

THE
COMMUNITY HOUSE
BIRMINGHAM

WINTER ISSUE
2020





CORDIALLY INVITES YOU TO ATTEND

THE *Bates Street* Society DINNER

February 8, 2020 at 6:30 pm

Three-Course Seated Dinner, Wine and Cocktails, Live Music from Ben Sharkey,
Inspirational Evening of Celebration and Recognition

Black Tie Optional, Valet Parking

MASTER OF CEREMONIES

Huel Perkins

Iconic Broadcast Journalist, Reporter and American News Anchor

2020 PILLAR INDUCTEES INCLUDE:

BUSINESS

Mary Kramer

Vice President & Group Publisher
Crain Communications

PHILANTHROPY

David Provost

Executive Chairman, TCF Bank

Christine Provost

Community Advocate & Philanthropist

Margaret Cooney Casey

President, Beaumont Foundation at Beaumont
Hospitals

WELLNESS

Hanan Lis

Principal, The WW Group, Inc / Principal & CEO, Lis
Ventures LLC / Chairman, GSH Group, Inc.

Brian Berman, M.D.

Chairman, Dept. of Pediatrics & Pediatrician-in-Chief,
Beaumont Children's; Chief of Pediatrics, Oakland
University William Beaumont School of Medicine

CULTURE & PHILANTHROPY

Linda Solomon

Photojournalist and Author

EDUCATION

Ora Hirsch Pescovitz, M.D.

President, Oakland University;
Pediatric Endocrinologist and Researcher

WELLNESS & PHILANTHROPY

Keith Pomeroy

Chairman, Pomeroy Living LLC & Pomeroy Family
Holdings

COMMUNITY LEADERSHIP AWARD HONOREES:

Rose and Brian Bolyard

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Private VIP Champagne Reception Sponsor



Sponsors



Barbara & Tim Hertzler



SEEN



For tickets or more information, visit communityhousefoundation.org or call 248.644.5832

THE
COMMUNITY HOUSE
BIRMINGHAM



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REGISTER NOW!



Online: communityhouse.asapconnected.com



Phone: **248.644.5832**
Monday-Friday, 9:00am-5:00pm



Fax: 248.644.2476



Mail: 380 South Bates, Birmingham, MI 48009



In person registration is also available,
Monday-Friday, 9:00am-5:00pm

Follow us on [Facebook](#) | [Twitter](#) | [LinkedIn](#)

PAYMENT:



Cash, Check, Visa, MasterCard.

Fees are payable in full at the time of registration.

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

**THE COMMUNITY HOUSE
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.

SAVE THE DATES!

2020 Community House Special Events

- | | |
|--------------|------------------------------|
| February 8 | Bates Street Society Dinner |
| April 2 | OUR TOWN Opening Night Party |
| April 3 & 4 | OUR TOWN Art Show & Sale |
| April 24 | HOPZ-Tap The House |
| May 21 | 90 & Beyond Luncheon |
| September 10 | Birmingham House Tour |

ARTS & CULTURE

THE ERA OF IMPRESSIONISM: 1870 TO 1900

This series highlights the changes in art and architecture during the last decades of the 19th Century. We'll examine how artists and architects in Europe, as well as, the U.S. reacted to photography, art from non-Western cultures, and the evolving, modern world. Discover how painters' experiment with different ways of applying paint on canvas, sculptures create new surfaces in sculpture, and architects explore new materials and innovative ways of planning and decorating structures.

Instructor: Wendy Evans

Sessions: 3 **Class Min.** 12 / **Max.** 50 **Age:** 18+

Class #	Date	Day	Time	Fee
TEI01	1/16-2/6	Th	7:00-9:00pm	\$110

THE 1870'S

Discover the development of Impressionism and look at art in the first 4 Impressionist exhibitions. Artists rebelling against old subjects and styles include Claude Monet, Camille Pissarro, Pierre-Auguste Renoir, Berthe Morisot, and Edgar Degas.



Instructor: Wendy Evans

Class Min. 12 / **Max.** 50 **Age:** 18+

Class #	Date	Day	Time	Fee
TEI02	1/16	Th	7:00-9:00pm	\$40

THE 1880'S

Explore the final Impressionist exhibition and the later art of Paul Cezanne, as well as, the impact of Impressionism's color, style, and subject matter on artists like Edouard Manet, Georges Seurat, and Vincent Van Gogh.



Instructor: Wendy Evans

Class Min. 12 / **Max.** 50 **Age:** 18+

Class #	Date	Day	Time	Fee
TEI03	1/30	Th	7:00-9:00pm	\$40

THE 1890'S

Examine the later art of Claude Monet and Camille Pissarro plus introduction of Impressionism to the US. We'll also explore the impact of symbolism on the art of Paul Gauguin and see how the Arts and Crafts movement,



Art Nouveau, and the rejection of historicism impacted design and architecture in Europe and America.

Instructor: Wendy Evans

Class Min. 12 / **Max.** 50 **Age:** 18+

Class #	Date	Day	Time	Fee
TEI04	2/6	Th	7:00-9:00pm	\$40

DARK SHADOWS: CARAVAGGIO AND HIS FOLLOWERS

At the start of the 17th Century, Rome was the artistic capital of Europe and the most influential artist was Caravaggio. The striking realism, dramatic subject matter, and theatrical use of light



and shadow in his paintings shocked and thrilled patrons and the public. This 3-part illustrated series will discuss Caravaggio and his widespread influence, particularly on two artists who traveled to Rome and learned firsthand the genius of Caravaggio: Valentin de Boulogne, whom never returned to France, and Spanish painter, Jusepe de Ribera, who remained in Italy for the remainder of his life.

Instructor: Michael Farrell

Sessions: 3 **Class Min.** 12 / **Max.** 50 **Age:** 18+

Class #	Date	Day	Time	Fee
MFDS01	3/10-3/24	T	7:00-8:30pm	\$120

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 visited, flowers, landscapes, etc.) that you would like to paint in class.

Instructor: Al Sonnenberg

Sessions: 6 **Class Min.** 6 / **Max.** 15 **Age:** 18+

Class #	Date	Day	Time	Fee
FAOA01	1/22-2/26	W	6:15-8:45pm	\$120

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, drawing what you see. So why draw with pen and ink? Because pen is bold and can produce striking results you can't get with a pencil. A pen and a drawing pad are a portable art studio.

Instructor: Al Sonnenberg

Sessions: 6 **Class Min.** 6 / **Max.** 15 **Age:** 18+

Class #	Date	Day	Time	Fee
FAP101	1/22-2/26	W	4:00-6:00pm	\$120

CALLIGRAPHY: INTERMEDIATE COPPERPLATE

This class will enable you to take your copperplate script to the next level. We will focus on variations of capital letters, learn flourishing, and explore layout and design techniques. You will be able to make your letters really sing! Some experience with Copperplate Script is required.

