


September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	BACK BY POPULAR DEMAND! The first in our 3-part Traveling with Technology series on Sept. 12!				1 8:00-9:15 am Hatha Yoga	2	 <p>Mill City Commons brings together neighbors 55+ residing along or near the downtown riverfront.</p> <p>Join us and enjoy:</p> <ul style="list-style-type: none"> 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. <p>CONTACT US! www.millcitycommons.org (612) 455-3329 Info@millcitycommons.org </p>
3	4 LABOR DAY 4:00-5:00 pm Dutch Treat Social Hour MCC OFFICE CLOSED	5 7:30-8:30 am River Walkers <div> NEW! Once-a-month evening men's group. Join us! </div>	6 8:00-9:15 am Hatha Yoga 9:30-10:30 am Rendezvous Readers Book Chat 5:00-6:30 pm Men's After Hours Connect <div> The Brackens host a chamber concert in their home. </div>	7 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 7:00-8:30 pm Concert: A Musical Offering	8 8:00-9:15 am Hatha Yoga 10:30-12:00 pm Nosy Neighbor Tour: Washburn Center for Children <div> Tour this new and unique nature-infused facility. </div>	9	
10 <div> Informative & fun class for food-lovers! </div>	11 11:00 am-12:00 pm Cooks of Crocus Hill Class: Say Cheese! 4:00-5:00 pm Dutch Treat Social Hour <div> The first in MC'C's new U of M speaker series! </div>	12 7:30-8:30 am River Walkers 1:00-2:30 pm Technology Workshop: Traveling with Technology 7:00-8:30 pm Driven to Discover: Is the North Loop Losing Its Cool?	13 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	14 7:30-8:30 am River Walkers 11:30-12:30 pm Men's Dutch Lunch 2:00-3:00 pm SBS Class	15 8:00-9:15 am Hatha Yoga	16	
17 5:00-7:00 pm Sunday Soiree	18 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: Conflict in the South China Sea	19 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation <div> Hear experts on this important & timely issue. </div>	20 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 7:00-8:30 pm Sex Trafficking & the Super Bowl	21 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 2:00-3:00 pm SBS Class	22 8:00-9:15 am Hatha Yoga	23	
24 <div> Celebrate 15 years of the Village Movement with this exclusive screening! </div>	25 3:45-5:00 pm Atul Gawande: The Value of Community and Choice as We Age	26 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 1:30-3:00 pm Program Committee Meeting 5:00-6:00 pm Last Tuesday Happy Hour	27 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 6:00-9:00 pm Guthrie Play Reading North Star	28 7:30-8:30 am River Walkers 11:30-12:30 pm Men's Dutch Lunch 2:00-3:00 pm SBS Class 3:30-5:00 pm Our Turn	29 8:00-9:15 am Hatha Yoga	30	

MILL CITY COMMONS DETAILED CALENDAR – SEPTEMBER 2017

Wednesdays & Fridays, September 1, 6, 8, 13, 15, 20, 22, 27 & 29; 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

Mondays, September 4, 11 & 18; 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, September 5, 7, 12, 14, 19, 21, 26 & 28; 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*

Wednesday, September 6; 9:30 – 10:30 am

Rendezvous Readers' Book Chat

Join us to discuss *The Sympathizer* by Viet Thanh Nguyen. Winner of the 2016 Pulitzer Prize for Fiction, *The Sympathizer* is the breakthrough novel of the year. With the pace and suspense of a thriller and prose that has been compared to Graham Greene and Saul Bellow, *The Sympathizer* is a sweeping epic of love and betrayal. The narrator, a communist double agent, is a "man of two minds," a half-French, half-Vietnamese army captain who arranges to come to America after the fall of Saigon, and while building a

new life with other Vietnamese refugees in Los Angeles is secretly reporting back to his communist superiors in Vietnam. *The Sympathizer* is a blistering exploration of identity and America, a gripping espionage novel, and a powerful story of love and friendship.

If you'd like to read ahead, October's book is *A Good Time for the Truth: Race in Minnesota* by Sun Yung Shin. Have a book suggestion for the Book Chat? Email [Barbara Goldner](mailto:BarbaraGoldner@gmail.com).

