

THE  
COMMUNITY HOUSE  
BIRMINGHAM

FALL ISSUE  
2019



[communityhouse.com](http://communityhouse.com)

# 2019 Octoberfest

BEER • BURGERS • BRATS

FRIDAY, SEPTEMBER 20, 2019  
5:30 PM - 9:30 PM  
at The Community House under the tents

**\$39** per person  
in advance

**\$45** per person  
day of event

*Includes 6 beverage tokens. Must be 21 or over. Please drink responsibly.*

Featuring:



"Octoberfest" Beer



Seasonal Craft Cocktails

- Craft cuisine by area restaurants
- Live Music by John Orishack
- Contest between area restaurants for Best Burger and Best Brat

Sponsored by:



• Roberts Family

THE  
COMMUNITY  
HOUSE  
FOUNDATION

380 South Bates Street, Suite 223  
Birmingham, Michigan 48009

For more information, visit  
[communityhousefoundation.org](http://communityhousefoundation.org)



# THE COMMUNITY HOUSE BIRMINGHAM



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# Women of Influence

A lecture series featuring the women shaping  
Michigan's cultural and societal landscape



**October 2**

**JOUMANA KAYROUZ**  
Founder & Principal  
Attorney, Law Offices of  
Joumana Kayrouz



**October 16**

**AMY GOOD**  
Chief Executive Officer,  
Alternatives for Girls



**October 23**

**DENISE DALRYMPLE**  
Chief Executive Officer,  
Girl Scouts of Southeast  
Michigan



**November 5**

**MIMI BROWN**  
President,  
National Speakers  
Association of Michigan

**REGISTER TODAY!**  
**communityhouse.com or 248.644.5832**

# ARTS & CREATIVITY

## GREAT MUSEUM SERIES

with Wendy Evans

Series of 3 classes \$110 GMS01

Each illustrated talk explores the most important works in the greatest art museums in the world. The images presented will bring back fond memories of artworks familiar to students and give ideas for what to look for in future visits to these museums.

### ART INSTITUTE OF CHICAGO

The Art Institute of Chicago houses some of the best-loved paintings in America. It is celebrated for its Impressionist Art but also for the range of its collections.

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| AIC01  | 9/26   | Th    | 7:00-9:00PM | \$40   |

### MUSEO DEL PRADO, MADRID

The Prado, with the Spanish royal collection at its core, has the world's finest collection of Spanish art, in addition to one of the best collections of other European art from the 12th to the early 19th century.

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| MPM01  | 11/7   | Th    | 7:00-9:00PM | \$40   |

### KUNSTHISTORISCHES MUSEUM, VIENNA

This art museum in Vienna is famous for its stellar European painting collection mostly assembled by the imperial family in the 17<sup>th</sup> century. It also has rare objects from the treasure rooms and cabinets of curiosities of the Hapsburgs, as well as art from Egypt and the ancient Middle East.

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| KMV01  | 12/5   | Th    | 7:00-9:00PM | \$40   |



## TABLEAUX VIVANTS: REX WHISTLER & CECIL BEATON BETWEEN THE WARS

with Michael Farrell

Series of 5 classes \$175 FARW01

Rex Whistler and Cecil Beaton were both part of the "Bright Young Things" after World War I. This 5-part illustrated lecture series will illuminate the ways that these two British artists, through their paintings and photographs, reflected the world of change they were a part of and transcended that world.

### REX WHISTLER AND MODERN MURAL PAINTING

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| FATV01 | 11/12  | T     | 7:00-8:30PM | \$40   |

### CECIL BEATON INVENTS HIMSELF

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| FATV02 | 11/19  | T     | 7:00-8:30PM | \$40   |

### CECIL BEATON AND THE BRIGHT YOUNG THINGS

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| FATV03 | 11/26  | T     | 7:00-8:30PM | \$40   |

### BEATON FINDS A HOME/WHISTLER ACHIEVES FAME

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| FATV04 | 12/3   | T     | 7:00-8:30PM | \$40   |

### CECIL AND REX FACE WORLD WAR II

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| FATV05 | 12/10  | T     | 7:00-8:30PM | \$40   |



# ARTS & CREATIVITY

## INTRO TO CHINESE BRUSH PAINTING

You will learn basic Chinese characters, brush techniques and how to paint Bamboo, Cherry Blossom and Chrysanthemum. In addition, participants will paint a still life using brush techniques and make their own Chinese seal/chop to sign their paintings. **Supply list will be provided.**

**Instructor:** Julian Wong      **Sessions:** 10  
**Class:**    **Dates:**      **Days:**    **Time:**      **Price:**  
 FACP01   9/17-11/19   T      9:30-11:30AM      \$150

## INTERMEDIATE CHINESE BRUSH PAINTING

Continuing students will learn basic Chinese characters, brush techniques and how to compose and paint a combination of subjects including birds, cats, insects and landscapes. In addition, participants will paint a still life using brush techniques and make their own Chinese seal/chop to sign their paintings. **Supply list will be provided.**

**Instructor:** Julian Wong      **Sessions:** 10  
**Class:**    **Dates:**      **Days:**    **Time:**      **Price:**  
 FAIC01   9/19-11/21   Th      9:30-11:30AM      \$150

## PAINT YOUR PET

Students will get the opportunity to bring their beloved pet to life on canvas with hands on instruction. No experience is needed to transform your furry friend into a work of art. Emails will be sent out prior to class requesting a picture of the pet students wish to paint, so **please include a valid email with registration!**

**Instructor:** Creative Arts Studio  
**Class:**    **Dates:**      **Days:**    **Time:**      **Price:**  
 PYPW01   10/24      Th      6:00-8:30PM      \$65



## CREATIVE FICTION WRITING

Learn how to build writing fluency, how to develop characters and story lines and how to bring your story to a satisfying conclusion.

**Instructor:** Lisa Peers      **Sessions:** 4  
**Class:**    **Dates:**      **Days:**    **Time:**      **Price:**  
 SHFW01   9/26-10/17   Th      6:30-8:00PM      \$65

## KNITTING CLUB

Stuck in a rut with your knitting and need fresh ideas? Let us help! Students provide the project; we provide the assistance and guidance to get you moving.

**Instructor:** Carol Ellis      **Sessions:** 10  
**Class:**    **Dates:**      **Days:**    **Time:**      **Price:**  
 FAKC01   9/16-11/18   M      10:30AM-12:00PM      \$145

## INTRODUCTION TO KNITTING

Learn how to cast on, purl, knit, increase/decrease and how to bind off so you will be able to knit your own scarf. **Supply list given the first day of class.**

**Instructor:** Carol Ellis      **Sessions:** 10  
**Class:**    **Dates:**      **Days:**    **Time:**      **Price:**  
 FAIK01   9/16-11/18   M      12:00-1:30PM      \$145

## LEATHER AND BEAD WRAP BRACELET

Learn to make your own version of "Chan Lau's" popular bracelet. It is fun to make and it is a great holiday gift. **Kits starting at \$20 payable to instructor.**

**Instructor:** Carol Ellis  
**Class:**    **Dates:**      **Days:**    **Time:**      **Price:**  
 FALB01   11/13      W      6:30-8:30PM      \$30

## BEADING DESIGN

Spruce up your wardrobe by creating a one of a kind necklace to enhance your style. Students will learn about different beads and the materials needed to create their projects. **Kits starting at \$20 payable to instructor.**

**Instructor:** Carol Ellis  
**Class:**    **Dates:**      **Days:**    **Time:**      **Price:**  
 FABD01   10/16      W      6:30-8:00PM      \$30

## BEGINNING COPPERPLATE CALLIGRAPHY

Beautiful and elegant, this popular & formal calligraphic style is perfect for wedding invitations, envelopes and announcements. Students will use an oblique pen holder and a pointed flexible steel nib with pressure and release techniques to create thick and thin strokes to produce this lovely graceful script. **Materials fee included in class cost.**

**Instructor:** Vicki Corwin      **Sessions:** 7  
**Class:**    **Dates:**      **Days:**    **Time:**      **Price:**  
 FACC01   10/8-11/19   T      6:15-8:30PM      \$130

# ARTS & CREATIVITY

## BEGINNER WATERCOLOR WORKSHOPS: FALL SERIES!

with Megan Swoyer

Series of 3 classes \$135 FAWC01

### FALL HARVEST!

September in Michigan is a glorious time for Indian Corn and other harvest goodies. We'll explore watercolor-y, expressive ways to portray Indian Corn and more.

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| FAFH01 | 9/17   | T     | 6:15-8:45PM | \$50   |

### PRETTY CARDINAL

Join us as we paint one or two cardinal scenes. We'll learn to create a loose background with more details in the foreground as we capture the beauty of the male cardinal.

| Class: | Dates: | Days: | Time:           | Price: |
|--------|--------|-------|-----------------|--------|
| FAPC01 | 10/12  | S     | 10:00AM-12:30PM | \$50   |

### AUTUMN LANDSCAPE

Beginners will explore watercolor techniques for painting a Michigan fall landscape. Rustic countryside charm will come to life as students first sketch a simple scene, splash in an autumn sky and trees and then paint anything from an old barn to garden fences to quaint farmhouses.

| Class: | Dates: | Days: | Time:           | Price: |
|--------|--------|-------|-----------------|--------|
| FAML01 | 11/16  | S     | 10:00AM-12:30PM | \$50   |

## PEWABIC POTTERY TILE MAKING



Join Pewabic Pottery in making a piece of Detroit History. Instructors will lead the class in forming and texturing their own tiles with wet clay, applying color with a slip, and then take the tiles back to Pewabic to be fired in their kilns. Tiles will later be available for

pickup at The Community House. Don't miss the chance to create a unique work of pure Michigan art!

| Class: | Dates: | Days: | Time:           | Price: |
|--------|--------|-------|-----------------|--------|
| FATM01 | 10/19  | S     | 11:00AM-12:30PM | \$50   |

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| FATM02 | 11/21  | Th    | 6:30-8:00PM | \$50   |



## BEGINNER WATERCOLOR WORKSHOPS: FLOWER SERIES!

with Megan Swoyer

Series of 3 classes \$135 FAWC02

### JOYFUL GERANIUMS

This class will not only focus on geranium flowers, shapes, and colors, but also will explore the importance of using complementary colors when painting. We'll start with an easy-to-understand exercise in complementary colors and how to bring paintings to life with appropriate color before beginning our floral masterpiece!

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| FACZ01 | 9/12   | Th    | 6:15-8:45PM | \$50   |

### CONEFLOWERS GALORE

What to do with the background is often considered one of the most difficult tasks in watercolor florals. We'll nip that issue in the bud, starting with creating an easy-to-accomplish background **first** and then moving into the stars of the painting — beautiful coneflowers.

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| FAFC01 | 10/10  | Th    | 6:15-8:45PM | \$50   |

### COLORFUL ZINNIAS

Beginner watercolorists will feel as if they're in the middle of a garden during this workshop. The class will not only focus on the flowers' contours and colors, and their environments, but also will zoom in on understanding the extreme importance of value (lights to darks) in painting. We'll start with an easy-to-understand exercise in values and how to add drama and excitement to a painting before we begin our zinnia masterpieces!

