

# February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				<b>1 7:30-8:30 am</b> River Walkers <b>9:15-10:00 am</b> SBS Class <b>11:30-12:30 pm</b> Men's Dutch Lunch <b>1:30-3:00 pm</b> Our Turn	<b>2</b>	<b>3</b>	 <p><b>Mill City Commons</b> brings together neighbors 55+ residing along or near the downtown riverfront.</p> <p><b>Join us and enjoy:</b></p> <ul style="list-style-type: none"> <li>Valuable connections to active, welcoming friends who embrace the concept of living in community.</li> <li>A rich calendar of events, making it easy to engage and have fun as we learn, grow and share together.</li> <li>Trusted resources and friendly staff to help redefine and navigate the aging journey.</li> </ul> <p><b>CONTACT US!</b>  <a href="http://www.millcitycommons.org">www.millcitycommons.org</a>            (612) 455-3329  <a href="mailto:Info@millcitycommons.org">Info@millcitycommons.org</a> </p>
<b>4 SUPER BOWL</b>	<b>5 4:00-5:00 pm</b> Dutch Treat Social Hour	<b>6 7:30-8:30 am</b> River Walkers <b>9:30-10:30 am</b> Exploring Meditation <b>3:00-4:30pm</b> Driven to Discover: Women's Healthy Brain Project	<b>7 9:30-10:30 am</b> Rendezvous Readers Book Chat <b>10:30 am-12:00 pm</b> Caregivers' Support Group	<b>8 7:30-8:30 am</b> River Walkers <b>7:30-8:30 am</b> Men's Coffee & Conversation <b>9:15-10:00 am</b> SBS Class	<b>9 10:15-11:30 am</b> "Russian Sacred Art" at Museum of Russian Art	<b>10</b>	
<b>11</b>	<b>12 4:00-5:00 pm</b> Dutch Treat Social Hour <b>7:00-8:30 pm</b> True Farm to Table: A Local Perspective	<b>13 7:30-8:30 am</b> River Walkers <b>9:30-10:30 am</b> Exploring Meditation	<b>14 VALENTINE'S DAY</b> <b>9:00-10:00 am</b> Rendezvous on 5 <b>3:00-5:00 pm</b> Social Bridge	<b>15 7:30-8:30 am</b> River Walkers <b>9:15-10:00 am</b> SBS Class <b>10:00-11:30 am</b> Our Turn <b>11:30-12:30 pm</b> Men's Dutch Lunch	<b>16</b>	<b>17</b>	
<b>18 5:00-7:00 pm</b> Sunday Soiree	<b>19 PRESIDENTS' DAY 4:00-5:00 pm</b> Dutch Treat Social Hour <b>7:00-8:30 pm</b> The King of Skid Row	<b>20 7:30-8:30 am</b> River Walkers <b>10:30-11:30 am</b> "Eat Street at 20" at the Hennepin History Museum	<b>21 9:00-10:00 am</b> Rendezvous on 5	<b>22 7:30-8:30 am</b> River Walkers <b>7:30-8:30 am</b> Men's Coffee & Conversation <b>9:15-10:00 am</b> SBS Class	<b>23 10:00-11:30 am</b> Balance Training: Part 1	<b>24</b>	
<b>25</b>	<b>26 4:00-5:00 pm</b> Dutch Treat Social Hour <b>7:00-8:30 pm</b> Great Decisions: Russia's Foreign Policy	<b>27 7:30-8:30 am</b> River Walkers <b>9:30-10:30 am</b> Exploring Meditation <b>1:30-3:00 pm</b> Program Committee Meeting <b>5:00-6:00 pm</b> Last Tuesday Happy Hour	<b>28 9:00-10:00 am</b> Rendezvous on 5 <b>10:30 am-12:00 pm</b> Caregivers' Support Group <b>3:00-5:00 pm</b> Social Bridge				

## MILL CITY COMMONS DETAILED CALENDAR – FEBRUARY 2018

**Tuesdays & Thursdays, February 1, 6, 8, 13, 15, 20, 22 & 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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**Thursdays, February 1, 8, 15 & 22; 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 2<sup>nd</sup> St. S., #100**

**MCC MEMBERS**

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**Thursdays, February 1 & 15; 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 2<sup>nd</sup> St. S.**

**MCC MEN & GUESTS**

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**Thursday, February 1; 1:30 – 3:00 pm**

**Thursday, February 15; 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 2<sup>nd</sup> St. S.**

**MCC WOMEN & GUESTS\***

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**Mondays, February 5, 12, 19 & 26; 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**

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**Tuesdays, 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. No previous experience with meditation is necessary. And if you're already a practitioner, you'll also find this program enriching and interesting. 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 \$10 per session. You do not need to attend all sessions to participate, and you'll pay for only the sessions you attend. Fees will be collected at the end of the series.

