


OCTOBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			<div> All MCC members are welcome to join this week's Men's C&C as we hear from Mayor Jacob Frey. </div>	1 7:30-9:00 am Men's Coffee & Conversation 8:00-9:00 am River Walkers 2:00-3:00 pm Women Connect Chat	2	3	
4	5 2:00-2:45 pm SBS 4:00-5:00 pm Dutch Treat Social Hour	6 8:00-9:00 am River Walkers 9:30-10:30 am Racial Justice Chat 10:45 am-4:45 pm V2V Network Virtual Gathering 2:00 – 3:00 pm Safeguarding Public Health	7 9:00-10:00 am Rendezvous on 5 10:15-11:00 am Rendezvous Readers Book Chat 2:00-2:45 pm SBS	8 8:00-9:00 am River Walkers 9:15-10:15 am Meditation Circle 11:30-12:30 pm Men's Dutch Lunch 7:00-8:30 pm David Lawrence Grant: People Like Us	9	10	Mill City Commons brings together neighbors 55+ residing along or near the downtown riverfront.
11 <div> Storytellers are: Linda Dolan, Marcia Townley & Lou Burdick </div>	12 2:00-2:45 pm SBS 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Tell Me A Story	13 8:00-9:00 am River Walkers 9:30-10:30 am COVID Updates 10:45 am-5:15 pm VtV Network Virtual Gathering	14 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 2:00-2:45 pm SBS 6:30-9:30 pm North Star Play Reading	15 7:30-8:30 am Men's Coffee & Conversation 8:00-9:00 am River Walkers 2:00-3:30 pm MCC Women Connect 7:00-8:30 pm Black Lives Matter & the Limits of Police Reform	16	17	Join us and enjoy: <ul style="list-style-type: none"> 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.
18	19 2:00-2:45 pm SBS 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: The Northern Triangle	20 8:00-9:00 am River Walkers 10:45 am-5:00 pm VtV Network Virtual Gathering 6:30-9:30 pm RiverWest Play Reading	21 9:00-10:00 am Rendezvous on 5 10:30-11:30 am Current Events: A Conversation with Bill 2:00-2:45 pm SBS	22 8:00-9:00 am River Walkers 9:15-10:15 am Meditation Circle 11:30-12:30 pm Men's Dutch Lunch 7:00-8:30 pm Black Men Teach: Closing the Learning Gap	23	24	
25 <div> Chat with the authors of <i>Turnout: Making Minnesota the State that Votes</i> </div>	26 2:00-2:45 pm SBS 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Author Chat: Joan Grove & Lori Sturdevant	27 8:00-9:00 am River Walkers 9:30-10:30 am COVID Updates 1:30-3:00 pm Program Committee Meeting 5:00-6:00 pm Last Tuesday Happy Hour	28 2:00-2:45 pm SBS 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group	29 7:30-8:30 am Men's Coffee & Conversation 8:00-9:00 am River Walkers 7:00-8:30 pm Exploring the Four Dimensions of Racism	30	31	CONTACT US! www.millcitycommons.org (612) 455-3329 Info@millcitycommons.org



October, 2020

October, 2020

Thursday

1

Zoom / Men's Coffee and Conversation (open to all MCC members) 7:30-9:00 am

7:30 AM

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.

Thursday

1

River Walkers 8:00-9:00 am *Pandemic Protocols in Place*

Stone Arch Lofts Parking Lot
8:00 AM

Join us as we return to our early morning walks--with pandemic protocols*--along the banks of the Mississippi River. All level of walkers are welcome. To meet the group, show up at the Stone Arch parking lot. The group leaves promptly at 8:00 a.m. 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 8:20 a.m. Walks are held each Tuesday and Thursday morning. Attention first-time walkers: Please call Mill City Commons at (612) 455-3329 so we can ensure another member is available to greet you.

*Pandemic Protocol:

Please plan to walk in pairs, six feet apart with face masks. Please refrain from attending if you think you have been in contact with anyone infected in the last two weeks.

Thursday

1

Zoom / Women Connect Chat 2:00-3:00 pm

2:00 PM

Women Connect is doing something new! We're adding an additional meeting on the first Thursday of each month. This will be a less formal, shorter, more intimate group chat. We'll catch up on fun topics and share ideas in 45 minutes to an hour.

