

Crystal Court Observer

Concierge Update ~ March 2011

corda mór

corda mór teaches Irish dancing to over 100 students in Edina, MN. Their dancers compete in competitions across the world and provide stellar entertainment for a diverse variety of venues across the Midwest. Their high-energy show highlights the talent, spirit, and diversity of their dancers as they showcase their skills in intricate choreography set to an unforgettable assortment of rousing Irish tunes. Join them on Thursday, March 17 from 12PM – 1PM in the Crystal Court!



The IDS Center will hold events throughout the entire week of April 18-22. A property wide e-cycling program, earth friendly businesses and musicians will be showcased in the Crystal Court. Watch for full details in the April edition of the *Crystal Court Observer*.



American Cancer Society Daffodil Days

As the first flower of spring, the daffodil is a symbol of hope. To the American Cancer Society, it represents the hope we all share for a future where cancer is no longer a life-threatening disease. Purchase your daffodils at the top of the escalator March 9-11.



Crystal Court Sidewalk Sale ~ March 22-24!



Arc Rose Sale

March is Developmental Disabilities Awareness Month. You can help support The Arc of Minnesota and its causes by purchasing roses for yourself and for the special people in your life. Arc's beautiful long-stemmed roses are just \$20 a dozen! Roses will be on sale at IDS Center on March 29 - 30. Log on to www.arcminn.org for more information. Thank you for your support!



Girl Scout Cookie Time

Girl Scout Troops from around the Twin Cities will be in the Crystal Court on Friday, March 4 and Friday, March 18 armed with cookies. Cookies are \$3.50 a box, while supplies last.



The 2011 National Junior Olympics in Nordic skiing are coming to town, held at the Theodore Wirth regional park in Minneapolis from March 6-12, 2011. This will highlight the vibrancy of skiing in a large metropolitan area for the first time in Minneapolis in the history of the Nordic Junior Olympics. The week-long event will provide opportunity for athletes, coaches and spectators to enjoy exciting race events, to socialize at spectacular venues and to spend time together cheering along the courses.

The Opening Ceremony will be held in the IDS Crystal Court on Sunday, March 6 starting at 3:00pm. Alan Page, Minnesota Supreme Court Justice will provide insight as to how a Minnesota Vikings "Purple People Eater" became motivated to study law, become a Supreme Court Justice and develop a foundation that mentors children of color to launch them to college. Over 400 athletes, 100 coaches and many more spectators are expected for the Opening Ceremony.



As landscape architect Lawrence Halprin, who designed the 1967 Nicollet Mall, stated in his dedication speech, "Nicollet Mall alone cannot make your downtown...It's life and character, its quality and vitality come from its people." The week of March 7-11 is designated to be a design charrette to envision a redesign for Nicollet Mall. This charrette fosters collaborative design thinking for a group of graduate students from the University of Minnesota College of Design School of Architecture, several Minneapolis architects and members of the Minneapolis municipality. The teams of architects and students will develop ideas and visions for the Mall through the use of historical photographs, street plans, and models of existing buildings and then present them back to the larger Minneapolis community. Because the nature of charrette encourages collaboration, we would invite everyone to visit the teams in the IDS Crystal Court and engage in the dialogue centered on this important section of Minneapolis.

Sick of the snow?
We are too!



There are plenty of patients in our area hospitals who rely on us to provide blood for the transfusions they need to survive.

The most recent winter storms and snow emergencies have left us with a greater need for blood donations. **You can help – all blood types are needed – please make an appointment to donate blood at the **IDS Center Crystal Court** blood drive on **Wednesday, March 16 from 9:00 a.m. - 3:00 p.m.****

Help us meet the needs of our hospital partners by donating blood.

Sign up now by going to <http://www.mbc.org/Donate-Blood/Schedule-Blood-Donation-Mediware> and use Sponsor Code **1210** or call Christy at 651.332.7167.

Please spread the word and join together to help us replenish the blood supplies needed to save and sustain the lives of our neighbors, family members and friends.



QUITPLAN Services Invites you to Kick-Butt!

Have you successfully quit smoking? Are currently trying to kick-the-habit or just need to get out some work-day stress? QUITPLAN Services is celebrating Kick-Butts Day on Wednesday, March 23 by inviting you to kick-butt...literally. Stop by the Crystal Court from 11 a.m. to 1 p.m. to kick a cigarette butt kicking bag. QUITPLAN Services – a program of Clearway MinnesotaSM – offers free counseling services to all Minnesotans and has helped more than 18,000 Minnesotans successfully quit smoking. Representatives will also be distributing information about how to successfully quit tobacco use. Hope to see you there!

March Special 

10% Off

Your Total
Dry Cleaning Order



Offer good at IDS Location through
March 31, 2011

Not valid on specialty items.

HUBERT WHITE

Minneapolis | Since 1916

An Offer Tailored Just For You.
**ANY 3 CUSTOM
SHIRTS 20% OFF!**



Custom shirt offer good through March 30th, 2011. Custom shirts starting at \$110.



