

# December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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2	<b>3 HANUKKAH (1<sup>ST</sup> DAY)</b> <b>4:00-5:00 pm</b> Dutch Treat Social Hour  <div>A look at <b>rhino poaching</b> and what's being done to stop it.</div>	<b>4 7:30-8:30 am</b> River Walkers <b>9:30-10:30 am</b> Meditation Circle <b>1:00-2:30 pm</b> Technology Help Desk <b>7:00-8:30 pm</b> A Minnesotan's Story ← About Saving Rhinos	<b>5 9:30-10:30 am</b> Rendezvous Readers Book Chat <b>3:00-4:30 pm</b> Education for a Changing World ↓ <div>Learn about an innovative program to <b>develop global competence.</b></div>	<b>6 7:30-8:30 am</b> River Walkers <b>9:15-10:00 am</b> SBS Class <b>10:00-11:30 am</b> Our Turn <b>11:30-12:30 pm</b> Men's Dutch Lunch <b>7:00-8:30 pm</b> A Perspective on → RBG	<b>7</b>           <div>A former law clerk for <b>Ruth Bader Ginsburg</b> shares her experiences!</div>	<b>8</b>	
<b>9 12:00-2:00 pm</b> Sunday Brunch Soiree ↓ <div>Bev Fitzgerald hosts at <b>Lourdes Square.</b></div>	<b>10 4:00-5:00 pm</b> Dutch Treat Social Hour  <div>Important <b>health care info</b> you should know.</div>	<b>11 7:30-8:30 am</b> River Walkers <b>9:30-10:30 am</b> Meditation Circle <b>4:00-5:30 pm</b> ← What Is a POLST and Why Do You Need One?	<b>12 9:00-10:00 am</b> Rendezvous on 5 <b>10:30 am-12:00 pm</b> Caregivers' Support Grp 1 <b>1:00-2:30 pm</b> Caregivers' Support Grp 2 <b>3:00-5:00 pm</b> Social Bridge <b>4:00-4:30 pm</b> MCC Annual Meeting <b>4:30-5:30 pm</b> MCC Board Meeting	<b>13 7:30-8:30 am</b> River Walkers <b>7:30-8:30 am</b> Men's Coffee & Conversation <b>9:15-10:00 am</b> SBS Class <b>7:00-8:30 pm</b> A Personal Story About Doctors → Without Borders	<b>14 10:15-11:30 am</b> Swedish Institute "Handmade → Holidays" Tour	<b>15</b>     <div>Fun, <b>festive</b> tour!</div>	
<b>16 6:00-7:30 pm</b> Dinner for 5	<b>17 4:00-5:00 pm</b> Dutch Treat Social Hour  <div>Deliver holiday <b>groceries</b> for families at Ascension School.</div>	<b>18 7:30-8:30 am</b> River Walkers <b>10:30 am-12:00 pm</b> Turkey and Extra Helps Volunteer Opportunity ← <b>5:00-6:00 pm</b> Tuesday Happy Hour	<b>19 9:00-10:00 am</b> Rendezvous on 5 <b>10:30 am-12:00 pm</b> Caregivers' Support Grp 1 <b>1:00-2:30 pm</b> Caregivers' Support Grp 2	<b>20 7:30-8:30 am</b> River Walkers <b>9:15-10:00 am</b> SBS Class <b>11:30-12:30 pm</b> Men's Dutch Lunch <b>1:30-3:00 pm</b> Our Turn	<b>21</b>	<b>22</b>	
<b>23</b>	<b>24</b>   MCC OFFICE CLOSED	<b>25 CHRISTMAS</b> <b>7:30-8:30 am</b> River Walkers  MCC OFFICE CLOSED	<b>26 9:00-10:00 am</b> Rendezvous on 5	<b>27 7:30-8:30 am</b> River Walkers <b>7:30-8:30 am</b> Men's Coffee & Conversation <b>9:15-10:00 am</b> SBS Class <b>4:00-7:30 pm</b> A Movie & Dinner →	<b>28</b>	<b>29</b>	
<b>30</b>	<b>31 NEW YEAR'S EVE</b> <b>6:00-8:00 pm</b> New Year's Eve Dinner → <div>Celebrate the <b>last day of the year</b> with MCC friends!</div>			<div>Join us for a movie at St. Anthony Main Theatre!</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 – DECEMBER 2018

**Mondays, December 3, 10 & 17; 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**

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**Tuesdays & Thursdays, December 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\***

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**Tuesdays, December 4 & 11 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 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Tuesday, December 4; 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**

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**Tuesday, December 4; 7:00 – 8:30 pm**

**A Minnesotan's Story About Saving Rhinos**

Join us to hear the story of rhino poaching and what's being done to stop it. Minnesota native Matt Bracken will share what's happening to rhinos and why, who's involved, why they do it, why rhinos are worth saving and what he's doing about it. Matt is the founder and president of Wild and Free Foundation. In 2011, he became the first American to graduate from Protrack Anti-Poaching Ranger Training in South Africa, whose mission is to protect rhinos from poachers.