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

Wednesday, September 6; 5:00 - 6:30 pm

Men's After Hours Connect

The MCC men are launching a new evening group that will connect once a month over a speaker, tour or social event. This inaugural event, hosted by member Bob Rinek, will include a tour of the trading floor at Piper Jaffray, with comments on sales, trading and capital markets from one of the traders; an overview of Piper Jaffray and the Merchant Banking business; and remarks from Lars Oddsson, founder and chairman of RxFunction, an early-stage medical device company. Those who are interested may conclude the evening at McCormick & Schmick's for a dutch-treat happy hour.

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

Piper Jaffray
800 Nicollet Mall, 12th floor
MCC MEN & GUESTS*

Thursdays, September 7 & 21; 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, September 7; 10:00 - 11:30 am

Thursday, September 28; 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*

Thursdays, September 7, 14, 21 & 28; 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, September 7; 7:00 - 8:30 pm

Concert: A Musical Offering

Join us for a special concert presented by The Musical Offering (TMO), the Twin Cities' oldest chamber ensemble. TMO has a core ensemble of nine musicians affiliated with the Minnesota Orchestra, eight of whom will be performing at this gathering. On the program is Mozart's quintet for piano and winds K.452. In a letter to his father, Mozart wrote, "I myself consider it to be the best thing I have written in my life." The program will also include Milhaud's jazz-inspired Suite for violin, clarinet and piano. Musicians performing include Susan Billmeyer, piano; Jane Garvin, flute; John Snow, oboe; David Pharris, clarinet; Norbert Nielubowski, bassoon; Caroline Lemen, horn; Celine Leathead, violin; and Jim Jacobson, cello.

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

Washburn Lofts

700 2nd St. S., # W61

MCC MEMBERS

Friday, September 8; 10:30 am – 12:00 pm

Nosy Neighbor Tour: Washburn Center for Children

Washburn Center for Children was founded as the Washburn Memorial Orphan Asylum in 1883 by Cadwallader C. Washburn after the Washburn "A Mill" explosion left children orphaned. Continually evolving to meet the children's mental health needs of the community, Washburn Center serves 3,000 children and their families annually. In 2014 the organization completed a \$24.5 million capital campaign and opened an expanded, nature-infused facility. Tour this unique community resource that creates a space for young minds to heal and grow. Washburn Center's LEED Gold building provides a therapeutic environment to support a comprehensive spectrum of services and is also home to the United Health Foundation Training Institute, which trains mental health professionals, nationally and internationally, in children's mental health evidence-based and best practices.

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

Washburn Center for Children

1100 Glenwood Ave.

MCC MEMBERS

Monday, September 11; 11:00 am – 12:00 pm

Cooks of Crocus Hill Class: Say Cheese!

Do you find yourself selecting the same cheeses every time when you shop the cheese section? This session can help you break free of your cheese comfort zone and teach you the best ways to pair delicious cheeses with sweet and savory accoutrements. Perfect for entertaining ideas!

Each attendee will also receive a 15% discount to Cooks of Crocus Hill for that day. (Coupon is good for regular priced, in-stock merchandise. Excludes cooking classes, private events, gift cards, electrics and sale items.)

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

Cooks of Crocus Hill

208 1st St. N.

MCC MEMBERS

Tuesday, September 12; 1:00 - 2:30 pm

Technology Workshop: Technology Tools for Travelers

If you missed our sold-out spring Technology Tools for Travelers series, here's your second chance! This session is 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 14 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://millicitycommons.org>. Log in to register.

American Academy of Neurology

201 Chicago Ave., Training Room A

MCC MEMBERS

Tuesday, September 12; 7:00 – 8:30 pm

Driven to Discover: Is the North Loop Losing Its Cool?

The North Loop Neighborhood is a heat island in the middle of Minneapolis. This is the result of early urbanization, the loss of most vegetation and historical preservation rules that limit return of that vegetation. The problem will only increase with global warming. Professor Fernando Burga and his Land Use Planning students at the Humphrey School spent Fall 2016 studying this issue and recommending appropriate responses. Graduate students Alyssa Schmeling, Christopher Brittain and Maureen Hoffman will present their findings.

This is the first in MCC's new, ongoing program series under the banner "Driven to Discover." The series will feature University of Minnesota faculty and students sharing current research and programming at the University.

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

Rock Island Lofts Party Room

111 4th Ave. N.

MCC MEMBERS & GUESTS*

Wednesdays, September 13, 20 & 27; 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, September 13 & 27; 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 December.

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, September 13 & 27; 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, September 14 & 28; 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

Sunday, September 17; 5:00 - 7:00 pm

Sunday Soiree

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Rebecca Bahn and Michael Brennan. 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.