Our first session will be Thursday, October 1 at 2 PM when we'll chat about TV Binge Watching. Which series keeps you watching, bleary eyed, into the night? Which series makes you laugh out loud? Can you recommend any old chestnuts from the 80's or 90's? Please join us to chat about different genres, favorite long-running series (old and new), and the best networks and streaming services.

Monday

5

Zoom / SBS (Strength, Balance, Stretch) Class 2:00 - 2:45 pm

2:00 PM

An exclusive opportunity (and great deal!) for MCC members, this weekly class focuses on strength, balance and stretching to keep you fit and strong.

Monday

5

Zoom / Dutch Treat Social Hour 4:00 - 5:00 pm

This is a virtual event via Zoom. See event description for link.
4:00 PM

Log in for a virtual conversation! See description below for zoom link.

Tuesday

6

River Walkers 8:00-9:00 am *Pandemic Protocols in Place*

Stone Arch Lofts Parking Lot
8:00 AM

Tuesday

6

Zoom / Member Discussion: Racial Justice 9:30-10:30 am

9:30 AM

Through discussion we will explore ways of building a just community, equitably including all citizens.

October Topic: Changes Needed in the Arts

The following questions will be addressed in our October ZOOM session:

- 1) How might equitable treatment of black artists help us build a better community?
- 2) What works or performances of black artists have moved you to want to recommend them to your friends?

Please see full description for suggested materials to review prior to the discussion.

Tuesday

6

Zoom / Village to Village Network Virtual Gathering

10:45 AM

This year's National Village Conference has gone virtual! "20/20: Clear Vision for the Future" will take place on three consecutive Tuesdays: October 6, 13, and 20. In addition to best practices for new and mature Villages, sessions will include a variety of speakers and panel discussions on current trends in the Village movement during the pandemic. If you are interested in attending the conference, please contact Mary Texidor so she can add you to the MCC registration. The registration fee is \$40 and is payable to MCC.

Tuesday

6

Zoom / Safeguarding Public Health 2:00-3:00 pm

2:00 PM

Since 1976 the Office of Inspector General (OIG) for the Department of Health & Human Services (HHS) has been at the forefront of the Nation's efforts to fight waste, fraud, and abuse in Medicare, Medicaid, and the more than 100 other HHS programs. Join Anne Gavin, OIG's Director of Quality Assurance in the Evaluation office, for an introductory discussion as we learn more about the OIG's mission, goals, roles, successes and challenges.

Wednesday

7

Zoom / Rendezvous on 5 9:00 - 10:00 am

This is a virtual event. See description below for Zoom access link.
9:00 AM

Log in and join your friends and neighbors for a virtual hangout. This adventure requires no reservations! See description below for zoom link.

Wednesday

7

Zoom / Rendezvous Readers' Book Chat 10:15-11:15 am

Virtual via Zoom. See Description below for Zoom access information.
10:15 AM

Join your friends and neighbors on Zoom to discuss *The Hundred Year House* by Rebecca Makkai. This gathering requires no reservations!

If you'd like to read ahead, November's book will be *The Vanishing Half* by Brit Bennett. Have a book suggestion for the Book Chat? Email Marsha Blumenthal.

Wednesday

7

Zoom / SBS (Strength, Balance, Stretch) Class 2:00 - 2:45 pm

2:00 PM

An exclusive opportunity (and great deal!) for MCC members, this weekly class focuses on strength, balance and stretching to keep you fit and strong.

Thursday

8

River Walkers 8:00-9:00 am *Pandemic Protocols in Place*

Stone Arch Lofts Parking Lot
8:00 AM

Thursday

8

Zoom / Meditation Circle 9:15-10:15 am

9:15 AM

Terry Pearson will offer guided meditation via Zoom.

Thursday

8

Zoom / Men's Dutch Lunch 11:30 am - 12:30 pm

11:30 AM

This virtual lunch alternates weeks with the Men's Coffee and Conversation. Make yourself lunch, click the zoom link and enjoy connecting with MCC members. No reservations required!

