

Classes are arranged by day, in the following format:

Class title

Facilitator Name and Contact

Class time/dates

Location

Register online at www.excotc.org or contact the facilitator.

MONDAY

Women's Circles – Every Woman's Voice Makes A Difference

Pam Nelson, empowered@icoachlife.com, 651-204-9096
Mondays (every other) 7-8:30pm, 9/28, 10/12, 10/26, 11/9
Macalester College, Olin Rice Room 241

Liturgical Dance

Elaine Dillard, medillard@msn.com, (763) 424-2755
Mondays 1:30pm, 9/28-10/12
Location TBA

Changing the Narrative of Our Mental Illness

Jeff Jones
jeffjones@phoenix-mental-health.com, 612-501-6807
Mondays 6:30-8pm, 9/28-10/19
Ivy Building of the Arts, 2637 27th Ave S, Suite #216B, Mpls

Zumba Aerobica

Katia Lopez-Petrovich, 612 668-4204
Mondays 6-7pm, 10/5-11/23
Anderson Elementary School Gym, 1098 Anderson Lane, Mpls

Mindful Eating

Deanna Reiter, deanna@dayawati.com, 651-238-7248
Mondays 6-8:30, 10/19-10/26
Location TBA

Liderazgo Transformativo

alejandra Tobar, 612-423-1073
Lunes 6-8pm, Octubre-Noviembre
Parque de Corcoran 3334 20th Ave S, Mpls

Danza Mexicana

Sylvia Perez, sphalia1103@gmail.com, 612-724-3233
Mondays 7-8pm, 9/14-10/26
Santa Rosario Church, 18th Ave and 24th St. Mpls

Climate, Development, and Energy: Renewing our Future

Robert Hemphill and Annie Pasbrig
Hemphill.robertm@gmail.com, 847-757-6091
apasbrig@gmail.com, 414-759-5621
Mondays 7-9pm, 9/21-12/7
Macalester College, Olin-Rice 243

TUESDAY

You are a Healer!

Dawn Marian
dawnmarian26@yahoo.com, 651-717-8409
Tuesdays 2-3:50pm, 10/6-11/10
Sacred Paths Center, 777 Raymond, St Paul MN

Hatha Yoga (All Levels)

Liz Wentworth, lizwentworth@gmail.com
Tuesdays 6:30-7:30pm, 10/6-12/1
Macalester College, Olin Rice Room 241

Movies: Cultural Enrichment or Co-Dependence?

Ray Tricomo, 651-714-0288
Tuesdays 6-8pm, 9/22-November
Macalester College- Old Main 009

Knit and Such

Michelle Larsen
michellemlarsen@yahoo.com, 952-807-3450
Tuesdays 7pm, 9/29-November
Cafe Espresso Royale, 13th and Hennepin, Minneapolis

Basic Acting (even if you're not a Broadway star or even a theatre major)

Laura Winton, fluffysingler@earthlink.net, 651-276-4758
Tuesdays and Thursdays 7-9pm, 10/13-11/5
Franklin Art Works, 1021 E Franklin Ave, Mpls

Klezmer Ensemble

Raysh Weiss, David Hein, Raysh.Weiss@gmail.com
Tuesdays, 7:30-9 PM, Ongoing
1521 University Ave, Minneapolis

WEDNESDAY

The Richest Man in Babylon: A Study in Personal Finance

Stace Vonderhaar
stacevonderhaar@gmail.com, 920.251.0616
Wednesdays 7-8pm, 9/30-11/18
3144 Fremont Ave S, Minneapolis

From Abbie Hoffman to Hothead Paisan: A Brief History (and Practice) of Culture Jamming

Laura Winton, fluffysingler@earthlink.net, 651-276-4758
Wednesdays 7-9pm, 9/30 - 10/26
UMN-Room TBA

Socialism in the 21st Century: An Intro to Marxism

Dan DiMaggio, dan.dimaggio@gmail.com, 617-599-3026
Wednesdays 7pm (flexible schedule), 9/30-12/12
UMN-Room TBA

Batucada do Norte – Brazilian Drumming Ensemble

Pat O'Keefe, batucadadonorte@yahoo.com, 651-324-4373
Wednesdays, 6:30-8:30 pm, Ongoing
Lower Riverside Park (Mpls) through Sept, Hamline University and Macalester College, Oct-Dec

Yoga para Mujeres

Jessica Flannigan
Flannigan.jessica@gmail.com, 612-812-6282
Wednesdays, 6-7pm, 9/30-11/18
Parque de Corcoran 3334 20th Ave S, Mpls

THURSDAY

Healing through Memoir and Collage

Rebecca Reilly, lumenhour@gmail.com, 651-230-4675
Thursdays 5-7pm, 10/1-10/22
Back of Blue Moon Café on East Lake street

Introduction to Electronics

Adam Loper, arthur.science@gmail.com, 651-757-5572
Thursdays 5-7pm, 10/1-12/10
2317 Commonwealth Ave. Saint Paul

