

# February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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3	<b>4 4:00-5:00 pm</b> Dutch Treat Social Hour  <b>7:00-8:30 pm</b> Driven to Discover: Headquarters Economy - Why the Twin Cities Are a Leader	<b>5 7:30-8:30 am</b> River Walkers  <b>9:30-10:30 am</b> Meditation Circle  <b>1:00-2:30 pm</b> Technology Help Desk	<b>6 9:00-10:00 am</b> Rendezvous on 5  <b>10:00-11:00 am</b> Rendezvous Readers Book Chat	<b>7 7:30-8:30 am</b> River Walkers  <b>7:30-8:30 am</b> Men's Coffee & Conversation  <b>9:15-10:00 am</b> SBS Class  <b>1:00-2:30 pm</b> Star Tribune Printing Plant Tour	8	9	
		<div style="border: 1px solid red; padding: 5px; text-align: center;">                     Find out <b>why corporations thrive</b> in the Twin Cities.                 </div>			<div style="border: 1px solid red; padding: 5px; text-align: center;">                     If you like BIG, this is the <b>place to see!</b> </div>		
10	<b>6:00-7:30 pm</b> Dinner for 5	<b>11 4:00-5:00 pm</b> Dutch Treat Social Hour	<b>12 7:30-8:30 am</b> River Walkers  <b>9:30-10:30 am</b> Meditation Circle  <b>7:00-8:30 pm</b> Go Behind the Scenes of the MSP International Film Festival	<b>13 9:00-10:00 am</b> Rendezvous on 5  <b>10:30 am-12:00 pm</b> Caregivers' Support Grp 1  <b>3:00-5:00 pm</b> Social Bridge  <b>4:00-7:30 pm</b> MCC Goes to the Movies & Dinner	<b>14 VALENTINE'S DAY</b>	15	16
	<div style="border: 1px solid red; padding: 5px; text-align: center;">                     Get a <b>sneak peek</b> at films coming to our neighborhood this spring!                 </div>			<div style="border: 1px solid red; padding: 5px; text-align: center;">                     Love <b>movies?</b> Join us for a show at St. Anthony Main Theatre.                 </div>			
17	<b>5:00-7:00 pm</b> Sunday Soiree	<b>18 PRESIDENTS' DAY</b>  <b>4:00-5:00 pm</b> Dutch Treat Social Hour	<b>19 7:30-8:30 am</b> River Walkers  <b>9:30-10:30 am</b> Meditation Circle  <b>6:30-9:30 pm</b> Guthrie Play Reading RiverWest	<b>20 9:00-10:00 am</b> Rendezvous on 5	<b>21 7:30-8:30 am</b> River Walkers  <b>7:30-8:30 am</b> Men's Coffee & Conversation  <b>9:15-10:00 am</b> SBS Class  <b>7:00-8:30 pm</b> Immigration and Refugees in Minnesota	22	23
<div style="border: 1px solid red; padding: 5px; text-align: center;">                     RiverWest members host!                 </div>					<div style="border: 1px solid red; padding: 5px; text-align: center;">                     Hear from an <b>expert</b> at The Advocates for Human Rights.                 </div>		
24	<b>25</b>  <b>4:00-5:00 pm</b> Dutch Treat Social Hour  <b>7:00-8:30 pm</b> Great Decisions: Nuclear Negotiations - Back to the Future?	<b>26 7:30-8:30 am</b> River Walkers  <b>9:30-10:30 am</b> Meditation Circle  <b>1:30-3:00 pm</b> Program Committee Meeting  <b>5:00-6:00 pm</b> Last Tuesday Happy Hour	<b>27 9:00-10:00 am</b> Rendezvous on 5  <b>10:30 am-12:00 pm</b> Caregivers' Support Grp 1  <b>3:00-5:00 pm</b> Social Bridge  <b>6:30-9:30 pm</b> Guthrie Play Reading North Star	<b>28 7:30-8:30 am</b> River Walkers  <b>9:15-10:00 am</b> SBS Class  <b>10:00-11:30 am</b> MCC Women Connect  <b>11:30-12:30 pm</b> Men's Dutch Lunch			
<div style="border: 1px solid red; padding: 5px; text-align: center;">                     Dr. Mary Curtin addresses <b>our nuclear future.</b> </div>		<div style="border: 1px solid red; padding: 5px; text-align: center;">                     Nosh &amp; mingle at <b>Black Sheep Pizza.</b> </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

## MILL CITY COMMONS DETAILED CALENDAR – FEBRUARY 2019

**Mondays, February 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**

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**Monday, February 4; 7:00 – 8:30 pm**

### **Driven to Discover: Headquarters Economy - Why the Twin Cities Are a Leader**

Why are the Twin Cities such a strong center for corporate headquarters? Myles Shaver, professor of strategic management and entrepreneurship at the U of M's Carlson School of Management, will share insights into this question, based on his research into the Twin Cities headquarters economy. The answer lies in understanding the essence of headquarters--the managerial pool that guides and governs these companies. Shaver, who holds the Pond Family Chair in Teaching and Advancement of Free Enterprise Principles, is the author of the just released [Headquarters Economy: Managers, Mobility and Migration](#).