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| FAFZ01 | 11/5   | T     | 6:15-8:45PM | \$50   |



# ARTS & CREATIVITY & MUSIC

## ALL LEVELS WATERCOLOR PAINTING SERIES

Some color mixing will be demonstrated along with brush usage and texture techniques and when to apply them. A wide variety of subject matter will be covered that includes realism as well as abstract. Everyone can do the same project at their level or students are welcome to work on a project of their own.

**Instructor:** Diane Roach Smith **Sessions:** 5  
**Class:** **Dates:** **Days:** **Time:** **Price:**  
 FAWS01 9/25-10/23 W 9:30-11:30AM \$90

**Instructor:** Diane Roach Smith **Sessions:** 4  
**Class:** **Dates:** **Days:** **Time:** **Price:**  
 FAWS02 10/30-11/20 W 9:30-11:30AM \$75

## OIL & ACRYLIC PAINTING

Whether you paint in oils or acrylics, regardless of your experience level, this class will take a relaxed approach to painting techniques with focus on the basics of composition, tonal values, color and brushwork. **Bring several printouts of your personal photos to select from** (i.e. places you have been to, flowers, landscapes, etc.) that you would like to paint in class.

**Instructor:** Al Sonnenberg **Sessions:** 6  
**Class:** **Dates:** **Days:** **Time:** **Price:**  
 FAOA01 9/11-10/16 W 6:15-8:15PM \$105

## PEN & INK DRAWING

Drawing is not a magical activity but a skill that can be taught and learned. Anyone can draw and learn how to improve it by drawing from life and the images taken with your camera. It is all about observation, draw what you see. So why draw with pen and ink? Because a pen is bold and can produce striking results you can't get with a pencil. A pen and a drawing pad is a portable art studio.

**Instructor:** Al Sonnenberg **Sessions:** 6  
**Class:** **Dates:** **Days:** **Time:** **Price:**  
 FAPI01 9/11-10/16 W 4:00-6:00PM \$105



## PIANO - BEGINNERS NOTE READING

This class is for absolute beginners and for those who have some familiarity with reading notes and would like to learn more. The class focuses on reading music and beginning piano skills. Confident note readers should look at the "Beginning and Intermediate" class. **At home practice on a piano or keyboard with full size keys is required. Materials fee included in class cost.**

**Instructor:** Maija Stromberg **Sessions:** 8  
**Class:** **Dates:** **Days:** **Time:** **Price:**  
 FAPB01 9/18-11/6 W 1:00-2:00PM \$120

## PIANO - BEGINNING & INTERMEDIATE

This course focuses on developing skills that will help students improve their playing. Students will have the opportunity to work on one or two pieces with feedback and encouragement from the class and the instructor. **At home practice on a piano or keyboard with full size keys is required.**

**Instructor:** Maija Stromberg **Sessions:** 8  
**Class:** **Dates:** **Days:** **Time:** **Price:**  
 FAP01 9/18-11/6 W 12:00-1:00PM \$110

## HARMONICA 101

For those who have always wanted to play blues, country or folk music on the harmonica, this hands-on workshop is the place to start. **A fee of \$25 payable to the instructor includes a student harmonica and instruction textbook with play along audio online from publisher.**

**Instructor:** Phil Lloyd **Sessions:** 5  
**Class:** **Dates:** **Days:** **Time:** **Price:**  
 FAH01 9/16-10/14 M 6:00-7:30PM \$90

32nd ANNUAL

# BIRMINGHAM HOUSE TOUR

Thursday, September 12, 2019, 9:30am-3:30pm

Six Private Homes in  
Birmingham and Bloomfield neighborhoods

Tickets: \$42 in advance / \$49 day of tour  
Visit [communityhousefoundation.org](http://communityhousefoundation.org) or call 248.644.5832

2019 Event Co-Chairs: Rose and Brian Bolyard



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## UTILIZING FALL'S FRUITS & VEGETABLES BOUNTY SERIES

with Chef Pam Gustairs

Series of 3 classes \$120 CKFB01

Fall is an amazing time to browse farmers markets and return home with a bounty of fresh Michigan fruits and vegetables. Why not take a lesson from the Europeans; shop for what is available seasonally, and prepare your vegetables at the peak of their perfection? **Materials fee included in class cost.**

### PEARS

Not only are pears great for eating out of hand, but they are amazing for both cooking and baking. Each variety has its own flavor, texture and aroma. Boscs and Seckels are firm enough to be poached or braised, while others should be barely heated to retain their delicious bite. Chef Pam will incorporate them into: Pear & Arugula Wrapped Prosciutto; Mixed Green Salad with Poached Pears and Blue Cheese; Pork Chops with Pear Chutney; and finish with Caramelized Pear Upside-Down Cake.

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| CKP01  | 9/13   | F     | 6:30-8:30PM | \$45   |

### APPLES

With all the varieties of apples, picking the right one can be tricky, because each one has a unique flavor, and behaves differently when cooked. We will examine the different varieties, how they differ and which ones to use when cooking and baking. Chef Pam will demonstrate preparing: Stilton, Apple & Leek Tart; Israeli Couscous with Apple & Cranberries; Chicken with Apples and Cider; and complete our meal with a French Apple Tart.

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| CKA01  | 10/25  | F     | 6:30-8:30PM | \$45   |

### ROOT VEGETABLES

Parsnips, turnips, rutabaga, and celeriac are vegetables you might be less likely to choose because you don't recognize their potential. They can add substance and flavor to all kinds of slow-cooking, hearty dishes, providing depth to stews, soups and casseroles. They are also great on their own baked into a gratin, pureed, braised, or roasted. Chef Pam will demonstrate preparing a Roasted Winter Vegetable and Pear Salad with Cheddar and Almonds; Quick Roasted Winter Vegetables; Beef Stew with Root Vegetables; and Parsnip Cake with Cream Cheese Icing.

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| CKRV01 | 11/15  | F     | 6:30-8:30PM | \$45   |



## EASY, FESTIVE HOLIDAY BREADS

Learn how to impress your family, friends and taste buds during the holidays! Come learn the easy way to make delicious festive breads and leave room for some taste testing of Christmas stollen, Panettone, Finnish pulla, lemon braided wreath bread and more! Students go home with dough ready to bake!

**Instructor:** Elissa Teal

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| CKFB01 | 10/19  | S     | 2:00-4:00PM | \$35   |



## EASY HOLIDAY ENTERTAINING

Get some tips the pros use to help you ensure stress-less entertaining this holiday season. Chef Pam will show simple ways to decorate your table, create quick and easy appetizers, create beautiful platters of carryout food and create a simple dessert finale. She will demonstrate preparing Brie en Croute with Cranberry Chutney; a fabulous Cheese & Fruit Platter, Cranberry Gorp; Herbed Cream Cheese Stuffed Peppadew Peppers; and finish with Chocolate and Caramel Sauces for dipping Apples, Strawberries, Pretzels, and Shortbread Cookies. **Materials fee included in class cost.**

**Instructor:** Chef Pam Gustairs

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| CKHE01 | 11/22  | F     | 6:30-8:30PM | \$45   |

# COOKING

## AN ASIAN ADVENTURE

(Ages 16+ years)

Asian cuisine is heavily centered in heritage. The simplicity of the food mirrors the ease of the lifestyle. Come indulge in this hands-on cooking class that will take you on an exploration of the vibrant flavors Asian cuisine offers by learning how to prepare smoked salmon sushi, vegetable sushi, pot stickers and miso soup. And no adventure would be complete without a little themed music to inspire your culinary journey! All dishes are homemade using only the freshest ingredients. **Materials fee included in class cost.**

**Instructor:** Culinary Kisses

| Class: | Dates: | Days: | Time:        | Price: |
|--------|--------|-------|--------------|--------|
| CKAC01 | 9/21   | S     | 12:00-2:00PM | \$45   |



## HOLIDAY COOKIE DECORATING

(Ages 7+ years)

Students will learn all the tips and tricks for creating their own beautiful holiday cookies, including icing consistency, piping techniques and design tools. Don't miss this festive and delicious method for expressing creativity! Each student will leave with 5 hand decorated cookies. **Materials fee included in class cost.**

**Instructor:** Nate Joos

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| YPHC01 | 12/11  | W     | 6:30-7:30PM | \$40   |

## AN AFTERNOON IN ITALY

(Ages 16+ years)

Have fun learning how to make your own pasta, the right way! Attend this class for a hands-on experience on preparing quick and easy, yet authentic and delicious classic Italian dishes that are sure to impress. The menu is composed of 3-cheese tortellini in marinara sauce, garlic bread and a spring green salad with an herbed Italian dressing. Just imagine music playing, sauces bubbling and everyone having a good time! Everything is homemade using only the freshest ingredients. **Materials fee included in class cost.**

**Instructor:** Culinary Kisses

| Class: | Dates: | Days: | Time:        | Price: |
|--------|--------|-------|--------------|--------|
| CKIC01 | 10/12  | S     | 12:00-2:00PM | \$45   |

## A JEWISH BRUNCH

(Ages 16+ years)

Jewish cuisine is as rich in culture as it is in flavor. The mix of food and spices creates a perfect harmony for all to enjoy. This brunch will include shakshuka with pita bread, potato latkes with shanklish (labneh and za'atar), a zesty Israeli salad and chocolate rugelach. Everything is homemade using only the freshest ingredients. **Materials fee included in class cost.**

**Instructor:** Culinary Kisses

| Class: | Dates: | Days: | Time:        | Price: |
|--------|--------|-------|--------------|--------|
| CKJB01 | 11/16  | S     | 12:00-2:00PM | \$45   |





# FITNESS & DANCE

## TAI CHI AND QI GONG

Come enjoy an hour of peace and tranquility while learning the beautiful art of Tai Chi/Qi Gong. Tai Chi/Qi Gong is one of the most effective ways to improve health, muscle tone, flexibility, focus, memory, balance and relaxation. Scientific studies have proven Tai Chi to reduce stiffness and pain in people with arthritis.

**Instructor:** Mary Ann Kashef

**Sessions:** 8

| Class: | Dates:     | Days: | Time:           | Price: |
|--------|------------|-------|-----------------|--------|
| FYTC01 | 10/1-11/19 | T     | 11:00AM-12:00PM | \$120  |

| Class: | Dates:     | Days: | Time:        | Price: |
|--------|------------|-------|--------------|--------|
| FYTC01 | 10/2-11/20 | W     | 12:00-1:00PM | \$120  |

## ADVANCED TAI CHI AND QI GONG

Students must have Tai Chi experience. Class will review beginner form (Sun Style) and introduce Yang Form along with Qi Gong and Pushing Hands.

**Instructor:** Mary Ann Kashef

**Sessions:** 8

| Class: | Dates:     | Days: | Time:         | Price: |
|--------|------------|-------|---------------|--------|
| FYAT01 | 10/1-11/19 | T     | 10:00-11:00AM | \$120  |

## ESSENTRICS APPRENTICE CLASS

Essentrics is a dynamic, full-body workout that simultaneously combines stretching and strengthening, while engaging all 650 muscles. This low-impact workout is perfect for both men and women and will leave you feeling youthful, healthy and energized. **Please bring a mat and water bottle.**

**Instructor:** Nicholas Roman

**Sessions:** 8

| Class: | Dates:    | Days: | Time:         | Price: |
|--------|-----------|-------|---------------|--------|
| FYEA01 | 9/16-11/4 | M     | 10:00-11:00AM | \$120  |

## BARRE BLAST FITNESS

Barre Blast Fitness is a sequence of ballet-based movements using high repetition and body weight resistance. Barre class can offer both cardio and full body sculpting. Previous ballet experience is not required. One of this class's unique features is that it incorporates stretching to promote lean muscle growth.

