

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1 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	2 10:00-11:30 am Balance Training: Part 2 <div> ↓ Learn strength & balance exercises for better health. </div>	3	
4	5 4:00-5:00 pm Dutch Treat Social Hour <div> Sign up for a FREE tech appointment! </div>	6 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 1:00-2:30 pm Technology Help Desk 6:30-9:30 pm Guthrie Play Reading RiverWest	7 9:30-10:30 am Rendezvous Readers Book Chat	8 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 Syria Crisis & the Arab Spring: A Current Perspective →	9	10	
11 DAYLIGHT SAVINGS TIME BEGINS <div> Bill Davnie sheds light on this Islamic legal tradition. </div>	12 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Shariah: Some Myths and Some Reality	13 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 5:00-7:00 pm After Hours Connect: Minneapolis Foundation	14 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	15 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	16	17	
18	19 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: The Waning of Pax Americana →	20 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation <div> Join us for a discussion about the U.S.'s shift away from the liberal international order. </div>	21 9:00-10:00 am Rendezvous on 5 6:30-9:30 pm Guthrie Play Reading North Star	22 7:30-8:30 am River Walkers 7:30-8:30 am Men's C & C 9:15-10:00 am SBS Class 4:30-5:30 pm Nosy Neighbor Tour: Sports Check It Out →	23	24	
25 5:00-7:00 pm Sunday Soiree <div> Join us for food & fun at RiverWest! </div>	26 9:30-10:15 am Indoor Cycling Fun with MCC! 4:00-5:00 pm Dutch Treat Social Hour <div> Check out the new Sonder Shaker with MCC friends. </div>	27 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 5:00-6:00 pm Last Tuesday Happy Hour ↓	28 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregiver Support Group 3:00-5:00 pm Social Bridge 6:30-9:30 pm Guthrie Play Reading North Star	29 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	30 GOOD FRIDAY	31 PASSOVER 1ST DAY	



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 – MARCH 2018

Tuesdays & Thursdays, March 1, 6, 8, 13, 15, 20, 22, 27 & 29; 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, March 1, 8, 15, 22 & 29; 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, March 1, 15 & 29; 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, March 1 & 29; 1:30 – 3:00 pm

Thursday, March 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 2nd St. S.
MCC WOMEN & GUESTS*

Friday, March 2; 10:00 – 11:30 am

Balance Training – Part 2

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 on February 23, McMahon presented an overview of why we fall and demonstrated and guided 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, 5th floor

401 N. 2nd St.

MCC MEMBERS & GUESTS*

Mondays, March 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

Exploring Meditation

Tuesdays, March 6, 13, 20 & 27; 9:30-10:30 am

Mill City Commons members are invited to join in a second five-week winter meditation series, which began 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 for the first class you can attend so we can add you to our class information list.

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

Mill City Quarter Club Room

322 2nd St. S.

MCC MEMBERS

Tuesday, March 6; 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

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

Guthrie Play Reading – RiverWest Group

Enjoy this month's play reading of "Familiar" by Danai Gurira. There's something old, something new and something borrowed in this feisty, heartwarming play about a Zimbabwean-American family preparing for their daughter Tendi's wedding. Marvelous and Donald have built their American dream in Minnesota, so when Tendi requests a traditional African blessing before marrying her white fiancé from Minnetonka and a surprise guest drops a bombshell, the rehearsal dinner can't come soon enough. Family fireworks are interwoven with questions of cultural identity in this acclaimed play. 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

Wednesday, March 7; 9:30 – 10:30 am

Rendezvous Readers' Book Chat

Join us to discuss *Epitaph* by Mary Doria Russell. An American *Iliad*, this richly detailed and meticulously researched historical novel continues the story the author began in *Doc*, following Wyatt Earp and Doc Holliday to Tombstone, Arizona, and to the gunfight at the O.K. Corral. A deeply divided nation. Vicious politics. A president loathed by half the populace. Armed citizens willing to stand their ground and take law into their own hands. That was America in 1881. *Epitaph* tells Earp's real story, unearthing the Homeric tragedy buried under 130 years of mythology, misrepresentation and sheer indifference to fact. Epic and intimate, this novel gives voice to the real men and women whose lives were changed forever by those fatal 30 seconds in Tombstone. At its heart is the woman behind the myth: Josephine Sarah Marcus, who loved Wyatt Earp for 49 years and who carefully chipped away at the truth until she had crafted the heroic legend that would become the epitaph her husband deserved.

If you'd like to read ahead, April's book is *Hero of the Empire* by Candice Millard. Have a book suggestion for the Book Chat? Email Barbara Goldner.

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

Thursdays, March 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://millicitycommons.org>. Log in to register.

Elsie's Restaurant

729 Marshall St. N.E.

MCC MEN & GUESTS*

Thursday, March 8; 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://millicitycommons.org>. Log in to register.

Winslow House

100 2nd St. S.E.

MCC MEMBERS

Monday, March 12; 7:00 - 8:30 pm

Shariah: Some Myths and Some Reality

"Shariah," the Islamic legal tradition, has become almost as controversial a word as "jihad," and frequently as poorly misunderstood. While Muslim countries have not experienced the secularization of Western societies, and shariah thus remains more powerful and traditional than Jewish and Christian parallels, its most notorious aspects are extremely rare, or confused with local tribal practices not actually justified by classic Islamic jurisprudence. Bill Davnie has lived and worked in three Muslim-majority countries and has a background in religious studies. He will seek to sketch out how shariah law operates in Muslim-majority countries and among Muslim minority communities, and why it's not a threat to Western legal systems.

