

# September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1</b> 	<b>2 LABOR DAY</b> 	<b>3 7:30-8:30 am</b> River Walkers <b>7:00-8:30 pm</b> MCC Evening Book Club <div>This month we're discussing <b>A House Without Windows.</b></div>	<b>4 9:00-10:00 am</b> Rendezvous on 5 <b>10:00-11:00 am</b> Rendezvous Readers Book Chat 	<b>5 7:30-8:30 am</b> River Walkers <b>7:30-8:30 am</b> Men's Coffee & Conversation <b>9:15-10:00 am</b> SBS Class <b>7:00-8:30 pm</b> The Minnesotans Who Brought "Hedestown" to Broadway <div>Hear the story of the 2019 Tony Award-winning Best Musical!</div>	<b>6</b> 	<b>7</b> 	
<b>8</b> <div>Robert Lilligren updates us on the American Indian Cultural Corridor.</div>	<b>9 4:00-5:00 pm</b> Dutch Treat Social Hour <b>7:00-8:30 pm</b> Spotlight on Native American Community Development 	<b>10 7:30-8:30 am</b> River Walkers <b>1:00-2:30 pm</b> Technology Help Desk <div>Our mah jongg classes kick off this week!</div>	<b>11 9:00-10:00 am</b> Rendezvous on 5 <b>10:30 am-12:00 pm</b> Caregivers' Support Group <b>1:00-3:00 pm</b> Learn to Play Mah Jongg <b>4:00-5:30 pm</b> MCC Board Meeting <b>6:30-9:30 pm</b> Play Reading North Star 	<b>12 7:30-8:30 am</b> River Walkers <b>9:15-10:00 am</b> SBS Class <b>11:30-12:30 pm</b> Men's Dutch Lunch <b>4:30-6:00 pm</b> MCC Sing-Along <div>Just plain fun!</div>	<b>13</b> 	<b>14</b> 	
<b>15 5:00-7:00 pm</b> Sunday Soiree <div>The Hawns host at Lourdes Square.</div>	<b>16 4:00-5:00 pm</b> Dutch Treat Social Hour <b>7:00-8:30 pm</b> Great Decisions: Refugees & Global Migration 	<b>17 7:30-8:30 am</b> River Walkers <b>9:30-10:30 am</b> Meditation Circle <b>11:00 am -12:00 pm</b> Current Events: A Conversation with Bill <b>6:30-9:30 pm</b> Play Reading RiverWest 	<b>18 9:00-10:00 am</b> Rendezvous on 5 <b>1:00-3:00 pm</b> Learn to Play Mah Jongg <b>VILLAGE TO VILLAGE CONFERENCE</b> 	<b>19 7:30-8:30 am</b> River Walkers <b>7:30-8:30 am</b> Men's C & C <b>9:15-10:00 am</b> SBS Class <b>10:00-11:30 am</b> MCC Women Connect <b>VILLAGE TO VILLAGE CONFERENCE</b> 	<b>20</b> 	<b>21</b> 	
<b>22</b> 	<b>23 4:00-5:00 pm</b> Dutch Treat Social Hour 	<b>24 7:30-8:30 am</b> River Walkers <b>9:30-10:30 am</b> Meditation Circle <b>1:30-3:00 pm</b> Program Comm Mtg <b>5:00-6:00 pm</b> Last Tuesday Happy Hour <div>Drinks &amp; snacks at Pog Mahone's!</div>	<b>25 9:00-10:00 am</b> Rendezvous on 5 <b>10:30 am-12:00 pm</b> Caregivers' Support Group <b>1:00-3:00 pm</b> Learn to Play Mah Jongg <b>7:00-8:30 pm</b> Mill City Travelers: The Silk Road with Jim Conway <div>Jim Conway shares unusual experiences on the Silk Road.</div>	<b>26 7:30-8:30 am</b> River Walkers <b>9:15-10:00 am</b> SBS Class <b>11:30-12:30 pm</b> Men's Dutch Lunch <b>1:30-2:30 pm</b> Village to Village Conference: What We Learned <div>Hear from members who attended the Annual Village to Village conference.</div>	<b>27</b> 	<b>28</b> 	
<b>29</b> 	<b>30 ROSH HASHANAH (1st day)</b> <b>4:00-5:00 pm</b> Dutch Treat Social 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 – SEPTEMBER 2019

**Tuesdays & Thursdays, September 3, 5, 10, 12, 17, 19, 24 & 26; 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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**Tuesday, September 3; 7:00 – 8:30 pm**

