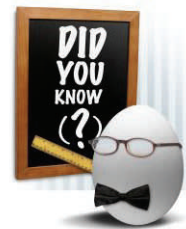




## MILL CITY MUSINGS

### Did you know...

- Benessere Wellness Center is hosting a happy hour this Friday, 5 - 7 p.m.? See below for details.
- We have trivia questions on our members-only website? Click on the calendar page after you log in to test your knowledge!
- You can win prizes from MCC vendors by entering our profile picture contest?



### Here's what you need to know about our profile picture contest:

- Upload a picture to your MCC profile by next Thursday, April 29, following the steps listed [here](#).
- If you have misplaced your username/password information, email [Leah](#).
- Voting on profile pictures will open Monday, May 3, and close on Friday, May 7.
- We will award prizes for cutest, funniest, and weirdest profile pictures.
- Prizes include gift certificates for Spoonriver and CorAzon!

### Benessere Happy Hour—This Friday!

Relax and enjoy wine, cheese and seated chair massages at this happy hour event Benessere is hosting to introduce the community to their wellness center. The first 20 arrivals will each receive a \$20 gift card from Vic's or Pracna on Main! MCC members receive a 20% discount on Benessere services, so come over and see what's available to help you feel healthy and well. The event is open to the public. [Click here](#) to RSVP.

### All MCC All the Time!

#### Compleat Scholar Class - Cassatt, Kahlo, O'Keeffe

Join Roslye Ultan, vice president for the Twin Cities Museum of Contemporary Art, to discuss how Mary Cassatt, Frida Kahlo, and Georgia O'Keeffe resisted societal expectations and the dominant historic/aesthetic canon to reshape and reform gender roles in both their art and lives. The works of these captivating artists lure the viewer to simultaneously look within and outside the male-dominated art historical canon and see their paintings in a new way. [Click here](#) to register!

Just for MCC: Hatha Yoga at Yoga Center of Mpls!

Wednesdays, 8:15 – 9:15 am.  
April 21 to July 7.  
\$132 for 12-week session.  
We have four people signed up, but we need one more to make the class a go. Email [Emily](#) for more info and to sign up!

#### Saturday Bike Ride

All levels are welcome on this social bike ride (HELMETS REQUIRED) led by MCC member Ellie Hands. Riders will meet in the Winslow House parking lot. The ride is to Como Park, where there is a rest and refreshment stop at Black Bear Crossing. We will return home via the State Fair Grounds and the University of Minnesota Transit Way. The ride is 18 miles. Optional lunch afterwards at Punch Pizza. [Click here](#) to register.

#### Coed Cribbage

Created in the early 17th century, cribbage is one of the most popular games in the English-speaking world. Challenge fellow members and neighbors in an evening of friendly play! RSVP [here](#).

#### Member to Member Volunteer Opportunities

New volunteer requests from members have recently been posted on our member to member volunteer site. [Click here](#) to check out what's available and register for the site if you haven't done so already.

## Mill City Marketplace Vendor Spotlight



Since 1990, Gentle Transitions has been the national and local leader of the move management industry, coordinating all aspects of moves for older adults throughout the Twin Cities and outlying areas. From sorting, getting rid of unwanted items, packing, moving, unpacking and resettling, every detail is handled with compassion, experience, and the utmost attention to detail. They strongly believe that the Mill City Commons is dynamic in its unique model and would like to support its members through the vendor program. For more information on MCC vendors and discounts please email [Leah](mailto:Leah).

### Severe Weather Awareness Week, April 18 - 24

In the wake of the tornado that hit downtown Minneapolis last August, this week is a great opportunity to familiarize yourself with severe weather indicators and the history of severe weather in Minnesota. [Click here](#) for a recent article on the subject. Knowledge is power—and safety in an emergency! Do you know where to go in case of a tornado?

## Neighborhood Happenings

*Loft Mentor Series Reading: Dinah Lenney. April 21, 7 p.m. The Loft at Open Book, 1011 Washington Avenue South.*

With a Bachelors from Yale and a Certificate of Acting from the Neighborhood Playhouse School, nonfiction mentor Dinah Lenney played Nurse Shirley on TV's "ER." Her memoir *Bigger Than Life* was excerpted for the "Lives" column in The New York Times Sunday Magazine. She serves as core faculty for the Bennington Writing Seminars and for the Rainier Writing Workshop. The event is free.

*Store To Door Breakfast. Thursday, April 22, 8:00 - 9:00 a.m. Woman's Club of Minneapolis, 410 Oak Grove Street, Minneapolis, MN 55403.*

Store to Door helps alleviate hunger, foster good nutrition, and support independence for 1300 home-bound seniors each year. Learn more about Store to Door while you enjoy a breakfast at The Woman's Club of Minneapolis. Donations are welcome but not required. Contact [Chuck Zimmerman](mailto:Chuck.Zimmerman) at 612-850-0324 with questions or to attend.

*UNFPA film event. April 22. 5:15 p.m.: Reception with filmmaker Janet Goldwater, The Bulldog NE. 7pm: Film screening, St. Anthony Main, 115 Main Street SE.*

Join Americans for UNFPA (the United Nations Population Fund) for a private screening of "Mrs. Goundo's Daughter", a moving story of a West African mother's fight to protect her daughter from female genital cutting (FGC). The event is \$25. Contact [Abby Miller](mailto:Abby.Miller) at 646-649-9114 to register.

*NorthEast Icebreaker Shop Crawl. April 24, 10 a.m. - 6 p.m.*

Show your local pride and join us for the 5th Annual Northeast Minneapolis Icebreaker Shop Crawl - a neighborhood-wide progressive sale with specials, giveaways and flowers. Complete a game piece and register to win round trip airline ticket (\$500 Value). Official "I Heart NE" merchandise will be available for purchase.

*The Next Generation of Parks Speaker Series: London's Green Grid. May 13, 7 p.m. Humphrey Institute Cowles Auditorium, 301 19th Avenue South.*

Conceived as a "living network of parks, green spaces, river, and other corridors," London's ambitious Green Grid initiative will improve the quality of open space for people and wildlife, manage water quality and the risk of flooding, improve public health, enhance biodiversity, and link communities. Jamie Dean will present this comprehensive and integrated approach to urban planning. The East London Green Grid is the recipient of the 2008 Landscape Institute's President's Medal and Strategic Landscape Project Award. The entire speaker series is free and hosted by The Minneapolis Parks Foundation (MCC member Cecily Hines is Executive Director!) in partnership with the Walker Art Center and the Metropolitan Design Center. Click [here](#) for all the details.