



Your neighborhood for a lifetime.

MILL CITY COMMONS

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February 9, 2010

MILL CITY MUSINGS

Second Lecture in Age: Wide Angle Series Tonight!

Last Tuesday crowds braved the cold to hear MCC members Will Hopkins and Mary K Baumann discuss a wide variety of visual trends in various media. Tonight James Sewell (co-Founder, Artistic Director and choreographer of the James Sewell Ballet) will examine the evolution of his work and the art of ballet, "an ageless art form." This is the second lecture in the *Age: Wide Angle* series MCC is co-presenting with the Library Foundation of Hennepin County. For the more details and the full lecture series schedule [click here](#).



James Sewell Ballet

Compleat Scholar is Back in February with Eco-Literature!

From the days of John Muir and Emily Carr, Americans have been drawn to nature and to writers who try to describe and explain nature. With award winning author Toni McNaron, discuss what William Shakespeare, Terry Tempest Williams, Annie Dillard, Gary Snyder, William Wordsworth, Mary Oliver, and Willa Cather have to say about the internal and external forces of nature. For details and to register [click here!](#)

Special Offers

Above the Falls Sports River Trips

Looking for a great Valentine's gift for the adventurer in your life? Above the Falls Water Sports is offering MCC members a 10% discount on any one 2010 Mississippi River group tour selection. The offer is valid throughout the 2010 operating season (May – October). For tour options and other information visit: <http://www.abovethefallsports.com/>

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

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

Questions or comments? E-mail us at emilyhutchinson@millcitycommons.org