


# August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				<b>1</b> 7:30-8:30 am River Walkers <b>9:15-10:00 am</b> SBS Class <b>11:30-12:30 pm</b> Men's Dutch Lunch	<b>2</b>	<b>3</b>	 <p><b>Mill City Commons</b> brings together neighbors 55+ residing along or near the downtown riverfront.</p> <p>Join us and enjoy:</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>  <a href="http://www.millcitycommons.org">www.millcitycommons.org</a>            (612) 455-3329  <a href="mailto:Info@millcitycommons.org">Info@millcitycommons.org</a> </p>
<b>4</b>	<b>5</b> 10:30-11:30 am MCC-Best Buy Focus Group <b>4:00-5:00 pm</b> Dutch Treat Social Hour <b>7:00-8:30 pm</b> ◀ Affordable Housing: What Works? What Doesn't?	<b>6</b> 7:30-8:30 am River Walkers <div> <b>Stand on the moon</b> with Neil Armstrong in this 360-degree experience.         </div>	<b>7</b> 9:00-10:00 am Rendezvous on 5 <b>10:00-11:00 am</b> Rendezvous Readers Book Chat <b>1:30-2:30 pm</b> ◀ Bell Museum Planetarium: One Giant Leap	<b>8</b> 7:30-8:30 am River Walkers <b>7:30-8:30 am</b> Men's Coffee & Conversation <b>9:15-10:00 am</b> SBS Class <b>1:30-2:30 pm</b> Upper St. Anthony Falls → Lock & Dam Tour	<b>9</b>	<b>10</b>	
<div> <b>A lively discussion</b> with key public and nonprofit leaders.         </div>					<div>           Enjoy <b>spectacular views</b> of the falls and mill district!         </div>		
<b>11</b>	<b>12</b> 1:00-2:30 pm Technology Help Desk <b>4:00-5:00 pm</b> Dutch Treat Social Hour	<b>13</b> 7:30-8:30 am River Walkers <div>           Travel through Russia in this <b>highly recommended</b> visual presentation!         </div>	<b>14</b> 9:00-10:00 am Rendezvous on 5 <b>10:30 am-12:00 pm</b> Caregivers' Support Group <b>7:00-8:30 pm</b> ◀ Russian Travelogue	<b>15</b> 7:30-8:30 am River Walkers <b>9:15-10:00 am</b> SBS Class <b>10:00-11:30 am</b> MCC Women Connect <b>11:30-12:30 pm</b> Men's Dutch Lunch <b>6:00-8:00 pm</b> River Rats Waterski Show	<b>16</b> 9:00-11:30 am Golf with MCC ↓ <div>             Join us at <b>Gross National Golf Course</b>.           </div>	<b>17</b>	
<div>           Get your <b>tech questions</b> answered.         </div>			<div>           A fun, free <b>evening on the riverfront!</b> </div>				
<b>18</b> 12:00-2:00 pm Sunday Soiree ↓ <div>             Members at <b>The Legacy</b> host.           </div>	<b>19</b> 4:00-5:00 pm Dutch Treat Social Hour <b>11:00-11:45 am</b> Nosy Neighbor Tour: Millers Landing	<b>20</b> 7:30-8:30 am River Walkers <b>3:00-4:30 pm</b> Nosy Neighbor Tour: Youth Link ↓ <div>             Tour YL's renovated facility &amp; <b>Downtown View</b> apartments.           </div>	<b>21</b> 9:00-10:00 am Rendezvous on 5 <b>10:30-11:30 am</b> Current Events: A Conversation with Bill	<b>22</b> 7:30-8:30 am River Walkers <b>7:30-8:30 am</b> Men's Coffee & Conversation <b>9:15-10:00 am</b> SBS Class	<b>23</b> 1:00-3:30 pm Wilderness Inquiry Mississippi Canoe Trip ▼ <div> <b>Explore our neighborhood</b> by canoe!         </div>	<b>24</b>	
<b>25</b>	<b>26</b> 4:00-5:00 pm Dutch Treat Social Hour <b>7:00-8:30 pm</b> Author Event: Ames Sheldon on <i>Eleanor's Wars</i> ↓ <div>             Local author talks about her <b>WW II novel</b>.           </div>	<b>27</b> 7:30-8:30 am River Walkers <b>1:30-3:00 pm</b> Program Committee Meeting <b>5:00-6:00 pm</b> Last Tuesday Happy Hour →	<b>28</b> 9:00-10:00 am Rendezvous on 5 <b>10:30 am-12:00 pm</b> Caregivers' Support Group	<b>29</b> 7:30-8:30 am River Walkers <b>9:15-10:00 am</b> SBS Class <b>11:30-12:30 pm</b> Men's Dutch Lunch	<b>30</b>	<b>31</b>	
		<div>             Drinks and appetizers at <b>Pracna!</b> </div>					