Instructor: Vicki Corwin

Sessions: 6 **Class Min.** 10 / **Max.** 15 **Age:** 18+

Class #	Date	Day	Time	Fee
FAC01	1/8-2/12	W	6:15-8:30pm	\$120



BEGINNER/INTERMEDIATE

CHINESE BRUSH PAINTING

In this exciting course you will learn: basic Chinese characters, brush techniques, as well as how to paint Bamboo, Cherry Blossom and Pine trees. In addition, you will make your own Chinese seal/chop to sign your painting. And for the more advanced students, we will be combining elements, painting animals, study compositions and developing your own style. Supply list will be provided.

Instructor: Julian Wong

Sessions: 8 **Class Min.** 8 / **Max.** 15 **Age:** 18+

Class #	Date	Day	Time	Fee
FABP01	1/7-2/25	T	9:30-11:30am	\$120

ALL LEVEL WATERCOLOR PAINTING

Explore and grow your watercolor abilities regardless of skill level. Students will learn color mixing, brush usage, texture techniques and when to apply them. The class covers a wide variety of subject matter including realism and abstract. Students can opt to work on the same project at their own level or they are welcome to work on a project of their choosing.

Instructor: Diane Roach Smith

Class Min. 6 / **Max.** 12 **Age:** 18+

Class #	Sessions	Date	Day	Time	Fee
FAWS03	4	1/22-2/19*	W	9:30-11:30am	\$80

*No Class 2/5

Class #	Sessions	Date	Day	Time	Fee
FAWS04	5	2/26-3/25	W	9:30-11:30am	\$100

BEGINNER WATERCOLOR WINTER WORKSHOP: SNOWY LANDSCAPE

An old barn sits atop drifts of snow, while bits of branches peak out from swathes of white. Surrounding trees hold a few layers of freshly fallen snow. We'll capture snow in its various forms (it's easy, really!) and make the barn a truly charming structure in this beginner watercolor workshop.

Instructor: Megan Swoyer

Class Min. 6 / **Max.** 15 **Age:** 16+

Class #	Date	Day	Time	Fee
FASL01	2/15	Sa	10:00am-12:30pm	\$50

ARTS & CULTURE

BEGINNER WATERCOLOR WINTER WORKSHOP: BERRIES, BRANCHES, AND BIRDS – OH MY!

When trees lose their leaves and nothing's left but bright red berries, birds aplenty swoop in! Beginner watercolorists will capture a simple tree branch scene with bright berries a bird or two enjoying their surroundings! The teacher will bring gesso to class for fun background treatments that add texture to branches!

Instructor: Megan Swoyer

Class Min. 6 / **Max.** 15 **Age:** 16+

Class #	Date	Day	Time	Fee
FABB01	2/19	W	6:15-8:45pm	\$50

PINOT AND PAINTING

The perfect pairing awaits for beginner watercolorists: a relaxing evening of sampling Michigan wines and painting a simple Michigan, wine-themed picture that features a wine bottle, grapes, and more.

*Must be 21 at time of class occurrence, Identification required.

Instructor: Megan Swoyer

Class Min. 8 / **Max.** 15 **Age:** 21+

Class #	Date	Day	Time	Fee
FAPP01	2/11	T	6:15-8:45pm	\$65



BEGINNER WATERCOLOR PURE MICHIGAN WORKSHOP: PINING FOR BEAUTY

The Eastern White Pine takes center stage for beginner watercolorists in this fun workshop where we will utilize white crayon, salt, sharp markings, and more as we capture the spirit of the state tree of Michigan. We'll also create a special border that will truly make your tree stand out!

Instructor: Megan Swoyer

Class Min. 6 / **Max.** 15 **Age:** 16+

Class #	Date	Day	Time	Fee
FAPB01	3/1	Su	10:00am-12:30pm	\$50

BEGINNER WATERCOLOR PURE MICHIGAN WORKSHOP: SAILING BELLE ISLE

It's "Ships Ahoy" for beginner watercolorists as they immerse themselves in a pretty afternoon on the Detroit River, as they draw the simple shape of a sailboat and capture a colorful tree line, a few tall buildings, and the Detroit River.



Instructor: Megan Swoyer

Class Min. 6 / **Max.** 15 **Age:** 16+

Class #	Date	Day	Time	Fee
FASB01	3/2	M	6:15-8:45pm	\$50

BEGINNER WATERCOLOR PURE MICHIGAN WORKSHOP: SLEEPING BEAR DUNES

Beginner watercolorists will journey to one of the Michigan's most beautiful shorelines- Sleeping Bear Dunes near Empire. Tall grasses sloping, sandy terrain, and gorgeous Lake Michigan all combine as subjects in what will surely be one of your favorite paintings. Different water and sand techniques will be practiced as a warmup before we begin. The teacher will bring gesso to class for fun background treatments that add texture!

Instructor: Megan Swoyer

Class Min. 6 / **Max.** 15 **Age:** 16+

Class #	Date	Day	Time	Fee
FABD01	3/3	T	6:15-8:45pm	\$50

CREATING LUXURIOUS SOAPS

Delight your senses! In this hands-on class, you will learn the cold process method and create a pound of luxurious soap with your choice of pleasant fragrance! Participants will go home with class notes and a pound of soap that you made in class! No experience necessary.

Instructor: Elissa Teal

Class Min. 7 / **Max.** 12 **Age:** 18+

Class #	Date	Day	Time	Fee
SHLS01	3/14	Sa	2:00-4:00pm	\$30



OUR TOWN

Art Show & Sale

Opening Night Party
April 2, 2020

Art Show & Sale
April 3-4, 2020

Register today!
www.communityhouse.com / 248.644.5832



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THE
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ARTS & CULTURE

CREATE YOUR OWN DETROIT HISTORY!

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 the 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!



Instructor: Pewabic Pottery

Class Min. 10 / **Max.** 20 **Age:** 16+

Class #	Date	Day	Time	Fee
FADH01	2/13	Th	6:30-8:00pm	\$60
FADH02	3/19	Th	6:30-8:00pm	\$60

INTRODUCTION TO KNITTING

This class introduces students to the fundamentals of knitting. Students will learn how to cast on, perfect the knit and purl stitches, increase, decrease, and bind off. By the end of the course you will have a beautiful scarf. Supply list will be given during class.

Instructor: Carol Ellis

Sessions: 9 **Class Min.** 6 / **Max.** 16 **Age:** 16+

Class #	Date	Day	Time	Fee
FAIK01	1/27-3/23	M	12:30-2:00pm	\$180

KNITTING CLUB

Bring your own project and join fellow knitters for a few hours each week. We aid, support, and guide as you hone your skill.

Instructor: Carol Ellis

Sessions: 9 **Class Min.** 6 / **Max.** 16 **Age:** 16+

Class #	Date	Day	Time	Fee
FAKC01	1/27-3/23	M	11:00am-12:30pm	\$180

CROCHETING WITH BEADS

In this class, students will learn how to string beads and crochet a necklace. No experience required. Material kits start at \$20 and are payable by check or cash to instructor.