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

**Mill City Quarter Club Room**

**322 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Tuesday, February 6; 3:00 - 4:30 pm**

**Driven to Discover: Minnesota Women's Healthy Brain Aging Project**

What's the secret to healthy brain aging? Are there modifiable lifestyle factors that might help preserve cognitive function and overall brain health well into late adulthood? Dr. Lisa James, director of the Minnesota Women's Healthy Brain Aging Project, will discuss research on healthy brain aging, describe the Minnesota Women's Healthy Brain Aging Project, and demonstrate how Mill City Commons gets it right in terms of supporting healthy brain aging. Dr. James is an associate professor of Neuroscience and the Anita Kunin Professor of Healthy Brain Aging at the University of Minnesota.

*This is one in an ongoing MCC program series under the banner "Driven to Discover." The series features University of Minnesota faculty and students sharing current research and programming at the University.*

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

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

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

**MCC MEMBERS**

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**Wednesday, February 7; 9:30 – 10:30 am**

**Rendezvous Readers' Book Chat**

Join us to discuss *Fahrenheit 451*, Ray Bradbury's 1953 novel set in a bleak, dystopian future. Guy Montag is a fireman. In his world, where television rules and literature is on the brink of extinction, firemen start fires rather than put them out. His job is to destroy the most illegal of commodities, the printed book, along with the houses in which they are hidden. Montag never questions the destruction and ruin his actions produce, returning each day to his bland life and wife, Mildred, who spends all day with her television "family." But then he meets an eccentric young neighbor, Clarisse, who introduces him to a past where people didn't live in fear and to a present where one sees the world through the ideas in books instead of the mindless chatter of television. When Mildred attempts suicide and Clarisse suddenly disappears, Montag begins to question everything he has ever known. He starts hiding books in his home, and when his pilfering is discovered, the fireman must run for his life.

If you'd like to read ahead, March's book is *Epitaph* by Mary Doria Russell. Have a book suggestion for the Book Chat? Email [Barbara Goldner](mailto:BarbaraGoldner).

**Abiitan's Porter Cafe**

**428 2<sup>nd</sup> St. S.**

**MCC MEMBERS & GUESTS**

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**Wednesdays, February 7 & 28; 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. (In February, the group will meet on the first and fourth Wednesday.)

**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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**Thursdays, February 8 & 22; 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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**Friday, February 9; 10:15 – 11:30 am**

**"Russian Sacred Art" at the Museum of Russian Art**

Join us for a tour of "Russian Sacred Art," an exhibit of more than 50 19<sup>th</sup> century icons and other religious objects. The exhibition is the first presentation in North America of the artworks, coming from a remarkable private collection of 19<sup>th</sup> century icons. A distinctly realistic style of icon painting emerged during the reign of Peter the Great, whose westernizing reforms brought new art styles to Russia. Docent Ruth Ann Benson will be our guide. You're welcome to invite guests! Admission is free for TMORA members, \$8 for seniors (65+) and \$10 for adults.

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

**The Museum of Russian Art**

**5500 Stevens Ave. S.**

**MCC MEMBERS & GUESTS\***

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**Monday, February 12; 7:00 – 8:30 pm**

**True Farm to Table: A Local Perspective**

Learn the journey of food to your plate and how the way it's grown affects your body, your health and your planet. This will be an energetic, upbeat look into modern food production from Dean Engelmann, co-owner of Tangletown Gardens and its accompanying farm, where sustainable agriculture is an everyday practice.

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

**Village Lofts River Room**

**100 2<sup>nd</sup> St. N.E.**

**MCC MEMBERS**

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**Wednesdays, February 14, 21 & 28; 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, February 14 & 28; 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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**Sunday, February 18; 5:00 - 7:00 pm**

**Sunday Soiree**

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Bill & Charlotte Davnie at the Carlyle. 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.**

**Carlyle Great Room**

**100 3<sup>rd</sup> Ave. S.**

**MCC MEMBERS**

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**Monday, February 19; 7:00 - 8:30 pm**

**The King of Skid Row**

Join us as author James Eli Shiffer takes us into a time when the heart of downtown Minneapolis was a densely packed neighborhood of bars, flophouses, liquor stores, rescue missions and second-hand shops catering to the last generation of seasonal laborers that had been part of the city's history from the beginning. It was all cleared away in a massive urban renewal project in the Gateway District that started in 1959 and ended in 1963. Shiffer has been a professional journalist for 25 years and is currently a columnist and editor at the *Star Tribune*. His book, *The King of Skid Row*, was published by the University of Minnesota Press in 2016.

