

# October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 	<b>2</b> 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm The U.S. & Northeast Asia: What Next? ▼ Hear a <b>career diplomat's</b> perspective.	<b>3</b> 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 5:00-6:00 pm Men's After Hours Connect 6:30-9:30 pm Guthrie Play Reading RiverWest	<b>4</b> 8:00-9:15 am Hatha Yoga 9:30-10:30 am Rendezvous Readers Book Chat 1:30-3:00 pm Simple Preserves for the Urban Dweller →	<b>5</b> 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class Fun foodie class with samples!	<b>6</b> 8:00-9:15 am Hatha Yoga	<b>7</b>
<b>8</b> 12:00-2:00 pm Sunday Soiree	<b>9</b> 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Driven to Discover: Pathways to Resilience & Wellbeing as We Age ↙	<b>10</b> 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 1:00-2:30 pm Technology Workshop: Traveling with Technology	<b>11</b> 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregiver Support Group 3:00-5:00 pm Social Bridge	<b>12</b> 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 10:00-11:30 am Our Turn 11:30-12:30 pm Men's Dutch Lu	<b>13</b> 8:00-9:15 am Hatha Yoga 10:30 am-12:00 pm Nosy Neighbor Tour: Minneapolis Central Library ▼ Learn about the <b>21<sup>st</sup> century</b> library.	<b>14</b>
<b>15</b> Mary Jo Kreitzer of <b>Center for Spirituality &amp; Healing</b> will speak.	<b>16</b> 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Great Decisions: Latin America's Political Pendulum	<b>17</b> 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 7:00-8:30 pm Finding Common Ground: A Panel Discussion on Public Safety & Racial Justice →	<b>18</b> 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 Top-notch panel will address racial justice and public safety.	<b>19</b> 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee & Conversation 9:15-10:00 am SBS Class	<b>20</b> 8:00-9:15 am Hatha Yoga 10:30 am-12:00 pm Orchid Geography ↘ An <b>orchid-grower</b> shares her knowledge—and shows you her orchids!	<b>21</b>
<b>22</b> We'll discuss <b>all things apples</b> --and taste some gems!	<b>23</b> 4:00-5:00 pm Dutch Treat Social Hour 7:00-8:30 pm Driven to Discover: Growing Apples in Minnesota ↙	<b>24</b> 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 5:00-6:00 pm Tuesday Happy Hour ↘ Join us at the <b>Bad Waitress!</b>	<b>25</b> 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 10:30 am-12:00 pm Caregiver Support Group 3:00-5:00 pm Social Bridge	<b>26</b> 7:30-8:30 am River Walkers 9:15-10:00 am SBS Class 11:30-12:30 pm Men's Dutch Lunch 3:30-5:00 pm Our Turn 7:00-8:30 pm Mapping Prejudice ▼ Learn about the <b>hidden history of race</b> in Minneapolis.	<b>27</b> 8:00-9:15 am Hatha Yoga	<b>28</b>
<b>29</b> A <b>new benefit</b> for members!	<b>30</b> 4:00-5:00 pm Dutch Treat Social Hour 1:30-3:00 pm An Introduction to BrainHQ ↙	<b>31 HALLOWEEN</b> 7:30-8:30 am River Walkers 9:30-10:30 am Exploring Meditation 1:30-3:00 pm Program Committee Meeting				



**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](http://www.millcitycommons.org)  
 (612) 455-3329  
[Info@millcitycommons.org](mailto:Info@millcitycommons.org)

## MILL CITY COMMONS DETAILED CALENDAR – OCTOBER 2017

**Mondays, October 2, 9, 16, 23 & 30; 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**

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**Monday, October 2; 7:00 – 8:30 pm**

### **The U.S. & Northeast Asia: What Next?**

Under the Trump administration, the U.S. appears to have turned against the multilateral institutions, alliances, partnerships and policies that for 75 years have shaped the U.S. approach to Asia and the Pacific. The Obama administration's "Pivot to Asia" has been abandoned. Meanwhile, China is more assertive, North Korea moves closer to the acquisition of nuclear weapons, and Putin's Russia seeks to reassert itself. Japan, long the linchpin of U.S. security in East Asia, feels increasingly threatened by these developments. In the context of this uncertain and evolving international environment, we will consider challenges to U.S. policy, with primary emphasis on Japan and North Korea. Speaker and career diplomat Lawrence Farrar was posted to Japan five times. During his final Japan tour, he served as Minister of Political Affairs for Ambassador Walter Mondale.

