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# Classes Catalogue

WINTER/SPRING 2019 • *The Village Club*

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

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## Invitation to Classes at The Village Club

Classes at The Village Club are a great way to learn new skills, enjoy stimulating discussions, and make new friends, all in a relaxed and comfortable setting. In Winter/Spring 2019, six new instructors join returning Village Club faculty. Topics range from Oscar Night to Italian art, Prohibition cocktails to cooking with herbs. The wellness program has expanded, and bridge classes include supervised bridge for newer players and intensive seminars for experienced. Find a class to fit your calendar and interests. Join us at the Club!

## The Village Club Mission Statement

Provide a unique private club experience and gracious, friendly environment for its members while offering casual and fine dining, cultural, educational, social and philanthropic opportunities.

### CLASSES CHAIR:

Trish Stoltz

### COMMITTEE MEMBERS:

Margie Burch

Linda Day

Joan Heinz

Janice King

Cindy Kozlowski

Joyce MacDonald

Kathi McWilliams

Debra Partrich

Tina Rowley

YOUR PARTICIPATION  
IS YOUR SUPPORT

# Bridge and Mah Jongg

## Supervised Play

This class is designed for players relatively new to the game of bridge who want to play and improve in a friendly and supportive setting with access to guidance and feedback. Participants should have some basic knowledge of bridge and experience playing bridge. Class sessions involve playing 8-12 hands with supervision by Laura Burke, an experienced player, who is on hand to give on-the-spot advice as needed on bidding, defense, and declarer play. Although the class does not include formal lessons, Laura may discuss topics of general interest to the group.

**Instructor:** Laura Burke  
**Class Times:** 2:00 – 4:00 p.m.  
**Fee for Each Class:** \$36 Member, \$48 Non-Member

### SUPERVISED PLAY 1 – CLASS #100

**Class Dates:** Wednesdays, February 13, 20, 27 (3 sessions)

### SUPERVISED PLAY 2 – CLASS #101

**Class Dates:** Wednesdays, April 24; May 1, 8 (3 sessions)

## Bridge Review: The Fundamentals–Part 2

### CLASS #102

This class is for advanced beginners and intermediate players who know the basics of bridge but want to increase their skills in bidding, playing, and defense. Topics covered include slam bidding, doubles, overcalls, and defensive play. Each class consists of a lecture and group activities, including the playing of hands to illustrate the topics covered. This class is a continuation of Bridge Review: The Fundamentals–Part 1, which was offered in Fall 2018. However, Part 1 is not a prerequisite for this class.

**Instructor:** Laura Burke  
**Class Dates:** Wednesdays, February 27; March 6, 13, 20; April 3, 10 (6 sessions)  
**Class Times:** 6:30 – 8:30 p.m.  
**Fee:** \$90 Member, \$120 Non-Member

## Advanced Beginner Bridge: Play of the Hand

### CLASS #103

This class is for players who have a beginning background in bridge. Participants learn declarer strategies to play the hand and make the contract. Each class includes a lecture and hands to play related to topics discussed. Students should be familiar with opening bids, responses to opening bids, overcalls, and rebids by opener and responder. A basic bidding review is included in each lesson.

**Instructor:** Laura Burke  
**Class Dates:** Wednesdays, March 6, 13, 20; April 3, 10, 17 (6 sessions)  
**Class Times:** 2:00 – 4:00 p.m.  
**Fee:** \$90 Member, \$120 Non-Member

## 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. **Players MUST register BEFORE the game, through either The Village Club or the instructor (lerooty@gmail.com). Each game requires a separate registration.**

**Instructor:** Lynn Root  
**Class Times:** 12:30 – 4:15 p.m.  
**Fee:** \$10 for each class, Member and Non-Member

### MARCH CLASS #104

**Class Date:** Tuesday, March 19

### APRIL CLASS #105

**Class Date:** Tuesday, April 23

### MAY CLASS #106

**Class Date:** Tuesday, May 28

### JUNE CLASS #107

**Class Date:** Tuesday, June 25

### JULY CLASS #108

**Class Date:** Tuesday, July 23

### AUGUST CLASS #109

**Class Date:** Tuesday, August 27



### BRIDGE NOTE:

The Village Club bridge program goes well beyond classes. Members participate in weekly duplicate bridge games, Wednesdays at 7:00 p.m. and Fridays at noon, throughout the year. The Club also sponsors “marathon bridge,” in which players set their own schedule of rubber bridge games, competing in leagues in a more casual atmosphere. Options include leagues for couples and for snowbirds. To learn more or sign up, contact Gay Garcia (248-626-3727 or gfg3727@gmail.com).

