

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1 9:00-10:00 am Rendezvous on 5 10:00-11:00 am Rendezvous Readers Book Chat 6:30-9:30 pm Guthrie Play Reading North Star	2 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class 11:00 am-12:00 pm Nosy Neighbor Tour: Canopy	3 9:00-11:00 am Birding Walk <div> Your chance to peek in the rooms of Downtown East's newest hotel. </div>		
5 <div> Get an update on the Fuji Ya site and much more. </div>	6 1:00-2:30 pm Technology Help Desk 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm ← RiverFirst: A Progress Report	7 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 6:30-9:30 pm Guthrie Play Reading RiverWest 7:00-8:30 pm MCC Evening Book Club	8 9:00-10:00 am Rendezvous on 5 4:00-5:30 pm MCC Board Meeting	9 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 11:30-12:30 pm Men's Dutch Lunch	10 9:00-11:00 am Birding Walk <div> Join us for one— or all—of our Friday morning birding walks! </div>	11	
12 MOTHER'S DAY	13 4:00-5:00 pm Dutch Treat Social Hour <div> Hear from a dynamic speaker about an innovative program. </div>	14 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 3:30-5:00 pm ← Youth Frontiers: Teaching Character, Civility & Community	15 9:00-10:00 am Rendezvous on 5 10:00 am-2:30 pm Sunrise Flour Mill Tour 10:30 am-12:00 pm Caregivers' Support Group	16 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class 10:00-11:30 am MCC Women Connect 3:00-4:30 pm 7 Reasons People Don't Want to Talk About Death & Dying	17 9:00-11:00 am Birding Walk <div> Straight-forward talk on an often-taboo topic. </div>	18	
19 5:00-7:00 pm Sunday Soiree <div> Sam & Sylvia Kaplan host at The Landings. </div>	20 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: The Middle East: Regional Disorder	21 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 12:30-2:00 pm Lunch for 5 →	22 9:00-10:00 am Rendezvous on 5 <div> Join MCC friends for lunch at the Monte Carlo! </div>	23 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 11:30-12:30 pm Men's Dutch Lunch	24 9:00-11:00 am Birding Walk	25	
26	27 MEMORIAL DAY 4:00-5:00 pm Dutch Treat Social Hour <div> Drinks & snacks at Sea Change. </div>	28 7:30-8:30 am River Walkers 1:30-3:00 pm Program Committee Meeting 5:00-6:00 pm ← Last Tuesday Happy Hour	29 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 11:00 am-12:00 pm MN History Center Exhibit: "First Avenue: Stories" of Minnesota's Mainroom"	30 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 Update: 3 rd Ave, 10th Ave and Stone Arch Bridge Projects	31 9:00-11:00 am Birding Walk <div> Hear the latest on the bridge projects from Councilman Fletcher. </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 – MAY 2019

Wednesdays, May 1, 8, 15, 22 & 29; 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, May 1; 10:00 – 11:00 am

Rendezvous Readers' Book Chat

Join us to discuss *Mornings in Jenin*, a multi-generational story about a Palestinian family by Susan Abulhawa. Forcibly removed from the olive-farming village of Ein Hod by the newly formed state of Israel in 1948, the Abulhejos are displaced to live in canvas tents in the Jenin refugee camp. We follow the family as they live through a half century of violent history. Amidst the loss and fear, hatred and pain, as their tents are replaced by more forebodingly permanent cinderblock huts, there is always the waiting, waiting to return to a lost home. The novel's voice is that of Amal, the granddaughter of the old village patriarch, a bright, sensitive girl who makes it out of the camps, only to return years later, to marry and bear a child. Through her eyes, with her evolving vision, we get the story of her brothers, one who is kidnapped to be raised Jewish, one who will end with bombs strapped to his middle. But of the many interwoven stories, stretching backward and forward in time, none is more important than Amal's own. Her story is one of love and loss, of childhood and marriage and parenthood, and finally the need to share her history with her daughter, to preserve the greatest love she has.

