


January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 NEW YEAR'S DAY 4:00-5:00 pm Dutch Treat Social Hour	2 7:30-8:30 am River Walkers 1:30-3:00 pm Program Committee Meeting	3 9:30-10:30 am Rendezvous Readers Book Chat 3:00-5:00 pm Social Bridge	4 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 11:30-12:30 pm Men's Dutch Lunch 1:30-3:00 pm Our Turn 4:30-6:00 pm MCC Sing-Along	5	6	
7	8 4:00-5:00 pm Dutch Treat Social Hour <div>Get your nagging tech questions answered.</div>	9 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 1:00-2:30 pm Technology Help Desk	10 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 <div>VP Mondale shares his thoughts in a casual conversation.</div>	11 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 Walter Mondale Unplugged	12 10:30 am-12:00 pm Animal Humane Society Tour 5:30-7:00 pm After Hours Connect: Bowling <div>Connect with other members over a round of bowling.</div>	13 <div>Fun tour!</div>	
14 5:00-7:00 pm Sunday Soiree <div>Appetizers & desserts at Mill & Main.</div>	15 MARTIN LUTHER KING, JR. DAY 4:00-5:00 pm Dutch Treat Social Hour	16 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 11:00 am-12:30 pm Bread Baking with Bob	17 9:00-10:00 am Rendezvous on 5 3:00-5:00 pm Social Bridge 7:00-8:30 pm Rep. Ilhan Omar: Representing the Underrepresented	18 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	19	20	<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.
21	22 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Syria Crisis & the Arab Spring: A Current Perspective <div>Get a deeper understanding of the Syrian crisis.</div>	23 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 5:00-6:00 pm Tuesday Happy Hour	24 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregiver Support Group	25 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class	26	27	
28 <div>Ethics expert Richard Painter speaks.</div>	29 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Ethics in the Trump Administration, Revisited	30 7:30-8:30 am River Walkers 1:30-3:00 pm Program Committee Meeting 6:30-9:30 pm Guthrie Play Reading RiverWest	31 9:00-10:00 am Rendezvous on 5 3:00-5:00 pm Social Bridge				CONTACT US! www.millcitycommons.org (612) 455-3329 Info@millcitycommons.org

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!

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(612) 455-3329
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MILL CITY COMMONS DETAILED CALENDAR – JANUARY 2018

Mondays, January 1, 8, 15, 22 & 29; 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 & Thursdays, January 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*

Wednesday, January 3; 9:30 – 10:30 am

Rendezvous Readers' Book Chat

Join us to discuss *The Women in the Castle* by Jessica Shattuck, a story of three women, and their children, who take refuge in the ruins of a Bavarian castle at the end of World War II. The women are war widows whose husbands paid with their lives for the July 1944 plot against Adolf Hitler. Soon this makeshift family discovers that secrets and dark passions from the past threaten to tear them apart. Eventually, all three women must come to terms with the choices that have defined their lives before, during and after the war—each with their own unique share of challenges.

If you'd like to read ahead, February's book is *Fahrenheit 451* by Ray Bradbury. 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

Wednesdays, January 3, 17, & 31; 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, January 4, 11, 18 & 25; 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

Thursdays, January 4 & 18; 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, January 4; 1:30 – 3:00 pm

Thursday, January 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. Hosts and topics change each time.

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

Mill City Quarter

322 2nd St. S.

MCC WOMEN & GUESTS*

Thursday, January 4; 4:30 – 6:00 pm

MCC Sing-Along

Come together with other MCC members for an informal sing-along at the Carrier's Stone Arch loft. With Margee Bracken on piano, we'll be refreshing our memories with tunes that are all very familiar. Song sheets will be provided, and refreshments will be served. Come, sing and join the fun!

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

Stone Arch Lofts

600 2nd St. S., #303

MCC MEMBERS

Tuesdays, January 9, 16 & 23 and February 6 & 13; 9:30 – 10:30 am

Exploring Meditation

Mill City Commons members are invited to join in a five-week winter meditation series that offers the opportunity to explore a regular meditation practice. The meditation will focus on inner peace and self-awareness. Facilitators Carole Baker, Linda Dolan and Lois Libby Juster will explore the importance of breath, visualization and the role of music in relieving stress and enhancing meditation. The group will meet on Tuesdays, January 9, 16, 23 and February 6 and 13 from 9:30-10:30 am at Mill City Quarter. Cost to participate is \$50, whether or not you can attend all five sessions.

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

Mill City Quarter Club Room

322 2nd St. S.