**Please bring a mat with you to class.**

**Instructor:** Pam Raj

**Sessions:** 6

| Class: | Dates:     | Days: | Time:         | Price: |
|--------|------------|-------|---------------|--------|
| FYBF01 | 9/16-10/21 | M     | 10:00-11:00AM | \$95   |



## BELLY DANCE WORKOUT LEVEL 1: STOMACH, GLUTES & ARMS

This fun and supportive class focuses on dance moves that improve stomach, glutes and upper arm muscles for any age! Students will leave with the skills for earthy, beautiful, Egyptian style belly dance and have the tools to firm up!

**Instructor:** Lana Mini

**Sessions:** 8

**Omit:** 10/24,11/7

| Class: | Dates:     | Days: | Time:       | Price: |
|--------|------------|-------|-------------|--------|
| FYBD01 | 9/19-11/21 | Th    | 7:15-8:00PM | \$120  |

## BELLY DANCE HIP-NOTIQUE, LEVEL 2

This class is for students with some experience in the art of Middle Eastern Dance. We will get fit and learn to be better dancers all while learning the names of certain belly dance rhythms and how to dance to them. Students will dance veils and finger cymbals while improving the movement of their hips, arms, legs, head and belly!

**Instructor:** Lana Mini

**Sessions:** 8

**Omit:** 10/24,11/7

| Class: | Dates:     | Days: | Time:       | Price: |
|--------|------------|-------|-------------|--------|
| FYBD02 | 9/19-11/21 | Th    | 6:10-7:10PM | \$135  |

## YOGA ON TUESDAY EVENING

Even though Yoga is 5000 years old, it is still relevant today as people look for balance in their bodies (flexibility and stability), in their minds (openness and focus) and in their hearts (calmness and liveliness). These levels are accessed through physical postures, breathing and how attention is used. **Please bring a mat and a blanket.**

**Instructor:** Tracy Flynn

**Sessions:** 16

| Class: | Dates:    | Days: | Time:       | Price: |
|--------|-----------|-------|-------------|--------|
| FYTE01 | 9/3-12/17 | T     | 7:00-8:15PM | \$220  |

# FITNESS & DANCE



## GROWNUP & ME DANCE CLASS

(AGES 20 MONTHS TO 3 YEARS WITH ADULT)

Spend time with your little one discovering the joys of dance! Students and their parents or caretakers enjoy dancing together while focusing on rhythm, movement, music and fun! This class is a wonderful opportunity for children to develop coordination skills, balance, motor interpretation and listening skills all while having fun.

| Dates:     | Days: | Time:       | Price: | Omit:       |
|------------|-------|-------------|--------|-------------|
| 9/12-12/12 | Th    | 5:30-6:00PM | \$125  | 10/31,11/28 |

## ADULT BALLET – BARRE CLASS

(BEGINNER LEVEL)

Our barre classes are perfect for those with little to no previous ballet experience but who want to introduce themselves while getting a great workout. Beginning body positions and movements will be taught while emphasizing an increased flexibility, balance, muscle toning and strengthening.

| Dates:     | Days: | Time:       | Price: | Omit: |
|------------|-------|-------------|--------|-------|
| 9/11-12/11 | W     | 7:00-8:00PM | \$170  | 11/27 |

| Dates:     | Days: | Time:         | Price: | Omit: |
|------------|-------|---------------|--------|-------|
| 9/13-12/13 | F     | 10:00-11:00AM | \$170  | 11/29 |

## ADULT BALLET – MOVING FORWARD

(BEGINNER/INTERMEDIATE LEVEL)

This class is perfect for those with a handle on the basic ballet moves and terminology who are looking to take the next step! Attention is paid to proper body alignment, use of the legs and feet, and posture and flexibility. Increased center and across the floor work help build dancer's understanding of ballet form as a whole.

| Dates:     | Days: | Time:       | Price: |
|------------|-------|-------------|--------|
| 9/10-12/10 | T     | 7:00-8:00PM | \$170  |

| Dates:     | Days: | Time:         | Price: | Omit: |
|------------|-------|---------------|--------|-------|
| 9/12-12/12 | Th    | 10:30-11:30AM | \$170  | 11/28 |

Whether you're looking to try something new, pick up where you left off, or build on existing skills, there's a class for everyone at The Community House Dance Academy! Enjoy a great workout while building key muscle groups and flexibility; all while having fun!

## ADULT TAP – STARTING OUT

(BEGINNER LEVEL)

This fun and energizing beginner dance class focuses on the rhythm and musicality of tap while teaching basic moves and terminology. Improve your coordination, understanding of musicality and get a great workout.

| Dates:     | Days: | Time:       | Price: | Omit:       |
|------------|-------|-------------|--------|-------------|
| 9/12-12/12 | Th    | 7:00-8:00PM | \$170  | 10/31,11/28 |

| Dates:     | Days: | Time:        | Price: | Omit: |
|------------|-------|--------------|--------|-------|
| 9/13-12/13 | F     | 12:00-1:00PM | \$170  | 11/29 |

## ADULT TAP – MOVING FORWARD

(BEGINNER/INTERMEDIATE LEVEL)

This class is for students who have built a solid tap foundation and are ready to expand. Beginner moves and terms will be expanded upon and more challenging time steps will be introduced. Grow your tap skills and sense of music in this high energy class!

| Dates:   | Days: | Time:       | Price: |
|----------|-------|-------------|--------|
| 9/9-12/9 | M     | 7:45-8:45PM | \$170  |

| Dates:     | Days: | Time:           | Price: | Omit: |
|------------|-------|-----------------|--------|-------|
| 9/13-12/13 | F     | 11:00AM-12:00PM | \$170  | 11/29 |

## THE NUTCRACKER AUDITIONS

SATURDAY, SEPTEMBER 21, 1:00-4:45PM

Auditions for this year's production of The Nutcracker are open to all performers ages 7 and up; dancers, actors, and musicians welcome. Enrollment in a Community House class is not mandatory. For more information or to RSVP, please call 248.644.5832 or visit [www.communityhouse.com](http://www.communityhouse.com).

| DANCER AGE | 7-8         | 9-12        | 13+         | Adults & Musicians |
|------------|-------------|-------------|-------------|--------------------|
| TIME SLOT  | 1:00-2:00PM | 2:00-3:00PM | 3:00-4:00PM | 4:00-4:45PM        |





YAGD PRESENTS

# Fall Yoga Day

SUNDAY, OCTOBER 20, 2019

FOR YOGA STUDENTS OF ALL LEVELS & ABILITIES

**Session One: 9:30-10:45AM:**

'Finding Stability and Balance' ~ Karen Lutz

**Session Two: 11:00AM-12:15PM:**

'Balance Energy with Kundalini & Chakra Meditation' ~ MJ LaDuke

**Lunch Break: 12:15-1:25PM:**

Bring your own or visit a nearby restaurant or coffee shop

**Session Three: 1:30-2:45PM:**

'Laughter Yoga' ~ Laura Lerman

**Session Four: 3:00-4:45PM:**

'More Sukkha (Ease), Less Dukkha (Suffering)' ~ Katherine Schaefer

• **Cost:**

\$65-Full Day

\$37-Morning or Afternoon session

• **Check-in: 8:45-9:15AM.**

• **Bring your yoga mat and a blanket.**

• **Early registration is advised as space is limited.**

## REGISTER:

[www.communityhouse.com](http://www.communityhouse.com) • 248.644.5832



*Parking is free on Sundays at meters and in the nearby Chester Street parking structure.*

380 South Bates, Downtown Birmingham

THE  
COMMUNITY HOUSE  
BIRMINGHAM

# YOGA

## IN THE HOUSE



The Community House has been offering yoga for over 33 years and has earned the reputation as the premier yoga studio in Birmingham

### HATHA YOGA WITH SANDRA KRAFSUR

Sandra Krafur is a professional, certified yoga instructor who has been teaching Hatha Yoga for over 40 years. She is a registered Yoga Alliance instructor and a founding member of the Yoga Association of Greater Detroit.

#### Beginning & Continuing (mixed level):

Learn the principles of yoga and proper alignment, breath awareness, posture and relaxation.

#### Beginning Gentle:

Increase your energy, strength and flexibility through easy stretches, therapeutic movement, breathing and relaxation.

#### Continuing:

A more challenging practice.



| CODE | DAY       | TIME            | LEVEL              | START DATE | END DATE | SESSIONS | PRICE |
|------|-----------|-----------------|--------------------|------------|----------|----------|-------|
| FY01 | Sunday    | 9:00-10:30am    | Continuing         | 9/15       | 12/15    | 12       | \$185 |
| FY02 | Sunday    | 10:30-11:45am   | Beginning          | 9/15       | 12/15    | 12       | \$180 |
| FY03 | Sunday    | 3:00-4:00pm     | Beginning (Gentle) | 9/15       | 12/15    | 12       | \$170 |
| FY04 | Monday    | 7:15-8:30am     | Beg. & Cont.       | 9/09       | 12/16    | 14       | \$200 |
| FY05 | Monday    | 10:00-11:00am   | Beginning (Gentle) | 9/09       | 12/16    | 14       | \$190 |
| FY06 | Wednesday | 7:15-8:30am     | Beg. & Cont.       | 9/11       | 12/18    | 14       | \$200 |
| FY07 | Wednesday | 10:00-11:30am   | Beginning (Gentle) | 9/11       | 12/18    | 14       | \$215 |
| FY08 | Thursday  | 1:00-2:30pm     | Beg. & Cont.       | 9/12       | 12/12    | 13       | \$200 |
| FY09 | Thursday  | 11:30am-12:30pm | Beginning (Gentle) | 9/12       | 12/12    | 13       | \$180 |
| FY10 | Friday    | 10:00-11:30am   | Beg. & Cont.       | 9/13       | 12/13    | 13       | \$200 |
| FY11 | Friday    | 11:45am-12:45pm | Beginning (Gentle) | 9/13       | 12/13    | 13       | \$180 |
| FY12 | Saturday  | 8:30-9:30am     | Beg. & Cont.       | 9/14       | 12/14    | 13       | \$180 |
| FY13 | Saturday  | 9:45-10:45am    | Beginning (Gentle) | 9/14       | 12/14    | 13       | \$180 |

**Omit: 10/20, 11/25-12/1**

- Multiple prices: 2X/wk=\$10 off total; 3X/wk=\$15 off total
- Drop-in rate now available: \$20 per class
- All enrolled students are invited to bring a friend to attend the second class of each session free of charge!

#### YOGA PUNCH CARD NOW AVAILABLE!

\$100 for any six Sandra Krafur yoga classes. Good for 1 year.

## HAPPINESS, LONGEVITY AND STRESS MANAGEMENT

In this class students will have the opportunity to learn about positive thinking and longevity secrets from Asia and Europe. We will also discuss relaxation techniques and the habits of happiness.

