

# June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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<b>3</b> <div>Learn about an innovative literacy model.</div>	<b>4 4:00-5:00 pm</b> Dutch Treat Social Hour <b>7:00-8:30 pm</b> Reading Partners: A Local Success Story	<b>5 7:30-8:30 am</b> River Walkers <b>9:30-10:30 am</b> Exploring Meditation <b>3:00-4:30 pm</b> The Health Challenge: When the Unforeseen Hits	<b>6 9:30-10:30 am</b> Rendezvous Readers Book Chat <b>3:00-5:00 pm</b> Social Bridge <div>Members share their experiences &amp; wisdom.</div>	<b>7 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>4:30-6:00 pm</b> MCC Sing-Along	<b>8</b> <div>Broadway show tunes around the piano!</div>	<b>9</b>	
<b>10</b> <div>Back by popular demand!</div>	<b>11 1:00-2:00 pm</b> Nosy Neighbor Tour: St. Anthony Falls Lab <b>4:00-5:00 pm</b> Dutch Treat Social Hour <div>See a preview of the city's new comprehensive plan.</div>	<b>12 7:30-8:30 am</b> River Walkers <b>9:30-10:30 am</b> Exploring Meditation	<b>13 9:00-10:00 am</b> Rendezvous on 5 <b>10:30 am-12:00 pm</b> Caregivers' Support Group <b>7:00-8:30 pm</b> Coming to Know Minneapolis: A Look at Trends & the Minneapolis 2040 Draft Plan	<b>14 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>15</b> <b>10:30 am-12:00 pm</b> Nosy Neighbor Tour: Pillsbury A Mill <div>Tour this historic gem.</div>	<b>16</b>	
<b>17 FATHER'S DAY</b> <div>An important discussion about global wellbeing.</div>	<b>18</b> <b>4:00-5:00 pm</b> Dutch Treat Social Hour <b>7:00-8:30 pm</b> Great Decisions: Global Health – Progress and Challenges	<b>19 7:30-8:30 am</b> River Walkers <b>9:30-10:30 am</b> Exploring Meditation <b>1:00-2:30 pm</b> Technology Help Desk	<b>20 9:00-10:00 am</b> Rendezvous on 5 <b>10:30-11:30 am</b> Current Events: A Conversation with Bill <b>3:00-5:00 pm</b> Social Bridge <div>NEW monthly program!</div>	<b>21 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>22</b>	<b>23</b>	
<b>24</b> <b>5:00-7:00 pm</b> Sunday Soiree <div>Join us on the Stone Arch rooftop!</div>	<b>25 4:00-5:00 pm</b> Dutch Treat Social Hour <div>Drinks &amp; snacks on the patio at Elsie!</div>	<b>26 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>27 9:00-10:00 am</b> Rendezvous on 5 <b>10:30 am-12:00 pm</b> Caregivers' Support Group <b>7:00-8:30 pm</b> One Nation Indivisible with Liberty and Justice for All <div>Former MN Secretary of State Mark Ritchie speaks.</div>	<b>28 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>29</b>	<b>30</b>	



**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 – JUNE 2018

**Mondays, June 4, 11, 18 & 25; 4:00 - 5:00 pm**

### **Dutch Treat Social Hour at the Aster Café**

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, June 4; 7:00 - 8:30 pm**

### **Reading Partners: A Local Success Story**

Learn how Reading Partners empowers students to succeed in reading and in life by engaging community volunteers to provide one-on-one tutoring. The local chapter of the national nonprofit provides individualized literacy tutoring to some 600 students in low-income communities across the Twin Cities. The highly effective, evidence-based program has helped children master the fundamental reading skills they need to succeed in school and beyond. Executive Director Brooke Rivers, Board Chair Catherine Shreves and Reading Partner tutor Ginny Craig will share how Reading Partners is making a difference for students in the Twin Cities through its unique curriculum and model.

