



**Programs and Classes
Winter/Spring 2012**

Cancellation/Payment Policy: Members who sign up for classes will have two (2) business days following registration to cancel, thereafter, there will be no refunds. Class and material (if any) fees will be charged to the member's account after the two business day grace period. If a class is cancelled by the City Club due to the minimum not being met, or, if the instructor is unable to teach, enrolled members shall be notified by the City Club office by telephone or email.

MONDAY CLASSES

Exercise for Fitness

Instr: Ann Hunt January 16
Time: 9–10 a.m. 11 Weeks
Fee: \$36 Min: 5
Move to music in a convivial atmosphere to condition your heart and stretch and strengthen your muscles.

Yoga

Instr: Jane Dorr January 9
Time: 9:30–11 a.m. 7 Weeks
Fee: \$63 Min: 10
Have you been plagued with fatigue, arthritis, stress, little time for exercise? Whether beginners or advanced, this class will bring peace, balance, flexibility, strength and stamina to those who practice. Please join me to work together for these achievements. Wear loose clothing, no perfumed products and only a light meal several hours before class. Bring yoga equipment if you have it.

Culinary Class with Chef Todd

Instr: Todd Stapnowski Jan. 30, Feb. 20 &
Time: 5:30 p.m. March 19
Fee: TBD Min: 10 / Max: 20
Chef Todd is going to conduct three culinary classes during the semester. He will be at the Open House on January 11 from 11 a.m. to 1 p.m. so be sure to come and chat with him about what he has in mind for these classes. Sign-up sheets will be available.

TUESDAY CLASSES

Essential Bridge Conventions II

Instr: Don Rumelhart January 10
Time: 10 –11:30 a.m. 6 sessions (3 weeks)
Fee: \$103.50 Min: 10 Tuesdays & Fridays
This class is a six-session course during which many essential bridge conventions will be introduced and discussed. This course is a continuation of the previous course which concluded in December. Attendance in the earlier class is NOT a prerequisite for this course. Bridge players of ALL levels will find something useful in this course.

Oil Painting

Instr: Carroll Walterhouse January 17
Time: 9:30–11:30 a.m. 8 Weeks
Fee: \$50 Min: 6
Have you always wanted to try oil painting? This class is for students of varying abilities and degrees of experience. Beginners are most welcome. Different techniques and creative approaches to subject matter are emphasized. A list of needed supplies will be furnished prior to the first meeting.

Seminar on the Psychology of Interpersonal Relationships

Instr: Allen Menlo January 17 & 31
Time: 11 a.m.–12:30 p.m. February 14
Fee: \$20 Min: 10 / Max: 20
The activities and discussions can assist us to increase our understanding of the individual and situational forces that affect our relationships with others. The sessions will be interactive and informal with brief presentations of knowledge, focused discussion and illustrations. There will be opportunities to refine one's competencies at reflective listening, giving and receiving feedback and interpersonal observation.

WEDNESDAY CLASSES

Album and Scrapbooking Club

Instr: Janet Distelzweig
Day: 1st Wednesday of each month
Time: 10 a.m.–3 p.m.
Fee: \$16 per class
Procrastinate no longer – it's time to get it done! Gather up your family photographs and come join us to begin putting them in a photo safe environment for your family. We meet on the first Wednesday of every month, but you don't have to attend every month. Bring your photos and memorabilia and Janet will bring albums and supplies you can purchase as well as cropping tools for you to use. Janet is a Creative Memories consultant.

Bridge: Supervised Play of the Hand

Instr: Jerry Thornton January 18
Time: 10–11:30 a.m. 5 Weeks
Fee: \$35 Min: 8
This class will be geared toward advanced beginners or intermediate players.

Tai Chi: Beginning

Instr: Karla Groesbeck January 25
Time: 1–2 p.m. 8 Weeks
Fee: \$50 Min: 6 / Max: 20–25
Tai Chi is a great way to relax and have fun! It is a very peaceful, low-impact body movement. Studies have proven that Tai Chi improves balance, strength, health and memory for every body type and age group, especially seniors. Standing and seated exercises, combined with breathing techniques and gentle stretching, Tai Chi is suitable for everybody.

Tai Chi: Advanced

Instr: Karla Groesbeck January 25
Time: 2:15–3:15 p.m. 8 Weeks
Fee: \$50 Min: 6 / Max: 20–25
Please see *Tai Chi: Beginning* description above.