**Instructor:** Julia Benz

| <b>Class:</b> | <b>Date:</b> | <b>Days:</b> | <b>Time:</b> | <b>Price:</b> |
|---------------|--------------|--------------|--------------|---------------|
| HWHL01        | 10/22        | T            | 7:00-8:30PM  | \$30          |

## SELF-DEFENSE FOR CHILDREN

The safety of our children will depend on their ability to recognize a threat and respond effectively. These fun, interactive and age appropriate workshops teach essential, lifesaving information about the threats facing our children, strategies for prevention and real world techniques designed to reduce their risk of abductions, assaults and other forms of violence. But most of all, these programs teach students that they have the right to be safe, that no one has the right to hurt them and that their life is worth protecting.

**Instructor:** Ian Kinder

| <b>Class:</b> | <b>Date:</b> | <b>Days:</b> | <b>Time:</b> | <b>Price:</b> |
|---------------|--------------|--------------|--------------|---------------|
| YPSD01        | 10/15        | T            | 5:30-6:30PM  | \$20          |

## SELF-DEFENSE FOR WOMEN

Can you defend yourself against a violent attack? Do you have the knowledge, skill and confidence to defend your family? You don't have to spend years training in an expensive program. Learn simple, lifesaving skills from programs designed to increase your safety after only one class! Our hands on courses teach time-tested, realistic methods that are easy to learn and remember. You are coached according to your own rate of progression. No previous training required. A great stress reliever and lots of fun!

**NOTE:** This class is open to students 12 years or older. Parents, serious topics are discussed openly but in a professional manner. Minors should be accompanied by a participating adult when possible. Unpaid spectators are not allowed. A release and hold harmless agreement must be signed by a legal guardian at the beginning of class.

**Instructor:** Ian Kinder

| <b>Class:</b> | <b>Date:</b> | <b>Days:</b> | <b>Time:</b> | <b>Price:</b> |
|---------------|--------------|--------------|--------------|---------------|
| HWWS01        | 10/15        | T            | 6:30-8:30PM  | \$40          |

## ADULT & PEDIATRIC FIRST AID/CPR/ AED

Learn from the American Red Cross programs that set the national standard to respond effectively to adult, child and infant cardiac and choking emergencies, sudden illness, bleeding and other life-threatening conditions. Learn the proper use of an Automated External Defibrillator (AED) and your vital role in the chain of survival. Each student will have the use of their own mannequin to practice and demonstrate skills. Adult CPR w/AED, Infant and Child CPR, and First Aid certification cards will be issued upon successful completion of course requirements (valid for two years). **Please note that you must arrive on time to be certified, so please arrive early.**

**Instructor:** Ian Kinder

| <b>Class:</b> | <b>Date:</b> | <b>Days:</b> | <b>Time:</b> | <b>Price:</b> |
|---------------|--------------|--------------|--------------|---------------|
| HWFA01        | 11/17        | Su           | 12:00-3:30PM | \$95          |

## BABYSITTER SAFETY

Learn to be safe and responsible. Build confidence. Have a competitive edge over other babysitters. Topics include: First aid, when and how to call 911, CPR with manikin practice, choking, dealing with difficult behaviors, basic care methods like feeding and diapering, marketing and more! Students who successfully complete the course requirements are certified in Babysitter Safety, CPR and First Aid. Parents, class ends between 2PM and 3PM depending on when students complete the course requirements. Students need a lunch, snacks and a cell phone (if they own one).

**Instructor:** Ian Kinder

| <b>Class:</b> | <b>Date:</b> | <b>Days:</b> | <b>Time:</b>  | <b>Price:</b> |
|---------------|--------------|--------------|---------------|---------------|
| HWBS01        | 11/10        | Su           | 9:00AM-3:00PM | \$65          |

## BABYSITTER SAFETY – PET SITTER SAFETY ADD-ON CLASS

Would you like to learn pet first aid and be a certified Pet Sitter? Increase your competitive edge by being more valuable to families with pets and kids or learn to care for the pets in your family. This is an add on class for students who participate in the Babysitter Safety course on the same day. This program will begin after the Babysitter Safety class ends. **Stuffed animal with realistic features to practice skills and extra snacks are optional, but not required.**

**Instructor:** Ian Kinder

| <b>Class:</b> | <b>Date:</b> | <b>Days:</b> | <b>Time:</b> | <b>Price:</b> |
|---------------|--------------|--------------|--------------|---------------|
| HWPA01        | 11/10        | Su           | 3:00-4:00PM  | \$15          |



Announcing a **NEW** Health and Wellness Series!

# Health and Wellness



**Informed Minds. Healthy Bodies.**

**Coming This Fall to The Community House.**

A complimentary 4-part series of health and wellness  
brought to you by The Community House and  
St. Joseph Mercy Oakland Hospital.

St. Joe's team of expert medical professionals will share information  
and insights on some of today's most important  
health concerns including:

**Spine Health** • **Advancements in Prostate Screenings**  
**Opioid Stewardship** • **Heart & Stroke Health**

More information is on the way soon, so stay tuned.

THE  
COMMUNITY HOUSE  
BIRMINGHAM  
Education. Celebration. Dedication.



For more information please call **248.644.5832** or visit **communityhouse.com**



## CHAKRA BALANCING YOGA/ ESSENTIAL OIL WORKSHOP

Achieve balance while aligning physical, emotional and mental imbalances with a restorative head-to-toe yoga practice enhanced with essential oils. Enjoy a brief education on the specific oils used. Each student will go home with a make and take roller! **Materials fee included in class cost.**

**Instructor:** Caryn Ciagne

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| FYYE01 | 10/16  | W     | 7:00-8:30PM | \$40   |



## MAKE OVER YOUR MEDICINE CABINET

Take control of your family's health naturally with safer, cheaper and more effective healthcare alternatives. Learn about essential oil basics and how to safely and effectively use them to empower the health and wellness of your family and your home naturally. Create a roller to take home. Choose a roller to ease stomach aches or headaches, one to create calm or one to support your immune system. **Materials fee included in class cost.**

**Instructor:** Caryn Ciagne

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| MOY01  | 11/20  | W     | 7:00-8:00PM | \$25   |



**For help choosing a  
Medicare plan**  
Attend a seminar



Blue Cross Blue Shield of Michigan and Blue Care Network offer a variety of Medicare coverage options. Come find out which Blue Cross or BCN Medicare plan meets your health care needs.

You're invited to learn more about your Blue Cross and BCN Medicare coverage options at a free sales presentation.

**November 20th, 2019  
7:00pm  
THE COMMUNITY HOUSE  
380 S Bates St. Birmingham, MI 48009**

If you're a Michigan resident who is entitled to Medicare Part A and/or enrolled in Medicare Part B (or will soon become eligible to enroll in Part B), you'll want to know more about these plan types offered by Blue Cross and BCN: PPO, HMO, HMO-POS, PDP and Medicare Supplement.

Join us for an overview of these plans. If you plan to attend, please call:

**ARTHUR E. BABIAN  
(248) 910-2003  
8:30am - 8:00pm Monday-Saturday  
or  
register at : [www.communityhouse.com](http://www.communityhouse.com)**

**TTY users call** 711 or other TTY number

A salesperson will be present with information and applications. For accommodation of persons with special needs at sales meetings, call the numbers listed above. Calling the numbers above will direct you to a licensed and certified independent agent who may be compensated for his or her role in your enrollment. You may also contact the plan at 1-888-563-3307 (TTY 711), 8 a.m. to 9 p.m., Monday through Friday, with weekend hours

Oct. 1 through Feb. 14. This is not a complete listing of plans available in your service area. For a complete listing, please contact 1-800-MEDICARE (TTY users should call 1-877-486-2048), 24 hours a day/7 days a week or consult [www.medicare.gov](http://www.medicare.gov).

Medicare Plus Blue<sup>SM</sup>, BCN Advantage and Prescription Blue<sup>SM</sup> are PPO, HMO, HMO-POS and PDP plans with Medicare contracts. Enrollment in Medicare Plus Blue, BCN Advantage and Prescription Blue depends on contract renewal. Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-563-3307 (TTY: 711).

ملحوظة: إذا كنت تتحدث انكليزية، فإن خدمات المساعدة اللغوية متوفرة لك بالمجان. اتصل برقم 1-888-563-3307 (رقم هاتف الصم والبكم: 711).



# *It all Starts Here*

Elegant surroundings, exquisite cuisine,  
exceptional service, and the perfect marriage  
of an indoor and outdoor venue.

*Ask about our July 2019-March 2020 wedding gift,  
compliments from our House to our wedding couples!*



THE  
COMMUNITY HOUSE  
BIRMINGHAM

380 South Bates Street, Birmingham, Michigan 48009  
248.644.5832 • [communityhouse.com](http://communityhouse.com)



# CHILDREN & FAMILY



## TUMBLE BUNNIES GYMNASTICS

(Ages 3-5 years)

Cartwheels, handstands, back walkovers, rolling and other skills taught on floor, bars, beam, vault and trampolines are some examples of what your children will be learning in our classes. We included MOVEMENT TO MUSIC in every class which creates a fun atmosphere, builds coordination, rhythm and timing which is all necessary to be successful at sports.

**Instructor:** Tumble Bunnies **Sessions:** 6

| Class: | Dates:    | Days: | Time:         | Price: |
|--------|-----------|-------|---------------|--------|
| TBGY01 | 10/2-11/6 | W     | 10:00-10:45AM | \$150  |

## NINJA BUNNIES KARATE

(Ages 3-5 years)

Our karate classes teach martial arts skills and drills in a fun way to help children learn the wonderful world of karate. Life skills such as respect, self-discipline, focus, listening and kindness are also emphasized. An increase in agility, coordination and strength are only a few of the benefits of having your child be a Ninja Bunny. Each week is filled with a variety of activities and various props to keep each class unique, fresh and fun.

**Instructor:** Tumble Bunnies **Sessions:** 6

| Class: | Dates:    | Days: | Time:         | Price: |
|--------|-----------|-------|---------------|--------|
| TBNB01 | 10/2-11/6 | W     | 10:45-11:15AM | \$150  |

## HOLIDAY COOKIE DECORATING

(Ages 7+ years)



Students will learn all the tips and tricks for creating their own beautiful holiday cookies, including icing consistency, piping techniques and design tools. Don't miss this festive and delicious method for expressing creativity! Each student will leave with 5 hand decorated cookies. **Materials fee included in class cost.**

**Instructor:** Nate Joos

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| YPHC01 | 12/11  | W     | 6:30-7:30PM | \$40   |



Calling little art lovers of all things cute and cuddly! Who doesn't love to snuggle up with a favorite blanket, cuddle a cute teddy bear or hug and kiss loved ones? Love making art? Love wonderful stories and illustrations? Little artists will explore beloved children's book characters to create fabulous cute and cuddly art! **Materials fee included in class cost.**

## TWOOSY DOODLERS—CUTE & CUDDLY

(Ages 20 months-3 years)

| Instructor: | Dates:    | Days: | Time:        | Price: |
|-------------|-----------|-------|--------------|--------|
| Jess Beard  | 9/13-12/6 | F     | 9:30-10:15AM | \$240  |

## MINI-DOODLERS—CUTE & CUDDLY

(Ages 3-5 years)

| Instructor: | Dates:    | Days: | Time:         | Price: |
|-------------|-----------|-------|---------------|--------|
| Jess Beard  | 9/13-12/6 | F     | 10:30-11:30AM | \$240  |



## GIRLS EMPOWERED:

### AMERICAN GIRL FRIENDSHIP NIGHT (Grades K-5)

Girls are invited to bring their American Girl Doll (or any other doll) to learn the do's and don'ts of friendship. Games, role playing, yoga, mindfulness, a friendship kit and fun are all included in this special evening about girls and their friendships!