EXPERIENCE

SELECTION

PRICING

STYLING

 **GLOBE UNIVERSITY** PRESENTS

Picture caption

Competencies for 21st Century Leadership



Join Michael Sunnarborg for an interesting and unique glimpse into the ways in which we lead, manage, motivate and engage one another in the 21st century workplace. This short presentation will address critical skills necessary for today's leaders including:

- Embracing Technology
- Integrating Social Learning
- Global Perspective
- Push vs. Pull

ways in which we lead, manage, motivate and engage one another in the workplace and beyond. Read more about Michael at michael-sunnarborg.com. [*This event is free and open to the business community. Lunch will be provided*](#)

WHERE: [Globe University, IDS Concourse Level](#) **TIME:** 12—1 pm
RSVP to Sonja Simpson : simpson@globeuniversity.edu 612-455-3028



Presented by Michael Sunnarborg

Biography

Michael Sunnarborg currently leads creative direction and client engagement as the Vice President of Consulting Services for Dashe & Thomson, Inc. — a Minneapolis-based business and education consulting firm. He is a dynamic and creative leader, teacher, author, and facilitator, and his professional experience includes over 15 years involvement in corporate and private industry, health care, and technology. Michael brings his diverse experience from working and living in the U.S., South Pacific and Asia into the business and technology world providing a unique look at the



Rocco Altobelli Salon Winter Style Sale

Purchase any two Altobella styling products and receive a 3rd Altobella styling product 1/2 off!

(Equal or lesser value. Not good with other offers) Offer good until March 19, 2011

Celebrate Everything! ~ Buy any Greeting Card and get a second Greeting Card 50% off. Offer valid through March 31.

Please print this offer and present it at check out.



Starbucks is celebrating their 40th Anniversary with new treats. Stop by for a cocoa cappuccino accompanied by our Starbucks Petites our new line of little indulgent treats, all under 200 calories and perfect for a well-deserved afternoon treat! We are also celebrating with Starbucks Tribute Blend. This multi-region blend showcases our best coffees and is one that you don't want to miss. It is a blend of Aged-Sumatra, Ethiopia, Papua New Guinea and Colombia.

Limited time only - don't delay and try some today!

Would you like to revitalize your health? Learn to release stress, eat healthy and strengthen your heart!

Fit to Live provides 3 convenient ways to create
more health and energy through:

- ♥ Convenient Tai Chi, Yoga or Total Fitness Classes
- ♥ Beyond Weight Loss: Eating for Optimal Health
- ♥ Transforming Stress: Personalized Stress Management Coaching

Fit to Live makes it easy for you to find time to be healthier through convenient fitness classes, nutrition and weight loss programs and stress management coaching. *Fit to Live* now offers Tai Chi, Yoga and Total Fitness classes over the lunch hour and after work. Tai Chi/Qigong is a gentle, slow and rhythmical exercise that offers many healing benefits to people of all ages and physical abilities. It increases flexibility, muscle strength, heart/lung activity, and benefits people with diabetes and arthritis. Yoga increases your flexibility, core strength and revitalizes you and even helps keep your organs healthy. The Total Fitness class strengthens your heart with fun cardio, tones your muscles and strengthens your core and back. All the classes are great ways to release stress and are good for beginners and people with experience.

Yoga, Tai Chi & Fitness Class Schedule:

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|----------------------|----------------------------|------------------|-----------------------|
| Total Fitness | Monday, Tuesday & Thursday | 12:10 - 12:55 PM | IDS Center, Suite 605 |
| Yoga | Wednesday | 12:10 - 12:55 PM | IDS Center, Suite 605 |
| Yoga AW | Thursday | 5:00 - 6:00 PM | IDS Center, Suite 605 |
| Tai Chi | Friday | 12:10 - 12:55 PM | IDS Center, Suite 605 |
| Tai Chi AW | Monday | 5:00-6:00 PM | IDS Center, Suite 605 |

Total Fitness and Stability Ball classes are 6 for \$36.00 or 12 classes for \$68.00. Lunchtime yoga and Tai Chi Classes are 6 classes for \$54.00. After work classes are 6 classes for \$72.00.

Any missed classes can be made up in other *Fit to Live* classes. Go to

www.fittolivetoday.com for a list of classes.

New Participants - join with a friend by 3/10/11 and you both get \$5.00 off your session!

To register for fitness classes or for additional information on the Beyond Weight Loss and Transforming Stress programs, email linda.simon@usfamily.net or call *Fit to Live* at 612.722.6571.



Your Concierge can save you money on tickets to Chanhassen Dinner Theatres, The Children's Theatre, Mystic Lake Casino Shows and many more! Below is just a sampling of event tickets that are available. Please call Nicolle at 612.376.8013 or email toth@inlandgroup.com for these and any other shows or tickets that you are interested in!



Discounted tickets!

Tickets are regularly \$13.00, only \$8.00 through your Concierge! Get yours from the Inland Management Office, Suite 650 while supplies last. The show runs March 2-6.

HAIR

Saturday, March 5, 2:00pm, \$79.00
Saturday, March 5, 8:00pm, \$87.00
Sunday, March 6, 6:30pm, \$68.00
Orpheum Theatre

THE WINTERS TALE

Friday, March 11, 7:30pm, \$56.00
Saturday, March 19, 7:30pm, \$56.00
Guthrie Theatre



STOMP

Saturday, April 2, 5:00pm, \$64.00
Sunday, April 3, 7:30pm, \$59.00
Ordway Theatre

JERSEY BOYS

Thursday, April 21, 7:30pm, \$86.00
Sunday, April 24, 6:30pm, \$81.00
Wednesday, April 27, 7:30pm, \$81.00
Thursday, May 5, 7:30pm, \$86.00/\$142.00
Friday, May 6, 8:00pm, \$94.00/\$142.00
Orpheum Theatre

PRESALE!

SUGARLAND

Saturday, May 7 \$106.00 VIP
Target Center

JOSH GROBAN

Friday, July 8 \$145.00 VIP
Target Center

