

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Foodie Alert! Sample unique olive oils & vinegars.</p>			<p>1 7:30-8:30 am River Walkers</p> <p>7:30-8:30 am Men's Coffee & Conversation</p> <p>2:00-3:00 pm SBS Class</p> <p>3:30-5:00 pm Our Turn</p>	<p>2 8:00-9:15 am Hatha Yoga</p>	<p>3</p>
<p>4</p>	<p>5 10:30-11:30 am Artisan Olive Oil & Vinegar Tasting</p> <p>4:00-5:00 pm Dutch Treat Social Hour</p>	<p>6 7:30-8:30 am River Walkers</p> <p>1:00-2:30 pm Technology Workshop: Technology Tools for Travelers</p>	<p>7 8:00-9:15 am Hatha Yoga</p> <p>9:30-10:30 am Rendezvous Readers Book Chat</p> <p>2:00-3:00 pm U of M Bee Lab Tour</p> <p>3:00-5:00 pm Social Bridge</p>	<p>8 7:30-8:30 am River Walkers</p> <p>11:30-12:30 pm Men's Dutch Lunch</p> <p>2:00-3:00 pm SBS Class</p>	<p>9 8:00-9:15 am Hatha Yoga</p>	<p>10</p>
<p>11 5:00-7:00 pm Sunday Soiree</p> <p>Mix & mingle on the Stone Arch rooftop!</p>	<p>12 4:00-5:00 pm Dutch Treat Social Hour</p> <p>7:00-8:30 pm Great Decisions: Prospects for Afghanistan & Pakistan</p>	<p>13 7:30-8:30 am River Walkers</p> <p>10:00-11:30 am "Textile Center Artists on Tuesday" Tour</p> <p>Member Scotty Gillette leads this fun tour!</p>	<p>14 8:00-9:15 am Hatha Yoga</p> <p>9:00-10:00 am Rendezvous on 5</p> <p>10:30 am-12:00 pm Caregiver Support Group</p>	<p>15 7:30-8:30 am River Walkers</p> <p>7:30-8:30 am Men's C & C</p> <p>10:00-11:30 am Our Turn</p> <p>2:00-3:00 pm SBS Class</p> <p>7:00-9:00 pm Health Care in America: Views from 5 MCC Doctors</p>	<p>16 8:00-9:15 am Hatha Yoga</p>	<p>17</p>
<p>18 FATHER'S DAY</p> <p>Hear the exciting adventure of 5 young men on foot for 50 days in the wild.</p>	<p>19 4:00-5:00 pm Dutch Treat Social Hour</p> <p>7:00-8:30 pm A Close-up Tour of ANWR</p> <p>A new traveling photo exhibit.</p>	<p>20 7:30-8:30 am River Walkers</p> <p>10:00-11:00 am Exploring Meditation</p> <p>11:30 am-12:30 pm Exhibit: The Life of a Swiss Guard</p>	<p>21 8:00-9:15 am Hatha Yoga</p> <p>9:00-10:00 am Rendezvous on 5</p> <p>3:00-5:00 pm Social Bridge</p> <p>7:00-8:30 pm Alzheimer's: The Basics and Beyond</p>	<p>22 7:30-8:30 am River Walkers</p> <p>11:30-12:30 pm Men's Dutch Lunch</p> <p>2:00-3:00 pm SBS Class</p> <p>Important facts about this debilitating disease.</p>	<p>23 8:00-9:15 am Hatha Yoga</p>	<p>24</p>
<p>25</p> <p>Tour the new HQ for organ donation.</p>	<p>26 10:30 am-12:00 pm LifeSource Tour</p> <p>4:00-5:00 pm Dutch Treat Social Hour</p>	<p>27 7:30-8:30 am River Walkers</p> <p>1:30-3:00 pm Program Committee Meeting</p> <p>5:00-6:00 pm Last Tuesday Happy Hour</p>	<p>28 8:00-9:15 am Hatha Yoga</p> <p>9:00-10:00 am Rendezvous on 5</p> <p>10:30 am-12:00 pm Caregiver Support Group</p>	<p>29 7:30-8:30 am River Walkers</p> <p>7:30-8:30 am Men's Coffee & Conversation</p> <p>2:00-3:00 pm SBS Class</p>	<p>30 8:00-9:15 am Hatha Yoga</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

