



Your neighborhood for a lifetime.

**MILL CITY COMMONS**

[WWW.MILLCITYCOMMONS.ORG](http://WWW.MILLCITYCOMMONS.ORG)

February 2, 2010

## MILL CITY MUSINGS

### You Have New Neighbors!

Good news—the neighborhood just got more exciting! Mill City Commons is thrilled to announce its move to new space in the Hoffman Parkin Urban Realty offices (17 4th St. SE)! An official open house celebration will be held Friday, February 26th from 5:30—7:00 pm ([click here](#) to RSVP) but MCC members and Mill District Community members are encouraged to swing by any time!



### Upcoming MCC Events

#### **National Security Lecture with VP (and MCC Member!)**

**Mondale:** Gain firsthand insight into national security policy-making at an open forum featuring long-time public servant, Vice President (and MCC member!) Walter Mondale and Larry Jacobs, director of the Center of the Study of Politics and Governance at the Humphrey Institute of Public Affairs. [Click here](#) for details and to register.

**Kundalini Yoga Is Back!** Join fellow MCCers every Friday morning for some serious stretching and meditation, led by a certified, experienced yoga instructor and Guthrie actor. Drop-ins are welcome! [Click here](#) for more information.

### Special Offers

#### **A la Carte: A Writing Buffet for Beginners at the Loft**

Have you always wanted to write a screenplay or a novel? A book for children or a poem? ... but you don't know how to begin? Let the acclaimed writers of the Loft—the nation's largest independent nonprofit literary arts center—show you how! February's buffet features author Selden Edwards, author of [The Little Book](#).

**Date:** February 20-21, 2010

**Location:** The Loft Literary Center at Open Book, 1011 Washington Avenue South

**Cost:** Mill City Commons rate is \$100/person (general public rate \$175/person)

**To Register:** [Click here](#) and use discount code Buffet10

#### **Pilates at Benessere**

Benessere Body in Balance has just launched a fitness pilates class. Fitness Pilates is a progressive approach using the core principles and fundamentals of mat pilates, and implements functional exercise through stability ball and theraband routines. These total body techniques improve posture, flexibility, core strength and cardio endurance. These are small group classes and are limited to four persons per class. Private pilates or personal training sessions are also available by appointment only.

**Times:** Wednesdays, 5:30-6:30 pm or 6:30-7:30pm

**Location:** Benessere Body in Balance, 125 Main St. Suite 237

**Cost:** Fitness Pilates- \$35/class for Mill City Commons Members

Private Pilates and Personal Training: \$50/hour for Mill City Commons Members

**To Sign Up:** Call 612-378-9355

**Age: Wide  
Angle Lecture  
Series Starts  
Tonight!**

Don't miss MCC members Mary K Baumann and Will Hopkins as they kick off our lecture series in partnership with Hennepin County Library Foundation with a discussion of visual trends! [Click here](#) for details.

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at [emilyhutchinson@millcitycommons.org](mailto:emilyhutchinson@millcitycommons.org)