

# October 2019

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |  |
|---|--|--|--|---|---|-----------|--|
|   |  | <b>1 7:30-8:30 am</b><br>River Walkers<br><b>9:30-10:30 am</b><br>Meditation Circle<br><b>1:00-2:30 pm</b><br>← Technology Help Desk   | <b>2 9:00-10:00 am</b><br>Rendezvous on 5<br><b>10:00-11:00 am</b><br>Rendezvous Readers Book Chat<br><b>1:00-3:00 pm</b><br>Learn to Play Mah Jongg<br><b>6:30-9:30 pm</b><br>Play Reading North Star                   | <b>3 7:30-8:30 am</b><br>River Walkers<br><b>7:30-8:30 am</b><br>Men's C&C<br><b>9:15-10:00 am</b><br>SBS Class<br><b>7:00-8:30 pm</b><br>Driven to Discover: "Believe Me": Seeking → Truth in an Age of Disinformation | <b>4</b><br><div>U of M media ethics &amp; law prof addresses <b>role of the media</b> today.</div> | <b>5</b>  |  |
| <b>6</b>  | <b>7 4:00-5:00 pm</b><br>Dutch Treat Social Hour<br><div>A workshop for those who want to <b>use more public transit</b>.</div>  | <b>8 7:30-8:30 am</b><br>River Walkers<br><b>9:30-10:30 am</b><br>Meditation Circle<br><b>11:00 am-12:00 pm</b><br>← Tips & Tricks to Using Transit in the Metro                             | <b>9 YOM KIPPUR</b><br><b>9:00-10:00 am</b><br>Rendezvous on 5<br><b>10:30 am-12:00 pm</b><br>Caregivers' Support Group  | <b>10 7:30-8:30 am</b><br>River Walkers<br><b>9:15-10:00 am</b><br>SBS Class<br><b>11:30-12:30 pm</b><br>Men's Dutch Lunch  | <b>11</b>   | <b>12</b> |  |
| <b>13</b><br><div>Hear from three <b>professional Minneapolis artists</b>.</div>          | <b>14 4:00-5:00 pm</b><br>Dutch Treat Social Hour<br><b>7:00-8:30 pm</b><br>← Artists Making Art & Community   | <b>15 7:30-8:30 am</b><br>River Walkers<br><b>9:30-10:30 am</b><br>Meditation Circle   | <b>16 9:00-10:00 am</b><br>Rendezvous on 5<br><b>10:30-11:30 am</b><br>Current Events: A Conversation with Bill<br><b>1:00-3:00 pm</b><br>Learn to Play Mah Jongg  | <b>17 7:30-8:30 am</b><br>River Walkers<br><b>7:30-8:30 am</b><br>Men's C & C<br><b>9:15-10:00 am</b><br>SBS Class<br><b>10:00-11:30 am</b><br>MCC Women Connect  | <b>18</b>   | <b>19</b> |  |
| <b>20 5:00-7:00 pm</b><br>Sunday Soiree<br><div>Mingle with MCC friends at La Rive!</div> | <b>21 10:30-11:30 am</b><br>MCC-Best Buy Focus Group<br><b>4:00-5:00 pm</b><br>Dutch Treat Social Hour<br><b>7:00-8:30 pm</b><br>Great Decisions: The Rise of Populism → | <b>22 7:30-8:30 am</b><br>River Walkers<br><b>9:30-10:30 am</b><br>Meditation Circle<br><b>6:30-9:30 pm</b><br>Play Reading RiverWest<br><div>Tom Hanson returns.</div>                      | <b>23 9:00-10:00 am</b><br>Rendezvous on 5<br><b>10:30 am-12:00 pm</b><br>Caregivers' Support Grp<br><b>1:00-3:00 pm</b><br>Learn to Play Mah Jongg<br><b>5:00-8:30 pm</b><br>Provide a Meal at First Covenant Shelter → | <b>24 7:30-8:30 am</b><br>River Walkers<br><b>9:15-10:00 am</b><br>SBS Class<br><b>11:30-12:30 pm</b><br>Men's Dutch Lunch<br><div>Serve a meal with MCC friends.</div>   | <b>25</b>   | <b>26</b> |  |
| <b>27</b><br><div>Join us for our <b>popular travel series</b>.</div>                     | <b>28 4:00-5:00 pm</b><br>Dutch Treat Social Hour<br><b>7:00-8:30 pm</b><br>← Mill City Travelers: Sri Lanka with the Davnies  | <b>29 7:30-8:30 am</b><br>River Walkers<br><b>9:30-10:30 am</b><br>Meditation Circle<br><b>1:30-3:00 pm</b><br>Program Committee Meeting<br><b>5:00-6:00 pm</b><br>Last Tuesday Happy → Hour | <b>30 9:00-10:00 am</b><br>Rendezvous on 5<br><div>The <b>Orchestra's Low Brass Section</b> will join us for drinks, conversation and a little music!</div>  | <b>31 HALLOWEEN</b><br><b>7:30-8:30 am</b><br>River Walkers<br><b>7:30-8:30 am</b><br>Men's Coffee & Conversation<br><b>9:15-10:00 am</b><br>SBS Class  |   |           |  |