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

**Washburn Common Room**

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

**MCC MEMBERS**

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**Tuesdays & Thursdays, October 3, 5, 10, 12, 17, 19, 24, 26 & 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\***

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**Tuesdays, October 3, 10, 17, 24 & 31; 9:30 – 10:30 am**

### **Exploring Meditation**

Mill City Commons members have launched a 10-week fall meditation series that offers 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. Carole Baker will be joining Linda Dolan as co-facilitator for the fall series; together they bring more than 80 years combined experience in meditation. Carole has a background in Transcendental Meditation and mantras. Linda's background is in Mindfulness Meditation, Qigong and Energy Flow. The group will meet on consecutive Tuesdays from 9:30-10:30 am through November 21. Cost to participate is \$100, whether or not you can attend all 10 sessions.

**Registration is now closed.** For those interested in learning about future meditation series, please contact Betsy Wray: [betsywray@millcitycommons.org](mailto:betsywray@millcitycommons.org).

**Mill City Quarter Club Room**  
**322 2<sup>nd</sup> St. S.**  
**MCC MEMBERS**

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**Tuesday, October 3; 5:00 - 6:00 pm**

**Men's After Hours Connect**

The men of MCC have formed an evening group that connects once a month over a speaker, tour or social event. This month, the group hosts Dr. Sarah Bridges, who'll speak on "Your Brain on Retirement: Lessons from Neuropsychology (Or Why Early Retirement Can Make Us Dumb)." Dr. Bridges blends the latest findings from brain science to provide practical and counter-intuitive ideas for successful transitions. Her entertaining and provocative ideas provide the basis for building a brain-healthy time in our second half of life. Dr. Bridges, Ph.D., is the founder and leader of Bridges, a firm that specializes in coaching, leadership training and human potential consulting.

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

**Lourdes Square**  
**178 Bank St. S.E.**  
**MCC MEN & GUESTS\***

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**Tuesday, October 3; 6:30 - 9:30 pm**

**Guthrie Play Reading – RiverWest Group**

Enjoy this month's play reading of "Watch on the Rhine." Set in 1940, Fanny Farrelly is expecting the arrival of her daughter Sara, Sara's German husband Kurt and their children who have fled Europe due to Kurt's role in the anti-Nazi resistance movement. When a Romanian houseguest who is a Nazi supporter discovers Kurt's identity, he threatens to expose him. Published in 1941 by Lillian Hellman, a brilliant activist who was ahead of her time, "Watch on the Rhine" is a timely examination of moral obligation, sacrifice and what it means to be American. 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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**Wednesdays & Fridays, October 4, 6, 11, 13, 18, 20, 25 & 27; 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: \$150 (a \$30 savings, paid directly to Yoga Center of Minneapolis). Drop-ins: \$13/class (a \$7 savings, no registration required). MCC members can use the discount for any drop-in classes at the Yoga Center. Call the Yoga Center at (612) 436-4700 for more information.

**Yoga Center of Minneapolis**

**103 N. 2<sup>nd</sup> St.**

**MCC MEMBERS**

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**Wednesday, October 4; 9:30 – 10:30 am**

**Rendezvous Readers' Book Chat**

Join us to discuss *A Good Time for the Truth: Race in Minnesota* by Sun Yung Shin. In this provocative book, 16 of Minnesota's best writers provide a range of perspectives on what it's like to live as a person of color in Minnesota. They give readers a splendid gift: the gift of touching another human being's inner reality, behind masks and veils and politeness. They bring us generously into experiences that we must understand if we are to come together in real relationships. Minnesota communities struggle with some of the nation's worst racial disparities. As its authors confront and consider the realities that lie beneath the numbers, this book provides an important tool to those who want to be part of closing those gaps.

If you'd like to read ahead, November's book is *LaRose* by Louise Erdrich. Have a book suggestion for the Book Chat? Email [Barbara Goldner](mailto:BarbaraGoldner).

**Abiitan's Porter Cafe**

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

**MCC MEMBERS & GUESTS**

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**Wednesday, October 4; 1:30 – 3:00 pm**

**Simple Preserves for the Urban Dweller**

Think making preserves is just for those with large pantries and large families? Think again. As a single person, local author and photographer Mette Nielsen had no interest in old-time canning and preserving, but she loved to cook and wanted to make some interesting preserves, often to give as gifts. With her book *Savory Sweet: Simple Preserves from a Northern Kitchen*, she redefines modern preserving to better suit urban dwellers with smaller households and spaces. Mette will bring samples and show us how to pair these fun preserves with purchased items for instant entertaining.

