

# September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Ongoing Events	
	As part of International Literacy Month, we are collecting books and magazines for People Serving People. Drop them off at the MCC office or North Star Lofts through the end of September!		1 ← <b>Literacy Month Book Drive begins</b>	2 <b>7:30-8:30 am</b> River Walkers  7:30-8:30 am Men's Coffee and Conversation	3	4	<b>SBS Class</b> <b>Mondays, 7:30 – 8:40 am.</b> Created exclusively for MCC, this class at 501 Fit focuses on strength, balance, and stretching.  <b>River Walkers</b> <b>Tuesdays and Thursdays, 7:30 – 8:30 am.</b> All level of walkers welcome for this early morning walk along the banks of the Mississippi River. An MCC volunteer leads each walk.  <b>MCC: Men's Coffee and Conversation</b> <b>Every other Thursday, 7:30 – 8:30 am.</b> Caffeine and camaraderie for the male members of MCC at Nicollet Island Inn!  <b>Hatha Yoga</b> <b>Wednesdays and Fridays, 8:00 – 9:15 am.</b> This alignment-based class is held at the Yoga Center of Minneapolis. Drop-ins welcome!	
5	6  <b>Labor Day- MCC office closed</b>	7 <b>7:30-8:30 am</b> River Walkers  4:00 – 6:00 pm Mill City Commons Board Meeting  7:00-9:00pm Technology Helpdesk	8 <b>8:00-9:15 am</b> Hatha Yoga	9 <b>7:30-8:30 am</b> River Walkers  7:00-9:00 pm Rooftop Concert →	10 <b>8:00-9:15 am</b> Hatha Yoga	11		For this month's membership marketing event, Nichola Miller performs atop Stone Arch Lofts. Bring a chair and food to share!
12	<b>NEW!</b> 13 <b>7:30-8:40 am</b> ← SBS (Strength, Balance, Stretch) Class  7:00 – 9:00 pm Great Decisions Discussion Group	14 <b>7:30-8:30 am</b> River Walkers  New time and location!	15 <b>8:00-9:15 am</b> Hatha Yoga  3:00-5:30 pm ← Social Bridge	16 <b>7:30-8:30 am</b> River Walkers  7:30-8:30 am Men's Coffee and Conversation  6:00-7:30 pm Exploring "Me" in the Memoir	17 <b>8:00-9:15 am</b> Hatha Yoga	18		
19	20 <b>7:30-8:40 am</b> SBS Class  MCC member Lois Libby Juster leads this informative workshop!	21 <b>7:30-8:30 am</b> River Walkers  7:00 – 9:00 pm ← Energy Workshop	22 <b>8:00-9:15 am</b> Hatha Yoga  5:00-10:00 pm Third Ward Neighborhood-fest	23 <b>7:30-8:30 am</b> River Walkers  6:00-7:30 pm Exploring "Me" in the Memoir	24 <b>8:00-9:15 am</b> Hatha Yoga	25		
26 <b>4:00 pm</b> Movie and Dinner (St. Anthony Main Theatre – film TBD)	27 <b>7:30-8:40 am</b> SBS Class	28 <b>7:30-8:30 am</b> River Walkers  5:00-6:00 pm Happy Hour →  6:30 – 8:00 pm ← MacPhail Sing-Along: Gospel with J. D. Steele!	29 <b>8:00-9:15 am</b> Hatha Yoga  5:30 – 7:00 pm New Member Reception	30 <b>7:30-8:30 am</b> Men's Coffee and Conversation  6:00-7:30 pm Exploring "Me" in the Memoir				
The king of gospel is holding court. Don't miss it!		Meet, drink, and be merry! Join this month's host at the location they choose (TBD).						



For more information, visit [www.millcitycommons.org](http://www.millcitycommons.org) or call 612.455.3329. Visit our offices! 17 4<sup>th</sup> St SE, Mpls, MN 55414