Thursday

8

Zoom / David Lawrence Grant: People Like Us 7:00-8:30 pm

7:00 PM

Join us for a discussion with local playwright, screenwriter, teacher, inspired community leader and commentator, David Lawrence Grant. His essay, *People Like Us*, published in the book *A Good Time for the Truth: Race in America*, has been a source of inspiration for many on black culture, racial injustice, and opportunities for transformation. David will offer insights on the history of our nation's long (and ever-lengthening) list of lost opportunities to address racial justice and equity, challenging us to think hard about what we can do to help ensure that our grandchildren and their children aren't still grappling with these issues as we march on toward the beginning of the next century.

Monday

12

Zoom / SBS (Strength, Balance, Stretch) Class 2:00 - 2:45 pm

2:00 PM

An exclusive opportunity (and great deal!) for MCC members, this weekly class focuses on strength, balance and stretching to keep you fit and strong.

Monday

12

Zoom / Dutch Treat Social Hour 4:00 - 5:00 pm

This is a virtual event via Zoom. See event description for link.
4:00 PM

Log in for a virtual conversation! See description below for zoom link.

Monday

12

Zoom / Tell Me A Story 7:00-8:30 pm

7:00 PM

During these strange times when we are more-or-less house-bound, many members are sorting through decades of photos. Others say they are writing about incidents that happened in their lives. Join us as three members - Linda Dolan, Marcia Townley and Lou Burdick - read about unique experiences in their lives that had some staying power with each of them over the years. It will be a time to ponder whether you can relate to their stories, or perhaps, be prompted to write one of your own.

Tuesday

13

River Walkers 8:00-9:00 am *Pandemic Protocols in Place*

Stone Arch Lofts Parking Lot
8:00 AM

Tuesday

13

Zoom / COVID-19: Updates and Q&A with Michael Brennan 9:30-10:30 am

Virtual via Zoom
9:30 AM

MCC Member Michael Brennan will provide COVID-19 updates and answer questions.

Tuesday

13

Zoom / Village to Village Network Virtual Gathering

10:45 AM

This year's National Village Conference has gone virtual! "20/20: Clear Vision for the Future" will take place on three consecutive Tuesdays: October 6, 13, and 20. In addition to best practices for new and mature Villages, sessions will include a variety of speakers and panel discussions on current trends in the Village movement during the pandemic. If you are interested in attending the conference, please contact Mary Texidor so she can add you to the MCC registration. The registration fee is \$40 and is payable to MCC.

Wednesday

14

Zoom / Rendezvous on 5 9:00 - 10:00 am

This is a virtual event. See description below for Zoom access link.
9:00 AM

Log in and join your friends and neighbors for a virtual hangout. This adventure requires no reservations! See description below for zoom link.

Wednesday

14

Zoom / Caregivers' Support Group 10:30 am - 12:00 pm

Zoom-access link will be emailed to registrants.
10:30 AM

This guided discussion group with professional facilitation supports MCC members and nonmembers who are in a caregiving role.

Wednesday

14

Zoom / SBS (Strength, Balance, Stretch) Class 2:00 -

2:45 pm

2:00 PM

An exclusive opportunity (and great deal!) for MCC members, this weekly class focuses on strength, balance and stretching to keep you fit and strong.

Wednesday

14

Zoom / Play Reading - North Star Group 6:30 - 9:30

pm

6:30 PM

Enjoy this month's reading of Uccellini (Little Birds) by actor/playwright Mark Benninghofen. This play examines one extraordinary woman's battle to survive the last weeks of WWII in occupied Rome, 1944, while struggling to come to terms with her final days in New York City, 2005. Dramaturg Jo Holcomb will assign parts.

If you'd like to join the Play Reading series, you can contact the MCC office. The series includes reading six plays over the course of the year and costs \$55/person. If you are interested in being on a "sub" list for the play-reading program, please contact Bethany Boom: bethanyboom@millcitycommons.org.

Thursday

15

Zoom / Men's Coffee and Conversation 7:30-8:30 am

Virtual Via Zoom

7:30 AM

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.

Thursday

15

River Walkers 8:00-9:00 am *Pandemic Protocols in Place*

Stone Arch Lofts Parking Lot

8:00 AM

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Thursday

15

Zoom / MCC Women Connect 2:00-3:30 pm

2:00 PM

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 on the third Thursday.

