

December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>A virtual opportunity to see some of this powerful exhibit.</p> <p>Past, present and future look at this 100+ year old school.</p>	<p>1 1:00-2:00 pm We Are The Story: Quilting Artists Address Racism in America</p> <p>7:00-8:30 pm Another Kind of Village: Ascension Catholic School</p>	<p>2 9:00-10:00 am Rendezvous on 5</p> <p>10:15-11:15 am Rendezvous Readers Book Chat</p> <p>11:30-1:00 pm Caregiver's Support Group</p> <p>2:00-2:45 pm SBS</p> <p>7:00-8:30 pm Election Impact on Minnesota</p>	<p>3 9:30-10:30 am Meditation Circle</p> <p>11:30-12:30 pm Men's Dutch Lunch</p> <p>2:00-3:00 pm Women Connect Chat</p> <p>Blois Olson discusses what is in store for Minnesota politics.</p>	4	<p>5</p> <p>Don't forget to sign up online.</p>
6	<p>7 2:00-2:45 pm SBS</p> <p>4:00-5:00 pm Dutch Treat Social Hour</p>	<p>8 9:30-10:30 am COVID Updates</p> <p>1:00 - 2:30 pm Technology Help Desk</p> <p>Be inspired and uplifted with songs and stories.</p>	<p>9 9:00-10:00 am Rendezvous on 5</p> <p>2:00-2:45 pm SBS</p> <p>4:00-5:30 pm MCC Board Meeting</p> <p>7:00-8:30 pm Women Who Make A Difference: Mari Harris</p>	<p>10 Hanukkah</p> <p>7:30-8:30 am Men's Coffee & Conversation</p> <p>1:00-2:00 pm Art for All: The Stephanie Evelo Fund for Art Inclusion</p> <p>Members Sheryl and David Evelo share why art truly is for all.</p>	11	<p>12</p> <p>12:00 pm SIGN-Up Deadline: GREAT DECISIONS 2021</p>
13	<p>14 2:00-2:45 pm SBS</p> <p>4:00-5:00 pm Dutch Treat Social Hour</p> <p>7:00-8:30 pm MinnPost: Minnesota Legislature's Biggest 2021 Challenges</p>	<p>15 6:30-9:30 pm RiverWest Play Reading</p>	<p>16 9:00-10:00 am Rendezvous on 5</p> <p>10:30 am-12:00 pm Caregivers' Support Group</p> <p>2:00-2:45 pm SBS</p> <p>6:30-9:30 pm North Star Play Reading</p>	<p>17 9:30-10:30 am Meditation Circle</p> <p>11:30-12:30 pm Men's Dutch Lunch</p> <p>2:00-3:30 pm Women Connect</p>	18	19
20	<p>21 2:00-2:45 pm SBS</p> <p>4:00-5:00 pm Dutch Treat Social Hour</p> <p>7:00-8:30 pm Healing Minneapolis- What Is Possible?</p>	<p>22 9:30-10:30 am COVID Updates</p> <p>Steve Cramer of the Minneapolis Downtown Council returns to MCC.</p>	<p>23 9:00-10:00 am Rendezvous on 5</p> <p>10:30-11:30 am Current Events: A Conversation with Bill</p> <p>2:00-2:45 pm SBS</p>	<p>24 Christmas Eve</p>	<p>25 Christmas Day</p>	26
27	<p>28 11:00 am-12:00 pm Movie Chat</p> <p>2:00-2:45 pm SBS</p> <p>4:00-5:00 pm Dutch Treat Social Hour</p>	<p>29 1:30-3:00 pm Program Committee Mtg</p> <p>5:00-6:00 pm Tuesday Happy Hour</p>	<p>30 9:00-10:00 am Rendezvous on 5</p> <p>10:30 am-12:00 pm Caregivers' Support Group</p> <p>2:00-2:45 pm SBS</p>	<p>31 New Year's Eve</p> <p>9:30-10:30 am Meditation Circle</p> <p>11:30-12:30 pm Men's Dutch Lunch</p> <p>5:00-6:00 pm New Year's Eve Signature Cocktail/Mocktail Hour</p>		



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

December, 2020

Tuesday
1

Zoom / We Are The Story: Artist Quilters Address Racism in America
1:00 PM

When Minneapolis became the epicenter of the nationwide protest movement against police brutality and racism in America following the death of George Floyd, Textile Center and Women of Color Quilters Network (WCQN) joined forces to create We Are the Story, a multi-venue initiative in the Twin Cities, September 10, 2020, through June 12, 2021. For those of us unable to see the exhibits in-person, Karl Reichert, Executive Director of the Textile Center, along with select artists/quilters, will join us on zoom to share key components of the exhibit and discuss the impact it has had in our community thus far.

