


November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:00-9:15 am Hatha Yoga 9:30-10:30 am Rendezvous Readers Book Chat	2 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class	3 8:00-9:15 am Hatha Yoga	4
5 DAYLIGHT SAVINGS TIME ENDS	6 4:00-5:00 pm Dutch Treat Social Hour	7 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 1:00-2:30 pm Technology Workshop: Traveling with Technology	8 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	9 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 10:00-11:30 am Our Turn 11:30-12:30 pm Men's Dutch Lunch 7:00-8:30 pm Health Care at the End of Life	10 8:00-9:15 am Hatha Yoga 8:00 am-4:00 pm National Eagle Center Tour	11 <div>Fun day trip!</div> <div>A doctor gives insights on health care directives.</div>
	VILLAGE TO VILLAGE CONFERENCE	VILLAGE TO VILLAGE CONFERENCE	VILLAGE TO VILLAGE CONFERENCE			
12 5:00-7:00 pm Sunday Soiree	13 12:00-4:00 pm Pie Crust Workshop 4:00-5:00 pm Dutch Treat Social Hour <div>A sensitive conversation about the memory loss journey.</div>	14 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 1:30-3:30 pm A Deeper Understanding About Dementia	15 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 7:00-8:30 pm Rep. Ilhan Omar: What I Learned About Being Heard in 2017 <div>Hear from MN's first Somali-American rep.</div>	16 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class 7:00-8:30 pm The Commons: A Downtown Oasis	17 8:00-9:15 am Hatha Yoga 10:00-11:00 am Village to Village Conference: What We Learned About Enhancing the Power of Aging	18
19 <div>Don't miss the last Great Decisions talk of 2017!</div>	20 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: U.S. Foreign Policy & Energy	21 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 6:30-9:30 pm Guthrie Play Reading RiverWest	22 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 3:00-5:00 pm Social Bridge	23 THANKSGIVING DAY MCC OFFICE CLOSED	24 8:00-9:15 am Hatha Yoga MCC OFFICE CLOSED	25
26 <div>Fascinating discussion on health professionals in China.</div>	27 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Observations on Societal Mistrust Within China	28 7:30-8:30 am River Walkers 1:30-3:00 pm Program Committee Meeting 5:00-6:00 pm Last Tuesday Happy Hour	29 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregiver Support Group 6:30-9:30 pm Guthrie Play Reading North Star	30 7:30-8:30 am River Walkers 7:30-8:30 am Men's C&C 9:15-10:00 am SBS Class 3:30-5:00 pm Our Turn		



**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 – NOVEMBER 2017

Wednesdays & Fridays, November 1, 3, 8, 10, 15, 17, 22, 24 & 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: \$150 (a \$30 savings, paid directly to Yoga Center of Minneapolis). Drop-ins: \$13/class (a \$7 savings, no registration required). MCC members can use the discount for any drop-in classes at the Yoga Center. Call the Yoga Center at (612) 436-4700 for more information.

Yoga Center of Minneapolis

103 N. 2nd St.

MCC MEMBERS

Wednesday, November 1; 9:30 – 10:30 am

Rendezvous Readers' Book Chat

Join us to discuss Louise Erdrich's *LaRose*, an emotionally haunting contemporary tale of a tragic accident, a demand for justice and a profound act of atonement with ancient roots in Native American culture. In late summer of 1999, Landreaux Iron stalks a deer along the edge of the property bordering his own. He shoots, but when the buck springs away, Landreaux realizes he's hit something else, a blur he saw as he squeezed the trigger. When he staggers closer, he realizes he has killed his neighbor's five-year-old son, Dusty Ravich. The youngest child of his friend and neighbor, Peter Ravich, Dusty was best friends with Landreaux's five-year-old son, LaRose. The two families have always been close, sharing food, clothing and rides into town; their children played together; and Landreaux's wife is half sister to Dusty's mother. Horrified at what he's done, the recovered alcoholic turns to an Ojibwe tribe tradition—the sweat lodge—for guidance, and finds a way forward. Following an ancient means of retribution, he and Emmaline will give LaRose to the grieving Peter and Nola. "Our son will be your son now," they tell them. The story that follows is a powerful exploration of loss, justice and the reparation of the human heart.

If you'd like to read ahead, December's book is *Lab Girl* by Hope Jahren. Have a book suggestion for the Book Chat? Email [Barbara Goldner](mailto:Barbara.Goldner@millcitycommons.org).

Abiitan's Porter Cafe

428 2nd St. S.

