

Crystal Court Observer

Concierge Update ~ May 2011



The IDS Center Mother's Day Event will take place Friday, May 6 from 8AM-4PM in the Tower Lobby.

Swing by and register to win great prizes from Crystal Court Merchants!

Thanks

MINNESOTANS' MILITARY APPRECIATION FUND

The Minnesota Patriot Guard and members of the 34th Infantry Division

Red Bulls will be selling raffle tickets in the Crystal Court on May 23 and 24. Tickets will be \$20 dollars each and the prizes are either a 2011 Harley-Davidson Street Glide FLHX or \$10,000 cash. The Patriot Ride is a 75 mile round trip motorcycle rally taking place on July 18, 2011, at Lions Park in Ham Lake, MN. All proceeds from the Patriot Ride are donated to the Minnesota Patriot Guard and Minnesotans' Military Appreciation Fund.

Globe University Minneapolis

Presents

Ann D. Kalin

LUNCH & LEARN SEMINAR MAY 2011

“Capture Business Data Intelligently”

This seminar is intended to introduce Business Intelligence and Analytics. It will introduce data warehousing concepts and how it differs from transactional databases. It will also introduce Business Intelligence reporting tools, both their strengths and weaknesses. Demonstrations of several tools are included. This seminar is non-vendor specific

Key Issues:

- Define business intelligence terminology, data warehouses and multidimensional databases,
- Understand the data integration concepts from transactions database to the data warehouse
- Review some of the ETL tools and business intelligence reporting tools

Date: Wednesday, May 25th

Time: 12 pm – 1 pm (Lunch Hour)

Place: Globe University Downtown
IDS Center Concourse

RSVP to: Sonja Simpson
ssimpson@globeuniversity.edu
612.455.3028

Ann D. Kalin had her start in the computer industry 30 years ago, when she worked as a programmer at the Pentagon in Washington D.C. Ann was an instructor and managed the computer careers training at Hennepin Technical College, which specialized in programmer training. She brought Oracle into the curriculum, installed the software and developed an Oracle application and database, which tracked student information and their grades. She also worked with IT managers on providing student internships. Given both the work experience and training experience, Ann understands what developers need and offers both practical and technical aspects in all of her classes.



Software Development Training

1439 Fairway Court
Chaska, MN 55318

www.onyxtraining.com

952.443.4694

Lunch Will Be Provided!



Beauty Is...

MOM

Mother's Day Gift Certificates

**Purchase a gift card of
\$75.00 or more and receive an
Altobella® Travel Trio
Gift Set.**

**(2 oz. Neutral Shampoo, 2 oz. Translucent
Moisturizer & 2 oz. Witch Hazel Hairspray)**

April 17 - May 8, 2011

Rocco Altobelli Salon

IDS

612-332-8005

roccoaltobelli.com



Now has...



Stop in and play!

May Special



10% Off

Men's Dress Shirts



Offer good at IDS Location only
through May 30, 2011

Shirts only | excludes other offers

Fit to Live

Are you ready to put your swimsuit and shorts on? Would you like to tone your muscles and lose inches?

Would you like to release stress and have more energy?

Fit to Live offers Yoga, Tai Chi, Beginning Stability Ball and Total Workout classes on-site at the IDS Center five days a week. Dr.

Oz says if you want to live to be a 100, do Tai Chi. Tai Chi Qigong is a gentle, slow and rhythmical exercise that offers many health benefits to people of all ages and physical abilities. Yoga and Tai Chi are great for releasing stress and increasing stability, stamina, flexibility and balance. If you want to tone and lose inches for swimsuit season try the Total Workout or Beginner Stability Ball class. You will strengthen your core, legs and arms and improve your cardio. This is a fun way to work every muscle group. There is a class for you whether you are a beginner or an experienced exerciser.

Class Schedule

A new session starts week of 5/9/11. You can start anytime!

Monday, Tuesday and Thursday	12:10-12:55PM	Total Workout	IDS Center, Suite 605
Tuesday and Thursday	11:30-12:10PM	Beginning Stability Ball	IDS Center, Suite 605
Wednesday	12:10-12:55PM	Yoga	IDS Center, Suite 605
Thursday	5:00-6:00PM	Yoga	IDS Center, Suite 605
Friday	12:10-12:55PM	Tai Chi	IDS Center, Suite 605
Monday	5:00-6:00PM	Yoga	IDS Center, Suite 605

New Participants Register by 5/9/11 and receive \$3.00 off! Total Workout & Beginning Stability Ball classes are 6 classes for \$36.00. 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 at any Fit to Live classes downtown. Go to www.fittolivetoday.com for schedule. All classes are designed for the busy professional. We need eight people registered to offer a class. **To register** call Fit to Live at (612) 722-6571 or email linda.simon@usfamily.net. **Do you prefer individualized instruction?** Fit to Live also offers personal training and lifestyle coaching, nutrition counseling and private yoga classes. Contact Fit to Live for more information.

Would you like to stop emotional eating? Would you like to transform your stress?

Most stress management programs don't work because they focus on relaxation. Most of us don't have time to relax in the midst of stress. You can't leave a stressful meeting to go and relax. Stress comes out in different ways. You can reverse the effects of stress at the moment you are experiencing stress. Using scientifically validated techniques and technologies you can change your emotional and physiological response to stress at the time you are experiencing it, not hours or days later when you have time to relax. In four to six one-hour customized coaching sessions, Fit to Live can help you learn these techniques and technologies. The coaching is scheduled at your convenience. **Register by 5/27/11 and receive \$50.00 off!** For more information or to register, contact 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! Please call Nicolle at 612.376.8013 or email toth@inlandgroup.com for shows or tickets that you are interested in!



Get your Concierge discount to any Loring Theater show! Call 612.376.8013 to reserve your tickets.



Your Concierge has free tickets to the Minneapolis Building and Remodeling Expo taking place May 20-22 at the Minneapolis Convention Center. Stop by Suite 650 to get yours!



Your Concierge has access to a limited run of State Fair Grandstand Concert Tickets for Def Leppard with Heart on August 26 - tickets are \$59.00 and Train with Maroon 5 on September 5 - tickets are \$45.00. Email toth@inlandgroup.com to secure yours.

Valleyfair

Valleyfair opens May 14! Get your discounted tickets during regular business hours in Suite 650. Only \$27.00 for adults, \$9.99 for Jr/Sr and \$9 for parking.

ONGOING DISCOUNTED TICKETS

