


July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 4:00-5:00 pm Dutch Treat Social Hour	3 7:30-8:30 am River Walkers	4 Independence Day	5 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 11:30-12:30 pm Men's Dutch Lunch	6	7
8	9 1:00-3:00 pm Driven to Discover: Bell Museum Tour 4:00-5:00 pm Dutch Treat Social Hour	10 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 5:00-7:30 pm After Hours Connect: Golf at Les Bolstad ▼ Twilight golf with MCC friends!	11 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 1:00-2:30 pm Technology Help Desk 3:00-5:00 pm Social Bridge 4:00-5:30 pm MCC Board Meeting	12 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class 4:30-6:30 pm Nosy Neighbor Tour: St. David's Center at Westminster	13	14
15 12:00-2:00 pm Sunday Soiree	16 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Sri Lanka: A Country with Post-Colonial Stress Disorder	17 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 2:30-4:00 pm Nosy Neighbor Tour: McKnight Foundation	18 9:00-10:00 am Rendezvous on 5 10:30-11:30 am Current Events: A Conversation with Bill	19 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	20	21
22	23 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Meet Your Local Representatives: Met Council	24 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 5:00-6:00 pm Tuesday Happy Hour ▼ Join us at the North Loop's Modist Brewing!	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	26 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 RiverFirst: A Model for Urban Transformation	27	28
29	30 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Author Event: "The Crusade for Forgotten Souls"	31 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 1:30-3:00 pm Program Committee Meeting				



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 – JULY 2018

Mondays, July 2, 9, 16, 23 & 30; 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

Tuesdays & Thursdays, July 3, 5, 10, 12, 17, 19, 24, 26 & 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*

Thursdays, July 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

Thursdays, July 5 & 19; 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

Monday, July 9; 1:00 – 3:00 pm

Driven to Discover: Bell Museum Tour

Get a sneak peek inside the new Bell Museum before its official opening this summer. Embark on a guided tour of the Bell Museum with Denise Young, executive director; learn about the expanded reach of the Bell to include its Outdoor Learning Landscape and planetarium; and see next generation scientists work on an innovation challenge as part of the museum's Innovators: Engineering & Tech summer camp.

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.**

Bell Museum

2088 Larpenteur Ave. W.

MCC MEMBERS

Tuesdays, July 10, 17, 24 & 31; 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 July. 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, July 10 through July 31, 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 2nd St. S.

MCC MEMBERS

Tuesday, July 10; 5:00 – 7:30 pm

After Hours Connect: Golf at Les Bolstad Golf Course

Join other MCC men and women for an After Hours Connect golf outing. The first tee time is at 5:00 p.m. Cost is \$20 for 9 holes if you walk; add \$11 if you'd like to rent a cart. A beverage/snack cart will be on the course. Those who are interested can grab a burger nearby after golfing. Registration deadline: June 26.

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

Les Bolstad Golf Course

University of Minnesota

2275 Larpenteur Ave. W.

MCC MEMBERS

Wednesdays, July 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, July 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 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.

Cobalt Condos

45 University Ave. S.E., 2nd floor Conf. Room (buzz Tamra Nelson at the security phone)

MCC MEMBERS & GUESTS*

Wednesday, July 11; 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

Wednesdays, July 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*

Thursdays, July 12 & 26; 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*

Thursday, July 12; 4:30 – 6:30 pm

Nosy Neighbor Tour: St. David's Center at Westminster

Join us on a tour of the expanded Westminster Presbyterian Church campus, featuring a presentation by Westminster's new community partner, St. David's Center for Child & Family Development. The Harman Center for Child & Family Wellbeing, St. David's new early intervention clinic for children who have faced trauma and adversity, aims to interrupt the cycle of abuse and neglect by strengthening parent-child relationships and child developmental outcomes. Julie Sjoldal, CEO of St. David's Center, and Maureen Walsh, chief advancement and strategy officer, will give us a closer look at the community needs St. David's Center is addressing and why it's critical for us to understand the economic and social implications if we continue to allow the cycle to perpetuate itself. Meet at the front desk at Westminster.

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

Westminster Presbyterian Church

1200 Marquette Ave. S.

MCC MEMBERS

Sunday, July 15; 12:00 - 2:00 pm

Sunday Brunch Soiree

Join your friends and neighbors for the MCC Sunday Brunch Soiree, hosted by Cathi and Jos Griffioen at Lourdes Square. Please contribute to the potluck by bringing brunch fare—such as an egg dish, fruit, sausage or bacon, salad, breakfast bread—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're also welcome to bring your own wine or beer to share.

