



Your neighborhood for a lifetime.

MUSINGS

October 26, 2010

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Last Tuesday Happy Hour - TONIGHT!

5:00-6:00 pm. Spill the Wine, 1101 Washington Ave S.

Join hosts Ken and Katie Searl at Spill the Wine for this month's happy hour. The restaurant is providing complimentary appetizers – first come, first served. Drinks and other bites are Dutch treat! No reservations required — guests are welcome!

Also this week:

MCC Men's Coffee and Conversation Group. October 28, 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 Tyrone Bujold. **MCC men**, [click here](#) to RSVP.

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

Sign up now!

Technology Helpdesk. November 1, 7:00-9:00 pm. MCC Office, 17 4th St SE.

Get all your technology questions answered at our complimentary helpdesk, staffed by MCC's tech guru, Andy Trawick! Sign up for a free 20-30 minute session with Andy during the helpdesk. Times are assigned on a first come, first served basis.

Members, sign up [here](#).

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.



Brain Health Series: Movement and Memory.

November 2, 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**. Space is limited, so please be sure to sign up early! **Members**, [click here](#) to sign up by Friday, October 29!

But wait, there's more!

Check out these great ongoing opportunities:

- October 27, 29** Hatha Yoga at Yoga Center of Minneapolis - [click here](#).
- October 28, Nov 4** OLLI Class: Exploring the "Me" in Memoir - [click here](#).
- November 1, 8...** SBS (Strength, Balance, Stretch) Class at 501F1T - [click here](#).

As many of you know, MCC member Lloyd Beebe has decided to follow his dream of living near the ocean in the beautiful state of Maine. He will maintain his membership so he can keep in touch. Lloyd is grateful to MCC and its members, especially those who helped him prepare for this move and after his surgery last year.

Lloyd, we will miss you, and we wish you all the best!

Contact Lloyd!

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Are you looking to get more involved in MCC? Consider joining our **volunteer driver program**! We contact volunteers when MCC members need help getting to appointments, the airport, the grocery store, or anywhere else. The volunteer driver program is an easy way to foster connections with other members. Complete our brief driver authorization form; we can make copies of your driver's license and insurance card when you come by the office to drop it off! If you would like to become a volunteer driver, please contact [Leah](#).

MCC ongoing events keep going and going...

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 seventh and penultimate 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.

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

Talk of the Stacks: Ian Frazier. October 26, 7:00 pm. Minneapolis Central Library, 300 Nicollet Mall.

Talk of the Stacks is a free reading series exploring contemporary literature and culture. Writer and humorist Ian Frazier is the critically-acclaimed author of *Great Plains*, *On the Rez*, and *Dating Your Mom*, among other works. His latest book, *Travels in Siberia*, is the culmination of ten years of research and travel to the mythical region of Siberia. More than just a historical travelogue, *Travels in Siberia* is an account of Russia since the end of the Soviet Union and a personal and often humorous reflection on this vast country - exploring the geography, the people, the history, the weather, the bugs, and the unexpected. Frequent contributor to *The New Yorker*, Frazier lives in New Jersey with his wife and children.

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 October 30 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](#)!**