*This is one in an ongoing MCC program series under the banner "Driven to Discover." The series features University of Minnesota faculty and students sharing current research and programming at the University.*

**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, February 5, 7, 12, 14, 19, 21, 26 & 28; 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, February 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 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Tuesday, February 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**

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**Wednesdays, February 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 2<sup>nd</sup> St. S.**

**MCC MEMBERS & GUESTS**

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**Wednesday, February 6; 10:00 – 11:00 am**

**Rendezvous Readers' Book Chat**

Join us to discuss *Clock Dance* by Anne Tyler. Willa Drake can count on one hand the defining moments of her life. In 1967, she is a schoolgirl coping with her mother's sudden disappearance. In 1977, she is a college coed considering a marriage proposal. In 1997, she is a young widow trying to piece her life back together. And in 2017, she yearns to be a grandmother but isn't sure she ever will be. Then, one day, Willa receives a startling phone call from a stranger. Without fully understanding why, she flies across the country to Baltimore to look after a young woman she's never met, her nine-year-old daughter, and their dog, Airplane. This impulsive decision will lead Willa into uncharted territory--surrounded by eccentric neighbors who treat each other like family, she finds solace and fulfillment in unexpected places.

If you'd like to read ahead, March's book is *Dear Mrs. Bird* by AJ Pearce. Have a book suggestion for the Book Chat? Email [Marsha Blumenthal](mailto:Marsha.Blumenthal).

**Abiitan's Porter Cafe**

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

**MCC MEMBERS & GUESTS**

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**Thursdays, February 7 & 21; 7:30 – 8:30 am**

**MCC Men's Coffee and Conversation Group**

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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**Thursdays, February 7, 14, 21 & 28; 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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**Thursday, February 7; 1:00 – 2:30 pm**

**Star Tribune Printing Plant Tour**

If you like BIG, this is the place to see! Join us for a tour of the *Star Tribune* Heritage Center printing facility, where presses are 100 feet high, rolls of newsprint paper weigh 2,500 pounds and the building is the size of nine football fields. Register early, as we have just 10 spots on the tour. PLEASE NOTE: Closed-toe shoes are required.

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

**Star Tribune Heritage Center**

**800 N.1<sup>st</sup> St.**

**MCC MEMBERS**

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**Sunday, February 10; 6:00 - 7:30 pm**

**Dinner for 5**

If connecting with and getting to know other MCC members in a smaller, more intimate social setting interests you, this Sunday night dinner just might be for you! This month, join other MCC members for a casual evening of dining at Ginger Hop restaurant. The meal is dutch treat. Space is limited, so register early!

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

Ginger Hop

201 E. Hennepin Ave.

MCC MEMBERS

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Tuesday, February 12; 7:00 – 8:30 pm

**Go Behind the Scenes of the Minneapolis St. Paul International Film Festival**

With thousands of movies created each year, how do they find their way to the big screens at film festivals? Join us for an insider conversation with MSPIFF and MSP Film Society Programming Director Jesse Bishop on how the annual festival comes together, from film selection to visiting filmmakers to donning awards, and everything in between. The Festival's 38th edition will take place April 4 to 20, and you'll get a special sneak peek at some of the exciting new films coming to the neighborhood this spring.

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

La Rive Party Room

110 Bank St. S.E.

MCC MEMBERS

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Wednesdays, February 13 & 27; 10:30 am - noon

**Caregivers' Support Group 1**

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 through April.

**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., 2nd floor Conf. Room

MCC MEMBERS & GUESTS\*

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Wednesdays, February 13 & 27; 3:00 – 5:00 pm

**Social Bridge**

Join bridge players for a round of social bridge; levels of expertise and experience vary. Bring a partner if you can, and remember to register both yourself and your partner. Questions? Contact Carol Jordan at [caroljordan@millcitycommons.org](mailto:caroljordan@millcitycommons.org).

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

Washburn Lofts

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

MCC MEMBERS & GUESTS\*

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**Wednesday, February 13; 4:00 - 7:30 pm**

**MCC Goes to the Movies & Dinner**

Join MCC members for a dutch-treat mid-week movie and dinner! The movie and exact movie time will be announced the week before and communicated on the website and in Musings. We'll follow with dinner at a nearby restaurant, also to be announced. 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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**Thursdays, February 14 & 28; 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.

**Abiitan's Porter Cafe**

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

**MCC MEN & GUESTS**

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**Sunday, February 17; 5:00 – 7:00 pm**

**Sunday Soiree**

Join your friends and neighbors for the Sunday Soiree, hosted by more than a dozen RiverWest MCC members. Please contribute to the potluck by bringing a hearty hors d'oeuvre, main dish salad or dessert to serve at least 8. As you register, let us know what you'll bring by answering the "Question" that will appear on the screen. You are welcome to bring your own wine or beer to share.

