

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div>An inspirational biking story.</div> <div>1 10:30-11:30 am Saying "Yes" to Your Dreams: The Story of a Cross-Country Cyclist 4:00-5:00 pm Dutch Treat Social Hour</div>	<div>2 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 7:00-8:30 pm The Minnesota Orchestra: Sharing Humanity and Music in South Africa →</div>	<div>3 9:30-10:30 am Rendezvous Readers Book Chat 1:00-2:30 pm Technology Help Desk 3:00-5:00 pm Social Bridge</div> <div>Hear about the historic trip!</div>	<div>4 7:30-8:30 am River Walkers 7:30-8:30 am Men's C & C 9:15-10:00 am SBS Class</div>	5	6		
<div>7</div> <div>Fall colors and lunch on tap.</div> <div>VILLAGE TO VILLAGE CONFERENCE</div>	<div>8 10:30 am-3:30 pm A Day at the MN Landscape Arboretum 4:00-5:00 pm Dutch Treat Social Hour</div> <div>Not to be missed!</div> <div>VILLAGE TO VILLAGE CONFERENCE</div>	<div>9 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 7:00-8:30 pm Eric Dayton: Identity and Entrepreneurship in the North VILLAGE TO VILLAGE CONFERENCE</div>	<div>10 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 1 1:00-2:30 pm Caregivers' Support Group 2</div>	<div>11 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</div>	12	13	<div>Mill City Commons brings together neighbors 55+ residing along or near the downtown riverfront.</div>
<div>14 6:00-7:30 pm Dinner for 5</div> <div>A look at the country's complex issues.</div>	<div>15 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: South Africa's Fragile Democracy ▼</div>	<div>16 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 11:00 am-12:00pm Village to Village Conference: What We Learned</div>	<div>17 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 4:00-5:30 pm MCC Board Meeting</div>	<div>18 7:30-8:30 am River Walkers 7:30-8:30 am Men's C & C 9:15-10:00 am SBS Class 2:00-3:30 pm The Minneapolis Fed →</div> <div>The Fed's COO addresses this important topic</div>	19	20	<div>Join us and enjoy:</div> <ul style="list-style-type: none">Valuable connections to active, welcoming friends who embrace the concept of living in community.
<div>21 12:00-2:00 pm Sunday Brunch Soiree</div> <div>Learn about the U of M's role in making great MN wines.</div>	<div>22 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Driven to Discover: Making Wine in Minnesota ▼</div>	<div>23 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 6:30-9:30 pm Guthrie Play Reading RiverWest</div>	<div>24 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 1:00-2:30 pm Caregivers' Support Group 2</div>	<div>25 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</div>	26	27	<ul style="list-style-type: none">A rich calendar of events, making it easy to engage and have fun as we learn, grow and share together.
<div>28</div> <div>A TEDx speaker shares her experiences.</div>	<div>29 1:00-2:30 pm What Is an End-of-Life Doula? 4:00-5:00 pm Dutch Treat Social Hour</div>	<div>30 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 →</div>	<div>31 HALLOWEEN 9:00-10:00 am Rendezvous on 5 3:00-5:00 pm Social Bridge</div> <div>Mingle with MCC friends at Finnegans Brew Co.!</div>				<div>CONTACT US!</div> <div>www.millcitycommons.org</div> <div>(612) 455-3329</div> <div>Info@millcitycommons.org</div>

MILL CITY COMMONS DETAILED CALENDAR – OCTOBER 2018

Monday, October 1; 10:30 – 11:30 am

Saying “Yes” to Your Dreams: The Story of a Cross-Country Cyclist

Cross-country cyclist Lin Bruce will tell us about her latest 800-mile bicycle trip around Lake Michigan. This ride experience had "learning" opportunities that Lin had not anticipated. She'll share her unfolding awareness with change and challenge as she continues her personal stretch with biking. Lin is a retired massage therapist and late-blooming cross-country cyclist who has biked across the U.S. four times.