Instructor: Carol Ellis

Class Min. 6 / **Max.** 16 **Age:** 16+

Class #	Date	Day	Time	Fee
FACB01	2/12	W	6:00-8:00pm	\$30



The Community House partners with external organization Abrakadoodle for this exciting art opportunity for your child. Abrakadoodle's curriculum is designed to extend the child's creative abilities and build skills in fine motor, language, art appreciation, cognition and other areas. Abrakadoodle's style of instruction is Process Art, which focuses on children learning through the process of creating their art. This style instruction fosters creativity through experimentation in new art techniques.

ALL MY SENSES!

Touch it, Smell it, Hear it, See it, Taste it! Have fun making art using all your senses. See what happens when you paint with fragrant substances! Tap your toes to the tones of musical instruments that you build! Create tantalizing textures! Pop your art with eye catching colors! Make art through sensory exploration to experience the world through not only what you see but what you feel, taste, and hear too! Includes Goldfish crackers and popcorn.



TWOOSY DOODLERS

Instructor: Abrakadoodle

Sessions: 12 **Class Min.** 8 / **Max.** 16

Age: 20 months-3 years (with adult)

Class #	Date	Day	Time	Fee
YPAT01	1/10-4/3*	F	9:30-10:15am	\$240

*No Class 2/21

MINI DOODLERS

Instructor: Abrakadoodle

Sessions: 12 **Class Min.** 8 / **Max.** 16

Age: 3-5 years (with adult)

Class #	Date	Day	Time	Fee
YPAM01	1/10-4/3*	F	10:30-11:30am	\$240

*No Class 2/21



KINDERMUSIK

Share the delight of music-making with your favorite little one as we sing, explore instruments, dance and listen to music. Feel confident knowing our highly trained, licensed teachers, Margaret, Melissa, and Judy, each have degrees in music and are licensed to teach all levels of Kindermusik. As your child progresses through Kindermusik levels, you'll see how every curriculum level is designed to give your child excellent preparation for school as well as for private instrument lessons. Enroll by phone or in person to receive a **10% discount for a sibling enrolled in the same class.**

Margaret's Music Studio's award winning Kindermusik programs has been offering Kindermusik at The Community House for over 20 years. **Margaret Matthes** has a Master's degree in Music Education and performs regularly as a singer in the professional a cappella chamber choir, Sounding Light.

Melissa Beyer has a degree in Arts Administration & Music and has been teaching Kindermusik for over 12 years. She operates a private piano studio and is a piano accompanist for several community music organizations.

Judy Phillips taught music in public schools for over 40 years. She directs two hand-bell choirs and is a published hand-bell composer/arranger. Judy has a Master's degree in Music Education, and she plays her oboe and English horn with the Orchard Lake Philharmonic.

KINDERMUSIK FOUNDATIONS

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

Sessions: 10 **Class Min.** 5 / **Max.** 12

Age: Newborn-12 months (with adult)

Instructor: Judy Phillips

Class #	Date	Day	Time	Fee
YPF01	1/13-3/23*	M	11:45am-12:30pm	\$210

*No Class 2/17

Instructor: Melissa Beyer

Class #	Date	Day	Time	Fee
YPF02	1/14-3/24*	T	11:45am-12:30pm	\$210

*No Class 2/18

Instructor: Margaret Matthes

Class #	Date	Day	Time	Fee
YPF03	1/16-3/26*	Th	11:45am-12:30pm	\$210

*No Class 2/20

KINDERMUSIK LEVEL 1

Sing, play, and move with your little one in this high-energy class designed to be just right for emerging walkers. Focus is on your child's beginning movement development, helping to build walking muscles and vocal development, as well as, helping to nurture your child's speaking and singing voice.

Sessions: 10 **Class Min.** 5 / **Max.** 12

Age: 1-2 years (with adult)

Instructor: Judy Phillips

Class #	Date	Day	Time	Fee
YPL101	1/13-3/23*	M	10:30-11:15am	\$210

*No Class 2/17

Instructor: Melissa Beyer

Class #	Date	Day	Time	Fee
YPL102	1/14-3/24*	T	10:30-11:15am	\$210

*No Class 2/18

Instructor: Melissa Beyer

Class #	Date	Day	Time	Fee
YPL103	1/15-3/25*	W	11:45am-12:30pm	\$210

*No Class 2/19

Instructor: Margaret Matthes

Class #	Date	Day	Time	Fee
YPL104	1/16-3/26*	Th	9:30-10:15am	\$210

*No Class 2/20

Instructor: Margaret Matthes

Class #	Date	Day	Time	Fee
YPL105	1/10-3/27*	F	9:30-10:15am	\$210

*No Class 2/21, 3/13

KINDERMUSIK LEVEL 2

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.

Sessions: 10 **Class Min.** 5 / **Max.** 12

Age: 2-3 years (with adult)

Instructor: Judy Phillips

Class #	Date	Day	Time	Fee
YPL201	1/13-3/23*	M	9:30-10:15am	\$210

*No Class 2/17

Instructor: Melissa Beyer

Class #	Date	Day	Time	Fee
YPL202	1/14-3/24*	T	9:30-10:15am	\$210

*No Class 2/18

Instructor: Melissa Beyer

Class #	Date	Day	Time	Fee
YPL203	1/15-3/25*	W	9:30-10:15am	\$210

*No Class 2/19

ARTS & CULTURE

KINDERMUSIK LEVEL 3

Combining your preschooler's natural love of music, storytelling, and imaginative play with age-appropriate activities we introduce early music concepts and foster independence, social and emotional skills, language growth and self-control. We also connect you with other parents, who share in the adventure of parenting a preschooler. Parents & siblings can join for the final 15 minutes of class.

Instructor: Melissa Beyer

Sessions: 10 **Class Min.** 5 / **Max.** 12 **Age:** 3-4 years

Class #	Date	Day	Time	Fee
YPL301	1/15-3/25*	W	10:30-11:15am	\$210

*No Class 2/19

KINDERMUSIK LEVEL 4

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 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! Parents & siblings can join for the final 15 minutes of class.

Instructor: Margaret Matthes

Sessions: 10 **Class Min.** 5 / **Max.** 12 **Age:** 4-5 years

Class #	Date	Day	Time	Fee
YPL401	1/16-3/26*	Th	1:30-2:15pm	\$210

*No Class 2/20

KINDERMUSIK MIXED AGE

With your older children ready to show the little ones how it's done and the younger ones eager to learn, Family Class becomes a multi-layered learning environment. Your children will be immersed in musical learning that emphasizes storytelling, imaginative play and taking turns. Song & rhymes will develop phonetic awareness and early reading skills; rhythm instruments will improve fine motor skills and eye-hand coordination; focused listening with music will aid in following directions; developmentally appropriate songs will develop vocal cords and expressive speech.

Instructor: Margaret Matthes

Sessions: 10 **Class Min.** 5 / **Max.** 12 **Age:** 0-4 years (with adult)

Class #	Date	Day	Time	Fee
YPMA01	1/14-3/24*	T	5:30-6:15pm	\$210
YPMA02	1/16-3/26*	Th	10:30-11:15am	\$210
YPMA03	1/10-3/27*	F	10:30-11:15am	\$210

*No Class 2/18, 2/20, 2/21, 3/13

MEDIA ARTS MID-WINTER BREAK CAMP

You will create and learn aspects of photography, film making, and YouTube creation. We will explore photographing, filming, editing, storytelling, and fun team activities. Build on or expand your skills, make interesting images and learn about your equipment!

