

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NEW YEAR'S DAY	2
3	4 2:00-2:45 pm SBS 4:00-5:00 pm Dutch Treat Social Hour	5 9:30-10:30 am COVID-19 Updates 6:30-9:30 pm RiverWest Play Reading Make music a key part of your 2021!	6 9:00-10:00 am Rendezvous on 5 10:00-11:00 am Rendezvous Readers Book Chat 2:00-2:45 pm SBS 7:00-8:30 pm Music for a Healthy Life	7 7:30-8:30 am Men's Coffee & Conversation 2:00-3:00 pm Women Connect Chat 7:00-8:30 pm Through These Times Together with Kevin Kling	8	9
10	Learn how mental illness shaped a family and some of Minnesota's laws. 11 2:00-2:45 pm SBS 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Fix What You Can: An Evening with Mindy Greiling	12 9:30-10:30 am Racial Justice Discussion 1:00-2:30pm Tech Help Desk	13 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 2:00-2:45 pm SBS 4:00-5:30 pm MCC Board Meeting 6:30-9:30 pm North Star Play Reading	14 9:30-10:30 am Meditation Circle 11:30-12:30 pm Men's Dutch Lunch 4:00-5:00 pm Living Life in Tandem with Gratitude	15	16
17	18 MLK Day 2:00-2:45 pm SBS 4:00-5:00 pm Dutch Treat Social Hour	19 9:30-10:30 am COVID-19 Updates 7:00 -8:30 pm Tell Me A Story Storytellers: Mary Moos, Susan Plimpton & Ellen Breyer	20 9:00-10:00 am Rendezvous on 5 2:00-2:45 pm SBS 4:00-5:00 pm Current Events: A Conversation with Bill Note new time this month only!	21 7:30-8:30 am Men's Coffee & Conversation 2:00-3:30 am Women Connect 7:00-8:30 pm A New Identity for DeLaSalle	22	23
24	Movie: The Social Dilemma 25 10:00-11:00 am Movie Chat 2:00-2:45 pm SBS 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Changing the City Charter: Q&A with RT Rybak	26 1:30-3:00 pm Program Committee Meeting 7:00-8:30 pm Summit Academy: A Great Place to Start-Or Start Over	27 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 2:00-2:45 pm SBS Explore the school's history and role in workforce development.	28 9:30-10:30 am Meditation Circle 11:30-12:30 pm Men's Dutch Lunch	29	30
31	Former Mayor RT Rybak will share his perspective.					



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

January, 2021

January, 2021

Monday

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.

Monday

4

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

5

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

5

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

Note: Scripts will be mailed to you in advance of the meeting. Jo Holcomb will assign parts and provide the zoom link via email.

Play: Sonia Flew by Melissa Lopez

When Sonia learns of her son's decision to leave college, enlist in the military and fight against terror in Afghanistan in the weeks following 9/11, memories of her own childhood overwhelm her. She struggles to reconcile being forced as a young girl to leave Cuba at the dawn of Fidel Castro's rule with her own responsibilities as a mother facing uncertainty. Sonia must find a way to come to terms with her past, her lost parents, her own children and her adopted country—or risk losing everything that she loves. Set between post-revolutionary Cuba and post-9/11 America, SONIA FLEW telescopes the large cultural and political forces of a historic moment to examine their impact on the intimate lives of ordinary men and women. What do we owe our parents? Can we forgive the past? This poetic and urgent play bridges time and culture in a drama about the cost of forgiveness.

Wednesday

6

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

6

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

am

10:15 AM

Join your friends and neighbors on Zoom to discuss our book of the month. This gathering requires no reservations! This month's book: Neither Wolf Nor Dog by Kent Nerburn.

Wednesday

6

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

6

Zoom / Music for a Healthy Life 7:00-8:30 pm

7:00 PM

Music is powerful. It has the ability to transport us to a specific time and place as well as influence our mood instantly. Music can enhance the function of neural networks, slow the heart rate, lower blood pressure, and reduce levels of stress hormones and inflammatory cytokines. In fact, scientists have found that music stimulates more parts of the brain than any other human function. Join us for an interesting evening as MacPhail Music for Life Teaching Artist Andrea Leap gives us a deeper look at the health benefits that music can provide. We will also learn about opportunities offered through the Music for Life program for adults 55+ at MacPhail Center for Music.

Thursday

7

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

7

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

2:00 PM

This month's topic: Ugh! Not Pizza Again! . Remember the days when take-out was a last resort for an easy meal on a busy day? We bet these restaurants are now in the top ten on your iPhone Favorites list. So let's share our delicious eats, unique finds, and neighborhood gems. We'll record and distribute the recommendations. Please be kind to your fellow connectors by first verifying the days that your favorite spot is open and available for take-out since they're not all operating seven days a week. The helpful information you provide will go into the notes.

Thursday

7

Zoom / Through These Times Together with Kevin

Kling 7:00-8:30 pm

7:00 PM

We can all use a good laugh these days. Join us for an evening of connection, humor and heart. Minnesota treasure, Kevin Kling, will share humorous and heart-touching stories that celebrate belonging, resiliency, connection, and moving forward through these challenging times together.

Monday

11

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

11

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

11

Zoom / Fix What You Can: An Evening with Mindy

Greiling 7:00-8:30 pm
7:00 PM

Mindy Greiling was serving in Minnesota's House of Representatives when her son Jim's first psychotic episode manifested itself in a delusion demanding he kill her. Fix What You Can is Mindy's first book and spans 20 years and covers new ground about raising a child with schizophrenia. Join us as Mindy shares her journey and how her son's illness inspired her to "fix what she could" in state policies to ensure other families wouldn't face the same challenges.