MCC MEMBERS & GUESTS

Tuesdays & Thursdays, November 2, 7, 9, 14, 16, 21, 28 & 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*

Thursdays, November 2, 16 & 30; 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, November 2, 9, 16 & 30; 9:15 – 10:00 am

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, November 6, 13, 20 & 27; 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! Join us for casual conversation at Jefe Urban Hacienda. 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

Tuesdays, November 7, 14 & 21; 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. Co-facilitators Carole Baker and Linda Dolan bring more than 80 years combined experience in meditation. Carole has a background in Transcendental Meditation and mantras. Linda's background is in Mindfulness Meditation, Qigong and Energy Flow. The group 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.

Registration is now closed. For those interested in learning about future meditation series, please contact Betsy Wray: betsywray@millcitycommons.org.

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

Tuesday, November 7; 1:00 - 2:30 pm

Technology Workshop: Technology Tools for Travelers

Join us for the last 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 third class will cover information on convenient and fun techy travel accessories, tips for traveling securely and pointers on best ways to share travel photos. 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://millcitycommons.org>. **Log in to register.**

American Academy of Neurology
201 Chicago Ave., Training Room B
MCC MEMBERS

Wednesdays, November 8, 15, 22 & 29; 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, November 8 & 29; 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, November 8 & 22; 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, November 9; 10:00 - 11:30 am

Thursday, November 30; 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*

Thursday, November 9; 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

Thursday, November 9; 7:00 - 8:30 pm

Health Care at the End of Life: A Physician's Perspective

In this second in an occasional series of MCC health care programs, MCC member Dr. David Plimpton will discuss health care directives. He'll review the content and goals of the health care directive and will provide suggestions for answering some of the difficult or confusing questions it includes such as, "What makes your life worth living?". He'll emphasize the importance of having a clear idea of one's values, beliefs and goals related to the end of life so they can be effectively communicated to one's health care agent and family members. A clearly written health care directive that has been openly discussed with your health care agent and family members greatly increases the chances that your end-of-life wishes will be followed.

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

La Rive Community Room

110 Bank St. S.E.

MCC MEMBERS

Friday, November 10; 7:30 am – 4:00 pm

National Eagle Center Tour

Have you ever wondered how much an eagle weighs or how big its wingspan is? The answers await you in an engaging and entertaining live eagle program at the National Eagle Center in Wabasha. Eagle handler Karlin Symons will share the biology, ecology and natural history of bald and golden eagles in this day trip to the Center. We'll leave downtown at 7:30 am, arrive at the Eagle Center for a morning presentation, and then walk downtown for a dutch-treat lunch at Slippery's Tavern. We anticipate arriving home around 4:00 pm. Cost for the Eagle Center is \$10 each. We're exploring a bus rental, which would be an additional charge; carpooling also is an option.

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

National Eagle Center

50 Pembroke Ave.

Wabasha, MN

MCC MEMBERS

Sunday, November 12; 5:00 - 7:00 pm

Sunday Soiree

Join your friends and neighbors for the MCC Sunday Soiree, hosted by La Rive residents Arvonne & Don Fraser, Elisabeth Bennett, David & Sheryl Evelo and Barbara McBurney. 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.**

La Rive Community Room

110 Bank St. S.E.

MCC MEMBERS

Monday, November 13; 12:00 – 4:00 pm

Pie Crust Workshop

Just in time for pie-baking season: a hands-on workshop exploring the differences between oil, lard, butter and shortening pie crusts. Pie expert Carol Vantine will talk about the different crusts and how to match them to a filling, and then participants will choose the type of crust they want to make. Please bring a pie plate and/or rolling pin if you own one. If you have a favorite filling, bring that, too. Carol will have supplies if you aren't able to bring them, and she'll have some fillings you can make if you don't bring one. If you can't stay the full 4 hours, you can choose to make a shell and not fill it. Limited to 8 bakers.

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

Cobalt Condos

45 University Ave. S.E., #606

MCC MEMBERS

Tuesday, November 14; 1:30 – 3:30 pm

A Deeper Understanding About Dementia

Statistically, many of us likely will experience memory loss with a loved one, dear friend or even personally. Join us for this special program that will focus on how to communicate with those experiencing and coping with memory loss, as well as how to let others know about our own personal journey with cognitive issues. The program format will be in the form of a conversation between nationally recognized dementia expert Jayne Clairmont, local owner of English Rose Suites and b•home Home Care and a leader on numerous state and national aging and dementia boards; and Bill Keane of Chicago, an aging consultant who has held leadership positions with many aging organizations and is a former national board member of the Alzheimer's Association, and who himself is now living with Parkinson's disease.