**Instructor:** Girls Empowered

| Class: | Date: | Day: | Time:       | Price: |
|--------|-------|------|-------------|--------|
| YPAG01 | 11/1  | F    | 6:00-8:00PM | \$30   |

# CHILDREN & FAMILY



## DANCE MINI SESSIONS

Give your little one a preview into the world of dance with these specialty “mini session” classes! A great intro for those who are brand new to dance or classroom structure, or for young dancers looking to try something new! Both Fairytale Ballet and Winter Wonderland Mini Sessions will focus on ballet/creative movement techniques, with a unique theme to delight every dancer!

### FAIRYTALE BALLET

(Ages 3-6 years)

Mondays, 9/9-10/21, 4:15-5:00PM, \$90

### WINTER WONDERLAND

(Ages 3-6 years)

Tuesdays, 10/29-12/10, 4:15-5:00PM, \$90

## HOLIDAY DROP-N-SHOP

(Ages 3+ years)

Bring your little elf to the Dance Academy for a special day filled with dance, games, and crafts while you finish your holiday shopping!

| Dates: | Days: | Time:       | Price:                     |
|--------|-------|-------------|----------------------------|
| 12/14  | Sa    | 1:00-4:00PM | \$30                       |
|        |       |             | \$20 each additional child |

| Dates: | Days: | Time:       | Price:                     |
|--------|-------|-------------|----------------------------|
| 12/20  | F     | 5:30-8:30PM | \$30                       |
|        |       |             | \$20 each additional child |



## DINING ETIQUETTE-

## JUST IN TIME FOR THE HOLIDAYS

(Ages 6-10 years)

Give your child the gift of GREAT MANNERS! This interactive class includes instruction on poise at the table, napkin use, basic table setting, American, Continental, Mandarin styles of dining, formal situations, problem foods and so much more! Students will go home with a dining etiquette book and DVD. **Materials fee included in class cost.**

**Instructor:** Etiquette Guru

| Class: | Date: | Day: | Time:       | Price: |
|--------|-------|------|-------------|--------|
| YPDE01 | 11/5  | T    | 5:00-7:00PM | \$75   |



THE COMMUNITY HOUSE DANCE ACADEMY

# MONSTER MASH



AGES 3 AND UP  
BOYS & GIRLS WELCOME  
OPEN TO THE PUBLIC

FRIDAY, OCTOBER 25, 2019  
5:30-8:30PM

Join us for a night of Halloween fun and adventure! There will be tricks and treats for everyone as little ones eat pizza, dance, play games and make spooky Halloween crafts. Children can wear their Halloween costume, dance attire or comfortable clothing they can move in.

\$30 for the first child/ \$20 for each additional child

**Must pre-register by October 24**

**[www.communityhouse.com](http://www.communityhouse.com) or 248.644.5832**

*Please notify us of any food allergies or dietary restrictions prior to the event.*



380 South Bates Street, Birmingham, Michigan 48009



# CHILDREN & FAMILY

## FOUNDATIONS (NEWBORN - 12 MONTHS)

Cuddle, bounce, and bop with your baby while enjoying instrument play, dance and exploration time. Receive expert advice and parenting resources based on the most recent research in baby development.

|                             |                     |                           |
|-----------------------------|---------------------|---------------------------|
| <b>Instructor:</b> Judy     | <b>Sessions:</b> 11 | <b>Omit:</b> 11/25        |
| <b>Class:</b>               | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPF01                       | 9/16-12/2           | M 11:45AM-12:30PM \$225   |
| <b>Instructor:</b> Melissa  | <b>Sessions:</b> 11 | <b>Omit:</b> 11/26        |
| <b>Class:</b>               | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPF02                       | 9/17-12/3           | T 11:45AM-12:30PM \$225   |
| <b>Instructor:</b> Margaret | <b>Sessions:</b> 11 | <b>Omit:</b> 11/28        |
| <b>Class:</b>               | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPF03                       | 9/19-12/5           | Th 11:45AM-12:30PM \$225  |

## LEVEL 1 (1'S AND 2'S - YOUNG TODDLERS)

The curriculum of this high-energy music class focuses on your child's beginning movement development; helping to build walking muscles and vocal development, to nurture your child's speaking and singing voice.

|                             |                     |                           |
|-----------------------------|---------------------|---------------------------|
| <b>Instructor:</b> Judy     | <b>Sessions:</b> 11 | <b>Omit:</b> 11/25        |
| <b>Class:</b>               | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPL101                      | 9/16-12/2           | M 10:30-11:15AM \$225     |
| <b>Instructor:</b> Melissa  | <b>Sessions:</b> 11 | <b>Omit:</b> 11/26        |
| <b>Class:</b>               | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPL102                      | 9/17-12/3           | T 10:30-11:15AM \$225     |
| <b>Instructor:</b> Melissa  | <b>Sessions:</b> 11 | <b>Omit:</b> 11/27        |
| <b>Class:</b>               | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPL103                      | 9/18-12/4           | W 11:45AM-12:30PM \$225   |
| <b>Instructor:</b> Margaret | <b>Sessions:</b> 11 | <b>Omit:</b> 11/28        |
| <b>Class:</b>               | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPL104                      | 9/19-12/5           | Th 9:30-10:15AM \$225     |
| <b>Instructor:</b> Margaret | <b>Sessions:</b> 11 | <b>Omit:</b> 11/29        |
| <b>Class:</b>               | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPL105                      | 9/20-12/6           | F 9:30-10:15AM \$225      |

## LEVEL 2 (2'S & 3'S)

Your growing child will love singing, dancing, and playing instruments with you and new friends. Help your child practice a wide variety of abilities such as gross and fine motor skills, turn-taking, social skills, and active listening.

|                            |                     |                           |
|----------------------------|---------------------|---------------------------|
| <b>Instructor:</b> Judy    | <b>Sessions:</b> 11 | <b>Omit:</b> 11/25        |
| <b>Class:</b>              | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPL201                     | 9/16-12/2           | M 9:30-10:15AM \$225      |
| <b>Instructor:</b> Melissa | <b>Sessions:</b> 11 | <b>Omit:</b> 11/26        |
| <b>Class:</b>              | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPL202                     | 9/17-12/3           | T 9:30-10:15AM \$225      |
| <b>Instructor:</b> Melissa | <b>Sessions:</b> 11 | <b>Omit:</b> 11/27        |
| <b>Class:</b>              | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPL203                     | 9/18-12/4           | W 9:30-10:15AM \$225      |



## LEVEL 3 (3'S & 4'S, WITHOUT ADULTS. ADULTS & SIBLINGS JOIN FINAL 15 MINUTES)

We combine your preschooler's natural love of music, storytelling, and imaginative play with age-appropriate activities that introduce early music concepts and foster independence, social and emotional skills, language growth, and self-control.

|                            |                     |                           |
|----------------------------|---------------------|---------------------------|
| <b>Instructor:</b> Melissa | <b>Sessions:</b> 11 | <b>Omit:</b> 11/27        |
| <b>Class:</b>              | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPL301                     | 9/18-12/4           | W 10:30-11:15AM \$225     |

## MIXED AGE (0-4 WITH ADULT)

Songs and rhymes will develop phonetic awareness and early reading skills and rhythm instruments will improve fine motor skills and hand-eye coordination.

|                             |                     |                           |
|-----------------------------|---------------------|---------------------------|
| <b>Instructor:</b> Margaret | <b>Sessions:</b> 11 | <b>Omit:</b> 11/26        |
| <b>Class:</b>               | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPMA01                      | 9/17-12/3           | T 5:30-6:15PM \$225       |
| <b>Instructor:</b> Margaret | <b>Sessions:</b> 11 | <b>Omit:</b> 11/28        |
| <b>Class:</b>               | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPMA02                      | 9/19-12/5           | Th 10:30-11:15AM \$225    |
| <b>Instructor:</b> Margaret | <b>Sessions:</b> 11 | <b>Omit:</b> 11/29        |
| <b>Class:</b>               | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPMA03                      | 9/20-12/6           | F 10:30-11:15AM \$225     |
| <b>Instructor:</b> Margaret | <b>Sessions:</b> 11 | <b>Omit:</b> 11/28        |
| <b>Class:</b>               | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPL401                      | 9/19-12/5           | Th 1:30-2:15PM \$225      |

## LEVEL 4 (4'S & 5'S, WITHOUT ADULTS. ADULTS & SIBLINGS JOIN FINAL 15 MINUTES)

Your child will learn basic music vocabulary and notation – all setting the stage for future school success and formal music lessons. Movement activities will delight your active Pre-K child, as will instrument exploration, singing, listening, and ensemble play. Our activities work together to promote language, social and emotional skills, early math and early literacy, physical coordination, creativity, and more.

|                             |                     |                           |
|-----------------------------|---------------------|---------------------------|
| <b>Instructor:</b> Margaret | <b>Sessions:</b> 11 | <b>Omit:</b> 11/28        |
| <b>Class:</b>               | <b>Dates:</b>       | <b>Days: Time: Price:</b> |
| YPL401                      | 9/19-12/5           | Th 1:30-2:15PM \$225      |

# A Lifetime of Learning Starts Here

The Community House Early Childhood Center is enrolling **Preschool** and **Pre-K** for Fall 2019.



Our implementation of the internationally respected HighScope Curriculum develops problem solving and critical thinking skills through activities that children truly enjoy.

Schedule a tour to see why we've earned a 5-star rating from Great Start to Quality, the State of Michigan's rating system for preschool and childcare.

Space is limited and demand is high.

Contact Early Childhood Center Senior Director **Melissa Rejc** today at [mrejc@communityhouse.com](mailto:mrejc@communityhouse.com) or **248.594.6411**.



THE COMMUNITY HOUSE

**early childhood**  
**center**

380 South Bates Street, Birmingham, Michigan 48009

[communityhouse.com](http://communityhouse.com)



## ABOUT US

At The Community House Dance Academy we provide a positive family environment to foster a love of dance in students of all ages. We believe in the value of the arts for all and that the friendships made and lessons learned here will last a lifetime.

Our interest isn't just building great dancers, it's cultivating great individuals. Concepts such as self-confidence, positive self-image, personal and social responsibility, respect, and community mindfulness are at the core of our mission to make each student not only their best dancer, but their very best self. We look forward to dancing with you soon!

## TUITION

Tuition rates are per month and can be billed monthly or in two yearly installments on 9/1/2019 and 1/21/2020.

