



Your neighborhood for a lifetime.

MUSINGS

November 2, 2010

WWW.MILLCITYCOMMONS.ORG

Brain Fitness: Movement and Memory - TONIGHT!

5:30-7:00 pm. Mill City Clinic, 901 S 2nd St.

In collaboration with the Alzheimer's Association, MCC presents this three-part series discussing the effects of nutrition, exercise, and creativity on brain health, memory, and cognition. Following the delicious success of the session on brain foods, this session focuses on physical exercise and movement, which are essential for brain health. Learn simple ways to keep moving in order to maintain your brain. Bring a yoga mat if you have one, or let us know if you need one. The event is **free** and **exclusively for members**. [Click here](#) to let us know you're coming!



Also this week:

OLLI Literature Class: Exploring the "Me" in Memoir. October 28, 6:00-7:30 pm. Guthrie Theater Livingston Conference Room, 818 S 2nd St.

Everyone has a story to tell... or two, or three! In this eighth and **final** class of the series, participants explore the art of memoir, putting lessons into practice in short writing exercises. The class is led by Heather McPherson, who has worked for a variety of national and regional magazines. Please join us! Cost is \$5 per class (cash or check payable to Mill City Commons). **Members**, sign up [here](#). **Guests**, [email us](#).

Log in to the members-only website first to access all registration links!

Sign up now!

Compleat Scholar: Religious Traditions: The History of Islam. November 8, 6:00-8:00 pm. Guthrie Theater Livingston Conference Room, 818 S 2nd St.

Explore the growth of Islam and Arabic culture from their beginnings in the Arabian Peninsula, to their spread west through Morocco and Spain, east through Iran, and north into the Balkan Peninsula. Learn how Islam, one of the three great Western religious traditions, arose from these places and how the practice of this faith structures daily life. Discuss the essential tenets of Islam as presented in the Koran and Hadith, and consider contemporary interpretations of the works. **Cost:** \$20 for members, \$30 for guests. **Members**, sign up [here](#). **Guests**, [email us](#) to register.



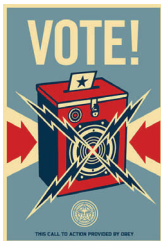
Second Saturday Sneak Peek with Patty Canney. November 13, 10:00 am. California Building, 2205 California St NE.

Join us for "Second Saturday" at the California Building. **MCC member** and artist **Patty Canney** gives us a preview before opening her studio to the public. Patty will demonstrate her method of creating a painting from initial concept and studies to the finished oil on canvas. Make it a special morning by enjoying breakfast at the café (Dutch treat) on the first floor before or after visiting the studio. **Members**, sign up [here](#). **Guests**, [email us](#).

But wait, there's more!

Mark your calendar and RSVP now for these exciting events:

- November 11** Men's Coffee and Conversation - [click here](#).
- November 15** MCC Author Celebration: **Walter Mondale** - [click here](#).
- November 16** Guthrie Play Reading: A Christmas Carol - [click here](#).
- November 17** Social Bridge - [click here](#).
- November 18** Cooking Class with **Mary Racciatti** - [click here](#).



Get out the vote!

Local voting locations include:

Marcy Open School, 415 4th Ave SE
Corner Coffee Shop, 514 3rd St N
Open Book, 1101 Washington Ave S

Click [here](#) for more information about your polling location and district candidates.

Daylight Savings Time ends this Sunday. Don't forget to turn back your clocks!

Please [click here](#) to unsubscribe from Mill City Musings.

Swanson Painting & Wallcovering, LLC, is a fourth generation finish contracting company who serves both decorators, remodelers and individual homeowners, as well as commercial general contractors. The business is almost exclusively relationship-based, serving the same families for years. They are a small crew of confident craftsmen who have worked with each other between 10-25 years.

According to **Ron Vantine**, who recommended Matt Swanson and his company,



“ Matt is a fascinating guy. He and his wife, with their two young children, do a lot of long bike touring trips. They are now planning one for a month of biking and camping in Argentina next summer. Matt is involved in a non-profit that does bike outings with underprivileged kids. After college, Matt ‘worked in a suit for about five years and then decided the corporate world wasn’t for him. So, he took over the family painting business. He is a real craftsman and a wonderful human being. ”

Do you know a business with a great story and a commitment to quality service? **Let us know!** We are always looking for recommendations from members.

MCC ongoing events keep going and going...

Strength, Balance, Stretch Class at 501F1T, 501 Washington Ave, meets Mondays, 7:30-8:40 am, through mid December, with future scheduling to be discussed at that time. This **MCC members only** class requires four people registered by the Friday prior to each class. Learn more and sign up [here!](#)

Hatha Yoga at Yoga Center of Minneapolis, 212 3rd Ave N, Suite 205, is an ongoing class **open to guests**. Purchase a 12-class pass for \$132 directly from YCM to use as your schedule allows, or drop in on a class for \$12.50. Classes are Wednesdays and Fridays, 8:00-9:15 am. Contact [Dena](#) at 612.436.4700 for details.

Friends of MCC: Please feel free to call our office at 612.455.3329 to learn more about our events! We are here to help our members and neighbors!

Additional Neighborhood Happenings

Asian Film Festival: In Search of Asia. November 3-13. St. Anthony Main Theatre, 115 SE Main St, Minneapolis, MN.

The festival line-up showcases 40 new films including intriguing documentaries, trippy anime, cutting edge shorts and full-length features. This first-of-its-kind event in Minnesota launches The Film Society’s new series of yearly festivals showcasing cinema from around the globe which is of particular interest to the increasingly diverse population of Minnesota. Find the Fest Online: www.mspfilmfest.org.

People Serving People Starlight Gala. November 6, 5:30 pm. Metropolitan Ballroom, 5418 Wayzata Blvd, Golden Valley, MN.

Bring out the flapper costume and watch out for shady characters as People Serving People transports you back in time to the Roaring Twenties. The evening includes a cocktail hour and silent auction, followed by dinner and a live auction, with live entertainment by the Wolverines Big Band. 1920s attire strongly encouraged! Cost is \$150/person or \$1500/table. All proceeds benefit programs and services that support self-sufficiency for families at People Serving People. RSVP by November 3 by calling 612.277.0246 or [clicking here](#).



VAN Forum: Your Medicare After Health Care Reform: Making the Best Possible Decisions. November 9, 9:00 am - 12:30 pm. Roseville Lutheran Church, 1215 Roselawn Ave, Roseville, MN.

With the passage of federal health care reform legislation, Minnesota’s Medicare recipients, their families, and older adults approaching Medicare eligibility have many unanswered questions about how reform will affect current Medicare programs in Minnesota and their individual benefits. This forum is designed to provide an overall update on Medicare reforms and specific information about Medicare plans in Minnesota for 2011. Various Medicare Plan Providers and government service organizations will present breakout sessions detailing Medicare options. UCare Minnesota, HealthPartners, Humana, the Senior Linkage Line, and CMS will lead the sessions. The forum is free and open to the public, but registration is recommended. [Click here](#) to learn more or sign up. **Share a ride through the [MCC forum!](#)**