

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1 10:30 am-1:00 pm Baking Class: Dinner Rolls ▼ Fun, hands-on class!	2	
3 DAYLIGHT SAVINGS TIME ENDS Behind-the-scenes stories of life in the theater.	4 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Steven Epp: The Life of a Working Actor	5 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 1:00-2:30 pm Technology Help Desk ▼ The Tech Guru is in!	6 9:00-10:00 am Rendezvous on 5 10:00-11:00 am Rendezvous Readers Book Chat 10:30 am-12:00 pm Caregivers' Support Group 1:00-3:00 pm Learn to Play Mah Jongg	7 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 11:30-12:30 pm Men's Dutch Lunch 2:00-3:30 pm Tai Chi Demystified! →	8	9	
10 6:00-7:30 pm Dinner for 5 ▼ Get to know other members over a meal.	11 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm A Climate Conversation → How do your values relate to climate change?	12 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle	13 9:00-10:00 am Rendezvous on 5 10:30-11:30 am Current Events: A Conversation with Bill 3:30-5:00 pm MCC Board Meeting	14 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class 1:30-3:00 pm Nosy Neighbor Tour: → Red Cross Headquarters	15	16	
17 A discussion of 21 st century warfare—cyber conflict.	18 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: Cyber Conflict & Geopolitics	19 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 6:30-9:30 pm Play Reading RiverWest	20 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 6:30-9:30 pm Play Reading North Star	21 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 10:00-11:30 am MCC Women Connect 11:30-12:30 pm Men's Dutch Lunch	22	23	
24	25 4:00-5:00 pm Dutch Treat Social Hour	26 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 1:30-3:00 pm Program Committee Meeting 5:00-6:00 pm Last Tuesday Happy Hour →	27 9:00-10:00 am Rendezvous on 5	28 THANKSGIVING	29	30	
			MCC checks out Bar Moxy in the new Moxy Hotel in Downtown East!				



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 – NOVEMBER 2019

Friday, November 1; 10:30 am – 1:00 pm

Baking Class: Dinner Rolls

When fall rolls around, baking season begins! Cook and baker extraordinaire Bev FitzGerald will teach a class on how to make a variety of dinner rolls. The hands-on class will be followed by a light lunch, including freshly baked rolls.

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

Home of Beverly Fitzgerald at Lourdes Square

174 Bank St. S.E.

MCC MEMBERS

Mondays, November 4, 11, 18 & 25; 4:00 - 5:00 pm

Dutch Treat Social Hour at Jefe Urban Hacienda

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 Jefe Urban Hacienda. Take this opportunity to meet new members and reconnect with some you haven't seen lately. Dutch treat--no reservations required.

Jefe Urban Hacienda

219 Main St. S.E.

MCC MEMBERS & GUESTS

Monday, November 4; 7:00 – 8:30 pm

Steven Epp: The Life of a Working Actor

Steven Epp is an actor, writer and director who has been creating and performing theater for Twin Cities audiences for almost 40 years. Steven will share stories from his journey as a theater artist, tell tales from the underbelly of how the theater sausage gets made, and give his perspective on the current state of the American theater. Come with questions--there will be plenty of time for Q and A.

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

La Rive Party Room

110 Bank St. S.E.

MCC MEMBERS

Tuesdays & Thursdays, November 5, 7, 12, 14, 19, 21 & 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*

Tuesdays, November 5, 12, 19 & 26; 9:30 – 10:30 am

Meditation Circle

Mill City Commons members are invited to join in a weekly drop-in meditation hour. This is a time for self-guided meditation; if you're new to meditation, we'll provide a brief explanation to help you get started. Our hope is that meditating with each other may help each of our practices and create a shared energy among participants. Drop-in sessions are on Tuesdays from 9:30-10:30 am at Mill City Quarter, across the parking lot from Abiitan. An MCC member will be there to greet you at 9:30 a.m. Please register for sessions you plan to attend so we have an idea of how many to expect. All sessions are free.

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

Mill City Quarter Club Room

322 2nd St. S.

MCC MEMBERS

Tuesday, November 5; 1:00 - 2:30 pm

Technology Help Desk

Schedule time with a tech support guru and have your nagging technology questions answered during our complimentary Help Desk. Support for both Apple products and PCs is available. When you register, MCC will confirm the time of your 20-minute one-on-one session. Reminder: Installing or upgrading software or creating accounts can't be included in the session, as they exceed the allotted appointment time.