MILL CITY COMMONS DETAILED CALENDAR – JUNE 2017

Tuesdays & Thursdays, June 1, 6, 8, 13, 15, 20, 22, 27 & 29; 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*

Thursdays, June 1, 15 & 29; 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*

Thursdays, June 1, 8, 15, 22 & 29; 2:00 – 3:00 pm

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

Thursday, June 1; 3:30 – 5:00 pm

Thursday, June 15; 10:00 - 11:30 am

Our Turn: A Conversation for Women

MCC women, you are invited to attend Our Turn: A Conversation for Women. This group meets every other Thursday, alternating between morning and afternoon times. Locations, hosts and topics change each time.

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

MCC WOMEN & GUESTS*

Wednesdays & Fridays, June 2, 7, 9, 14, 16, 21, 23, 28 & 30; 8:00 – 9:15 am

Hatha Yoga

Created especially for Mill City Commons, this weekly Hatha class is an alignment-based class generally involving holding poses for slightly longer. This gives students time and confidence to learn to breathe easily and work into poses safely and to the best of their ability. The classes welcome students of all levels, with modifications given as needed. **Cost:** Flexible 12-class pass: \$132 (paid directly to Yoga Center of Minneapolis). Drop-ins: \$12.50/class (no registration required). Call the Yoga Center at (612) 436-4700 for more information.

Yoga Center of Minneapolis

212 3rd Ave. N., Suite 205

MCC MEMBERS

Monday, June 5; 10:30 am – 11:30 am

A Perfect Pair: Oil and Vinegar

Talk about a classic pairing: Olive oil and vinegar have teamed up for countless salads and marinades through the ages, but they can also hold their own. Learn about a variety of oils and vinegars from around the globe, sample the distinct flavors and understand how to enhance a recipe using these ingredients.

Each attendee will also receive a 15% discount to Cooks of Crocus Hill for that day. (Coupon is good for regular priced, in-stock merchandise. Excludes cooking classes, private events, gift cards, electrics and sale items.)

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

Cooks of Crocus Hill

208 1st St. N.

MCC MEMBERS

Mondays, June 5, 12, 19 & 26; 4:00 - 5:00 pm

Dutch Treat Social Hour at the Aster Café

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 the Aster Café. Take this opportunity to meet new members and reconnect with some you haven't seen lately. Dutch treat--no reservations required.

Aster Café

125 Main St. S.E.

MCC MEMBERS & GUESTS

Tuesday, June 6; 1:00 - 2:30 pm

Technology Workshop: Technology Tools for Travelers

Join us for the last in a three-part series focusing on useful apps, accessories and tips for traveling with your iPhone or iPad. The series will cover tools that can help you stay in touch, save money, navigate your way in a new place and discover interesting sites. This third class will cover information on convenient and fun techy travel accessories, tips for traveling securely and pointers on best ways to share travel photos. The workshop is limited to 12 attendees, and it will cover iPhones only, not Android devices. You do not need to participate in all three workshops to attend. Please make sure your device is fully charged, as electrical will not be available in the room.

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

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

Wednesday, June 7; 9:30 – 10:30 am

Rendezvous Readers' Book Chat

Join us to discuss *Our Souls at Night* by Kent Haruf. In the familiar setting of Holt, Colorado, home to all of Kent Haruf's inimitable fiction, Addie Moore pays an unexpected visit to a neighbor, Louis Waters. Her husband died years ago, as did his wife, and in such a small town they naturally have known of each other for decades; in fact, Addie was quite fond of Louis's wife. His daughter lives hours away, her son even farther, and Addie and Louis have long been living alone in empty houses, the nights so terribly lonely, especially with no one to talk with. But maybe that could change? As Addie and Louis come to know each other better--their pleasures and their difficulties--a beautiful story of second chances unfolds, making *Our Souls at Night* the perfect final installment to this beloved writer's enduring contribution to American literature.

