

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 <div style="border: 1px solid red; padding: 5px; width: fit-content;">Mac prof Duchess Harris returns to MCC.</div>	4 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm The Silence Breakers and the Me Too Movement	5 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 7:00-8:30 pm MCC Evening Book Club ↓ <div style="border: 1px solid red; padding: 2px;">*NEW* book club!</div>	6 9:00-10:00 am Rendezvous on 5 10:00-11:00 am Rendezvous Readers Book Chat 1:00-2:30 pm Tech Workshop: Did You Know Your iPhone Could Do This?	7 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class → <div style="border: 1px solid red; padding: 2px;">Explore hidden features on your phone.</div>	8	9
10 DAYLIGHT SAVINGS TIME BEGINS 6:00-7:30 pm Dinner for 5 <div style="border: 1px solid red; padding: 5px; width: fit-content;">Find out why corporations thrive in the Twin Cities.</div>	11 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Driven to Discover: Headquarters Economy - Why the Twin Cities Are a Leader	12 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle 11:00 am-12:00 pm "The Body in Soviet Art" at Museum of Russian Art ↓ <div style="border: 1px solid red; padding: 2px;">Must-see new exhibit.</div>	13 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 1 3:00-5:00 pm Social Bridge 4:00-5:30 pm MCC Board Meeting	14 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 11:30-12:30 pm Men's Dutch Lunch 3:00-4:30 pm Protecting Minnesota's Seniors from Abuse and Neglect	15	16
17 5:00-7:00 pm Sunday Soiree ↓ <div style="border: 1px solid red; padding: 5px; width: fit-content;">La Rive members host!</div>	18 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: The State of the State Department and Diplomacy	19 7:30-8:30 am River Walkers 9:30-10:30 am Meditation Circle → <div style="border: 1px solid red; padding: 5px; width: fit-content;">Hear from former diplomat Tom Hanson.</div>	20 9:00-10:00 am Rendezvous on 5	21 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class 1:00-2:30 pm Star Tribune Printing Plant Tour	22	23
24	25 4:00-5:00 pm Dutch Treat Social Hour	26 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 Last Tuesday Happy Hour	27 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregivers' Support Group 1 3:00-5:00 pm Social Bridge 6:30-9:30 pm Guthrie Play Reading North Star	28 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 10:00-11:30 am MCC Women Connect 11:30-12:30 pm Men's Dutch Lunch 7:00-8:30 pm "When Republicans Were Progressive" with Dave Durenberger & Lori Sturdevant	29	30
31 <div style="border: 1px solid red; padding: 5px; width: fit-content;">Ginger & Walt Bailey host at the Nicollet Island Inn.</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 – MARCH 2019

Mondays, March 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

Monday, March 4; 7:00 – 8:30 pm

The Silence Breakers and the Me Too Movement

Macalester College professor Dr. Duchess Harris, author of *Hidden Human Computers: The Black Women of NASA*, will speak on her newest book, *The Silence Breakers and the #MeToo Movement*. The book, written for high school students, explores the movement promoting awareness of sexual abuse, harassment and assault in the U. S. Through this movement, silence breakers have spoken out and held abusers accountable for their actions. Harris promises the talk will be uplifting and help us understand how young people can think about trauma and vulnerability.

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

Winslow House

100 2nd St. S.E.

MCC MEMBERS

Tuesdays & Thursdays, March 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*

Tuesdays, March 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 2nd St. S.

MCC MEMBERS

Tuesday, March 5; 7:00 – 8:30 pm

MCC Evening Book Club

Join us to discuss *TransAtlantic* by Colum McCann. *Newfoundland, 1919*. Two aviators—Jack Alcock and Arthur Brown—set course for Ireland as they attempt the first nonstop flight across the Atlantic Ocean, placing their trust in a modified bomber to heal the wounds of the Great War. *Dublin, 1845 and '46*. On an international lecture tour in support of his subversive autobiography, Frederick Douglass finds the Irish people sympathetic to the abolitionist cause—despite the fact that, as famine ravages the countryside, the poor suffer from hardships that are astonishing even to an American slave. *New York, 1998*. Leaving behind a young wife and newborn child, Senator George Mitchell departs for Belfast, where it has fallen to him, the son of an Irish-American father and a Lebanese mother, to shepherd Northern Ireland's notoriously bitter and volatile peace talks to an uncertain conclusion. These three iconic crossings are connected by a series of remarkable women whose personal stories are caught up in the swells of history. Beginning with Irish housemaid Lily Duggan, who crosses paths with Frederick Douglass, the novel follows her daughter and granddaughter, Emily and Lottie, and culminates in the present-day story of Hannah Carson, in whom all the hopes and failures of previous generations live on. From the loughs of Ireland to the flatlands of Missouri and the windswept coast of Newfoundland, their journeys mirror the progress and shape of history. They each learn that even the most unassuming moments of grace have a way of rippling through time, space, and memory.