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

RiverWest Common Room

401 1st St. S.

MCC MEMBERS

Mondays, October 1, 8, 15, 22 & 29; 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, October 2, 4, 9, 11, 16, 18, 23, 25 & 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*

Tuesdays, October 2, 9, 16, 23 & 30; 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, October 2; 7:00 – 8:30 pm

MN Orchestra: Sharing Humanity and Music in South Africa

The Minnesota Orchestra's trip to South Africa in August marked the first tour by a professional U.S. orchestra to that country. Join us for a recap of this historic journey. Minnesota Orchestra musicians Kristen Bruya (principal bass) and Andy Chappell (trombone) and new CEO Michelle Miller Burns will share their joys, challenges and memories. Margee & Will Bracken and Dave & Peggy Lucas host. South African wine will be served.

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

Washburn Lofts

700 2nd St. S., #61

MCC MEMBERS

Wednesday, October 3; 9:30 – 10:30 am

Rendezvous Readers' Book Chat

Join us to discuss *Sing, Unburied, Sing* by Jesmyn Ward. Jojo and his toddler sister, Kayla, live with their grandparents, Mam and Pop, and the occasional presence of their drug-addicted mother, Leonie, on a farm on the Gulf Coast of Mississippi. Leonie is simultaneously tormented and comforted by visions of her dead brother, which only come to her when she's high; Mam is dying of cancer; and quiet, steady Pop tries to run the household and teach Jojo how to be a man. When the white father of Leonie's children is released from prison, she packs her kids and a friend into her car and sets out across the state for Parchman farm, the Mississippi State Penitentiary, on a journey rife with danger and promise. *Sing, Unburied, Sing* grapples with the ugly truths at the heart of the American story and the power, and limitations, of the bonds of family.

If you'd like to read ahead, November's book is *Exit West* by Mohsin Hamid. 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, October 3; 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, October 3, 17 & 31; 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, October 4 & 18; 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, October 4, 11, 18 & 25; 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

Monday, October 8; 10:30 am - 3:30 pm

A Day at the Minnesota Landscape Arboretum

Join us for an outing to one of the best botanical gardens in the country, as voted by readers of *USA Today*. This day at the "Arb" will include lunch, a narrated tram tour around the gardens, as well as time to browse the gift shop or grounds on your own. Members pay their own charges for lunch at the Arboretum Cafe and the tram (\$5). Carpools will be arranged.

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

Minnesota Landscape Arboretum

3575 Arboretum Dr., Chaska

MCC MEMBERS

Tuesday, October 9; 7:00 – 8:30 pm

Eric Dayton: Identity & Entrepreneurship in the North

Over the past five years, the North has grown from a knit hat into a movement built around adventure, creativity and the embrace of our cold winters. Eric Dayton, CEO of

Askov Finlayson, will discuss his vision for the North and his commitment to making it a movement for good.

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

DeLaSalle High School

1 DeLaSalle Drive, Room D104

MCC MEMBERS

Wednesdays, October 10, 17, 24 & 31; 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, October 10 & 24; 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, October 10 & 24; 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, October 11 & 25; 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, October 11; 1:30 – 3:00 pm

Thursday, October 25; 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*

Sunday, October 14; 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, October 15; 7:00 – 8:30 pm

Great Decisions: South Africa's Fragile Democracy

The African National Congress (ANC) party has governed South Africa since the end of apartheid in 1994. But the party today suffers from popular frustration over official corruption and economic stagnation. It faces growing threats from both left and right opposition parties, even as intraparty divisions surface. Given America's history of opportunistic engagement with Africa, there are few prospects for a closer relationship between the two countries. Meanwhile, a weaker ANC could lead to political fragmentation in this relatively new democracy. Speaker Gary Prevost is professor emeritus of political science at the College of St. Benedict and St. John's University and research associate in political and conflict studies at Nelson Mandela University in Port, Elizabeth, South Africa. He has published numerous articles on South African politics, with particular emphasis on the African National Congress and the political attitudes of South African university students.

