



Your neighborhood for a lifetime.

MUSINGS

November 30, 2010

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Last Tuesday Happy Hour - TONIGHT!

5:00-6:00 pm. Nicollet Island Inn, 95 Merriam St.

Kick off the holiday season in style! Join hosts Mary Marsden and Mary Daniels at Nicollet Island Inn for drinks and small bites. Dutch treat!

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

Turkey, Dressings, and Extra Helpings

Join Mill City Commons in making this holiday season bright for those in need. We welcome financial, cold weather clothing, and small gift item donations.

See the TDEH flyer for details and donation deadlines!

Also this week:

MCC Men's Coffee and Conversation Group. December 2, 7:30 – 8:30 am. Nicollet Island Inn, 95 Merriam St.

Caffeine and camaraderie for the male members of MCC! This group meets every other Thursday at Nicollet Island Inn. This Thursday's conversation will be led by Peter Heegaard. **MCC men**, [click here](#) to sign up.

More great MCC events - Sign up now!

Complimentary Technology Helpdesk: E-card Edition! December 6, 7:00 – 9:00 pm. North Star Lofts Community Room, 117 Portland Avenue

Learn how to design your own cards, for a seasonal event or just to say "Hi!" Share the card via email, postal mail, or your favorite social network. **MCC members**, sign up [here](#).

Brain Health Series: Creativity and Cognition. December 13, 4:00 – 5:30 pm. Guthrie Theater Livingston Conference Room, 818 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. In this third and final session, learn the psychological effects of art making and its relationship to well-being through this interactive presentation and discussion. The event is free. Space is limited to 20 people. **MCC members**, sign up [here](#)!



MIA Tour: Art of the Native Americans. December 8, 2:00 – 3:00 pm. Minneapolis Institute of Arts, 2400 3rd Ave S.

Join MCC for a tour of this exhibition of 110 of the most outstanding works of art drawn from the Thaw Collection of North American Indian art, comprised of more than 800 masterpieces of Native American art from across North America and spanning more than 2,000 years. The exhibition reveals the extraordinary range of art produced by Native American cultures.



Participants are welcome to gather for lunch at the MIA's ArtsCafé by D'Amico & Sons before the tour. Dutch treat! Let us know if you plan to have lunch at the museum.

MCC members, [click here](#) to sign up.

Compleat Scholar: Celtic Culture in Ireland. December 14, 6:00 – 8:00 pm. Guthrie Theater Livingston Conference Room, 818 S 2nd St.

Delve into the rich history and contemporary controversy about the Celtic world, which influenced much of Europe from Ireland to Turkey before the Roman Empire ended its dominance. You will trace the development of Celtic culture from its origins to the present and explore what life would have been like in ancient days on the Emerald Isle at a time when society was defined by codes of kingship and the superstitions of mythology. Discover how Irish Celtic culture is still strongly rooted in language, literature, song, stories, and poetry. Also learn a few phrases of essential Irish. **Cost:** \$20 for members, \$30 for guests. **Members**, sign up [here](#). **Guests**, [email us](#) to register.



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

Share your story with MPR!

MPR Healthcare Reporter Elizabeth Stawicki seeks individuals to discuss how the new healthcare laws will affect their lives. These laws include the cost reduction of brand name drugs for Medicare recipients by 50% and the requirement that Medicare cover 100% (no copays or deductibles) for prevention screenings such as colonoscopies and mammograms. [Let us know](#) if you would like to share your story, and we will connect you with Elizabeth!

Stay fit with MCC ongoing events!

Strength, Balance, Stretch Class at 501F1T, 501 Washington Ave, meets Mondays, 7:30-8:40 am, through 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

E3 2010: The Midwest's Premier Energy, Economic and Environmental Conference. November 30-December 1, 2010. Saint Paul RiverCentre.

Researchers, students, government officials, and nonprofit and business leaders from Minnesota and across the nation attend E3 2010. This year's conference will focus on the intersection among innovative technologies and policies, environmental benefits and emerging market opportunities in the renewable energy sector. The goal of E3 is to share knowledge and discoveries in the areas of renewable energy and the environment while bringing together the world's leading researchers and experts. Keynote speakers include energy policy expert and World Bank chief technical specialist for renewable energy and energy efficiency Daniel Kammen and U.S. Department of Commerce assistant secretary Nicole Y. Lamb-Hale. To learn more, [click here](#). [Registration](#) closes November 24!

MacPhail Community Youth Choir Winter Concert. December 1, 7 pm. MacPhail Center for Music, 501 S 2nd St.

This free concert will be directed by J.D.Steele, and music will include pop, jazz, gospel and East African selections as well as compositions by members of the choir.

Site Visit of Potential Waterfall Restoration. December 4, 10-11 am. Mill City Museum, 704 S 2nd St.

A restored waterfall at St. Anthony Falls? Where would it go? Please join Cordelia Pier-son and National Park Service Ranger David Wiggins on a short walking tour to look at the two sites, in preparation for a public meeting on Thursday, Dec. 9, from 6:30 - 8:30 pm, at Mill City Museum.

Architecture of the Air. December 16, 7 pm. Walker Art Center, 1750 Hennepin Ave

At the pinnacle of Klein's utopian vision was his research dedicated to *architecture de l'air*. Join Professor (and **MCC Member!**) **Leslie Van Duzer**, director of the School of Architecture and Landscape Architecture at the University of British Columbia, to learn how the elements fire, air, and water are used to construct Klein's "city of tomorrow." The lecture is free. Meet in the Bazinet Garden Lobby. For more information, [click here](#).