# Classes Catalogue

## BAROMETER GAME

### SERIES #110

This is a supervised, ACBL-sanctioned bridge game for intermediate and intermediate plus players. Each week participants play 12 pre-dealt hands; all tables play the same hand at the same time. After each hand, the instructor leads discussion of the bidding and the play of the hand. Bridge scoring is also covered. Partnerships are encouraged but not required; teams move tables and play with other teams in a duplicate style. It is a great way to learn new bidding styles, get an introduction to duplicate play, and meet new players. *For your convenience, register once for the entire series of seven classes or for each class individually. Players MUST register BEFORE the game, through either The Village Club or the instructor (lerooty@gmail.com).*

**Instructor:** Lynn Root

**Class Dates:** Tuesdays, April 2, 9, 16, 30; May 7; June 4, 11 (7 sessions)

**Class Times:** 2:00 – 4:45 p.m.

**Series Fee:** Member \$105, Non-Member, \$140

**Fee for**

**Each Class:** \$15 Member, \$20 Non-Member

### BAROMETER GAME 1 – CLASS #111

**Class Date:** Tuesday, April 2

### BAROMETER GAME 2 – CLASS #112

**Class Date:** Tuesday, April 9

### BAROMETER GAME 3 – CLASS #113

**Class Date:** Tuesday, April 16

### BAROMETER GAME 4 – CLASS #114

**Class Date:** Tuesday, April 30

### BAROMETER GAME 5 – CLASS #115

**Class Date:** Tuesday, May 7

### BAROMETER GAME 6 – CLASS #116

**Class Date:** Tuesday, June 4

### BAROMETER GAME 7 – CLASS #117

**Class Date:** Tuesday, June 11

## Beginning Mah Jongg

### CLASS #122

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.)

## Spotlight Bridge Seminars

Four intensive bridge seminars with Lynn Root give intermediate and intermediate plus players the opportunity to deepen knowledge and increase effectiveness in four critical areas. Each seminar is designed to stand alone—take any or all. The class consists of lecture, discussion, and questions in the first hour—feel free to bring your questions to class—followed by the play of pre-dealt hands in the second hour. There is no textbook; handouts are provided. Prior bridge knowledge is expected. *Register separately for each class.*

**Instructor:** Lynn Root

**Class Dates:** Tuesdays, April 16, 30; May 7; June 11

**Class Times:** 10:00 a.m. – Noon

**Fee for**

**Each Class:** \$15 Member, \$20 Non-Member

### SEMINAR 1: DEFENSE AND BALANCING – CLASS #118

Seminar 1 covers key defensive bridge techniques, including leads, signaling, and card play. The bidding discussion focuses on bidding in the balancing seat.

**Class Date:** Tuesday, April 16

### SEMINAR 2: SLAM BIDDING – CLASS #119

Seminar 2 addresses different techniques used to bid small and grand slams. Bidding techniques include control cue bidding, Blackwood and Roman Key Card, and strong 2 club opening bid.

**Class Date:** Tuesday, April 30

### SEMINAR 3: NT OPENING BIDS AND INTERFERENCE BIDS – CLASS #120

Seminar 3 covers different levels for opening NT bids and responses. The class also covers popular methods used for interference, such as Cappelletti, DONT, and Landy.

**Class Date:** Tuesday, May 7

### SEMINAR 4: TWO-OVER-ONE BIDDING – CLASS #121

Seminar 4 focuses on the very popular two-over-one bidding systems used today. This class covers 1NT forcing and 9-card major suit trump bids, including Jacoby 2NT and splinter bids.

**Class Date:** Tuesday, June 11



**Instructor:** Marilyn Cohen

**Class Dates:** Wednesday, April 17, and Thursday, April 18 (2 sessions)

**Class Times:** 10:00 a.m. – Noon

**Fee:** \$40 Member, \$50 Non-Member (2019 official scorecards available at the first session for \$9)

## Food and Drink

### Prohibition Cocktails

**CLASS #200**

The Eighteenth Amendment, ratified by Congress in 1919, banned the manufacture, sale, and transportation of alcoholic beverages. Ultimately repealed in 1933, it had a tumultuous impact on 20th-century America and continues to influence our world today. The current popularity of craft cocktails has led to a resurgence of the speakeasy bars that flourished in the 20s and 30s, and sparked new interest in old recipes made with “bathtub gin” and bootleg rum. Learn about the history of Prohibition, especially in Detroit, where the notorious Purple Gang, a criminal band of bootleggers and hijackers, held sway. Sample craft cocktails from the period that you can make at home. From the Sidecar to the Bee’s Knees, we’ll explore Prohibition-era recipes for gin, vodka, whiskey, and rum, as well as the “mocktail,” a non-alcoholic alternative for the cocktail.

**Instructor:** Paula Techlin  
**Class Date:** Friday, March 15  
**Class Times:** 5:00 – 7:00 p.m.  
**Fee:** \$20 Member, \$30 Non-Member



### Cooking with Fresh Herbs

**CLASS #201**

Fresh herbs can be used to add flavor and freshness to just about any dish. In this class, Chef Pam demonstrates ways to use fresh basil, mint, rosemary, thyme, and more as she prepares Phyllo Cups with Ricotta, Chevre, and Thyme; Bulgur, Mint, and Parsley Salad; Grilled Portobello Mushrooms Stuffed with Chicken Pesto; Grilled Vegetable Caprese with Pesto; and Lemon Rosemary Olive Oil Cake. In addition, she shares tips on storing fresh herbs and keeping them fresh, and discusses when and how to substitute dried herbs if fresh are not available. (For a companion class on growing your own fresh herbs, see Class #501.)