- 30 Minute Class - \$45
- 45 Minute Class - \$55
- 1 Hour Class - \$60

## DISCOUNTS

Discounts are based per student and apply to Dance Academy classes only.

| Number of Classes | 2  | 3  | 4   | 5   | 6   | 7   |
|-------------------|----|----|-----|-----|-----|-----|
| Discount on Total | 4% | 9% | 15% | 22% | 29% | 36% |

## REGISTRATION

Registration is now open and dancers can register online at [www.communityhouse.com](http://www.communityhouse.com) or by calling 248.644.5832. Please note there is an annual \$10 registration fee per family.



## NUTCRACKER AUDITIONS SATURDAY, SEPTEMBER 21 1:00-4:45PM

Auditions for this year's production of the Nutcracker are open to all performers ages 7 and up; dancers, actors, and musicians welcome. Enrollment in a Community House class is not mandatory. For more information or to RSVP, please call 248.644.5832 or visit [www.communityhouse.com](http://www.communityhouse.com)

| DANCER AGE | 7-8         | 9-12        | 13+         | Adults & Musicians |
|------------|-------------|-------------|-------------|--------------------|
| TIME SLOT  | 1:00-2:00PM | 2:00-3:00PM | 3:00-4:00PM | 4:00-4:45PM        |

## DANCE MINI SESSIONS

Give your little one a preview into the world of dance with these specialty "mini session" classes! A great intro for those who are brand new to dance or classroom structure, or for young dancers looking to try something new! Both Fairytale Ballet and Winter Wonderland Mini Sessions will focus on ballet/creative movement techniques, with a unique theme to delight every dancer!

### FAIRYTALE BALLET (AGES 3-6)

Mondays, 9/9-10/21, 4:15-5:00PM, \$90

### WINTER WONDERLAND (AGES 3-6)

Tuesdays, 10/29-12/10, 4:15-5:00PM, \$90

## NEW! YOUTH PERFORMANCE COMPANY!

**We are so excited to share that this season the Dance Academy is proud to begin the Youth Performance Company!**

Our mission is to be a youth dance company that fosters each dancer's self-esteem through the knowledge of and appreciation for dance and to provide educational opportunities for our students to further explore dance technique and performance. Dancers must take at least one Dance Academy class, be 8 years old, and commit to the rehearsal day/time for the year. For more information please visit our website!

**Auditions: Saturday, September 28, 12:00-1:00PM;  
Parent Information Meeting 1:00-1:30PM**





# The Community House Dance Academy FALL SCHEDULE 2019

| CLASS  | AGES      | DAY       | TIME           | DATES          |
|--|-----------|-----------|----------------|----------------|
| <b>FIRST STEPS</b>   |           |           |                |                |
| Ballet/Creative Movement   | 2-3       | Wednesday | 3:15-4:00 pm   | 9/11-1/15/2020 |
| Ballet/Creative Movement   | 2-3       | Saturday  | 10:00-10:45 am | 9/14-1/18/2020 |
| Cont. Ballet/Creative Movement   | 3-4       | Wednesday | 4:00-4:45 pm   | 9/11-1/15/2020 |
| Cont. Ballet/Creative Movement   | 3-4       | Saturday  | 10:45-11:30 am | 9/14-1/18/2020 |
| Boy's and Girl's Hip Hop   | 3-5       | Thursday  | 4:00-4:45 pm   | 9/12-1/16/2020 |
| <b>COMBO CLASSES</b>   |           |           |                |                |
| Boy's and Girl's Tap/Ballet  | 3-5       | Tuesday   | 5:15-6:00 pm   | 9/10-1/14/2020 |
| Jazz/Hip Hop Level 1   | 5-7       | Wednesday | 5:00-6:00 pm   | 9/11-1/15/2020 |
| <b>BALLET CLASSES</b>  |           |           |                |                |
| Ballet 1   | 5-7       | Monday    | 5:00-6:00 pm   | 9/9-1/13/2020  |
| Ballet 1/2   | 7-9       | Tuesday   | 5:00-6:00 pm   | 9/10-1/14/2020 |
| Ballet 2   | 9-12      | Wednesday | 5:00-6:00 pm   | 9/11-1/15/2020 |
| Ballet 3   | 11-14     | Thursday  | 6:00-7:00 pm   | 9/12-1/16/2020 |
| Ballet 4   | 13 & Up   | Tuesday   | 7:00-8:00 pm   | 9/10-1/14/2020 |
| Ballet Technique & Pointe Conditioning   | Placement | Wednesday | 6:00-7:00 pm   | 9/11-1/15/2020 |
| <b>TAP CLASSES</b>   |           |           |                |                |
| Tap 1  | 5-7       | Thursday  | 5:00-6:00 pm   | 9/12-1/16/2020 |
| Tap 2  | 8-10      | Monday    | 5:00-6:00 pm   | 9/9-1/13/2020  |
| Tap 3  | 11-14     | Monday    | 6:00-7:00 pm   | 9/9-1/13/2020  |
| Tap 4  | 14 & Up   | Monday    | 7:00-7:45 pm   | 9/9-1/13/2020  |
| <b>CONTEMPORARY CLASSES</b>  |           |           |                |                |
| Contemporary 1/2   | 7-10      | Wednesday | 6:00-7:00 pm   | 9/11-1/15/2020 |
| Contemporary 3   | 10-14     | Tuesday   | 6:00-7:00 pm   | 9/10-1/14/2020 |
| Contemporary 4   | 13 & Up   | Thursday  | 7:00-8:00 pm   | 9/12-1/16/2020 |
| <b>JAZZ CLASSES</b>  |           |           |                |                |
| Jazz/Hip Hop Level 1   | 5-7       | Wednesday | 5:00-6:00 pm   | 9/11-1/15/2020 |
| Jazz 2   | 8-10      | Tuesday   | 6:00-7:00 pm   | 9/10-1/14/2020 |
| Jazz 3   | 11-14     | Wednesday | 7:00-8:00 pm   | 9/11-1/15/2020 |
| Musical Theatre Jazz   | 11 & Up   | Thursday  | 6:00-7:00 pm   | 9/12-1/16/2020 |
| *Please note that age range is listed as a suggestion, students will be placed based on ability. |           |           |                |                |

The Community House Dance Academy

# Sugar Plum Tea Party

Sunday, December 8, 2019

2:30p.m. - 4:00p.m.

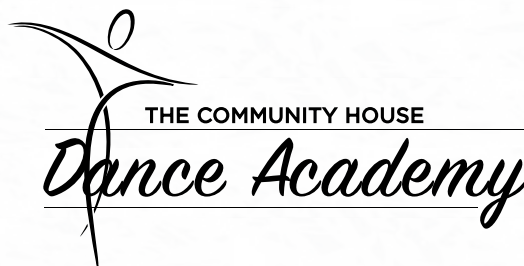
**Take a trip to the Land of Sweets with  
The Community House Dance Academy!**

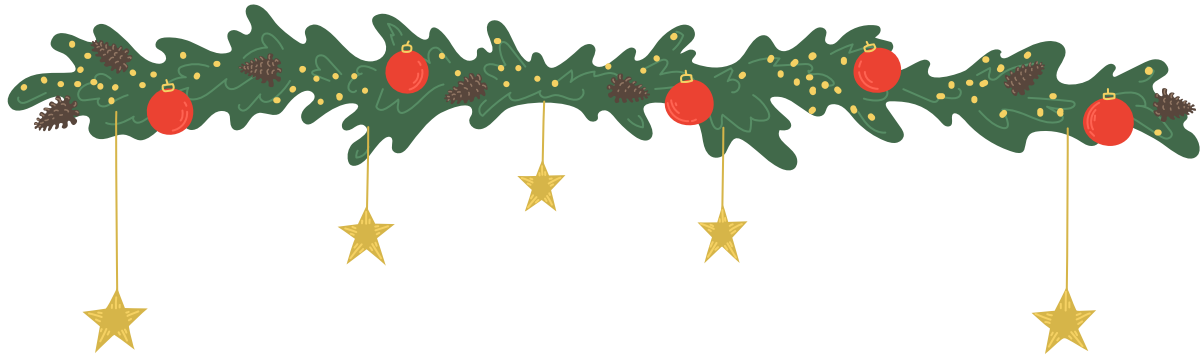
You and your little one will have the chance to dance  
alongside our Nutcracker performers, make custom  
holiday crafts, and enjoy scrumptious treats!  
Fancy dress is welcomed and encouraged.

Tickets:

\$20 for children / \$15 for adults

**Space is limited so register today!**  
**[communityhouse.com](http://communityhouse.com) or 248.644.5832**





# Storytime with Santa

**Saturday, December 14, 2019**

Seatings at 10:00 a.m., 11:30 a.m., 1:00 p.m.

**Delight in the magic of the season  
at Storytime with Santa!**

*Children will enjoy cookies, hot cocoa, crafts and some of Santa's favorite stories read by Old Saint Nick himself. Photos are welcome, so be sure to bring your camera. Space is limited to 25 children per seating, so please reserve your spot in advance! \$25 per child (each child may have up to 2 adults accompany them).*



**Register today!**  
**[www.communityhouse.com](http://www.communityhouse.com)**  
**248.644.5832**

THE  
COMMUNITY HOUSE  
BIRMINGHAM

380 South Bates Street, Birmingham, Michigan 48009



# HOME FOR THE HOLIDAYS!

REGISTER TODAY AT [WWW.COMMUNITYHOUSE.COM](http://WWW.COMMUNITYHOUSE.COM) OR 248.644.5832!

## CLARA AND THE NUTCRACKER WINTER CAMP

(Ages 5+ years)

**Saturday, December 21, 10:00AM-2:00PM**  
**\$65 per child**



A special Nutcracker camp for your little snowflakes and the perfect opportunity for dancers still a little too young to perform in our Nutcracker production. Dancers will have a magical time on their journey through the enchanted snow forest to the land of sweets and spend the day learning about this holiday classic while dancing to all of their familiar favorite songs, enjoying a special story time and making crafts.



## MOMMY & DADDY AND ME MENORAH HANDPRINT PLATE

(Ages 1 year old and up)

Celebrate the festival of lights with a little creativity with the kiddo(s) and make an adorable Menorah plate. We'll read a story, do some painting and then our custom artists will add the details and your child's name to their creation! **Materials fee included in class cost.**

**Instructor:** Creative Arts Studio

| Class: | Dates: | Days: | Time:         | Price:            |
|--------|--------|-------|---------------|-------------------|
| SHMP01 | 11/16  | S     | 10:00-11:00AM | \$40<br>per plate |



## DINING ETIQUETTE- JUST IN TIME FOR THE HOLIDAYS

(Ages 6-10 years)

Give your child the gift of GREAT MANNERS! This 2-hour interactive class includes instruction on poise at the table, napkin use, basic table setting, American, Continental, Mandarin styles of dining, formal situations, problem foods and so much more! Students will go home with a dining etiquette book and DVD. **Materials fee included in class cost.**

**Instructor:** Etiquette Guru

| Class: | Date: | Day: | Time:       | Price: |
|--------|-------|------|-------------|--------|
| YPDE01 | 11/5  | T    | 5:00-7:00PM | \$75   |



## GINGERBREAD HOUSE DECORATING

(Ages 5-12 years)

(Children 6 & under accompanied by adult)

One of my favorite childhood memories was the time spent decorating a gingerbread house for display during the holiday season. In this class, each student will be supplied an assembled Gingerbread House to decorate along with icing, a large variety of sprinkles, an assortment of candies and more to decorate their house. Parents, relatives or friends are encouraged to participate if they wish. (There would be an additional charge for supplies if the adult decorates their own house.)