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

**RiverWest Social Room**

**401 1<sup>st</sup> St. S.**

**MCC MEMBERS**

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**Tuesdays & Thursdays, June 5, 7, 12, 14, 19, 21, 26 & 28; 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, June 5, 12, 19 & 26; 9:30 – 10:30 am**

### **Exploring Meditation**

Mill City Commons members are invited to join in a drop-in meditation hour during the month of June. This is a time for self-guided meditation, with no instructor. The idea is that meditating with each other may help each of our practices. Drop-in sessions are on Tuesdays, June 5 through June 26, from 9:30-10:30 am at Mill City Quarter, across the

parking lot from Abiitan. An MCC member will be there to let you in at 9:30 a.m. Please register for sessions you plan to attend so we have an idea of how many to expect. All sessions are free.

**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, June 5; 3:00 - 4:30 pm**

**The Health Challenge: When the Unforeseen Hits**

Do you know how you'd react if you, your spouse or partner suddenly had a medical emergency? A panel of MCC members will offer you the benefit of their hard-earned wisdom through stories about how they've responded to accidents, medical emergencies in faraway places, and the changing health of a spouse. They'll share with you what they've learned about realities, resources and resilience. Panelists include Delia & Tyrone Bujold, Linnea Olesen, Sabina Sten, and Dodd & Ginger Wilson.

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

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

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

**MCC MEMBERS**

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**Wednesday, June 6; 9:30 – 10:30 am**

**Rendezvous Readers' Book Chat**

Join us to discuss *The Vanishing Act of Esme Lennox* by Maggie O'Farrell. Chic and independent, Iris Lockhart is tending to her vintage-clothing shop in Edinburgh (and evading her married boyfriend) when she receives a stunning phone call: her great-aunt Esme—whom she never knew existed—is being released from Cauldstone Hospital, where she has been locked away for more than 60 years. Iris's grandmother Kitty always claimed to be an only child. But Esme's papers prove she is Kitty's sister, and Iris can see the shadow of her father in Esme's face. Esme has been labeled harmless—sane enough to coexist with the rest of the world—but she's still basically a stranger, a family member hidden away who will surely bring secrets with her when she leaves the ward. Moving expertly among the voices of Iris, Kitty, and Esme herself, Maggie O'Farrell reveals the story of Esme's tragic and haunting absence.

Book Chat is taking vacation in July! If you'd like to read ahead, August's book is *Mudbound* by Hillary Jordan. 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, June 6 & 20; 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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**Thursdays, June 7, 14, 21 & 28; 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, June 7; 10:00 – 11:30 am**

**Thursday, June 21; 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, June 7 & 21; 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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**Thursday, June 7; 4:30 – 6:00 pm**

**MCC Sing-Along**

Come together with other MCC members for an informal sing-along at Anne and Tom Carrier's Stone Arch loft. With Margee Bracken on the piano, we'll be refreshing our

memories with Broadway show 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 2<sup>nd</sup> St. S., #303**

**MCC MEMBERS**

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**Monday, June 11; 1:00 - 2:00 pm**

**Nosy Neighbor Tour: St. Anthony Falls Laboratory**

The St. Anthony Falls Laboratory is an interdisciplinary fluid mechanics research center and education facility under the College of Science and Engineering at the University of Minnesota. Built in 1938, the Lab takes advantage of its unique position near St. Anthony Falls to divert and direct river water through the building for use in experiments and research. A tour through the facility will not only give attendees an appreciation for the Lab's history and unique setting but also showcase its ongoing research and experiments that look to address many of society's major environmental challenges. The Lab is just off Main St. SE; find a map [here](#).

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

**St. Anthony Falls Laboratory**

**2 3<sup>rd</sup> Ave. S.E.**

**MCC MEMBERS**

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**Wednesdays, June 13, 20 & 27; 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, June 13 & 27; 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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**Wednesday, June 13; 7:00 – 8:30 pm**

**Coming to Know Minneapolis: A Look at Trends & the Minneapolis 2040 Draft Plan**

Learn about demographic, economic and housing trends in Minneapolis and how this information has shaped the draft policies in Minneapolis 2040. [Minneapolis 2040](#) is an update to the City's Comprehensive Plan, a document that shapes how Minneapolis will grow and change. The draft plan covers topics such as housing, job creation, the design of new buildings and how we use our streets. Brian Shaffer and Paul Mogush, principal project coordinators in the city's Long Range Planning Division, will take us through the trends and plan.

