

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 NEW YEAR'S DAY 7:30-8:30 am River Walkers	2 9:00-10:00 am Rendezvous on 5 10:00-11:00 am Rendezvous Readers Book Chat 3:00-5:00 pm Social Bridge	3 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 11:30-12:30 pm Men's Dutch Lunch	4	5
	Learn the health consequences of untreated hearing loss.					
6 6:00-7:30 pm Dinner for 5	7 2:00-3:30 pm Hear for the Health of It 4:00-5:00 pm Dutch Treat Social Hour	8 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 1:00-2:30 pm Technology Help Desk	9 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Grp 1 4:00-5:30 pm MCC Board Meeting 7:00-8:30 pm Theft, Cybercrime and Consumer Protections	10 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class	11 9:45 am – 3:00 pm Day Trip: Faribault Woolen Mill Tour	12
		Tips to better protect yourself.			A fascinating look at a 150-year-old woolen mill.	
13	14 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Understanding Terrorism and Counterterrorism	15 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle	16 9:00-10:00 am Rendezvous on 5 1:30-3:30 pm Sourdough Bread Baking with Sunrise Mills 3:00-5:00 pm Social Bridge	17 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 11:30-12:30 pm Men's Dutch Lunch	18	19
A primer on terrorism & efforts to combat it.		Tasty samples will be provided!				
20 5:00-7:00 pm Sunday Soiree	21 MARTIN LUTHER KING DAY 4:00-5:00 pm Dutch Treat Social Hour	22 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 7:00-8:30 pm An Insider's Look at the Playwrights' Center: Taking a Play from Page to Stage	23 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Grp 1 5:30-8:00 pm Provide a Meal at First Covenant Shelter	24 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	25	26
		A behind-the-scenes peek at how a new play is made.	Volunteer opportunity!			
27	28 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Richard Painter on Ethics in Government	29 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	30 9:00-10:00 am Rendezvous on 5 3:00-5:00 pm Social Bridge	31 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 11:30-12:30 pm Men's Dutch Lunch		
Richard Painter returns to MCC.			Join MCC friends at The Loop bar for nibbles and fun!			



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 – JANUARY 2019

Tuesdays & Thursdays, January 1, 3, 8, 10, 15, 17, 22, 24, 29 & 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*

Wednesdays, January 2, 9, 16, 23, & 30; 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 2nd St. S.

MCC MEMBERS & GUESTS

Wednesday, January 2; 10:00 – 11:00 am

Rendezvous Readers' Book Chat

Join us to discuss *Glass Houses* by Louise Penny. When a mysterious figure appears in Three Pines one cold November day, Armand Gamache and the rest of the villagers are at first curious. Then wary. From the moment its shadow falls over the village, Gamache, now Chief Superintendent of the Surete du Quebec, suspects the creature has deep roots and a dark purpose. Yet he does nothing. What can he do? Only watch and wait. And hope his mounting fears are not realized. But when the figure vanishes overnight and a body is discovered, it falls to Gamache to discover if a debt has been paid or levied. Months later, on a steamy July day as the trial for the accused begins in Montreal, Chief Superintendent Gamache continues to struggle with actions he set in motion that bitter November, from which there is no going back. More than the accused is on trial. Gamache's own conscience is standing in judgment.

If you'd like to read ahead, February's book is *Clock Dance* by Anne Tyler. Have a book suggestion for the Book Chat? Email [Marsha Blumenthal](mailto:Marsha.Blumenthal).

Abiitan's Porter Cafe

428 2nd St. S.

MCC MEMBERS & GUESTS

Wednesdays, January 2, 16 & 30; 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.

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

Washburn Lofts

700 S. 2nd St.

MCC MEMBERS & GUESTS*

Thursdays, January 3, 10, 17, 24 & 31; 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 2nd St. S., #100

MCC MEMBERS

Thursdays, January 3, 17 & 31; 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 2nd St. S.

MCC MEN & GUESTS

Sunday, January 6; 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! Join other MCC members for a casual evening of dining in Abiitan's Smith & Porter Restaurant. The meal is dutch treat. Space is limited, so register early!

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

Smith & Porter Restaurant

428 2nd St. S.

MCC MEMBERS

Monday, January 7; 2:00 – 3:30 pm

Hear for the Health of It

Did you know that untreated hearing loss can have other significant health consequences, such as higher risk of dementia, and increased fatigue, tension, stress and depression? Learn about these issues and more from Mary Bauer, the state of Minnesota's deaf and hard of hearing specialist. Mary will describe how to get an accurate diagnosis of hearing loss; explore no- and low-cost apps and devices; and share helpful communication strategies. A demonstration of assistive technology will be available after the presentation.

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

American Academy of Neurology
201 Chicago Ave., Training Room A
MCC MEMBERS

Mondays, January 7, 14, 21 & 28; 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

Tuesdays, January 8, 15, 22 & 29; 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 2nd St. S.
MCC MEMBERS

Tuesday, January 8; 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

Wednesdays, January 9 & 23; 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.

Cobalt Condos
45 University Ave. S.E., 2nd floor Conf. Room
MCC MEMBERS & GUESTS*

Wednesday, January 9; 7:00 – 8:30 pm

Theft, Cybercrime and Consumer Protections

Financial crimes including scams, identity theft and consumer fraud are the most frequently attempted crimes every day in the United States. Technology has made it easier for criminals to access personal information and financial accounts from anywhere in the world—and cover their tracks. Learn how you can better protect yourself and avoid liability for losses. This presentation is based on analysis of undercover FBI recordings of con-artists in action, consumer protection laws and reports from crime victims. Jay Haapala is Associate State Director of Community Engagement with AARP Minnesota and leads the state's Fraud Watch Network, which serves to educate consumers about fraud, scams and identity theft.

