


# May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<b>1 7:30-8:30 am</b> River Walkers <b>7:00-9:00 am</b> Birding Walk <b>9:30-10:30 am</b> Exploring Meditation <b>1:30-3:00 pm</b> Program Committee Meeting <b>6:30-9:30 pm</b> Guthrie Play Reading RiverWest	<b>2 9:30-10:30 am</b> Rendezvous Readers Book Chat <b>6:30-9:30 pm</b> Guthrie Play Reading North Star <div>             Hear from our new <b>Park Board</b> reps.           </div>	<b>3 7:30-8:30 am</b> River Walkers <b>7:30-8:30 am</b> Men's C & C <b>9:15-10:00 am</b> SBS Class <b>7:00-8:30 pm</b> Meet Your Local Reps: Park Board Commissioners Jono Cowgill & Chris Meyer	<b>4 8:00 am-4:30 pm</b> St. John's Bible & Hill Museum and Manuscript Library Tour <div>             Fascinating day trip!           </div>	<b>5</b>	
	<b>6</b> <b>7 4:00-5:00 pm</b> Dutch Treat Social Hour <b>5:00-8:30 pm</b> MCC 10 <sup>th</sup> Anniversary Kick-Off Party	<b>8 7:30-8:30 am</b> River Walkers <b>7:00-9:00 am</b> Birding Walk <b>9:30-10:30 am</b> Exploring Meditation	<b>9 9:00-10:00 am</b> Rendezvous on 5 <b>10:30 am-12:00 pm</b> Caregivers' Support Grp <b>3:00-5:00 pm</b> Social Bridge <b>4:00-5:30 pm</b> MCC Board Meeting	<b>10 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>11</b>	<b>12</b>	
<b>13 MOTHER'S DAY</b> <div>             Inspiring stories about building homes abroad.           </div>	<b>14 4:00-5:00 pm</b> Dutch Treat Social Hour <b>7:00-8:30 pm</b> Brick by Brick: Habitat for Humanity's Global Village Program	<b>15 7:30-8:30 am</b> River Walkers <b>7:00-9:00 am</b> Birding Walk <b>9:30-10:30 am</b> Exploring Meditation	<b>16 9:00-10:00 am</b> Rendezvous on 5 <b>1:00-2:30 pm</b> Technology Help Desk <div>             Get your <b>technology</b> questions answered!           </div>	<b>17 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>18 10:30 am-12:00 pm</b> Nosy Neighbor Tour: George Wellbeing Center <div>             Your chance to tour this first-of-its-kind Center.           </div>	<b>19</b>	
<b>20</b> <div>             Join us for this timely <b>Great Decisions</b> discussion.           </div>	<b>21 4:00-5:00 pm</b> Dutch Treat Social Hour <b>7:00-8:30 pm</b> Great Decisions: China & America: The New Geopolitical Equation	<b>22 7:30-8:30 am</b> River Walkers <b>7:00-9:00 am</b> Birding Walk <b>9:30-10:30 am</b> Exploring Meditation <b>5:00-6:00 pm</b> Tuesday Happy Hour	<b>23 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	<b>24 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>25</b>	<b>26</b>	
<b>27</b>	<b>28 MEMORIAL DAY</b> <b>4:00-5:00 pm</b> Dutch Treat Social Hour	<b>29 7:30-8:30 am</b> River Walkers <b>1:30-3:00 pm</b> Program Committee Meeting <div>             An <b>innovative initiative</b> right in the North Loop.           </div>	<b>30 9:00-10:00 am</b> Rendezvous on 5 <b>7:00-8:30 pm</b> Great River Landing: Transforming Lives	<b>31 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			



**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](http://www.millcitycommons.org)  
 (612) 455-3329  
[Info@millcitycommons.org](mailto:Info@millcitycommons.org)

## MILL CITY COMMONS DETAILED CALENDAR – MAY 2018

**Tuesdays & Thursdays, May 1, 3, 8, 10, 15, 17, 22, 24, 29 & 31; 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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**Tuesdays, May 1, 8, 15 & 22; 7:00 – 9:00 am**

### **Birding Walks**

Celebrate spring with a series of four bird-watching walks along the river! We hope to see migrating warblers and other songbirds. Jamie McBride, Naturalist Education Coordinator with the Minneapolis Park and Recreation Board, will lead the walks along with master birding volunteer Gregg Severson. Locations for the walks to be announced each week.