Tuesday
1

Zoom / Another Kind of Village: Ascension Catholic School 7:00-8:30 pm
7:00 PM

Ascension Catholic School has been an anchor on the North Side of Minneapolis for more than 100 years. Throughout its history, Ascension Catholic School has served as both a reflection of its community and as an instrument for change on the North Side of Minneapolis, helping move young lives forward through education and spiritual formation. This panel presentation will guide us through the school's history, provide us an intimate look at the current student/scholars and families they serve, share how they have grown to manage 3 schools through Ascension Catholic Academy and inspire us with their plans and dreams for the future. Panel speakers include: Patty Stromen, President and Parish Administrator; Benito Matias, Principal; and Suzie Colianni, Board Chair.

Wednesday
2

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

Join your friends and neighbors on Zoom for a morning chat. This adventure requires no reservations!

Wednesday
2

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

Join us to discuss any mystery written by Ian Rankin. Pick one of your choice and we'll discuss the assortment of books that the group reads.

If you'd like to read ahead, January's book will be *Neither Wolf Nor Dog* by Kent Nerburn. Have a book suggestion for the Book Chat? Email Marsha Blumenthal.

Wednesday
2

Zoom / Caregivers' Support Group 11:30 am - 1:00 pm
Zoom-access link will be emailed to registrants.
11:30 AM

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

Wednesday
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.

Wednesday
2

Zoom / Election Impact on Minnesota 7:00-8:30 pm
7:00 PM

Founder/publisher of the Morning Take and Principal at Fluence Media, Blois Olson has been at the forefront of online political coverage and commentary in Minnesota. He also penned the opinion article in the August 18 Star Tribune titled "America is losing it's grip on civility." Join us for an in-depth look at the current state of affairs for Minnesota politics and how this year's presidential election impacted where we are today.

Thursday
3

Zoom / Meditation Circle 9:30-10:30 am
9:30 AM

Terry Pearson will offer guided meditation via Zoom.

Thursday

3

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

3

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

2:00 PM

This month's topic: Humor Me!
It's been scientifically proven that these two things are beneficial to your health and wellbeing: owning a dog and laughing every day. Not everybody can own a dog, but everyone can giggle! Where are you finding humor during this stressful year? Magazines, books, comics, websites, Instagram, movies, videos, TV? Let us know what makes your belly laugh. Here's a recent thought starter:
<https://www.nytimes.com/2020/10/01/well/mind/laughter-may-be-effective-medicine-for-these-trying-times.html?searchResultPosition=1>

Monday

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.

Monday

7

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

4:00 PM

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 a casual conversation online. Take this opportunity to meet new members and reconnect with some you haven't seen lately.

Tuesday

8

Zoom / COVID-19 Updates 9:30-10:30 am

9:30 AM

As the COVID-19 situation continues to evolve, MCC Member and retired physician Michael Brennan is keeping a close watch on all medical and health developments put forth by the CDC, NIH and MN Department of Public Health. Join us for this every-other-week meeting where Michael will share the most recent information available, his perspective of how to keep ourselves safe and healthy, and answer questions.

Tuesday

8

Zoom / Technology Help Desk 1:00-2:30 pm

1:00 PM

Schedule time with a Tech Support Guru on Zoom and have your nagging technology questions answered during our complimentary Help Desk. The zoom link will be provided in your confirmation email.

Wednesday

9

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

9:00 AM

Join your friends and neighbors on Zoom for a morning chat. This adventure requires no reservations!

Wednesday

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.

Wednesday

9

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

4:00 PM

Wednesday

9

Zoom / Women Who Make a Difference: Mari Harris

7:00-8:30pm

7:00 PM

In the spirit of the holidays, the conclusion of a challenging year and anticipation for the new year, we will be welcoming and joining with Mari Harris for a most uplifting program. Mari is an award-winning singer, songwriter, actress, speaker, and a lover of life with a powerful commitment to provide entertainment, fun, empowerment, healing, and love through the Arts. She performs internationally—singing, acting, and speaking on stages, in concert halls, on television, the internet, and the big screen—exciting and inspiring audiences with both her voice and her presence. Join us as Mari shares songs and stories from her decades of experience giving and receiving love, and fulfilling her commitment that everyone on the planet experience feeling appreciated and

recognized for who they are, for what they have accomplished, and for their dreams and vision for the future.

