


# July 2019

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |   |
|---|---|--|---|--|---|-----------|---|
|   | <b>1</b> 4:00-5:00 pm<br>Dutch Treat Social Hour  | <b>2</b> 7:30-8:30 am<br>River Walkers   | <b>3</b> 9:00-10:00 am<br>Rendezvous on 5<br>10:00-11:00 am<br>Rendezvous Readers Book Chat   | <b>4 INDEPENDENCE DAY</b><br>7:30-8:30 am<br>River Walkers   | <b>5</b>  | <b>6</b>  |  <p><b>Mill City Commons</b><br/>brings together<br/>neighbors 55+<br/>residing along<br/>or near the<br/>downtown<br/>riverfront.</p> <p><b>Join us and enjoy:</b></p> <ul style="list-style-type: none"> <li>Valuable connections to active, welcoming friends who embrace the concept of living in community.</li> <li>A rich calendar of events, making it easy to engage and have fun as we learn, grow and share together.</li> <li>Trusted resources and friendly staff to help redefine and navigate the aging journey.</li> </ul> <p><b>CONTACT US!</b><br/>www.millcitycommons.org<br/>(612) 455-3329<br/>Info@millcitycommons.org</p> |
| <b>7</b><br>Check out this new offering at Abiitan.       | <b>8</b> 10:30-11:30 am<br>Nosy Neighbor Tour: Abiitan Terraces<br>4:00-5:00 pm<br>Dutch Treat Social Hour<br>More photo tips for your iPhone!                          | <b>9</b> 7:30-8:30 am<br>River Walkers<br>9:30-10:30 am<br>Meditation Circle<br>1:00-2:30 pm<br>Technology Workshop: iPhone Photography, Part 2<br>7:00-8:30 pm<br>MCC Evening Book Club | <b>10</b> 9:00-10:00 am<br>Rendezvous on 5<br>10:30 am-12:00 pm<br>Caregivers' Support Group<br>4:00-5:30 pm<br>MCC Board Meeting   | <b>11</b> 7:30-8:30 am<br>River Walkers<br>7:30-8:30 am<br>Men's Coffee & Conversation<br>9:15-10:00 am<br>SBS Class   | <b>12</b>   | <b>13</b> |   |
| <b>14</b>   | <b>15</b> 4:00-5:00 pm<br>Dutch Treat Social Hour<br>MCC's biggest social event of the year!  | <b>16</b> 7:30-8:30 am<br>River Walkers<br>9:30-10:30 am<br>Meditation Circle<br>5:00-7:30 pm<br>MCC Annual Party  | <b>17</b> 9:00-10:00 am<br>Rendezvous on 5<br>10:30-11:30 am<br>Current Events: A Conversation with Bill<br>Bill Davnie is back with his popular current events discussion.     | <b>18</b> 7:30-8:30 am<br>River Walkers<br>9:15-10:00 am<br>SBS Class<br>10:00-11:30 am<br>MCC Women Connect<br>11:30-12:30 pm<br>Men's Dutch Lunch  | <b>19</b><br>10:00 am-12:30 pm<br>Lake of the Isles History Walk<br>Learn about the lake's stately homes ...and more. | <b>20</b> |   |
| <b>21</b><br>FUN tour!                                    | <b>22</b> 4:00-5:00 pm<br>Dutch Treat Social Hour<br>1:30- 2:30 pm<br>Nosy Neighbor Tour: Guthrie Costume Shop<br>Hear from Mark Ritchie, former MN Secretary of State. | <b>23</b> 7:30-8:30 am<br>River Walkers<br>9:30-10:30 am<br>Meditation Circle<br>1:30-3:00 pm<br>Program Comm. Mtg   | <b>24</b> 9:00-10:00 am<br>Rendezvous on 5<br>10:30 am-12:00 pm<br>Caregivers' Support Group<br>7:00-8:30 pm<br>Global Minnesota: Connecting Minnesota to the World             | <b>25</b> 7:30-8:30 am<br>River Walkers<br>7:30-8:30 am<br>Men's Coffee & Conversation<br>9:15-10:00 am<br>SBS Class<br>12:30-2:00 pm<br>Lunch for 5<br>Lunch with MCC friends at the Monte Carlo. | <b>26</b>   | <b>27</b> |   |
| <b>28</b><br>Don't miss this final session in our series! | <b>29</b> 2:00-3:30 pm<br>Lessons from a Chaplain & Social Worker: How to Pick a Great Health Care Agent—and How to Be One<br>4:00-5:00 pm<br>Dutch Treat Social Hour   | <b>30</b> 7:30-8:30 am<br>River Walkers<br>9:30-10:30 am<br>Meditation Circle<br>5:00-6:00 pm<br>Last Tuesday Happy Hour   | <b>31</b> 9:00-10:00 am<br>Rendezvous on 5<br>7:00-8:30 pm<br>Driven to Discover: Challenges & Opportunities for Women in Politics<br>Hear from an expert in American politics. |  |   |           |   |

