



Classes Catalogue

FALL 2020 • *The Village Club*

190 EAST LONG LAKE ROAD, BLOOMFIELD HILLS, MI 48304 | 248-644-3450 | THEVILLAGECLUB.ORG

Invitation to Classes at The Village Club


Classes resume at The Village Club this fall, with opportunities once again to pause, learn, reflect, and share with friends. New instructors join returning favorites. Topics range from The Motown Sound to the films of the Coen Brothers, from the architectural wonder of Machu Picchu to craft cocktails and how to mix them. Join a book study group monthly or the Club's popular yoga sessions weekly. Some classes are on-site, as in the past. Others are virtual—live, interactive sessions via Zoom that you can enjoy from home. Still others take place outdoors—a Cass Corridor walking tour, a nature walk in Troy, and yoga on the Wyatt Terrace.

At the same time, as the coronavirus threat continues, The Village Club considers the health and safety of its members, guests, and employees its first priority. The Club has implemented a comprehensive cleaning and sanitation program based on best practices, and continues to monitor and comply with federal, state, and local requirements and guidance to slow the spread of Covid-19. Expect some changes in classes as a result. These include spacing for social distancing, which may limit available seats in some classes, and the wearing of masks/face coverings indoors by everyone except while dining. Please register in advance for every class you wish to attend. Thank you for observing these and other practices that may be required to protect the health and safety of everyone at the Club.

Virtual Classes: *The Basics*

1. Virtual classes are live classes; you participate online in real time via Zoom technology.
2. You need a computer, tablet, or smartphone with an internet connection. Download the Zoom app for free.
3. Register for virtual classes in the usual way.
4. The Club emails you a link to your class.
5. On class day, 10-15 minutes before the scheduled class start, open the email and click on the link to join the class.

For more information on using Zoom, go to <http://thevillageclub.org>, click on Classes and Education, and select Zoom Instructions.

 Zoom classes are designated with this icon and color

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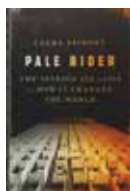
Books and Film

THE READERS

The Readers is a book study class that meets monthly for group discussion facilitated by Cathleen Russ. The four books selected by the group for fall 2020 include both fiction and nonfiction. All recount the dramatic lives of captivating characters, from victims of the Spanish flu epidemic of 1918 to a young pregnant widow fleeing General Franco and his Fascist regime, from a lady-in-waiting to Princess Margaret to America's first forensics scientist. *Register separately for each class.*

Instructor: Cathleen Russ
Class Dates: Tuesdays, September 8; October 13; November 10; December 8
Class Times: 10:00 – 11:30 a.m.
Fee for Each Class: \$10 Member, \$20 Nonmember

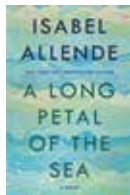
The Readers: *Pale Rider: The Spanish Flu of 1918 and How It Changed the World* **CLASS #100**



Pale Rider: The Spanish Flu of 1918 and How It Changed the World (2018, 352 pages), by Laura Spinney. The Spanish flu of 1918-1920 was one of the greatest human disasters of all time. It infected a third of the people on Earth—from the poorest immigrants of New York City to the king of Spain, Franz Kafka, Mahatma Gandhi, and Woodrow Wilson. But despite a death toll of between 50 and 100 million people, it exists in our memory as an afterthought to World War I. In this gripping narrative history, Laura Spinney traces the overlooked pandemic to reveal how the virus traveled across the globe, exposing mankind's vulnerability and putting our ingenuity to the test. As socially significant as both world wars, the Spanish flu dramatically disrupted—and often permanently altered—global politics, race relations and family structures, while spurring innovation in medicine, religion and the arts. (<http://amazon.com>).

Class Date: Tuesday, September 8

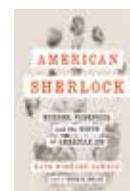
The Readers: *A Long Petal of the Sea* **CLASS #101**



A Long Petal of the Sea (2020, 336 pages), by Isabel Allende. In the late 1930s, General Franco and his Fascists succeed in overthrowing the government, hundreds of thousands are forced to flee in a treacherous journey over the mountains to the French border. Among them is Roser, a pregnant young widow, who finds her life intertwined with that of Victor, an army doctor and the brother of her deceased love. In order to survive, the two must unite in a marriage neither of them desires. Together with 2,000 other refugees, they embark on the SS *Winnipeg*, a ship chartered by the poet Pablo Neruda, to Chile. As unlikely partners, they embrace exile as the rest of Europe erupts in world war.... Starting over on a new continent, their trials are just beginning, and over the course of their lives, they will face trial after trial. A masterful work of historical fiction about hope, exile, and belonging. (<http://amazon.com>).

Class Date: Tuesday, October 13

The Readers: *American Sherlock* **CLASS #102**



American Sherlock (2020, 336 pages), by Kate Winkler Dawson. Known as the "American Sherlock Holmes," Edward Oscar Heinrich was one of America's greatest—and first—forensic scientists, with an uncanny knack for finding clues, establishing evidence, and deducing answers with a skill that seemed almost supernatural. Heinrich was one of the nation's first expert witnesses, working in a time when the turmoil of Prohibition led to sensationalized crime reporting and only a small, systematic study of evidence. However, with his brilliance and commanding presence in both the courtroom and at crime scenes, Heinrich spearheaded the invention of a myriad of new forensic tools that police still use today, [and] changed the course of American criminal investigation. (<http://amazon.com>).