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

MCC Office

125 Main St. S.E., Suite 339

MCC MEMBERS

Wednesdays, November 6, 13, 20 & 27; 9:00 – 10:00 am

Rendezvous on 5

Drop in and join your friends and neighbors for a morning chat at this neighborhood haunt. These adventures require no reservations!

Guthrie Theater Level Five Express

818 2nd St. S.

MCC MEMBERS & GUESTS

Wednesday, November 6; 10:00 – 11:00 am

Rendezvous Readers' Book Chat

Join us to discuss *The Boys in the Boat* by Daniel James Brown, the improbable, intimate account of how nine working-class boys from the American West showed the world at the 1936 Olympics in Berlin what true grit really meant. It was an unlikely quest from the start. With a team composed of the sons of loggers, shipyard workers and farmers, the University of Washington's eight-oar crew team was never expected to defeat the elite teams of the East Coast and Great Britain, yet they did, going on to shock the world by defeating the German team rowing for Adolf Hitler. The emotional heart of the tale lies with Joe Rantz, a teenager without family or prospects, who rows not only to regain his shattered self-regard but also to find a real place for himself in the world. Drawing on

the boys' own journals and vivid memories of a once-in-a-lifetime shared dream, Brown has created an unforgettable portrait of an era, a celebration of a remarkable achievement, and a chronicle of one extraordinary young man's personal quest.

If you'd like to read ahead, December's book is *Where the Crawdads Sing* by Delia Owens. Have a book suggestion for the Book Chat? Email [Marsha Blumenthal](mailto:Marsha.Blumenthal).

Abiitan's Porter Cafe
428 2nd St. S.
MCC MEMBERS & GUESTS

Wednesdays, November 6 & 20; 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.

Cobalt Condos
45 University Ave. S.E.
MCC MEMBERS & GUESTS*

Wednesday, November 6; 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 a series of a interactive, hands-on classes for beginners or those who want to refresh their skills. This class is a bonus session for those who participated in the six-week series of classes in September and October.

RESERVATIONS through <http://millcitycommons.org>. **Log in to register for the first session.**
RiverWest Club Room, Floor 1
401 1st St. S.
MCC MEMBERS

Thursdays, November 7, 14, & 21; 9:15 – 10:00 am

SBS (Strength, Balance, Stretch) Class

An exclusive opportunity (and great deal!) for MCC members, this weekly class focuses on strength, balance and stretching to keep you fit and strong. Please register by contacting G-Werx Fitness at (612) 767-4415. **Cost:** \$20 – \$25/class depending on commitment.

G-Werx Fitness
428 2nd St. S., #100
MCC MEMBERS

Thursdays, November 7 & 21; 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.

Abilitan's Porter Cafe

428 2nd St. S.

MCC MEN & GUESTS

Thursday, November 7; 2:00 - 3:30 pm

Tai Chi Demystified

Learn more about T'ai Chi Chih, a beneficial activity that's great for improving balance and flexibility, increasing energy, controlling blood pressure, increasing sleep quality, quieting the mind and more. Accredited T'ai Chi Chih instructor Pete Gregory will give a brief overview of traditional Chinese medicine and the history of T'ai Chi in America. Participants will be invited to experience the slow, gentle movements of T'ai Chi Chih: Joy Thru Movement, a moving meditation with far-reaching benefits. No special clothing is required, just an open mind and a willingness to relax!

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

The Legacy Community Room, 2nd floor

1240 2nd St. S.

MCC MEMBERS

Sunday, November 10; 6:00 - 7:30 pm

Dinner for 5

Dinner for 5 is back! After a summer hiatus, we're again offering this opportunity to get to know other MCC members in a smaller, more intimate social setting. Join others for a casual evening of dining at the newly remodeled Smith & Porter Restaurant. The meal is dutch treat. Space is limited, so register early!

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

Smith & Porter Restaurant

428 2nd St. S.

MCC MEMBERS

Monday, November 11; 7:00 – 8:30 pm

A Climate Conversation

Join us for a Climate Conversation, a workshop in which we'll talk about our values and climate change. Facilitated by Minnesota Interfaith Power & Light, an organization working to inspire people to take action on climate change, the session will help participants connect with their values and what they care about most before articulating together the realities of our changing climate and how we can take action as a community.

