



Your neighborhood for a lifetime.

MILL CITY COMMONS

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September 28, 2010

MILL CITY MUSINGS

Happy Hour and Sing-Along TONIGHT!

Last Tuesday Happy Hour hosted by Barb Davis, Fran Davis, and Sonia Cairns. September 28, 5:00-6:00 pm. Harry's Food and Cocktails, 500 Washington Ave S.

Join our hosts from the Lakes Village at Harry's. Dutch treat! Then head over to the sing-along at MacPhail Center for Music.

No Auditions Necessary: Gospel Sing-Along with J.D. Steele! September 28, 6:30 – 8:00 pm. MacPhail Center for Music, 501 South 2nd Street.

Let the spirit move you... right over to MacPhail Center for Music. Raise your voice and clap your hands! Sing to the rafters with your neighbors and friends! Who better to unleash the soul in all of us than the king of gospel, J.D. Steele! Since arriving on the Minnesota music scene, J.D. and his dynamic vocal siblings, The Steeles, have garnered every major music award and accolade the state has had to offer. This is an exciting and unique event especially for Mill City Commons **members and guests**. Invite your friends and neighbors! Don't miss it! It's not too late to let us know you're coming: members, register [here](#). Guests, [email](#) us. **Cost** is \$10, payable at the door.

Log in to the members-only website to view the calendar event links listed!

MCC Men's Coffee and Conversation Group. September 30, 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 Doug Baker. **MCC men**, [click here](#) to RSVP.

Don't miss these exclusive MCC events!

The Story of St. John's Bible. October 6, 7:00 – 9:00 pm. 700 South 2nd St #61.

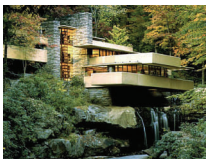
Join MCC for a special presentation and viewing of a copy of the *St. John's Bible*, one of the first completely hand-written and illuminated Bibles to have been commissioned since the invention of the printing press. A presenter from the St. John's Bible project will discuss the history and collaborative process that brought it to fruition. Then you will have the opportunity to view and touch a copy. Enjoy this beautiful work of art and refreshments, hosted by Mary and Keith Bednarowski. Space is limited to 30 people, so RSVP [here!](#) **MCC members only.**

Brain Health Series: Brain Foods. October 10, 4:00 – 5:30 pm. Mill City Clinic, 901 S 2nd St.

In a special 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. The first session will discuss brain foods. It will feature cooking tips, demonstration, and food samples by Spoonriver chef Heather Hartman. A portion of the food has been donated by Whole Foods, with a small admission fee to help defray remaining food costs. It promises to be an educational, fun, and tasty experience! Space is limited to 30 people, so please sign up [here](#) now! **Cost: \$5. MCC members only.**



Compleat Scholar: Frank Lloyd Wright and the Prairie School. October 12, 6:00 – 8:00 pm. Guthrie Theater Livingston Conference Room, 818 S 2nd St.



MCC's partnership with *Compleat Scholar* brings University of Minnesota experts to our neighborhood to discuss topics based on MCC members' learning interests. Your membership makes this exciting series possible! In the early 20th century, American architects like Frank Lloyd Wright followed the lead of Arts and Crafts artists and designers in rejecting the dehumanizing effects of the industrial revolution in favor of simple, honest, quality workmanship. Given the name Prairie School by later critics, these architects who called themselves "progressive architects" sought to develop a style that responded more humanely to each client's needs and each building's surrounding environment. Register [here!](#) **Cost: \$20 for members, \$30 for guests. MCC members and guests.** Guests, [email](#) us to learn more.

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

Attention, Marketplace Vendors!

Do you want your name in lights? Our Vendor Spotlight highlights the vendor partners who have sent us their brief business descriptions. Send yours to [Leah](#), and we will feature you!

MCC ongoing events keep going and going...

OLLI Literature Class: Exploring the “Me” in Memoir. September 23, 6:00-7:30 pm. Guthrie Theater Livingston Conference Room, 818 S 2nd Street.

Everyone has a story to tell... or two, or three! In this third class of the series, participants read and discuss examples of published memoir together in class, then put these lessons into practice in short writing exercises. The class covers a different aspect of memoir each session, so students are welcome to attend as their schedules permit. 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 or \$20 for the entire eight-week course (cash or check payable to Mill City Commons). **Members and guests.** 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.

Last call for books!

Help MCC celebrate International Literacy Month by donating your books and magazines to People Serving People. Drop them off at the MCC office, 17 SE 4th St or North Star Lofts, through **September 30**.