**Instructor:** Chef Pam Gustairs  
**Class Date:** Friday, April 12  
**Class Times:** 10:30 a.m. – 12:30 p.m.  
**Fee:** \$50 Member, \$60 Non-Member

### Anytime Is Teatime

**CLASS #202**

*Camellia sinensis*—one plant, more than a hundred varieties, and 5000 years of history. Tea is the world’s most popular beverage next to water. Iced or hot, sweetened or not, tea picks us up, calms us down, brings us together, and soothes us when we’re alone. It truly is the drink for all seasons and all situations. Join tea specialist Linda Pudlik to explore the origins of this ancient beverage and examine its current wave of popularity, including our expanding knowledge of its benefits. Understand the major types of tea and how to choose, prepare, and serve tea. Learn about tea-drinking rituals and traditions, and taste different flavors to identify your preferences.

**Instructor:** Linda Pudlik  
**Class Date:** Tuesday, April 23  
**Class Times:** 10:00 – 11:30 a.m.  
**Fee:** \$20 Member, \$30 Non-Member



# Classes Catalogue

## Film and Books

### Oscar Night

#### CLASS #300

Join Dr. Tara Hayes on Friday, February 22—TVC's fourth annual Oscar Night—to discuss the nominees for Academy Awards, handicap the field of contenders, and predict the winners. Cast your vote! See how you compare to film industry voters when winners are announced Sunday, February 24, at the 91st Academy Awards ceremony.

**Instructor:** Dr. Tara Hayes

**Class Date:** Friday, February 22

**Class Times:** 5:00 – 7:00 p.m.

**Fee:** \$20 Member and Non-Member

### FILM 101: Documentaries

By definition, documentary films document reality, recording lives and events in what has often been described as “slice of life” non-fiction. Yet just like any other film, documentaries have directors, and directors have visions. This means that while documentaries do record real-life moments, they are also shaped in post-production. A documentary, then, can be as much about what is left out of a film as what is shown, as much about the organization of the film as about its subject. Join Dr. Tara Hayes to analyze three well-received “biographical” documentaries from 2018 and *all* their layers. *Register separately for each class.*

#### PLEASE SEE NOTE BELOW

**Instructor:** Dr. Tara Hayes

**Class Dates:** Thursdays, March 14, April 11, and May 9

**Class Times:** 4:00 – 6:00 p.m.

**Fee for**

**Each Class:** \$20 Member, \$30 Non-Member

### Film 101: Won't You Be My Neighbor?

#### CLASS #301

Who is Fred Rogers and how did he transform both public and children's television? In this documentary, director Morgan Neville explores the life, lessons, and legacy of iconic children's television host Mister Rogers/Fred Rogers.

#### PLEASE SEE NOTE BELOW

**Class Date:** Thursday, March 14

### Film 101: Three Identical Strangers

#### CLASS #302

This documentary, directed by Tim Wardle, relates the story of three young men, all adopted as children, who meet each other in New York in 1980 and discover they are triplets who were separated at birth. Not content to simply know of each other, they begin a journey to find out how and why they are where and who they are.

#### PLEASE SEE NOTE BELOW

**Class Date:** Thursday, April 11

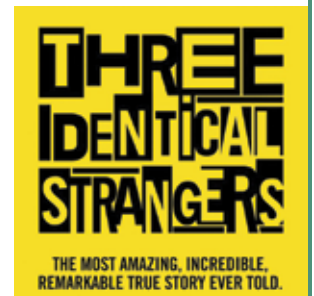
### Film 101: RBG

#### CLASS #303

Dubbed the Notorious RBG by rabid online followers, Ruth Bader Ginsburg became an unexpected pop culture icon. This documentary, directed by Julie Cohen and Betsy West, presents the exceptional life and career of U.S. Supreme Court Justice Ruth Bader Ginsburg in terms of both her breathtaking legal legacy and her cult status.

#### PLEASE SEE NOTE BELOW

**Class Date:** Thursday, May 9



**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. There is a complimentary screening of each film at The Village Club on the Friday before each class from 3:30 to 5:30 p.m. All three documentaries are available on DVD for checkout from local libraries. For home viewing, you can also find them on Amazon Prime, Google Play, Netflix, Vudu, or YouTube.