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

Winslow House Party Room
100 2nd St. S.E.
MCC MEMBERS

Thursdays, January 10 & 24; 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*

Friday, January 11; 9:45 am – 3:00 pm

Day Trip: Faribault Woolen Mill

Join other MCC members for a day trip to the historic Faribault Woolen Mill in Faribault, MN. Nestled along the Cannon River, the 150-year-old mill is one of the last vertical woolen mills in America. Irreplaceable century-old machinery stands side-by-side with modern technology, where blankets, throws, scarves and accessories are being created. The 1.5-hour tour is accessible but will include a lot of walking. Afterwards, enjoy a dutch-treat lunch at nearby Depot Bar & Grill. Cost for the tour is \$3. Carpools will be organized.

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

Faribault Woolen Mill
1500 2nd Ave. N.W., Faribault
MCC MEMBERS

Monday, January 14; 7:00 - 8:30 pm

Understanding Terrorism and Counterterrorism

Terrorism seems to be everywhere these days. At least that is what we are led to believe in the news. Do we really understand what terrorism is, how it comes into existence, and, perhaps most importantly, how to defeat it? Jon Olson, retired commander and intelligence officer in the U.S. Navy, will provide a primer on terrorism and discuss in depth the efforts to combat terrorism.

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

La Rive Party Room
110 Bank St. S.E.
MCC MEMBERS

Wednesday, January 16; 1:30 - 3:30 pm

Sourdough Breaking Baking with Sunrise Mills

Do you wonder why so many people have trouble digesting products with gluten? Is gluten-free the answer? Perhaps you remember your mother or grandmother having a bowl of dough going on the counter all the time and tasting the wonderful-smelling, fresh bread she made every week. In this session, taste some of those breads again and learn why they didn't make people sick. Marty and Darrold Glanville of Sunrise Flour Mill from the Mill City Farmers Market will teach us about sourdough bread baking using heritage wheat. There will be handouts and tasting as well as an informal presentation on this and other food inaccuracies we've been led to believe. Gustavo Gomez and Cheryl Grasmoen host at The Legacy.

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

The Legacy Community Room, 2nd floor
1240 2nd St. S.
MCC MEMBERS

Sunday, January 20; 5:00 – 7:00 pm

Sunday Soiree

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Bob & Marcy Rinek, Dick & Peg Kavaney and Jan & Linda Willette at Encore. 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.

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

Encore Party Room
212 10th Ave. S.
MCC MEMBERS

Tuesday, January 22; 7:00 – 8:30 pm

An Insider's Look at the Playwrights' Center: Taking a Play from Page to Stage

Have you always wanted to peek behind the scenes at how a new play is made? Luckily, the largest new play development center *in the country* is located just a mile from downtown. Join Producing Artistic Director of the Playwrights' Center, Jeremy Cohen, along with one of the Center's renowned playwrights, Carlyle Brown, for an insider's look at storytelling for the stage. Learn how playwrights are nurtured and mentored at the Center, how they develop their new work, and how new plays you've seen at the Guthrie, Penumbra, Children's Theatre Company, Mixed Blood and The Jungle have gone from the page to the stage. We'll have a lively evening of conversation about the collaborative process in the Performance Hall at the historic A-Mill Artist Lofts on the banks of the Mississippi.

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

A-Mill Artist Lofts

Performance Hall, First Floor

315 Main St. S.E.

MCC MEMBERS

Wednesday, January 23; 5:30 – 8:00 pm

Provide a Meal at First Covenant Shelter

Join MCC friends to prepare and serve a meal at First Covenant Shelter by St. Stephen's. First Covenant feeds its homeless guests every night and relies on groups of volunteers to prepare and serve the guests. While serving the meal, volunteers are encouraged to take shifts and eat and visit with the guests. Member Ellen Breyer is organizing a team of volunteers to prepare a meal earlier in the day in her home and then deliver and serve it at First Covenant. You can participate in one or both activities. Volunteers are also asked to donate \$15 to cover the cost of feeding 55 to 60 people. If you're unable to participate but would like to donate money for groceries, that would be appreciated, too. When you register, please answer the question inquiring whether you'd like to help prep ahead of time, serve at the shelter or both. Additional details will be provided to those who sign up. If you have questions, you may contact [Ellen Breyer](#).

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

First Covenant Church

810 7th St. S.

MCC MEMBERS

Thursday, January 24; 10:00 – 11:30 am

MCC Women Connect

At this month's MCC Women Connect, Marcia Townley will host a discussion inspired by a recent *New York Times* editorial titled, "Beware Rich People Who Say They Want to Change the World." The subtitle, "Society's winners can seem so generous, until you consider what they're really selling," and the subsequent article stimulate thought about what creates real change. Review the article [here](#), if you can, and bring your thoughts for discussion.

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

Stone Arch Lofts

600 2nd St. S., #105

MCC WOMEN & GUESTS*

Monday, January 28; 7:00 – 8:30 pm

Richard Painter on Ethics in Government

Richard Painter, University of Minnesota law professor and a top ethics scholar who worked as George W. Bush's chief ethics lawyer, returns to Mill City Commons to address conflicts of interest in government, as well as the ongoing Mueller investigation of Russian interference with the election, proceedings in the Southern District of New York on campaign finance violations, and the New York attorney general's investigations in the U.S. House of Representatives.

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

DeLaSalle High School

1 DeLaSalle Drive, Room D104

MCC MEMBERS

Tuesday, January 29; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour at The Loop! Hosted by Patty Connelly and Ginny & Will Craig, 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) 340-0010.

The Loop

600 Washington Ave. N.

MCC MEMBERS & GUESTS

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