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Classes Catalog

WINTER / SPRING 2020 *The Village Club*

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

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**YOUR PARTICIPATION
IS YOUR SUPPORT**

Invitation to Classes at The Village Club

Classes for Winter/Spring 2020 offer you abundant opportunities to pause, learn, reflect, and share with friends. Nine new instructors join popular returning faculty. Topics range from the opiate crisis in America to the films of the Coen Brothers, from architectural masterpieces of the 20th century to craft cocktails and how to mix them. Bridge and fitness classes cater to multiple skill levels. Nuno felting, paper crafting, and beading are the focus of three hands-on workshops. 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 cultural, educational, social and philanthropic opportunities, as well as casual and fine dining.

CLASSES COMMITTEE:

Trish Stoltz, Chair	Susan Kehoe	Cherie Ritter
Margie Burch	Janice King	Margaret Salmonowicz
Kay Duncan	Joyce MacDonald	Shelagh VanderVeen
Cherry Howell	Debra Partrich	

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. Laura Burke is available to give advice on the spot related to bidding, defense, and declarer play. Participants should have some basic knowledge of bridge and some playing experience.

Instructor: Laura Burke

Class Times: 2:00 – 4:00 p.m.

Fee for

Each Class: \$36 Member, \$48 Nonmember
(for 3-session class)

SUPERVISED PLAY 1 – CLASS #100

Class Dates: Wednesdays, February 12, 19, 26

SUPERVISED PLAY 2 – CLASS #101

Class Dates: Wednesdays, April 1, 8, 15

SUPERVISED PLAY 3 – CLASS #102

Class Dates: Wednesdays, May 27; June 3, 10

Commonly Used Conventions in Bridge

This class is designed for advanced beginners or those who desire a “refresher” on commonly used conventions in bridge. The same class is offered in both evening and afternoon time slots. Topics covered include the Stayman convention, Jacoby transfer, two-level opening bids, and slam bidding. Each session consists of a lecture and group activities, including playing of hands to illustrate the specific topics covered.

Instructor: Laura Burke

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

CONVENTIONS 1 – CLASS #103

Class Dates: February 12, 19, 26; March 4

Class Times: 6:30 – 8:30 p.m.

CONVENTIONS 2 – CLASS #104

Class Dates: April 22, 29; May 6, 13

Class Times: 2:00 – 4:00 p.m.

Introduction to Duplicate Bridge

CLASS #105

This class is designed for those who want to become familiar with the most widely used variation of contract bridge. Participants should know the basics of bidding and play of the hand. Topics covered include completing a convention card, flow of the game, scoring, and an introduction to the “Laws of Contract Bridge.”

Instructor: Laura Burke

Class Dates: March 11, 18

Class Times: 2:00 – 4:00 p.m.

Fee: \$30 Member, \$40 Nonmember
(for 2-session class)

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 Nonmember

MARCH CLASS #106

Class Date: Tuesday, March 31

APRIL CLASS #107

Class Date: Tuesday, April 28

MAY CLASS #108

Class Date: Tuesday, May 26

JUNE CLASS #109

Class Date: Tuesday, June 23



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 and compete in leagues in a more casual atmosphere. Options include leagues for couples and for snowbirds. To learn more or sign up, contact Wendy Beck (248-891-3909 or wejbeck@gmail.com).

Classes Catalogue

Spotlight Bridge Seminars

Four 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. Prior bridge knowledge is expected.

Instructor: Lynn Root

Class Dates: Tuesdays, April 7, 21; May 19; June 2

Class Times: 10:00 a.m. – Noon

Fee for

Each Class: \$15 Member, \$20 Nonmember

SEMINAR 1: DOUBLES – CLASS #110

Seminar 1 covers the many different meanings of “double,” from the very popular takeout double and negative double to the more advanced support double and responsive double.