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

**La Rive Party Room**

**110 Bank St. S.E.**

**MCC MEMBERS**

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**Tuesday, February 20; 10:30 – 11:30 am**

**"Eat Street at 20" at the Hennepin History Museum**

How did Eat Street, the length of Nicollet Avenue famous for its range of delicious destinations, develop? Who were the men and women who built these businesses, and how did they shape the street? How has the neighborhood changed over the years? And why is it called Eat Street? Find out in a tour of Hennepin History Museum's "Eat Street at 20: In their Own Words." The exhibit turns the spotlight on the evolution of one of Hennepin County's favorite streets, as told through the stories of restaurant owners and business proprietors who were instrumental in the development of Eat Street as a culinary destination, a model of community revitalization and cross-cultural collaboration, and a home to vibrant immigrant communities. Admission is \$3 for seniors, \$5 for adults. OPTIONAL: Join your tourmates for lunch afterwards at an Eat Street restaurant.

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

**Hennepin History Museum**

**2303 3<sup>rd</sup> Ave. S.**

**MCC MEMBERS & GUESTS\***

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**Friday, February 23; 10:00 – 11:30 am**

**Balance Training – Part 1**

Learn strength and balance exercises to improve your health and wellness! Siobhan McMahon, RN, is head researcher in a University of Minnesota study, "Ready Steady: A Wellness Program," which is exploring the effectiveness of a variety of activities elders can use to improve their balance. In the first session, McMahon will present an overview of why we fall and demonstrate and guide us through several balance movements. In the second session on March 2, she'll review those movements, add a couple more and talk about her research project. Wear comfortable clothes! You don't need to attend both sessions to participate.

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

**Fifth Avenue Lofts Community Room, 5<sup>th</sup> floor**

**401 N. 2<sup>nd</sup> St.**

**MCC MEMBERS & GUESTS\***

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**Monday, February 26; 7:00 – 8:30 pm**

**Great Decisions: Russia's Foreign Policy**

Under President Vladimir Putin, Russia is projecting an autocratic model of governance abroad and working to undermine the influence of liberal democracies, namely along Russia's historical borderlands. Russia caused an international uproar in 2016 when it interfered in the U.S. presidential contest. But Putin's foreign policy toolkit includes other instruments, from alliances with autocrats to proxy wars with the U.S. in Georgia, Ukraine and Syria. How does Putin conceive of national interests, and why do Russian citizens support him? How should the United States respond to Putin's foreign policy ambitions? Speaker Nick Hayes is professor of history, who holds the University Chair in Critical Thinking at St. John's University in Collegeville, and is an expert on Russia.

**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 Betsy Wray at [betsywray@millcitycommons.org](mailto:betsywray@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 2018)**

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**Exploring Meditation**

**Tuesday, February 27; 9:30-10:30 am**

Mill City Commons members are invited to join in a second five-week winter meditation series beginning February 27. All are welcome, and no prior experience is necessary. A range of meditations, appropriate for beginners to long-term meditators, will be explored. Our goal is to provide a consistent weekly practice to our members, guide individuals to find their meditation style and nourish connections with each other. The group will meet on Tuesdays, February 27, March 6, 13, 20 and 27, from 9:30-10:30 am at Mill City Quarter, across the parking lot from Abiitan. You don't need to attend all sessions or have attended any of our previous sessions to participate. Cost is \$10/session. You'll pay only for the sessions you attend; fees will be collected at the end of the

series. Please register prior to February 27<sup>th</sup> so that we can add you to our class information list.

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

**Mill City Quarter Club Room**

**322 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Tuesday, February 27; 5:00 – 6:00 pm**

**Last Tuesday Happy Hour**

Join us for Last Tuesday Happy Hour at Nolo's Kitchen & Bar, one of the North Loop's newest restaurants. Hosted by Carole and Doug Baker, 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 meeting in The Basement Bar, accessed on the left side of the building. Metered parking is available on the street. If you wish to stay for dinner, reservations may be made by calling (612) 800-6033.

**Nolo's Kitchen & Bar**

**515 Washington Ave. N.**

**MCC MEMBERS & GUESTS**

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