



Your neighborhood for a lifetime.

MILL CITY COMMONS

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July 13, 2010

MILL CITY MUSINGS

All MCC all the time!

Movie Night. July 18, 4:15 pm. St. Anthony Main Theatre, 115 Main Street SE.

Join MCC for a late afternoon showing of *Teza*, the story of an Ethiopian intellectual who returns to his native country during the repressive totalitarian regime of Haile Mariam Mengistu. He struggles to remain true to himself and his homeland and to reconcile his memories with the reality of political turmoil. Then discuss the film over dinner at Aster Cafe. Dutch treat! [Click here](#) to RSVP.

Did you know...

... that MCC is the only neighborhood level initiative featured on www.mnlifetimecommunities.org?

Critical (Muscle) Mass

As Dee DePass wrote last week in the [Star Tribune](#), "use it or lose it" is particularly true with muscle mass and strength as we age. Physical inactivity leads to the age-related muscle wasting of sarcopenia for many older adults. Muscle mass loss begins around age 30 and compounds yearly. The solution? Regular exercise and strength training. It's never too early or too late to start the fitness fight. Fitness vendors in Mill City Marketplace appreciate that fact and are ready allies in achieving your fitness goals. 501Fit offers an extensive strength training schedule, and personal trainer Rob Hanson works with clients individually in their homes. Check them out in our online vendor directory, and look out for more wellness and fitness opportunities this fall!



Mill City Marketplace Vendor Spotlight

As a leading urban real estate company, Downtown Resource Group excels at helping people realize their dreams of downtown Minneapolis living. As most DRG agents are downtown residents, they know the lifestyle, condos, and lofts of urban Minneapolis. With extensive area knowledge, up-to-date insight into the availability and distinctions among condo and loft communities, DRG can help you find your ideal property. DRG's specialists understand your unique lifestyle and urban real estate needs. They are dedicated professionals who provide you with a wealth of knowledge. DRG is here to help you realize your real estate goals, whether buying, selling, or leasing. For more information on MCC vendors and discounts, please log in to your account at millcitycommons.org.

Neighborhood Happenings

Wine and Words Dinner. July 15, 6:30 pm. Nicollet Island Inn, 95 Merriam St.

"Wine & Words" is a continuation of the Nicollet Island Inn's popular Wine Dinner Series. It is a specially crafted three-course dinner with expertly paired wines and a special presentation and book signing with Christopher and Rushika February Hage, local authors of *Images of America: Nicollet Island*. Come raise your I.Q. about the island we call home and its special place in the growth of one of America's great cities. Cost: \$60 per guest. Space is limited for this unique event, call 612-331-1800 today to make your reservations!

Mill City Live. July 15, 6-8 pm. Mill City Museum, 704 South 2nd St.

Set in the museum's dramatic open air Ruin Courtyard, this week's concert features music by pop/folk singer-songwriter Aby Wolf. D'Amico Catering offers food and drink for purchase while you listen. Cost is \$5 per person and includes admission to the museum gallery. Free for Minnesota Historical Society members. No RSVP necessary.

Target Arts & Wonder Free Family Event. July 16-18. Times and locations vary.

As part of its efforts to support education in the communities it serves, Target sponsors free or reduced-price admission to arts and cultural events nationwide. This special weekend features fun, free activities for the whole family at the Walker, the Guthrie, the Children's Museum, and the Minnesota Orchestra. Don't miss it! [Click here](#) for more information.

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