**Instructor:** Pam Gustairs

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| SHGH01 | 12/6   | F     | 5:30-7:30PM | \$35   |
| Class: | Dates: | Days: | Time:       | Price: |
| SHGH02 | 12/14  | S     | 2:00-4:00PM | \$35   |



# HOME FOR THE HOLIDAYS!

REGISTER TODAY AT [WWW.COMMUNITYHOUSE.COM](http://WWW.COMMUNITYHOUSE.COM) OR 248.644.5832!

## HOLIDAY COOKIE DECORATING

(Ages 7+ years)



Students will learn all the tips and tricks for creating their own beautiful holiday cookies, including icing consistency, piping techniques and design tools. Don't miss this festive and delicious method for expressing creativity! Each student will leave with 5 hand decorated cookies. **Materials fee included in class cost.**

**Instructor:** Nate Joos

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| YPHC01 | 12/11  | W     | 6:30-7:30PM | \$40   |

## EASY HOLIDAY ENTERTAINING

Holiday entertaining doesn't have to be stressful. With a little planning, you can look as good as the pros when your guests arrive. Chef Pam will share some tips the pros use to help you insure stress-less entertaining this holiday season. Join us as she demonstrates simple ways to decorate your table, create quick and easy appetizers, create beautiful platters of carryout food and create a simple dessert finale. She will demonstrate preparing Brie en Croute with Cranberry Chutney; a fabulous Cheese & Fruit Platter, Cranberry Gorp; Herbed Cream Cheese Stuffed Peppadew Peppers; and finish with Chocolate and Caramel Sauces for dipping Apples, Strawberries, Pretzels, and Shortbread Cookies. **Materials fee included in class cost.**

**Instructor:** Pam Gustairs

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| CKHE01 | 11/22  | F     | 6:30-8:30PM | \$45   |

## HOLIDAY DROP-N-SHOP

(Ages 3+ years)

Bring your little elf to the Dance Academy for a special day filled with dance, games, and crafts while you finish your holiday shopping!

| Dates: | Days: | Time:       | Price:                             |
|--------|-------|-------------|------------------------------------|
| 12/14  | Sa    | 1:00-4:00PM | \$30<br>\$20 each additional child |

| Dates: | Days: | Time:       | Price:                             |
|--------|-------|-------------|------------------------------------|
| 12/20  | F     | 5:30-8:30PM | \$30<br>\$20 each additional child |

## KINDERMUSIK PLAYDATE - SNOWMAN BAND

(Ages 0-4)

Whether it's paper-plate ice-skating, "snowball" tossing, or dancing the Snowkey Pokey — you'll be all smiles as you share the musical joy with your favorite little one this season. Join us for 45 minutes of instrument-play, songs, laughter and hugs during this busy holiday season. Your little one will go home with an instrument and music to help you continue singing all the Snowman Band songs! A Playdate is a single, 45-minute class that meets once.

**Instructor:** Margaret Matthes

| Class: | Dates: | Days: | Time:           | Price: |
|--------|--------|-------|-----------------|--------|
| YPSB01 | 12/10  | T     | 10:00-10:45AM   | \$25   |
| YPSB02 | 12/10  | T     | 11:15AM-12:00PM | \$25   |
| YPSB03 | 12/11  | W     | 10:00-10:45AM   | \$25   |
| YPSB04 | 12/11  | W     | 11:15AM-12:00PM | \$25   |

## EASY, FESTIVE HOLIDAY BREADS

Participants will learn how to impress their family, friends and taste buds during the holidays. Come learn the easy way to make delicious festive breads and leave room for some taste testing of Christmas stollen, Panettone, Finnish pulla, lemon braided wreath bread and more! Students go home with dough ready to bake! **Materials fee included in class cost.**

**Instructor:** Elissa Teal

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| CKFB01 | 10/19  | S     | 2:00-4:00PM | \$35   |



THE COMMUNITY HOUSE

## *Dance Academy*



# The Nutcracker

Sunday, December 15, 2019

1:00 p.m. and 5:00 p.m.

Spend the holidays with The Community House Dance Academy for this time-honored classic! The Nutcracker is a beloved tradition that is sure to delight audiences of all ages. Join Clara on her magical journey through the Land of Sweets, featuring an eternal score by Tchaikovsky. All performances are held in The Community House Wallace Ballroom.

Tickets are \$15 General Admission, \$25 Reserved, \$10 Children's Floor Seating.

**Tickets: [www.communityhouse.com](http://www.communityhouse.com) or call 248.644.5832**

380 South Bates Street, Birmingham, Michigan 48009



## CANASTA FOR BEGINNERS

Learn the modern game of Canasta for beginners who have never played before, or for those who have just learned and want to sharpen their game. The class will learn the basics of Canasta and strategies to win. This class is fun, rewarding and great for the memory. **A \$5 materials fee is due to instructor.**

**Instructor:** Carol Bader-Lowen **Sessions:** 4  
**Class:** **Dates:** **Days:** **Time:** **Price:**  
 SHCB01 9/11-10/2 W 1:00-3:00PM \$100

## CANASTA FOR MIXED LEVEL PLAYERS

This game will be geared for intermediate players and beginners who want to be challenged to sharpen their game. The class will be playing with 7's, Aces and Wilds. This class is fun, rewarding and great for the memory. **A \$5 materials fee is due to instructor.**

**Instructor:** Carol Bader-Lowen **Sessions:** 4  
**Class:** **Dates:** **Days:** **Time:** **Price:**  
 SHCM01 10/23-11/13 W 1:00-3:00PM \$100

## DIGITAL PHOTOGRAPHY WORKSHOP

In this class you will have the opportunity to expand your knowledge of digital photography. If you are an emerging artist with a beginner's skillset, this class is for you. We will work together on learning what your equipment has to offer, understanding the basics of digital lighting and what makes an interesting composition in a photograph. The class will shoot on location for one session. We will schedule the location at the first session. **Bring your digital SLR camera with you to class.**

**Instructor:** Tomiko Gumbleton **Sessions:** 4  
**Class:** **Date:** **Days:** **Time:** **Price:**  
 SHDP01 9/17-10/8 T 6:30-8:00PM \$90

## DREAMS & BODY SYMPTOMS: DISCOVERING DEEP WISDOM

This class is an introduction to a wisdom practice. You will learn to notice your own unique wisdom hidden in plain sight and often in things that disturb you. When noticed and used, this sea of wisdom cultivates happier, healthier, more creative and true living. You will learn how to bring a new awareness to your dreams and body symptoms, discover meaning and wisdom there, and how to apply this meaning and wisdom to your daily life. **Please bring paper and a pen to class.**

**Instructor:** Julie Booksh **Sessions:** 3  
**Class:** **Dates:** **Days:** **Time:** **Price:**  
 SHDW01 10/14-10/28 M 6:30-8:30PM \$120

## MAH JONGG

Mah Jongg is a table game of Chinese origin which is played with a colorful set of tiles. It is a challenging game of both chance and strategy, and sure to be one that everyone will enjoy learning. **Students must have 2019 National Mah Jongg League card or purchase at first class.**

**Instructor:** Rackeline Hoff **Sessions:** 4  
**Class:** **Dates:** **Days:** **Time:** **Price:**  
 SHMJ01 9/25-10/16 W 1:00-3:00PM \$70

## BRIDGE LESSONS: PART 1 & 2

Bridge requires communication, concentration and counting, plus psychological and analytical skills. It is a challenging and competitive game in a social and friendly setting. At the bridge table, age, gender and physical disabilities are not as important as one's perception, knowledge, planning and timely execution of the game. Each session starts with a lecture on the fundamentals followed by hands on exercises and practice. Online bridge play and other e-resources in bridge will be introduced to enable self-learning. No partner necessary. Open to new or advance beginners who want to improve their game in a social or competitive environment.

**Instructor:** Dr. Tai Chan **Sessions:** 5  
**Class:** **Dates:** **Days:** **Time:** **Price:**  
 SHBL01 9/17-10/15 T 10:00AM-12:00PM \$95

## FALL CONTAINER GARDENING

George Papadelis of Telly's Greenhouse will show us dozens of exciting plants that can be used to create stunning container combinations for BOTH sun and shade. Topics will include containers, soil, placement, composition, color, texture and plant selection. Example containers will be available for viewing.

**Instructor:** George Papadelis  
**Class:** **Dates:** **Days:** **Time:** **Price:**  
 SHCG01 9/10 W 6:30-7:30PM \$25



# ENRICHMENT



## INVESTMENT EDUCATION SERIES

with Jonathan Strong

Series of 3 classes \$35 SHES01

### SMART MONEY - A TWO PART INVESTMENT EDUCATION & RETIREMENT PLANNING

Series provides investment information for beginner and intermediate investing levels. Includes practical and current investing topics with market and economic information participants can use in their planning. Provides key concepts and resources to develop and manage an investment and retirement program. Each session includes a discussion of current investment themes, strategies and programs – building on each session. Portfolio examples discussed with a question and answer period following each lecture.

#### PART 1: BEGINNER INVESTMENT

#### EDUCATION & RETIREMENT PLANNING

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| SHBI01 | 11/6   | W     | 6:00-7:00PM | \$15   |

#### PART 2: INTERMEDIATE INVESTMENT

#### EDUCATION & RETIREMENT PLANNING

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| SHII01 | 11/13  | W     | 6:00-7:00PM | \$15   |

### EARN TAX-FREE INCOME--TODAY AND IN RETIREMENT--MICHIGAN TAX FREE MUNICIPAL BONDS

Learn the benefits of tax-free bonds to provide consistent, predictable tax-free income and how to earn higher interest rates on cash now at the local bank. How to create a monthly income program for retirement needs and to supplement social security and other savings. Different types of conservative tax-free income strategies in an uncertain economy and stock market.

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| SHTF01 | 11/20  | W     | 6:00-7:00PM | \$15   |

## PSYCHIC SERIES

with Pamela and Robert Taylor

Series of 3 classes \$75 SHPS01

### PAST LIVES, FUTURE FORTUNES

This class will use an ancient Indian oracle to discover participants' past lives and reveal the next 12 months.

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| SHPL07 | 11/4   | M     | 7:00-9:00PM | \$30   |

### ANGELS SURROUND US

Angels are all around us, guiding, protecting and loving us, all of our lives. Learn about the different kinds of angels and which one of the four main Archangels is your special guide.

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| SHMM01 | 11/11  | M     | 7:00-9:00PM | \$30   |

### PSYCHIC FUN NIGHT!

Robert and Pamela will present various predictive techniques and give each attendee a mini reading of their choice.

| Class:  | Dates: | Days: | Time:       | Price: |
|---------|--------|-------|-------------|--------|
| SHPFN01 | 11/18  | M     | 7:00-9:00PM | \$30   |



## CREATING LUXURIOUS SOAP

In this hands-on class you will learn the cold process method and you will create a pound of luxurious soap with your choice of a delightful fragrance! **Please bring your own safety goggles, rubber gloves and long-sleeved shirt.** You will go home with notes and a pound of soap that you made in class! No experience necessary. **Materials fee included in class cost.**

**Instructor:** Elissa Teal

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| SHLS01 | 9/14   | S     | 2:00-4:00PM | \$40   |



## PUBLISH YOUR BOOK

Whether you have a manuscript or just an idea, learn to publish with a 2019 Michigan Notable Book winner. We'll discuss commercial, academic and self-publishing as well as copyright, permissions, editing, marketing and your passion to publish.

