

Do-It-Yourself

Eat 4 Free in the T.C

Nathaniel Secor and Jenny Neudek:
mplsfodnotbombs@riseup.net,jennyneudeck@gmail.com
612-722-1183, 612-729-1854
When: Sundays 1-4 pm starting 6/14 Where: TBD

EXCO Web Development and Design Workshop

Seth Viebrock: seth@viebrock.us, 612-387-4302
When: 6:30-8:30pm every other Tuesday starting 6/16

Intermediate Level Computer Programming Workshop: Hands-on Development Experience

Seth Viebrock: seth@viebrock.us, 612-387-4302
When: 8:30-10:30 pm, Tuesdays starting 6/16

Introduction to Computer Programming

Seth Viebrock: seth@viebrock.us, 612-387-4302
When: 7:30-8:30 pm, every other Tuesday starting 7/7
Where: 3144 Fremont Ave S, Minneapolis, MN (Uptown)

Fermentation Basics

Kirstin Grieve: kirstin@resist.ca, 612.729.2261
When: Thursdays 6-8 pm, 6/16-8/6
Where: 3036 Longfellow Avenue, Minneapolis

How to Solve a Rubik's Cube

Mike Franck: fran0092@yahoo.com, 612-396-3175
When: Wed 6:30-8:30 pm, 8/6-8/20 Where: Rondo Library

Introduction to Auto Mechanics

Benjamin Sai and Phil Schaefer: b.spoken@gmail.com
When: Thursdays 7-9pm, 7/2-7/30
Where: 3335 21st Ave S, Minneapolis

Introduction to HTML and Web Development

Chris Mason: crstfr@yahoo.com, 612-309-9787
When: 8-9:30pm Wednesdays 6/10-7/29
Where: 3144 Fremont Ave S, Minneapolis, MN (Uptown)

Politics/Organizing

Creating a World Peace Force

James Park: parkx032@tc.umn.edu, 612-871-7275
When: Wed 7-9pm 8/19, 8/26, 9/2
Where: 1829 3rd Ave. S. Apt. 218

Governing Society: Politics, Economics, Public Policy

John M. Schwarz: civicedmsp@gmail.com, 651 442-8899
When: Tues 6:30-8:30 pm starts 7/14 Where: UMN TBD

Health Care System Overview

John M. Schwarz: civicedmsp@gmail.com, 651 442-8899
When: Thurs 6:30-8:30 pm starts 6/11 Where: UMN TBD

Miscellaneous

The Bible: Context and Interpretation

Nate Ramsayer: ramsa026@umn.edu
When: Wed 7-9 pm, 7/22-8/12 Where: TBD

Calse de Aerobicos (Aerobics in Spanish)

Silvia Perez S.: sphalia1103@gmail.com
Estas dos clases tendrán cuidado de niños.
Clases el Jueves: 1-2pm, Powderhorn Park 3400 15th Ave Mpls
Duracion: 18 de junio - 6 agosto (8 semanas)
Clases el Viernes: 11am-12pm, Corcoran Community Center,
3334 20th Ave, Minneapolis
Duracion: 19 de junio - 7 de agosto (8 semanas)

Eliminate Sabatoge, Embrace Your Real Identity

Deanna Reiter, MA: deanna@dayawati.com, 651-238-7448
When: Mon, June 29, 6-8:30pm Where: Macalester College,
Old Main 4th Floor Lounge

Family Literacy

Sharon Nelson: tea277@aol.com
When/Where: TBD

Imprinted Sexual Fantasies: A New Key for Sexology

James Park: parkx032@tc.umn.edu, 612-871-7275
When: September TBD
Where: WSAC Office, Coffman Memorial Union, UMN

Indegenous Imperative: An Ecological Perspective

Ray Tricomo: rtricomo@yahoo.com
When/Where: TBD

Living Cheaply: How I Survive on SSI

James Park: parkx032@tc.umn.edu, 612-871-7275
When: 1-4 pm one afternoon in 2nd half of June
Where: Minneapolis Central Library

Rock Climbing

Baseem Missaghi and Joe Olson :
Baseem@gmail.com, 6125018933
When: Saturdays or Sundays full day classes, 9am-3pm
May - July
Where: Taylors Falls, MN

***Please check the website for the most up to date class information. Wheelchair accessibility of each class location is also listed on the website.**



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excotc@gmail.com

Health/Wellness

Becoming More Authentic: The Positive Side of Existentialism B

James Park: parkx032@tc.umn.edu, 612-871-7275
When: Wednesdays 7-9pm 6/17-7/8
Where: 1829 3rd Ave. So. Apt 218 Minneapolis

Better Eyesight Without Glasses

Noah Strom, DC: chiropractor.noah@gmail.com, 612-275-9212
When: 7pm Tuesday 6/16-7/14
Where: Hidden Falls Regional Park, N Gate Pavilion

Body Wisdom & Vital Energy

Dave & Pam Nelson: dave@icoachlife.com, empowered@icoachlife.com, 651-204-9096, 651-748-0501
When: 10am-4pm, 8/9 Where: Weyerhaeuser Boardroom at Macalester