Class Date: Tuesday, April 7

SEMINAR 2: MAJOR SUIT BIDDING AND RESPONSES – CLASS #111

Seminar 2 covers major-suit opening bids and many popular response systems. Topics include Jacoby 2NT, splinter bids, limit raises, and Bergen raises.

Class Date: Tuesday, April 21

SEMINAR 3: COMPETITIVE AUCTION BIDDING – CLASS #112

Seminar 3 focuses on bidding in a competitive auction where both sides are getting into the bidding. This class covers both the second and third bids of opener and responder as well as the changes made when opponents disrupt normal bids.

Class Date: Tuesday, May 19

SEMINAR 4: PLAY OF THE HAND – CLASS #113

Seminar 4 covers key defensive bridge techniques, including leads, signaling, and card play. The bidding discussion focuses on bidding in the balancing seat.

Class Date: Tuesday, June 2

Beginning Mah Jongg

CLASS #122

Mah Jongg is 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.)

Barometer Game

SERIES #114

This is a supervised, ACBL-sanctioned 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 whole 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 7, 14, 21; May 5, 19; June 2, 9 (7 sessions)

Class Times: 2:00 – 4:45 p.m.

Fee for Series of

7 Sessions: \$105 Member, \$140 Nonmember

Fee for

Each Class: \$15 Member, \$20 Nonmember

BAROMETER GAME 1 – CLASS #115

Class Date: Tuesday, April 7

BAROMETER GAME 2 – CLASS #116

Class Date: Tuesday, April 14

BAROMETER GAME 3 – CLASS #117

Class Date: Tuesday, April 21

BAROMETER GAME 4 – CLASS #118

Class Date: Tuesday, May 5

BAROMETER GAME 5 – CLASS #119

Class Date: Tuesday, May 19

BAROMETER GAME 6 – CLASS #120

Class Date: Tuesday, June 2

BAROMETER GAME 7 – CLASS #121

Class Date: Tuesday, June 9

Instructor: Annie Hall Ellis

Class Dates: Thursdays, March 12 and 19 (2 sessions)

Class Times: 10:00 a.m. – Noon

Fee: \$40 Member, \$50 Nonmember (2019 official score-cards available for purchase at the first session for \$8)



Film and Books

Oscar Night

CLASS #200

Join Dr. Tara Hayes on Friday, February 7—TVC’s fifth annual Oscar Night—to discuss the nominees for Academy Awards, handicap the field of contenders, and predict the winners. When winners are announced Sunday, February 9, at the 92nd Academy Awards ceremony, you’ll be ready to see how you compare to film industry voters. Enjoy a full evening at the Club—stay after class for Chef Nick’s Oscar-inspired dinner.

Instructor: Dr. Tara Hayes

Class Date: Friday, February 7

Class Times: 5:00 – 7:00 p.m.

Fee: \$20 Member and Nonmember

(For dinner reservation, call The Village Club at 248-644-3450.)

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 spring semester 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, March 12; April 9; May 14; June 11

Class Times: 4:00 – 6:00 p.m.

Fee for

Each Class: \$20 Member, \$30 Nonmember

Film 101: Blood Simple

CLASS #201

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.

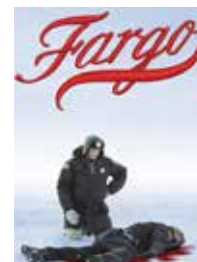


Class Date: Thursday, March 12

Film 101: Fargo

CLASS #202

Fargo (1996), directed by the Coen Brothers, starring William H. Macy, Frances McDormand, and Steven Buscemi. Jerry Lundegaard’s (Macy) inept crime 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, April 9

Film 101: O Brother, Where Art Thou?

CLASS #203

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.

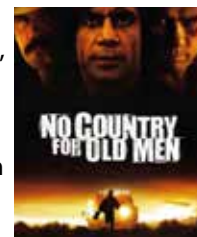


Class Date: Thursday, May 14

Film 101: No Country for Old Men

CLASS #204

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, June 11

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. 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.

