


August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1 9:30-10:30 am Rendezvous Readers Book Chat	2 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	3	4	 <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>
5 <div> <div> <p>"It was a WONDERFUL tour!", said a member who toured in July.</p> </div> </div>	6 1:00-3:00 pm Driven to Discover: Bell Museum Tour 4:00-5:00 pm Dutch Treat Social Hour	7 7:30-8:30 am River Walkers 1:00-2:30 pm Technology Help Desk <div> <div> <p>Hear from foreign policy expert Tom Hanson.</p> </div> </div>	8 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Grp 3:00-5:00 pm Social Bridge 7:00-8:30 pm Saudi Arabia on the Cusp of Change: Traditions and Future Prospects	9 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class 7:05 pm St. Paul Saints →	10	11	
12 5:00-7:00 pm Sunday Soiree <div> <div> <p>Liz & Van Hawn host at Lourdes Square.</p> </div> </div>	13 4:00-5:00 pm Dutch Treat Social Hour	14 7:30-8:30 am River Walkers 10:00-11:00 am Balance Training: Part 1 <div> <div> <p>Learn strength & balance exercises.</p> </div> </div>	15 9:00-10:00 am Rendezvous on 5 10:30-11:30 am Current Events: Conversation with Bill 4:00-5:30 pm MCC Board Meeting	16 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 6:00-8:00 pm River Rats Waterski →	17	18	
19 <div> <div> <p>A career naval intelligence officer speaks.</p> </div> </div>	20 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm U.S. Intelligence Community: An Insider's View	21 7:30-8:30 am River Walkers 10:00-11:00 am Balance Training: Part 2	22 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 3:00-5:00 pm Social Bridge	23 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class 1:00-3:00 pm Driven to Discover: Bell Museum Tour →	24	25	
26 <div> <div> <p>See the stunning new space of one of our neighbors.</p> </div> </div>	27 1:30-3:00 pm Nosy Neighbor Tour: Cunningham Group ← Architecture 4:00-5:00 pm Dutch Treat Social Hour	28 7:30-8:30 am River Walkers 1:30-3:00 pm Program Committee Meeting 5:00-6:00 pm Last Tuesday Happy Hour →	29 9:00-10:00 am Rendezvous on 5 <div> <div> <p>Join MCC friends on the deck at the Hideaway!</p> </div> </div>	30 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	31		

MILL CITY COMMONS DETAILED CALENDAR – AUGUST 2018

Wednesday, August 1; 9:30 – 10:30 am

Rendezvous Readers' Book Chat

Join us to discuss *Mudbound* by Hillary Jordan. It's 1946, and city-bred Laura McAllan is trying to raise her children on her husband's Mississippi Delta farm—a place she finds foreign and frightening. In the midst of the family's struggles, two young men return from the war to work the land. Jamie McAllan, Laura's brother-in-law, is everything her husband is not—charming, handsome and haunted by his memories of combat. Ronsel Jackson, eldest son of the black sharecroppers who live on the McAllan farm, has come home with the shine of a war hero. But no matter his bravery in defense of his country, he is still considered less than a man in the Jim Crow South. It's the unlikely friendship of these brothers-in-arms that drives this powerful novel to its inexorable conclusion. The men and women of each family relate their versions of events, and we are drawn into their lives as they become players in a tragedy on the grandest scale.

Abiitan's Porter Cafe

428 2nd St. S.

MCC MEMBERS & GUESTS

Tuesdays & Thursdays, August 2, 7, 9, 14, 16, 21, 23, 28 & 30; 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, August 2, 9, 16, 23 & 30; 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

Thursday, August 2; 10:00 – 11:30 am

Thursday, August 16; 1:30 – 3:00 pm

Thursday, August 30; 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*

Thursdays, August 2, 16 & 30; 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.

Abilitan's Porter Cafe

428 2nd St. S.

MCC MEN & GUESTS

Monday, August 6; 1:00 – 3:00 pm

Driven to Discover: Bell Museum Tour

Explore the Bell Museum just weeks after the highly anticipated grand opening on July 14! Embark on a guided tour of the Bell Museum and enjoy a conversation with Dr. Holly Menninger, director of public engagement and science learning, about the expanded reach of the Bell to include its Outdoor Learning Landscape and planetarium. See next generation artists and scientists at work in the museum's Art & Nature summer camp, as they explore the connections of art, nature and science.

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

Mondays, August 6, 13, 20 & 27; 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

Tuesday, August 7; 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, August 8, 15, 22 & 29; 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, August 8 & 22; 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*

Wednesdays, August 8 & 22; 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*

Wednesday, August 8; 7:00- 8:30 pm

Saudi Arabia on the Cusp of Change: Traditions and Future Prospects

Under a dynamic and forceful young crown prince, Saudi Arabia is embarked on radical new steps in domestic and foreign policy. The jury is still out on the ultimate impact of Mohammed Bin Salman's ambitious plans for a demographically young yet tradition-bound society. And there is growing concern that the regional rivalry between Iran and a Saudi Arabia in pragmatic cooperation with Israel may be building toward

military confrontation. The Trump Administration's abrupt tilt away from Iran and toward the Saudis, including ongoing support for their campaign in Yemen, adds further volatility to the mix. This program will provide a snapshot of the status quo ante in Saudi Arabia and an analysis of geopolitical trends in the region. It will be based in part on insights and a wide array of images from a visit to the Kingdom in 2016. Speaker Tom Hanson is a former foreign service officer with the U.S. Department of State and is currently Diplomat in Residence at the Alworth Institute for International Affairs at the U of M – Duluth.