RESERVATIONS through <http://millcitycommons.org>. Log in to register.
La Rive Party Room
110 Bank St. S.E.
MCC MEMBERS

Wednesday, November 13; 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 2nd St. S.E.
MCC MEMBERS

Thursday, November 14; 7:30 – 8:30 am

Men's Coffee and Conversation

It's caffeine and camaraderie for the male members of MCC! This group meets every other Thursday and is hosted by various members who get the conversation going. Please register by the Monday prior to Men's Coffee and Conversation.

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

Elsie's Restaurant
729 Marshall St. N.E.
MCC MEN & GUESTS*

Thursday, November 14; 1:30 – 3:00 pm

Nosy Neighbor Tour: Red Cross Headquarters

Learn how our regional Red Cross, located right on the riverfront, helps our community prevent, prepare for and respond to emergencies. We'll hear from Regional CEO Phil Hansen about Red Cross involvement in the 35W bridge collapse and view the memorial to its victims. We'll also have an inside look at the Red Cross blood and platelet collection center, nurse assistant training facilities, disaster warehouse and operations center, and more. Convenient onsite parking is available.

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

Minnesota Region Red Cross Headquarters
1201 W. River Parkway
MCC MEMBERS

Monday, November 18; 7:00 – 8:30 pm

Great Decisions: Cyber Conflict & Geopolitics

Cyber conflict is a new and continually developing threat, which can include foreign interference in elections, industrial sabotage and attacks on infrastructure. Russia has

been accused of interfering in the 2016 presidential elections in the United States and China is highly committed to using cyberspace as a tool of national policy. Dealing with cyber conflict will require new ways of looking at 21st century warfare. Is the United States prepared to respond to such threats? Speaker Christi Siver is an Associate Professor of Political Science at the College of St Benedict and St John's University, where she teaches courses on international relations and international security. Her current research interests include international humanitarian law, military technology and comparative law.

Registration on the MCC website is required for Great Decisions members. *Sorry, not open to guests. To join the MCC Great Decisions Discussion Group, email Betsy Wray at betsywray@millcitycommons.org.*

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

DeLaSalle High School, Room D104

1 DeLaSalle Drive

MCC MEMBERS (who have signed up for Great Decisions 2018)

Tuesday, November 19; 6:30 - 9:30 pm

Play Reading – RiverWest Group

Enjoy this month's play reading of "Noura." It's Christmas Eve in New York City, and Noura—a newly minted U.S. citizen—is preparing to host an Iraqi meal and growing more homesick by the minute. Her husband and son have fully embraced their American names and identities, but Noura feels restless and displaced. Even so, she eagerly welcomes her dinner guests, who come bearing gifts and a big surprise that sends everyone spinning. Inspired by Henrik Ibsen's "A Doll's House," this brilliant new play is a poignant exploration of motherhood, marriage and identity in modern America. 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.*

RiverWest

401 1st St. S., #302

MCC MEMBERS

Wednesday, November 20; 6:30 - 9:30 pm

Play Reading – North Star Group

Enjoy this month's play reading of "Noura." It's Christmas Eve in New York City, and Noura—a newly minted U.S. citizen—is preparing to host an Iraqi meal and growing more homesick by the minute. Her husband and son have fully embraced their American names and identities, but Noura feels restless and displaced. Even so, she eagerly welcomes her dinner guests, who come bearing gifts and a big surprise that sends everyone spinning. Inspired by Henrik Ibsen's "A Doll's House," this brilliant new play is a poignant exploration of motherhood, marriage and identity in modern America. 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.*

**North Star Lofts
117 Portland Ave., #602
MCC MEMBERS**

Thursday, November 21; 10:00 – 11:30 am

MCC Women Connect

The topic for this month's MCC Women Connect is "Climate Change: What You Can Do to Make a Difference." Five MCC members with a strong interest in climate change will lead a discussion on why dealing with climate change is urgent and how recycling and composting correctly are important first steps. They'll also provide a handout on other things you can do and solicit interest in an ongoing informal discussion group on climate change. Come with questions and suggestions.

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 2nd St. S.

MCC WOMEN & GUESTS*

Tuesday, November 26; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour at Bar Moxy in the new Moxy Hotel in Downtown East. Hosted by Ginny & Will Craig and Jan & Linda Willette, this gathering is a time to catch up with friends and neighbors over drinks and small bites. Dutch treat--no reservations required!

Bar Moxy in the Moxy Hotel

247 Chicago Ave. S.

MCC MEMBERS & GUESTS

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