August 23; 5:30 – 8:00 pm

Annual Member Party

Join us for one of MCC's most popular events of the year—the Annual Member Party! This year's gala will take place right in the neighborhood at the Minnesota Center for Book Arts in the Open Book building. Happy hour starts at 5:30 pm on the second floor in the Target Performance Hall, followed by a buffet of hearty hors d'oeuvres from 6:30 to 8:00 pm in the Minnesota Center for Book Arts studio on the main floor. Enjoy a slideshow with a year's worth of MCC photos, and visit the MCBA gift shop, if you wish. Metered parking is available on the street; ramp parking is available in the Riverfront Ramp across from the Guthrie on 2nd Street.

Registrations are due by August 11. This is an MCC members-only event.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.
Open Book/Minnesota Center for Book Arts
1011 Washington Ave. S.
MCC MEMBERS

Tuesday, August 29; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour at [Bardo](#), East Hennepin's newest restaurant, helmed by chef Remy Pettus. Hosted by Cecily Hines & Tom Pettus and Dave & Peggy Lucas, this gathering is a time to catch up with friends and neighbors over drinks and small bites. Dinner will not be available after Happy Hour, as Bardo is not normally open on Tuesdays—this special evening is just for MCC members and guests! Dutch treat—no reservations required.

Bardo
222 E. Hennepin Ave.
MCC MEMBERS & GUESTS

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