## MILL CITY COMMONS DETAILED CALENDAR – AUGUST 2019

**Tuesdays & Thursdays, August 1, 6, 8, 13, 15, 20, 22, 27 & 29; 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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**Thursdays, August 1, 8, 15, 22 & 29; 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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**Thursdays, August 1, 15 & 29; 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 2<sup>nd</sup> St. S.**  
**MCC MEN & GUESTS**

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**Monday, August 5; 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, 2<sup>nd</sup> floor**  
**1011 Washington Ave. S.**  
**MCC MEMBERS**

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**Mondays, August 5, 12, 19 & 26; 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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**Monday, August 5; 7:00 – 8:30 pm**

**Affordable Housing: What Works? What Doesn't?**

The unavailability of enough affordable housing downtown and throughout our urban neighborhoods has been a key issue for Twin Cities leaders and many of the area's citizens. John Cairns, member of MCC and Civic Caucus, will facilitate a lively discussion with key public and nonprofit leaders about the seemingly intransigent problem of providing enough affordable housing in our communities. This program will lay a foundation for our further exploration of what works, why some good ideas don't gain traction, and how we as individuals can support strong solutions. Civic Caucus is a volunteer panel of some of Minnesota's top policy thinkers who hold provocative interviews with civic and business leaders, innovators, public officials and others on critical issues. Committed to substantive public debate, they seek to discover root cause and help community leadership make well-grounded recommendations and solutions.

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

**La Rive Party Room**

**110 Bank St. S.E.**

**MCC MEMBERS**

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**Wednesdays, August 7, 14, 21 & 28; 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, August 7; 10:00 – 11:00 am**

**Rendezvous Readers' Book Chat**

Join us to discuss *Educated* by Tara Westover. Born to survivalists in the mountains of Idaho, Tara Westover was 17 the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she'd traveled too far, if there was still a way home.

If you'd like to read ahead, September's book is *There There* by Tommy Orange. 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, August 7; 1:30 - 2:30 pm**

**Bell Museum Planetarium: "One Giant Leap"**

Join us for a field trip to Bell Museum Planetarium to see the Bell's latest original production, "One Giant Leap." Using archival recordings of the Moon landing's first moments transformed into a 360 experience, the show allows audiences to stand on the surface of the Moon with Neil Armstrong. The show explores what this event meant to the generation that experienced it as well as those that came afterward and discusses what might be the world's next "giant leap." Cost for the planetarium show only is \$7. (There's an additional charge to visit the museum.) Payment is due to Mill City Commons, which will be purchasing tickets ahead of time.

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

**Bell Museum**  
**2088 Larpenteur Ave. W.**  
**MCC MEMBERS**

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**Thursdays, August 8 & 22; 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, August 8; 1:30 – 2:30 pm**

**Upper St. Anthony Falls Lock & Dam Tour**

Join us for a tour of the Upper St. Anthony Falls Lock and Dam, led by Superintendent John Anfinson of the National Park Service and Katie Nyberg, Executive Director of Mississippi Park Connection. The Upper St. Anthony Falls Lock and Dam Visitor Center offers panoramic views of the falls and the surrounding mill district. Exhibits at the visitor center provide information about the falls and its place in Minnesota history. During our tour, we'll walk from the visitor center out onto the lock walls, and John Anfinson will describe how the falls changed the course of history of the area and of the nation. Bring your cameras because the views from the lock walls are spectacular! Meet in the parking lot at the lock (see location [here](#)). If it's raining, gather in the covered area just outside the visitor center.

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

**Upper St. Anthony Falls Lock and Dam Visitor Center**  
**1 Portland Ave.**  
**MCC MEMBERS**

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**Monday, August 12; 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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**Wednesdays, August 14 & 28; 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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**Wednesday, August 14; 7:00 - 8:30 pm**

**Russian Travelogue**

Take a virtual trip through the heart of Russia in this visual presentation by Carol Rudie, lead docent and coordinator of outreach education at the Russian Museum of Art--and a highly sought out OLLI teacher. Several MCC members who have traveled with Rudie and have taken her OLLI classes rave about her knowledge and presentations. In this program, Moscow and St. Petersburg act as bookends to an exploration of the circle of ancient towns that predate the unification of the country under the tsars. Tiptoe through distinctive churches, follow rivers through forests to rustic villages, appreciate the art and architecture that makes this culture distinctive. Rudie has a PhD that includes a minor in Art History.

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

**La Rive Party Room**

**110 Bank St. S.E.**

**MCC MEMBERS**

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**Thursday, August 15; 10:00 – 11:30 am**

**MCC Women Connect**

At this month's MCC Women Connect, Susan Plimpton will lead a discussion about privacy. It's generally acknowledged that public anxiety about privacy is growing. What does privacy mean to you? Has your definition changed over the years? In this technology-driven, digital age, does each of us even know which aspects of our privacy we've lost? What does the future hold? Please join us to share what about privacy is important to you and what you would do to keep it safe. A good introductory article about the subject can be found [here](#).