Thursday

15

Zoom / Black Lives Matter & the Limits of Police Reform 7:00-8:30 pm

7:00 PM

Decades of sociological research has documented the pervasive fear and distrust of police violence in race-class subjugated communities. More recently, the explosion of Black Lives Matter (BLM) activism pushed these issues into mainstream discourses, expanding white Americans' awareness of police violence and propelling jurisdictions to adopt police reform measures, often modeled off the Taskforce on 21st Century Policing recommendations. Join us as Michelle Phelps, Associate Professor, Department of Sociology at UMN shares research from mixed-methods interviews with 112 residents in a set of low-income neighborhoods in Minneapolis, MN, from 2017-2019. The research asked how people of color and white residents in a heavily policed community made sense of racialized police violence and the reform measures enacted to respond to these concerns. Her findings highlight the enduring role of race in shaping orientations towards the police and the stark limits of the 21st Century Policing reform model.

Monday

19

Zoom / SBS (Strength, Balance, Stretch) Class 2:00 - 2:45 pm

2:00 PM

An exclusive opportunity (and great deal!) for MCC members, this weekly class focuses on strength, balance and stretching to keep you fit and strong.

Monday

19

Zoom / Dutch Treat Social Hour 4:00 - 5:00 pm

This is a virtual event via Zoom. See event description for link.
4:00 PM

Log in for a virtual conversation! See description below for zoom link.

Monday

19

Zoom / Great Decisions: The Northern Triangle 7:00-8:30 pm

7:00 PM

Combating illegal immigration has become a priority of the Trump administration. The Northern Triangle of Central America, made up of Honduras, El Salvador, and Guatemala, is a special target of the administration, which hold the nations responsible for the large flow of migrants from Latin America to the U.S. With funds from the U.S. cut, how can the Northern Triangle countries curtail migration? Robert Scarlett is our speaker.

Tuesday

20

River Walkers 8:00-9:00 am *Pandemic Protocols in Place*

Stone Arch Lofts Parking Lot
8:00 AM

Tuesday

20

Zoom / Village to Village Network Virtual Gathering

10:45 AM

This year's National Village Conference has gone virtual! "20/20: Clear Vision for the Future" will take place on three consecutive Tuesdays: October 6, 13, and 20. In addition to best practices for new and mature Villages, sessions will include a variety of speakers and panel discussions on current trends in the Village movement during the pandemic. If you are interested in attending the conference, please contact Mary Texidor so she can add you to the MCC registration. The registration fee is \$40 and is payable to MCC.

Tuesday

20

Zoom / Play Reading - RiverWest Group 6:30 - 9:30

pm
6:30 PM

Enjoy this month's reading of Uccellini (Little Birds) by actor/playwright Mark Benninghofen. This play examines one extraordinary woman's battle to survive the last weeks of WWII in occupied Rome, 1944, while struggling to come to terms with her final days in New York City, 2005. Dramaturg Jo Holcomb will assign parts.

If you'd like to join the Play Reading series, you can contact the MCC office. The series includes reading six plays over the course of the year and costs \$55/person. If you are interested in being on a "sub" list for the play-reading program, please contact Bethany Boom: bethanyboom@millcitycommons.org.

Wednesday

21

Zoom / Rendezvous on 5 9:00 - 10:00 am

This is a virtual event. See description below for Zoom access link.
9:00 AM

Log in and join your friends and neighbors for a virtual hangout. This adventure requires no reservations! See description below for zoom link.

Wednesday

21

Zoom / Current Events: A Conversation with Bill

10:30-11:30 am
10:30 AM

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.

Wednesday

21

Zoom / Executive Committee Meeting 1:30-3:00 pm

1:30 PM

Wednesday

21

Zoom / SBS (Strength, Balance, Stretch) Class 2:00 -

2:45 pm
2:00 PM

An exclusive opportunity (and great deal!) for MCC members, this weekly class focuses on strength, balance and stretching to keep you fit and strong.

Thursday

22**River Walkers 8:00-9:00 am *Pandemic Protocols in Place***

Stone Arch Lofts Parking Lot
8:00 AM

Thursday**22****Zoom / Meditation Circle 9:15-10:15 am**

9:15 AM

Terry Pearson will offer guided meditation via Zoom.