Classes Catalogue

THE READERS

The Readers is a book study class that meets monthly for group discussion facilitated by Cathleen Russ. The books selected by the group for winter/spring 2020 include both fiction and non-fiction. *Register separately for each class.*

Instructor: Cathleen Russ

Class Dates: Tuesdays, February 11; March 10; April 14; May 5; June 9

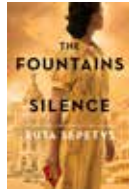
Class Times: 10:00 – 11:30 a.m.

Fee per Class: \$10 Member, \$20 Nonmember

The Readers: *The Fountains of Silence*

CLASS #205

The Fountains of Silence (2019, 512 pages), by Ruta Sepetys. "Madrid, 1957. Under the Fascist dictatorship of General Francisco Franco, Spain is hiding a dark secret. Meanwhile, tourists and foreign businessmen flood into Spain under the welcoming guise of sunshine and wine. Among them is 18-year-old Daniel Matheson, the son of a Texas oil tycoon, who arrives in Madrid with his parents hoping to connect with the country of his mother's birth through the lens of his camera. Photography—and fate—introduce him to Ana, whose family's interweaving obstacles reveal the lingering grasp of the Spanish Civil War." (<http://amazon.com>).



Class Date: Tuesday, February 11

The Readers: *Dutch Girl: Audrey Hepburn and World War II*

CLASS #206

Dutch Girl: Audrey Hepburn and World War II (2019, 416 pages), by Robert Matzen. Audrey Hepburn remains one of Hollywood's most beloved stars, and is as well-known for her role as UNICEF ambassador as for her illustrious movie career. This biography chronicles "her intense experiences through five years of Nazi occupation in the Netherlands.... Hepburn's war included participation in the Dutch Resistance, working as a doctor's assistant during the Battle of Arnhem, the brutal execution of her uncle, and the Hunger Winter of 1944.... Her father was a Nazi agent and her mother was pro-Nazi for the first two years of the Occupation.... Hepburn's own reminiscences, new interviews, wartime diaries and research in classified Dutch archives" shed light on the untold story of Audrey Hepburn in World War II. (<http://amazon.com>).



Class Date: Tuesday, March 10

The Readers: *The Secrets We Kept*

CLASS #207

The Secrets We Kept (2019, 368 pages), by Lara Prescott. "At the height of the Cold War, two secretaries are pulled out of the CIA typing pool and given the assignment of a lifetime. Their mission: to smuggle *Dr. Zhivago* out of the USSR, where no one dared publish it, and help Boris Pasternak's masterpiece make its way into print around the world." (<http://amazon.com>).



Class Date: Tuesday, April 14

The Readers: *The Gardner Heist: The True Story of the World's Largest Unsolved Art Theft*

CLASS #208

The Gardner Heist: The True Story of the World's Largest Unsolved Art Theft (2010, 260 pages) by Ulrich Boser. "Shortly after midnight on March 18, 1990, two men broke into the Isabella Stewart Gardner Museum in Boston and committed the largest art heist in history.... After thousands of leads and a \$5 million reward, none of the paintings have been recovered. Worth as much as \$500 million, the missing masterpieces have become one of the nation's most extraordinary unsolved mysteries." (<http://amazon.com>).



Class Date: Tuesday, May 5

The Readers: *That Churchill Woman*

CLASS #209

That Churchill Woman (2019, 400 pages), by Stephanie Barron. "Wealthy, privileged, and fiercely independent, New Yorker Jennie Jerome took Victorian England by storm when she landed on its shores. As Lady Randolph Churchill, she gave birth to a man who defined the 20th century: her son Winston. But Jennie, reared in the life of Gilded Age Newport and the Paris of the Second Empire, lived an outrageously modern life all her own, filled with controversy, passion, tragedy and triumph." (<http://amazon.com>).