MCC MEMBERS

Tuesday, January 9; 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, January 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, January 10 & 24; 10:30 am - noon

Caregivers' Support Group

Members of Mill City Commons have created a Caregivers' Support Group. This guided discussion group with professional facilitation supports MCC members and nonmembers who are or have been in a caregiving role. Caregivers' 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 April.

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*

Thursdays, January 11 & 25; 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, January 11; 7:00 - 8:30 pm

Walter Mondale Unplugged

Join us for a conversation with Walter Mondale, who will talk about his life, politics and the current scene. This casual chat will be moderated by member Bill Davnie. Bring your questions!

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

Washburn Lofts Common Room

700 2nd St. S.

MCC MEMBERS

Friday, January 12; 10:30 am – 12:00 pm

Animal Humane Society Tour

Come and learn how the Animal Humane Society (AHS) has evolved in the last 140 years to better serve the people and animals of Minnesota. After a welcome from AHS President and CEO Janelle Dixon, we'll take a behind-the-scenes tour to learn about new programs, medical treatment investments, public policy and how AHS supports people and pets in economically disadvantaged communities. After the tour, participants will have the opportunity to enjoy a dog walking or puppy bathing activity.

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

Animal Humane Society

845 Meadow Lane N., Golden Valley

MCC MEMBERS

Friday, January 12; 5:30 – 7:00 pm

After Hours Connect: Bowling

Join other MCC men and women for an evening of bowling at Elsie's. No skill is required for this gathering of fun, camaraderie, social bonding and exercise. Cost for bowling and shoes is approximately \$18.50, payable at Elsie's. Dinner can be purchased at Elsie's, if you wish.

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

Elsie's Restaurant and Bowling Center

729 Marshall St. N.E.

MCC MEMBERS

Sunday, January 14; 5:00 - 7:00 pm

Sunday Soiree

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Bob & Pam Berkwitz at Mill & Main. 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.

Mill & Main Party Room

401 Main St. S.E.

MCC MEMBERS

Tuesday, January 16; 11:00 am – 12:30 pm

Bread Baking with Bob

Back by popular demand! If you've attended MCC's Sunday Soirees, you may have tasted member Bob Whitlock's homemade bread. Bob will go through the techniques involved in making the bread and share the recipe with a demonstration class in RiverWest's Club Room. Limited to 10 members!

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

RiverWest Club Room

401 1st S. S., Floor 1

MCC MEMBERS

Wednesday, January 17; 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

Monday, January 22; 7:00 - 8:30 pm

Syria Crisis and the Arab Spring: A Current Perspective

Join us as Syrian-American Mazen Halabi shares his views on the Syria crisis. He'll give a historical perspective on Syria's involvement in the Mideast, talk about the impact of the Arab Spring and address geopolitical interests, including those of the United States, on Syria's future. Halabi left his home country of Syria for the United States after the 1982 Hama massacre, in which more than 40,000 people were killed by then-President Hafez Assad. He now works in the IT industry and serves as public relations director for Watan, a Syrian civil society organization.

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

Winslow House

100 2nd St. S.E.

MCC MEMBERS

Tuesday, January 23; 5:00 – 6:00 pm

Tuesday Happy Hour

Join us for Tuesday Happy Hour at Ginger Hop. Hosted by Bob Whitlock & Peggy Weber, 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 (612) 746-0304.

Ginger Hop

201 E. Hennepin Ave.

MCC MEMBERS & GUESTS

Monday, January 29; 7:00 - 8:30 pm

Ethics in the Trump Administration, Revisited

Last April, Richard Painter, University of Minnesota law professor and a top ethics scholar who worked as George W. Bush's chief ethics lawyer, talked with Mill City Commons members about conflicts of interest of the president of the United States and other government officials. As the Trump presidency begins year two, Professor Painter will take a look back with a review of ethics in the administration's first year. His talk will include discussion of the U.S. Constitution, conflict of interest laws and the practices used by government officials to comply.

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

DeLaSalle High School

1 DeLaSalle Drive, Room D104

MCC MEMBERS

Tuesday, January 30; 6:30 - 9:30 pm

Guthrie Play Reading – RiverWest Group

Enjoy this month's play reading of "Indecent" by Paula Vogel. Inspired by the 1923 Broadway debut of Sholem Asch's "God of Vengeance"—a play that follows a Jewish brothel owner and the lesbian romance between his 17-year-old daughter and a prostitute—"Indecent" charts the journey of a drama upheld as a groundbreaking piece of Jewish literature by some, and an act of obscenity by others. An ensemble of eight plays music as well as nearly 40 roles to shed light on one of the most fascinating scandals in theater history.

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

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