

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Ongoing Events
1 New Year's Day	2 7:35-8:35 am SBS Class ↓ Keep your New Year's resolution at 501F1T!	3 7:30-8:30 am River Walkers	4 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 3:00-5:30 pm Social Bridge	5 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee and Conversation 3:30-4:30 pm SBS Class 5:00-5:45 pm Poetry Reading: → Jim Moore shares his poetry with MCC!	6 8:00-9:15 am Hatha Yoga	7	Rendezvous on 5 Wednesdays, 9:00 – 10:00 am Drop in for coffee with friends at the Guthrie's Level Five Express! MCC: Men's Coffee and Conversation Every other Thursday, 7:30 – 8:30 am Caffeine and camaraderie for the male members of MCC! SBS Class Mondays, 7:30 – 8:30 am and Thursdays, 3:30 – 4:30 pm Strength, balance, and stretch at 501F1T! River Walkers Tuesdays and Thursdays, 7:30 – 8:30 am All level of walkers welcome for this early morning walk! Hatha Yoga Wednesdays and Fridays, 8:00 – 9:15 am This alignment-based class is held at the Yoga Center of Minneapolis!
8	9 7:35-8:35 am SBS Class 7:00-9:00 pm Technology Help Desk	10 7:30-8:30 am River Walkers 10:00-12:30 pm Making Pies Part 2: The Filling!	11 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5	12 7:30-8:30 am River Walkers 3:30-4:30 pm SBS Class	13 8:00-9:15 am Hatha Yoga	14	
15	16 7:35-8:35 am SBS Class 7:00-9:00 pm Great Decisions	17 7:30-8:30 am River Walkers	18 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 3:00 - 5:30 pm Social Bridge	19 7:30-8:30 am River Walkers 7:30-8:30 am Men's Coffee and Conversation 3:30-4:30 pm SBS Class	20 8:00-9:15 am Hatha Yoga	21	
22	23 7:35-8:35 am SBS Class Join fellow thespians for this Pulitzer Prize-winning gem! →	24 7:30-8:30 am River Walkers 6:30-9:30 pm Play Reading: <i>Cat on a Hot Tin Roof</i> →	25 8:00-9:15 am Hatha Yoga 9:00-10:00 am Rendezvous on 5 1:30-2:30 pm American Museum of Asmat Art Tour →	26 7:30-8:30 am River Walkers 3:30-4:30 pm SBS Class See this amazing gallery before the February Grand Opening!	27 8:00-9:15 am Hatha Yoga	28	
29 5:00-7:00 pm Sunday Soup Soiree →	30 7:35-8:35 am SBS Class Patty Connelly Hosts our first MCC Sunday Soup Soiree	31 7:30-8:30 am River Walkers 5:00-6:00 pm Happy Hour → Kin-Shing and Dora Lun host at Zen Box!	Save the Date: Tuesday, February 7 – 5:00 pm for a Salsa Social , our Mill City Commons Annual Special Event!				



MILL CITY COMMONS DETAILED CALENDAR – JANUARY 2012

Mondays, January 2, 9, 16, 23, 30 7:35 – 8:35 am

Thursdays, January 5, 12, 19, 26, 3:30 – 4:30 pm

SBS (Strength, Balance, Stretch) Class

An exclusive opportunity (and great deal!) for MCC members, this weekly class focuses on strength, balance, and stretching to keep you fit and strong. Please register through <http://www.surveymonkey.com/s/MCCStrength>. There is a regular four-person minimum. **Cost:** \$20 – \$25/class depending on commitment. Please visit link for options.

501F1T

501 Washington Ave

MCC MEMBERS

Tuesdays & Thursdays, January 3, 5, 10, 12, 17, 19, 24, 26, 31, 7:30 – 8:30 am

River Walkers

All levels of walkers welcome for this early morning walk along the banks of the Mississippi River. To meet the group, show up at the Stone Arch Lofts parking lot. The group leaves promptly at 7:30 am and will proceed across the Stone Arch Bridge so members on the east side of the river can catch the walk as it comes down Main Street about 7:50 am.