Class Date: Tuesday, November 10

The Readers: *Lady in Waiting: My Extraordinary Life in the Shadow of the Crown* **CLASS #103**



Lady in Waiting: My Extraordinary Life in the Shadow of the Crown (2020, 336 pages), by Anne Glenconner. An extraordinary memoir of drama, tragedy, and royal secrets by a close member of the royal circle and lady-in-waiting to Princess Margaret. A unique witness to landmark moments in royal history, [Anne Glenconner shares] intimate royal stories from her time as Princess Margaret's closest confidante as well as her own battle for survival. (<http://amazon.com>).

Class Date: Tuesday, December 8

Classes Catalogue

FILM 101: The Coen Brothers

Ethan and Joel Coen, collectively *the Coen Brothers*, splashed onto the Hollywood scene in 1985 with their crime thriller *Blood Simple*. They quickly found a niche for their brand of humor, independent filmmaking style, and often daring content in which ordinary people confront the absurdities of life. The industry and Academy have taken notice, and the Coen Brothers' films have earned critical acclaim, imitators, and Oscars. Join Dr. Tara Hayes for a fall term that analyzes the inception and development of the Coen Brothers' filmography. *Register separately for each class.*

PLEASE SEE NOTE BELOW

Instructor: Dr. Tara Hayes
Class Dates: Thursdays, September 10; October 8; November 12; December 10
Class Times: 4:00 – 6:00 p.m.
Fee for Each Class: \$20 Member, \$30 Nonmember

Film 101: Blood Simple CLASS #104

Blood Simple (1985), directed by the Coen Brothers, starring John Getz, Frances McDormand, and Dan Hedaya. In the Coen Brothers' debut, a rich but jealous man hires a private investigator to kill his cheating wife and her lover. But when blood is involved, nothing is simple.

Class Date: Thursday, September 10



Film 101: Fargo CLASS #105

Fargo (1996), directed by the Coen Brothers, starring William H. Macy, Frances McDormand, and Steven Buscemi. The inept crime of Jerry Lundegaard (Macy) falls apart when he and his henchmen bungle, well, everything. They are no match for the persistent police work of pregnant Marge Gunderson (McDormand). Winner of two Academy Awards: Best Actress and Best Original Screenplay.

Class Date: Thursday, October 8



Film 101: O Brother, Where Art Thou? CLASS #106

O Brother, Where Art Thou? (2000), directed by the Coen Brothers, starring George Clooney, John Turturro, Tim Blake Nelson, Holly Hunter, and John Goodman. In this "bona fide" uproarious adaptation of Homer's epic poem *The Odyssey*, three escaped convicts in the 1930s Deep South search for hidden treasure. A relentless lawman pursues. A put-upon wife endures. Nominated for four Academy Awards.

Class Date: Thursday, November 12



Film 101: No Country for Old Men CLASS #107

No Country for Old Men (2007), directed by the Coen Brothers, starring Tommy Lee Jones, Javier Bardem, and Josh Brolin. In the Best Picture of 2008, violence and mayhem ensue near the Rio Grande when a hunter stumbles upon a drug deal gone wrong and more than \$2,000,000 in cash. Winner of four Academy Awards: Best Picture, Best Director, Best Adapted Screenplay, Best Supporting Actor.

Class Date: Thursday, December 10



FILM 101 NOTE: Film clips are screened during class sessions; however, participants are strongly encouraged to view each film in its entirety prior to the session in which it is discussed. For home viewing, these films are available on DVD for checkout from local libraries. You can also find them on On Demand or on Amazon Prime, Google Play, Hulu, Netflix, YouTube, and similar apps.

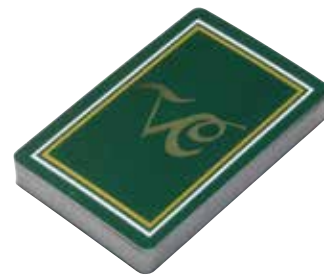
Did you know?

The Village Club has been voted the best Suburban Detroit Private Club for the past six years (2014-19) by the readers of *Hour Detroit* magazine.



Bridge and Mah Jongg

This fall The Village Club offers two new virtual options for bridge players to improve their game: (1) instructor presentation and class discussion of four bidding topics in a virtual format using Zoom, and (2) online supervised play for one foursome, with real-time supervision by an instructor-coach. At the Club, duplicate bridge returns monthly with a half-hour mini lesson before the game.



Four Fundamentals of Bidding

CLASS #200

This four-session virtual class focuses on four fundamental bridge skills for players and their partners: 1NT opening and Stayman response, 1NT opening and Jacoby transfer response, overcalls, and takeout doubles. The Zoom meeting format includes instructor presentation, group discussion of the topic and pertinent handouts, and analysis of sample deals. The class is designed for advanced beginner or intermediate players.

