

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 10:30-11:30 am MCC-Best Buy Focus Group 4:00-5:00 pm Dutch Treat Social Hour	2 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 3:00-4:30 pm How the Riverfront Was Won—and How Preservation Played a Role	3 9:00-10:00 am Rendezvous on 5 10:00-11:00 am Rendezvous Readers Book Chat <div> Hear the story from architecture reporter Linda Mack. </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 5:30-8:00 pm Provide a Meal at First Covenant Shelter	5	6	
7 5:00-7:00 pm Sunday Soiree <div> Get a sneak peek into a new building in the 'hood. </div>	8 11:00 am-12:00 pm Nosy Neighbor Tour: Catholic Eldercare's Wyndris Apartments 4:00-5:00 pm Dutch Treat Social Hour	9 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 6:30-9:30 pm Guthrie Play Reading RiverWest	10 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 3:00-5:00 pm Social Bridge <div> Spot waterfowl with a naturalist! </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 3:00-4:30 pm Lessons from a Chaplain & Social Worker: The 7 Reasons People Don't Want to Talk About Death & Dying	12	13	
14 6:00-7:30 pm Dinner for 5 <div> A deeper look at U.S.-China trade. </div>	15 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: Decoding U.S.-China Trade	16 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 1:00-2:30 pm Tech Workshop: Better Photos with Your iPhone Camera	17 8:00-9:30 am Waterfowl Walk 9:00-10:00 am Rendezvous on 5 <div> Learn cool photo tips. </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	19 GOOD FRIDAY	20 PASSOVER 1 ST DAY	
21 EASTER <div> Two experts explain single-payer health insurance. </div>	22 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm An Argument for Single-Payer National Health Insurance	23 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 1:30-3:00 pm Program Committee Meeting	24 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 3:00-5:00 pm Social Bridge	25 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 10:00-11:30 am MCC Women Connect 11:30-12:30 pm Men's Dutch Lunch	26 10:00-11:00 am Nosy Neighbor Tour: First Avenue Nightclub	27 <div> Fun tour! </div>	
28	29 10:30-11:30 am MCC-Best Buy Focus Group 4:00-5:00 pm Dutch Treat Social Hour	30 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 5:00-6:00 pm Last Tuesday Happy Hour					



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 – APRIL 2019

Mondays, April 1 & 29; 10:30 – 11:30 am

MCC-Best Buy Focus Group

Best Buy, in conjunction with Mill City Commons, is holding monthly discussions to gather input on product and service ideas to assist older adults in living independently in their homes. A different topic will be presented each month to a limited group of 10 to 15 focus group members. Be part of shaping future smart technology and health and wellness products designed to assist older adults to remain living independently. Refreshments will be offered!

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

Open Book Meeting Room, 2nd floor

1011 Washington Ave. S.

MCC MEMBERS

Mondays, April 1, 8, 15, 22 & 29; 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

Tuesdays & Thursdays, April 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, April 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, April 2; 3:00 – 4:30 pm

How the Riverfront Was Won—and How Preservation Played a Role

Join us as Linda Mack, former StarTribune architecture reporter and critic, presents a visual survey of the Minneapolis riverfront's rebirth from the days of Fuji-Ya and Pracna on Main to the arrival of the Guthrie Theater. In her 21 years at the StarTribune, Linda covered the redevelopment of the Minneapolis (and St. Paul) riverfront. She also conducted 26 oral history interviews for the St. Anthony Falls Heritage Board-funded Rebirth of the Minneapolis Riverfront Oral History Project. Active in historic preservation since the 1980s, she currently serves on the Minneapolis Heritage Preservation Commission.

PLEASE NOTE: *The program is not in the museum itself but the building next door to the east. Enter through the 710 doors off 2nd St. S. From the 710 lobby, take the elevator up to the 6th floor to the ADM room.*

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

Mill City Museum, 6th floor

710 2nd St. S.