Class Date: Tuesday, June 9

History and Art

Detroit's Cass Corridor: Yesterday, Today, and Tomorrow

CLASS #300

Historian Armando Delicato explores the rich history and promising future of Detroit's Cass Corridor, one of the city's oldest neighborhoods. Native American hunting ground, then French ribbon farm, it became Detroit's first suburban neighborhood after the Civil War. With automobiles, it became an auto parts and service center, then an entertainment center, the city's Chinatown, and eventually a slum. In the 1960s, it was the epicenter of civil rights and Vietnam War protests. Historic restoration and the growth of Wayne State brought new life in the decades after, and by 2000, another transition had begun: the Cass Corridor was becoming "hip." Today the Cass Corridor is home to a dynamic community of students, artists, and young professionals. It boasts new restaurants, unique shops, and a lively street life, and tourists come by busload to shop at Shinola and Jack White's Third Man Records. What's next?



Instructor: Armando Delicato
Class Date: Thursday, March 5
Class Times: 7:00 – 8:30 p.m.
Fee: \$20 Member, \$30 Nonmember

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

CLASS #301

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, March 26
Class Times: 2:00 – 4:00 p.m.
Fee: \$20 Member, \$30 Nonmember

The Real Tudors

CLASS #302

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, May 5
Class Times: 1:00 – 2:30 p.m.
Fee: \$20 Member, \$30 Nonmember



Classes Catalogue

Food and Drink

Mixology 101:

CLASS #400

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, March 13

Class Times: 7:00 – 9:00 p.m.

Fee: \$35 Member, \$45 Nonmember

The Meat-Free Zone

CLASS #401

A vegetarian lifestyle includes endless options for a well-rounded and delicious meal. In this special class for The Village Club, the culinary team at Henry Ford West Bloomfield Hospital’s Demonstration Kitchen shows you how to prepare meat-free dishes using legumes, mushrooms, tofu, tempeh, and more, and how to increase flavor with subtle herbs and spices. The class includes samples of the food prepared. Bonus: an expert Henry Ford dietitian is on hand to answer participants’ specific questions about plant-based nutrition.

Instructor: Henry Ford Demonstration Kitchen Staff

Class Date: Tuesday, April 7

Class Times: 6:30 – 8:00 p.m.

Location: Henry Ford Demonstration Kitchen
Henry Ford West Bloomfield Hospital
6777 W. Maple Road
West Bloomfield, MI 48322

Fee: \$25 Member, \$35 Nonmember

Why Eat in Season?

CLASS #402

Foods eaten in season are better in so many ways—better for your health, better for the environment, cheaper, and they taste better too. In this class, Chef Pam explores some of the spring fruits and vegetables available in Michigan and discusses why we should pay attention to eating in season. There’s an amazing assortment of fresh spring flavors available to energize our senses—in appetizers and soups, main dishes and sides, and even dessert. Learn ways to use asparagus, sugar snap peas, leafy greens, and rhubarb. Sample spring dishes and take the recipes home to your own kitchen.

Instructor: Chef Pam Gustairs

Class Date: Friday, May 1

Class Times: 10:00 a.m. – Noon

Fee: \$50 Member, \$60 Nonmember

House and Garden

Play with Flowers

CLASS #500

Learn floral design with Nancy Spence, The Village Club’s much-admired lead floral designer known for her striking signature arrangements on view in the Club living room and at the dining room entrance. In this class, Nancy shows how to create three different arrangements to celebrate spring, including one for Easter and one for Mother’s Day. She provides a step-by-step demonstration for each arrangement, plus instructions and a list of materials, so that you can go home and make the same arrangement yourself.

