


# December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1</b> <div> Hear from <b>Middle East expert</b> Gary Prevost. </div>	<b>2</b> 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm The Israeli-Palestinian Conflict	<b>3</b> 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle	<b>4</b> 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	<b>5</b> 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 11:30-12:30 pm Men's Dutch Lunch 1:00-2:30 pm Technology Workshop: Privacy & Security	<b>6</b>	<b>7</b>	
<b>8</b>	<b>9</b> 4:00-5:00 pm Dutch Treat Social Hour <div> Get the <b>behind-the-scenes scoop</b> from writer Linda Mack. </div>	<b>10</b> 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 3:00-4:30 pm Life as an Architecture Critic: The Inside Stories 6:30-9:30 pm Play Reading RiverWest	<b>11</b> 9:00-10:00 am Rendezvous on 5 10:30 -11:30 am Current Events: A Conversation with Bill 4:00-4:30 pm MCC Annual Meeting 4:30-5:30 pm MCC Board Meeting	<b>12</b> 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class 10:00-11:30 am MCC Women Connect	<b>13</b>	<b>14</b>	<b>Mill City Commons brings together neighbors 55+ residing along or near the downtown riverfront.</b>
<b>15</b> 5:00-7:00 pm Sunday Soiree <div> Enjoy a <b>progressive dinner</b> at Washburn Lofts. </div>	<b>16</b> 4:00-5:00 pm Dutch Treat Social Hour	<b>17</b> 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 Tuesday Happy Hour	<b>18</b> 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group <div> Celebrate the <b>season</b> with friends at the Depot! </div>	<b>19</b> 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 9:15-11:15 am Turkey & Extra Helpings Volunteer Event 11:30-12:30 pm Men's Dutch Lunch	<b>20</b>	<b>21</b>	<div> Deliver holiday groceries for families at Ascension School. </div>
<b>22</b>	<b>23 HANUKKAH (1<sup>ST</sup> DAY)</b> 4:00-5:00 pm Dutch Treat Social Hour	<b>24 CHRISTMAS EVE</b> 7:30-8:30 am River Walkers	<b>25 CHRISTMAS DAY</b>	<b>26</b> 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class	<b>27</b> 4:00-7:30 pm Movie & Dinner <div> Join us for a fun evening of <b>flicks &amp; food!</b> </div>	<b>28</b>	
<b>29</b>	<b>30</b> 4:00-5:00 pm Dutch Treat Social Hour	<b>31 NEW YEAR'S EVE</b> 7:30-8:30 am River Walkers 6:00-8:00 pm New Year's Eve Dinner <div> Ring in the new year over dinner with MCC friends. </div>					

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 – DECEMBER 2019

**Mondays, December 2, 9, 16, 23 & 30; 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**

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**Monday, December 2; 7:00 – 8:30 pm**

### **The Israeli-Palestinian Conflict**

It's been 100 years since the League of Nations promised an independent state of Palestine and 71 years since the state of Israel was established on the greater part of that promised land. As a result, conflict continues to dominate in this part of the Middle East despite decades of efforts at diplomacy and several major wars. What are the prospects today that an agreement can be reached that will meet the needs of all parties involved? Speaker Gary Prevost is professor emeritus of political science and international relations at the College of St. Benedict and St. John's University. He regularly teaches a course and gives lectures on the Politics of the Middle East.

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

**DeLaSalle High School**

**1 DeLaSalle Drive, Room D104**

**MCC MEMBERS**

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**Tuesdays & Thursdays, December 3, 5, 10, 12, 17, 19, 24, 26 & 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, December 3, 10 & 17; 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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**Wednesdays, December 4, 11 & 18; 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, December 4; 10:00 – 11:00 am**

**Rendezvous Readers' Book Chat**

Join us to discuss *Where the Crawdads Sing* by Delia Owens. For years, rumors of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. But Kya is not what they say. Sensitive and intelligent, she has survived for years alone in the marsh that she calls home, finding friends in the gulls and lessons in the sand. Then the time comes when she yearns to be touched and loved. When two young men from town become intrigued by her wild beauty, Kya opens herself to a new life--until the unthinkable happens. Owens' story reminds us that we are forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps.

Book Chat will take a break in January. If you'd like to read ahead, February's book is *Jazz* by Toni Morrison. 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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**Wednesdays, December 4 & 18; 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, December 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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**Thursdays, December 5 & 19; 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, December 5; 1:00 – 2:30 pm**

**Technology Workshop: Privacy and Security**

Many people today are tired of endless robot-calls, frustrated by Facebook's ongoing privacy concerns and worried about being hacked or scammed. Join us for a privacy and security workshop where we'll discuss some of the most frustrating and pressing technological problems today. Learn how to protect your privacy and personal information, safely browse the web and check emails, store and create passwords securely, and understand the risks you may face over the phone and online.