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

**Park Avenue Lofts**

**200 Park Ave. S., #105**

**MCC MEMBERS**

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**Wednesday, December 5; 9:30 – 10:30 am**

**Rendezvous Readers' Book Chat**

Join us to discuss *The Last Painting of Sarah de Vos* by Dominic Smith. In 1631, Sara de Vos becomes the first woman to be admitted as a master painter to the Guild of St. Luke in Holland. Three hundred years later, "At the Edge of a Wood," her haunting winter scene of a girl watching skaters at dusk, is her only surviving work. It hangs in the bedroom of a Park Avenue coop of a wealthy Manhattanite, a descendant of the original owner. Meanwhile, in the grungier reaches of Brooklyn, an Australian art history grad student struggling to stay afloat in New York agrees to paint a forgery of the landscape for a dubious art dealer. Half a century later, she's a prominent curator back home in Sydney, mounting an exhibition of female Dutch painters of the Golden Age. Both versions of "At the Edge of the Wood" by Sara de Vos are en route to her museum, threatening to unravel her life and reputation.

If you'd like to read ahead, January's book is *Glass Houses* by Louise Penny. Have a book suggestion for the Book Chat? Email [Marsha Blumenthal](mailto:Marsha.Blumenthal).

**Abiitan's Porter Cafe**

**428 2<sup>nd</sup> St. S.**

**MCC MEMBERS & GUESTS**

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**Wednesday, December 5; 3:00 – 4:30 pm**

**Education for a Changing World**

Our world is changing at an exponentially greater pace than generations before us, which means our education system needs to evolve alongside it. Dana Mortenson, founder and CEO of World Savvy, will discuss how developing students' global competence can prepare them for future careers and civic engagement in an increasingly diverse, interconnected world. She'll explore how our current K-12

education system, designed to "standardize learning," is misaligned with the realities and demands of the 21<sup>st</sup> century and beyond. And she'll share how World Savvy has been working for nearly two decades to re-imagine K-12 education to build more inclusive, adaptive and globally competent learning environments to help all young people thrive.

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

**Mill City Quarter Club Room**

**322 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Thursdays, December 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 2<sup>nd</sup> St. S., #100**

**MCC MEMBERS**

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**Thursday, December 6; 10:00 – 11:30 am**

**Thursday, December 20; 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, topics and locations change each time.

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

**MCC WOMEN & GUESTS\***

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**Thursdays, December 6 & 20; 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](mailto:alburd4057@gmail.com).

**Abiitan's Porter Cafe**

**428 2<sup>nd</sup> St. S.**

**MCC MEN & GUESTS**

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**Thursday, December 6; 7:00 – 8:30 pm**

**A Perspective on RBG**

Justice Ruth Bader Ginsburg has served on the U.S. Supreme Court for nearly 25 years, but it's only in the last five years that she has been dubbed "notorious" and become a popular culture icon. Each year, she has four law clerks who assist her with preparing for cases, drafting opinions and writing speeches. Amy Bergquist clerked for her in 2010-

2011, and while Amy can't divulge confidential information about deliberations or discussions of cases that happened in Justice Ginsburg's chambers, she will speak about what it's like to work for the Justice and share some insights about her work. Bring your questions! Amy Bergquist is a staff attorney at the Minneapolis-based non-profit The Advocates for Human Rights.

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

**Washburn Lofts**  
**700 2nd St. S., #91**  
**MCC MEMBERS**

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**Sunday, December 9; 12:00 - 2:00 pm**

**Sunday Brunch Soiree**

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Beverly FitzGerald at Lourdes Square. 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.

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

**Lourdes Square**  
**174 Bank St. S.E.**  
**MCC MEMBERS**

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**Tuesday, December 11; 4:00 – 5:30 pm**

**What Is a POLST and Why Do You Need One?**

MCC member Dr. David Plimpton will give a brief review on the concept of patient autonomy and end-of-life options, followed by a detailed review of Provider Orders for Life-Sustaining Treatment (POLST). A POLST is different from an advanced directive. Find out if it's something you should consider.

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

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

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**Wednesdays, December 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**

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**Wednesdays, December 12 & 19; 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](mailto:betsywray@millcitycommons.org).