Instructor: Laura Burke

Class Dates: Tuesdays, September 29; October 6, 13, 20

Class Times: 2:00 – 4:00 p.m.

Fee: \$60 Member, \$80 Nonmember
(for 4-session class)

Foursome Supervised Play

For this four-session virtual class, the instructor designs teaching hands to address specific skills and issues. In each session, participants play these pre-dealt hands online at Bridge Base, while the instructor coordinates a conference call among the four players so that players can hear one another and the instructor. The class is limited to four players in each time slot. The conference call connection and foursome focus ensure consistent and responsive instructor analysis and feedback throughout, while they optimize players' opportunities for guidance and learning. Better than a private lesson, this class helps partners develop and practice winning strategies for offense and defense. Players with partners are strongly encouraged to sign up as a pair and play together. The class is designed for advanced beginner or intermediate players.

Instructor: Laura Burke

Fee: \$80 Member, \$100 Nonmember
(for 4-session class)

FOURSOME SUPERVISED PLAY 1 – CLASS #201

Class Dates: Wednesdays, October 28;
November 4, 11, 18

Class Times: Noon – 2:00 p.m.

FOURSOME SUPERVISED PLAY 2 – CLASS #202

Class Dates: Wednesdays, October 28;
November 4, 11, 18

Class Times: 3:00 – 5:00 p.m.

Sanctioned Duplicate Bridge

Monthly ACBL-sanctioned bridge games include a mini lesson by Lynn Root at 12:30 p.m. followed by play at 1:00 p.m. Games are open to players with fewer than 200 master points. *Limited spaces available; all players must register through The Village Club, at least 24 hours in advance. Each class requires a separate registration.*

Instructor: Lynn Root

Class Times: 12:30 – 4:15 p.m.

Fee: \$10 for each class,
Member and Nonmember

OCTOBER CLASS # 203

Class Date: Tuesday, October 27

NOVEMBER CLASS #204

Class Date: Tuesday, November 17

DECEMBER CLASS #205

Class Date: Tuesday, December 15

Beginning Mah Jongg

CLASS #206

Mah Jongg is an ancient Chinese game played with colorful tiles. Introduced in the West in the 1920s, it is a popular table game of strategy, calculation, and chance. It's not as hard as it looks! This class is designed for beginners and those who want a refresher. Continue your learning by playing at The Village Club with the Mah Jongg Club. *(Limited to 8 participants; sign up early.)*

Instructor: Annie Hall Ellis

Class Dates: Thursdays, October 22 and 29 (2 sessions)

Class Times: 10:00 a.m. – Noon

Fee: \$40 Member, \$50 Nonmember



Food and Drink

Mixology 101: Craft Cocktails and Bar Basics

CLASS #300

Craft cocktails are “hot” once again. Enjoying new and old recipes has become the rage in today’s fine dining scene. But where did the cocktail come from, and how can you make these concoctions at home? From bar basics to making Manhattans, Paula Techlin presents the history of many famous drinks, as well as the ingredients and methods that make them so tasty! Sample cocktails made with rum, tequila, gin, vodka, and whiskey. Learn how to shake, stir, and set up your own cocktail bar to entertain guests at your next gathering.

Instructor: Paula Techlin

Class Date: Friday, September 18

Class Times: 7:00 – 9:00 p.m.

Fee: \$35 Member, \$45 Nonmember



Celebrate the Chef in You

CLASS #301

Tired of cooking the same old recipes? Want to take your culinary skills up a notch? Whether you cook solo, as a couple, or with other family members, this live interactive class with Chef Robert, from Holiday Market’s Mirepoix Cooking School, can help you learn to cook and think like a chef. Not a demonstration, this is a hands-on cooking experience. You assemble the ingredients, do the prep work, and interact with Chef Robert, who works alongside you as you prepare a mouth-watering dinner for 4: Seared Tarragon Chicken; Rice Pilaf with Spring Peas and Fennel; and Bananas Foster and Nutella Crepes. The chef provides culinary education and helps with knife skills throughout the class. Classes are kept to a maximum of 15 connections to ensure personal attention from the chef. You will receive a list of ingredients and suggested equipment a week before the class.

Instructor: Chef Robert, Mirepoix Cooking School

Class Date: Tuesday, October 13

Class Times: 5:30 – 7:00 p.m.

Fee: \$35 Member, \$45 Nonmember



Bubbles, Tiny Bubbles

CLASS #302

Just in time for holiday entertaining! Learn the basics of champagne, including the importance of the grapes, land, climate, and viticulture to the process of making champagne. Become familiar with the five key regions of Champagne and the different champagne styles. Enjoy tasting and find your favorite style of champagne to toast friends and family!

Instructor: Angel Gonzalez

Class Date: Friday, December 4

Class Times: 5:30 – 7:00 p.m.