*Parking tips: Metered parking is available on 1st. St. S. (free on Sundays), and Marquette and 2nd Avenues (enforced until 10 p.m. daily). There's also a pay lot between the Abiitan and Mil City Quarter buildings that's available on weekends. Note that the parking meters are not owned by the city and the city parking app can't be used with them.*

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

**RiverWest Common Room**

**401 1<sup>st</sup> St. S.**

**MCC MEMBERS**

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**Tuesday, February 19; 6:30 - 9:30 pm**

**Guthrie Play Reading – RiverWest Group**

Enjoy this month's play reading of "As You Like It." This utterly charming tale centers on Rosalind, the daughter of an unjustly exiled duke, who falls in love with the daring Orlando. When her uncle banishes her from court, Rosalind disguises herself as a boy and flees to the forest in search of her father. With great joy, she stumbles upon Orlando and cunningly counsels him in the art of love under her guise. Culminating in four weddings between some of the Bard's most beloved characters, "As You Like It" is a

romantic comedy that is sure to surprise and delight. Guthrie 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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**Thursday, February 21; 7:00 – 8:30 pm**

**Immigration, Refugees and Asylum Seekers in Minnesota**

For more than 200,000 years, humans have migrated to survive for the same reasons: family, food and freedom. Learn about today's refugees, asylum seekers and immigrants from Sarah Brenes, director of the Refugee & Immigrant Program at The Advocates for Human Rights. Sarah will provide an overview of the different ways people may migrate to the United States, what migration looks like in Minnesota and how you can help welcome these new neighbors to the community.

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

**DeLaSalle High School**  
**1 DeLaSalle Drive, Room D104**  
**MCC MEMBERS**

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**Monday, February 25; 7:00 – 8:30 pm**

**Great Decisions: Nuclear Negotiations - Back to the Future?**

Nuclear weapons have not gone away, and the Trump administration has brought a new urgency, if not a new approach, to dealing with them. The president has met with Vladimir Putin as the New Start Treaty with Russia comes up for renewal in 2021; the first presidential summit ever with Kim Jong-un occurred to discuss denuclearizing the Korean Peninsula; and President Trump has decertified the Obama nuclear deal with Iran. To what degree should past nuclear talks guide future U.S. nuclear arms control negotiations? Can the art of the deal apply to stabilizing our nuclear future? Speaker Dr. Mary Curtin had a 25-year career as a State Department foreign service officer before joining the U of M's Humphrey School of Public Affairs as Diplomat-in-Residence in 2013. Among her areas of expertise are nuclear nonproliferation.

**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](mailto:betsywray@millcitycommons.org).*

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

**DeLaSalle High School**  
**1 DeLaSalle Drive, Room D104**  
**MCC MEMBERS (who have signed up for Great Decisions 2018)**

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**Tuesday, February 26; 5:00 – 6:00 pm**

**Last Tuesday Happy Hour**

Join us for Last Tuesday Happy Hour at Black Sheep Pizza! Hosted by Bob Callahan and Carol Jordan, 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 for 8 or more can be made by calling (612) 342-2625.

*In addition to metered street parking (enforced until 10 p.m.), you can use Smack Shack or Loop Valet for \$5.*

**Black Sheep Pizza**

**600 Washington Ave. N.**

**MCC MEMBERS & GUESTS**

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**Wednesday, February 27; 6:30 - 9:30 pm**

**Guthrie Play Reading – North Star Group**

Enjoy this month's play reading of "As You Like It." This utterly charming tale centers on Rosalind, the daughter of an unjustly exiled duke, who falls in love with the daring Orlando. When her uncle banishes her from court, Rosalind disguises herself as a boy and flees to the forest in search of her father. With great joy, she stumbles upon Orlando and cunningly counsels him in the art of love under her guise. Culminating in four weddings between some of the Bard's most beloved characters, "As You Like It" is a romantic comedy that is sure to surprise and delight. Guthrie 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).*

**North Star Lofts**

**117 Portland Ave., #602**

**MCC MEMBERS**

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**Thursday, February 28; 10:00 – 11:30 am**

**MCC Women Connect**

At this month's MCC Women Connect, member Mary Moos will lead a discussion on joy and contentment, inspired by a recent *New York Times* [opinion piece](#), "The Joy of Being a Woman in Her 70s." Do joy and contentment come with age? Is there a difference between joy and happiness, delight and pleasure? Is there a difference between contentment and success, satisfaction and serenity? Has your perception of these words changed as you've aged? The discussion will go beyond age 70, but it's a starting point.

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

**Mill City Quarter Club Room**

**322 2<sup>nd</sup> St. S.**

**MCC WOMEN & GUESTS\***

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