Instructor: Nancy Spence

Class Date: Friday, April 3

Class Times: 10:00 a.m. – Noon

Fee: \$20 Member, \$30 Nonmember



Three 20th-Century Homes: Three Visions of American Living

CLASS #501

This class takes you inside three remarkable homes—Cranbrook House, Saarinen House, and Smith House—designed by world-renowned architects Albert Kahn, Eliel Saarinen, and Frank Lloyd Wright. Kevin Adkisson, Curatorial Associate at Cranbrook’s Center for Collections and Research, explores their visions of American living. He discusses the art, architecture, and innovations in each home, and shares stories of the families who built and lived in these special places. You gain a deeper appreciation for the Arts and Crafts movement and how its legacy lives on at Cranbrook. Lunch is served in the dining hall that Saarinen designed for Cranbrook School for Boys.

Instructor: Kevin Adkisson

Class Date: Friday, May 15

Class Times: 9:45 a.m. – 2:00 p.m.

Location: Cranbrook House,
380 Lone Pine Rd.,
Bloomfield Hills, MI 48304

Fee: \$90 Member, \$100 Nonmember



CLASS #501 NOTE: This small-group tour requires participants to walk outside between campus buildings, climb stairs, and stand for most of the tour. Bus transportation is provided to the off-campus Smith House. Spaces are small, so the CCCR requests no large purses or bags.

Skills and Creativity

Individual One-on-One iPhone/iPad

Want to learn more things you can do with your iPhone and/or iPad? Learn how to make reservations at The Village Club, look at the Classes Catalogue, or view the weekly E-Blast, which lists Club events. You can do this and more with your iPhone. Learn how to identify suspicious emails, recognize “phishing” (a fraudulent attempt, usually through email, to steal your personal information), and stop unwanted advertising from online retail stores. Bring your questions, your Apple Device passwords, and IDs for your Apple and email accounts. Classes are one-on-one—just you and the instructor—customized to address your specific questions. *Fee is charged per one-hour lesson. Register with Diana at The Village Club, 248-644-3450.*

Instructor: Catherine Connelly
Class Dates: Fridays, February 7; March 6; April 3; May 1
Class Times: 10:00 – Noon OR Noon – 1:00 p.m.
Fee: \$18 Member, \$28 Nonmember

Hands-on Workshop: 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 to put together. You leave with a decorative gift bag, several gift tags, and three greeting cards, and an understanding of the supplies and equipment you need to do more on your own.

Instructor: Cherie Ritter
Class Date: Thursday, February 27
Class Times: 10:30 a.m. - Noon
Fee: \$10 Member, \$15 Nonmember



Hands-on Workshop: Nuno Felting Basics

CLASS #601

Fiber artist Mandisa Smith discusses the history of felting, describes her work, demonstrates techniques, and guides participants as they create their own felting piece to take home. Nuno felting is a variation of wet felting in which wool is combined with other lightweight non-wool materials, such as silk chiffon or cotton voile.



Instructor: Mandisa Smith
Class Date: Sunday, April 26
Class Times: 2:00 – 4:00 p.m.
Location: Artist’s Studio, 19359 Livernois (between Outer Drive and Cambridge), Detroit, MI 48221
Fee: \$55 Member, \$65 Nonmember

Effective Meetings

CLASS #602

In this interactive class, parliamentarian Eleanor “Coco” Siewert discusses and demonstrates ways to make meetings more effective. Topics include frequently used motions, quorum, minutes, voting methods, debate and bylaws.

Instructor: Eleanor “Coco” Siewert
Class Date: Wednesday, May 6
Class Times: 2:00 – 3:30 p.m.
Fee: \$20 Member, \$30 Nonmember

Hands-on Workshop: Beaded Dragonfly

CLASS #603

TVC Foundation Grant Recipient

Share a creative Saturday afternoon at The Art Experience in Pontiac with your child or grandchild. In this workshop appropriate for ages 8 and up, artist Lisa Bennett provides all the materials and step-by-step instruction, and you create a dragonfly using wire and glass beads. You are welcome to stay all afternoon and explore other media too. A multi-year recipient of grants from The Village Club Foundation, TAE serves as a community art studio, provides art education to school students, sponsors internships, and organizes exhibits and special events.