## MILL CITY COMMONS DETAILED CALENDAR – JULY 2019

**Mondays, July 1, 8, 15, 22 & 29; 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**

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**Tuesdays & Thursdays, July 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\***

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**Wednesdays, July 3, 10, 17, 24 & 31; 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 2<sup>nd</sup> St. S.**

**MCC MEMBERS & GUESTS**

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**Wednesday, July 3; 10:00 – 11:00 am**

### **Rendezvous Readers' Book Chat**

Join us to discuss *Becoming* by Michelle Obama. In her memoir, a work of deep reflection and mesmerizing storytelling, Michelle Obama invites readers into her world, chronicling the experiences that have shaped her—from her childhood on the South Side of Chicago to her years as an executive balancing the demands of motherhood and work, to her time spent at the world's most famous address. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private, telling her full story as she has lived it—in her own words and on her own terms.

If you'd like to read ahead, August's book is *Educated* by Tara Westover. Have a book suggestion for the Book Chat? Email [Marsha Blumenthal](mailto:Marsha.Blumenthal@millcitycommons.org).

**Abiitan's Porter Cafe**

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

**MCC MEMBERS & GUESTS**

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**Monday, July 8; 10:30 - 11:30 am**

**Nosy Neighbor Tour: Abiitan Terraces**

Abiitan, home to many Mill City Commons members, has invited members to view its newly opened assisted living wing on the second floor. Enjoy coffee and baked goods, as well as the opportunity to see an apartment and learn about Abiitan's programming to support its residents as their needs change.

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

**Abiitan**

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

**MCC MEMBERS**

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**Tuesdays, July 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 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Tuesday, July 9; 1:00 – 2:30 pm**

**Technology Workshop: iPhone Photography, Part 2**

Expand your on-the-go photography skills with iPhone Photography, Part 2. In this class, we will review and expand on highlights from Part 1 (April 16), and learn how to better organize, manage and share photos. You'll see creative, useful photo accessories in action. You'll learn how to create and send Memories--photo/video slideshows set to music. And you'll also see some fun iPhone photography accessories in action. You don't need to have attended the first session to participate.

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

**American Academy of Neurology, Training Room B**

**201 Chicago Ave.**

**MCC MEMBERS**

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**Tuesday, July 9; 7:00 – 8:30 pm**

**MCC Evening Book Club**

Join us to discuss *Washington Black* by Esi Edugyan. George Washington Black, or "Wash," an 11-year-old field slave on a Barbados sugar plantation, is terrified to be chosen by his master's brother as his manservant. To his surprise, the eccentric Christopher Wilde turns out to be a naturalist, explorer, inventor, and abolitionist. Soon Wash is initiated into a world where a flying machine can carry a man across the sky, where even a boy born in chains may embrace a life of dignity and meaning--and where two people, separated by an impossible divide, can begin to see each other as

human. But when a man is killed and a bounty is placed on Wash's head, Christopher and Wash must abandon everything. What follows is their flight along the eastern coast of America, and, finally, to a remote outpost in the Arctic. What brings Christopher and Wash together will tear them apart, propelling Wash even further across the globe in search of his true self.

**PARKING NOTE:** Limited guest parking is available in the RiverWest garage. Register your car in the building lobby. There's also a pay lot on the woonerf between the Abiitan and Mill City Quarter buildings (on the back side of RiverWest) that's available for public parking from 6-10 pm Mon-Fri. Note that the parking meters are not owned by the city and the city parking app can NOT be used with them. Pay at the station in the lot.

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

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

**RiverWest Social Room**

**401 1<sup>st</sup> S. S.**

**MCC MEMBERS & GUESTS\***

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**Wednesdays, July 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 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](mailto:betsywray@millcitycommons.org).

**Cobalt Condos**

**45 University Ave. S.E.**

**MCC MEMBERS & GUESTS\***

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**Thursdays, July 11 & 25; 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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**Thursdays, July 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 2<sup>nd</sup> St. S., #100**  
**MCC MEMBERS**

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**Tuesday, July 16; 5:00 – 7:30 pm**