Fee: \$55 Member, \$65 Nonmember



History, Art and Music

On Foot in Detroit's Cass Corridor

CLASS #400

Experience the rich history and promising future of Detroit's Cass Corridor. Join historian Armando Delicato for a walking tour of the area south of Wayne State University's campus between Cass and Third, from Warren to Selden streets. Explore historic landmarks, such as Cass Community United Methodist Church (1883), which boasts Tiffany windows, and the West Canfield Historic District, a wealthy Victorian-era neighborhood of brick streets and Queen Anne Style houses. See revitalized historic structures, such as the old Burton School, repurposed as a studio community for artists, and the El Moore apartment (1898), an example of sustainable urban design with hotel lodging, residences, and a neighborhood garden. Visit unique local businesses, such as independent Source Booksellers, founded by a Detroit educator turned entrepreneur. The tour starts and ends—just in time for lunch—at the Traffic Jam & Snug, Michigan's first brew pub, known for its award-winning beers and cheeses.



- Instructor:** Armando Delicato
- Class Date:** Saturday, October 3
- Class Times:** 10:30 a.m. – 12:30 p.m.
- Fee:** \$20 Member, \$30 Nonmember
- Location:** Traffic Jam & Snug
511 West Canfield, Detroit, MI 48201
313-831-9470

The Real Tudors

CLASS #401

This presentation covers the everyday lives of the Tudor monarchs and the monumental change that the Tudor dynasty brought to English history—from Henry VII and Henry VIII, to Edward VI and Mary I, to its glorious conclusion with Queen Elizabeth I. In this class, Maureen Esther takes you through one of the most studied, but least understood, times in history. With all the glorious and gory details, you're sure to enjoy yourself like a Tudor.



- Instructor:** Maureen Esther
- Class Date:** Tuesday, October 27
- Class Times:** 10:00 – 11:30 a.m.
- Fee:** \$20 Member, \$30 Nonmember

Through Her Eyes: Women Artists and Women Photographers in the DIA Collection

CLASS #402

This is a two-part presentation with a short break after the first hour. Part I focuses on the work of women artists in the DIA collection across cultures and time. Their art provides a mechanism to explore issues of gender, relationships, politics, and culture. Part II focuses on the work of women photographers starting in the 19th century when the camera was a new technology. It includes important early photographs rarely on view at the DIA because they are extremely fragile.

- Instructor:** Carlene VanVoorhies
- Class Date:** Thursday, October 29
- Class Times:** 2:00 – 4:00 p.m.
- Fee:** \$20 Member, \$30 Nonmember

Machu Picchu: Monumental, Mysterious

CLASS #403

High in the Andes Mountains of eastern Peru sits Machu Picchu. Comprising some 200 structures and terraces in the classical Inca architectural style, Machu Picchu was constructed around 1450 A.D. and occupied when the Inca civilization was at its peak. Abandoned in the 16th century, it lay hidden in the dense Amazon jungle until 1911. With world travelers Py and Jim Wolfe as your costumed guides, explore the history and culture of Peru, learn about the Inca civilization and key historical sites, and understand why the remote site of Machu Picchu remains one of the world's greatest artistic, architectural, and land use achievements.

- Instructor:** Py and Jim Wolfe
- Class Date:** Tuesday, November 10
- Class Times:** 1:30 – 3:00 p.m.
- Fee:** \$20 Member, \$30 Nonmember

The Motown Sound: Detroit's Musical Gift to the World

CLASS #404

Motown, with Berry Gordy at the helm, rose from humble origins in 1959 to become one of the best loved and most influential styles in all of American popular music. Henry Feinberg presents an entertaining account of the development of the Motown label amid the revolution and turbulent times of the 1960s. Learn how The Supremes, The Temptations, Stevie Wonder, Marvin Gaye and many more became international stars whose music remains popular to this day. The presentation includes recordings of many of Motown's greatest hits.

- Instructor:** Henry Feinberg
- Class Date:** Friday, November 13
- Class Times:** 5:30 – 7:00 p.m.
- Fee:** \$20 Member, \$30 Nonmember

Classes Catalogue

Nature

TVC Foundation Grant Recipient

Monarch Madness

CLASS #500

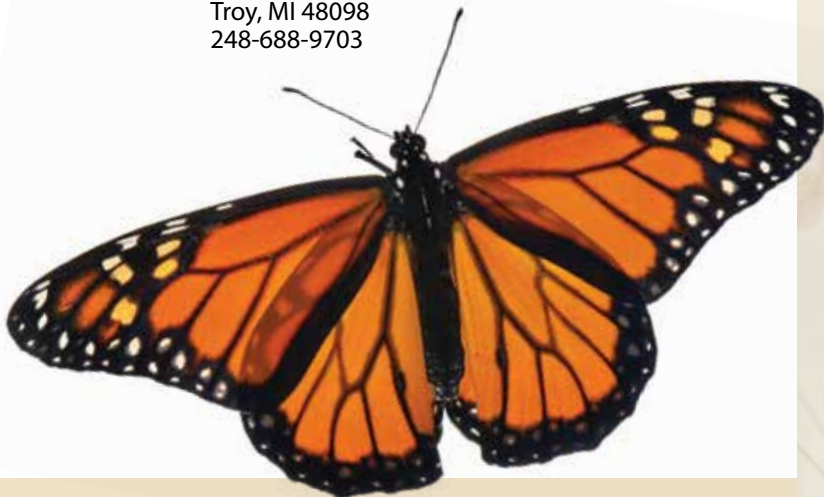
The monarch butterflies of North America travel up to 3,000 miles during their unique two-way migration every year. September is the time of year when many of Michigan's monarchs are beginning their journey to Mexico. Join Christina Funk, Assistant Naturalist at the Stage Nature Center, to learn about the natural history of the monarch butterfly. Explore its local habitat during a half-mile trail walk through a meadow on the 100-acre preserve. Assist staff in tagging and releasing live monarchs to further research about this fascinating butterfly.



