


November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 DAYLIGHT SAVINGS TIME ENDS	2 2:00-2:45 pm SBS 4:00-5:00 pm Dutch Treat Social Hour	3 Election Day 8:00-9:00 am River Walkers <div>ArtAndes founder addresses pivoting in the time of COVID</div>	4 9:00-10:00 am Rendezvous on 5 10:15-11:15 am Rendezvous Readers Book Chat 2:00-2:45 pm SBS	5 8:00-9:00 am River Walkers 9:15-10:15 am Meditation Circle 11:30-12:30 pm Men's Dutch Lunch 2:00-3:00 pm MCC Women Connect Chat 7:00-8:30pm LivingWisely®/LegacyJourney®	6	7 <div>Writing Workshop: ethical wills, legacy letters and life reflection stories</div>
8	9 10:30 am-12:00 pm Giving Care to Caregivers 2:00-2:45 pm SBS 4:00-5:00 pm Dutch Treat Social Hour	10 8:00-9:00 am River Walkers 9:30-10:30 am COVID Updates 7:00-8:30 pm Women Who Make a Difference: Melanie Ebertz	11 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 2:00-2:45 pm SBS	12 7:30-8:30 am Men's Coffee & Conversation 8:00-9:00 am River Walkers 7:00-8:30 pm Revitalizing the Riverfront	13	14 <div>Progress Update: The Sioux Chef & Water Works project</div>
15	16 2:00-2:45 pm SBS 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: The Philippines	17 8:00-9:00 am River Walkers 9:30-10:30 am Racial Justice Discussion 6:30-9:30 pm RiverWest Play Reading	18 9:00-10:00 am Rendezvous on 5 10:30 -11:30 am Current Events: A Conversation with Bill 1:30-3:00 pm MCC Executive Committee Mtg 2:00-2:45 pm SBS 6:30-9:30 pm North Star Play Reading	19 8:00-9:00 am River Walkers 9:15-10:15 am Meditation Circle 11:30-12:30 pm Men's Dutch Lunch 2:00-3:30 pm MCC Women Connect 7:00-8:30 pm Leading Through Crisis	20	21 <div>Doug Baker, CEO of Ecolab addresses lessons learned and more</div>
22 <div>David Parker shares photos from his exhibit</div>	23 2:00-2:45 pm SBS 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Seeing Child Labor	24 8:00-9:00 am River Walkers 9:30-10:30 am COVID Updates 1:30-3:00 pm Program Committee Mtg 5:00-5:30 pm Member Mixer 7:00-8:30 pm City Charter 202	25 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 2:00-2:45 pm SBS	26 Thanksgiving	27	28
29	30 2:00-2:45 pm SBS 4:00-5:00 pm Dutch Treat Social Hour	<div>Join us for this follow up to our September program.</div>				



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

Events - Month View

November, 2020

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Monday 2	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 2	Zoom / Dutch Treat Social Hour 4:00 - 5:00 pm 4:00 PM Log in for a virtual conversation! See description below for zoom link.
Tuesday 3	River Walkers 8:00-9:00 am *Pandemic Protocols in Place* Stone Arch Lofts Parking Lot 8:00 AM
Wednesday 4	Zoom / Rendezvous on 5 9:00 - 10:00 am This is a virtual event. See description below for Zoom access link. 9:00 AM
Wednesday 4	Zoom / Rendezvous Readers' Book Chat 10:15-11:15 am Virtual via Zoom. See Description below for Zoom access information. 10:15 AM
Wednesday 4	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 5	River Walkers 8:00-9:00 am *Pandemic Protocols in Place* Stone Arch Lofts Parking Lot 8:00 AM
Thursday 5	Zoom / Meditation Circle 9:15-10:15 am 9:15 AM Terry Pearson will offer guided meditation via Zoom.
Thursday 5	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 5	Zoom / Women Connect Chat 2:00-3:00 pm 2:00 PM This month's topic: Feed Me! We are talking and sharing easy recipes-bring your favorites! Seafood. Pasta. Beef. Veggie. Chicken. Something saucy. Something cheesy. Something spicy. Something easy. Join us if you are seeking new ideas and if you've got something yummy to share.
Thursday 5	Zoom / LivingWisely LegacyJourney Workshop 7:00-8:30 pm 7:00 PM Our LegacyJourney® pathways provide the foundation for creating engaging and transformational personal experiences. The program will inspire you to create meaningful documents to share your values, life lessons, insights, wisdom, hopes for the future and generosity. Barry Baines leads this hands-on workshop that will explore the three LegacyJourney pathways (Ethical Wills/Legacy Letters, Life Reflection Stories, and Making a Difference Plans), and include writing exercises for participants to begin the process of creating their own LegacyJourney documents.

Monday
9

Zoom / POSTPONED: Caregiving-A Holistic View
10:30am-12:00pm
10:30 AM

Monday
9

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
9

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

Tuesday
10

River Walkers 8:00-9:00 am *Pandemic Protocols in Place*
Stone Arch Lofts Parking Lot
8:00 AM

Tuesday
10

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
10

Zoom / Women Who Make a Difference: Melanie Ebertz 7:00-8:30 pm
7:00 PM

Melanie Ebertz is probably the best unpaid, unofficial Minneapolis Concierge you can meet. She will warm your heart and put a smile on your face with her rich stories about life as an advocate for the arts, the farmer's market, indigenous cultures and her connections to many MCC members. For many years, she has greeted thousands of people at the Mill City Farmers Market and formed friendships over the incredible Peruvian hand-loomed rugs that she sells. When she initially connected with Peruvian artists, she became aware of their needs for nutrition information and early childhood education. This led her to establish a foundation and connect many Twin Cities residents with local artisans in Peru thru hosted tourism. The foundation's hard work and the rising level of living in Peru eventually concluded the foundation's work. Melanie is joining us to share reflections on pivoting during the time of COVID - a time when we may actually have more disadvantaged community needs in Minnesota than the Peruvian artisans.