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

**Village Lofts River Room**

**100 2<sup>nd</sup> St. N.E.**

**MCC MEMBERS**

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**Thursdays, October 5 & 19; 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, October 5, 12, 19 & 26; 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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**Sunday, October 8; 12:00 - 2:00 pm**

**Sunday Brunch Soiree**

Join your friends and neighbors for the MCC Sunday Brunch Soiree, hosted by Beverly FitzGerald. Please contribute to the potluck by bringing brunch fare—such as an egg dish, fruit, sausage or bacon, salad, breakfast bread—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're also welcome to bring your own wine or beer to share.

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

**Lourdes Square**

**174 Bank St. S.E.**

**MCC MEMBERS**

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**Monday, October 9; 7:00 - 8:30 pm**

**Driven to Discover: Pathways to Resilience and Wellbeing as We Age**

In recent surveys, MCC members have expressed interest in spirituality. Now we have the opportunity to hear from an international leader in the field: Mary Jo Kreitzer, Ph.D., RN, FAAN, and director of the Earl E. Bakken Center for Spirituality and Healing at the University of Minnesota. Launched in 1995 under Kreitzer's leadership, the Center has become a national leader in the growth of integrative health and medicine in our country. In addition to interprofessional research, education and practice, the Center provides a wealth of resources for promoting wellbeing in the community. Come and learn about the Center's Wellbeing Model and discover strategies to help you feel content, connected, energized, resilient and safe.

*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.**

**Stonebridge Lofts Community Room, 2<sup>nd</sup> floor**

**1120 2<sup>nd</sup> St. S.**

**MCC MEMBERS**

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**Tuesday, October 10; 1:00 - 2:30 pm**

**Technology Workshop: Technology Tools for Travelers**

Join us for the second in a three-part series focusing on useful apps, accessories and tips for traveling with your iPhone or iPad. This second workshop will cover communication tools such as apps and iPhone features for communicating while traveling abroad, connecting to cell service outside of the U.S., sharing travel photos, and using foreign languages and currencies. The workshop is limited to 14 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**

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**Wednesdays, October 11, 18 & 25; 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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**Wednesdays, October 11 & 25; 10:30 am – 12:00 pm**

**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 December.

**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 (buzz Tamra Nelson at the security phone)**

**MCC MEMBERS & GUESTS\***

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**Wednesdays, October 11 & 25; 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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**Thursday, October 12; 10:00 - 11:30 am**

**Thursday, October 26; 3:30 – 5:00 pm**

**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\***

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**Thursdays, October 12 & 26; 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](mailto:alburd4057@gmail.com).

**Abiitan's Porter Cafe**

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

**MCC MEN & GUESTS**

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**Friday, October 13; 10:30 am – 12:00 pm**

**Nosy Neighbor Tour: Minneapolis Central Library**

What does a 21<sup>st</sup> century library look like? Join us to discover how your neighborhood library—Minneapolis Central—is adapting to the changing needs of today's diverse population downtown. See its digitization efforts and its impressive historical print collection, and learn how to access its electronic resources from afar. We'll also learn about its meeting spaces, including The Magnet (the previous book store space). This multi-purpose space is set up to meet the needs of the young--by offering food assistance to youngsters attending summer and school-year programs--as well as seniors, by hosting activities and programs for people 55 and older.

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

**Minneapolis Central Library**

**300 Nicollet Mall**

**MCC MEMBERS**

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**Monday, October 16; 7:00 – 8:30 pm**

**Great Decisions: Latin America's Political Pendulum**

The pendulum of Latin American politics is swinging rightward once again. Yet as the "pink tide" recedes, the forces of change have more to do with socioeconomic than ideology. Dramatic economic and political crises have coincided in countries like Brazil and Venezuela. Still, the result for Latin America may be the emergence of centrist, pragmatic modes of governance, and with them, opportunities for the U.S. to improve relations. The new administration must look beyond the neoliberal model of the 1990s and develop an approach to relations fit for the 21st century. Speaker Erik Brand publishes the *Latin America Advisor* at the Inter-American Dialogue and directs the Corporate Program, a network of companies including Apple, BMW, Google, Mitsubishi, Walmart and more than 100 others that are invested in Latin America's development and future.