**Annual Member Party**

Join us for one of MCC's most popular events of the year—the Annual Member Party! This year's party will take place in the Garden Room and Commons in the beautiful, light-filled new expansion at Westminster Presbyterian Church on Nicollet Mall. Happy hour starts at 5:00 pm with beverages, followed by a buffet of hearty hors d'oeuvres that will be available until 7:30 pm. While you're mingling with friends enjoy a slideshow with a year's worth of MCC photos. Free parking is available in Westminster's underground parking ramp; the ramp entrance is on Alice Rainville Place (the equivalent of 13<sup>th</sup> Street). Signage will direct you to Level 1 and the Garden Room. If you're walking, enter the church through the glass doors on Nicollet Mall and follow the signs in the lobby. **Registrations are due by June 28. This is an MCC members-only event.**

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

**Westminster Church**  
**1200 Nicollet Mall**  
**MCC MEMBERS**

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**Wednesday, July 17; 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 program is held on the third Wednesday of the month. Topic ideas for each monthly gathering are welcome.*

**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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**Thursday, July 18; 10:00 – 11:30 am**

**MCC Women Connect**

The discussion topic for this month's MCC Women Connect, will be announced soon! Beverly Fitzgerald 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\***

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**Thursday, July 18; 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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**Friday, July 19; 10:00 am – 12:30 pm**

**Lake of the Isles History Walk**

Join us for a walk around Lake of the Isles to learn more about the history of Minneapolis and its parks. Former history teacher Ben Olk will share stories and details about some of the stately houses around the lake. You'll hear about the people who designed, built and originally lived in them. Wear comfortable walking shoes and bring water for this approximately 3-mile walk. Meet at the bridge over the waterway to Bde Maka Ska at the southeast corner of Lake of the Isles (west of the Lake of the Isles dog park). See a map [here](#).

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

**Lake of the Isles**

**Bridge just west of E. Lake of the Isles Pkwy. & E. Calhoun Pkwy.**

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**Monday, July 22; 1:30 – 2:30 pm**

**Nosy Neighbor Tour: Guthrie Costume Shop**

Immerse yourself in one of the nation's most impressive collections of theatrical costumes, boasting more than 50,000 unique costume pieces. The tour lasts approximately 45 minutes, but you're welcome to explore further on your own afterwards. Cost for this private tour is \$7 per person, payable by check to MCC ahead of time.

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

**Guthrie Costume Rentals**

**855 E. Hennepin Ave.**

**MCC MEMBERS**

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**Wednesday, July 24; 7:00 – 8:30 pm**

**Global Minnesota: Connecting Minnesota to the World**

Global Minnesota, a nonprofit and nonpartisan organization, has been promoting international understanding and engagement throughout the state for nearly 70 years. Earlier this year, former Minnesota Secretary of State Mark Ritchie became Global Minnesota's first new president in more than 20 years. Join us as Ritchie talks about his vision for the organization and the increasingly global character of our state. Among Global Minnesota's many educational initiatives is its management of the Great Decisions speaker directory used by discussion groups around the state, including MCC.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.  
Minnesota Technology Center  
1100 Washington Ave. S.  
MCC MEMBERS & GUESTS\*

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**Thursday, July 25; 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. 3<sup>rd</sup> Ave.  
MCC MEMBERS

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**Monday, July 29; 2:00 – 3:30 pm**

**Lessons from a Chaplain & Social Worker About Death & Dying: How to Pick a Great Health Care Agent—and How to Be One**

Most people prefer to speak for themselves. But if your health is ever such that you can't speak for yourself, who will be your voice for health care decisions? Is it enough to designate someone, or are there key steps to take after that? (Spoiler alert: There are!) Whether you already have your forms filled out or not, you'll leave this workshop equipped not just to "train" your own health care agent, but to be a stellar one for someone else. 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 previous sessions in this series to participate.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.  
Location to be announced  
MCC MEMBERS

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**Tuesday, July 30; 5:00 – 6:00 pm**

**Last Tuesday Happy Hour**

Join us for Last Tuesday Happy Hour at the Poet's Corner in Kieran's Irish Pub! Hosted by Karen Grabow & Keith Halperin, Bill Casey & Betty Grant and David & Sheryl Evelo this gathering is a time to catch up with friends and neighbors over drinks and small bites. Dutch treat--no reservations required. When you arrive, ask the host to direct you to the Poet's Corner private room, as its location is not obvious.

**The Poet's Corner at Kieran's Irish Pub**  
86 N. 6<sup>th</sup> St.  
MCC MEMBERS & GUESTS

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**Wednesday, July 31; 7:00 – 8:30 pm**

**Driven to Discover: Challenges & Opportunities for Women in Politics**

Professor Kathryn Pearson will discuss the results of the 2018 elections and how they relate to challenges and opportunities for women running for, and serving in, elected office. She also will briefly discuss the current presidential nominating contest. Pearson is an associate professor specializing in American politics in the U of M's College of Liberal Arts.

*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.**

**Minnesota Technology Center**

**1100 Washington Ave. S.**

**MCC MEMBERS**

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