



Your neighborhood for a lifetime.

MILL CITY COMMONS

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July 6, 2010

MILL CITY MUSINGS

All MCC all the time!

Play Reading - *A Streetcar Named Desire*. July 7, 6:30-9:30 pm. Guthrie Theater, 8th Floor, Livingston Conference Room, 818 S 2nd St.

Play readings are hosted by a member of the Guthrie Staff or an Artist affiliated with the play. Participants will be assigned parts for reading and may rotate parts as necessary. The tragic unraveling of Blanche DuBois plays out within a lily-laced atmosphere of heated passion and pulsing sweat in this classic American play by Tennessee Williams. Through its tumult of fantasies, reality and impassioned speeches, *A Streetcar Named Desire* paints a fascinating tragedy of a woman who struggles boldly against a harsh world, and creates a night of truly compelling, intensely emotional theater. Performance on the Guthrie Wurtele Thrust Stage: July 3 – August 29, 2010. Please [click here](#) to RSVP.

MCC Men's Coffee and Conversation Group. Thursday, July 8, 7:30 – 8:30 am. Nicollet Island Inn, 95 Merriam St.

Caffeine and camaraderie for the male members of MCC! This Thursday's conversation will be hosted by Doug Baker and the topic will be the role of sports in your life. [Email Emily](#) or call 612.455.3329 to RSVP today.

Will you still need me, will you still feed me, when I'm 104?

Recent research, highlighted by [BBC](#), examines the role of genetics in longevity. Only one in 6,000 people in industrialized nations lives to be 100. The Boston University professors conducting the study identified 150 genetic factors related to long life, which they observed in 77 out of 100 centenarians. The professors compared this study with a previous study of Seventh-Day Adventists, who also boast long lives, explaining that the religion espouses vegetarianism, exercise, and temperance. While you cannot change your genome, you can improve your fitness with MCC. Join River Walkers or drop in for MCC's last Hatha yoga class of the session at Yoga Center of Minneapolis! Look out for more wellness and fitness opportunities this fall!

Mill City Marketplace Vendor Spotlight



Alight Shiatsu Studio has been dedicated to the skilled practice of Shiatsu therapy since 2001. Alight's beautiful and welcoming space in the North Loop is conveniently close to MCC members' homes. Because clients remained clothed and no oils are used in the acupressure techniques of shiatsu, it is easy to incorporate into your day, treating a variety of symptoms and physical problems. Alight's Shiatsu practitioners have completed over 700 hours of training through CenterPoint School of Shiatsu Therapy/Minnesota Center for Shiatsu Studies. They are committed to lifelong learning in the healing arts and strive to assist clients on an enjoyable path to better health and well being. For more information on MCC vendors and discounts, please log in to your account at millcitycommons.org.

Doing good just got easier...

Log in to the members-only website to view and use the new online volunteer tool. It includes a monthly calendar of member-to-member volunteer opportunities. You can sign up to help out, and you can see a list of your upcoming volunteer activities. This new tool is your one-stop volunteer shop! Need help and want it listed on the volunteer calendar? Send us an [email](#) with the details.

Special offer from Hanson Home Fitness

Personal trainer Rob Hanson is offering special introductory prices for MCC Members: **20% off regular priced packages PLUS free consultations and assessments.** To learn more about Hanson Home Fitness, view our vendor directory at millcitycommons.org. To set up an appointment, call Rob at 612.242.9890.

Please [click here](#) to unsubscribe from Mill City Musings.

Neighborhood Happenings

Exhibit Opening: Imagining the Mississippi: 30 Ways to Transform the Riverfront. July 7, 6-8 pm. Mill City Museum, 704 South 2nd St.

"Imagining the Mississippi" is a design book that offers 30 separate visions of how the public can get closer to the Mississippi along the Minneapolis Central Riverfront, transforming the vision of the river and the city. The designs, and opportunities for the public to comment on them, is the subject of this exhibit at Mill City Museum. The book was produced by students Daniel Carlson, Andy Cleven, Julia Hill, Kevin Lang, Michael Nickerson and Davidson Ward, advised by (MCC board member) **Leslie van Duzer** and Patrick Nunnally. Remarks will be made by Carlson, Ward and Nunnally at the opening reception at 7 pm. The students will be available for informal conversation throughout the event. A cash bar and light snacks will be available. The event is free. No RSVP necessary.

KidsFest. July 10, 10 am-Noon. MacPhail Center for Music, 501 South Second Street.

At Kidsfest, children and parents experience the joy of music together. Children can visit the Instrument Petting Zoo, where they will have the opportunity to try out a variety of musical instruments, or they can make their own instrument to take home. Enjoy a performance by the Copper Street Brass Quintet and sing and dance with MacPhail's talented Early Childhood Music teachers. Admission is free. For more information, call 612-321-0100. No RSVP necessary.

VAN Forum: Creativity and Aging. July 12, 10:30 am-12:30 pm. Minneapolis Central Library, Pohlad Hall, 300 Nicollet Mall.

Susan Perlstein will connect the idea of creative aging to everyday life. She will draw from her research with Dr. Gene Cohen at the Center on Aging, Health and Humanities, George Washington University, to talk about the positive benefits of engaging in arts and cultural programs. Free and open to the public. No registration required. Learn more [here!](#)

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!