The MCC Evening Book Club meets on the first Tuesday of the month. Upcoming gatherings are on June 4, September 3 and December 3.

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

RiverWest Social Room

401 1st S. S.

MCC MEMBERS & GUESTS*

Wednesdays, March 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 2nd St. S.

MCC MEMBERS & GUESTS

Wednesday, March 6; 10:00 – 11:00 am

Rendezvous Readers' Book Chat

Join us to discuss *Dear Mrs. Bird* by AJ Pearce. Emmeline Lake and her best friend Bunty are doing their bit for the war effort and trying to stay cheerful, despite the German planes making their nightly raids. Emmy dreams of becoming a Lady War Correspondent, and when she spots a job advertisement in the newspaper, she seizes her chance. But after a rather unfortunate misunderstanding, she finds herself typing letters for the formidable Henrietta Bird, renowned advice columnist of *Woman's Friend* magazine. Mrs. Bird is very clear: letters containing any Unpleasantness must go straight into the bin. But as Emmy reads the desperate pleas from women, many of whom have Gone Too Far with the wrong man, or can't bear to let their children be evacuated, she begins to secretly write back to the readers who have poured out their troubles.

April's book is *Clock Dance* by Anne Tyler (originally scheduled for February Book Chat, which was cancelled due to weather). 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

Wednesday, March 6; 1:00 - 2:30 pm

Technology Workshop: Did You Know Your iPhone Could Do This?

Explore hidden features of your iPhone in this workshop, where you'll learn tips and tricks that will expand your use of your iPhone. We'll cover safety features such as advanced emergency calls; health features such as the built-in steps tracker; practical features like faxing, scanning, and using your phone as a magnifying glass, and many more. It's recommended that you have an iPhone 6S or newer and an operating system of iOS 12, as some of these features are specific to newer phones and operating systems. Time will be reserved at the end for asking questions and sharing your personal favorite tricks and tips. This class will not cover basic how-to's and functionality.

NOTE: If you update your phone, there may be changes to how your phone looks--you can't go back. If you're unsure, please consult Tech Tutor, the Apple Store, or a friend. Before upgrading, complete a backup (Settings app, tap your name, tap iCloud, tap iCloud Backup, and tap Back Up Now while connected to wifi).

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

American Academy of Neurology, Training Room B

201 Chicago Ave.

MCC MEMBERS

Thursdays, March 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*

Thursdays, March 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 2nd St. S., #100
MCC MEMBERS

Sunday, March 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 Smith & Porter. 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, March 11; 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.
Minnesota Tech Center
1100 Washington Ave. S.
MCC MEMBERS

Tuesday, March 12; 11:00 am – 12:00 pm

“The Body in Soviet Art” at the Museum of Russian Art

Join us for a tour of “The Body in Soviet Art.” This exhibition examines the depictions of the human form in Soviet art, featuring more than 50 works created from the 1950s to 1970s. Representations of the human body have varied over time and across cultures; Soviet art placed a unique emphasis on the working body as part of a Soviet collective. Docent Ruth Ann Benson will be our guide. You're welcome to invite guests! Admission is free for TMORA members, \$8 for seniors (65+) and \$10 for adults.

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

The Museum of Russian Art

5500 Stevens Ave. S.

MCC MEMBERS & GUESTS*

Wednesdays, March 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.

Cobalt Condos

45 University Ave. S.E., 2nd floor Conf. Room

MCC MEMBERS & GUESTS*

Wednesdays, March 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.