If you'd like to read ahead, July's book is *A Gentleman in Moscow* by Amor Towles. Have a book suggestion for the Book Chat? Email Barbara Goldner.

Abiitan's Porter Cafe

428 2nd St.S.

MCC MEMBERS & GUESTS

Wednesday, June 7; 2:00 - 3:00 pm

University of Minnesota Bee Lab Tour

The University of Minnesota Bee Lab moved into the new Bee and Pollinator Research Lab on the St. Paul campus last fall. This state of the art building is home to the honey bee and native bee labs of Maria Spivak, Ph.D, and Dan Cariveau, Ph.D. It also houses the Bee Squad, the Extension and education arm of the Bee Lab. Join us for a tour of the facility and the pollinator gardens. If you'd like to carpool, meet in the Stone Arch parking lot no later than 1:30 pm.

Optional: Visit the U of M's Dairy and Meat Salesroom, where dairy products made in the pilot plant of the Dept. of Food Science and Nutrition, as well as meat products from the meat lab, are sold. The salesroom is open from 2:00-5:00 p.m. on Wednesdays; cash or credit cards only. The salesroom is located in Room 166 ABLMS, 1234 Eckles Ave. Find more information here. <https://fscn.cfans.umn.edu/research-services/dairy-salesroom>

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

University of Minnesota Bee Lab
1634 Gortner Ave.
MCC MEMBERS

Wednesdays, June 7 & 21; 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, June 8 & 22; 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, June 11; 5:00 - 7:00 pm

Sunday Soiree

Join your friends and neighbors for the MCC Sunday Soiree, hosted by Dave & Peggy Lucas and Marcia Townley. Our hosts will provide Kramarczuk brats and all the fixings. Please contribute to the potluck by bringing a salad, wine, beer or a dessert. As you register, let us know what you'll bring by answering the "Question" that will appear on the screen.

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

Stone Arch Lofts Rooftop (Buzz Dave or Peggy Lucas or Marcia Townley)

600 2nd St. S.

MCC MEMBERS

Monday, June 12; 7:00 – 8:30 pm

Great Decisions: Prospects for Afghanistan and Pakistan

Major internal conflict has plagued Afghanistan for four decades. The U.S., for its part, has conducted military operations in the country nearly continuously since 9/11. Today, war with the Taliban persists, and tensions between the U.S. and Pakistan have gradually deteriorated. As his time in office drew to a close, President Obama limited further withdrawal of U.S. troops from Afghanistan. The new administration has a choice: Will it maintain the status quo, completely reverse the Obama administration drawdown or withdraw completely? Does the U.S. face a no-win situation in Afghanistan and Pakistan? MCC member and speaker Bill Davnie served in the Foreign Service of the Department of State for 27 years, principally in Southeast Asia and the former Soviet Union, as well as Iraq. Bill and his wife Charlotte continue to travel internationally, and Bill writes and speaks on foreign policy issues in the Twin Cities area.

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 the MCC office at info@millcitycommons.org.*

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

Carlyle Community Room

100 3rd Ave. S.

MCC MEMBERS (who have signed up for Great Decisions 2017)

Tuesday, June 13; 10:00 – 11:00 am

“Textile Artists on Tuesday” Tour

Join MCC member Scotty Gillette as she leads us on a personalized tour of “Textile Artists on Tuesday” at the Textile Center. Scotty and 12 other textile artists have been meeting on Tuesday mornings at the Center since 2014 to make their art. This exhibit features their diverse, inspiring and creative work. The Center is across the street from the Metro Green Line's Prospect Park station.

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

Textile Center

3000 University Ave. S.E.

MCC MEMBERS & GUESTS*

Wednesdays, June 14, 21 & 28; 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

Wednesdays, June 14 & 28; 10:30 am - noon

Caregiver Support Group

Members of Mill City Commons have created a Caregiver Support Group. This guided discussion group with professional facilitation was created to support MCC members and nonmembers who are or have been in a caregiving role. Caregiver 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 August.