Instructor: Tomiko Gumbleton

Sessions: 4 **Class Min.** 8 / **Max.** 30 **Age:** 9+ years

Class #	Date	Day	Time	Fee
EMA01	2/17-2/20	M-Th	8:30-11:30am	\$150

PHOTOGRAPHY CLASS: BUSINESS

Learn some easy techniques that will build your brand and enhance your products online. Bring your own equipment to class in order to create new and exciting images.

Instructor: Tomiko Gumbleton

Class Min. 8 / **Max.** 20 **Age:** 16+

Class #	Date	Day	Time	Fee
EPB01	2/25	T	6:30-8:00pm	\$50

PHOTOGRAPHY CLASS: FOOD

Learn to create dynamic, delicious images. Bring your own equipment to class.

Instructor: Tomiko Gumbleton

Class Min. 8 / **Max.** 20 **Age:** 16+

Class #	Date	Day	Time	Fee
EPP01	3/3	T	6:30-8:00pm	\$50

PHOTOGRAPHY CLASS: TRAVEL

Learn about lighting, equipment and night photography. Bring your own equipment to class to learn how to best capture and relive your travels through your photos.

Instructor: Tomiko Gumbleton

Class Min. 8 / **Max.** 20 **Age:** 16+

Class #	Date	Day	Time	Fee
EPT01	3/10	T	6:30-8:00pm	\$50

PHOTOGRAPHY CLASS: FAMILY-PHOTOGRAPHING YOUR CHILD

Learn how to capture fun, natural, and posed images of your favorite little ones. Bring your own equipment to class so you can learn how to capture all those precious moments.

Instructor: Tomiko Gumbleton

Class Min. 8 / **Max.** 20 **Age:** 16+

Class #	Date	Day	Time	Fee
EPC01	3/24	T	6:30-8:00pm	\$50

PLANT BASED MADE FEASIBLE FOR FAMILIES

Instructor: Sara Szatkowski, RDN – Go with Your Gut Nutrition
Sara Szatkowski is a Registered Dietitian Nutritionist from Metro-Detroit. She is passionate about improving health through nutrition and mentality. Sara follows a pescatarian diet herself, and encourages that others make plant-based choices when possible for the benefit of our bodies and our planet! She is very knowledgeable in nutrition for improving gastrointestinal health and symptoms, food allergies, helping people adopt a healthier eating pattern, as well as, improving ones' relationship with food.

Sessions: 3 **Class Min.** 8 / **Max.** 20 **Age:** 18+
Class # **Date** **Day** **Time** **Fee**
CKPB01 2/12-2/26 W 6:30-8:30pm \$130

GETTING COZY WITH SOY

Take a dive into the wonderous world of soy-based proteins such as tofu and tempeh. We will debunk myths, explore the nutritious benefits, and demonstrate cooking them in an easy way for your whole family to enjoy!

Instructor: Sara Szatkowski
Class Min. 8 / **Max.** 20 **Age:** 18+
Class # **Date** **Day** **Time** **Fee**
CKGC01 2/12 W 6:30-8:30pm \$45

FUELING FAMILIES WITH FIBER

Learn the best ways to cook beans and lentils, the many reasons to eat them, and how to best digest them. You won't want to miss this introduction into building a warm, delicious bowl of beans for the Winter.

Instructor: Sara Szatkowski
Class Min. 8 / **Max.** 20 **Age:** 18+
Class # **Date** **Day** **Time** **Fee**
CKFF01 2/19 W 6:30-8:30pm \$45

SMART SNACKING IN STYLE

Build easy, nutrient dense, and plant-based snacks for yourself and your family! The market can confuse consumers about what is and isn't healthy. Many advertised snacks are extremely processed but catch consumers' eyes with false claims. This lesson will let you in on the secrets of the best, healthful, plant-based snacks on the market and how to determine other potential healthy snacks for yourself!

Instructor: Sara Szatkowski
Class Min. 8 / **Max.** 20 **Age:** 18+
Class # **Date** **Day** **Time** **Fee**
CKSM01 2/26 W 6:30-8:30pm \$45



HEARTY WINTER SOUPS & STEWS

The weather outside is cold and your thoughts are turning to meals of hot, hearty soup with warm crusty bread or stews served up with salad. Join us as we prepare flavorful soups and stews for you to enjoy and add to your recipe collection. Menu Includes: Wild Mushroom with Farro Soup · Guinness Onion Soup with Irish Cheddar Croutons · Chicken Stew with Biscuits · Hot Apple Crisp with Chantilly Cream.

Instructor: Chef Pam Gustairs
Class Min. 8 / **Max.** 20 **Age:** 18+
Class # **Date** **Day** **Time** **Fee**
CKHW01 1/10 F 6:30-8:30pm \$50

WINTER COMFORT FOODS

It's cold outside and you feel like comfort food for dinner. These are the foods you remember from your childhood, the foods that make you hungry just thinking about them! Chef Pam has freshened up recipes for 2020 that are sure to please! Menu Includes: Turkey Meatloaf · Overstuffed Twice Baked Potatoes · Beef and Vegetable Pot Pie · Chocolate Ripple Coffee Cake.

Instructor: Chef Pam Gustairs
Class Min. 8 / **Max.** 20 **Age:** 18+
Class # **Date** **Day** **Time** **Fee**
CKWC01 1/31 F 6:30-8:30pm \$50

PASTA—A QUICK WEEKNIGHT DINNER

Most of us don't have the energy to prepare a complicated, time consuming meal, so why not try some "quick and easy" healthy pasta recipes that are sure to satisfy the entire family? Menu Includes: Stuffed Shells Bolognese · Crusty Baked Pasta and Cauliflower · Spaghetti Carbonara · Arugula and Orange Salad.

Instructor: Chef Pam Gustairs
Class Min. 8 / **Max.** 20 **Age:** 18+
Class # **Date** **Day** **Time** **Fee**
CKPD01 2/21 F 6:30-8:30pm \$50

COOKING



INSTANT POT 101

Are you thinking about purchasing an Instant Pot but don't really know how it works, how to clean it, and how to get the best tasting foods? Or, have you already purchased one and want to understand all that it can do? Chef Pam has the answers to all those questions and will demonstrate how versatile a tool it can be in your home kitchen. Menu Includes: Cheddar Bacon and Ale Dip · Carrot Cake Oatmeal · Chicken Adobo · Apple Crumb Cobbler.

Instructor: Chef Pam Gustairs

Class Min. 8 / **Max.** 20 **Age:** 18+

Class #	Date	Day	Time	Fee
CKIP01	3/13	F	6:30-8:30pm	\$50



BACK TO THE STONE AGE

Explore a Paleo inspired diet, a diet that's centered around food available during the Stone Age. We'll discuss the fundamentals of an inspired Paleo diet so you can determine if this lifestyle is right for you. Menu Includes: Buddha Bowl with Za'atar Chicken · Roasted Broccoli · Braided Purple Cabbage and Cucumber Ribbons.