## Film and Books *continued*

### THE READERS

The Readers is a book study class that meets monthly for group discussion facilitated by Cathleen Russ. The five books selected by the group for Winter/Spring 2019 include both fiction and nonfiction. All recount the dramatic lives of singular central characters, from a young woman born to survivalists in a remote part of Idaho, untutored until she enters school at seventeen, to that complex and still fascinating figure Wallis Simpson, Duchess of Windsor, for whom Edward gave up the throne of England. *Register separately for each class.*

**Instructor:** Cathleen Russ

**Class Dates:** Tuesdays, February 12, March 12, April 9, May 14, and June 11

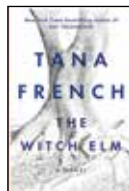
**Class Times:** 10:00 – 11:30 a.m.

**Fee per Class:** \$10 Member, \$20 Non-Member

#### The Readers: *The Witch Elm*

**CLASS #304**

*The Witch Elm* (2018, 528 pages), by Tana French. "Toby is a happy-go-lucky charmer who is celebrating with friends when the night takes a turn that will change his life—he surprises two burglars who beat him and leave him for dead. Struggling to recover from his injuries, beginning to understand that he might never be the same again, he takes refuge at his family's ancestral home to care for his dying uncle Hugo. Then a skull is found in the trunk of an elm tree in the garden—and as detectives close in, Toby is forced to face the possibility that his past may not be what he has always believed" (<http://amazon.com>).



**Class Date:** Tuesday, February 12

#### The Readers: *Educated: A Memoir*

**CLASS #305**

*Educated: A Memoir* (2018, 352 pages), by Tara Westover. "Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her to Harvard and to Cambridge University" (<http://amazon.com>).



**Class Date:** Tuesday, March 12

#### The Readers: *The Hamilton Affair: A Novel*

**CLASS #306**

*The Hamilton Affair: A Novel* (2016, 408 pages), by Elizabeth Cobbs. "Hamilton was a bastard and orphan, raised in the Caribbean and desperate for legitimacy, who became one of the American Revolution's most dashing—and improbable—heroes. Admired by George Washington, scorned by Thomas Jefferson, Hamilton was a lightning rod: the most controversial leader of the new nation. Elizabeth was the wealthy, beautiful, adventurous daughter of the respectable Schuyler clan—and a pioneering advocate for women. Together, the unlikely couple braved the dangers of war, the perils of seduction, the anguish of infidelity, and the partisanship that menaced their family and the country" (<http://amazon.com>).



**Class Date:** Tuesday, April 9

#### The Readers: *That Woman: The Life of Wallis Simpson, Duchess of Windsor*

**CLASS #307**

*That Woman: The Life of Wallis Simpson, Duchess of Windsor* (2012, 368 pages), by Anne Sebba. "That woman," as she was called by Queen Elizabeth, The Queen Mother, "was born Bessie Wallis Warfield in 1896 in Baltimore. Neither beautiful nor brilliant, she endured an impoverished childhood, which fostered in her a burning desire to rise above her circumstances....[Sebba] explores the obsessive nature of Simpson's relationship with Prince Edward...and new evidence showing she may never have wanted to marry Edward at all....*That Woman* shines a light on this complex woman, an object of fascination [whose mystique] has only grown with the years" (<http://amazon.com>).



**Class Date:** Tuesday, May 14

#### The Readers: *Daughter of Molokai*

**CLASS #308**

*Daughter of Molokai* (2019, 320 pages), by Alan Brennert. This tale, a companion to Brennert's best-selling *Molokai*, tells the story of Ruth, the daughter that Rachel Kalama—quarantined for most of her life at the isolated leprosy settlement of Kalaupapa—was forced to give up at birth. "The book follows young Ruth from her arrival at the Kapi'olani Home for Girls in Honolulu, to her adoption by a Japanese couple who raise her on a strawberry and grape farm in California, her marriage and unjust internment at Manzanar Relocation Camp during World War II and then, after the war, to the life-altering day when she receives a letter from a woman who says she is Ruth's birth mother, Rachel" (<http://amazon.com>).



**Class Date:** Tuesday, June 11

## History and Art

### Italy for Art Lovers: The Amalfi Coast

#### CLASS #400

Tourists flock to the Amalfi Coast in southern Italy for its breathtaking natural beauty and charming colorful coastal towns like Positano, nestled in rocky cliffs facing the sea. In this class, art historian Wendy Evans explains why the Amalfi Coast, a UNESCO World Heritage site, is a major destination for art lovers too, offering such treats as the ninth-century cathedral in Amalfi and the Church of Santa Maria Assunta in Positano with its Byzantine icon of the Virgin. Not far away are the ancient Greek temples of Paestum (560-460 BCE) and the Roman sites of Pompeii and Herculaneum. A “must” for Village Club travelers to the Amalfi Coast in April, this class is also designed for everyone dreaming about a trip to Italy.

