

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	3 LABOR DAY	4 7:30-8:30 am River Walkers 6:30-9:30 pm Guthrie Play Reading RiverWest	5 9:30-10:30 am Rendezvous Readers Book Chat 1:00-2:30 pm Technology Help Desk 3:00-5:00 pm Social Bridge	6 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 Many Kinds of Grief: Responding to Loss	7 6:00-8:30 pm After Hours Connect: Behind the Scenes at Almanac	8	Attend a studio taping at Almanac!
9	10 ROSH HASHANAH 4:00-5:00 pm Dutch Treat Social Hour	11 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 3:00-4:30 pm The Health Challenge: When the Unforeseen Hits, Part 2	12 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Grp 1 1:00-2:30 pm Caregivers' Support Grp 2	13 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 7:00-8:30 pm Minnesota's Leadership on Clean Energy	14	15	Learn about Minnesota's national leadership in clean energy.
16 6:00-7:30 pm Dinner for 5 NEW program!	17 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: Turkey – A Partner in Crisis	18 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle Ambassador Ross Wilson speaks.	19 YOM KIPPUR 9:00-10:00 am Rendezvous on 5 10:30-11:30 am Current Events: A Conversation with Bill 3:00-5:00 pm Social Bridge	20 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class	21 10:00-11:30 am Nosy Neighbor Tour: Hennepin Healthcare	22	Tour the new clinic and specialty center.
23	24 4:00-5:00 pm Dutch Treat Social Hour	25 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 1:30-3:00 pm Program Committee Meeting 5:00-6:00 pm Last Tuesday Happy Hour	26 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Grp 1 1:00-2:30 pm Caregivers' Support Grp 2 3:00-5:00 pm Driven to Discover: Planetarium Tour at the Bell Museum 6:30-9:30 pm Guthrie Play Reading North Star	27 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 7:00-8:30 pm The Anatomy of a Story: Behind the Scenes at the Star Tribune	28	29	Hear from the reporters behind the gripping rape series.
30 5:00-7:00 pm Sunday Soiree Mill & Main members host!							



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 – SEPTEMBER 2018

Tuesdays & Thursdays, September 4, 6, 11, 13, 18, 20, 25 & 27; 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*

Tuesday, September 4; 6:30 - 9:30 pm

Guthrie Play Reading – RiverWest Group

Enjoy this month's play reading of "Playing with Fire." Adapted by Minnesota playwright Barbara Field from Mary Shelley's "Frankenstein" (celebrating its 200th anniversary this year), "Playing with Fire" imagines a meeting between a dying Victor Frankenstein and his Creation in the Arctic Circle. As Frankenstein prepares to right his greatest wrong by confronting the Creature, scenes from their past are replayed and the line between good and evil is debated, revealing a powerful and agonizing question. "Playing with Fire" is a poignant thriller and an interrogation of the ethical limits of science and the human imagination. 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

Wednesday, September 5; 9:30 – 10:30 am

Rendezvous Readers' Book Chat

Join us to discuss *News of the World* by Paulette Jiles. It's 1870 and Captain Jefferson Kyle Kidd travels through northern Texas, giving live readings to paying audiences hungry for news of the world. An elderly widower who has lived through three wars and fought in two of them, the captain enjoys his rootless, solitary existence. In Wichita Falls, he's offered a \$50 gold piece to deliver a young orphan to her relatives in San Antonio. Four years earlier, a band of Kiowa raiders killed Johanna's parents and sister; sparing the little girl, they raised her as one of their own. Recently rescued by the U.S. army, the 10-year-old has once again been torn away from the only home she knows. Their 400-mile journey south proves difficult and at times dangerous. Johanna has forgotten the English language, tries to escape at every opportunity, throws away her shoes, and refuses to act "civilized." Yet as the miles pass, the two lonely survivors tentatively begin to trust each other. Arriving in San Antonio, the reunion is neither happy nor welcome. The captain must hand Johanna over to an aunt and uncle she does not remember—strangers who regard her as an unwanted burden. Captain Kidd is faced with a terrible

choice: abandon the girl to her fate or become—in the eyes of the law—a kidnapper himself.

If you'd like to read ahead, October's book is *Sing, Unburied, Sing* by Jesmyn Ward. Have a book suggestion for the Book Chat? Email [Marsha Blumenthal](mailto:Marsha.Blumenthal).

Abiitan's Porter Cafe
428 2nd St. S.
MCC MEMBERS & GUESTS

Wednesday, September 5; 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, September 5 & 19; 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, September 6 & 20; 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*

Thursdays, September 6, 13, 20 & 27; 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, September 6; 7:00 – 8:30 pm

Many Kinds of Grief: Responding to Loss

What to say? What to do? These are common questions we ask ourselves when news comes of a loss of health, skills, place, resources, mobility or death. In this practical session, perspectives and a wide range of responses will be presented, demonstrated and discussed. All sorts of losses will be addressed. Ted Bowman, a grief and family educator, is an adjunct instructor in the School of Social Work at the University of St. Thomas, teaching about grief counseling.