If you'd like to read ahead, June's book is *Friends Forever* by Danielle Steele. 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, May 1; 6:30 - 9:30 pm

Guthrie Play Reading – North Star Group

Enjoy this month's play reading of "Metamorphoses." In what's considered her signature theatrical piece, once hailed as "the theater event of the year" (*Time*), Tony Award-winning director and playwright Mary Zimmerman juxtaposes the ancient and the contemporary in a ravishing theatricalization of Roman poet Ovid's powerful masterwork, *Metamorphoses*. Performed in and around a large pool of water, an ensemble of actors embodies figures from Greek mythology to share both well-known and rarely told stories of transformation. 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

Tuesdays & Thursdays, May 2, 7, 9, 14, 16, 21, 23, 28 & 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*

Thursdays, May 2, 16 & 30; 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, May 2, 9, 16, 23 & 30; 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, May 2; 11:00 am – 12:00 pm

Nosy Neighbor Tour: Canopy Hotel

Join us for a look inside one of east downtown's newest hotels: Canopy by Hilton. Located in the Thresher Square building, the hotel brings to life the area's industrial roots with exposed wood and original brick. The tour will explore guest rooms (with varying floor levels and ceiling heights), meeting space and public areas. If you'd like, join your tourmates for an optional lunch afterwards in Umbra, the hotel's restaurant and bar. Meet at the check-in desk for the tour.

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

Canopy by Hilton

708 3rd St. S.

MCC MEMBERS

Fridays, May 3, 10, 17, 24 & 31; 9:00 – 11:00 am

Birding Walks

Celebrate spring with a series of five bird-watching walks along the river or Minneapolis lakes! We hope to see migrating warblers and other songbirds. Gregg Severson, naturalist with the Minneapolis Park and Recreation Board, will lead the walks. Bring binoculars and field guides, if you have them (we'll also have some to borrow).

Locations for the walks to be announced each week.

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.

Locations to be announced

MCC MEMBERS & GUESTS*

Monday, May 6; 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

Mondays, May 6, 13, 20 & 27; 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

Monday, May 6; 7:00 – 8:30 pm

RiverFirst: A Progress Report

Join us as Tom Evers, Executive Director of the Minneapolis Parks Foundation, provides updates on two of the signature RiverFirst projects slated to begin soon: Water Works and the Great Northern Greenway. The RiverFirst Initiative is a vision for revitalizing the Mississippi Riverfront from St. Anthony Falls to the city's northern border. Signature park projects Water Works, the Great Northern Greenway, the Upper Harbor Terminal and Halls Island will complete a missing link in the historic Grand Rounds and result in miles of new trails connecting neighborhoods in North and Northeast Minneapolis to the river. The Parks Foundation is working closely with the Park Board and fundraising to deliver this vision.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.
Minnesota Tech Center
1100 Washington Ave. S.
MCC MEMBERS

Tuesdays, May 7, 14, & 21; 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, May 7; 6:30 - 9:30 pm

Guthrie Play Reading – RiverWest Group

Enjoy this month's play reading of "Metamorphoses." In what's considered her signature theatrical piece, once hailed as "the theater event of the year" (*Time*), Tony Award-winning director and playwright Mary Zimmerman juxtaposes the ancient and the contemporary in a ravishing theatricalization of Roman poet Ovid's powerful masterwork, *Metamorphoses*. Performed in and around a large pool of water, an ensemble of actors embodies figures from Greek mythology to share both well-known and rarely told stories of transformation. 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, May 7; 7:00 – 8:30 pm

MCC Evening Book Club

Join us to discuss *A Fort of Nine Towers: An Afghan Family's Story* by Qais Akbar Omar. Twenty-three years ago—after the Soviets left and before the Taliban came to power—Kabul was a garden where seven-year-old Qais Akbar Omar flew kites from the roof of his grandfather's house. Then came the hollow sounds of rocket fire as the Mujahedin, self-proclaimed holy warriors, took over Afghanistan, and the country erupted in civil war. Omar's family fled, leaving everything behind to take shelter in an old fort. But after a narrow escape from death, his father decided that the family must leave the country. Yet the journey proved more difficult than anticipated, and in this stunning coming-of-age memoir, Omar offers a moving recollection of these events—a story of daily hardships, relieved by moments of joy and immense beauty.

The MCC Evening Book Club meets on the first Tuesday of every other month. Upcoming gatherings are on July 2, September 3 and November 5.

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

RiverWest Social Room

401 1st S. S.

MCC MEMBERS & GUESTS*

Wednesdays, May 8 & 22; 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 August.

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*

Thursdays, May 9 & 23; 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.

Abilitan's Porter Cafe

428 2nd St. S.

MCC MEN & GUESTS

Tuesday, May 14; 3:30 - 5:00 pm

Youth Frontiers: Teaching Character, Civility & Community

Young people today face many new and unknown challenges. What can parents, grandparents and caring adults do to help? In this interactive and entertaining program, Youth Frontiers' Founder and CEO Joe Cavanaugh will distill some essential character lessons that will help the young people in your life thrive and help you determine with more clarity what's really important in teaching character. By working with educators, parents and community members, Youth Frontiers strives to make the world a kinder, more civil and respectful place to live. Joe will share stories and strategies—based on his 35 years of experience working with young people—that will not only help you in your relationship with young people but will help you challenge them to live lives of character.