Harmony, Yoga Systems and Mind Control from "Bhagavad Gita"

Sai Lakkaraju: tvd108@gmail.com
When: Sat 11-12:30pm, 6/27-7/25 Where: TBD@UMN

New Ways of Loving: How Authenticity Transforms Relationships

James Park: parkx032@tc.umn.edu, 612-871-7275
When: Wednesdays 7/15-8/12 Where: TBD

Qi Jong

K. Meredith: anewhip@hotmail.com
When/Where: TBD

Arts/Culture

Art and Craft Critique Group: A constructive show-and-tell discussion on process, style and substance

Sarah Prentice: thelotusduck@gmail.com, 612-308-0760
When: Every other Sat. at noon, 6/27, 7/11, 7/25, 8/8
Where: Cafe Juliahna

Batucada do Norte- Brazilian Drumming Ensemble

Pat O'Keefe: batucadadonorte@yahoo.com, 651.324.4373
Where: Lower Riverside Park Mpls (on W. River Pkwy)
When: Wednesdays 6-8 pm

Beginning and Intermediate Clarinet Class

Mary Beth Huttlin: hutt0049@umn.edu, 701-212-5366
When: 8-9pm Thursdays, 6/11-7/16
Where: UMN West Bank, Ferguson Hall

Creative Art materials from businesses and dumpsters discussion and creation group (w/Chris Mclane)

Sarah Prentice: thelotusduck@gmail.com, 612-308-0760
When: Thursdays at 5pm, 6/4-7/30
Where: Cheapo 80 Snelling Ave. N. St. Paul

Collective Art Space

Callie Recknagel: crecknagel@gmail.com, 262-565-3344
When/Where: TBD

Designing for a Changing Future: Understanding the Past as a Basis for Better Designs for the Future

Wilhelm Reind: alteravista@gmail.com, 651-633-4410
When: Sat 11-12:30 or 1-2:30 Where: Macalester College, Campus Center Rm 207

Healing through Memoir and Collage

Becca Reilly: lumenhour@gmail.com, 651-230-4675
When: 4-7 pm, Fridays 6/12, 6/19, 6/26, Tues 6/16, 6/23
Where: Matthews Park in South Minneapolis

How to Write a Screenplay

Mike Franck: fran0092@yahoo.com, 612-396-3175
When: Thursdays 6:30-8:30pm 8/6-8/20
Where: Rondo Community Library

In this world of Yes – a spiritual poetry circle

Jason Rodney: jasonrodney@gmail.com, 216-403-2740
When: Thurs 7:30-9 pm, 6/25-8/6
Where: Macalester Plymouth Church (1658 Lincoln Ave, St Paul), Rex Knowles Room

Knit and Such

Aaron Hottinger and Michelle Larsen:
aaron.hottinger@yahoo.com, michellemarlarsen@yahoo.com
952-297-7248
When: Tuesdays 7-9 pm, 6/16-8/18
Where: Loring Park or Espresso Royale (13th and Hennepin)

Loom Building and Weaving

Molly Erickson and Britt Malec: oneflanelaway@yahoo.com, 414-732-9481, 612-720-3030
When: 6-8 pm July 6-8 Where: 1921 Elliot Ave. Mpls

Music Composition

Mary Beth Huttlin: hutt0049@umn.edu, 701-212-5366
When: 7-8pm Thursdays 6/11-7/16
Where: UMN West Bank, Ferguson Hall

Somali Female Diaspora Experience in N. America

Ashwak Hasson: ashwak.hassan@gmail.com, 415-335-2746
When: Thursdays 4-5:30 pm 6/18-8/27 Where: TBD

Taking Art to Action

Bugs of Poetic Assassins: poeticassassins@gmail.com, 612-251-3366
When: Wednesdays 5-7 pm, 6/17-8/20
Where: Lawn across street from Coffman Union

Tap Dance: Technique, Choreography, Improvisation, and History

Molly Kay Stoltz: mstoltz25@gmail.com, 701-290-5794
When: Saturdays 7-8:30 pm, 7/3-8/15 Where: TBD

Science/Environment

Climate, Development & Energy: Renewing our Future

Robert Hemphill, Timothy Den Herder-Thomas:
hempwill.robertm@gmail.com, timothydht@gmail.com, 847-757-6091
When: Tues & Thurs 7-9pm 6/16-7/30 (no class 7/7, 7/9)
Where: Macalester College, Olin Rice Hall Room 243

How to be Green

Mike Franck: fran0092@yahoo.com, 612-396-3175
When: Sundays 1:30-4:30 pm, 7/12-7/26
Where: Rondo Community Library

Introduction to Biopsychology: Integrating Science and Humanity

Seth Viebrock and Jonathan Popko: seth2@viebrock.us, popk0012@umn.edu, 612-387-4302
When: 8-9:30 pm every other Monday starting 6/15
Where: 3144 Fremont Ave S, Minneapolis (Uptown)