



Your neighborhood for a lifetime.

MILL CITY COMMONS

WWW.MILLCITYCOMMONS.ORG

May 18, 2010

MILL CITY MUSINGS

Compleat Scholar: Biology of Aging - How Far Can it Go?

Wednesday, May 19, 6 - 8 pm. Guthrie Theater, Classroom 3.

Why do we age? Why do some of us age rapidly, yet others remain youthful late into life? What actually happens as we grow older, and what governs those processes? Dr. James Curtsinger explores the role of genetics, diet, environment, and other factors on aging, and what has been learned about staying young. The study of aging includes research into cell biology, biochemistry, populations, evolution, and diseases such as Alzheimer's disease. Register [here!](#)

**Mark your calendar for the Mill City Commons
Hootenanniversary on June 10th! RSVP to the Evite!**

All MCC all the time!

Social Bridge. Thursday, May 20, 7 - 9:30 pm.

An accredited American Contract Bridge teacher will begin the evening with a 10-15 minute lesson and discussion on a particular aspect of the game. When formal play begins she will give instructions and be available to answer questions throughout the evening. Even if you have played social bridge before, you are sure to learn something new! Plan to arrive early as play will begin immediately at 7:00 pm. Cost is \$6/person. If you need help finding a partner, contact [Emily](#). Sign up [here!](#)

Bike Ride. Saturday, May 22, 10 am.

All levels are welcome on this social bike ride led by MCC member Marcia Townley. The ride is to Como Park where there is a rest and refreshment stop at Black Bear Crossing. Return home via the State Fair Grounds and the University of Minnesota Transit Way. The ride is 18 miles. HELMETS REQUIRED. The group will meet at Stone Arch Lofts- River side parking lot, 600 South 2nd St. [Click here](#) to register.

Meet the Marketplace! Monday, May 24, 4:30 - 6 pm.

Join MCC for a tour of Top Shelf Clothier, one of the newest members of Mill City Marketplace. Owner John Meegan will take MCC members through the custom tailoring process. See and learn about all the details and steps of a perfectly crafted suit. Find out how Top Shelf has become one of the largest sellers of custom clothing in America. The tour offers a unique glimpse into fashion in action and the business of looking good. Be there or bespoke! Carpools available. Register [here](#).

Last Tuesday Happy Hour Hosted by the MCC Staff! May 25, 5- 6 pm

Join Emily Hutchinson and Leah Battin at one of their favorite neighborhood happy hours! The Bulldog has great food and drink specials and great cupcakes for those of you with a sweet tooth!

MCC Men's Coffee and Conversation. Thursday, May 27, 7:30 - 8:30 am.

The launch of the MCC Men's Coffee and Conversation Group will feature University of Minnesota Athletic Director Joel Maturi, who will discuss all things Gopher! Enjoy a continental breakfast and a fantastic discussion! MCC men only. [Click here](#) to register.

MCCclassifieds

MCC board member Leslie Van Duzer is leaving Minneapolis July 8th to assume a new position at the University of British Columbia in Vancouver. She would like to rent her loft on the 5th floor of the North Star Building. The bright 1,100 square foot, 1-bedroom loft offers both city and river views. The \$2250 monthly rent includes one garage space and a storage unit. If you have any questions, please contact [Leslie](#).



Mill City Marketplace Vendor Spotlight

The Doorway for Massage Therapy, Bodywork, and Better-Health opened in the Victory neighborhood in North Minneapolis in 2003 and expanded to the downtown location in 2008. The Doorway is excited to join Mill City Marketplace because massage is a service where a trusting relationship is vital. They offer high quality massage therapy and therapists who understand the nuances of muscles and body mechanics. The Doorway offers a variety of approaches, including Swedish, deep tissue, sports, hot towels, and more. For more information on MCC vendors and discounts, please log in to your account at www.millcitycommons.org.

SPECIAL LIMITED TIME OFFER from The Doorway!

50% off any appointment scheduled with Colleen before the end of May. She is available Tuesday and Wednesday nights from 2:30-8pm and Sundays from 9am-3pm. To schedule an appointment, call (612) 619-0881. Don't miss this great deal!

Neighborhood Happenings

MacPhail International Music Series: Sumunar Gamelan Ensemble. May 22, 7 pm. Antonello Hall, MacPhail Center for Music.

Gamelan is a centuries-old instrumental music tradition of Indonesia. The sound is unique – using gleaming, highly decorated, bronze and wood instruments, primarily percussion. After the program the audience will have the opportunity for hands-on acquaintance with the gamelan instruments. For more information, call 612-321-0100. Admission is free.

ABOVE THE FALLS SPORTS Mississippi River Tours

Kayaking/Canoeing/Rowing on the Mississippi right out of downtown Minneapolis is a spectacular way to experience our urban wonderland! Being on the water in a self-propelled boat is a whole new orientation of where we live, work, tour and play! Liberate yourself from the confines of landlubbing! You'll be glad for it!! For more information and details about specific tours and registration [click here](#).

Keep the Beat Fundraiser for 2nd Precinct Substation. May 27, 5 - 7 pm. Vic's on the Riverfront.

Join the NE Business Association in supporting the 2nd Precinct Substation with a raffle and silent auction featuring prizes from local neighborhood businesses. The event includes appetizers courtesy of Vic's, as well as wine, beer, and cheese courtesy of Surdyk's. Tickets are \$25, available at Surdyk's and Keegan's Pub.

\$kills to Go! on the MCC Members-Only Website

One of the newest features of the members-only website is \$kills to Go! Log on to the website and click on **Forum** or **Join a Discussion**. Under "Mill City Commons" on the Forum page, you can view skills and services members (and staff!) are willing to share, including handyman jobs and alterations. Do you have a skill to share? Post it in \$kills to Go! Be sure to include a description of what you are willing to do, along with your fee and contact information. It's just one more way to help out and connect with other MCC members! Contact [Emily](#) at 612.455.3329 with any questions.

Upload your profile picture on the MCC members-only website, and you could win a gift certificate from Spoonriver or CorAzon! Instructions are available [here](#).



From Mill City to Music City...

Support flood relief efforts in Nashville. The city's design community has come together to create art for the cause. [Click here](#) to view posters and other art, as well as the charities and efforts proceeds benefit.

