


April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 EASTER	2 4:00-5:00 pm Dutch Treat Social Hour	3 7:30-8:30 am River Walkers 1:30-3:00 pm Program Committee Meeting	4 9:30-10:30 am Rendezvous Readers Book Chat 7:00-8:30 pm Senator David Durenberger: A Way Forward in Health Care?	5 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class	6	7	 <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>
8 Hear stories of the seedy Gateway District , pre-urban renewal.	9 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm ← The King of Skid Row	10 7:30-8:30 am River Walkers 8:00-9:30 am Waterfowl Walk 9:30-10:30 am Exploring Meditation 6:30-8:30 pm Guthrie Play Reading RiverWest	11 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 3:00-5:00 pm Social Bridge	12 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	13 10:00 am-12:00 pm Grandparents' Role in Children's Mental Health	14 Join us for this inspiring session.	
15 A retired U.S. Navy commander addresses this issue.	16 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm ← Great Decisions: U.S. Global Engagement & the Military	17 7:30-8:30 am River Walkers 8:00-9:30 am Waterfowl Walk 9:30-10:30 am Exploring Meditation	18 9:00-10:00 am Rendezvous on 5 6:30-8:30 pm Guthrie Play Reading North Star The waterfowl walks are back, starting April 10!	19 7:30-8:30 am River Walkers 7:30-8:30 am Men's C & C 9:15-10:00 am SBS Class 1:00-2:30 pm Technology Workshop: Being Safe Online	20 Get the latest tips for online safety.	21	
22 5:00-7:00 pm Sunday Soiree Bill & Kathy Fox host at the Towers .	23 4:00-5:00 pm Dutch Treat Social Hour Mingle & nosh at the Stray Dog!	24 7:30-8:30 am River Walkers 8:00-9:30 am Waterfowl Walk 9:30-10:30 am Exploring Meditation 5:00-6:00 pm Tuesday Happy Hour	25 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 3:00-5:00 pm Social Bridge 7:00-8:30 pm Driven to Discover: Stories of Students Leading Social Change	26 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	27	28	
29 Get inspired at this energizing forum .	30 1:30-3:00 pm Sharing World Culture Through Ancient Manuscripts → A must-see program for those attending the May 4 day trip to St. John's! 4:00-5:00 pm Dutch Treat Social Hour ← 7:00-8:30 pm MN's Leadership on Clean Energy						

MILL CITY COMMONS DETAILED CALENDAR – APRIL 2018

Mondays, April 2, 9, 16, 23 & 30; 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, April 3, 5, 10, 12, 17, 19, 24 & 26; 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, April 4; 9:30 – 10:30 am

Rendezvous Readers' Book Chat

Join us to discuss by Candice Millard. At the age of 24, Winston Churchill was utterly convinced it was his destiny to become prime minister of England. He arrived in South Africa in 1899, valet and crates of vintage wine in tow, to cover the brutal colonial war the British were fighting with Boer rebels and jumpstart his political career. But just two weeks later, Churchill was taken prisoner. Remarkably, he pulled off a daring escape—traversing hundreds of miles of enemy territory, alone, with nothing but a crumpled wad of cash, four slabs of chocolate, and his wits to guide him. Millard spins an epic story of bravery, savagery and chance encounters with a cast of historical characters—including Rudyard Kipling, Lord Kitchener and Mohandas Gandhi—with whom Churchill would later share the world stage. The lessons Churchill took from the Boer War would profoundly affect 20th century history.

If you'd like to read ahead, May's book is *Ragtime* by E.L. Doctorow. 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

Wednesday, April 4; 7:00 – 8:30 pm

Senator David Durenberger: A Way Forward in Health Care?

A year after the 1965 passage of Medicare and Medicaid, David Durenberger began a 50-plus-year journey through state and national health financing policy and health system reform, including 12 years as a U.S. Senator from Minnesota. After retiring from the Senate, he spent 20 years teaching health policy and chairing the National Institute of Health Policy at the University of St. Thomas' Opus College of Business. With his knowledge of the history of health care in America and its current issues, as well as the players involved, he has some thoughts on a positive way forward.