Instructor: Lisa Bennett
Class Date: Saturday, May 16
Class Times: 12:30 – 2:30 p.m.
Location: The Art Experience
 175 S. Saginaw, Pontiac, MI 48342
Fee: \$10 Member and Nonmember

Classes Catalogue

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

Class Dates: Mondays and Wednesdays

Class Times: 10:00 – 11:00 a.m.

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

Walk-In Fee: \$15 Member, \$20 Nonmember



Chair Yoga

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 Nonmember, for any 10 classes (*non-expiring*)

Walk-In Fee: \$15 Member, \$20 Nonmember



Balance, Stability, and Strength

Are you afraid of falling? Do you feel like your strength has declined? With this class, recognize improvements in coordination, mobility, strength, and posture. Led by Lori Lico Harbour, AAFA certified teacher and older adult fitness specialist, this class is designed to give you greater stability as you age, prevent falls and fall-related injuries, and keep you strong and independent. You must be comfortable standing up from a seated position and standing in 5-minute increments. Please wear suitable shoes and bring a set of hand weights.

Instructor: Lori Lico Harbour

Class Times: 10:00 – 11:00 a.m.

Fee for

Each Class: \$40 Member, \$50 Nonmember (*4-session class*)
\$50 Member, \$60 Nonmember (*5-session class*)

BALANCE, STABILITY, AND STRENGTH 1 – CLASS #700

Class Date: Thursdays, February 6, 13, 20, 27
(4 sessions)

BALANCE, STABILITY, AND STRENGTH 2 – CLASS #701

Class Date: Thursdays, March 5, 12, 19, 26
(4 sessions)

BALANCE, STABILITY, AND STRENGTH 3 – CLASS #702

Class Date: Thursdays, April 2, 9, 16, 23, 30
(5 sessions)

BALANCE, STABILITY, AND STRENGTH 4 – CLASS #703

Class Date: Thursdays, May 7, 14, 21, 28
(4 sessions)

BALANCE, STABILITY, AND STRENGTH 5 – CLASS #704

Class Date: Thursdays, June 4, 11, 18, 25
(4 sessions)

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.



Wellness *continued*

The Opiate Crisis in America: What Every Patient, Family, and Health Care Provider Should Know

CLASS #705

Today opiate abuse is epidemic in the United States. Prescription opiate painkillers fuel this epidemic: 50 percent of these users graduate to heroin use, resulting in more than 120 deaths a day nationwide. In this presentation, Dr. Frank discusses the benefits and the risks of prescribed opiates, the nature of opiate addiction, and treatment options for opioid dependence.

Instructor: Cathrine Frank, M.D.

Class Date: Thursday, April 2

Class Times: 5:30 – 7:00 p.m.

Fee: \$20 Member, \$30 Nonmember

Peace of Mind Seminar

CLASS #706

Losing a loved one is a difficult experience for anyone to go through, but the weight of the loss is lighter when family members know and can carry out their loved one's "final wishes" exactly as desired. In this class, Mike Smela discusses the value of preparation and outlines steps you can use to make your wishes known and put them in writing.

Instructor: Mike Smela

Class Date: Friday, April 17

Class Times: 10:30 – 11:30 a.m.

Fee: Complimentary

Back by Popular Demand...

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. Plus an informal fashion show of athleisure wear, a raffle, and more special surprises!

SAVE THE DATE—TUESDAY, MAY 12!

Watch *The Villager* or the Club website for registration information coming this spring.

Class Date: Tuesday, May 12

Class Times: 9:00 a.m. – 3:00 p.m.

Fee: All-inclusive Fee (including healthy lunch): TBD



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.



Instructor Highlights

ADKISSON, KEVIN HOUSE AND GARDEN

Kevin Adkisson, Curatorial Associate of the Cranbrook Center for Collections and Research, assists in preservation, interpretation, and programming, and serves as curator of Cranbrook's three historic houses. He holds a BA in architecture from Yale, and is completing his MA from the University of Delaware's Winterthur Program in American Material Culture.

