

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1 7:30-8:30 am River Walkers 7:30-8:30 am Men's C & C 9:15-10:00 am SBS Class 11:00 am-12:15 pm Nosy Neighbor Tour: Federal Reserve Bank	2	3	
	<div> A timely talk about voter disenfranchisement. </div>				<div> Get an exclusive peek into the Minneapolis Fed! </div>		
4 DAYLIGHT SAVINGS TIME ENDS 5:00-7:00 pm Sunday Soiree	5 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Driven to Discover: Voting Rights and the Criminal Justice System	6 ELECTION DAY 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle	7 9:30-10:30 am Rendezvous Readers Book Chat 1:00-2:30 pm Technology Help Desk 6:30-9:30 pm Guthrie Play Reading North Star	8 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	9 3:00-5:00 pm Driven to Discover: Planetarium Tour at the Bell Museum	10	
11 VETERANS DAY <div> Get the inside scoop on three downtown projects. </div>	12 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Green Minneapolis: Enhancing Downtown Livability	13 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 10:30-11:30 am Current Events: A Conversation with Bill	14 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 Social Bridge	15 7:30-8:30 am River Walkers 7:30-8:30 am Men's C & C 9:15-10:00 am SBS Class 5:00-6:30 pm After Hours Connect: Your Brain on Retirement	16	<div> See the new planetarium with a first-of-its-kind dome. </div>	
18 6:00-7:30 pm Dinner for 5	19 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: Media and Foreign Policy	20 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 6:30-9:30 pm Guthrie Play Reading RiverWest	21 9:00-10:00 am Rendezvous on 5	22 THANKSGIVING DAY 7:30-8:30 am River Walkers	23	24	
<div> Join others for a small group dinner at Smith & Porter. </div>							
25	26 4:00-5:00 pm Dutch Treat Social Hour	27 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 1:30-3:00 pm Program Committee Mtg 5:00-6:00 pm Last Tuesday Happy Hour	28 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 Social Bridge 6:30-9:30 pm Guthrie Play Reading North Star	29 7:30-8:30 am River Walkers 7:30-8:30 am Men's C & C 9:15-10:00 am SBS Class 11:00 am-12:00 pm Gingerbread Wonderland	30		<div> See this whimsical display of the Twin Cities—in gingerbread! </div>



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 – NOVEMBER 2018

Tuesdays & Thursdays, November 1, 6, 8, 13, 15, 20, 22, 27 & 29; 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, November 1, 15 & 29; 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, November 1, 8, 15 & 29; 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, November 1; 11:00 am – 12:15 pm

Nosy Neighbor Tour: Federal Reserve Bank

Experience the priceless opportunity to learn about the nation's central bank and financial system in a 75-minute walking tour of the Federal Reserve Bank of Minneapolis. Observe how U.S. currency makes its way to your local bank. Find out what it means when the media says the Fed is setting interest rates. Discover how the work of the Federal Reserve affects you. **Registration deadline: October 24**

Note: Please arrive 10 minutes early for the security screening process. You must bring a valid photo ID. Not allowed are any bulky or oversized items (backpacks), electronics, cameras, pocket knives (or any weapons), food or beverages.

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

Federal Reserve Bank

90 Hennepin Ave.

MCC MEMBERS

Sunday, November 4; 5:00 - 7:00 pm

Sunday Soiree

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Barbara Broker and Betty Wass at Bridgewater. 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.**

Bridgewater Community Room, 8th floor

215 10th Ave. S.

MCC MEMBERS

Mondays, November 5, 12, 19 & 26; 4:00 - 5:00 pm

Dutch Treat Social Hour at Jefe Urban Hacienda

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 Jefe Urban Hacienda. Take this opportunity to meet new members and reconnect with some you haven't seen lately. Dutch treat--no reservations required.

Jefe Urban Hacienda

219 Main St. S.E.

MCC MEMBERS & GUESTS

Monday, November 5; 7:00 – 8:30 pm

Voting Rights and the Criminal Justice System

A half-dozen defendants sat in the courtroom, all described as "model probationers" living and working in Minneapolis. But they were facing a new felony: illegal voting. They simply arrived at their polling place and cast ballots like so many of us did. Their new felony charges arose because in 30 states it's illegal to vote while serving a probation sentence. This talk will review research and policy developments in felon disenfranchisement law and policy. After addressing the origins, scope, political impact, and public opinion on the practice, it considers the meaning of these legal restrictions in the context of contemporary debates in the U.S. and other nations. Chris Uggen is Regents Professor and Martindale Chair in Sociology and Law at the University of Minnesota. Find an article about his work [here](#).

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.**

La Rive Party Room

110 Bank St. S.E.

MCC MEMBERS

Tuesdays, November 6, 13, 20 & 27; 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

Wednesday, November 7; 9:30 – 10:30 am

Rendezvous Readers' Book Chat

Join us to discuss *Exit West* by Mohsin Hamid. In a country teetering on the brink of civil war, two young people meet—sensual, fiercely independent Nadia and gentle, restrained Saeed. They embark on a furtive love affair and are soon cloistered in a premature intimacy by the unrest roiling their city. When it explodes, turning familiar streets into a patchwork of checkpoints and bomb blasts, they begin to hear whispers about doors—doors that can whisk people far away, if perilously and for a price. As the violence escalates, Nadia and Saeed decide that they no longer have a choice. Leaving their homeland and their old lives behind, they find a door and step through. *Exit West* follows these remarkable characters as they emerge into an alien and uncertain future, struggling to hold on to each other, to their past, to the very sense of who they are.