**Instructor:** Joe Grimm **Sessions:** 2

| Class: | Dates:      | Days: | Time:       | Price: |
|--------|-------------|-------|-------------|--------|
| SHPB01 | 10/23-10/30 | W     | 7:00-8:30PM | \$50   |

## WEDDING DANCE MADE EASY: ONE EVENING WORKSHOP

Let's turn that High School prom sway into a fabulous first dance! Whether you're the happy couple, the parents of that special couple or a guest at the wedding, this one evening crash course will prepare you for a magical evening on the dance floor. Learn to dip, twirl and dance an easy to follow combination of beautiful moves, while creating a picture-perfect moment to cherish forever. If available, **please email your first dance song or favorite song you have picked out to [upbeatdance@hotmail.com](mailto:upbeatdance@hotmail.com).**

**Instructor:** Leigh Coburn, Upbeat Dance

| Class: | Date: | Days: | Time:       | Price:          |
|--------|-------|-------|-------------|-----------------|
| SHWD01 | 9/19  | Th    | 7:00-8:30PM | \$60 per couple |

## SIGN LANGUAGE FOR BEGINNERS (ASL)

Ready for something new and very useful? This introductory course is designed to implement American Sign Language (ASL) in students' everyday lives. We will be cover basic conversational signs, the alphabet, fingerspelling and grammar in this contextual learning experience.

**Instructor:** Elta Hambrick **Sessions:** 6

| Class: | Dates:     | Days: | Time:       | Price: |
|--------|------------|-------|-------------|--------|
| SHSL01 | 10/7-11/11 | M     | 6:00-8:00PM | \$110  |

## VODKA 101

Are you a Vodka drinker? Want to learn more about Vodka? Want to participate in a taste test? Come learn the history of vodka, how it's produced, the distillation process and most importantly, how you can impress your guests any season with tasty vodka cocktails!

**Instructor:** Bruce Carroll with Zim's Vodka

| Class: | Dates: | Days: | Time:       | Price:          |
|--------|--------|-------|-------------|-----------------|
| SHZM01 | 11/13  | W     | 6:00-8:00PM | \$35 per person |



## SPIRITUALITY SERIES

**with Robert Thibodeau**

**Series of 3 classes \$75 SHSS01**

During this lecture style class you will explore a range of spiritual topics including future predictions, self-realization, the mystic world and more!

## MEDITATION AND THE MIND OF YOGA

Secrets from the first book on yoga—Patajali's Yoga Aphorisms—a Mind Yoga to consciously balance and harmonize spirit, soul, body and an accompaniment to physical aerobic yoga! Also learn Mantra formula for freedom, enlightenment, peace and happiness.

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| SHM01  | 9/19   | Th    | 7:00-9:00PM | \$30   |

## PSYCHIC INTUITIVE ASTROLOGY & TAROT

Learn from birth date what card you are and what it means to your higher potentials and possibilities, where planets are now and in the future and what the stars may have in store for you.

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| SHPI01 | 10/16  | W     | 7:00-9:00PM | \$30   |

## PSYCHO INTUITIVE DEVELOPMENT

How to further wisdom insight prognosis using Astrology, Tarot and Playing Cards. Reading into present, rewriting past, seeing future possibilities and potentials.

| Class: | Dates: | Days: | Time:       | Price: |
|--------|--------|-------|-------------|--------|
| SHPD01 | 11/14  | Th    | 7:00-9:00PM | \$30   |



# COMMUNITY HOUSE SUPPORTED GROUPS



## THE STORYTELLERS GUILD

The StoryTellers Guild was founded in 1993 in honor of Helen Southgate Williams. Their mission is to bring the love of literature and storytelling to all children particularly those in less advantaged areas. Annual dues of \$40 include a newsletter and monthly programs. For information, please call 248.644.5832.

### Using Drama to Engage Students in Stories

**September 19, 10:00am–Noon at The Community House**

We will explore several drama strategies, five minute activities, that can be used to “hook” your audience, or explore a story more deeply. We will also act out some stories. You will be showing your “inner actor” in this interactive meeting. Participation encouraged.

### Book Talking at Book Beat

**October 17, 10:00am–Noon at Book Beat Bookstore, 26010 Greenfield, Oak Park, 48237**

Book Beat owner, Colleen Kammer will present some of her favorite new titles for young readers. A 20% discount is given to all active StoryTellers on books purchased for their schools during Oct. or Nov., Feb. or March. Please RSVP to Carol Spears: [cspears45@comcast.net](mailto:cspears45@comcast.net) by October 12.

### Once Upon a Button

**November 21, 10:00am–Noon at The Community House**

Presented by former school librarian, Sheri M. DeCew. She is a member of the Blue Water Buttoneers, Bay Button Bunch, and the Michigan and National Button Societies. She will share her collection of children’s story buttons in which each button is paired with the book it represents.



## BIRMINGHAM BLOOMFIELD NEWCOMERS CLUB

New to the area? Join us for fun and friendship! Visit [www.bbnewcomers.com](http://www.bbnewcomers.com) or [bbnc.hospitality@gmail.com](mailto:bbnc.hospitality@gmail.com).



## SENIOR MEN’S CLUB

How would you like to make new friends, hear great speakers on timely subjects, enjoy cultural events and travel, participate in a wide variety of activities such as golf, bowling, or bridge, learn more about investing, photography and computers, plus contribute voluntary service to the community?

We meet most Friday mornings at The Community House. The meetings include Club business reports, a scheduled speaker and an optional lunch. Our speakers are recognized leaders in business, government, education, sports and academia. We have no geographic boundaries – all are welcome.

Enrich your retirement and expand your horizons by joining an organization of more than 575 active and alert men who share experiences, establish strong bonds of mutual support, while having lots of fun.

Please contact Membership Chairman Dave Ehlen at [dave.ehlen@me.com](mailto:dave.ehlen@me.com) or by calling 248.633.6330. You can also learn more about the club at [www.seniormensclubbirmingham.com](http://www.seniormensclubbirmingham.com).



## THE WOMEN’S CLUB

### THE WOMEN’S CLUB

The Women’s Club, founded in 1993, welcomes all women from all demographic areas. Make new friends and enjoy twice a month luncheons plus an interesting and upbeat speaker. Choose from a variety of group events. Collette Pariseau, 248.895.7282.

# THE COMMUNITY HOUSE BIRMINGHAM

## REGISTER NOW!



Online: [www.communityhouse.com](http://www.communityhouse.com)



Phone: **248.644.5832** (ask for Program)  
Monday-Thursday, 8:30am-6:00pm  
Friday, 8:30am-5:00pm



Fax: 248.644.2476



Mail: 380 South Bates, Birmingham, MI 48009



Walk-In registration is also available,  
Monday-Thursday, 8:30am-6:00pm  
Friday, 8:30am-5:00pm

## PAYMENT:



Cash, Check, Visa, MasterCard, Discover.

Fees are payable in full at the time of registration.

There is a \$35 fee for all returned checks.

## CREDITS/REFUNDS:

If you cannot attend a class, you may request a class credit 72 hours or more before the class (or first class in a series) is to be held. Class credits may be applied toward the cost of any future Community House (TCH) class within the next year from the date of issuance of the credit. If you contact TCH within 72 hours of the class start time or after the class has occurred, you are not entitled to a class credit of any kind.

If a class is rescheduled by TCH or the instructor, you are entitled to attend the rescheduled class. Alternatively, if you cannot attend the rescheduled class, you can receive a class credit to be used for any future classes. For classes within a series, you will receive a prorated class credit if you cannot attend the rescheduled class.

A refund will only be given if TCH cancels a class or TCH is given a note, within one week from the scheduled class, from a doctor or medical facility stating that the class taker had a medical emergency. TCH reserves the right to change class locations, schedules, fees, and instructors when necessary.

**Premises Policy:** The Community House is dedicated to the well-being and safety of its employees and guests. The Community House is a drug-free workplace in keeping with the spirit and intent of the Drug-Free Workplace Act of 1988. The Community House does not permit the manufacture, possession, use, distribution or purchase of unlawful drugs, including marijuana used for medicinal, medical or recreational purposes, on The Community House property by any employee, patron or member of the public. The Community House treats marijuana as an illegal drug under federal law. Persons violating this policy may be removed from The Community House.

Special events are non-transferable and non-refundable.

Audio and video recording during classes is prohibited, unless permitted by the instructor in writing.

The Community House prohibits discrimination against and harassment of any student, guest, independent contractors, employee or applicant because of race, color, national or ethnic origin, age, religion, disability, sex, sexual orientation, gender identity and expression, veteran status or any other characteristic protected under applicable federal or state law.

<https://communityhouse.asapconnected.com/Contact.aspx>

## PLEASE NOTE:

- Pictures in this catalog may not be an actual representation or depiction of material or content used in classes.
- By registering for or participating in any Community House classes or events, you agree to allow TCH to publish any photos of our classes or events.
- We take great care to ensure the accuracy of all information in our printed materials. We reserve the right to correct any unintentional errors. Errors in days, times, registration requirements and fees may occur in the catalog. You will be advised of any errors at the time of registration.

## REGISTRATION FORM FOR CLASSES

Name of Adult Registrant \_\_\_\_\_

Name of Student (if child) \_\_\_\_\_ Age of Child \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Email Address \_\_\_\_\_

☐ Check (payable to The Community House) ☐ VISA ☐ MasterCard ☐ Discover

Credit Card # \_\_\_\_\_ Exp. \_\_\_\_\_ CVV # \_\_\_\_\_

Name on Credit Card \_\_\_\_\_ Signature \_\_\_\_\_

Class Name \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_ \$ \_\_\_\_\_

Class Name \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_ \$ \_\_\_\_\_

Please send to: The Community House, 380 South Bates Street, Birmingham, Michigan 48009 or fax to 248.644.2476  
Questions? Please call 248.644.5832 or email [program@communityhouse.com](mailto:program@communityhouse.com)

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## OUR MISSION

The Community House is a nonprofit that is home to those seeking continuity between personal, professional, philanthropic and recreational pursuits.

For nearly a century, we have provided an extraordinary destination where people can come together to enjoy extraordinary experiences.

From educational development to the early planning of life's landmark events — from business to pleasure, from charity to recreation — it all starts at The Community House.



THE COMMUNITY HOUSE

# *Dance Academy*

Ballet  
Tap  
Jazz  
Hip Hop  
Pointe  
Contemporary  
Musical Theatre

*We also offer a wide variety of  
adult classes.*

THE  
COMMUNITY HOUSE  
BIRMINGHAM

**Register now for  
FALL DANCE CLASSES!**  
—Let us start your passion for dance—

[www.communityhouse.com](http://www.communityhouse.com) | 248.644.5832