

redeemer center for life

INCLUSIVE DEVELOPMENT NORTH MINNEAPOLIS

Annual Redeemer Christmas Store

Saturday, December 12th

This year's Christmas Store looked quite different from years past. Keeping everyone's safety as our top priority, we were able to give out 40 gift packages to families in a COVID-safe way. Our youth interns put together the packages, which included: seeds and soil pots, a COVID-care kit, hot cocoa, gift cards and either beads or paints with canvas. All items were donated by our amazing partners: Edina Community Lutheran Church, Christ the King Lutheran Church, Immanuel Lutheran Church, Mt. Olivet Lutheran Church, Zion Lutheran Church, Faith Lutheran Church, Fairview Health Commons and Redeemer Lutheran Church.

Thank you to everyone who participated. We hope next year's event will look a little more familiar. Have a safe and happy holiday season!



Participant smiling after receiving their gift package



Youth interns putting together gift packages



Nica and Vee with their gift package

Venture North Happenings



Featured bike of the week, Raleigh Militis Comp, on Nov. 15th

Halloween Bike Ride

On Saturday, October 31, folks gathered at Venture North in costumes for an evening bike ride around North Minneapolis. Although it was chilly, participants enjoyed this opportunity for community.

Stay Updated

Stay up to date with COVID-safe biking gatherings and other Venture North happenings on social media.



Facebook



Instagram



Website



Participants going on the Halloween Bike Ride

Due to the COVID-19 pandemic, Venture North will be taking a temporary break starting December 24 and will be back to serve the community in early April 2021! We made this decision in order to maximize our impact as an organization and allocate our resources efficiently. We look forward to seeing you in the shop in April!

Venture North Happenings

Winter Biking Hacks



Icy bike from the cold MN weather

Essential Tips

1. Wipe off your bike with a rag after riding in snow/slush. This 5-minute task will lengthen the condition of your bike.
2. Re-lubricate your chain once a week. This helps maintain the function of your shifters.
3. Dress appropriately. Overdressing can lead to sweating and getting cold.
4. Have a positive mindset!

[Read the full Blog here](#)

New Drinks!

Venture North introduced a new drink in October: Nitro-Infused Cold Brew! This drink has a frothy, smooth texture that can be compared to beer. Such a sweet drink will give you plenty of energy to start your day.

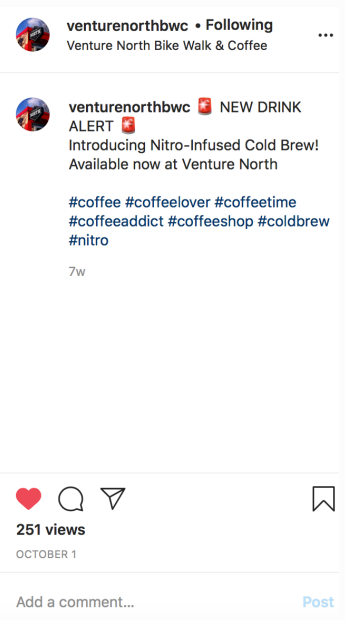
If you feel a little adventurous, upgrade your regular latte for one with "the works."



Latte with "the works"



Nitro-Infused Cold Brew



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Give to the Max Day 2020

We Surpassed our Fundraising Goal!

Thursday, November 19 was Give to the Max Day--a day of rallying together, celebrating and investing in RCFL. We raised **over \$7,500** for our youth leadership, attainable housing and workforce development programs!

Our work is made possible by our donors, partners and supporters, who truly believe in the power of community. We feel affirmed in our daily work and the relationships we build.

We extend our greatest thanks to all who support RCFL and enable our transformative programs in the Harrison neighborhood and broader North Minneapolis community.

[Click here to Donate](#)



We ❤️ N Mpls give TO THE MAX Nov. 19, 2020

“

I like this internship because it is focused on being youth-led...I really like the people that live here. They will come together to get things for you.

Layla
Youth Intern with
RCFL & MNIPL

Youth Intern, Layla



We ❤️ N Mpls give TO THE MAX Nov. 19, 2020

“

What I like about my community on the Northside is how we can come together and help each other.

Mikayla
Youth Intern with
RCFL & MNIPL

Youth Intern, Mikayla



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TO THE give MAX Nov. 19, 2020

Health Commons at the Living Room

A Grand Farewell

On Tuesday, November 3, The Health Commons celebrated our beloved Zumba Instructor, Rhonda. She has led Zumba classes at RCFL since the program's inception in 2014. Over 20 people gathered one last time to celebrate all she offers the community as she begins her new journey with her family in Texas.

Thank you, Rhonda, for being a Zumba teacher for the Health Commons program over the last six years. You are a woman of strength, exuberance, positive energy and much talent. Your love for Zumba, community, and getting people motivated to stay physically active has made a difference and has been invaluable to the Health Commons program and community. We appreciate you. We will miss you!

Rhonda still teaches Zumba classes through Zoom every Tuesday and Thursday at 6:00PM. Check out the [Health Commons' Facebook Page](#) for more info!



Rhonda and Zumba participants at her last in-person Zumba class on Nov. 3



Above: Rhonda's Zumba class held in the parking lot behind Milda's Cafe

Left: Rhonda with her celebration cake

Health Commons at the Living Room

Offerings to the Community



M Health Fairview's MINI (Minnesota Immunization Network Initiative) Flu Clinic with Health Commons at the Living Room hosted a free flu shots clinic on Sunday, Nov. 1, at Redeemer Lutheran Church. Community members who received flu shots also received a free meal-to-go at Milda's Café. 30 people received free flu shots.



Nia, helping the Health Commons pass out masks.



Health Commons held monthly outdoor social gatherings in August, September and October. It was an opportunity to gather and share a meal together.

Please contact Health Commons' community liaisons Bertha 763-843-9988, Angela 651-214-4178 or send the Health Commons a message on their Facebook page 'Health Commons at the Living Room' for more information and to join events.

Upcoming Events and More

Winter Extravaganzas!

Our priority is to keep participants safe, so this event will look different than in years past. Look out for more information on our upcoming Winter Extravaganzas in 2021 on our website and social media platforms!

Health Commons Happenings

Online Healing Circles: Tuesday, January 12
Tuesday, January 26
Tuesday, February 2

Zumba: Every Monday, Tuesday and Thursday 6-7PM on Zoom

Book Club: Tuesdays from 4-5:30PM on Google Meet

Please contact Health Commons' community liaisons Bertha 763-843-9988, Angela 651-214-4178 or send the Health Commons a message on their Facebook page ['Health Commons at the Living Room'](#) for more information and to join events.

Milda's Cafe: Open for Business



A staple eatery on Glenwood, Milda's Cafe has been hit particularly hard during the pandemic. For the continuation and sustainability of this wonderful restaurant in Harrison, we ask our supporters to consider buying their meals and/or donating specifically to Milda's.

Milda's Hours

Mon.-Fri. 8 AM - 2 PM

Sat. & Sun. 8 AM - 1:30 PM

**To order takeout & pickup call:
612-377-9460**

**Visit Milda's [Facebook Page here](#)
for more**