Class Min. 10 / **Max.** 16 **Age:** 18+

Class #	Date	Day	Time	Fee
CKSA01	1/8	W	6:30-8:30pm	\$55

BURN KETO, BURN

Explore a Keto inspired diet, a diet that forces the body to burn fat rather than carbs. We'll discuss the diet's pros and cons and prepare delicious foods that support it. Menu: Avocado Devil Eggs · Cheesy Cauliflower Breadsticks · Meatballs in a Tomato Coconut Sauce.

Class Min. 10 / **Max.** 16 **Age:** 18+

Class #	Date	Day	Time	Fee
CKKD01	2/5	W	6:30-8:30pm	\$55



THE FLAVORS OF NATURE

Review the facts and myths of a plant-based diet, which is a diet consisting entirely of foods derived from plants. We'll also prepare a meal that flavorfully compliments this diet. Menu Includes: Black Bean and Chipotle Butternut Squash Tacos with Cashew Sour Cream.

Class Min. 10 / **Max.** 16 **Age:** 18+

Class #	Date	Day	Time	Fee
CKFM01	3/4	W	6:30-8:30pm	\$55



The Dance Academy provides 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.

- Please note there is an annual \$10 registration fee per family to participate in the Dance Academy.
- Students MUST register by 2/1/2020 to be eligible for participation in the Annual Spring Recital held in June.
- The Dance Academy Studio Director places students each year based upon ability; the age ranges listed below are listed as suggestions. The Studio Director has final say on placement of all students.

GROWNUP & ME DANCE CLASS

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.

Instructor: Lisa Dietz

Sessions: 12 **Class Min.** 5 / **Max.** 10

Age: 20 months-3 years (with adult)

Class #	Date	Day	Time	Fee
ADGM01	1/9-4/2*	Th	5:30-6:00pm	\$125

*No Class 2/20

BALLET & CREATIVE MOVEMENT

Perfect for young ones who are ready to explore the world of dance, this class will focus on improving balance and body awareness while having fun exploring different music and rhythms.

Instructors: Ali Calabrese & Lisa Dietz

Class Min. 5 / **Max.** 12 **Age:** 2-3 years

Class #	Sessions	Date	Day	Time	Fee
DABM01	18	1/22-6/3*	W	3:15-4:00pm	\$248
DABM02	17	1/25-5/30*	Sa	10:00-10:45am	\$248

*No Class 2/19, 2/22, 4/8, 4/11

CONT. BALLET & CREATIVE MOVEMENT

This class, designed for dancers with some previous dance experience, will introduce new dance terms and techniques while allowing students to build their own motor and social skills. Combinations will be taught in class that provide dancers with a deeper understanding of dance.

Instructors: Ali Calabrese & Lisa Dietz

Class Min. 5 / **Max.** 12 **Age:** 3-4 years

Class #	Sessions	Date	Day	Time	Fee
DACBC01	18	1/22-6/3*	W	4:00-4:45pm	\$248
DACBC02	17	1/25-5/30*	Sa	10:45-11:30am	\$248

*No Class 2/19, 2/22, 4/8, 4/11

BOY'S & GIRL'S HIP HOP

Students will learn basic hip hop moves set to fun and age-appropriate music. Students will learn cool new moves and build fun routines while enjoying social interaction and building teamwork skills.

Instructor: Lisa Dietz

Sessions: 17 **Class Min.** 5 / **Max.** 12 **Age:** 3-5 years

Class #	Date	Day	Time	Fee
DABHH01	1/23-6/4*	Th	4:00-4:45pm	\$248

*No Class 2/20, 4/9, 5/28



BOY'S & GIRL'S TAP/BALLET COMBO

Perfect for young dancers to expose themselves to two different dance styles in one class! Students will focus on beginning ballet terms and moves as well as the energetic rhythmic style of tap. A perfect introduction to two popular styles of dance!

Instructor: Elaine Buck

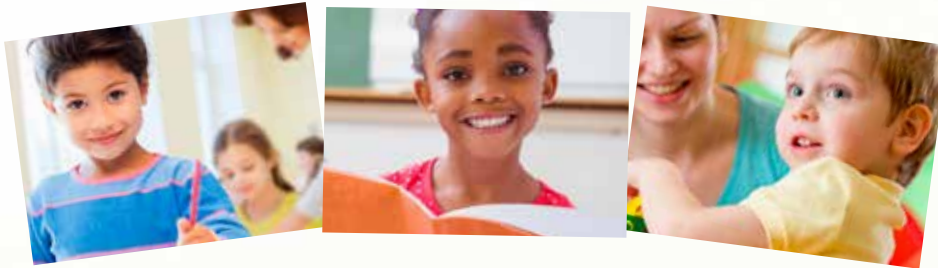
Sessions: 18 **Class Min.** 5 / **Max.** 12 **Age:** 3-5 years

Class #	Date	Day	Time	Fee
DABTB01	1/21-6/2*	T	5:15-6:00pm	\$248

*No Class 2/18, 4/7

A Lifetime of Learning Starts Here

The Community House Early Childhood Center is now enrolling Preschool for Winter/Spring 2020.



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 or 248.594.6411.



THE COMMUNITY HOUSE

early childhood
center

380 South Bates Street, Birmingham, Michigan 48009
communityhouse.com

BALLET 1

Designed for students who are interested in learning the classical dance form of ballet-the building block of many other dance forms. Introduction of basic ballet technique and terminology with a focus on traditional warm-up, center work, and across the floor work.

Instructor: Lisa Dietz

Sessions: 17 **Class Min.** 5 / **Max.** 12 **Age:** 5-7 years

Class #	Date	Day	Time	Fee
DAB101	1/20-6/1*	M	5:00-6:00pm	\$270

*No Class 2/17, 4/6, 5/25

BALLET 1/2

This class is for dancers with previous dance experience and/or a mastery of the concepts presented in Ballet 1. Class focuses on introducing the next level of ballet movements while expanding on a dancer's knowledge of technique and performance quality.

Instructor: Ali Calabrese

Sessions: 18 **Class Min.** 5 / **Max.** 12 **Ages:** 7-9 years

Class #	Date	Day	Time	Fee
DAB1201	1/21-6/2*	T	5:00-6:00pm	\$270

*No Class 2/18, 4/7

BALLET 2

Designed for those students who have mastered the techniques of ballet 1/2 and are ready to take the next step. The class introduces the next level of ballet movement and terminology while focusing on traditional elements of performance and a heightened knowledge of the art form.

Instructor: Lisa Dietz

Sessions: 18 **Class Min.** 5 / **Max.** 12 **Age:** 9-12 years

Class #	Date	Day	Time	Fee
DAB201	1/22-6/3*	W	5:00-6:00pm	\$270

*No Class 2/19, 4/8

BALLET 4

Our highest level of ballet, this class is geared towards dancers who have mastered each previous level of ballet. Class will focus on learning and perfecting high-level ballet techniques, body alignment, and performance of classical ballet variations. Students will increase muscle strength and flexibility through barre and center exercises.