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

Washburn Lofts

700 S. 2nd St.

MCC MEMBERS & GUESTS*

Thursdays, March 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 2nd St. S.
MCC MEN & GUESTS

Thursday, March 14; 3:00 – 4:30 pm

Protecting Minnesota's Seniors from Abuse and Neglect

For the last two years, AARP Minnesota has been at the State Capitol asking lawmakers for stronger protections for Minnesotans in long-term care residential facilities. Lawmakers have pledged to work in a bipartisan way to pass legislation this year that establishes new license requirements for assisted living residences and strengthens the rights of older Minnesotans to protect them against retaliation when they or their family members speak out about poor quality care. Come learn more about how a broken regulatory system has allowed abuse and neglect in long-term care facilities to persist and how Minnesota can better protect older and vulnerable adults. Speaker Erin Parrish is Associate State Director for Advocacy and Outreach for AARP Minnesota.

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

Mill City Quarter Club Room
322 2nd St. S.
MCC MEMBERS & GUESTS*

Sunday, March 17; 5:00 – 7:00 pm

Sunday Soiree

Join your friends and neighbors for the Sunday Soiree, hosted by La Rive members John & Sonia Cairns, David & Sheryl Evelo, Barbara McBurney and Mary Moos. 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.

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

Monday, March 18; 7:00 – 8:30 pm

Great Decisions: The State of the State Department and Diplomacy

During the Trump administration, the usual ways of conducting diplomacy have been upended. Many positions in the State Department have never been filled, and meetings with foreign leaders such as Kim Jong-un and Vladimir Putin have been undertaken with little advance planning. What effect are these changes having now, and how will they affect ongoing relationships between the United States and its allies and adversaries? Speaker Tom Hanson is a foreign policy consultant and former career U.S. Foreign Service Officer. Currently, he serves as program secretary of the St. Paul-Minneapolis Committee on Foreign Relations, advisor to Global Minnesota's Great Decisions program, and Diplomat in Residence at the University of Minnesota –Duluth.

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.

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)

Thursday, March 21; 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.1st St.

MCC MEMBERS

Tuesday, March 26; 5:00 – 6:00 pm

Last Tuesday Happy Hour

Join us for Last Tuesday Happy Hour at Nicollet Island Inn! Hosted by Ginger & Walt Bailey, 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) 331-1800.

Nicollet Island Inn

95 Merriam St.

MCC MEMBERS & GUESTS

Wednesday, March 27; 6:30 - 9:30 pm

Guthrie Play Reading – North Star Group

Enjoy this month's play reading of "Cyrano de Bergerac." Cyrano de Bergerac is the full package: he's a poet, playwright and consummate swordsman. The only thing standing in the way of declaring his love for Roxane is his grotesquely large nose. When Roxane confides that she's fallen for a handsome young cadet named Christian, Cyrano takes him under his wing, adds brains to his beauty, and through Christian expresses his own feelings to Roxane without her suspecting a thing. With wit, wordplay and rousing passion, "Cyrano de Bergerac" is a heroic comedy for the ages. 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.*

North Star Lofts

117 Portland Ave., #602

MCC MEMBERS

Thursday, March 28; 10:00 – 11:30 am

MCC Women Connect

At this month's MCC Women Connect, members Marilyn Broussard, Sonia Cairns, Pat Hoven and Suzanne Joyce will lead a discussion on "White Privilege."

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, from 10:00-11:30 a.m., on the fourth Thursday.

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

Location to be announced

MCC WOMEN & GUESTS*

Thursday, March 28; 7:00 – 8:30 pm

"When Republicans Were Progressive" with Dave Durenberger and Lori Sturdevant

The Republican Party has dominated Minnesota's politics for much of the state's history. Today's party, though, is very different from the progressive Republican Party that came to power with Harold Stassen in 1938, had its heyday in the middle of the 20th century, and faded into near-obscurity by the 1990s. Issues that are anathema to today's GOP-- environmental protection, assistance for vulnerable citizens, and economic opportunity for low-wage workers and the middle class--were at the heart of the party's agenda. Senator Dave Durenberger grew up in and helped build that party. In his latest book, with coauthor Lori Sturdevant of the *Star Tribune*, he explains how Minnesota's progressive Republicans earned voters' trust and delivered on their promises--and how progressive ideas fell out of favor when an increasingly anti-government, anti-tax national party shifted Minnesota Republican thinking to the right. Durenberger argues that the principles and practices of progressive Republicanism are a fitting remedy for what ails American democracy today.

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

DeLaSalle High School

1 DeLaSalle Drive, Room D104

MCC MEMBERS

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