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

**Locations to be announced**

**MCC MEMBERS & GUESTS\***

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**Tuesdays, May 1, 8, 15 & 22; 9:30 – 10:30 am**

### **Exploring Meditation**

Mill City Commons members are invited to join in a spring meditation series. 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 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Tuesday, May 1; 6:30 - 9:30 pm**

### **Guthrie Play Reading – RiverWest Group**

Enjoy this month's play reading of "An Enemy of the People" by Kia Corthron. A world premiere adaptation of Henrik Ibsen's play, "An Enemy of the People" follows Dr. Stockmann who aims to expose dangerous water pollution in a Norwegian spa town's

public baths. At first he's seen as a hero, but gradually the whistleblower comes under fire for publicizing a problem that could destroy the town's economy and reputation. With ripped-from-the-headlines relevance, this high-intensity drama reveals the dangers a single person may face in a quest for truth. 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](mailto:betsywray@millcitycommons.org).*

**RiverWest**  
**401 1<sup>st</sup> St. S., #302**  
**MCC MEMBERS**

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**Wednesday, May 2; 9:30 – 10:30 am**  
**Rendezvous Readers' Book Chat**

Join us to discuss *Ragtime* by E.L. Doctorow. An extraordinary tapestry, *Ragtime* captures the spirit of America in the era between the turn of the century and the First World War. The story opens in 1906 in New Rochelle, New York, at the home of an affluent American family. One lazy Sunday afternoon, the famous escape artist Harry Houdini swerves his car into a telephone pole outside their house. And almost magically, the line between fantasy and historical fact, between real and imaginary characters, disappears. Henry Ford, Emma Goldman, J. P. Morgan, Evelyn Nesbit, Sigmund Freud and Emiliano Zapata slip in and out of the tale, crossing paths with Doctorow's imagined family and other fictional characters, including an immigrant peddler and a ragtime musician from Harlem whose insistence on a point of justice drives him to revolutionary violence.

If you'd like to read ahead, June's book is *The Vanishing Act of Esme Lennox* by Maggie O'Farrell. Have a book suggestion for the Book Chat? Email [Barbara Goldner](mailto:Barbara Goldner).

**Abiitan's Porter Cafe**  
**428 2<sup>nd</sup> St. S.**  
**MCC MEMBERS & GUESTS**

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**Wednesday, May 2; 6:30 - 9:30 pm**  
**Guthrie Play Reading – North Star Group**

Enjoy this month's play reading of "An Enemy of the People" by Kia Corthron. A world premiere adaptation of Henrik Ibsen's play, "An Enemy of the People" follows Dr. Stockmann who aims to expose dangerous water pollution in a Norwegian spa town's public baths. At first he's seen as a hero, but gradually the whistleblower comes under fire for publicizing a problem that could destroy the town's economy and reputation. With ripped-from-the-headlines relevance, this high-intensity drama reveals the dangers a single person may face in a quest for truth. Guthrie dramaturg Jo Holcomb will assign parts.

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**North Star Lofts**  
**117 Portland Ave., #602**  
**MCC MEMBERS**

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**Thursdays, May 3, 17 & 31; 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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**Thursdays, May 3, 10, 17, 24 & 31; 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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**Thursday, May 3; 7:00 - 8:30 pm**

**Meet Your Local Representatives: Park Board Commissioners Jono Cowgill & Chris Meyer**

In this second in an ongoing MCC series, "Meet Your Local Representatives," you'll have a chance to hear from Park Board Commissioners Jono Cowgill, representing the 4th District (west side of the river), and Chris Meyer, representing the 1st District (east side of the river). The commissioners will talk about challenges and opportunities they see ahead for the Park Board, as well as any special initiatives they're working on.

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

**Minnesota Tech Center**

**1100 Washington Ave. S.**

**MCC MEMBERS**

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**Friday, May 4; 8:00 am – 4:30 pm**

**St. John's Bible and Hill Museum & Manuscript Library Tour**

In 1998, St. John's Abbey and University commissioned renowned calligrapher Donald Jackson to produce a handwritten, hand-illuminated Bible. Join us on this day tour to St. John's University, where you'll see 28 original folios from the Bible, as well as tools, materials and sketches used in its creation. After lunch in the University Refectory Dining Hall, we'll visit the Hill Museum & Manuscript Library, where Dr. Matthew Heintzelman will showcase a selection of the library's fascinating and beautiful rare book and manuscript collection. We'll leave the North Star Lofts upper parking lot (117 Portland Ave.) at 8:00 am via a rented van and return at approximately 4:30 pm. Cost for the tour is a suggested donation of \$3 each (checks made payable to HMML); cost for lunch is \$11.25. Cost for the van transportation will depend on the final number of registrants, but it could range from \$35 - \$65 per person.

**REGISTRATION DEADLINE: May 2.**

RESERVATIONS through <http://millcitycommons.org>. Log in to register.  
St. John's University, Alcuin Library  
2835 Abbey Plaza, Collegeville, MN  
MCC MEMBERS

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**Mondays, May 7, 14, 21 & 28; 4:00 - 5:00 pm**

**Dutch Treat Social Hour at the Aster Cafe**

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 the Aster Café. Take this opportunity to meet new members and reconnect with some you haven't seen lately. Dutch treat--no reservations required.