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

Village Lofts River Room
100 2nd St. N.E.
MCC MEMBERS

Friday, September 7; 6:00 – 8:30 pm

After Hours Connect: Behind the Scenes at Almanac

Join other MCC men and women for a behind-the-scenes evening with *Almanac*, TPT's award-winning public affairs program. Experience a live broadcast, and go behind the scenes with access to the control room and studio. Wine and hors d'oeuvres will be served prior to the broadcast, with dessert and a Q&A with the *Almanac* talent afterwards. Space is limited to 30 guests; registration deadline is August 31.

Twin Cities PBS is located above the Lowertown Parking Ramp, which has an entrance on both Jackson and Sibley Streets. Elevators are at the east end of the ramp (Sibley St.) Take the elevator to the skyway level (K).

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

Twin Cities PBS
172 E 4th St., St. Paul
MCC MEMBERS

Mondays, September 10, 17 & 24; 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, September 11, 18 & 25; 9:30 – 10:30 am

Meditation Circle

Mill City Commons members are invited to join in a weekly drop-in meditation hour. This is a time for self-guided meditation; if you're new to meditation, we'll provide a brief explanation to help you get started. Our hope is that meditating with each other may help each of our practices and create a shared energy among participants. Drop-in sessions are on Tuesdays from 9:30-10:30 am at Mill City Quarter, across the parking lot from Abiitan. An MCC member will be there to greet you 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, September 11; 3:00 – 4:30 pm

The Health Challenge: When the Unforeseen Hits, Part 2

Do you know how you'd react if you, your spouse or partner suddenly had a medical emergency? In this follow-up presentation to our June program, a panel of community resources will offer you the benefit of their hard-earned wisdom through stories about how they've helped others respond to accidents, medical emergencies in far-away places, and the changing health of a spouse. They'll share with you what they've learned about realities, resources and resilience. Panelists include Pathfinder Care Management's CEO Kathleen Dempsey, geriatrician Dr. Tom Pettus, Mill City Commons staff member Mary Texidor and Senior Linkage Line's Community Outreach Specialist Lukus Zuker.

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

Phoenix River Room, 6th floor

222 2nd St. S.E.

MCC MEMBERS

Wednesdays, September 12, 19 & 26; 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, September 12 & 26; 10:30 am - noon

Caregivers' Support Group 1

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 in a caregiving role for a spouse, partner or other family member. 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 December.

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, September 12 & 26; 1:00 - 2:30 pm

Caregivers' Support Group 2

Members of Mill City Commons have created a second Caregivers' Support Group and invite other caregivers to join them. This guided discussion group with professional facilitation supports MCC members and nonmembers who are in a caregiving role for a spouse, partner or other family member. Caregivers' Support Group members share experiences, issues and concerns about caregiving, as well as give and receive support around this critical role. This four-month series, meeting the second and fourth Wednesday of each month from 1:00-2:30 pm, runs through December. Cost is \$80 for the four-month (8 session) series, regardless of how many sessions you attend. Contact Betsy Wray (betsywray@millcitycommons.org) if you'd like to join.

Cobalt Condos

45 University Ave. S.E., 2nd floor Conf. Room

MCC MEMBERS & GUESTS*

Thursdays, September 13 & 27; 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

Thursday, September 13; 1:30 – 3:00 pm

Thursday, September 27; 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*

Thursday, September 13; 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

Sunday, September 16; 6:00 - 7:30 pm

Dinner for 5

If connecting with and getting to know other MCC members in a smaller, more intimate social setting interests you, this new 10th Anniversary program idea just might be for you! Join other MCC members for a casual evening of dining in Abiitan's Smith & Porter Restaurant. The meal is dutch treat. Space is limited to five people, so register early!

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

Smith & Porter Restaurant

428 2nd St. S.

MCC MEMBERS

Monday, September 17; 7:00 – 8:30 pm

Great Decisions: Turkey – A Partner in Crisis

Of all NATO allies, Turkey represents the most daunting challenge for the Trump administration. In the wake of a failed military coup in July 2016, the autocratic trend in Ankara took a turn for the worse. One year on, an overwhelming majority of the population considers the United States to be their country's greatest security threat. In this age of a worsening "clash of civilizations" between Islam and the West, even more important than its place on the map is what Turkey symbolically represents as the most institutionally Westernized Muslim country in the world. Ambassador Ross Wilson is a distinguished fellow at the Atlantic Council and a visiting lecturer in international affairs at the George Washington University. He served as American ambassador to Turkey from 2005-2008.