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

Lourdes Square

194 Bank St. S.E.

MCC MEMBERS

Monday, July 16; 7:00 – 8:30 pm

Sri Lanka: A Country with Post-Colonial Stress Disorder

Formerly Ceylon, Sri Lanka has been famed for its tea, its cinnamon--and its 1983-2009 civil war, which turned suicide bombing into a global tactic. How did this pearl of the British Empire become such a violent place? In brief, patterns of the colonial era generated ethnic tensions that grew after independence, and matters got worse from there. Sri Lanka's colonial era and its aftermath may offer insights into the modern experiences of a variety of countries including Uganda, Kenya, Myanmar (Burma) and more. Speaker Bill Davnie is a retired foreign service officer whose interest in Sri Lanka has developed during five visits to see his daughter and her family, who are posted at the U.S. Embassy there.

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

DeLaSalle High School

1 DeLaSalle Drive, Room D104

MCC MEMBERS

Tuesday, July 17; 2:30 – 4:00 pm

Nosy Neighbor Tour: McKnight Foundation

The McKnight Foundation, as part of the Mill City Museum development, was one of the first "new kids on the block." Most of us know its name but perhaps not much more. Here's your chance to tour its space in the Mill City Historical District and view a brief slideshow depicting the Mill District before and after development. Then learn how the Foundation's work connects to communities in the state, region and all over the world, with a special look into its Region and Communities Program.

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

McKnight Foundation

710 2nd St. S., Suite 400

MCC MEMBERS

Wednesday, July 18; 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. Retired 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. **Space is limited; please be sure to register on the MCC website for this program!**

This ongoing program is held on the third Wednesday of the month. Topic ideas for each monthly gathering are welcome.

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

Abiitan's Porter Cafe

428 2nd St. S.

MCC MEMBERS

Thursday, July 19; 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*

Monday, July 23; 7:00 - 8:30 pm

Meet Your Local Representatives: Met Council Members Gary Cunningham & Cara Letofsky

In this occasional MCC series, "Meet Your Local Representatives," you'll have a chance to hear from Met Council members Gary Cunningham, representing District 7, and Cara Letofsky, representing District 8, the two districts that cover MCC's geographical area. The commissioners will talk about challenges and opportunities they see ahead for the Met Council, 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

Tuesday, July 24; 5:00 – 6:00 pm

Tuesday Happy Hour

Join us for Tuesday Happy Hour at Modist Brewing Co.! Hosted by Lois Libby Juster, Bob Callahan, Carol Jordan, Bill Casey, Betty Grant and Nancy Reed, this gathering is a time to catch up with friends and neighbors over drinks and small bites. Appetizers from the Curious Goat food truck will be provided by the hosts. The Curious Goat has a burger and pint special for \$10 for any who want to stay for dinner. Modist has offered to do tours of the brewery for those who are interested, also. This event is dutch treat--no reservations required!

Modist Brewing Co.

505 N. 3rd St.

MCC MEMBERS & GUESTS

Thursday, July 26; 7:00 – 8:30 pm

RiverFirst: A Model for Urban Transformation

Learn more about the RiverFirst Initiative, a collaboration between the Minneapolis Parks Foundation and the Minneapolis Park and Recreation Board. The initiative's goal: to transform 5.5 miles of urban Mississippi River corridor from obsolete industry to a mix of parkland, trails and redevelopment. In addition, the Parks Foundation is steering implementation of Water Works and the Great Northern Greenway River Link, two

RiverFirst signature projects. Bruce Chamberlain, Minneapolis Parks fellow, and Tom Evers, Minneapolis Parks Foundation executive director, will present.

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

Washburn Lofts Common Room

700 2nd St. S.

MCC MEMBERS

Monday, July 30; 7:00 – 8:30 pm

Author Event: “The Crusade for Forgotten Souls”

The Crusade for Forgotten Souls: Reforming Minnesota's Mental Institutions, 1946-1951 chronicles the remarkable campaign to reform the deplorable condition of mental institutions in Minnesota, inspired and carried forward by ordinary people under the leadership of Governor Luther Youngdahl. Author Susan Bartlett Foote will describe the efforts of the citizen activists who broke the stigma of silence surrounding mental illness. Their work resulted in the first legislative steps toward a modern mental health system that catapulted Minnesota to national leadership and empowered generations of activists for the mentally ill and developmentally disabled.

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

Stonebridge Lofts Community Room, 2nd floor

1120 2nd St. S.

MCC MEMBERS

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