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

**MCC WOMEN & GUESTS\***

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**Thursday, August 15; 6:00 – 8:00 p.m.**

**Twin Cities River Rats Waterski Show**

Minnesota is the birthplace of waterskiing, and the Mississippi River is the home of the Twin Cities River Rats Water Ski Show Team! Join MCC friends on the banks of the Mississippi for one of the Rats' hour-long shows, where they combine various waterskiing acts with skits and music. We'll meet at 6:00 pm to grab a viewing spot, and then order pizzas from nearby Broadway Pizza or visit one of the concessions on site. A development show (with newer or younger River Rats) starts at 6:30 pm, followed by The Big Show at 7:00 pm. Park on West River Road south of Broadway. Bring blankets or chairs. Guests are welcome (bring the grandkids)!

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

**Twin Cities River Rats**

**1758 W. River Rd. N.**

**MCC MEMBERS & GUESTS\***

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**Friday, August 16; 9:00 – 11:30 am**

**Golf with MCC**

Join us for a round of golf at Gross National Golf Course, built in 1924 and considered to be the city's best. Men and women golfers are welcome. We'll play 9 holes of golf, with one group starting at 9:28 am and the second at 9:36 am. Cost to play, including a cart, is \$31 (walkers pay less). Meet at the clubhouse; click [here](#) for directions to the course.

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

**Gross National Golf Club**

**2201 St. Anthony Blvd.**

**MCC MEMBERS**

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**Sunday, August 18; 12:00 – 2:00 pm**

**Sunday Soiree**

Join your friends and neighbors for the Sunday Soiree, hosted by Gustavo Gomez & Jim Schmit and Cheryl Grasmoen & Bill Van Essendelft at the Legacy. Please contribute to the potluck by bringing an appetizer, salad or dessert. As you register, let us know what you'll bring by answering the "Question" that will appear on the screen. You're welcome to also bring wine or beer to share, or, as the hosts suggest, sparkling or Rose wine!

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

**The Legacy Community Room**

**1240 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Monday, August 19; 11:00 – 11:45 am**

**Nosy Neighbor Tour: Millers Landing**

Join us for a look inside one of the neighborhood's newly renovated historic buildings—the Ceresota building. Originally a grain elevator, the building is now home to Millers Landing Senior Living. Open to those 55 and older, it includes independent living, assisted living and memory care. We'll tour the atrium, a variety of apartments and finish in the solarium, with its stunning views of the city and a light snack.

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

**Millers Landing Senior Living**

**155 5<sup>th</sup> Ave. S.**

**MCC MEMBERS**

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**Tuesday, August 20; 3:00 - 4:30 pm**

**Nosy Neighbor Tour: Youth Link**

Tour YouthLink's recently renovated facility and Downtown View apartments, serving more than 1,800 young people experiencing homelessness each year. YouthLink's transformed space means more space for its programming--helping young people believe in themselves and find a path to self-reliance. The tour will be followed by a discussion with YouthLink's Executive Director, Dr. Heather Huseby, about YouthLink's role in addressing homelessness in downtown Minneapolis and the organization's plans for the future. Parking is available in YouthLink's lot as well as at meters on the street.

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

**YouthLink**

**41 N. 12<sup>th</sup> St.**

**MCC MEMBERS**

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**Wednesday, August 21; 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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Friday, August 23; 1:00 - 3:30 pm

**Wilderness Inquiry Canoe Trip**

Join us for an adventure in the heart of the Twin Cities! We'll explore the Mississippi River up close in three 24-foot cedar strip canoes, each holding nine people. With the folks from Wilderness Inquiry as our guides, paddling is easy and fun in these Voyageur canoes. We'll begin at North Mississippi Regional Park Kroening Interpretive Center and end at Boom Island Park. Cost to participate is \$58 per person.

Deadline for registration has passed, but if you'd like to be placed on the cancellation list, contact Betsy Wray: [betsywray@millcitycommons.org](mailto:betsywray@millcitycommons.org).

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

North Mississippi Regional Park, Kroening Interpretive Center

4900 N. Mississippi Dr.

MCC MEMBERS

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Monday, August 26; 7:00 – 8:30 pm

**Author Event: Ames Sheldon on *Eleanor's Wars***

Ames Sheldon will discuss the process of writing her first historical novel *Eleanor's Wars*, from the original inspiration to the Benjamin Franklin Gold Award for Best New Voice: Fiction. Then she'll describe her path with her second novel *Don't Put the Boats Away*, the sequel to *Eleanor's Wars*. In addition, she'll read some brief bits from both novels.

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

Village Lofts Community Room

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

MCC MEMBERS

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Tuesday, August 27; 5:00 – 6:00 pm

**Last Tuesday Happy Hour**

Join us for Last Tuesday Happy Hour at Pracna on Main, Minneapolis' oldest tavern and cafe! Hosted by Gerry & Susan Timm, this gathering is a time to catch up with friends and neighbors over drinks and small bites. Dutch treat--no reservations required. We'll meet in the atrium next to Pracna, where Pracna will have "Private Party" signs for our group.

Pracna on Main

117 Main St. S.E.

MCC MEMBERS & GUESTS

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