Instructor: Melanie Yost

Sessions: 18 **Class Min.** 4 / **Max.** 12 **Age:** 13+ years

Class #	Date	Day	Time	Fee
DABF01	1/21-6/2*	T	7:00-8:00pm	\$270

*No Class 2/18, 4/7

BALLET TECHNIQUE & POINTE CONDITIONING

This ballet technique class is designed for students who are looking to begin pre-pointe and pointe, as well as dancers who wish to expand their ballet skills and techniques. Class will focus heavily on building strength and flexibility, as well as perfecting barre work and across the floor combinations. This class will NOT spend excess time on choreography or perform in the recital.

Instructor: Melanie Yost

Sessions: 17 **Class Min.** 2 / **Max.** 12

Age: Teacher placement

Class #	Date	Day	Time	Fee
BTPC01	1/23-6/4*	Th	6:00-7:00pm	\$270

*No Class 2/20, 4/9, 5/28

ADULT BALLET – BARRE CLASS

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, and muscle toning and strengthening.

Instructors: Elaine Buck & Lisa Dietz

Sessions: 12 **Class Min.** 4 / **Max.** 12 **Age:** 18+

Class #	Date	Day	Time	Fee
ADBB01	1/8-4/1*	W	7:00-8:00pm	\$170
ADBB02	1/10-3/20*	F	10:00-11:00am	\$145

*No Class 2/19, 2/21

ADULT BALLET – MOVING FORWARD

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.

Instructors: Ali Calabrese & Lisa Dietz

Sessions: 12 **Class Min.** 4 / **Max.** 12 **Age:** 18+

Class #	Date	Day	Time	Fee
ADMF01	1/7-3/31*	T	7:00-8:00pm	\$170
ADMF02	1/9-4/2*	Th	10:30-11:30am	\$170

*No Class 2/18, 2/20

DANCE

TAP 1

Tap 1 is perfect for students who are looking to learn the fun and energetic dance style of tap! Class will focus on learning the basic sounds and rhythms, and how to put them together into basic moves and choreography.

Instructor: Elaine Buck

Sessions: 17 **Class Min.** 4 / **Max.** 12 **Age:** 5-7 years

Class #	Date	Day	Time	Fee
DAT101	1/23-6/4*	Th	5:00-6:00pm	\$270

*No Class 2/20, 4/9, 5/28

TAP 2

This class is for dancers with tap experience and/or who have mastered the fundamentals of Tap 1. Class will focus on learning the next level of tap skills and building on previously taught skills. This the perfect class to broaden your knowledge of this fun and upbeat dance style!

Instructor: Elisabeth Moore

Sessions: 17 **Class Min.** 5 / **Max.** 12 **Age:** 8-10 years

Class #	Date	Day	Time	Fee
DAT201	1/20-6/1*	M	5:00-6:00pm	\$270

*No Class 2/17, 4/6, 5/25

TAP 3

Tap 3 is designed for dancers who have mastered the concepts taught in Tap 2. More advanced moves and time steps will be taught as well as challenging combination work. The class will also focus on proper rhythms and sounds while improving dancers' musicality and muscle memory.

Instructor: Elisabeth Moore

Sessions: 17 **Class Min.** 5 / **Max.** 12 **Age:** 11-14 years

Class #	Date	Day	Time	Fee
DAT301	1/20-6/1*	M	6:00-7:00pm	\$270

*No Class 2/17, 4/6, 5/25

ADULT TAP – STARTING OUT

If you're looking for a fun and energizing dance class then look no further! This beginner 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 all in one class!

Instructor: Elaine Buck

Sessions: 12 **Class Min.** 4 / **Max.** 12 **Age:** 18+

Class #	Date	Day	Time	Fee
ADTS02	1/10-3/20*	F	12:00-1:00pm	\$145

*No Class 2/21

ADULT TAP – MOVING FORWARD

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!

Instructors: Elaine Buck & Elisabeth Moore

Sessions: 12 **Class Min.** 4 / **Max.** 12 **Age:** 18+

Class #	Date	Day	Time	Fee
ADTM01	1/6-3/30*	M	7:00-8:00pm	\$170
ADTM02	1/10-3/20*	F	11:00am-12:00pm	\$145

*No Class 2/17, 2/21

CONTEMPORARY 3

Contemporary 3 is designed for students with a strong background in contemporary dance and/or ballet who are ready to further their knowledge of contemporary dance. Further description and detail into emoting will be provided along with more difficult across the floor and center work.

Instructor: Melanie Yost

Sessions: 18 **Class Min.** 3 / **Max.** 12 **Age:** 10-14 years

Class #	Date	Day	Time	Fee
DAC301	1/21-6/2*	T	6:00-7:00pm	\$270

*No Class 2/18, 4/7

CONTEMPORARY 4

This class will focus on intricate and advanced contemporary work through across the floor and center combinations. Dancers will learn how to bring a further emotional connection to their work, as well as explore different improvisation and personal choreography techniques.

Instructor: Melanie Yost

Sessions: 17 **Class Min.** 4 / **Max.** 12 **Age:** 13+ years

Class #	Date	Day	Time	Fee
DAC401	1/23-6/4*	Th	7:00-8:00pm	\$270

*No Class 2/20, 4/9, 5/28

JAZZ/HIP HOP LEVEL 1

This class is designed for dancers who are interesting in learning both jazz and hip-hop techniques. Students will learn essential moves and how to incorporate them into performance; all set to popular and current music! Don't miss out on this fun, energetic class!

Instructor: Ali Calabrese

Sessions: 18 **Class Min.** 3 / **Max.** 12 **Age:** 5-7 years

Class #	Date	Day	Time	Fee
DAJH01	1/22-6/3*	W	5:00-6:00pm	\$270

*No Class 2/19, 4/8

JAZZ LEVEL 2

This class is for dancers with previous jazz experience/a mastery of the concepts introduced in Jazz 1. New, second level jazz movements will be introduced while focusing on technique and performance. Each class will feature a warm-up, across the floor, and combination work to incorporate new silks with previously learned technique.

Instructor: Ali Calabrese

Sessions: 18 **Class Min.** 3 / **Max.** 12 **Age:** 8-10 years

Class #	Date	Day	Time	Fee
DAJ201	1/21-6/2*	T	6:00-7:00pm	\$270

*No Class 2/18, 4/7

MUSICAL THEATRE JAZZ

This class is perfect for young dancers (and actors) who are looking to learn the styles of dance seen on Broadway! While class will primarily focus on the different styles of Broadway jazz, other forms of dance relevant to musical theatre will be introduced. Emphasis will be placed on telling a story and how to incorporate performance, facial expression and emotion into dance.