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

DeLaSalle High School

1 DeLaSalle Drive, Room D104

MCC MEMBERS

Thursdays, April 5 & 19; 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*

Thursdays, April 5, 12, 19 & 26; 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

Monday, April 9; 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://millicitycommons.org>. Log in to register.

Bridgewater Community Room, 8th floor

215 10th Ave. S.

MCC MEMBERS

Tuesdays, April 10, 17 & 24; 7:00 – 8:30 am

Waterfowl Walk

Each year, hundreds of thousands of birds stream through Minnesota on their annual migrations. The Minneapolis Chain of Lakes is a great place to observe them. In these walks led by Jamie McBride, lead naturalist with the Minneapolis Park and Recreation Board, we'll be watching for geese, ducks, swans, pelicans and more. Bring binoculars and field guides, if you have them (we'll also have some to borrow). The April 10 session will meet at the [Lake Harriet Bandshell](#). Location for the April 17 and 24 walks to be announced.

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

April 10: Lake Harriet Bandshell, 4235 E. Lake Harriet Blvd.

April 17 & 24: Locations to be announced

MCC MEMBERS & GUESTS*

Tuesdays, April 10, 17 & 24; 9:30 - 10:30 am

Exploring Meditation

Mill City Commons members are invited to join in a spring meditation series, beginning April 10. 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, April 10 through May 22, 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, April 10; 6:30 - 9:30 pm

Guthrie Play Reading – RiverWest Group

Enjoy this month's play reading of "Guess Who's Coming to Dinner" by Todd Kreidler. Matt and Christina Drayton are a progressive couple living in San Francisco. It is 1967 when their daughter Joanna arrives home unexpectedly with Dr. John Prentice, an African American doctor 14 years her senior. They're in love, and they want the Drayton's blessing for their marriage—today. The Draytons have prided themselves on their liberal-mindedness, but now they are forced to put their values to the test. Based on the iconic film, this classic is a witty and insightful reflection on two families confronted by their prejudices. 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

Wednesdays, April 11, 18 & 25; 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, April 11 & 25; 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, April 11 & 25; 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, April 12; 10:00 – 11:30 am

Thursday, April 26; 1:30 – 3:00 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. 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*

Thursdays, April 12 & 26; 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

Friday, April 13; 10:00 am – 12:00 pm

Grandparents' Role in Children's Mental Health

Peer pressure, bullying, anxiety, depression--these are a few of the mental health-related challenges that one out of five children experience during their childhood. Learn how the Washburn Center for Children, our region's leading children's mental health provider, is helping children reach their full potential. MCC member Michael Brennan, a member of Washburn Center's Board of Trustees, will open the program, where we'll meet several of the Center's professional team who will discuss the role family members, particularly grandparents, can have in supporting their children and grandchildren through the struggles of social, emotional and behavioral challenges. Join us for this informative and inspirational session!

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

Washburn Center for Children

1100 Glenwood Ave.

MCC MEMBERS

Monday, April 16; 7:00 – 8:30 pm

Great Decisions: U.S. Global Engagement and the Military

The global power balance is rapidly evolving, leaving the United States at a turning point with respect to its level of engagement and the role of its military. Some argue for an "America First" paradigm, with a large military to ensure security, while others call for a more assertive posture overseas. Some advocate for a restoration of American multilateral leadership and a strengthened role for diplomacy. Still others envision a restrained U.S. role, involving a more limited military. How does the military function in today's international order, and how might it be balanced with diplomatic and foreign assistance capabilities? Speaker Jon Olson, a retired U.S. Navy commander, is an adjunct professor in Carleton College's Political Science Department and in the School of Law Enforcement and Criminal Justice at Metropolitan State University. The courses he leads include "The U.S. Intelligence Community," "Terrorism and Counterterrorism," "Intelligence, Policy and Strategy, and Conflict," and "Studies in Weapons of Mass Destruction."