**Instructor:** Wendy Evans

**Class Date:** Friday, March 1

**Class Times:** 10:00 – 11:30 a.m.

**Fee:** \$20 Member, \$30 Non-Member

### Love Those British Women

#### CLASS #401

2019 is a banner year for Anglophiles: a royal baby is due in spring, season 3 of “The Crown,” about Elizabeth II, is set for release on Netflix, and Maureen Esther returns to The Village Club to tell the story of the first Elizabeth. Queen of England and Ireland from 1558 until her death, Elizabeth I (1533-1603), Henry VIII’s daughter, was known as Elizabeth the Great of England, or Gloriana. She is the first monarch to have an era named after her. Visit Elizabethan England in this a jewel-studded discussion of the life and times of the legendary Elizabeth I of England, and learn how her steady course for England set the foundation for the colonization of America.

**Instructor:** Maureen Esther

**Class Date:** Wednesday, April 17

**Class Times:** 1:30 – 3:00 p.m.

**Fee:** \$20 Member, \$30 Non-Member



## Nature

### Play with Flowers

#### CLASS #500

Shake off winter blues! Join friends for a flower-arranging workshop in the bright, spacious greenhouse at Goldner Walsh Garden and Home. Think spring! Create, take home, and enjoy your own arrangement of spring flowers and greens. Members of the Goldner Walsh floral shop team offer guidance at each step—from preparing the container and adding various greens to selecting and arranging spring blooms and other decorative elements. All materials, including containers, are provided, but bring your own container if you wish. Cheer up! Spring is just around the corner!

**Instructor:** Goldner Walsh florists

**Class Date:** Tuesday, March 5

**Class Times:** 2:00 – 3:30 p.m.

**Location:** Goldner Walsh Garden and Home, 559 Orchard Lake Road (between Woodward and Telegraph), Pontiac, MI 48341

**Fee:** \$35 Member, \$45 Non-Member

### Grow Your Own Fresh Herbs

#### CLASS #501

Springtime is the time to plant your own herbs! So many dishes are even more delectable when made with fresh herbs. In this class, herb expert Judy Cornellier explores what, when, and how to plant and cultivate an herb garden that is convenient to your kitchen and rewards you with fresh herbs all summer and fall. (For a companion class on cooking with fresh herbs, see Class #201.)

**Instructor:** Judy Cornellier

**Class Date:** Thursday, May 9

**Class Times:** 10:30 a.m. – Noon

**Fee:** \$15 Member, \$20 Non-Member



## Self-Expression

### The Village Club Writers

**CLASS #600**

Perhaps you've thought about writing your life story—creating a memoir as a legacy for your children, grandchildren, or friends—but you can't seem to get started. Joining a writing group is the best way to begin. The Village Club Writers is a small group of people dedicated to writing and sharing their life stories. Group members meet twice a month to encourage one another as they talk and write about the memorable events in their lives. Participation in this lively group will bring you a real sense of accomplishment and a whole new group of friends. Sessions include discussion of various writing techniques to use in writing your memoir. *If you would like to know more about The Village Club Writers and whether this group is a good fit for you, please contact the instructor (mirandaburnett248@gmail.com).*

**Instructor:** Miranda Burnett

**Class Dates:** February 1, 15; March 1, 22; April 5, 26; May 3, 17; June 7 (9 sessions)

**Class Times:** 10:00 a.m. – Noon

**Fee:** \$180 Member, \$200 Non-Member



### Individual One-on-One iPhone/iPad

The iPhone/iPad classes are offered on an individual basis. Bring your questions, your Apple iDevice passwords, and IDs for your Apple and email accounts, and off you go into the high-tech world of instant messaging, selfies, and Facebook. You receive and learn to use a stylus, which can provide accuracy, convenience, and comfort while you navigate around your iPad/iPhone. Sign up for one or more lessons. *Fee is charged per one-hour lesson.*

**Instructor:** Catherine Connelly

**CLASS #601**

**Class Dates:** Tuesdays, April 2, 9, 16, 23, 30; May 7, 14

**Class Times:** 10:00 – 11:00 a.m.

**Fee:** \$18 Member, \$28 Non-Member

**CLASS #602**

**Class Dates:** Tuesdays, April 2, 9, 16, 23, 30; May 7, 14

**Class Times:** 11:00 a.m. – Noon

**Fee:** \$18 Member, \$28 Non-Member

### Anyone Can Paint

**CLASS #603**

Back by popular demand! Join the fun! Steve Wood provides skillful step-by-step instruction with a blend of humor and encouragement. Relax with friends and enjoy a glass of wine while you paint. You leave with a finished 11 x 14 acrylic painting, suitable for framing. Absolutely no experience required—Steve proves that *anyone* can paint.

**Instructor:** Steve Wood

**Class Date:** Thursday, April 18

**Class Times:** 4:00 – 6:00 p.m.

**Fee:** \$40 Member, \$50 Non-Member

### Did you know?

The Village Club has been voted the best Suburban Detroit Private Club for the past five years (2014-18) by the readers of *Hour Detroit* magazine.





# Classes Catalogue

## Wellness Yoga

### Agebusters



CLASS #700

This energizing class, led by Lori Lico Harbour, AAFA certified teacher and older adult fitness specialist, focuses on strength, balance, and cardio endurance, and includes low-impact aerobic moves to music. This class is sure to help you keep moving and defy the natural weakening that occurs in the aging process. Feel stronger and more physically able in your everyday activities. Please bring a set of hand weights.