**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 – OCTOBER 2019

**Tuesdays & Thursdays, October 1, 3, 8, 10, 15, 17, 22, 24, 29 & 31; 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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**Tuesdays, October 1, 8, 15, 22 & 29; 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, October 1; 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, October 2, 9, 16, 23 & 30; 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, October 2; 10:00 – 11:00 am**

**Rendezvous Readers' Book Chat**

Join us to discuss *Pachinko* by Min Jin Lee. In the early 1900s, teenaged Sunja, the adored daughter of a crippled fisherman, falls for a wealthy stranger at the seashore near her home in Korea. He promises her the world, but when she discovers she is pregnant--and that her lover is married--she refuses to be bought. Instead, she accepts an offer of marriage from a gentle, sickly minister passing through on his way to Japan. But her decision to abandon her home, and to reject her son's powerful father, sets off a dramatic saga that will echo down through the generations. Richly told and profoundly moving, *Pachinko* is a story of love, sacrifice, ambition and loyalty. From bustling street markets to the halls of Japan's finest universities to the pachinko parlors of the criminal underworld, Lee's complex and passionate characters--strong, stubborn women, devoted sisters and sons, fathers shaken by moral crisis--survive and thrive against the indifferent arc of history.

If you'd like to read ahead, November's book is *The Boys in the Boat* by Daniel James Brown. Have a book suggestion for the Book Chat? Email [Marsha Blumenthal](mailto:Marsha.Blumenthal@millcitycommons.org).

**Abilitan's Porter Cafe**

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

**MCC MEMBERS & GUESTS**

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**Wednesdays, October 2, 16 & 23; 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, October 2; 6:30 - 9:30 pm**

**Play Reading – North Star Group**

Enjoy this month's play reading of "The Winter's Tale." This epic story of loss, magic and redemption asks questions about love, renewal and forgiveness that are relevant to audiences of all backgrounds and life experiences. The jealous King Leontes falsely accuses his wife Hermione of infidelity with his best friend, and she dies. Leontes exiles his newborn daughter Perdita, who is raised by shepherds for 16 years and falls in love with the son of Leontes' friend. When Perdita returns home, a statue of Hermione "comes to life," and all are brought together and reconciled. 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, October 3, 17 & 31; 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, October 3, 10, 17, 24 & 31; 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, October 3; 7:00 – 8:30 pm**

**Driven to Discover: "Believe Me": Seeking Truth in an Age of Disinformation**

Ask yourself: Can the public navigate a sea of disinformation without a compass? Are the media "the enemy of the American people," as President Trump has declared? Will the First Amendment to the U.S. Constitution continue to protect journalists as they perform their jobs? Can democracy survive without a free and responsible press? Jane E. Kirtley, Director of the Silha Center for the Study of Media Ethics and Law, digs deep into the role of the media in an era of "believe me" and disinformation.

*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.**  
**La Rive Party Room**  
**110 Bank St. S.E.**  
**MCC MEMBERS**

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**Mondays, October 7, 14, 21 & 28; 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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**Tuesday, October 8; 11:00 am – 12:00 pm**

**Tips & Tricks to Using Transit in the Metro**

Increasingly MCC members are considering public transportation options to avoid traffic hassles, limited parking and other obstacles. Joanna Hubbard-Rivera, a customer advocate with the Metro Transit Outreach program, will join us to show how easy it can be to use transit. She'll provide information on taking the bus, light rail and rapid mass transit, as well as on how to use the online planning tools to make trip process easier. The online tools can help you find routes, stops, locations and times to get you on your way. If you'd like a preview of the tools we'll be working with in the session, click [here](#).