Abiitan's Porter Cafe

428 2nd St. S.

MCC MEMBERS & GUESTS

Wednesday, November 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

Wednesday, November 7; 6:30 - 9:30 pm

Guthrie Play Reading – North Star 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.*

North Star Lofts

117 Portland Ave., #602

MCC MEMBERS

Thursday, November 8; 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, November 8; 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*

Friday, November 9; 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

Monday, November 12; 7:00 – 8:30 pm

Green Minneapolis: Enhancing Downtown Livability

Join us as Beth Shogren, executive director of Green Minneapolis, introduces us to the non-profit conservancy working to enhance the livability of downtown Minneapolis through greening and park projects. Learn about the organization's operational and fundraising achievements at The Commons, and its future vision for Peavey Plaza, the Hennepin Lyndale Crossroads, and downtown street trees. Green Minneapolis has found success by building public-private partnerships with the City, project stakeholders and neighbors. Come to hear about how you can get involved.

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

Minnesota Tech Center

1100 Washington Ave. S.

MCC MEMBERS

Tuesday, November 13; 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 monthly program is going on hiatus after this month until Bill Davnie returns from Sri Lanka late next spring.

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

Winslow House Party Room

100 2nd St. S.E.

MCC MEMBERS

Wednesdays, November 14, 21 & 28; 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, November 14 & 28; 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, November 14 & 28; 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***

Wednesdays, November 14 & 28; 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*

Thursday, November 15; 5:00 - 6:30 pm

After Hours Connect: Your Brain on Retirement - Lessons from Neuropsychology

Join us as Dr. Sarah Bridges talks about the neuroscience triggers in transition and how understanding brain science can help smooth change in our lives. She'll blend the latest findings from brain science to provide practical and counter-intuitive ideas for successful transitions. Her entertaining and provocative ideas provide the basis for building a brain-healthy time in our second half of life. Sarah Bridges, Ph.D., is founder

and leader of Bridges, a firm that specializes in coaching, leadership training and human potential consulting.

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

La Rive Party Room

110 Bank St. S. E.

MCC MEMBERS

Sunday, November 18; 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, November 19; 7:00 – 8:30 pm

Great Decisions: Media and Foreign Policy

State and non-state actors today must maneuver a complex and rapidly evolving media landscape. Conventional journalism now competes with user-generated content. Official channels of communication can be circumvented through social media. Foreign policy is tweeted from the White House and "fake news" has entered the zeitgeist. Cyberwarfare, hacking and misinformation pose complex security threats. How are actors using media to pursue and defend their interests in the international arena? What are the implications for U.S. policy? Speaker Todd Lefko is a businessperson and journalist living in both Minnesota and Moscow, Russia, where his weekly column has appeared in President Putin's newspaper *Rossiske Vesti* for the past 17 years.

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, November 20; 6:30 - 9:30 pm

Guthrie Play Reading – RiverWest Group

Enjoy this month's play reading of "A Christmas Carol." A miserly and miserable man, Ebenezer Scrooge greets each Christmas with a "Bah humbug!" until he is visited one Christmas Eve by the Ghosts of Christmas Past, Christmas Present and Christmas Future. Through a restless night, the spirits show him happy memories from his past, cruel realities from the present and a grim future should he continue his cantankerous ways. 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

Tuesday, November 27; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour at the newly opened Fhima's Minneapolis in the historic Forum Cafeteria space in City Center! Hosted by John & Sonia Cairns, Judy Cohn and David & Sheryl Evelo, 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) 353-4792.

Fhima's Minneapolis
40 S. 7th St.
MCC MEMBERS & GUESTS

Wednesday, November 28; 6:30 - 9:30 pm

Guthrie Play Reading – North Star Group

Enjoy this month's play reading of "A Christmas Carol." A miserly and miserable man, Ebenezer Scrooge greets each Christmas with a "Bah humbug!" until he is visited one Christmas Eve by the Ghosts of Christmas Past, Christmas Present and Christmas Future. Through a restless night, the spirits show him happy memories from his past, cruel realities from the present and a grim future should he continue his cantankerous ways. 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, November 29; 11:00 am – 12:00 pm

Gingerbread Wonderland at Norway House

Gingerbread is a quintessential feature of the Norwegian holiday season, and for the fourth year in a row, Norway House is building the Twin Cities out of gingerbread in its Galleri. You'll find familiar buildings and landmarks—both contemporary and historical—created by everyone from professional bakers to first-time gingerbread enthusiasts. Join MCC friends to view this whimsical, delightful display. Admission is \$5.

Optional: Join your tourmates for lunch afterwards at Maria's Café, 1113 E. Franklin Ave.

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

Norway House
913 E. Franklin Ave.
MCC MEMBERS

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