**Instructor:** Lori Lico Harbour

**Class Dates:** Mondays

**Class Times:** 8:30 – 9:30 a.m.

**Punch Card:** \$99 Member, \$120 Non-Member, for any 10 classes (*non-expiring*)

**Drop-In Fee:** \$15 Member, \$20 Non-Member

### 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

CLASS #701

**Class Dates:** Mondays

**Class Times:** 10:00 – 11:00 a.m.

**Punch Card:** \$99 Member, \$120 Non-Member, for any 10 classes (*non-expiring*)

**Drop-In Fee:** \$15 Member, \$20 Non-Member

CLASS #702

**Class Dates:** Wednesdays

**Class Times:** 10:00 – 11:00 a.m.

**Punch Card:** \$99 Member, \$120 Non-Member, for any 10 classes (*non-expiring*)

**Drop-In Fee:** \$15 Member, \$20 Non-Member

#### STICK AROUND AFTER CLASS!

We offer tea, coffee, citrus-infused water, and steamed spa towels as a gesture of hospitality and to give you an opportunity to slow down and connect with each other.

### Morning Stretch and Yoga Basics



CLASS #703-CANCELED

Rise and shine with a well-rounded practice to stretch, strengthen, balance, and ground you as you start your day. Improve your range of motion, increase your circulation and balance, and calm your mind. The basic postures serve as the foundation for each class sequence. Postures are practiced to align, strengthen, and promote flexibility in the body. Props are used to support the body while postures are held, allowing for deep stretches that are soft rather than muscle-driven. Instructor Caryn Ciagne Gallagher offers a variety of modifications that enable everyone to participate while allowing individuals to challenge themselves.

**Instructor:** Caryn Ciagne Gallagher

**Class Dates:** Thursdays

**Class Times:** 10:00 – 11:00 a.m. **CANCELED**

**Punch Card:** \$99 Member, \$120 Non-Member, for any 10 classes (*non-expiring*)

**Drop-In Fee:** \$15 Member, \$20 Non-Member

### 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.

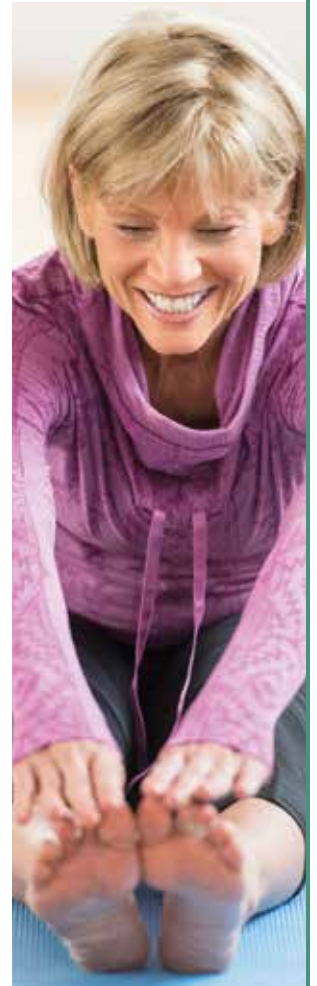
**Instructor:** Karen Lutz

**Class Dates:** Thursdays

**Class Times:** 1:00 – 2:00 p.m.

**Punch Card:** \$99 Member, \$120 Non-Member, for any 10 classes (*non-expiring*)

**Drop-In Fee:** \$15 Member, \$20 Non-Member



## Wellness *continued*

### Mindfulness for Well-Being

CLASS #705

Mindfulness has become somewhat of a buzzword in society today. The concept has been featured in cover stories by such magazines as *Time*, *Newsweek*, and *Scientific American*. But what exactly is mindfulness, and what are the potential benefits? Join this interactive and experiential workshop led by Lucy Sternburgh, PhD, a Mindfulness-Based Stress Reduction teacher from Beaumont. The class includes resources for establishing a personal mindfulness practice.

**Instructor:** Lucy Sternburgh, PhD

**Class Date:** Tuesday, February 12

**Class Times:** 1:00 – 2:00 p.m.

**Fee:** \$18 Member, \$20 Non-Member

### Self-Compassion for Well-Being

CLASS #706

Do you ever feel inadequate? Do you tend to be harder on yourself than you are on others? Emerging research suggests that practicing self-compassion can help enhance emotional well-being in a way that lasts! Join this interactive and experiential workshop led by Lucy Sternburgh, PhD, a trained Mindful Self-Compassion teacher from Beaumont. This class includes resources for establishing a personal self-compassion practice.