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

Carlyle Great Room

100 3rd Ave. S.

MCC MEMBERS

Tuesday, March 13; 5:00 – 7:00 pm

After Hours Connect: Minneapolis Foundation

Please join us for an MCC After Hours Connect program at the Minneapolis Foundation. We'll hear from Foundation CEO and President R.T. Rybak and his team about what the Foundation is doing to spark a positive change in our community. All MCC men and women are invited to attend. Refreshments will be served.

After Hours Connect is an evening gathering of MCC men and women, many of whom are still working full time, that connects on an occasional basis over a speaker, tour or social event. All MCC members are welcome.

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

Minneapolis Foundation

8000 IDS Center

80 S. 8th St.

MCC MEMBERS

Wednesdays, March 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 2nd St. S.

MCC MEMBERS & GUESTS

Wednesdays, March 14 & 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.

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, March 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.

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

Washburn Lofts

700 S. 2nd St.

MCC MEMBERS & GUESTS*

Monday, March 19; 7:00 – 8:30 pm

Great Decisions: The Waning of Pax Americana?

During the first months of Donald Trump's presidency, the U.S. began a historic shift away from Pax Americana, the liberal international order that was established in the wake of World War II. Since 1945, Pax Americana has promised peaceful international relations and an open economy, buttressed by U.S. military power. In championing "America First" isolationism and protectionism, President Trump has shifted the political mood toward selective U.S. engagement, where foreign commitments are limited to areas of vital U.S. interest and economic nationalism is the order of the day. Geopolitical allies and challengers alike are paying close attention. Speaker Dr. Mary Curtin had a 25-year career as a State Department foreign service officer before joining the U of M's Humphrey School of Public Affairs as Diplomat-in-Residence in 2013.

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.*

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)

Wednesday, March 21; 6:30 - 9:30 pm

Guthrie Play Reading – North Star 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.*

North Star Lofts

117 Portland Ave., #602

MCC MEMBERS

Thursday, March 22; 4:30 - 5:30 pm

Nosy Neighbor Tour: Sports Check It Out

"Sports Check It Out" is an innovative program developed by four entrepreneurial junior high students in Cedar Riverside Community School. It's a library system for any K-12 youth in the neighborhood to check out sports equipment, sports safety gear and quality winter clothing. It was created, designed and is run by the four students who, in

2016, won the Social Innovation Grand Prize. The prize included cash awards for the program and a trip to the 2017 Super Bowl. Learn more about the program [here](#). If you'd like to walk to Cedar Riverside Community School, meet in front of the Guthrie at 4:00 p.m., where MCC member Claudia Kittock will lead the way. If you're driving, find parking information [here](#).

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

Cedar Riverside Community School

1610 S. 6th St.

MCC MEMBERS & GUESTS*

Sunday, March 25; 5:00 - 7:00 pm

Sunday Soiree

Join your friends and neighbors for the MCC Sunday Soiree, hosted by John & Sonia Cairns at RiverWest. 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.

RiverWest Community Room

401 1st St. S.

MCC MEMBERS

Monday, March 26; 9:30 – 10:15 am

Indoor Cycling Fun with MCC!

Join us for a free trial of a tailor-made fitness and fun program for Mill City Commons! Cyclebar, a premiere indoor cycling experience (like spinning) has created a special fitness/social class just for Mill City Commons members. The 45-minute session is designed specifically for our age group—our music (Motown, Broadway show tunes, classic rock, Frank Sinatra, etc.), with an instructor/leader who listens to just what we want. If there's enough interest following this trial class, CycleBar will offer MCC members a series of cycle classes (a package of five, 45-minute classes for \$69) at this same time slot. Parking is available in the same building as Cyclebar (which is right across the street from the Lagoon movie theater in Uptown) or at meters on the street.

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

CycleBar

2927 Girard Ave. S.

MCC MEMBERS

Tuesday, March 27; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour at one of Northeast's newest establishments, Sonder Shaker. Hosted by Jim & Tomie Conaway, this gathering is a time to catch up with friends and neighbors over drinks and small bites. Dutch treat--no reservations required! Sonder Shaker, on the corner of E. Hennepin and 2nd St. N.E., is on the first floor of the new condo building that replaced Nye's Polonaise Room. If you'd like to stay for dinner, reservations may be made by calling (612) 353-6557.

Sonder Shaker
130 E. Hennepin Ave.
MCC MEMBERS & GUESTS

Wednesday, March 28; 6:30 - 9:30 pm

Guthrie Play Reading – North Star Group

Enjoy this month's play reading of "Familiar" by Danai Gurira. There's something old, something new and something borrowed in this feisty, heartwarming play about a Zimbabwean-American family preparing for their daughter Tendi's wedding. Marvelous and Donald have built their American dream in Minnesota, so when Tendi requests a traditional African blessing before marrying her white fiancé from Minnetonka and a surprise guest drops a bombshell, the rehearsal dinner can't come soon enough. Family fireworks are interwoven with questions of cultural identity in this acclaimed play. 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.**