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)

Tuesday, October 16; 11:00 am - 12:00 pm

Village to Village Conference: What We Learned

Join several Mill City Commons members and Executive Director Joan Wright for a panel discussion about what they experienced, learned and took away from this year's Village to Village Annual Gathering in San Diego.

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

Mill City Quarter Club Room

322 2nd St. S.

MCC MEMBERS

Wednesday, October 17; 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.

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

Winslow House Party Room

100 2nd St. S.E.

MCC MEMBERS

Thursday, October 18; 2:00 – 3:30 pm

The Minneapolis Fed on “Too Big to Fail”

The financial crisis is about 10 years past. Despite efforts to address its causes, the Minneapolis Fed continues to believe that many of America's banks are still “too big to fail.” Ron Feldman, chief operating officer at the Federal Reserve Bank of Minneapolis, will discuss the Fed's Minneapolis Plan to End Too Big to Fail (TBTF). He'll also field your questions on the Fed's role as the nation's central bank.

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

La Rive Party Room

110 Bank St. S.E.

MCC MEMBERS

Sunday, October 21; 12:00 - 2:00 pm

Sunday Brunch Soiree

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Carol & Ron Vantine at Cobalt Condos. Please contribute to the potluck by bringing brunch fare—such as an egg dish, salad, sausage, bacon or a 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 are welcome to bring your own wine or beer to share.

j

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

Cobalt Condos

45 University Ave. S.E., #606

MCC MEMBERS

Monday, October 22; 7:00 – 8:30 pm

Driven to Discover: Making Wine in Minnesota

Commercial grape production and the winery industry in the Minnesota continue to grow. Innovations at the University of Minnesota have helped to propel this \$80 million industry. This includes developing cold-hardy grape varieties that can produce quality wines despite Minnesota's harsh environment. Dr. Matt Clark, assistant professor of grape breeding and enology, will present a brief history of grapes in Minnesota and discuss the process of breeding grapes. With the improvements in technologies and skills, today's award-winning Minnesota wines continue to improve. Minnesota wines will be served!

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.**

Stone Arch Lofts

600 2nd St. S., #701

MCC MEMBERS

Tuesday, October 23; 6:30 - 9:30 pm

Guthrie Play Reading – RiverWest Group

Enjoy this month's play reading of "Noises Off," a rip-roaring classic in which the audience is treated to a hilarious behind-the-scenes peek at an acting troupe rehearsing and performing the farce "Nothing On." Despite nerves, dropped lines and technical difficulties, they make it through rehearsal and open the show. Time goes by and things deteriorate until pandemonium ensues and axe-wielding co-stars, drunken cast members and misplaced sardines take center stage during a disaster of a performance, threatening to jinx the old saying, "The show must go on." 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

Monday, October 29; 1:00 – 2:30 pm

What Is an End-of-Life Doula?

Jane Whitlock, a trained end-of-life doula, recently gave a TEDx talk about her experiences. Jane will share her TEDx talk, plus more details about what a doula does, how one becomes a doula, and what members of the community can do to support those who are dying. Jane became an end-of-life doula after taking care of her

husband, who died after a four-month illness with kidney cancer. She learned first-hand what might be beneficial for others as they walk this path. Although supported medically by hospice, it would have been very helpful to have a calm presence by their side, someone with wisdom gained from experience with death, someone who could have helped them enter the sacred nature of this time, someone who could stay with them as long as they needed: an end-of-life doula.

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

Phoenix River Room, 6th floor

222 2nd St. S.E.

MCC MEMBERS

Tuesday, October 30; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour at Finnegans Brew Co.! Hosted by Dave & Peggy Lucas and Jeff & Joan Wright, 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! Look for our group in a reserved corner of the Tap Room.

Finnegans Brew Co.

817 5th Ave. S.

MCC MEMBERS & GUESTS

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