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, September 19; 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://millicitycommons.org>. Log in to register.

La Rive Party Room

110 Bank St. S.E.

MCC MEMBERS

Friday, September 21; 10:00 – 11:30 am

Nosy Neighbor Tour: Hennepin Healthcare

Hennepin Healthcare has cared for patients in our neighborhood for more than 100 years, and they're inviting MCC members and guests for a tour of their innovative new Clinic & Specialty Center and nationally recognized Hyperbaric Chamber. We'll learn about the new advanced MRI system in the Clinic & Specialty Center, as well as have a chance to enjoy the amazing collection of original and custom art pieces in this warm, welcoming place to receive medical care. In the Hyperbaric Medicine area, we'll see how specialized treatment provides patients with 100 percent oxygen in a pressurized chamber to aid in healing of infections, tissue injury and poisonings, including carbon monoxide poisoning. Finally, we'll hear about volunteer opportunities within the Hennepin Healthcare system.

Meet in the M. Thomas Education and Community Center located on the first floor of the new Clinic and Specialty Center at 715 8th St. S. An underground parking ramp and valet parking are available in that building, as well as metered parking on the street.

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

Hennepin Healthcare

715 8th St. S.

MCC MEMBERS

Tuesday, September 25; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour at the Milwaukee Road Restaurant & Bar at the Marriott! Hosted by Delia & Tyrone Bujold, Martha Gabbert and Barbara & Mike Goldner, this gathering is a time to catch up with friends and neighbors over drinks and small bites. The event is dutch treat--no reservations required! If you'd like to stay for dinner, reservations can be made by calling (612) 375-1700.

Milwaukee Road Restaurant & Bar at the Marriott

225 3rd Ave. S.

MCC MEMBERS & GUESTS

Wednesday, September 26; 3:00 – 5:00 pm

Driven to Discover: Planetarium Tour at the Bell Museum

Explore the cosmos at the new Bell Museum! Start your Bell Museum journey with a discussion featuring Denise Young, Ed.D, executive director of the Bell Museum, and Sally Brummel, M.Ed., Planetarium Program Manager. You'll learn about the new, state-of-the-art digital technology and capabilities of the Whitney and Elizabeth MacMillan Planetarium. Then enjoy a planetarium experience that explores the unique geological history of Minnesota in the original production of "Minnesota in the Cosmos."

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

Wednesday, September 26; 6:30 - 9:30 pm

Guthrie Play Reading – North Star Group

Enjoy this month's play reading of "Playing with Fire." Adapted by Minnesota playwright Barbara Field from Mary Shelley's "Frankenstein" (celebrating its 200th anniversary this year), "Playing with Fire" imagines a meeting between a dying Victor Frankenstein and his Creation in the Arctic Circle. As Frankenstein prepares to right his greatest wrong by confronting the Creature, scenes from their past are replayed and the line between good and evil is debated, revealing a powerful and agonizing question. "Playing with Fire" is a poignant thriller and an interrogation of the ethical limits of science and the human imagination. 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.*

North Star Lofts

117 Portland Ave., #602

MCC MEMBERS

Thursday, September 27; 7:00 - 8:30 pm

The Anatomy of a Story: Behind the Scenes at the Star Tribune

How did the *Star Tribune* develop its recent and ongoing story on sexual assault? Join us as *Star Tribune* Team Leader Dave Hage and reporter Jennifer Bjorhus tell how they explored this issue and ultimately published a highly read series of articles. While working on a story about a rape at the University of Minnesota three years ago, *Star Tribune* reporters kept hearing from law enforcement sources that police in Minnesota often do a poor job of investigating sexual assault reports. To test that premise, they obtained and reviewed more than 1,000 individual case files from police agencies across the state and checked them against widely accepted best practices for sex assault investigations--and then asked dozens of women to tell their stories. The result was "Denied Justice," an ongoing *Star Tribune* investigation. Find the first story in the series [here](#).

RESERVATIONS through <http://millcitycommons.org>. Log in to register.
La Rive Party Room
110 Bank St. S.E.
MCC MEMBERS

Sunday, September 30; 5:00 - 7:00 pm

Sunday Soiree

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Bob & Pam Berkwitz, Karen Grabow, Keith Halperin, Jane Helsing and Christine Umhoefer at Mill & Main. 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.

Walking or carpooling is recommended, as parking is limited around Mill & Main. Meters on Main St. are enforced until midnight; meters on 6th Ave. S.E. are free on weekends. There are no meters on 5th Ave. S.E. or 2nd St. S.E.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.
Mill & Main West Community Room
401 Main St. S.E.
MCC MEMBERS

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