Tuesday

12

Zoom / Member Action/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: Do quick thinking and bias blind us? When we encounter an unfamiliar situation and our discomfort is triggered, can we slow down and consider alternate ways of responding? Dr. Jennifer Eberhardt offers suggestions:

https://www.ted.com/talks/jennifer_l_eberhardt_how_racial_bias_works_and_how_to_disrupt_it?language=en

Our discussion questions will include:

Where does bias originate?

Have you felt the hindrances of bias? What was the impact?

Can you recall a recent time when you jumped to conclusions?

How often do we treat people as members of an unnamed group, rather than as individuals?

Them versus us?

Bonus reference: "Let America Be America Again" a poem by Langston Hughes, read by Professor Willie Jenkins:
<https://www.youtube.com/watch?v=jMi8jTVt3U>

Tuesday

12

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

13

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

13

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

13

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

13

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

4:00 PM

Wednesday

13

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

6:30 PM

Note: Scripts will be mailed to you in advance of the meeting. Jo Holcomb will assign parts and provide the zoom link via email.

Play: *Sonia Flew* by Melissa Lopez
When Sonia learns of her son's decision to leave college, enlist in the military and fight against terror in Afghanistan in the weeks following 9/11, memories of her own childhood overwhelm her. She struggles to reconcile being forced as a young girl to leave Cuba at the dawn of Fidel Castro's rule with her own responsibilities as a mother facing uncertainty. Sonia must find a way to come to terms with her past, her lost parents, her own children and her adopted country—or risk losing everything that she loves. Set between post-revolutionary Cuba and post-9/11 America, *SONIA FLEW* telescopes the large cultural and political forces of a historic moment to examine their impact on the intimate lives of ordinary men and women. What do we owe our parents? Can we forgive the past? This poetic and urgent play bridges time and culture in a drama about the cost of forgiveness.

Thursday

14

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

9:30 AM

Are you new to meditation or have you been practicing for a while? Either way, attending this class is a wonderful act of self-care. Enjoy an hour of guided meditation including body scans, breathing exercises, relaxation techniques and heartfelt discussion/reflection. Give yourself time to press pause on worries and the never ending to-do list and enjoy the company of fellow MCC members who are seeking a more mindful and relaxed state of being. This course has been surprisingly impactful, even on zoom!

Thursday

14

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

14

Zoom / Living Life in Tandem with Gratitude 4:00-

5:00 pm

4:00 PM

Kim Kane joins us to examine how living a life through the lens of gratitude allows us to be our best selves, even in the times we feel challenged. This uplifting and encouraging program is filled with humor, stories and positive takeaways; such as tips and strategies for living a grateful lifestyle, even in times when we may not feel as grateful as we would like (hello pandemic!). Highlights include a re-cap of 2020, the effects it had on many of us, and ways we can continue to move positively forward. Leave the program filled with encouragement and a sense of optimism.

About Kim

Kim Kane has been in the educational field for the past 32 years; most recently as dean of students within a large, suburban high school. Kim is also a 35-year national trainer/presenter on a variety of topics including; education, chemical dependency, stress reduction, mindfulness practices, and most recently on women, aging and living in gratitude. She has entertained and informed many all around the country.

Monday

18

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

18

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

19

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

19

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 - Mary Moos, Susan Plimpton and Ellen Breyer - share 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.

Wednesday

20

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

20

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

20

Zoom / Current Events: A Conversation with Bill

NEW TIME! 4:00-5:00 pm

4:00 PM

Please note: Due to conflicting timing of the Inauguration, we have changed the time for this program to a start time of 4pm. 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.

Thursday

21

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

21

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. This month: Member Lou Burdick will lead an exercise in self-definition using only five words. Would your five words now be the same as your five words in other times of your life?

Thursday
21

Zoom / A New Identity for DeLaSalle 7:00-8:30 pm

7:00 PM

Rebranding an organization can be tricky and involves way more than just a fancy new logo and hoping for the best. Have you ever wondered what goes into a rebrand process? Renowned Minneapolis designer Joe Duffy (Duffy Design Group), gives us a case-study look at why and how DeLaSalle chose to rebrand. Joe will share the thoughtful process he underwent, the historical research he did, and the people he engaged along the way to help revitalize the 120 year-old school's identity.

Monday
25

Zoom / Movie Chat 11:00am-12:00pm

11:00 AM

Just how much have smart phones and social networks impacted our lives? Is it all bad? Join us as we discuss The Social Dilemma. This movie is available to watch on Netflix.

Monday
25

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
25

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
25

Zoom / Changing the City Charter: Q&A with RT

Rybak 7:00-8:30 pm

7:00 PM

The Minneapolis City Charter is the basis for the structure of our city government and has garnered much attention in recent weeks and months. Join us as former Minneapolis Mayor, RT Rybak, shares his perspective on whether and how the charter should be changed to make city government more effective for the future.

Tuesday
26

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

1:30 PM

Tuesday

26

Zoom / Summit Academy: A Great Place to Start—Or Start Over 7:00-8:30 pm

7:00 PM

Summit Academy's mission is to assist individuals in developing their ability to earn and to become contributing citizens in their community. Their fundamental belief is the best social service program in the world is a job. Join us as President & CEO Louis J. King II shares Summit's vision and the many success stories and contributions it has made to the North Minneapolis Community. You can visit their website here: <https://www.saoic.org/>

Wednesday

27

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

27

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

27

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

28

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

9:30 AM

Are you new to meditation or have you been practicing for a while? Either way, attending this class is a wonderful act of self-care. Enjoy an hour of guided meditation including body scans, breathing exercises, relaxation techniques and heartfelt discussion/reflection. Give yourself time to press pause on worries and the never ending to-do list and enjoy the company of fellow MCC members who are seeking a more mindful and relaxed state of being. This course has been surprisingly impactful, even on zoom!

Thursday

28

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!