Attention first time walkers: Please call Linnea Tweed at 612-455-3329 so she can ensure another member is available to greet you.

Stone Arch Lofts – Riverside parking lot

MCC MEMBERS & GUESTS *

Wednesdays & Fridays, January 4, 6, 11, 13, 18, 20, 25, 27, 8:00 – 9:15 am

Hatha Yoga

Created especially for Mill City Commons, this weekly Hatha class is an alignment-based class generally involving holding poses for slightly longer. This gives students time and confidence to learn to breathe easily and work into poses safely and to the best of their ability. The classes welcome students of all levels, with modifications given as needed. **Cost:** Flexible 12-class pass: \$132 (paid directly to Yoga Center of Minneapolis) Drop-ins: \$12.50/class (no registration required)

Yoga Center of Minneapolis

212 3rd Ave. N. Suite 205

MCC MEMBERS & GUESTS

Wednesday, January 4, 11, 18, 25, 9:00-10:00 am

Rendezvous on 5

Drop in and join your friends and neighbors at this neighborhood haunt. This adventure requires no reservations!

Rendezvous Readers' Book Chat, January 4

The first Wednesday of each month members share observations on a chosen novel. On January 4, **MCC Member Mary Bednarowski** facilitates a conversation around *Emily, Alone*. Whether you've read the book or not, enjoy a cup of coffee and fellowship with other MCC members.

Guthrie Theater Level Five Express

818 S 2nd St

MCC MEMBERS & GUESTS

Wednesday, January 4 & 18, 3:00 – 5:30 pm

Social Bridge

Join advanced or intermediate bridge players for a round of social bridge. You are expected to come with a partner at your level. (Advanced players play all the major conventions comfortably.) If you need help finding a partner, contact Linnea Tweed at 612-455-3329, and she will assist you. Play begins immediately at 3:00 pm.

RESERVATIONS through <http://millcitycommons.org/events>. Log in to register.

Stone Arch Lofts

Community Room

600 South 2nd St.

MCC MEMBERS & GUESTS *

Thursday, January 5 & 19, 7:30 – 8:30 am

MCC Men's Coffee and Conversation Group

Caffeine and camaraderie for the male members of MCC! This group meets every other Thursday at Nicollet Island Inn and is hosted by various members who get the conversation going.

RESERVATIONS through <http://millcitycommons.org/events>. Log in to register.

Nicollet Island Inn

95 Merriam St

MCC MEN

Thursday, January 5, 5:00 – 5:45 p.m.

Poetry Reading: Jim Moore

Riverfront neighbor Jim Moore is the author of six collections of poetry, including *Invisible Strings*, *Lightning at Dinner*, *The Freedom of History*, and *The Long Experience of Love*. His poems have appeared in *American Poetry Review*, *the Nation*, *the New Yorker*, *the Paris Review*, *the Threepenny Review*, *the Pushcart Prize Anthology*, and in many other magazines and anthologies. Moore has received numerous awards and fellowships from the Bush Foundation, The Loft, the McKnight Foundation, and the Minnesota State Arts Board. He teaches at Hamline University and at The Colorado College in Colorado Springs, as well as online through the University of Minnesota Split Rock Arts Program.

RESERVATIONS through <http://millcitycommons.org/events>. Log in to register.

Sabina and John Sten's Loft
Stone Arch Lofts
600 Second Street South #506
MCC MEMBERS and GUESTS *

Monday, January 9, 7:00 – 9:00 pm

Complimentary Technology Helpdesk

Get all those nagging technology questions answered and find out how to make the most of your technology at our complimentary helpdesk, staffed by MCC's tech guru, Andy Trawick! Andy knows MAC, Windows, and Linux and can deal with whatever issues you may have in your digital life. Linnea will confirm the time of your 20-30 minute one-to-one session with Andy.

RESERVATIONS through <http://millcitycommons.org/events>. Log in to register.