Wednesday
11

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
11

Zoom / Caregivers' Support Group 10:30 am - 12:00 pm
Zoom-access link will be emailed to registrants.
10:30 AM

Wednesday
11

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

Wednesday
11

Zoom / MCC Board Meeting 4:00-5:30 pm
4:00 PM

Thursday
12

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
12

River Walkers 8:00-9:00 am *Pandemic Protocols in Place*
Stone Arch Lofts Parking Lot
8:00 AM

Thursday
12

Zoom / Revitalizing the Riverfront 7:00-8:30 pm
7:00 PM

Water Works, part of the 30 year RiverFirst initiative, is a 6-acre project within the Mill Ruins Park that will bring new historic, cultural, and recreational amenities to Minneapolis' iconic riverfront. The project sits just upstream from the Stone Arch Bridge along the Mississippi river to Third Avenue. A cornerstone of the project includes Owamni--a new restaurant concept created by Sioux Chef--an organization dedicated to reviving indigenous ingredients and educating native American communities on how to bring back healthy, local food. Join us as Tom Evers, Executive Director of the Minneapolis Parks Foundation and Dana Thompson, Co-Owner of Sioux Chef, provide an update on this exciting project which is sure to be a favorite destination for riverfront residents and visitors.

Monday
16

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

Monday
16

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
16

Zoom / Great Decisions: The Philippines and the US 7:00-8:30 pm
7:00 PM

The Philippines has had a special relationship with the United States since the islands were ceded by Spain to the United States after the Spanish-American War at the end of the 19th century. However, since the election of Rodrigo Duterte, the country has pivoted more toward China, and away from the U.S. Duterte has also launched a largescale war on drugs that many criticize for its brutality. What does the future hold for U.S. relations with the Philippines? Duncan McCampbell is our speaker.

Tuesday
17

River Walkers 8:00-9:00 am *Pandemic Protocols in Place*
Stone Arch Lofts Parking Lot
8:00 AM

Tuesday
17

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.

This month: Level up! Deconstruct Racism!

In the final Tuesday morning MCC Racial Justice Discussion of 2020 we will discuss methods of deconstructing racism. After 400 years of creating, supporting, enduring or wanting to eliminate a caste-like system within our American society:

What do we do now?

Individually, or working with others, how can each of us accelerate and support enduring change?

Systemic racism has invaded many aspects of life in our culture. Little changes can become big changes. Big changes can lead to major progress. How and where can you use your skills, interests and affiliations to influence the next steps of deconstructing racism?

In preparation for contributing to the discussion, please view the following Ted Talk:

https://www.ted.com/talks/baratunde_thurston_how_to_deconstruct_racism_one_headline_at_a_time#t-770204

Tuesday
17

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

Enjoy this month's reading of Dancing at Lughnasa by Brian Friel. 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

18

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

18

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

18

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

1:30 PM

Wednesday

18

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

2:45 pm
2:00 PM

Wednesday

18

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

pm
6:30 PM

Enjoy this month's reading of *Dancing at Lughnasa* by Brian Friel. 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

19

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

Stone Arch Lofts Parking Lot
8:00 AM

Thursday

19

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

9:15 AM

Terry Pearson will offer guided meditation via Zoom.

Thursday

19

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

19

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

19

Zoom / Leading Through COVID-19 7:00-8:30 pm

7:00 PM

What does the CEO of a global provider of water, hygiene and infection preventions solutions and services do in the first weeks and months of a global pandemic and what has he learned in the last 8 months? Doug Baker, EcoLab's CEO, joins us to provide an inside look at how a local company with global reach has helped and adapted to meet the needs of the food, healthcare, hospitality and industrial markets during COVID-19. Doug will share the company's successes and challenges, opportunities for innovation and how he views the road to economic recovery for downtown St. Paul.

Monday

23

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

2:45 pm

2:00 PM

Monday

23

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

23

Zoom / Seeing Child Labor 7:00-8:30 pm

7:00 PM

Is child labor ever ok? What if it means the difference between a family eating or not eating that day? As a consumer, do you know which of your purchases are a product of child labor? Should health precautions be enforced for child workers? How? What roles do culture, economic mobility and family dynamics play? Join us for an evening of photos, questions and group discussion that may challenge your perceptions of child labor. David Parker, an occupational medicine physician with the Environmental Health Sciences Program at the University of Minnesota, and Senior Physician Research at HealthPartners, has been traveling the globe and documenting images of child labor for more than three decades. Through pictures, questions, and small group discussions, we will explore the impact of child labor and it's effects on global public health and consumerism.

Tuesday

24

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

Stone Arch Lofts Parking Lot
8:00 AM

Tuesday

24

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

24

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

1:30 PM

Tuesday

24

Zoom / Last Tuesday Member Mixer 5:00-6:00 pm

5:00 PM

New Name, New Format! Make a Quarantini and catch up with friends and neighbors over drinks. Breakouts and prompt questions will be used to help facilitate smaller discussion groups.

Tuesday

24

Zoom / City Charter 202 7:00-8:30pm

7:00 PM

Join us for a follow up to our September City Charter program. Casey Carl, current City Clerk for Minneapolis, will speak about the various alternative City Government structures and the relative strengths and weaknesses of each. He will also give an update on the charter timeline and the current hearings of the charter commission.

Wednesday

25

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

25

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

2:45 pm

2:00 PM

Monday

30

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

2:45 pm

2:00 PM

Monday

30

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.