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 (buzz Tamra Nelson at the security phone)

MCC MEMBERS & GUESTS*

Thursday, June 15; 7:00 - 8:30 pm

Health Care in America: Views from 5 MCC Doctors

The subject of health care in America has been in the news for decades, and lately we've seen or heard something about it every day. It has consumed countless hours of time for members of Congress, state legislators, insurance companies, physicians and any citizen who has been sick or injured. MCC Drs. Walt Bailey, Rebecca Bahn, Michael Brennan, Tom Pettus and David Plimpton will share some of their professional experiences with the American health care system and their concerns for the future.

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

DeLaSalle High School

1 DeLaSalle Drive, Room D104

MCC MEMBERS

Monday, June 19; 7:00 – 8:30 pm

A Close-up Tour of ANWR

In the Arctic National Wildlife Refuge, there are no roads, no trails, no landing strips and no people living there. Join us for a close-up tour of this region when speaker Ian Foote tells us about his experience with a team of five young men who ventured on foot hundreds of miles into the Arctic Brook Mountain Range. For 50 days, they had no contact with the outside world, with only a satellite phone in case of an emergency rescue. Hauling 90-pound backpacks, they encountered 24-hour daylight, blizzards and hypothermia. Ian will share how this expedition led him toward a future career in forestry and environmental science as he heads to college this fall.

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

Winslow House

100 2nd St. S.E.

MCC MEMBERS

Tuesdays, June 20 & 27; 10:00 – 11:00 am

Exploring Meditation

Mill City Commons members are launching a six-week summer meditation series that will offer the opportunity to explore a regular meditation practice. The meditation will be a peaceful guided experience that is intended to increase a feeling of calm, reduce stress and clear the clutter in your mind. Members Joan Patterson and Linda Dolan are facilitating the summer series, which will meet on consecutive Tuesdays from 10:00 to 11:00 am through August 1 (skipping July 4). Please sign up for the June 20 session if you'd like to participate in the series; registration will close after the first session.

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

Home of Joan Patterson

618 3rd Ave. S.E.

MCC MEMBERS

Tuesday, June 20; 11:30 am – 12:30 pm

Exhibit: The Life of a Swiss Guard

Join MCC friends on a tour of a new traveling art exhibit at the Basilica of St. Mary, "The Life of a Swiss Guard: A Private View." This exhibit features 86 photographs by Fabio Mantegna as well as uniforms and paraphernalia from the pontifical Swiss Guards, and

was curated by Dr. Romina Cometti, restorations project manager for the Vatican Museums. There is no fee, but a \$1 or \$2 donation would be appreciated. If you'd like to carpool, meet in the North Star Lofts parking lot by 11:00 am.

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

Basilica of St. Mary

88 17th St. N.

MCC MEMBERS

Wednesday, June 21; 7:00 – 8:30 pm

Alzheimer's: The Basics and Beyond

Every 66 seconds, someone in the United States develops Alzheimer's disease. It may be time to arm yourself with information. Attend this session to learn about the 10 warning signs of Alzheimer's disease vs. normal aging, common myths associated with Alzheimer's, current facts and figures about the disease, the importance of early detection, and resources of the Alzheimer's Association for people with dementia and their care partners.

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

Winslow House

100 2nd St. S.E.

MCC MEMBERS

Monday, June 26; 10:30 am – 12:00 pm

LifeSource Tour

Join us on a tour of the new headquarters for LifeSource, a nonprofit dedicated to saving lives through organ, eye and tissue donation in the Upper Midwest. Located on the banks of the Mississippi River, the new headquarters is the result of a collaborative vision to improve LifeSource's service to donor families and its partners while providing a community gathering place to honor those touched by donation. Highlights include the LifeSource Healing Garden, collaborative works spaces, meeting rooms open to the public and a state of the art tissue recovery suite.

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

LifeSource

2225 W. River Rd. N.

MCC MEMBERS

Tuesday, June 27; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour on the patio at Elsie's Restaurant and Bar. Hosted by Patty Connelly and Diane & Tony Hofstede, this gathering is a time to catch up with friends and neighbors over drinks and small bites. Dutch treat--no reservations required! If you wish to stay for dinner, reservations may be made by calling (612) 378-9701.

Elsie's Restaurant and Bar

729 Marshall St. N.E.

MCC MEMBERS & GUESTS

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