**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 2017)**

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**Tuesday, October 17; 7:00 – 8:30 pm**

**Finding Common Ground: A Panel Discussion on Public Safety and Racial Justice**

Recent events have caused all of us to feel and see the divide between people, both locally and nationally. Join us for a panel discussion in which we'll explore the relationship between public safety and racial justice. Participating on the panel will be Minneapolis Chief of Police Medaria Arradondo, Deputy Hennepin County Attorney David Brown, Minnesota Chief Inclusion Officer James Burroughs and Minneapolis NAACP Vice President Leslie Redmond. Julie Showers, Director of the Office for Conflict Resolution at the University of Minnesota, will moderate the discussion. Those attending will be asked to participate in the conversation by submitting written questions to the panel the evening of the event. Be thinking about what questions you have regarding this timely and sensitive issue.

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

**DeLaSalle High School**

**1 DeLaSalle Drive, Room D104**

**MCC MEMBERS**

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**Friday, October 20; 10:30 am - 12:00 pm**

**Orchid Geography**

Worldwide, there are 20,000 to 30,000 species of orchids, along with another 70,000 hybrids. Different orchids grow in different locations, bloom at different times of the year, display vastly different flowers and require different conditions to thrive. In this brief session, member Marsha Blumenthal will introduce orchids from both the "new" world and the Orient, highlighting what's currently blooming in her grow room.



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

**Whitney Lofts**

**150 Portland Ave., #501**

**MCC MEMBERS**

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**Monday, October 23; 7:00 - 8:30 pm**

**Driven to Discover: Growing Apples in Minnesota**

Let's talk apples! Dr. Emily Hoover, professor and head of the Department of Horticultural Science at the University of Minnesota, will discuss this fall favorite, including the cultivars that grow in Minnesota and the importance of apple breeding and production research. The U of M's apple breeding program, led by faculty in the Department of Horticultural Science, has developed many well-known apple cultivars since Minnehaha was introduced back in 1920. Recent introductions include Honeycrisp, Zestar! and SweetTango. We'll conclude with an apple tasting.

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

**Stone Arch Lofts**

**600 2<sup>nd</sup> St. S., #701**

**MCC MEMBERS**

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**Tuesday, October 24; 5:00 – 6:00 pm**

**Tuesday Happy Hour**

Join us for Tuesday Happy Hour—on the fourth Tuesday this month instead of the last— at the Bad Waitress. Hosted by Jeff and Joan Wright, this gathering is a time to catch up with friends and neighbors over drinks and small bites. Dutch treat--no reservations required! Half of the restaurant/bar area will be reserved for MCC. If you wish to stay for dinner, reservations are available for parties of five or more at (612) 354-7947. Plenty of parking is available in the back.

**The Bad Waitress**

**700 Central Ave. N.E.**

**MCC MEMBERS & GUESTS**

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**Thursday, October 26; 7:00 – 8:30 pm**

**Mapping Prejudice**

Most Minneapolitans think that their city was never burdened by the Jim Crow-type formal segregation of the American South. Mapping Prejudice brings together a team of activists and scholars who want to show how the city's contemporary urban geography has been shaped by historic restrictions on property ownership. The team is using new digital technology to assemble the first-ever map of racial covenants ever created for an American city. They'll show us the hidden history of race in Minneapolis, why we should care about these historic policies and how we can help with this important research project. Speakers include Kevin Ehrman-Solberg, an MGIS student in the Geography, Environment and Society department at the U of M who's also project manager for Mapping Prejudice and a graduate assistant at the Borchert Map Library; Penny Petersen, author of two books of Minneapolis history and an expert in historic property research; and Kirsten DeLegard, a scholar-in-residence in the history department at Augsburg College and founder of the Historyapolis Project, which seeks to bring new attention to the often-troubled past of her hometown, Minneapolis.

**RESERVATIONS through <http://millcitycommons.org>. Log in to register.**  
**MacPhail Center for Music**  
**501 2<sup>nd</sup> St. S., Room 124**  
**MCC MEMBERS**

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**Monday, October 30; 1:30 – 3:00 pm**

**An Introduction to BrainHQ**

BrainHQ is a web-based program designed to deliver customized training to help individuals retain and improve their mental sharpness. Mill City Commons members are now able to access this online, at-home brain training at a discounted price of \$72 per person for one year (the usual price is \$95.) Nancy Verdier, one of three MCC members who piloted the program, will show examples of the exercises (they're *not* games), explain the science behind them and take names of MCC members who want to purchase a 12-month usage license. This discount is a new MCC membership benefit.

**RESERVATIONS through <http://millcitycommons.org>. Log in to register.**  
**American Academy of Neurology**  
**201 Chicago Ave., Training Room B**  
**MCC MEMBERS**

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