The Antiques and Art Markets: History, Foibles, Facts & Fun

Instrs: Gary Kuehnle & Eric Lund March 14
Time: 10:30 a.m.–12 Noon w/ lunch following
Fee: \$10 Min: 10 / Max: 20
A field trip to The Chelsea Collection in Chelsea for a light-hearted look at the history of antique collecting, collecting styles past and present, market changes and areas hot and not. Following our trip to The Chelsea Collection we will have lunch at the Common Grill. Gary Kuehnle and Eric Lund are appraisers and owners of the G. B. Kuehnle Company and The Chelsea Collection.

Dining Etiquette Class for Adults

Instr: Cynthia Morsee April 25
Time: 6 p.m. 1 Session
Fee: TBD Min: 10 / Max: 20
Enjoy a four-course meal prepared by our Chef while covering several topics including American and Continental styles of eating, avoiding the most commonly made eating errors and dining dos and don'ts. You will be contacted once details have been worked out.

FRIDAY CLASSES

Exercise for Fitness

Instr: Ann Hunt January 20
Time: 9–10 a.m. 11 Weeks
Fee: \$36 Min: 5
Move to music in a convivial atmosphere to condition your heart and stretch and strengthen your muscles.

Art: Medium of Choice

Instr: Mary Bachman January 13
Time: 9:30–11:30 a.m. 8 Weeks
Fee: \$50 Min: 4 / Max: 10
Demonstrations of different styles are provided. The Impressionist style is stressed. Beginners and advanced students are welcome. Composition and color theory are always discussed with follow-up critique. You may choose oils, acrylics, pastels or colored pencils.

WINTER/SPRING PROGRAMS

Open House

Date: Wednesday, January 11
Time: 11 a.m. –1 p.m.
This is your day to sign-up for classes, both new and continuing, and perhaps join a Signature Group for the first time. This program is open to the public so bring your friends and stay for lunch. Refreshments will be offered.

Lunch & Learn

Date: Wednesday, January 25
Time: 11:30 a.m.–1 p.m.
Cost: \$20 inclusive
Barbara L. McQuade, U.S. Attorney for the Eastern District of Michigan, will speak about *Current Challenges in Federal Prosecution*. This program is open to the public so bring your friends. Reservations are required by January 20.

Lunch & Learn

Date: Wednesday, February 8
Time: 11:30 a.m.–1 p.m.
Cost: \$20 inclusive
Gerald F. Davis, Professor of Management and Sociology at the U of M, will speak about *How Wall Street Reshaped America*. This program is open to the public so bring your friends. Reservations are required by February 3.

Wednesday Travelogue

Date: February 22
Time: 6 p.m. Dinner / 7 p.m. Program
Barb Pomey will take us on a tour of Costa Rica. Reservations for dinner are required by February 17.

Lunch & Learn

Date: Wednesday, March 7

Time: 11:30 a.m. –1 p.m.

Cost: \$25 inclusive

Mary Sue Coleman, President of the U of M, will speak on a topic to be determined. This program is open to the public so bring your friends. Reservations are required by March 2.

Lunch & Learn

Date: Thursday, March 22

Time: 11:30 a.m. –1 p.m.

Cost: \$25 inclusive

Lloyd H. Carr, former U of M Head Football Coach, will share his *Thoughts on College Football*. This program is open to the public so bring your friends. Reservations are required by March 16.

Wednesday Travelogue

Date: March 28

Time: 6 p.m. Dinner / 7 p.m. Program

Kathy Sample and Bill Brinkerhoff will take us on a trip to Cambodia. Reservations for dinner are required by March 23.

Lunch & Learn

Date: Wednesday, April 11

Time: 11.30 a.m.–1 p.m.

Cost: \$20 inclusive

David T. Burke, Professor of Human Genetics and Assoc. Research Scientist for the Institute of Gerontology, U of M, will speak about *Technologies in Future Health Care*. This program is open to the public so bring your friends. Reservations are required by April 6.

Lunch & Learn

Date: Wednesday, May 9

Time: 11:30 a.m.–1 p.m.

Cost: \$20 inclusive

J. Kevin Graffagnino, Director of the William L. Clements Library at U of M, will speak on a topic to be determined. This program is open to the public so bring your friends. Reservations are required by May 4.