Thursday
10

Zoom / Men's Coffee and Conversation 7:30-8:30 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
10

Zoom / Art For All: The Stephanie Evelo Fund for Art Inclusion 1:00-2:00 pm
1:00 PM

Established to support artists with disabilities in the community, The Art for All Fund was created by MCC members Sheryl and David Evelo in partnership with the Institute on Community Integration (ICI) at the University of Minnesota in honor of their daughter, Stephanie. Stephanie was a gifted artist and dedicated ICI employee. Join us for an uplifting and inspiring conversation as Sheryl and David will share their experiences in raising a daughter with disabilities, how her life impacted others, and why the arts are important in all our lives.

Monday
14

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

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Monday
14

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

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 a casual conversation online. Take this opportunity to meet new members and reconnect with some you haven't seen lately.

Monday
14

Zoom / MinnPost: Minnesota Legislature's Biggest 2021 Challenges 7:00-8:30pm
7:00 PM

The election and the census are over while the pandemic persists - what next? The legislature will convene for its next regular session on January 5, 2021. When it does legislators and the Governor will face two huge challenges - balancing the state's budget in the face of massive financial problems and redrawing the lines for every election district in that state. How is that even possible? Join MinnPost journalists to discuss what we can learn for the past and what they know about present circumstances that will help us understand the future possibilities for our state. MCC member Peter Hutchinson will host this timely conversation.

Tuesday
15

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

Enjoy this month's reading of A Christmas Carol by Charles Dickens. 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
16

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

Join your friends and neighbors on Zoom for a morning chat. This adventure requires no reservations!

Wednesday
16

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
16

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

Wednesday
16

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
16

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

Enjoy this month's reading of A Christmas Carol by Charles Dickens. 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
17

Zoom / Meditation Circle 9:30-10:30 am
9:30 AM

Terry Pearson will offer guided meditation via Zoom.

Thursday
17

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
17

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.

Monday
21

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

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Monday
21

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

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 a casual conversation online. Take this opportunity to meet new members and reconnect with some you haven't seen lately.

Monday
21

Zoom / Healing Minneapolis-What Is Possible? 7:00-8:30pm
7:00 PM

Across the nation, cities have suffered through the impact of COVID-19 and racial justice unrest. Economic recovery, additional potential shut downs, business relocations, police reform and public safety form an intricate web of issues to navigate. Join us for a discussion with Steve Cramer, CEO of the Minneapolis Downtown Council on what the Council's role is in guiding and leading the reanimation of Minneapolis to ensure it emerges as vibrant as ever.

Tuesday
22

Zoom / COVID-19 Updates 9:30-10:30 am
9:30 AM

As the COVID-19 situation continues to evolve, MCC Member and retired physician Michael Brennan is keeping a close watch on all medical and health developments put forth by the CDC, NIH and MN Department of Public Health. Join us for this every-other-week meeting where Michael will share the most recent information available, his perspective of how to keep ourselves safe and healthy, and answer questions.

Wednesday
23

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

Join your friends and neighbors on Zoom for a morning chat. This adventure requires no reservations!

Wednesday
23

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

23**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
28**Zoom / Movie Chat 11:00am-12:00pm**
11:00 AM

Prolong the holiday spirit with a festive chat on the movie "It's A Wonderful Life"—the 1946 Frank Capra movie starring Jimmy Stewart and Donna Reid. We'll discuss what it is about this movie classic that draws people in to watch it every year. This movie is available to watch for free on Amazon Prime.

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

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

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Tuesday
29**Zoom / Program Committee Meeting 1:30-3:00 pm**
1:30 PM**Tuesday**
29**Zoom / Last Tuesday Member Mixer 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
30**Zoom / Rendezvous on 5 9:00 - 10:00 am**
9:00 AM

Join your friends and neighbors on Zoom for a morning chat. This adventure requires no reservations!

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

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2:00 PM

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Thursday
31**Zoom / Meditation Circle 9:30-10:30 am**
9:30 AM

Terry Pearson will offer guided meditation via Zoom.

Thursday
31**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
31**Zoom / New Year's Eve Signature Cocktail/Mocktail Hour**
5:00 PM

Jump on zoom with fellow members as we wave good-bye to 2020 and ring in 2021 with a New Years Eve Signature Cocktail! Join us for a quick toast, or stay longer to connect with friends in breakouts and discuss your intentions, hopes and goals for the new year. Drink recipes below--or feel free to get creative and make your own!