The Stage Nature Center is managed by the Troy Nature Society, a nonprofit organization focused on science education and environmental awareness. A multiyear recipient of grants from The Village Club Foundation, TNS provides public programs at the nature center for groups and individuals of all ages and conducts school outreach programs for students from pre-kindergarten to grade 12 that support Michigan Science Standards.

PLEASE SEE NOTE BELOW

Instructor: Christina Funk
Class Date: Saturday, September 12
Class Times: 2:00 – 4:00 p.m.
Fee: \$10 Member, \$20 Nonmember
Location: Stage Nature Center
6685 Coolidge Highway
Troy, MI 48098
248-688-9703



CLASS #500 NOTE: The trail walk is leisurely and suitable for those without limited mobility. The trail is mostly flat with small inclines near the nature center. It is wood-chipped, not paved, so the ground is somewhat uneven. Comfortable, closed-toe shoes and long pants are recommended. This class is appropriate for children 6 and up.

Skills and Creativity



Introduction to Paper Crafting

CLASS #600

Join Cherie Ritter for a fun, informal class demonstrating the art of paper crafting. All materials are provided— pre-cut, stamped, and ready for you to put together. Participant kits are available for pickup at the Club on the Friday before class day. This is a hands-on workshop.



With Cherie's guidance step by step, you create decorative gift bags, gift tags, and several greeting cards suitable for fall and holiday gift-giving, and you learn what supplies and equipment you need to do more on your own.

Instructor: Cherie Ritter
Class Date: Tuesday, October 20
Class Times: 7:00 – 8:30 p.m.
Fee: \$10 Member, \$15 Nonmember

Play with Flowers

CLASS #601

Known for her striking floral arrangements on view at The Village Club, Nancy Spence is the Club's much-admired lead floral designer. In this class, Nancy shows how to create three different arrangements to celebrate fall and winter holidays. She offers a step-by-step demonstration for each arrangement and provides instructions and a list of materials so that you can make the same arrangement yourself for your own home or for gift-giving.



Instructor: Nancy Spence
Class Date: Friday, October 23
Class Times: 10:00 a.m. – Noon
Fee: \$20 Member, \$30 Nonmember

Wellness

Combination Yoga and Mat Pilates

This is a hybrid class that blends Pilates with yoga stretching, strength training, balance work, breath work, and relaxation to tone and strengthen the entire body, but especially upper arms, abdomen, hips, and legs. The class is offered with many modifications so that each participant, regardless of experience or current fitness level, can comfortably challenge herself. A certified yoga therapist and highly experienced Pilates instructor, Kathy Forgrave welcomes all and is adept at providing group instruction that meets individual needs.



Instructor: Kathy Forgrave

Fee for Each Session: \$10 Member, \$15 Nonmember

COMBINATION YOGA AND MAT PILATES 1 – CLASS #700

Class Dates: Mondays
Class Times: 10:00 – 11:00 a.m.

COMBINATION YOGA AND MAT PILATES 1 – CLASS #701

Class Dates: Wednesdays
Class Times: 10:00 – 11:00 a.m.

Yoga Nidra

CLASS #703

Yoga Nidra is a form of meditation used to bring relaxation and awareness into the body. In this class, Karen Lutz guides you through a journey of awareness in the comfort of your own home. The 45-minute class includes a 20-minute gentle yoga flow before transitioning into Yoga Nidra. You may participate lying down on a yoga mat or sitting in a chair.

Instructor: Karen Lutz

Class Dates: Tuesdays

Class Times: 7:00 – 7:45 p.m.

Fee for Each Session: \$10 Member, \$15 Nonmember

Chair Yoga

CLASS #704

This class with Karen Lutz focuses on connecting breathing, body, and spirit to help you find strength, balance, and added flexibility. Chairs are used in both seated and standing postures, and you may always go at your own pace. Karen particularly recommends chair yoga to those who work at a desk all day or spend much of the day sitting, not moving about.



Instructor: Karen Lutz

Class Dates: Thursdays

Class Times: 1:00 – 2:00 p.m.

Fee for Each Session: \$10 Member, \$15 Nonmember

Yoga at the Club

CLASS #702

Relax and rejuvenate with yoga! This class with Kathy Forgrave offers gentle yet effective stretching, strength training, and balance work, releasing tension and increasing energy! Modifications to meet your individual needs allow both new and experienced practitioners to participate. *Limited spaces available; please register at least 24 hours in advance. This class is held on the Wyatt Terrace, weather permitting; it may be held in the Cottage when state and local health restrictions allow.*

Instructor: Kathy Forgrave

Class Dates: Tuesdays

Class Times: 10:00 – 11:00 a.m.