**Instructor:** Lucy Sternburgh, PhD

**Class Date:** Tuesday, February 19

**Class Times:** 1:00 – 2:00 p.m.

**Fee:** \$18 Member, \$20 Non-Member (or \$10 Member and Non-Member if registered for Class #705)

### Taking Steps to Prevent Falls

CLASS #707

Do you know someone who's fallen recently? Have you? The risk of falling increases with age: among people 65 and older, more than one in three fall each year. Medical problems related to falls increase with age too; falls are more likely to result in medical tests, hospitalization, and short- or long-term disability. But there are simple ways to prevent most falls. In this informative class, physical therapist Nora Cascardo addresses common causes of falls, specific factors that increase fall risk, and the steps you can take to lower your risk of falling and of fall-related injury.

**Instructor:** Nora Cascardo

**Class Date:** Wednesday, May 15

**Class Times:** 3:30 – 5:00 p.m.

**Fee:** \$20 Member, \$30 Non-Member

### It's All About You!

A DAY TO ENHANCE YOUR MIND, BODY, AND SPIRIT!

The Village Club Wellness Committee presents a full day of classes on health and wellness. The event includes group sessions presented by distinguished speakers and a diverse set of workshops from which to choose. Save the date—May 21! Watch The Villager or the Club website for registration information coming this spring.

**Class Date:** Tuesday, May 21

**Class Times:** 9:00 a.m. – 3:00 p.m.

**Fee:** \$89 Member, \$99 Non-Member (including healthy lunch)

#### GROUP SESSIONS

**"5 Key Facts about Your Body's Design,"** with Sherry McLaughlin, President, Michigan Institute for Human Performance

**"Integrative Medicine and Therapies for Healthy Happy Living,"** with Gale Patricolo, Director, Beaumont Integrative Medicine Program

**Group Meditation Session,** with Kathy Forgrave, The Village Club and Beaumont Hospital Yoga Instructor

#### WORKSHOPS

**Cosmetic Makeovers,** with Trish McEvoy Cosmetics, Neiman Marcus

**Hair Care and Style Updates,** with Trico Salons

**Comprehensive Breast Care Discussion,** with Colleen Altmann, NP

**Chair Yoga,** with Karen Lutz

**Emotional and Physical Benefits of Tea,** with Linda Pudlik

**Introduction to Essential Oils,** with Caryn Ciagne Gallagher (make and take home a roller!)

Chair massage sessions, introduction to Tai Chi, discussion of nutrition for aging well, and more!

Plus informal athleisure-wear fashion show, raffle, and more special surprises!



## Instructor Highlights

### **BURKE, LAURA** **BRIDGE AND** **MAH JONGG**

Laura Burke began playing bridge over 10 years ago and was awarded her Life Master in August 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.

### **BURNETT, MIRANDA** **SELF-EXPRESSION**

An experienced writer, editor, and coach, Miranda Burnett has been helping people write their life stories for almost two decades, and she has seen lives change for the better when people review their past and share their stories with family and friends. Her workshops encourage creativity and the discovery of hidden writing skills. Miranda is a longtime member of The Village Club.

### **CASCARDO, NORA** **WELLNESS**

Nora Cascardo is a physical therapist with experience in treating all types of orthopedic injuries and spinal issues. Certified in manual physical therapy, she is a specialist in soft tissue work and spinal and extremity mobilization. Owner of Premier Therapy Centers, she continually adds to her clinical knowledge and skill through learning and teaching; she is currently pursuing a doctorate in physical therapy.

### **COHEN, MARILYN** **BRIDGE AND** **MAH JONGG**

Marilyn Cohen returns to The Village Club in 2018-19 as Mah Jongg instructor after an absence of several years. An experienced Mah Jongg teacher for nearly a decade, she says she has played and enjoyed the game for most of her life.

### **CONNELLY, CATHERINE** **SELF-EXPRESSION**

A retired middle school teacher, Catherine Connelly is an experienced instructor of technology. By means of Apple's iOS updates, she stays current with new features and devices. A poet, she has published two books of poetry composed on her iPad: *The Nature of Poetry* (2010) and *I Feel Like the Weather* (2013). She donates the proceeds to the fight against cancer. Catherine is a Village Club member.

### **CORNELLIER, JUDY** **NATURE**

Judy Cornellier is a member of the Southern Michigan Unit of The Herb Society of America, which is dedicated to promoting the knowledge, use, and delight of herbs through educational programs, research, and sharing members' experience with the community. She gives presentations on herbs at Telly's Greenhouse and Garden Center in Troy.

### **ESTHER, MAUREEN** **HISTORY AND ART**

Maureen Esther is a "historyteller," 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 almost 30 years, she has shared her knowledge in presentations to audiences of all ages, on subjects ranging from King Tut to the Titanic, from Elizabeth I to the American Civil War.

### **EVANS, WENDY** **HISTORY AND ART**

Wendy Evans holds advanced degrees from Oxford University in England and Wayne State University in Detroit, where she is an adjunct lecturer in art history. Instructor at The Village Club for more than a decade, she is a well-known lecturer throughout the metropolitan area. In 2014, Wendy received the Birmingham-Bloomfield Cultural Arts Award for her strong voice for arts education. For more information, visit her website ([www.art-talks.org](http://www.art-talks.org)).