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

La Rive Community Room

110 Bank St. S.E.

MCC MEMBERS & GUESTS*

Wednesday, November 15; 7:00 – 8:30 pm

Representing the Underrepresented: What I Learned About Being Heard in 2017

Join us as State Representative Ilhan Omar (District 60B) talks about her first year in the Minnesota House of Representatives. Omar will share what she's learned, the new (and sometimes unexpected) relationships she's made, and how she's suddenly had to speak for not just her district, but for immigrants and refugees all over the United States. Born in Somalia, Omar and her family fled the country's civil war when she was 8. They spent four years in a Kenyan refugee camp before coming to the U.S. in the 1990s.

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

Minnesota Tech Center

1100 Washington Ave. S.

MCC MEMBERS

Thursday, November 16; 7:00 – 8:30 pm

The Commons: A Downtown Oasis

Join us as Beth Shogren provides an introduction to The Commons, the gorgeous new green space in our neighborhood. She'll provide a recap of the inaugural season of programming, updates on Super Bowl activities and plans for 2018. Beth is the Executive Director of Green Minneapolis the non-profit conservancy that operates The Commons on behalf of the City of Minneapolis.

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

Phoenix River Room, 6th floor

222 2nd St. S.E.

MCC MEMBERS

Friday, November 17; 10:00 - 11:00 am

Village to Village Conference: What We Learned About Enhancing the Power of Aging

Join several Mill City Commons board members and Executive Director Joan Wright for a panel discussion about what they experienced, learned and took away from this year's Village to Village Annual Gathering in Baltimore, Maryland.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.
RiverWest Club Room, Floor 1
401 1st St. S.
MCC MEMBERS & GUESTS*

Monday, November 20; 7:00 – 8:30 pm

Great Decisions: U.S. Foreign Policy and Energy

What is the effect of U.S. petroleum security on foreign policy? For 45 years, the country has alternated between periods of energy security and insecurity, sometimes able to wield petroleum as a useful instrument of foreign policy, sometimes not. Despite the so-called “energy revolution,” the U.S. today is by no means disentangled from foreign dependence and global trends. In order to be successful, policymakers must recognize both petroleum security circumstances and patterns in the relationship between petroleum and foreign policy. 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, among many other assignments. He also served as director of the Atlantic Council's Dinu Patriciu Eurasia Center, where he led the Council's work on the former Soviet states, Turkey and regional energy and economic issues.

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, November 21; 6:30 - 9:30 pm

Guthrie Play Reading – RiverWest Group

Enjoy this month's play reading of “Blithe Spirit” by Noel Coward. It's summertime in Kent, and Charles Condomine is working on his latest novel, *The Unseen*. As part of his research, he and his wife Ruth host a séance with an eccentric medium known as Madame Arcati and invite their friends to play along. But the evening takes a supernatural turn when Arcati conjures Charles' deceased first wife, who doesn't have plans to leave. Lighthearted and endearing, this otherworldly classic is sure to tickle your goosebumps. 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 St. S., #302
MCC MEMBERS

Monday, November 27; 7:00 - 8:30 pm

Observations on Societal Mistrust Within China

Violence aimed at doctors and nurses in China is endemic. MCC member Dr. Michael Brennan, who has been in the Far East several times in the past year, will talk about the current causes and historical underpinnings and reflect upon potential lessons for modern America.

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

Stonebridge Community Room, 2nd floor

1120 2nd St. S.

MCC MEMBERS

Tuesday, November 28; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour at Tullibee at the Hewing Hotel. Hosted by Ginny and Will Craig, this gathering is a time to catch up with friends and neighbors over drinks and small bites. Dutch treat--no reservations required! If you wish to stay for dinner, reservations may be made by calling (651) 468-0400.

Tullibee Restaurant & Bar at the Hewing Hotel

300 Washington Ave. N.

MCC MEMBERS & GUESTS

Wednesday, November 29; 6:30 - 9:30 pm

Guthrie Play Reading – North Star Group

Enjoy this month's play reading of "Blithe Spirit" by Noel Coward. It's summertime in Kent, and Charles Condomine is working on his latest novel, *The Unseen*. As part of his research, he and his wife Ruth host a séance with an eccentric medium known as Madame Arcati and invite their friends to play along. But the evening takes a supernatural turn when Arcati conjures Charles' deceased first wife, who doesn't have plans to leave. Lighthearted and endearing, this otherworldly classic is sure to tickle your goosebumps. 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.**