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, April 18; 6:30 - 9:30 pm

Guthrie Play Reading – North Star Group

Enjoy this month's play reading of "Guess Who's Coming to Dinner" by Todd Kreidler. Matt and Christina Drayton are a progressive couple living in San Francisco. It is 1967 when their daughter Joanna arrives home unexpectedly with Dr. John Prentice, an African American doctor 14 years her senior. They're in love, and they want the Drayton's blessing for their marriage—today. The Draytons have prided themselves on their liberal-mindedness, but now they are forced to put their values to the test. Based on the iconic film, this classic is a witty and insightful reflection on two families confronted by their prejudices.

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, April 19; 1:00 - 2:30 pm

Technology Workshop: Being Safe Online

Hackers are on the lookout every day for ways to collect and compromise our personal information. Protect yourself with the latest tips for being safe online. In this workshop, we'll cover topics such as passwords, scam emails and safely browsing the web. While most safety tips can be applied to browsing the web from any platform, some will be Apple specific and all demonstrations will be on Apple products.

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

American Academy of Neurology

201 Chicago Ave., Training Room A

MCC MEMBERS

Sunday, April 22; 5:00 - 7:00 pm

Sunday Soiree

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Bill and Kathy Fox at the Towers. 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.

The Towers Party Room

15 1st St. S.

MCC MEMBERS

Tuesday, April 24; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour at Stray Dog Restaurant & Bar in Northeast. Hosted by Pat Hoven and Penny Hunt, 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) 378-2855.

Stray Dog
401 E. Hennepin Ave.
MCC MEMBERS & GUESTS

Wednesday, April 25; 7:00 - 8:30 pm

Driven to Discover: Stories of Students Leading Social Change

[Acara](#) is a program of the University's Institute on the Environment that annually teaches 150 to 200 undergraduate and graduate students to identify local and global real-world problems and design solutions to them, which are then incorporated in functioning projects. The best are subsequently funded with grants ranging from \$500 to \$10,000. Examples include Kaloli Energy, which is turning urban trash into cooking fuel in order to decrease deforestation and air pollution in Uganda; My Rain, a successful business in India that distributes low-cost drip irrigation technology; and Minnesota Freedom Fund, a local nonprofit working to eliminate bail for people charged with misdemeanors. Come hear inspirational stories of University of Minnesota students and alumni working to address important social problems, and bring your ideas of projects, both local and international, which they might undertake.

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

Lourdes Square
186 Bank St. S.E.
MCC MEMBERS

Monday, April 30; 1:30 – 3:00 pm

Sharing World Culture Through Ancient Manuscripts

Come and hear the amazing story of how a small group of Benedictine monks in central Minnesota created a manuscript preservation project that now reaches around the world. When the Hill Museum and Manuscript Library (HMML) of St. John's Abbey began microfilming manuscripts 50 years ago, there was no internet and no virtual reality. There were, however, manuscripts in monasteries in Austria that had been threatened by World War II. Today the manuscript preservation project's geography has expanded to include Turkey, Syria, Ethiopia, India and Mali. Featured on "60 Minutes" last December, the project has gained worldwide attention and acceptance by scholars, governments and interested citizens. This same group of monks produced the St. John's Bible Project, a recently completed effort to reproduce the Bible in calligraphy, by hand, with spectacular illustrations. This informational program is a preview to the MCC day tour to see the St. John's Bible and HMML on Friday, May 4.

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

RiverWest Community Room
401 1st St. S.
MCC MEMBERS

Monday, April 30; 7:00 - 8:30 pm

Minnesota's Leadership on Clean Energy

Energy decisions are critical to both economic development and environmental performance. Minnesota has used bipartisan policy to grow our clean energy economy, including almost 60,000 family-supporting jobs. Business is also leading the way on renewable energy. We are national leaders in wind and solar energy, as well as in carbon reduction. Learn about next steps and get inspired at this energizing forum. Speaker J. Drake Hamilton is science policy director for Fresh Energy and an expert in climate and energy policy at the state and national level.

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

Winslow House

100 2nd St. S.E.

MCC MEMBERS

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