

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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2 <div>Celebrating women in their second act.</div>	3 10:30-11:30 am MCC-Best Buy Focus Group 4 :00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Shining the Spotlight on Women of a "Certain Age"	4 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 1:00-2:30 pm Technology Help Desk <div>Get your tech questions answered.</div>	5 9:00-10:00 am Rendezvous on 5 10:00-11:00 am Rendezvous Readers Book Chat 7:00-8:30 pm A Conversation on Health Care: What's the Problem? What's the Solution?	6 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 11:30-12:30 pm Men's Dutch Lunch <div>Execs from UnitedHealth Group speak.</div>	7 9:00-11:00 am Birding Walk	8	
9 5:00-7:00 pm Sunday Soiree <div>Join MCC friends on the Stone Arch rooftop!</div>	10 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Mill City Travelers: Will Bracken Photographs Bears <div>A new program series about travel!</div>	11 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 11:00 am-12:15 pm Nosy Neighbor Tour: An Architectural Tour of the Guthrie <div>Go behind the scenes at the Guthrie.</div>	12 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 2:00-3:00 pm Nosy Neighbor Tour: Hennepin Made <div>An old warehouse takes on a new life.</div>	13 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class 3:00-4:30 pm Lessons from a Chaplain & Social Worker: 5 Things People Forget to Ask in End-of-Life Planning <div>Don't miss this powerful session!</div>	14	15	
16 FATHER'S DAY <div>Last Great Decisions until September.</div>	17 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: The United States and Mexico - Partnership Tested	18 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 12:30-2:00 pm Lunch for 5 <div>Lunch at Sea Change.</div>	19 9:00-10:00 am Rendezvous on 5 3:00-4:30 pm 2019 Legislative Outcomes Affecting Older Adults <div>Find out what happened at the State Capitol.</div>	20 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	21 9:30 am-2:30 pm Minnesota Landscape Arboretum: Tashjian Bee Center Visit <div>Fun day trip!</div>	22	
23	24 4:00-5:00 pm Dutch Treat Social Hour <div>Join us at our annual Elsie's outdoor Happy Hour!</div>	25 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	26 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group	27 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class	28	29	
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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 – JUNE 2019

Monday, June 3; 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 10 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, June 3, 10, 17, & 24; 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, June 3; 7:00 – 8:30 pm

Shining the Spotlight on Women of a "Certain Age"

Women make up more than 70% of the ticket buyers for live theater, and the average age of women in the audience is 52. So why are women--specifically "mature" women--not seeing themselves reflected on the stage in a meaningful way? PRIME Productions, a new Twin Cities theater company that celebrates women in their second act, was formed three years ago to address this gap. Alison Edwards, a founding artistic director, and Sue Scott, veteran radio actor, will talk about mature women's place in our storytelling.

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

A-Mill Artist Lofts

Performance Hall, First Floor

315 Main St. S.E.

MCC MEMBERS

Tuesdays & Thursdays, June 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*

Tuesdays, June 4, 11, 18 & 25; 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, June 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

Wednesdays, June 5, 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

Wednesday, June 5; 10:00 – 11:00 am

Rendezvous Readers' Book Chat

Join us to discuss *Friends Forever*, where two girls and three boys, all with strikingly different looks and talents, meet at the Atwood school as young children. Together, they become an inseparable group—known to outsiders as “The Big Five”—and lean on

one another through all the bumps and bends of childhood and adolescence. But when the tight-knit group graduates and scatters to different colleges, their lives diverge dramatically, and some of the friends are lost forever. Those who remain will struggle to understand that even bonds that once seemed unbreakable are not proof against tragedy—but that they can also transform into something new and entirely unexpected.

If you'd like to read ahead, July's book is *Becoming* by Michelle Obama. 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, June 5; 7:00 – 8:30 pm

A Conversation on Health Care: What's the Problem? What's the Solution?

Everyone seems to be talking (again) about health care reform. The ideas range from a total repeal of the Affordable Care Act to replacing insurance with a government-run single-payer plan. What are some ways forward to fix our health system? Why is it so difficult for the U.S. to address health care? Our speakers, Stephen J. Hemsley and Dr. Lewis G. Sandy, from UnitedHealth Group, will make some opening remarks and then facilitate a conversation on health and health care. UnitedHealth Group is Minnesota's largest company and deals with these issues every day, so they'll bring a unique perspective to our series on health care.

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

DeLaSalle High School, Room D104

1 DeLaSalle Drive

MCC MEMBERS

Thursdays, June 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 2nd St. S., #100

MCC MEMBERS

Thursdays, June 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.

Abiitan's Porter Cafe

428 2nd St. S.

MCC MEN & GUESTS

Friday, June 7; 9:00 – 11:00 am

Birding Walk

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*

Sunday, June 9; 5:00 – 7:00 pm

Sunday Soiree

Join your friends and neighbors for the Sunday Soiree, hosted by Dave & Peggy Lucas and Marcia Townley on the Stone Arch rooftop. Our hosts will provide Kramarczuk brats and all the fixings. Please contribute to the potluck by bringing a salad, side, wine, beer or a dessert. As you register, let us know what you'll bring by answering the "Question" that will appear on the screen.

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

Stone Arch Lofts Rooftop (Buzz Dave or Peggy Lucas or Marcia Townley)

600 2nd St. S.

MCC MEMBERS

Monday, June 10; 7:00 – 8:30 pm

Mill City Travelers: Will Bracken Photographs Bears

Member Will Bracken has photographed and witnessed the habits of three bears in Alaska and Canada: the Coastal Brown Bear, the Polar Bear and the Kermode Bear (Spirit Bear). He'll present his photography and thoughts on the bears, and then lead an open conversation about wildlife photography.