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

Carlyle Great Room

100 3rd Ave. S.

MCC MEMBERS

Thursdays, August 9 & 23; 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, August 9; 7:05 pm

St. Paul Saints Game

Join your MCC friends to cheer on the St. Paul Saints as they step up to the plate against the Gary SouthShore RailCats at 7:05 pm at CHS Field. Tickets have been purchased for those who reserved them, but others are welcome to purchase their own tickets and meet up with MCC members at the game.

CHS Field

360 Broadway St., St. Paul

MCC MEMBERS & GUESTS

Sunday, August 12; 5:00 - 7:00 pm

Sunday Soiree

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Liz & Van Hawn at Lourdes Square. 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.

Lourdes Square

186 Bank St. S.E.

MCC MEMBERS

Tuesday, August 14; 10:00 – 11:00 am

Balance Training: Part 1

Learn strength and balance exercises to improve your health and wellness! Siobhan McMahon, RN, is the lead researcher in a University of Minnesota study, "Ready Steady: A Wellness Program." The objective of this study is to determine how best to promote physical activity, particularly things that improve balance and leg strength, among older adults. In this first session, McMahon will present an overview of factors that increase the chances of falling, and then demonstrate and guide us through four to five balance movements. In the second session on August 21, she'll review those movements, add a couple more and talk about her research project. Wear comfortable clothes and shoes. You don't need to attend both sessions to participate.

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

Mill City Quarter Club Room

322 2nd St. S.

MCC MEMBERS

Wednesday, August 15; 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.

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.

La Rive Party Room

110 Bank St. S.E.

MCC MEMBERS

Thursday, August 16; 6:00 – 8:00 p.m.

Twin Cities River Rats Waterski Show

Minnesota is the birthplace of waterskiing, and the Mississippi River is the home of the Twin Cities River Rats Water Ski Show Team! Join MCC friends on the banks of the Mississippi for one of the Rats' hour-long shows, where they combine various waterskiing acts with skits and music. We'll meet at 6:00 pm to grab a viewing spot, and then order pizzas from nearby Broadway Pizza or visit one of the concessions on site. A development show (with newer or younger River Rats) starts at 6:30 pm, followed by The Big Show at 7:00 pm. Park on West River Road south of Broadway. Bring blankets or chairs. Guests are welcome!

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

Twin Cities River Rats

1758 W. River Rd. N.

MCC MEMBERS & GUESTS*

Monday, August 20; 7:00- 8:30 pm

The U.S. Intelligence Community: An Insider's View

The U.S. Intelligence Community seems to be in the news on a regular basis. Is that a good thing? Or is unmasking the operations of the U.S. Intelligence Community counter to American national security interests? Join us for an evening with Jon Olson, a retired commander in the U.S. Navy and career naval intelligence officer. Jon will provide an overview of the U.S. Intelligence Community, including a discussion about the intelligence cycle, collection operations, the role of analysis in supporting development of policy and execution of strategy, oversight, and some specifics about human intelligence collection, counterintelligence operations, and even the role intelligence plays in counterterrorism.

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

DeLaSalle High School

1 DeLaSalle Drive

MCC MEMBERS

Tuesday, August 21; 10:00 – 11:00 am

Balance Training: Part 2

Learn strength and balance exercises to improve your health and wellness! Siobhan McMahon, RN, is the lead researcher in a University of Minnesota study, "Ready Steady: A Wellness Program." The objective of this study is to determine how best to promote physical activity, particularly things that improve balance and leg strength, among older adults. In the first session on August 14, McMahon presented an overview of why we fall and demonstrated and guided us through several balance movements. In this second session on August 21, she'll review those movements, add a couple more and talk about her research project. Wear comfortable clothes and shoes. You don't need to attend both sessions to participate.

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

Mill City Quarter Club Room

322 2nd St. S.

MCC MEMBERS

Thursday, August 23; 1:00 – 3:00 pm

Driven to Discover: Bell Museum Tour

Explore the Bell Museum just weeks after the highly anticipated grand opening on July 14! Embark on a guided tour of the Bell Museum and enjoy a conversation with Dr. Holly Menninger, director of public engagement and science learning, about the expanded reach of the Bell to include its Outdoor Learning Landscape and planetarium. See next generation scientists as they explore the process and delicate ecosystem of native plants and pollinators in the Hive Mind 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

Monday, August 27; 1:30 – 3:00 pm

Nosy Neighbor Tour: Cunningham Group

Housed in what was once a mattress factory in St. Anthony Main, Cunningham Group Architecture, Inc. is celebrating its 50th anniversary this year. Join us for a tour of its newly renovated office, guided by the firm's founder, John W. Cunningham, FAIA. Experience a Virtual Reality demonstration, which the firm uses to help design projects of every kind.

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

Cunningham Group

201 Main St. S.E., #325

MCC MEMBERS

Tuesday, August 28; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour on the deck at the Hideaway Burger Bar! Hosted by Bob & Pam Berkwitz and Jane Helsing, this gathering is a time to catch up with friends and neighbors over drinks and small bites. This event is dutch treat--no reservations required!

Special note: MCC will be recognizing new members from the last 12 months (those who've joined since July 1, 2017) at this Happy Hour. New members, see an MCC staffer for your free beverage ticket!

Hideaway Burger Bar

219 Main St. S.E.

MCC MEMBERS & GUESTS

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