Reporting 101

Gary Gilson, g.gilson@comcast.net, 612-341-9357
Thursdays 6:30-8:30pm, 9/17-9/24
Twin Cities Daily Planet offices: 2600 E Franklin Ave, Suite #:
(Enter through the back of the Wells Fargo building)

Complete Overhaul

Jason Tanzman, jason.tanzman@gmail.com, 612-232-2737
Thursdays 6:30-9pm, 9/24-10/15
Sibley Bike Depot, 712 University Avenue West, St. Paul

Beginning and Intermediate Clarinet Class

Mary Beth Huttlin, hutt0049@umn.edu, 701-212-5366
Thursdays 6-7pm, 9/24-11/12
UMN- Ferguson Hall

Charles Darwin and the Origin of Species

Todd Suomela, tsuomela@gmail.com, 952-200-0538
Thursdays 6-8pm, 10/8-11/19
Minneapolis Central Library Conference Room

Indegenous Imperative—An Ecological Perspective

Ray Tricomo, 651-714-0288
Thursdays 6-8pm, 9/17-December
Macalester College- Old Main 011

Learn to play the recorder!

Mary Beth Huttlin, hutt0049@umn.edu, 701-212-5366
Thursdays 7-8pm, 9/24-11/12
UMN-Ferguson Hall

Stepping across the gaps- [Being in] Becoming culturally competent in the human services field

Peter Delong, petrufka@hotmail.com, 763-772-2217
Thursdays 7pm (flexible schedule), 10/1-11/8
2021 East Hennepin Ave #100. Minneapolis, MN 55413

Citizen Journalism: Empower Yourself, Empower Your Community

Ann Alquist, aalquist@gmail.com, 612-865-5124
Thursdays, 5:30-8:30pm, 10/1-10/22
Twin Cities Media Alliance, 2600 E. Franklin, #2, Minneapolis
(Enter from rear of Wells Fargo Bank Building)

SATURDAY

Zumba Aerobica

Nancy, 612-227-3097
Saturdays 10-12am, 10/3-11/28
Asuncion School, 1723 Bryant Ave N, Minneapolis

Bring Out Your Bodacious: Dance with Macalester's Hip Hop Team

Tempestt Gilmore, Sarah Minkoff, bodacious@macalester.edu
Saturdays (every other) 12pm, 10/10, 10/24, 11/7
Macalester College, Leonard Center

Phantoms of Desire: Repoliticizing films of Luis Buñuel

Niels Strandskov, nstrandskov@yahoo.com, 612-743-8331
Saturdays 1-3:30pm (flexible schedule), 10/10-12/5
Bedlam Theater, 1501 S. 6th St. Minneapolis

Hip Hop: beatmaker, dibujo, pintura y rimas

Christian, legado_dt82@yahoo.es, 612-207-4901
Saturdays 6-8pm, 10/3-11/28
Asuncion School, 1723 Bryant ave N, Minneapolis

SUNDAY

Body Wisdom & Vital Energy Workshop

Pam & Dave Nelson, dave@icoachlife.com, 651-204-9096
Sundays (every other) 1-4pm, 9/20, 10/4, 10/18, 11/1
Macalester College, Weyerhauser Board Room (11/1 - 4th Floor Old Main Lounge)

Intro to Business Terms and Concepts

Jack McGowan, jack.mcgowan@metrostate.edu
Sundays 1-3pm, 10/4-10/25
Macalester College- Campus Center Room 206

Open Poetry Collective

August Patience and Wes Nugteren
augustpatience@gmail.com, 612-269-0584
Sundays 1-4pm, 10/3-12/12
Minneapolis location TBA

Improv Comedy: The Short and Long of It

Adam Briesemeister, briesa37@yahoo.com
Sundays 2pm, 9/20-12/13
Location TBA

Basic Bike Maintenance (September)

Jason Tanzman
jason.tanzman@gmail.com, 612-232-2737
Sundays 4:15-6:30pm, 9/13-10/4
Sibley Bike Depot, 712 University Avenue West, St. Paul

Basic Bike Maintenance (October)

Jason Tanzman
jason.tanzman@gmail.com, 612-232-2737
Sundays 4:15-6:30pm, 10/11-11/1
Sibley Bike Depot, 712 University Avenue West, St Paul

At EXCO, the Experimental College of the Twin Cities, everyone can teach or take classes and all classes are free. EXCOtc is a collective of Experimental Colleges in the Twin Cities that shares visions of a better world, offers free and open classes and is building a community around education for social change.

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www.excotc.org
excotc@gmail.com
651-696-8010

Upcoming events/important dates

Saturday, September 19: Fall session kickoff
Saturday, October 24: Reflection brunch
Saturday, November 21: End of Session Celebration
January 11: Spring Applications due
February 15: Spring session starts



*Where everyone can teach or take a class
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FALL 2009 FREE COURSES

www.excotc.org
excotc@gmail.com
651.696.8010