MCC MEMBERS

Wednesdays, April 3, 10, 17 & 24; 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

Wednesday, April 3; 10:00 – 11:00 am

Rendezvous Readers' Book Chat

Join us to discuss *Clock Dance* by Anne Tyler. Willa Drake can count on one hand the defining moments of her life. In 1967, she is a schoolgirl coping with her mother's sudden disappearance. In 1977, she is a college coed considering a marriage proposal. In 1997, she is a young widow trying to piece her life back together. And in 2017, she yearns to be a grandmother but isn't sure she ever will be. Then, one day, Willa receives a startling phone call from a stranger. Without fully understanding why, she flies across the country to Baltimore to look after a young woman she's never met, her nine-year-old daughter, and their dog, Airplane. This impulsive decision will lead Willa into uncharted territory. Surrounded by eccentric neighbors who treat each other like family, she finds solace and fulfillment in unexpected places.

If you'd like to read ahead, May's book is *Mornings in Jenin* by Susan Abulhawa. 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

Thursdays, April 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, April 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

Thursday, April 4; 5:30 – 8:00 pm

Provide a Meal at First Covenant Shelter

Join MCC friends to prepare and serve a meal at First Covenant Shelter by St. Stephen's. First Covenant feeds its homeless guests every night and relies on groups of volunteers to prepare and serve the guests. While serving the meal, volunteers are encouraged to take shifts and eat and visit with the guests. Member Ellen Breyer is organizing our team of volunteers this month. Volunteers are also asked to donate \$15 to cover the cost of feeding 55 to 60 people. If you're unable to participate but would like to donate money for groceries, that would be appreciated, too. Additional details will be provided to those who sign up. If you have questions, you may contact [Ellen Breyer](#).

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

First Covenant Church

810 7th St. S.

MCC MEMBERS

Sunday, April 7; 5:00 – 7:00 pm

Sunday Soiree

Join your friends and neighbors for the Sunday Soiree, hosted by Anne & Peter Heegaard 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
184 Bank St. S.E.
MCC MEMBERS

Monday, April 8; 11:00 am – 12:00 pm

Nosy Neighbor Tour: Catholic Eldercare's Wyndris Apartments

Join MCC friends to get a sneak peek inside Wyndris, Catholic Eldercare's newly opened independent living apartment community. Wyndris is the final building in Catholic Eldercare's community of residential facilities in Northeast Minneapolis. The guided tour will include a visit inside one-bedroom, one-bedroom plus den, and two-bedroom apartments, along with a look at the many amenities offered. You are welcome to stop by the Wyndris Café (not normally open to the public) to purchase a quick bite before departing.

Street parking is available on either side of 2nd St. N.E.

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

Wyndris Apartments
929 2nd St. N.E.
MCC MEMBERS

Tuesday, April 9; 6:30 - 9:30 pm

Guthrie Play Reading – RiverWest Group

Enjoy this month's play reading of "Cyrano de Bergerac." Cyrano de Bergerac is the full package: He's a poet, playwright and consummate swordsman. The only thing standing in the way of declaring his love for Roxane is his grotesquely large nose. When Roxane confesses that she's fallen for a handsome young cadet named Christian, Cyrano takes him under his wing, adds brains to his beauty and, through Christian, expresses his own feelings to Roxane without her suspecting a thing. Wit, wordplay and rousing passion make this a heroic comedy for the ages. 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

Wednesdays, April 10 & 24; 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 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 April.

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
MCC MEMBERS & GUESTS*

Wednesdays, April 10 & 24; 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, April 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, April 11; 3:00 – 4:30 pm

Lessons from a Chaplain & Social Worker: The 7 Reasons People Don't Want to Talk About Death & Dying

Given that our death rate is exactly 100%, why is it so hard to get a real conversation going on how we want to live at the end of our lives, and what we want done when we're no longer here? Our three-part series "Lessons from a Chaplain & Social Worker on Death & Dying" begins with "The 7 Reasons People Don't Want to Talk About Death & Dying." Expect education as well as interaction, and just the right blend of reverence and irreverence. We'll unpack the big (and small but powerful) reasons this is so hard and offer concrete ways to invite people past them so you and your loved ones can get real, get planning, and get some peace of mind. Our guides will be Zac Willette MDiv BCC and Anne Archbold MSW LSW of Allay Care Services, a national nonprofit headquartered in the Twin Cities.

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

Winslow House

100 2nd St. S.E.

MCC MEMBERS

Sunday, April 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 Sunday night dinner just might be for you! This month, join

other MCC members for a casual evening of dining at Sonder Shaker. The meal is dutch treat. Space is limited, so register early!

If this event is filled when you try to register, contact Betsy Wray (betsywray@millcitycommons.org) if you'd like to be placed on the wait list.