Instructor: Elaine Buck

Sessions: 17 **Class Min.** 3 / **Max.** 12 **Age:** 11+ years

Class #	Date	Day	Time	Fee
DAMT01	1/23-6/4*	Th	6:00-7:00pm	\$270

*No Class 2/20, 4/9, 5/28

DANCE ACADEMY TEEN COMBO

It's never too late to start dancing! This class is specifically designed for teens with little to no previous dance experience who are looking to try something new, meet new people, and have fun with a class of students their own age. We will explore Jazz, Hip Hop, Contemporary Dance and more!

Instructor: Ali Calabrese

Sessions: 8 **Class Min.** 5 / **Max.** 12 **Age:** 12+ years

Class #	Date	Day	Time	Fee
DATC01	1/22-3/18*	W	6:00-7:00pm	\$120

*No Class 2/19

DANCE ACADEMY MIDWINTER BREAK DANCE & CRAFTS CAMP

Beat the midwinter blues in this fun, energetic camp filled with dance and creativity. Each day will be a new adventure as campers explore different dance styles, games, activities and crafts. Spend your midwinter break doing something new and exciting!

Instructor: Lisa Dietz

Sessions: 5 **Class Min.** 8 / **Max.** 15 **Age:** 5-10 years

Class #	Date	Day	Time	Fee
DAMW01	2/17-2/21	M-F	10:00am-2:00pm	\$250

DANCE ACADEMY MINI SESSIONS

Give your little one a preview into the world of dance with these specialty "mini session" classes. A great intro for those that are brand new to dance or classroom structure, or for young dancers looking to try something new!

PEE WEE HIP HOP

This high energy class is perfect for your little one to learn what hip hop is all about! Students will learn basic hip hop moves set to fun and age-appropriate music. Each class students will learn cool new moves and build fun routines while enjoying social interaction and building teamwork skills.

Instructor: Ali Calabrese

Sessions: 8 **Class Min.** 5 / **Max.** 12 **Age:** 3-6 years

Class #	Date	Day	Time	Fee
DAPH01	3/10-4/28*	T	4:15-5:00pm	\$70

*No Class 4/7

FAIRYTALE BALLET

Our Fairytale Ballet is perfect for young ones who are ready to explore the world of dance! Class will focus on Pre-Ballet and Creative Movement with a fun fairytale theme and your little one's favorite Prince and Princess music.

Instructor: Elaine Buck

Sessions: 8 **Class Min.** 5 / **Max.** 12 **Age:** 3-6 years

Class #	Date	Day	Time	Fee
FTBM01	1/23-3/12*	Th	4:15-5:00pm	\$70

*No Class 2/20

DANCE

BELLY DANCE WORKOUT LEVEL

ONE: 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: 9 **Class Min.** 6 / **Max.** 30 **Age:** 16+

Class #	Date	Day	Time	Fee
DBD01	1/16-3/26*	Th	7:15-8:00pm	\$135

*No Class 2/20, 3/12



BELLY DANCE LEVEL TWO

For those with prior dance experience who want to hone their skills and tone abs to Arab and Greek rhythms! This class is based on strengthening the body through Arab dance moves-must have some prior belly dance experience.

Instructor: Lana Mini

Sessions: 9 **Class Min.** 6 / **Max.** 30 **Age:** 16+

Class #	Date	Day	Time	Fee
DBD02	1/16-3/26	Th	6:10-7:10pm	\$135

*No Class 2/20, 3/12



WEDDING DANCE MADE EASY- ONE EVENING WORKSHOP

Let's turn that high school rock and swag into a fabulous first dance! Whether you are the bride and groom, 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. Wedding shoes or smooth soled shoes preferred. If you have your first dance song picked out or a favorite song, please email the song name to upbeatdance@hotmail.com

Instructor: Leigh Coburn, Upbeat Dance

Class Min. 4 / **Max.** 16 **Age:** 16+

Class #	Date	Day	Time	Fee
DWD01	2/10	M	7:00-8:30pm	\$60 per couple



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EDUCATION

MAKING THE MOST OF YOUR MONEY

Jonathan joined UBS in 2012 after 7 years with Merrill Lynch. He has over 28 years' experience in the investment industry. He is a past Director of the National Association of Investors Corporation (NAIC) where he analyzed individual stocks and mutual funds. There he also worked with finance executives at Fortune 500 companies. He has experience in financial and retirement planning for individuals and small business owners.

Instructor: Jonathan Strong, UBS

Sessions: 2 **Class Min.** 12 / **Max.** 50 **Age:** 18+

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
EMM01	3/5-3/19	Th	6:00-7:30pm	\$40

INVESTING 101: HOW TO START A SUCCESSFUL LONG-TERM PROGRAM

Learn how to make a diversified long-term investment program using a consistent method and approach. Learn key concepts and resources to develop and manage your savings, investment and retirement program. This class will include practical and current investing topics with market and economic information you can use in your planning. Key investment programs; IRA, Roth IRA, 401k Plan, 529 College Savings, tax free income, annuities, mutual funds/stocks. Portfolio examples and economic and market update provided with a question & answer period.

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
EI101	3/5	Th	6:00-7:30pm	\$25

COLLEGE SAVINGS PLANS: STARTING A MICHIGAN 529 COLLEGE SAVINGS PLAN

Overview of college savings plans to save and build funds for college/education costs for a child or grandchild. How to begin a Michigan 529 college savings plan – offering future tax-free withdrawals for education. How you can receive a tax deduction from the state of Michigan for your contributions. Optional college savings programs such as the MET, a joint investment account and other programs. Portfolio examples and economic and stock market update provided with a question & answer period.

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
ECSP01	3/19	Th	6:00-7:30pm	\$25

PROFESSIONAL GROWTH DEVELOPMENT SERIES:

ENHANCE YOUR COMMUNICATION

Instructor: John DePlanche

Sessions: 4 **Class Min.** 12 / **Max.** 50 **Age:** 16+

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
EPG01	1/14-2/4	T	6:30-8:30pm	\$150

ON-TRACK SPEAKING™

Create success when you experience how to persuade, influence and call others to action. You can quickly learn the skills of effective communication offered in this oral presentation class. This class is a must for anyone who wants to learn how to confidently deliver their presentations and feel comfortable when speaking before groups.

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
EOT01	1/14	T	6:30-8:30pm	\$40

ON-TRACK LISTENING™

Listening is becoming a lost art. It can be the reason we are not communicating effectively at work, home or socially. You will learn active listening skills that are the key to communication and you will have people interacting with you in a positive way. This class is for anyone who wants to relate to others more effectively and enhance communication with others in a meaningful way.

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
EOT02	1/21	T	6:30-8:30pm	\$40

GIVE ME FIVE™

Recognize the characteristics that make people tick. Know how to motive and interact with those individuals. This class is for those wishing to maximize success when communicating with various types of personalities.

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
EGM01	1/28	T	6:30-8:30pm	\$40

WAS HE WEARING A SEATBELT...AND OTHER INSENSITIVITIES™?

Know the best ways to communicate when others experience life's transitions. This class is of tremendous value in relationship building within a business and in your community. Know what to say, and when and how to say it.