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

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

**201 Chicago Ave.**

**MCC MEMBERS**

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**Wednesdays, October 9 & 23; 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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**Thursdays, October 10 & 24; 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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**Monday, October 14; 7:00 – 8:30 pm**

**Artists Making Art and Community**

How and why do artist communities form? Where are they in Minneapolis and how do they benefit artists and the surrounding communities? Three professional artists working in Minneapolis will tell us what it's like to be in an artist community, the kind of art they make and what keeps them connected to their work. Abstract painter Susan Wagner, bronze sculptor Nick Legeros and landscape painter (and MCC member) Jim Conaway will share their perspectives.

**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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**Wednesday, October 16; 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 (this month is an exception). 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, October 17; 10:00 – 11:30 am**

**MCC Women Connect**

At this month's MCC Women Connect, Mary Moos will lead a discussion around the question, "Would you rather be born rich or smart?"

*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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**Sunday, October 20; 5:00 - 7:00 pm**

**Sunday Soiree**

Join your friends and neighbors for the MCC Sunday Soiree, hosted by John & Sonia Cairns, Judy Cohn, Pat Hoven and Mary Moos at La Rive. 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.**

**La Rive Party Room**

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

**MCC MEMBERS**

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**Monday, October 21; 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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**Monday, October 21; 7:00 – 8:30 pm**

**Great Decisions: The Rise of Populism in Europe**

Mass migration, and the problems associated with it, have directly abetted the rise of populist parties in Europe. Opposition to immigration was the prime driver of support for Brexit, it brought a far-right party to the German Bundestag for the first time since the 1950s and it propelled Marine Le Pen to win a third of the vote in the French presidential election. In addition to calling for stronger borders, however, these parties are invariably illiberal, anti-American, anti-NATO and pro-Kremlin, making their rise a matter of serious concern for the national security interests of the United States. Speaker Tom Hanson is a foreign policy consultant and former career U.S. Foreign Service Officer. Currently, he serves as program secretary of the St. Paul-Minneapolis Committee on Foreign Relations, advisor to Global Minnesota's Great Decisions program and Diplomat in Residence at the University of Minnesota –Duluth.

**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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**Tuesday, October 15; 6:30 - 9:30 pm**

**Play Reading – RiverWest Group**

Enjoy this month's play reading of "The Winter's Tale." This epic story of loss, magic and redemption asks questions about love, renewal and forgiveness that are relevant to audiences of all backgrounds and life experiences. The jealous King Leontes falsely accuses his wife Hermione of infidelity with his best friend, and she dies. Leontes exiles his newborn daughter Perdita, who is raised by shepherds for 16 years and falls in love with the son of Leontes' friend. When Perdita returns home, a statue of Hermione "comes to life," and all are brought together and reconciled. 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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**Wednesday, October 23; 5:00 – 8:30 pm**

**Provide a Meal at First Covenant Shelter**

Join MCC friends to prepare and serve a meal at First Covenant Shelter by St. Stephen's. First Covenant feeds its homeless guests every night and relies on groups of volunteers to prepare and serve the guests. While serving the meal, volunteers are encouraged to take shifts and eat and visit with the guests. Member Ellen Breyer is organizing our team of volunteers this month. Volunteers are also asked to donate \$15 to cover the cost of feeding 55 to 60 people. If you're unable to participate but would like to donate money for groceries, that would be appreciated, too. Additional details will be provided to those who sign up. If you have questions, you may contact [Ellen Breyer](#).

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

**First Covenant Church**

**810 7<sup>th</sup> St. S.**

**MCC MEMBERS**

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**Monday, October 28; 7:00 – 8:30 pm**

**Mill City Travelers: Sri Lanka with the Davnies**

Bill and Charlotte Davnie spent six months in Colombo, Sri Lanka, earlier this year. They'll talk about settling into their stay and their experience as residents more than tourists. They'll also offer vacation possibilities in the area.

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

**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, October 29; 5:00 – 6:00 pm**

**Last Tuesday Happy Hour**

Join us for Last Tuesday Happy Hour at Sociable Cider Werks in Northeast Minneapolis. Hosted by Margee & Will Bracken, this special Happy Hour features members of the Minnesota Orchestra's Low Brass Section, who will join our group for drinks and rousing conversation about music, harmony, chaos and (almost) everything in between. The crew is brassy and lots of fun, and they'll play their horns briefly, too. Dutch treat--no reservations required!

**NOTE:** The Sociable Cider Werks building isn't visible from the street; it's tucked behind the Dunbar Armored Truck Co. in a space shared by other businesses. When you get to 1500, follow the driveway past the sign (multiple businesses are listed) and into the large parking lot.

**Sociable Cider Werks**

**1500 Fillmore St. N.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.