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

**Stonebridge Lofts Community Room, 2<sup>nd</sup> floor**

**1120 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Thursdays, June 14 & 28; 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, June 15; 10:30 – 11:30 am**

**Nosy Neighbor Tour: Pillsbury A Mill**

Discover the story of the National Historic Landmark Pillsbury A Mill, the largest flour mill in the world for many years, which recently reopened as the A-Mill Artist Lofts. Tour the former milling complex, including the rooftop deck and basement waterpower facilities. Highlights include the largest and best-preserved waterpower system in Minneapolis, with views straight down a 50-foot drop shaft through a glass floor. You'll also see the architectural highlights of the recently completed A-Mill Artist Lofts built within the historic mill buildings. The tour includes about 1.5 miles of moderately paced walking indoors and outdoors, with some uneven surfaces. Tours begin at the gray door on 3<sup>rd</sup> Ave. S.E. at Main St. (around the corner from the main entrance at 315 Main St. S.E.).

**COST:** \$16/person; payment should be made via check to Mill City Commons.

**RESERVATIONS:** Due June 8.

**OPTIONAL:** Join your tourmates for lunch at a nearby restaurant afterwards!

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

**Pillsbury A Mill**

**315 Main St. S.E. (meet at gray door on 3<sup>rd</sup> Ave. S.E.)**

**MCC MEMBERS**

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**Monday, June 18; 7:00 – 8:30 pm**

**Great Decisions: Global Health – Progress and Challenges**

The collective action of countries, communities and organizations over the last 30 years has literally saved millions of lives around the world. Yet terrible inequalities in health and wellbeing persist. The world now faces a mix of old and new health challenges, including the preventable deaths of mothers and children, continuing epidemics of infectious diseases, and rising rates of chronic disease. We also remain vulnerable to the emergence of new and deadly pandemics. For these reasons, the next several decades will be just as important—if not more so—than the last in determining wellbeing across nations. Speaker Dr. Jokho Farah is director of quality and population health at People's Center Health Services in Minneapolis. Before that she worked three years with another safety net clinic, and earlier spent time involved in international health, medical missions and humanitarian work in Dubai and Tunisia.

**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, June 19; 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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**Wednesday, June 20; 10:30 – 11:30 am**

**Current Events: A Conversation with Bill**

Current international news and U.S. foreign policy provide an endless trove of topics for learning and discussion. Former foreign service officer and MCC member Bill Davnie will identify a topic in advance, although news can always lead us in a fresh direction. There will be both presentation and discussion, and topic ideas for each monthly gathering are welcome. This ongoing program is held on the third Wednesday of the month.

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

**Abilitan's Porter Cafe**

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

**MCC MEMBERS**

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**Sunday, June 24; 5:00 - 7:00 pm**

**Sunday Soiree**

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Anne & Tom Carrier and David & Susan Plimpton on the Stone Arch Lofts rooftop. 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.**

**Stone Arch Lofts Rooftop**

**600 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Tuesday, June 26; 5:00 – 6:00 pm**

**Last Tuesday Happy Hour**

Join us for our third annual Last Tuesday Happy Hour on the patio at Elsie's Restaurant and Bar! Hosted by Patty Connelly and Diane & Tony Hofstede, 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) 378-9701.

**Elsie's Restaurant and Bar**

**729 Marshall St. N.E.**

**MCC MEMBERS & GUESTS**

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**Wednesday, June 27; 7:00 – 8:30 pm**

**Mark Ritchie: One Nation Indivisible with Liberty and Justice for All**

Please join us as former Minnesota Secretary of State Mark Ritchie highlights historical and personal watershed moments when citizens and representatives were engaged and working together. Ritchie served as Secretary of State from 2007 to 2015. He currently is serving as CEO of the Minnesota World's Fair Bid Committee, seeking to host the 2027 fair.

**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.**