Stonebridge Lofts Community Room, 2nd floor

1120 2nd St. S.

MCC MEMBERS

Monday, September 18; 7:00 – 8:30 pm

Great Decisions: Conflict in the South China Sea

The South China Sea is a locus of competing territorial claims, and China its most vocal claimant. Beijing's interest has intensified disputes with other countries in the region in recent years, especially since China has increased its naval presence. Despite rising international pressure, including an unfavorable ruling by the International Tribunal for the Law of the Sea, China staunchly defends its policies in the region. Preventing tensions from boiling over is a matter of careful diplomacy. Speaker Duncan McCampbell is a lawyer and professor of international business and law at Metropolitan State University, where he also serves as MBA Program Director. He teaches law and business in China and travels extensively in Asia. He writes on global commercial, legal, political and security issues, and recently returned from a one-month visit to China and the Philippines to research the evolving situation in the South China Sea.

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)

Tuesdays, September 19 & 26; 9:30 – 10:30 am

Exploring Meditation

Mill City Commons members have launched a 10-week fall 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. Member Linda Dolan is facilitating the series, which will meet on consecutive Tuesdays from 9:30 – 10:30 am through November 21. Cost to participate is \$100, whether or not you can attend all 10 sessions. Please contact Betsy Wray (betsywray@millcitycommons.org) if you'd like to join. Registration will close after the first session on September 19.

Mill City Quarter Club Room
322 2nd St. S.
MCC MEMBERS

Wednesday, September 20; 7:00 – 8:30 pm

Sex Trafficking & the Super Bowl

In a few short months, Super Bowl week will arrive in our community. As with so many best-laid plans, there are unintended consequences. The research tells us that there's an uptick in sex trafficking of underage youth that accompanies large events like this. A panel of experts who are knowledgeable and experienced in working with communities to mitigate the effects of human trafficking will help us understand this reality and what we can do to promote a healthy community that focuses on child well-being. Panelists include Terry Williams of the Women's Foundation of Minnesota; John Choi, Ramsey County Attorney; and Amanda Koonjbeharry of Hennepin County's No Wrong Door Initiative. The three are co-chairs of the Minnesota Super Bowl Host Committee Anti Sex Trafficking Planning Committee.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.
Minnesota Tech Center
1100 Washington Ave. S.
MCC MEMBERS

Monday, September 25; 3:45 - 5:00 pm

Atul Gawande: The Value of Community and Choice as We Get Older

Celebrate 15 years of the Village Movement at this virtual event featuring renowned surgeon, public health researcher and bestselling author Dr. Atul Gawande. Dr. Gawande wrote the seminal book *Being Mortal*, which spent months on the New York Times bestseller list. He will be speaking live in Boston in celebration of the 15th anniversary of the first Village, Beacon Hill Village, and the Village Movement, of which Mill City Commons is a part. His talk will be live-streamed across the country and here in the Twin Cities, with the support of the Film Society of Minneapolis St. Paul and St. Anthony Main Theatre. Join us for this conversation about the importance of community and the many opportunities inherent in aging. A reception will follow in the Aster Café's River Room, just down the hall from the theater (cash bar).

RESERVATIONS through <http://millcitycommons.org>. Log in to register.
Film Society Minneapolis St. Paul's Screen 3
St. Anthony Main Theatre
115 Main St. S.E.
MCC MEMBERS & GUESTS*

Tuesday, September 26; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour at Café Alma. Hosted by Dick & Peg Kavaney and Sabina Sten, this gathering is a time to catch up with friends and neighbors over drinks and small bites. Dutch treat--no reservations required! We'll be in the room at the back of Café Alma. If you wish to stay for dinner at either Café Alma or Restaurant Alma, reservations may be made by calling (612) 379-4909 or reserving online at [Alma](#).

Café Alma

528 University Ave. S.E.

MCC MEMBERS & GUESTS

Wednesday, September 27; 6:30 - 9:30 pm

Guthrie Play Reading – North Star Group

Enjoy this month's play reading of "Watch on the Rhine." Set in 1940, Fanny Farrelly is expecting the arrival of her daughter Sara, Sara's German husband Kurt and their children who have fled Europe due to Kurt's role in the anti-Nazi resistance movement. When a Romanian houseguest who is a Nazi supporter discovers Kurt's identity, he threatens to expose him. Published in 1941 by Lillian Hellman, a brilliant activist who was ahead of her time, "Watch on the Rhine" is a timely examination of moral obligation, sacrifice and what it means to be American. 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

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