MCC Office
17 4th Street SE
MCC MEMBERS

Tuesday, January 10, 10:00 – 12:30 pm

Making Pies: Part 2 – The Filling!

MCC Member Carol Vantine has a reputation for making amazing pies. We've convinced her to host a hands-on cooking class to show us how. This second class is about making the perfect filling. Participation is limited.

RESERVATIONS through <http://millcitycommons.org/events>. Log in to register.

Carol and Ron Vantine's Loft at the Cobalt
45 University Avenue SE #606
MCC MEMBERS

Monday, January 16, 7:00 – 9:00 pm

Great Decisions Discussion Group

A Great Decisions Discussion Group is composed of interested individuals who want an opportunity to learn and participate in the foreign policy decision-making process. Discussions are centered on the *Great Decisions* briefing book developed by the Foreign Policy Association. This well researched annual publication provides eight timely global topics to be read by group participants prior to each session. This month's topic: *Exit from Afghanistan and Iraq*. MCC Board Chair Marcia Townley hosts.

RESERVATIONS through <http://millcitycommons.org/events>. Log in to register.

Marcia Townley's Loft
Stone Arch Lofts
600 South 2nd Street #105
MCC GREAT DECISION MEMBERS

Tuesday, January 24, 6:30-9:30 pm

Guthrie Play Reading: *Cat on a Hot Tin Roof*

In the course of one sultry evening, a prominent Southern dynasty is pushed to the brink, when tender memories are relived and life altering secrets are revealed. It's the 65th birthday of wealthy Southern plantation owner Big Daddy and his family has gathered to celebrate, while sparing him the news that he's dying of cancer. As one son Brick, a hunky former football hero, mysteriously retreats from his desirable but sexually frustrated wife Maggie, his money hungry brother and sister-in-law plot to secure more than their share of the family fortune. Don't miss this Pulitzer Prize-winning gem, an emotionally intense drama that sizzles with passion and greed like you've never experienced before. If you'd rather listen than read, let Linnea know.

RESERVATIONS through <http://millcitycommons.org/events>. Log in to register.

The Guthrie 8th Floor Learning Center

818 South Second Street

MCC MEMBERS

Wednesday, January 25, 1:30 – 2:30 pm

American Museum of Asmat Art Tour

Be one of the first to visit this gallery opening in February. The University of St. Thomas houses one of the top three collections of Asmat art in the country. In areas of Asmat, located in Papua, Indonesia, carvers create large ancestor poles or bisj poles from mangrove trees. The poles feature revered ancestors and when designed are upended so that the base of the tree becomes the top of the sculpture. As animists the Asmat believe that spirits embody elements of the physical world. Areas of strength that will be featured in the gallery include shields and drums as well as large 14 - 16 foot tall ancestor or bisj poles, a spirit canoe, and decorated canoe.

RESERVATIONS through <http://millcitycommons.org/events>. Log in to register.

University of St. Thomas

Anderson Student Center

2115 Summit Avenue, St. Paul (Corner of Cretin and Summit)

MCC MEMBERS & GUESTS *

Sunday, January 29, 5:00 – 7:00 pm

Sunday Soup Soiree

Join your friends and neighbors for a soup soiree! Host Patty Connelly is providing the salad. Several members are bringing their favorite soup to share. We're looking for a couple members to bring cookies or bars – let Linnea know if you'd like to bring dessert to share.

RESERVATIONS through <http://millcitycommons.org/events>. Log in to register.

Patty Connelly's Townhome

413 River Street

MCC MEMBERS

Tuesday, January 31, 5:00-6:00 pm

Last Tuesday Happy Hour

Join hosts Dora and Kin-Shing Lun for this month's happy hour. Catch up with friends and neighbors over drinks and small bites. Dutch treat!

Zen Box

602 Washington Avenue

MCC MEMBERS & GUESTS

* GUESTS, please call 612.455.3329 or email info@millcitycommons.org to RSVP.