### **MCC Evening Book Club**

Join us to discuss *A House Without Windows* by Nadia Hashimi. For two decades, Zeba was a loving wife, patient mother and peaceful villager. But her quiet life is shattered when her husband, Kamal, is found brutally murdered with a hatchet in the courtyard of their home. Nearly catatonic with shock, Zeba is unable to account for her whereabouts at the time of his death. Her children swear their mother could not have committed such a heinous act. Kamal's family is sure she did and demands justice. Zeba is arrested and jailed, and as she awaits trial, she meets a group of women whose own misfortunes have also led them to these bleak cells: 30-year-old Nafisa, imprisoned to protect her from an honor killing; 25-year-old Latifa, who ran away from home with her teenage sister but now stays in the prison because it is safe shelter; and 19-year-old Mezghan, pregnant and unmarried, waiting for her lover's family to ask for her hand in marriage. Is Zeba a cold-blooded killer, these young women wonder, or has she been imprisoned, as they have been, for breaking some social rule? For these women, the prison is both a haven and a punishment. Removed from the harsh and unforgiving world outside, they form a lively and indelible sisterhood. Into this closed world comes Yusuf, Zeba's Afghan-born, American-raised lawyer, whose commitment to human rights and desire to help his motherland have brought him back. With the fate of this seemingly ordinary housewife in his hands, Yusuf discovers that, like Afghanistan itself, his client may not be at all what he imagines.

**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. The next gathering is on 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, September 4, 11, 18 & 25; 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, September 4; 10:00 – 11:00 am**

**Rendezvous Readers' Book Chat**

Join us to discuss *There There* by Tommy Orange, a story of 12 unforgettable characters—Urban Indians living in Oakland, California, who converge and collide on one fateful day. As we learn the reasons that each person is attending the Big Oakland Powwow—some generous, some fearful, some joyful, some violent—momentum builds toward a shocking yet inevitable conclusion that changes everything. Jacquie Red Feather is newly sober and trying to make it back to the family she left behind in shame. Dene Oxendene is pulling his life back together after his uncle's death and has come to work at the powwow to honor his uncle's memory. Opal Viola Victoria Bear Shield has come to watch her nephew Orvil, who has taught himself traditional Indian dance through YouTube videos and will to perform in public for the very first time. There will be glorious communion, and a spectacle of sacred tradition and pageantry. And there will be sacrifice, and heroism, and loss.

If you'd like to read ahead, October's book is *Pachinko* by Min Jin Lee. 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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**Thursdays, September 5 & 19; 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, September 5, 12, 19 & 26; 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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**Thursday, September 5; 7:00 – 8:30 pm**

**The Minnesotans Who Brought “Hadestown” to Broadway**

Join us to hear from Stone Arch Theatricals partners and Riverfront residents Jennifer Melin Miller, Christopher Schout and Frances Wilkinson, co-producers of the 2019 Tony Award-winning Best Musical, “Hadestown” (also winner of seven additional Tonys!) They will share how “Hadestown” made it from concept album to Broadway (a 10-year journey), their involvement in the show, as well as their journeys in commercial theater investing and producing.

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

**Washburn Common Room**

**700 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Mondays, September 9, 16, 23 & 30; 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, September 9; 7:00 – 8:30 pm**

**Spotlight on Native American Community Development**

After centuries of colonization and forced assimilation, contemporary Native Americans are increasingly working to reclaim their narrative and make progress based on a foundation of traditional Native values, cultures, languages and practices. Join us to hear Robert Lilligren, President and CEO of the Native American Community Development Institute (NACDI), speak about this 10-year old, asset-based community development intermediary located on Franklin Avenue in South Minneapolis. NACDI is focusing on the people-side of community development and is keeper of the community vision of the American Indian Cultural Corridor as a destination and economic engine for the local Native Community. Lilligren also serves as Metropolitan Council Member for District 7, including downtown Minneapolis.

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

**La Rive Party Room**

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

**MCC MEMBERS**

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**Tuesday, September 10; 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, September 11 & 25; 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 September through December.

**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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**Wednesdays, September 11, 18 & 25; 1:00 – 3:00 pm**

**Learn to Play Mah Jongg**

Learn to play the modern American version of the ancient Chinese game of mah jongg in this series of six interactive, hands-on classes for beginners or those who want to refresh their skills. Students will learn mah jongg terms, rules of the game, how to create a winning hand and basic strategic concepts. Course materials will be provided by instructor Jody Brennan, who has a master's degree in education and teaches mah jongg in the St. Louis Park Senior Program. The series of six classes meets on September 11, 18 & 25 and October 2, 16 & 23.

**Cost is \$59 per person for the six sessions** (regardless of how many sessions you can attend), payable to MCC ahead of time. This includes the instructional 2019 National Mah Jongg League game card, required to play the game.