Fee for Each Session: \$10 Member, \$15 Nonmember





FALL 2020 CLASSES AT *The Village Club*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 <i>August</i>	31	1 <i>September</i> 10-11 Yoga at the Club 7-7:45 Yoga Nidra	2 10-11 Combination Yoga and Mat Pilates	3 1-2 Chair Yoga	4	5
6	7 <i>Labor Day</i>	8 10-11 Yoga at the Club 10-11:30 The Readers 7-7:45 Yoga Nidra	9 10-11 Combination Yoga and Mat Pilates	10 1-2 Chair Yoga 4-6 Film 101	11	12 2-4 Monarch Madness
13	14 10-11 Combination Yoga and Mat Pilates	15 10-11 Yoga at the Club 7-7:45 Yoga Nidra	16 10-11 Combination Yoga and Mat Pilates	17 1-2 Chair Yoga	18 7-9 Mixology 101 <i>Rosh Hashanah begins at sundown</i>	19
20	21 10-11 Combination Yoga and Mat Pilates	22 10-11 Yoga at the Club 7-7:45 Yoga Nidra	23 10-11 Combination Yoga and Mat Pilates	24 1-2 Chair Yoga	25	26
27 <i>Yom Kippur begins at sundown</i>	28 10-11 Combination Yoga and Mat Pilates	29 10-11 Yoga at the Club 2-4 Bidding Fundamentals 7-7:45 Yoga Nidra	30 10-11 Combination Yoga and Mat Pilates	1 <i>October</i> 1-2 Chair Yoga	2	3 10:30-12:30 Cass Corridor Walking Tour
4	5 10-11 Combination Yoga and Mat Pilates	6 10-11 Yoga at the Club 2-4 Bidding Fundamentals 7-7:45 Yoga Nidra	7 10-11 Combination Yoga and Mat Pilates	8 1-2 Chair Yoga 4-6 Film 101	9	10 <i>Columbus Day</i>
11	12 10-11 Combination Yoga and Mat Pilates	13 10-11 Yoga at the Club 10-11:30 The Readers 2-4 Bidding Fundamentals 5:30-7 Celebrate the Chef in You 7-7:45 Yoga Nidra	14 10-11 Combination Yoga and Mat Pilates	15 1-2 Chair Yoga	16	17
18	19 10-11 Combination Yoga and Mat Pilates	20 10-11 Yoga at the Club 2-4 Bidding Fundamentals 7-7:45 Yoga Nidra 7-8:30 Intro to Paper Crafting	21 10-11 Combination Yoga and Mat Pilates	22 10-12 Beginning Mah Jongg 1-2 Chair Yoga	23 10-12 Play with Flowers	24
25	26 10-11 Combination Yoga and Mat Pilates	27 10-11 Yoga at the Club 10-11:30 The Real Tudors 12:30-4:15 Sanctioned Duplicate Bridge 7-7:45 Yoga Nidra	28 10-11 Combination Yoga and Mat Pilates 12-2 Foursome Supervised Play 1 3-5 Foursome Supervised Play 2	29 10-12 Beginning Mah Jongg 1-2 Chair Yoga 2-4 Women Artists/ Photographers	30	31 <i>Halloween</i>



FALL 2020 CLASSES AT *The Village Club*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>November</i>	2 10-11 Combination Yoga and Mat Pilates	3 10-11 Yoga at the Club 7-7:45 Yoga Nidra <i>Election Day</i>	4 10-11 Combination Yoga and Mat Pilates 12-2 Foursome Supervised Play 1 3-5 Foursome Supervised Play 2	5 1-2 Chair Yoga	6	7
8	9 10-11 Combination Yoga and Mat Pilates	10 10-11 Yoga at the Club 10-11:30 The Readers 1:30-3 Machu Picchu 7-7:45 Yoga Nidra	11 10-11 Combination Yoga and Mat Pilates 12-2 Foursome Supervised Play 1 3-5 Foursome Supervised Play 2 <i>Veterans Day</i>	12 1-2 Chair Yoga 4-6 Film 101	13 5:30-7 The Motown Sound	14
15	16 10-11 Combination Yoga and Mat Pilates	17 10-11 Yoga at the Club 12:30-4:15 Sanctioned Duplicate Bridge 7-7:45 Yoga Nidra	18 10-11 Combination Yoga and Mat Pilates 12-2 Foursome Supervised Play 1 3-5 Foursome Supervised Play 2	19 1-2 Chair Yoga	20	21
22	23 10-11 Combination Yoga and Mat Pilates	24 10-11 Yoga at the Club 7-7:45 Yoga Nidra	25 10-11 Combination Yoga and Mat Pilates	26 <i>Thanksgiving</i>	27	28
29	30 10-11 Combination Yoga and Mat Pilates	1 <i>December</i> 10-11 Yoga at the Club 7-7:45 Yoga Nidra	2 10-11 Combination Yoga and Mat Pilates	3 1-2 Chair Yoga	4 5:30-7 Bubbles, Tiny Bubbles	5
6	7 10-11 Combination Yoga and Mat Pilates	8 10-11 Yoga at the Club 10-11:30 The Readers 7-7:45 Yoga Nidra	9 10-11 Combination Yoga and Mat Pilates	10 1-2 Chair Yoga 4-6 Film 101 <i>Hanukkah begins at sundown</i>	11	12
13	14 10-11 Combination Yoga and Mat Pilates	15 10-11 Yoga at the Club 12:30-4:15 Sanctioned Duplicate Bridge 7-7:45 Yoga Nidra	16 10-11 Combination Yoga and Mat Pilates	17 1-2 Chair Yoga	18	19
20	21 10-11 Combination Yoga and Mat Pilates	22 10-11 Yoga at the Club 7-7:45 Yoga Nidra	23 10-11 Combination Yoga and Mat Pilates	24	25 <i>Christmas</i>	26 <i>Kwanzaa</i>
27	28 10-11 Combination Yoga and Mat Pilates	29 10-11 Yoga at the Club	30 10-11 Combination Yoga and Mat Pilates	31 <i>New Year's Eve</i>	1 <i>January</i> <i>New Year's Day</i>	2