### **FORGRAVE, KATHY** **WELLNESS**

Kathy Forgrave is the lead instructor at the Beaumont School of Yoga Therapy Teacher Training Program. She currently provides yoga therapy to the Beaumont patient population, and she teaches private and group yoga classes.

### **GALLAGHER, CARYN** **CIAGNE** **WELLNESS**

Caryn Ciagne Gallagher has completed Yoga Alliance teacher training and is currently the yoga instructor at Village Yoga in Franklin and the Beverly Hills Club.

### **GOLDNER WALSH** **GARDEN & HOME** **FOOD AND DRINK**

Goldner Walsh Garden & Home, located in the historic district of Pontiac, is a landscape design-build company in business since 1953. Today, Goldner Walsh has

a floral department, garden center, tropical greenhouse, and garden-plant nursery of almost 10 acres. The company actively supports its local community and the arts, and hosts numerous events all year, from book signings and art openings, to weddings and corporate events.

### **GUSTAIRES, PAM** **FOOD AND DRINK**

Chef Pam Gustairs graduated with honors from the Schoolcraft College of Culinary Arts in 2006. She has participated in cooking classes at the Cordon Bleu in Paris, the Culinary Institute in Nice and numerous other cooking schools across southern France. She recently opened "Cooking Up Good Taste," featuring hands-on cooking classes and catering of small events.

### **HARBOUR, LORI LICO** **WELLNESS**

Certified by the Aerobics and Fitness Association of America, Lori Lico Harbour is a specialist in older adult fitness. She has been a group fitness instructor for more than 25 years and co-produced the "Agebusters Workout" programs shown on the Birmingham/Bloomfield cable channel.

### **HAYES, TARA** **FILM AND BOOKS**

Tara Hayes, PhD, holds advanced degrees in English and American literature, and has film industry experience at Dream Works. Her areas of special interest include early modern English drama (1495-1600), 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.

### **PUDLIK, LINDA** **FOOD AND DRINK**

Tea specialist Linda Pudlik has studied under etiquette expert Dorothea Johnson, of the Protocol School of Washington, and Bruce Richardson, noted tea blender, author, and educator. She has organized major tea events—for Michigander Kirsten Haglund when she was crowned Miss America—and provided guidance to many

local tearooms. Her 55 tea events for the Farmington Hills Cultural Arts Department earned state awards for innovation in 2010 and 2012. She is a Village Club member.

### **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** **FILM AND BOOKS**

Cathleen Russ has a background in public library administration and teaches in the library science program at Wayne State University. She returns to The Village Club for her 19th year leading The Readers book group.

### **STERNBURGH, LUCY** **WELLNESS**

Lucy Sternburgh, PhD, currently serves as Program Manager of the Beaumont Center for Mindfulness. She is trained as a teacher of Mindfulness-Based Stress Reduction and Mindful Self-Compassion.

### **TECHLIN, PAULA** **FOOD AND DRINK**

Paula Techlin is an engineer at the General Motors Aerodynamics Laboratory; she holds BS and MS degrees from the universities of Michigan and Wisconsin respectively. Certified as a Bourbon Steward by Stave & Thief, the bourbon industry's credentialing program, she cultivates her love of history through the chemistry of cocktails and historical events (which prompts her husband to ask when playing Trivial Pursuit, "Why do you store that much stuff in your brain?"). She is a Village Club member.

### **WOOD, STEVE** **SELF-EXPRESSION**

Steve Wood is an artist, instructor, and former award-winning television host. He began painting at age 35, later than most professional artists, and studied with well-known painters across the country. He has won numerous awards for his landscape painting; his work hangs in both public and private collections. His passion is sharing his expertise with others to prove that anyone can paint. Steve teaches all levels of students in his studio, online and onsite.

# *TVC The Village Club*

190 EAST LONG LAKE ROAD  
BLOOMFIELD HILLS, MI 48304

PRSR STD  
US POSTAGE  
**PAID**  
PERMIT 615  
ROYAL OAK MI



*Sign up for classes today!*  
*Join Us at The Village Club.*

## 2019 Winter/Spring Classes Registration Form

NAME: \_\_\_\_\_ MEMBER NUMBER: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

CLASS (OR SERIES) NO.	CLASS (OR SERIES) TITLE	DATE/TIME	MEMBER FEE	NON-MEMBER 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!

#### Four options:

1. Call The Village Club at 248-644-3450.
2. Fill out and mail this registration form to The Village Club.
3. Register in person.
4. Register online (members only) at [thevillageclub.org](http://thevillageclub.org).
  - a. Login
  - b. Click on Club Calendar in the Quick Links box on the left
  - c. Locate your class on the calendar
  - d. Click on the class to activate registration

#### Payment:

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

**Non-Members:** Full payment is due at the time of registration in the form of a check payable to The Village Club.

**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 are not acceptable.