**RESERVATIONS through <http://millcitycommons.org>. Log in to register for the first session.**

**RiverWest Social Room**

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

**MCC MEMBERS**

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**Wednesday, September 11; 6:30 - 9:30 pm**

**Play Reading – North Star Group**

Enjoy this month's play reading of "Sweat." Reading, Pennsylvania, is home to generations of blue-collar folk, many of whom work at Olstead's factory and share beers after hours. But when rumors fly about layoffs, politics and pride inevitably collide, forming cracks in decades-old friendships that crumble when the factory breaks with the union. From the opening scene to its electrifying conclusion, "Sweat" confronts issues of race, immigration, globalization and the ever-slipping grip on middle class life. 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](mailto:betsywray@millcitycommons.org).*

**North Star Lofts**

**117 Portland Ave., #602**

**MCC MEMBERS**

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**Thursdays, September 12 & 26; 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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**Thursday, September 12; 4:30 – 6:00 pm**

**MCC Sing-Along**

Come together with other MCC members for an informal sing-along at Anne and Tom Carrier's Stone Arch loft. With Sara Foster on the piano, we'll be refreshing our memories with tunes that are all very familiar. Song sheets will be provided, and refreshments will be served. Come, sing and join the fun!

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

**Stone Arch Lofts**

**600 2<sup>nd</sup> St. S., #303**

**MCC MEMBERS**

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**Sunday, September 15; 5:00 - 7:00 pm**

**Sunday Soiree**

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Liz & Van Hawn 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  
186 Bank St. S.E.  
MCC MEMBERS

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**Monday, September 16; 7:00 – 8:30 pm**

**Great Decisions: Refugees and Global Migration**

Today, no countries have open borders. Every state in today's global system has its own laws and policies about who is permitted to cross its borders, and how they will do so. Who determines whether someone is a refugee or a migrant? How have different countries, including the United States, reacted to migration? How effective are the international laws, policies and organizations that have evolved to assist and protect refugees and migrants? Speaker Michele Garnett McKenzie serves on the senior leadership team at The Advocates for Human Rights as well as the national leadership team of the Immigration Advocates Network. A graduate of the U of M's Law School, she also teaches the Immigration Education and Outreach Externship for the U of M Law School's Center for New Americans.

**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](mailto: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)

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**Tuesdays, September 17 & 24; 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, September 17; 11:00 am – 12:00 pm**

**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 (this month is an exception). Topic ideas for each monthly gathering are welcome.*

**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, September 17; 6:30 - 9:30 pm**

**Play Reading – RiverWest Group**

Enjoy this month's play reading of "Sweat." Reading, Pennsylvania, is home to generations of blue-collar folk, many of whom work at Olstead's factory and share beers after hours. But when rumors fly about layoffs, politics and pride inevitably collide, forming cracks in decades-old friendships that crumble when the factory breaks with the union. From the opening scene to its electrifying conclusion, "Sweat" confronts issues of race, immigration, globalization and the ever-slipping grip on middle class life. 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](mailto:betsywray@millcitycommons.org).*

**RiverWest**

**401 1<sup>st</sup> St. S., #302**

**MCC MEMBERS**

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**Thursday, September 19; 10:00 – 11:30 am**

**MCC Women Connect**

At this month's MCC Women Connect, Suzanne Joyce will lead a discussion about women, wealth and wisdom. Even today, only about 15% of financial advisors are women. Why is money talk usually from men to men?

*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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**Tuesday, September 24; 5:00 – 6:00 pm**

**Last Tuesday Happy Hour**

Join us for Last Tuesday Happy Hour at Pog Mahone's Bar & Grill! Hosted by Keith & Polly Nelson, Ken Hartung and Bob & Pam Berkwitz, this gathering is a time to catch up with friends and neighbors over drinks and small bites. Dutch treat--no reservations required. Parking after 5 p.m. is available in the adjacent, closely monitored pay lot, at meters on



the street or in nearby parking ramps. If you'd like to stay for dinner, you may make reservations by email with Libby Kvasnicka at [libby@pogmahone.com](mailto:libby@pogmahone.com).

**Pog Mahone's Pub & Grill**  
**903 Washington Ave. S.**  
**MCC MEMBERS & GUESTS**

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**Wednesday, September 25; 7:00 - 8:30 pm**

**Mill City Travelers: The Silk Road with Jim Conaway**

Join us as MCC member Jim Conaway shares about his unusual experiences in Xinjiang Province, China, through images and stories. This province is known as the Uygur Autonomous Region and is in the far most western part of China. According to Jim, it's one of the most desolate and interesting places in the world. Jim, who taught painting, drawing and ancient art history for 38 years at the university level, is now a full-time artist. For many years, he took university students to historic locations abroad for J-term classes, and in retirement, he has led adult group tours to sites in Europe, South American and Asia.

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

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

**Stonebridge Community Room, 2<sup>nd</sup> floor**

**1120 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Thursday, September 26; 1:30-2:30 pm**

**Village to Village Conference: What We Learned**

Join several Mill City Commons members and Executive Director Sara Foster for a panel discussion about what they experienced, learned and took away from this year's Village to Village Annual Gathering in Chicago.

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

**Village Lofts River Room**

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

**MCC MEMBERS**

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