**Aster Café**

**125 Main St. S.E.**

**MCC MEMBERS & GUESTS**

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**Monday, May 7; 5:00 – 8:30 pm**

**MCC 10<sup>th</sup> Anniversary Kick-Off Party**

Mill City Commons is celebrating its 10th Anniversary with lots to remember and even more to look forward to! An evening of revelry is "on tap" to kick off our 10<sup>th</sup> anniversary year at Surly Brewing. View an amazing slideshow of photos old and new, order a signature beer cocktail or non-alcoholic beverage, enjoy an array of delectable appetizers and sit back to enjoy some fun facts about our amazing organization from emcees Bill Davnie and Allan Burdick. Cash bar, with beer and soft drinks only; the fun, food and frolic are free! Carpooling is encouraged. RSVP no later than April 20.

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

**Surly Brewing Co.**

**520 Malcolm Ave. S.E.**

**MCC MEMBERS**

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**Wednesdays, May 9, 16, 23 & 30; 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, May 9 & 23; 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 August.

**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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**Wednesdays, May 9 & 23; 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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**Thursday, May 10; 10:00 – 11:30 am**

**Thursday, May 24; 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 2<sup>nd</sup> St. S.**

**MCC WOMEN & GUESTS\***

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**Thursdays, May 10 & 24; 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](mailto:alburd4057@gmail.com).

**Abiitan's Porter Cafe**

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

**MCC MEN & GUESTS**

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**Monday, May 14; 7:00 – 8:30 pm**

**Brick by Brick: Habitat for Humanity's Global Village Program**

Twin Cities Habitat for Humanity serves more than just our metro area—it also strives for a *world* where everyone has a decent place to live. Through Habitat's Global Impact Fund and Global Village trips, the organization supports partner affiliates in Latin America, Africa and Asia. Learn more about a recent life-changing trip to Cambodia from Cathy Lawrence, Habitat's VP of Resource Development and Community Engagement; Tanya Bell, former Habitat board member; and Lee Schafer, *StarTribune* business and economics columnist, all of whom worked on a build there. Cathy also will talk about Twin Cities Habitat's new endeavors in Latin America.



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

Stone Arch Lofts  
600 2<sup>nd</sup> St. S., #701  
MCC MEMBERS

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**Wednesday, May 16; 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

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**Friday, May 18; 10:30 am - 12:00 pm**

**Nosy Neighbor Tour: George Wellbeing Center**

Join us for a tour of the just-opened George Wellbeing Center at the new Dayton YMCA at Gaviidae. Open to Y members and nonmembers alike, the Center will offer evidence-based, integrative health practices that are shown to reduce stress, promote healing and improve health outcomes. The programs and experiences are designed to empower people to be the central agents of their own health and wellbeing. The Center is the first of its kind to be offered at any Y in the country.

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

George Wellbeing Center at the YMCA  
651 Nicollet Mall, Suite 300  
MCC MEMBERS

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**Monday, May 21; 7:00 – 8:30 pm**

**Great Decisions: China & America: The New Geopolitical Equation**

In the last 15 years, China has implemented a wide-ranging strategy of economic outreach and expansion of all its national capacities, including military and diplomatic capacities. Where the United States has taken a step back from multilateral trade agreements and discarded the Trans-Pacific Partnership (TPP), China has made inroads through efforts like the Belt and Road Initiative and the Asian Infrastructure Investment Bank (AIIB). What are Beijing's geopolitical objectives? What leadership and political conditions in each society underlie growing Sino-American tensions? What policies might Washington adopt to address this circumstance? Speaker Richard Bohr is an Emeritus Professor and Director of Asian Studies, College of Saint Benedict/Saint John's University. He holds a Ph.D. in Modern Chinese History and has devoted his professional career to promote relationships between Americans and Asians.

**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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**Tuesday, May 23; 5:00 – 6:00 pm**

**Tuesday Happy Hour**

Join us for Tuesday Happy Hour at Haskell's Wine Bar. Hosted by Bill & Kathy Fox, this gathering is a time to catch up with friends and neighbors over drinks and small bites. Dutch treat--no reservations required!

**Haskell's Wine Bar**

**901 Nicollet Mall**

**MCC MEMBERS & GUESTS**

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**Wednesday, May 30; 7:00 – 8:30 pm**

**Great River Landing: Turning Lives Around**

Join a conversation with Dr. Thomas Adams, the CEO of Better Futures Minnesota, which is the service provider for Great River Landing (GRL), Beacon Interfaith Housing Collaborative's project that just broke ground in North Loop near the Twins Stadium. GRL will provide affordable housing, workforce development, health and wellness programs, and life coaching to men formerly incarcerated who want to transform their lives and contribute to the community and their families. Dr. Adams will talk about the need for this holistic approach, how the men are identified, and the nature of the work supervision and support the men receive. MCC member Sonia Cairns, who co-chairs the Great River Landing Launch Team, will introduce Dr. Adams.

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

**La Rive Party Room**

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

**MCC MEMBERS**

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