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

Mill City Quarter Club Room

322 2nd St. S.

MCC MEMBERS

Wednesday, May 15; 10:00 am – 2:30 pm

Sunrise Flour Mill Tour

Join us for a field trip to Sunrise Flour Mill, located just north of the metro in North Branch. You may be familiar with the mill's heritage wheats from the Mill City Farmers Market or from the bread-baking class Sunrise offered MCC members earlier this year. Now is your chance to tour this unique mill, owned by Darrold and Marty Glanville. After a tour of the facility—with its brand-new mill—we'll travel 5 minutes away to the Glanville's home for sourdough pizza from their wood-fired oven. We'll carpool from downtown, leaving at 10:00 a.m. to arrive at the mill by 11:00 a.m. We should be back downtown around 2:30 p.m. Cost per person is \$25.

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

Sunrise Flour Mill

39724 Grand Ave.

North Branch, MN 55056

MCC MEMBERS

Thursday, May 16; 10:00 – 11:30 am

MCC Women Connect

At this month's MCC Women Connect, Ginny Craig will lead a discussion on the topic of "When Women Are Angry." Is anger a useful emotion for women? Does it make us more powerful? Can it be used against us? Do we demonstrate anger differently from men? Have women expressed anger differently in the past? When has anger empowered you? Made you weaker? To get your conversational juices flowing, consider viewing this [Ted Talk](#).

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 third Thursday.

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

Mill City Quarter Club Room

322 2nd St. S.

MCC WOMEN & GUESTS*

Thursday, May 16; 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.

Mill City Quarter Club Room

322 2nd St. S.

MCC MEMBERS

Sunday, May 19; 5:00 – 7:00 pm

Sunday Soiree

Join your friends and neighbors for the Sunday Soiree, hosted by Sam & Sylvia Kaplan at The Landings. 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.

The Landings

510 River St.

MCC MEMBERS

Monday, May 20; 7:00 – 8:30 pm

Great Decisions: The Middle East: Regional Disorder

As the presidency of Donald J. Trump passes the halfway point, the Middle East remains a region in turmoil. The Trump administration has aligned itself with strongmen in Saudi Arabia, the United Arab Emirates and Egypt, which along with Israel have a common goal of frustrating Iranian expansion. What will be the fallout from policy reversals such as withdrawing from the Iranian nuclear accord and moving the U.S. embassy in Israel to Jerusalem? Does the United States see a path forward in troubled states such as Syria, Yemen, Libya and Iraq? Is the United States headed toward war with Iran? Speaker Molly Hayes is a former foreign policy adviser at the U.S. Department of State and current deputy chief of staff and speechwriter to the President of the U of M, where her portfolio includes international policies and programs.

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, May 21; 12:30 – 2:00 pm

Lunch for 5

If connecting with and getting to know other MCC members in a smaller, more intimate social setting interests you, this weekday lunch just might be for you! This month, join other MCC members for casual dining at the Monte Carlo. 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.

Monte Carlo
219 N. 3rd Ave.
MCC MEMBERS

Tuesday, May 28; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour, hosted by Chris Bray, Dianne Iverson, Nancy Reed and Christine Umhoefer at Sea Change! 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 may be made by calling (612) 225-6499.

Sea Change
806 2nd St. S.
MCC MEMBERS & GUESTS

Wednesday, May 29; 11:00 am – 12:00 pm

MN History Center: "First Avenue: Stories of Minnesota's Mainroom"

After MCC's April Nosy Neighbor Tour of First Avenue nightclub in Minneapolis, we're traveling to the Minnesota History Center in St. Paul to view the new exhibit, "First Avenue: Stories of Minnesota's Mainroom." Discover how First Avenue, its staff and the Minneapolis music scene have changed over five decades. Stories are brought to life through video, photographs and artifacts. Museum admission is \$10 (free to MNHS members). Meet MCC members in the lobby to walk through the exhibit together. If you'd like, join others for lunch afterwards in the museum's café.

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

Minnesota History Center
345 W. Kellogg Blvd., St. Paul
MCC MEMBERS

Monday, May 30; 7:00 – 8:30 pm

Update: 3rd Avenue, 10th Avenue & Stone Arch Bridge Projects

Ward 3 Council Member Steve Fletcher will give a brief overview of the 3rd Avenue, 10th Avenue and Stone Arch bridge projects, provide an update on the currently planned timing of those projects, share contact information for project staff at each agency (City of Minneapolis and MnDOT), and open it up for Q&A.

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

DeLaSalle High School
1 DeLaSalle Drive, Room D104
MCC MEMBERS

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