Instructor Highlights

BURKE, LAURA

BRIDGE AND MAH JONGG

Laura Burke began playing bridge a decade ago and became a Life Master in 2015. She has discovered bridge to be enriching, not only socially but also mentally and competitively. She enjoys teaching new and experienced students to appreciate and benefit from the great game of bridge.

DELICATO, ARMANDO

HISTORY, ART AND MUSIC

Armando Delicato is a native of Detroit. He majored in history at the University of Detroit and Wayne State University, and taught in Detroit, Westland, and Farmington public schools and at Macomb and Oakland community colleges. Since retiring in 2002, he has written three books for Arcadia publishing: *Italians in Detroit* (2005), *Detroit's Corktown* (2007), and *Detroit's Cass Corridor* (2012).

ELLIS, ANNIE HALL

BRIDGE AND MAH JONGG

A Village Club member, Annie Ellis has been playing Mah Jongg for four years and is in charge of the Club's Mah Jongg group. It is one of her favorite games to play, and she particularly values the social time spent with the other players.

ESTHER, MAUREEN

HISTORY, ART AND MUSIC

Maureen Esther is a "history-teller," with a lifelong love for history and art. Educated at the University of Michigan and Oakland University, she continues to study these subjects through reading and research. For three decades, she has shared her knowledge with audiences of all ages, on subjects from King Tut to the Titanic, Elizabeth I to the American Civil War.

FEINBERG, HENRY

HISTORY, ART AND MUSIC

Henry Feinberg is a musician, composer and music instructor. He has taught music classes at Oakland Community College since 2002, coached numerous piano and harmonica students, and for 30 years performed throughout the metro area. Most recently, Henry has been entertaining audiences with his popular presentations on musical history at venues including SOAR, Baldwin Public Library, and Birmingham Next.

FORGRAVE, KATHY

WELLNESS

Kathy Forgrave is an E-Registered Yoga Teacher (E-RYT) through the Yoga Alliance. Lead instructor at the Beaumont School of Yoga Therapy Teacher Level 1 RYT 200 Training Program, she provides yoga therapy to the Beaumont patient population. She is also certified in Reiki, an alternative therapy known as energy healing. She teaches private and group yoga classes in meditation, mindfulness, yoga, and Pilates, and can be seen on YouTube.

FUNK, CHRISTINA

NATURE

Christina Funk, Assistant Naturalist at the Stage Nature Center in Troy, has a bachelor's degree in elementary education and a master's in environmental science. While completing her master's degree, Christina studied ornithology, which sparked her passion for birds, especially owls. In the past 16 years, she has shared her love of nature while working at various nature centers, local and state parks, and zoos.

GONZALEZ, ANGEL

FOOD AND DRINK

Angel Gonzalez is The Village Club Dining Room Manager. He graduated from Johnson & Wales University with a bachelor's degree in food and beverage. Before joining The Village Club in 2020, he was assistant beverage manager at The Country Club in Chestnut Hill, MA. Currently Angel is studying to become a certified sommelier.

HAYES, TARA

BOOKS AND FILM

Tara Hayes, PhD, has advanced degrees in English and American literature, and film industry experience at Dream Works. Areas of special interest include early modern English drama, 19th-century American literature, and 20th-century film. Known locally as "The Book (& Film) Club Professor," she leads groups in lively discussions about works in print and film.

LUTZ, KAREN

WELLNESS

Karen Lutz is certified as an Experienced Registered Yoga Teacher (E-RYT) through the Yoga Alliance. She has taught in many yoga studios in the area and is currently the yoga instructor at Next, Birmingham's center for senior services, and at the Bloomfield Township Senior Center.

MIREPOIX COOKING SCHOOL

FOOD AND DRINK

Holiday Market's Mirepoix Cooking School is a pre-eminent metro Detroit resource for culinary education. At Mirepoix, each cooking class, on-site or virtual, is a hands-on experience. Participants assemble the ingredients, do the prep work, and interact with Mirepoix's culinary artisans, including 10-year veteran Chef Robert, while learning to cook and think like a professional chef.