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

Sonder Shaker

130 E. Hennepin Ave.

MCC MEMBERS

Monday, April 15; 7:00 – 8:30 pm

Great Decisions: Decoding U.S.-China Trade

Though arguably the most advanced economy in the world, the United States still uses centuries-old numbers to measure trade. These antique numbers mangle understanding of the U.S.-China trade relationship, shrinking America's true economic size and competitiveness, while swelling China's. Bad numbers give rise to bad policies that ultimately kill U.S. jobs and cede market share to China. What other tools can the United States employ to counter China's unfair trade practices? There are several available, yet they remain mostly unused. Speaker Mark Canning retired from the State Department last year. Since then he has taught Chinese at Concordia College, given lectures on North Korea, and mentored an exercise for the Army War College based on the North Korean nuclear talks.

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, April 16; 1:00 - 2:30 pm

Technology Workshop: Better Photos with Your iPhone Camera

Learn how to create better photos using your iPhone camera! First we'll explore focus, exposure and different modes in the camera app. We'll also look at how to use apps to adjust the brightness, color and composition of photos. Then we'll talk about sharing and showcasing your photos in creative ways, including how to turn your photo into a watercolor painting or a postcard or canvas print.

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

American Academy of Neurology, Training Room A

201 Chicago Ave.

MCC MEMBERS

Wednesday, April 17; 8:00 – 9:30 am

Waterfowl Walk

Each year, hundreds of thousands of birds stream through Minnesota on their annual migrations. The Minneapolis Chain of Lakes is a great place to observe them. In this walk led by Gregg Severson, naturalist with the Minneapolis Park and Recreation Board, we'll

be watching for geese, ducks, swans, pelicans and more. Bring binoculars and field guides, if you have them (we'll also have some to borrow).

NOTE: You don't have to be a serious birder to participate—this is a chance to learn! And these are not strenuous hikes but rather easy walks with lots of stopping.

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

Location to be announced

MCC MEMBERS & GUESTS*

Monday, April 22; 7:00 – 8:30 pm

An Argument for Single-Payer National Health Insurance

What is Single Payer? What are the myths? Where are single-payer systems in place and working? How would we pay for a single-payer system and is it affordable? Physicians for a National Health Program (PNHP) is a non-profit research and education organization of 18,000 health professionals who support single payer health insurance. Two speakers affiliated with PHNP will address these questions and more: Augie Lindmark, U of M Medical School Class of 2019 and member of the national PHNP board, and Dr. Laurel Gamm, recent co-chair of PNHP Minnesota board and a family practice physician at Minnesota Community Care, doing primary care for homeless adults.

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

DeLaSalle High School

1 DeLaSalle Drive, Room D104

MCC MEMBERS

Thursday, April 25; 10:00 – 11:30 am

MCC Women Connect

The discussion topic and facilitator for this month's MCC Women Connect, will be announced soon!

MCC Women Connect's purpose is to gather to connect and grow, sharing our experiences and learning from each other as we adapt to life's changes and transitions. Discussion ideas come from members, volunteer facilitators and a list of suggestions being developed. We meet once a month, from 10:00-11:30 a.m., on the fourth Thursday.

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

Location to be announced

MCC WOMEN & GUESTS*

Friday, April 26; 10:00 – 11:00 am

Nosy Neighbor Tour: First Avenue Nightclub

Experience the venue made famous by Prince, and get a behind-the-scenes look at how First Avenue and the 7th St Entry began. You'll get a chance to step onto the club's world-renowned stage, check out the "set list wall" backstage and maybe even hear a few ghost stories. Our private tour is limited to 25 people and costs \$10 per person. The fee must be paid ahead of time through the link on the MCC website. Meet in front of the club on the corner of First Avenue and 7th Street.

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

First Avenue

701 1st Ave. N.

MCC MEMBERS

Tuesday, April 30; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour at Umbra, the restaurant/bar in the new Canopy by Hilton hotel in the former Thresher building on 3rd Ave. S. Hosted by Carol & Ron Vantine and Bill & Karen Snedeker, 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) 332-0696.

NOTE: If you're planning to shop at nearby Trader's Joes after Happy Hour, you can use Trader Joe's two-hour validated parking ramp.

Umbra at the Canopy Hotel

708 3rd St. S.

MCC MEMBERS & GUESTS

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