BENNETT, LISA SKILLS AND CREATIVITY

Lisa Bennett is Program Director at The Art Experience. An artist, she teaches classes in various media to a variety of age groups.

BURKE, LAURA BRIDGE AND MAH JONGG

Laura Burke began playing bridge a decade 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.

CONNELLY, CATHERINE SKILLS AND CREATIVITY

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.

DELICATO, ARMANDO HISTORY AND ART

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 AND ART

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.

FORGRAVE, KATHY WELLNESS

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

FRANK, CATHRINE, MD WELLNESS

Cathrine Frank, M.D., clinical psychiatrist and Chair of the Department of Psychiatry and Behavioral Health Services at Henry Ford Health System, specializes in mood disorders, women's mental health, and adult ADHD. Research interests include opioid abuse and suicide prevention. She is a principal author of innovative suicide prevention guidelines now used worldwide for patients with depression.

GUSTAIRS, PAM FOOD AND DRINK

Chef Pam Gustairs graduated with honors from the Schoolcraft College of Culinary Arts. She has participated in cooking classes at the Cordon Bleu in Paris and the Culinary Institute in Nice. Her own cooking school, "Cooking Up Good Taste," features hands-on cooking classes and catering of small events.

HARBOUR, LORI LICO WELLNESS

A group fitness instructor for more than 25 years and a specialist in older adult fitness, Lori Lico Harbour is certified by the Aerobics and Fitness Association of America. She is a Foundation Training instructor and a specialist in brains and balance. She conducts fitness classes in community and senior centers throughout the area.

HAYES, TARA FILM AND BOOKS

Tara Hayes, PhD, has advanced degrees in English and American literature, and film industry experience at DreamWorks. 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.

HENRY FORD DEMONSTRATION KITCHEN

Henry Ford West Bloomfield Hospital's Demonstration Kitchen offers healthy cooking classes for both adults and children designed to educate people on the benefits of eating healthy and cooking fun, flavorful meals with tips that are easy to implement into everyday life. Classes include food samplings, useful tips, take-home recipes, and guidance from Henry Ford physicians and dietitians.

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.

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 FILM AND BOOKS

Cathleen Russ, director of the Troy Public Library since 2007, was recognized in 2019 as the Michigan Library Association Librarian of the Year for her leadership and contributions to the library community. She holds a master's from Wayne State University and a bachelor's with honors from Loyola University, Chicago. She has led The Readers book group for almost twenty years.

SIEWERT, ELEANOR SKILLS AND CREATIVITY

Eleanor "Coco" Siewert, Professional Registered Parliamentarian, serves as parliamentarian for a number of organizations, including nonprofits, foundations, and municipalities. She has been a leader on various community boards and in Birmingham city government, serving twice as mayor.

SMELA, MIKE WELLNESS

A financial educator for more than 30 years, Mike Smela grew up in Bloomfield Hills and remained in the area to raise his own family. He lost his wife, Paula, to pancreatic cancer in 2013. Today a family service counselor with A.J. Desmond Funeral Home, Mike offers unique insight on when and how to begin discussion about "final wishes."

SMITH, MANDISA SKILLS AND CREATIVITY

Mandisa Smith is an artist and native Detroit resident who believes in the power of community engagement. Her primary artistic focus is felting. She creates wearable art, functional and decorative home goods, and larger art for corporate environments. Her work has appeared in regional and national galleries.

SPENCE, NANCY HOUSE AND GARDEN

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 in select barrel picks with Napa Valley Beverage in Sterling Heights. She is a Village Club member.

VAN VOORHIES, CARLENE HISTORY AND ART

Carlene VanVoorhies pursues her lifelong interest in the arts as a traveler, collector, and educator. An Interpretive Program Volunteer with the DIA for nine years, she conducts public and private tours in the museum and presents programs at community venues.

TVC The Village Club

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

2020 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	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!

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.
 - 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.

Nonmembers: 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.