Thursday**22****Zoom / Men's Dutch Lunch 11:30 am - 12:30 pm**

11:30 AM

This virtual lunch alternates weeks with the Men's Coffee and Conversation. Make yourself lunch, click the zoom link and enjoy connecting with MCC members. No reservations required!

Thursday**22****Zoom / Black Men Teach: Closing the Learning Gap****7:00-8:30 pm**

7:00 PM

Nelson Mandela said, "Education is the most powerful weapon which you can use to change the world." Black Men Teach was formed because education matters and who is teaching matters most if we are going to change the world by correcting the shameful inequities in our schools. Black Men Teach is an entrepreneurial non-profit based in Minneapolis with the specific goal of increasing Black male teachers within eight participating elementary schools in six years. Why? Because research has shown that students learn better when taught by teachers that look like them. Guided by research and operating at a specific and targeted level, Black Men Teach is working to recruit, prepare, place and retain black male teachers. Learn how and why the organization began, where they are at today in their six-year plan, and how they are hoping to scale in the future. MCC member Peter Hutchinson will introduce us to fellow Black Men Teach board members and one of the young men that is currently teaching.

Monday**26****Zoom / SBS (Strength, Balance, Stretch) Class 2:00 -****2:45 pm**

2:00 PM

An exclusive opportunity (and great deal!) for MCC members, this weekly class focuses on strength, balance and stretching to keep you fit and strong.

Monday**26****Zoom / Dutch Treat Social Hour 4:00 - 5:00 pm**

This is a virtual event via Zoom. See event description for link.

4:00 PM

Log in for a virtual conversation! See description below for zoom link.

Monday**26****Zoom / Author Chat: Joan Grove and Lori****Sturdevant 7:00-8:30 pm**

7:00 PM

Join us for a conversation with Joan Grove and Lori Sturdevant, authors of Turnout: Making Minnesota the State That Votes.

Tuesday**27****River Walkers 8:00-9:00 am *Pandemic Protocols in Place***

Stone Arch Lofts Parking Lot
8:00 AM

Tuesday

27

Zoom / COVID-19: Updates and Q&A with Michael Brennan 9:30-10:30 am

Virtual via Zoom
9:30 AM

MCC Member Michael Brennan will provide COVID-19 updates and answer questions.

Tuesday

27

Zoom / Program Committee Meeting 1:30-3:00 pm

1:30 PM

Tuesday

27

Zoom / Last Tuesday Happy Hour 5:00-6:00 pm

5:00 PM

Make a Quarantini and catch up with friends and neighbors over drinks and for a virtual Last Tuesday Happy Hour!

Wednesday

28

Zoom / Rendezvous on 5 9:00 - 10:00 am

This is a virtual event. See description below for Zoom access link.
9:00 AM

Log in and join your friends and neighbors for a virtual hangout. This adventure requires no reservations! See description below for zoom link.

Wednesday

28

Zoom / Caregivers' Support Group 10:30 am - 12:00 pm

Zoom-access link will be emailed to registrants.
10:30 AM

This guided discussion group with professional facilitation supports MCC members and nonmembers who are in a caregiving role.

Wednesday

28

Zoom / SBS (Strength, Balance, Stretch) Class 2:00 - 2:45 pm

2:00 PM

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Thursday

29

Zoom / Men's Coffee and Conversation 7:30-8:30 am

Virtual Via Zoom
7:30 AM

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.

Thursday

29

River Walkers 8:00-9:00 am *Pandemic Protocols in Place*

Stone Arch Lofts Parking Lot
8:00 AM

Thursday

29

Zoom / Exploring the Four Dimensions of Racism 7:00-8:30 pm

7:00 PM

Jack Nelson-Pallmeyer is professor (emeritus) of Justice and Peace Studies at the University of St. Thomas. His op ed piece "Counterpoint: I am a racist. So is Katherine Kersten. She can't admit it" appeared in the July 28 edition of the Star Tribune. Join us as Jack helps us explore the four dimensions of racism and how we

can all examine the roles we play and choices we make within a thoroughly racist society and culture.