**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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**Tuesday, December 10; 3:00 – 4:30 pm**

**Life as an Architecture Critic: The Inside Stories**

During Linda Mack's 21-year tenure as architecture critic and reporter at the Star Tribune, there were many behind-the-scene stories that didn't make the paper—like Jean Nouvel wears red underwear. Most of Linda's inside stories aren't so racy (she didn't actually see the underwear but heard about it), but they're fun trivia for those who like to be in the know. Join us as she recounts a few of them. Active in historic preservation since the 1980s, Linda currently serves on the Minneapolis Heritage Preservation Commission.

**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, December 10; 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, December 11; 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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**Wednesday, December 11; 4:00 – 5:30 pm**

**MCC Annual Meeting (4:00 – 4:30 pm) & Board Meeting (4:30 – 5:30 pm)**

Learn about the direction of your Mill City Commons as the gavel passes to next year's chair and new officers and board members are welcomed. The regular monthly meeting of the board will follow at 4:30 pm. Members are welcome to stay for the board meeting also.

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

**La Rive Party Room**

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

**MCC MEMBERS**

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**Thursdays, December 12 & 26; 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\***

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**Thursday, December 12; 10:00 – 11:30 am**

**MCC Women Connect**

Ginny Craig hosts this month's MCC Women Connect, an end of the year celebration at La Rive.

*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.**

**La Rive Party Room**

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

**MCC WOMEN & GUESTS\***

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

**Sunday Soiree: A Progressive Dinner**

Join your MCC friends for a special Holiday Progressive Dinner Soiree! Hosted by Ellen & Jan Breyer, Margee & Will Bracken and Anita Kunin, the progressive dinner will move between their three homes in Washburn Lofts. You'll start in one unit for appetizers, move to another across the hall for entrees (salads and casseroles) and end in a third

unit for dessert. Please contribute to the potluck by bringing an appetizer, salad, casserole or dessert to serve at least 8. As you register, let us know what you'll bring by answering the "Question" that appears on the screen. You are welcome to bring your own wine or beer to share. Space is limited, so register early! And please note that there are a few steps in each unit.

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

**Washburn Lofts**

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

**MCC MEMBERS**

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**Tuesday, December 17; 5:00 – 6:00 pm**

**Tuesday Happy Hour**

Join us for Tuesday Happy Hour at the Depot's Milwaukee Road Bar! Hosted by Jeff & Joan Wright, this gathering is a time to catch up with friends and neighbors over drinks and small bites. The event is dutch treat--no reservations required. If you'd like to stay for dinner, reservations can be made by calling (612) 758-7820.

**Milwaukee Road Bar at the Depot**

**225 3rd Ave. S.**

**MCC MEMBERS & GUESTS**

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**Thursday, December 19; 9:15 – 11:15 am**

**Turkey & Extra Helpings Volunteer Opportunity**

Join MCC members and friends for the 12<sup>th</sup> annual Turkey & Extra Helpings Holiday Drive! Our goal is to provide groceries for holiday meals for 50 families in North Minneapolis. Volunteers are needed to help load and unload food for families from Ascension School. Meet in the Cub Foods parking lot, 701 W. Broadway Ave. (I-94 and Broadway), at 9:15 a.m. to pick up groceries. We'll then proceed to Ascension School, 1726 Dupont Ave. N., to drop them off. Please register and answer the "Question" on whether you have a large vehicle to help transfer food.

**DONATIONS:** MCC is accepting cash donations for the purchase of the groceries through December 16. Mail checks payable to MCC (with T&EH in the memo line) to: Mill City Commons, 125 Main St. S.E., Suite 339, Minneapolis 55414. Donations are tax deductible.

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

**Cub Foods**

**701 W. Broadway Ave.**

**MCC MEMBERS**

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**Friday, December 27; 4:00 – 7:30 pm**

**A Movie & Dinner**

Join MCC members for a dutch-treat movie and dinner! The movie and exact movie time will be announced the week or two before and communicated on the website and in Musings. We'll follow with dinner at Jefe Urban Hacienda, down the hall from the theater. Members and guests are welcome to join us for the movie, dinner or both.

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

**St. Anthony Main Theatre**

**115 Main St. S.E.**

**MCC MEMBERS & GUESTS\***

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**Tuesday, December 31; 6:00 – 8:00 pm**

**New Year's Eve Dinner**

Join your MCC friends and celebrate a year well-lived with a New Year's Eve meal at Smith & Porter! You'll order off the menu, and the meal is dutch treat. Make your reservation on the MCC website by December 26.

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

**Smith & Porter Restaurant**

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

**MCC MEMBERS**

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