This is the first in an occasional series featuring MCC members and their travel stories.

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

Stone Arch Lofts

600 2nd St. S., #701

MCC MEMBERS

Tuesday, June 11; 11:00 am – 12:15 pm

Nosy Neighbor Tour: An Architectural Tour of the Guthrie

What was on architect Jean Nouvel's mind when he conceptualized the Guthrie Theater? What were his inspirations? Discover answers to these questions and more in a 75-minute architectural tour of the iconic blue building on the river. We'll get a full backstage tour and then go to the foundation of the groundbreaking facility, covering

everything from design to build plans to neighborhood inspirations. Cost for the tour is \$12 per person. Reservations are due May 31.

OPTIONAL: Join your tourmates for lunch afterwards at a nearby restaurant.

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

Guthrie Theater

818 2nd St. S.

MCC MEMBERS

Wednesdays, June 12 & 26; 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.

MCC MEMBERS & GUESTS*

Wednesday, June 12; 2:00 – 3:00 pm

Nosy Neighbor Tour: Hennepin Made

Take a tour of the Hennepin Made blown-glass lighting facility, near the Minneapolis Farmers Market. Its 30,000-square-foot building is the home of both Hennepin Made and its new cafe and event space, Parallel. In 2016, Hennepin Made renovated the building, originally built in 1955 as a glass window manufacturer. We'll tour the building, see a glass blowing demonstration and learn a little building history. Meet in the Parallel Café. Free parking is available in a lot on the east side of the building. The building's a little tricky to find because some streets don't go through. Click [here](#) to see a map and use this address for navigation: 145 Holden St. N.

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

Hennepin Made

145 Holden St. N.

MCC MEMBERS

Thursdays, June 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*

Thursday, June 13; 3:00 – 4:30 pm

Lessons from a Chaplain & Social Worker About Death & Dying: 5 Things People Forget to Ask in End-of-Life Planning

You've thought absolutely everything through, right—or have you? In this second session in our three-part series, "Lessons from a Chaplain & Social Worker on Death & Dying," we continue with the things people often forget to ask about in end-of-life planning. Some are big, some are small, but they all have the power to reduce stress for you and your loved ones in a difficult time. Expect education as well as interaction, and just the right blend of reverence and irreverence. 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. You do not need to have attended the first session to participate.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.
Mill City Quarter Club Room
322 2nd St. S.
MCC MEMBERS

Monday, June 17; 7:00 – 8:30 pm

Great Decisions: The United States and Mexico – Partnership Tested

The United States and Mexico have a long, intertwined history, with both countries prominently featured in each other's politics and agendas. The war on drugs, immigration and trade issues have taxed the relationship over the years. What impact will new leadership in both countries have on this crucial partnership? Speaker Gary Prevost is professor emeritus of political science and international relations at the College of St. Benedict and St. John's University. He is currently engaged in research on the triangular relationship between the U.S., Mexico, and Cuba.

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, Room D104
1 DeLaSalle Drive
MCC MEMBERS (who have signed up for Great Decisions 2018)

Tuesday, June 18; 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 Sea Change. 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.

Sea Change

806 2nd St. S.

MCC MEMBERS

Wednesday, June 19; 3:00 – 4:30 pm

2019 Legislative Outcomes Affecting Older Adults

Learn about the impact the outcomes of the 2019 legislative session will have on older adults across Minnesota. The discussion includes an overview of legislation that will license assisted living facilities and provide important protections for older and vulnerable Minnesotans. We'll also discuss AARP's nationwide campaign to rein in the high cost of prescription drugs. Speaker Erin Parrish is Associate State Director for Advocacy and Outreach for AARP Minnesota.

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

Mill City Quarter Club Room

322 2nd St. S.

MCC MEMBERS & GUESTS*

Thursday, June 20; 10:00 – 11:30 am

MCC Women Connect

The discussion topic for this month's MCC Women Connect, will be announced soon! Sylvia Kaplan hosts.

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.

Location to be announced

MCC WOMEN & GUESTS*

Friday, June 21; 9:30 am – 2:00 pm

Minnesota Landscape Arboretum: Tashjian Bee & Pollinator Center Visit

Join MCC friends for a visit to the Minnesota Landscape Arboretum's Tashjian Bee & Pollinator Discovery Center. The Center serves as a hub for community outreach and education that is grounded in the world-renowned bee research of University of Minnesota Scientist Marla Spivak, Ph.D. Displays use macro-photography of flowers and pollinators, and exhibits offer insights into honey bees, wild bees, Monarch butterflies and other pollinators. We'll carpool to the Arboretum and drive directly to the Bee Center, which is on Three Mile Drive. Afterwards, we can explore other areas of the Arboretum and have lunch at the café in the visitor center. Arboretum entrance fee is \$15 (free for members). When you register, please answer the question about carpooling.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.
Tashjian Bee & Pollinator Discovery Center
Minnesota Landscape Arboretum
3675 Arboretum Drive, Chaska
MCC MEMBERS

Tuesday, June 25; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for our fourth annual Last Tuesday Happy Hour on the patio at Elsie's Restaurant and Bar! Hosted by Patty Connelly and Diane & Tony Hofstede, this gathering is a time to catch up with friends and neighbors over drinks and small bites. Dutch treat--no reservations required! If you wish to stay for dinner, reservations may be made by calling (612) 378-9701.

Elsie's Restaurant and Bar
729 Marshall St. N.E.
MCC MEMBERS & GUESTS

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