RITTER, CHERIE

SKILLS AND CREATIVITY

Cherie Ritter has been a member of the Village Club since 2006. She has enjoyed scrapbooking, card making, and other paper crafting activities for over twenty years.

ROOT, LYNN

BRIDGE AND MAH JONGG

Respected bridge player, Silver Life Master, and ACBL-certified bridge teacher, Lynn Root has experience teaching students of varying levels. She is an ACBL Club Director with responsibility for sanctioned bridge games in the surrounding area, and she has served on the board of the Southern Michigan Bridge Association.

RUSS, CATHLEEN

BOOKS AND FILM

Cathleen Russ, Director of the Troy Public Library since 2007, has spent a distinguished career in public library administration. In 2019 she was honored as Michigan Librarian of the Year. This is her 20th year leading The Readers book group.

SPENCE, NANCY

SKILLS AND CREATIVITY

Nancy Spence, Village Club member since 1993, has long been the Club's lead floral designer. Floral design has been her lifelong passion. For many years, she created large-scale arrangements for the DIA, and she worked in partnership with a friend, designing the flowers for all types of occasions and special events.

TECHLIN, PAULA

FOOD AND DRINK

An engineer at the General Motors Aerodynamics Laboratory, Paula Techlin holds BS and MS degrees from the universities of Michigan and Wisconsin respectively. Certified as a Bourbon Steward by Stave & Thief, the industry's credentialing program, she participates with her husband in select barrel picks with Napa Valley Beverage in Sterling Heights. She is a Village Club member.

VAN VOORHIES,

CARLENE

HISTORY, ART AND MUSIC

Carlene VanVoorhies pursues her lifelong interest in the arts with passion, as a traveler, collector, and educator. She has been an Interpretive Program Volunteer with the DIA for nine years. During that time, she has conducted public and private tours in the museum, and presented programs at community venues over 2,000 times.

WOLFE, PY AND JIM

HISTORY, ART AND MUSIC

Py and Jim Wolfe have spent 25 years traveling to remote, often dangerous, parts of the world, including Antarctica, Tibet, and the five "Stans," and sharing their experiences. Special interests include human migration, ancient trade routes, and nomadic cultures. With degrees in elementary education and secondary school administration, they served for many years in the Bloomfield Hills School District and taught six times in China. They regularly host foreign visitors to Southeast Michigan in partnership with the Global Ties network, which coordinates international exchange programs on behalf of the U.S. State Department.

CLASSES COMMITTEE:

Mary Belden, *Co-chair*

Jane Talia, *Co-chair*

Cindy Cirar

Kay Duncan

Cherry Howell

Susan Kehoe

Debra Partrich

Cherie Ritter

Margaret Salmonowicz

Trish Stoltz

TVC The Village Club

190 EAST LONG LAKE ROAD
BLOOMFIELD HILLS, MI 48304

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US POSTAGE
PAID
PERMIT 615
ROYAL OAK MI



Sign up for classes today!

2020 Fall Classes Registration Form

NAME: _____ MEMBER NUMBER: _____

STREET ADDRESS: _____

CITY: _____

ZIP: _____

HOME PHONE: _____ CELL PHONE: _____

EMAIL ADDRESS: _____

CLASS NO.	CLASS TITLE	DATE/TIME	MEMBER FEE	NONMEMBER FEE
TOTAL COST:				

Barrier Free Environment: The Village Club is dedicated to providing a positive experience for all members and guests. If you need special assistance entering, exiting, or moving throughout the Club, please visit or call the Reception Desk (248-644-3450).

Registration is easy!

Options to Register:

- Fill out the registration form and mail it to:
The Village Club
190 East Long Lake Road
Bloomfield Hills, MI 48304
(See below for payment options.)
- Register in person at the Club.
- Register online (members only)
at thevillageclub.org
 - Login
 - Click on Club Calendar in the Quick Links box on the left
 - Locate your class on the calendar
 - Click on the class to activate registration

For questions or assistance, contact Jackie Mason, Accounts Payable & Classes, at jackiem@thevillageclub.org or 248-644-3450.

Payment and Refunds:

Members: Members, their spouses, and reciprocal club members will be billed on their monthly statements after the class has begun.

Nonmembers: Full payment is due at the time of registration, by check payable to The Village Club or by major credit card. Please note that there is an additional 3% processing fee for credit card payment.

Materials Fee: If a materials fee is charged, it is to be paid directly to the instructor in cash at the first session.

Cancellation Policy: A full refund will be issued for any class cancelled by The Village Club. Registrants will be notified by phone and/or email if a class is cancelled.

Withdraw Policy: A request to withdraw from a class must be received in the office at least two days prior to the first class meeting in order to receive a full refund.

TVC Dress Code: The manner of dress shall be governed by good taste in keeping with the character of the Club. Business casual attire is appropriate, as is tasteful denim and country club golf attire. Informal clothing, such as jogging suits, cargo pants, shorts, and printed tee shirts, is not acceptable.