#### **Cobalt Condos**

**45 University Ave. S.E., 2nd floor Conf. Room (buzz Tamra Nelson at the security phone)  
MCC MEMBERS & GUESTS\***

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**Wednesdays, December 12 & 19; 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.

**Registration is now closed.** For those interested in joining the new session in January, contact Betsy Wray: [betsywray@millcitycommons.org](mailto:betsywray@millcitycommons.org).

#### **Cobalt Condos**

**45 University Ave. S.E., 2nd floor Conf. Room  
MCC MEMBERS & GUESTS\***

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**Wednesday, December 12; 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](mailto:caroljordan@millcitycommons.org).

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

#### **Washburn Lofts**

**700 S. 2<sup>nd</sup> St.**

**MCC MEMBERS & GUESTS\***

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**Wednesday, December 12; 4:00 – 5:30 pm**

#### **MCC Annual Meeting (4:00 – 4:30 pm) & Board Meeting (4:30 – 5:30 pm)**

Learn about the direction of your Mill City Commons as the gavel passes to next year's chair and new officers and board members are welcomed. The regular monthly meeting of the board will follow at 4:30 pm. Members are welcome to stay for the board meeting also.

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

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Thursdays, December 13 & 27; 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\*

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Thursday, December 13; 7:00 – 8:30 pm

**A Personal Story About Doctors Without Borders**

How does one volunteer with Doctors Without Borders--or MSF (*Medecins Sans Frontieres*), as it is known internationally--and what can one expect? Dr. Roby C. Thompson Jr., Professor Emeritus of Orthopedic Surgery at the University of Minnesota, will share his personal experience from Haiti, post-earthquake. He'll talk about the route to an assignment, the experience, the volunteers and the plight of the residents.

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

Winslow House Party Room

100 2<sup>nd</sup> St. S.E.

MCC MEMBERS

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Friday, December 14; 10:15 – 11:30 am

**Swedish Institute "Handmade Holidays" Tour**

Join us for a tour of the American Swedish Institute's 2018 exhibition "Handmade Holidays." We'll tour the richly decorated Nordic Holiday rooms, this year centered around ASI's year of "The Handmade." Cost is \$13 for this guided tour. Please bring cash and arrive by 10:15 am to speed up the check-in process.

**OPTIONAL:** Join your tourmates for lunch at Fika afterwards. Members Diane & Tony Hofstede will buy your beverage of choice; lunch or snacks are dutch treat!

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

American Swedish Institute

2600 Park Ave.

MCC MEMBERS & GUESTS\*

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Sunday, December 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 10<sup>th</sup> 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 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Tuesday, December 18; 10:30 am – 12:00 pm**

**Turkey & Extra Helpings Volunteer Opportunity**

Join MCC members and friends for the 11<sup>th</sup> annual Turkey & Extra Helpings Holiday Drive! Our goal is to provide groceries for holiday meals for 50 families in North Minneapolis. Volunteers are needed to help load and unload food for families from Ascension School. Meet in the Cub Foods parking lot, 701 W. Broadway Ave. (I-94 and Broadway), at 10:30 a.m. to pick up groceries. We'll then proceed to Ascension School, 1726 Dupont Ave. N., to drop them off. Please register and answer the "Question" on whether you have a large vehicle to help transfer food.

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

**Cub Foods**

**701 W. Broadway Ave.**

**MCC MEMBERS**

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**Tuesday, December 18; 5:00 – 6:00 pm**

**Tuesday Happy Hour**

Join us for Tuesday Happy Hour at the Depot's Milwaukee Road Bar! Hosted by Sue Bennett, Camille Burke, Ellie Hands and Marcia Townley, 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 Bar at the Depot**

**225 3<sup>rd</sup> Ave. S.**

**MCC MEMBERS & GUESTS**

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**Thursday, December 27; 4:00 - 7:30 pm**

**A Movie & Dinner**

Join MCC members for a dutch-treat mid-week movie and dinner! The movie and exact movie time will be announced the week before and communicated on the website and in Musings. We'll follow with dinner at a nearby restaurant, also to be announced. Members and guests are welcome to join us for the movie, dinner or both.

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

**St. Anthony Main Theatre**

**115 Main St. S.E.**

**MCC MEMBERS & GUESTS\***

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**Monday, December 31; 6:00 – 8:00 pm**

**New Year's Eve Dinner**

Join your MCC friends and celebrate a year well-lived with a New Year's Eve meal at Smith & Porter! You'll order off the menu, and the meal is dutch treat. Make your reservation on the MCC website by December 21.

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

**Smith & Porter Restaurant**

**428 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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