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
EWW01	2/4	T	6:30-8:30pm	\$40

ADAPTING PRESENTATION SKILLS FOR GLOBAL AUDIENCES

Rolling out an American presentation to an international audience may not be the right way to win your audience. Learn the tips and tricks of adapting your presentation to be inclusive of all audiences to ensure you leave a lasting impression.

Instructor: Michelle Feneberg

Class Min. 12 / **Max.** 50 **Age:** 16+

Class #	Date	Day	Time	Fee
EAP01	2/11	T	6:30-8:00pm	\$40

SELF-DEFENSE FOR CHILDREN

If someone wants to hurt our children, they won't choose a time or a place with witnesses. This means no parents, no teachers, no policemen, just our children and the predator. The safety of our children will depend on their ability to recognize a threat and respond effectively. This fun, interactive and age appropriate workshop teaches 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 - Live Safe Academy

Class Min. 10 / **Max.** 40 **Age:** 6-11 years

Class #	Date	Day	Time	Fee
ESDC01	3/24	T	5:30-6:30pm	\$45

SELF-DEFENSE FOR WOMEN

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. Designed to be safe, this course instills confidence by building on success. You are coached according to your own rate of progression. No previous training required. Note: Serious topics are discussed openly. Minors should be accompanied by a participating adult. A release and hold harmless agreement must be signed by a legal guardian at the beginning of class.

Instructor: Ian Kinder - Live Safe Academy

Class Min. 10 / **Max.** 40 **Age:** 12+ years

Class #	Date	Day	Time	Fee
ESDW01	3/24	T	6:30-8:30pm	\$45

ADULT AND PEDIATRIC CPR/FIRST AID/AED CERTIFICATION

Along with learning how to use an Automated External Defibrillator (AED), also learn how to respond effectively to adult, child and infant cardiac and choking emergencies, sudden illness, bleeding and other life-threatening conditions from the American Red Cross programs that set the national standard. Adult and Pediatric First Aid/CPR/AED certification card 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 - Live Safe Academy

Class Min. 10 / **Max.** 40 **Age:** 14+ years

Class #	Date	Day	Time	Fee
ECPR01	2/16	Su	12:00-3:30pm	\$90

BABYSITTER SAFETY/CPR/FIRST AID CERTIFICATION

Learn to be safe, responsible, build confidence and give yourself a competitive edge over other babysitters! This course certifies youth in First Aid, CPR, and Babysitter Safety. Students will also be prepared to recognize when to call 911, overall safety skills, fundamental childcare skills for a variety of ages, and important business skills to set them up for success! Students need to bring a lunch/snacks and a cell phone (if owned).

Instructor: Ian Kinder - Live Safe Academy

Class Min. 10 / **Max.** 40 **Age:** 9-18 years

Class #	Date	Day	Time	Fee
ECB01	2/17	M	9:00am-3:00pm	\$75
ECB02	3/22	Su	9:00am-3:00pm	\$75

ADD-ON: PET SITTER/CPR/FIRST AID CERTIFICATION

In this add on class for students' participants in the Certified Babysitter/CPR/First Aid course, you'll learn how to care for and appropriately intervene when a crisis occurs with pets. By becoming a certified pet sitter you'll increase your competitive edge over competitors. Bring a stuffed animal w/realistic features for skills practice. *Pre-requisite: Babysitter Safety/CPR/First Aid Certification Class.

Instructor: Ian Kinder - Live Safe Academy

Class Min. 10 / **Max.** 40 **Age:** 9-18 years

Class #	Date	Day	Time	Fee
EPC01	2/17	M	3:00-4:00pm	\$25
EPC02	3/22	Su	3:00-4:00pm	\$25



Our Brand-New, State-of-the-Art
Rossiter Board Room
is Open for Business!

Call 248.644.5832 or email
events@communityhouse.com
for more information.

CANASTA FOR BEGINNERS

Learn the modern game of Canasta in this class 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: Ann Podolsky

Sessions: 4 **Class Min. 8 / Max. 8** **Age:** 16+

Class #	Date	Day	Time	Fee
ECB01	1/8-1/29	W	10:00am-12:00pm	\$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. A \$5 materials fee is due to instructor.

Instructor: Ann Podolsky

Sessions: 4 **Class Min. 8 / Max. 12** **Age:** 16+

Class #	Date	Day	Time	Fee
ECBM01	2/19-3/18*	W	10:00am-12:00pm	\$100

*No Class 3/4

WATER GODDESSES, FIRECRACKERS AND GRAPES: NEW YEAR BELIEFS FROM AROUND THE WORLD

Join Michelle as we explore New Year beliefs and rituals from Ecuador to China. We will find out what people wear and eat, and the rituals they perform to ensure that the bad of the old year is banished and to encourage love and prosperity in the New Year.

Instructor: Michelle Feneberg

Class Min. 12 / Max. 50 **Age:** 16+

Class #	Date	Day	Time	Fee
EWG01	1/14	T	6:30-7:30pm	\$30

INSTAGRAM-CREATING YOUR OWN STORY

Learn the basics of Instagram and build a beautiful story. This class is for all levels, whether you're interested in business or building your own personal brand, you will learn how to create beautiful images and stories that connect with your audience.

Instructor: Tomiko Gumbleton

Class Min. 8 / Max. 30 **Age:** 16+

Class #	Date	Day	Time	Fee
EIG01	2/6	Th	6:30-8:00pm	\$50

PSYCHIC SERIES

Instructors: Pam and Robert Taylor

Sessions: 3 **Class Min. 8 / Max. 20** **Age:** 16+

Class #	Date	Day	Time	Fee
EPS01	2/3-2/17	M	7:00-9:00pm	\$80

IT'S ALL IN THE PALM OF YOUR HAND

Your palm is an intricate roadmap of your karmic destiny. Learn the basics of Palmistry and receive a personal reading.

Class #	Date	Day	Time	Fee
EPS02	2/3	M	7:00-9:00pm	\$30



ASTROLOGY REINCARNATION & KARMA

Robert will share ancient wisdom that explains how astrology relates to your past and determines your present karma. He will use an ancient Indian astrological oracle to give insight to each participant.

Class #	Date	Day	Time	Fee
EPS03	2/10	M	7:00-9:00pm	\$30

PSYCHIC FUN NIGHT

Robert and Pamela will present various predictive techniques: astrology, palmistry, Brighu Yantra (from India) Tarot Cards, The Mo (from Tibet) Astro dice and Psychic Membership. You will choose a technique for your personal reading.

Class #	Date	Day	Time	Fee
EPS04	2/17	M	7:00-9:00 pm	\$30

EDUCATION



PERSONAL GROWTH DEVELOPMENT SERIES: ENHANCE YOUR POTENTIAL

Instructor: John DePlanche

Sessions: 3 **Class Min.** 12 / **Max.** 50 **Age:** 16+

Class #	Date	Day	Time	Fee
FWPG01	3/3-3/17	T	6:30-8:30pm	\$110

IF MY BODY IS A TEMPLE...THEN MY BRAIN HOLDS THE KEY™

Energize yourself! Learn how to keep your body in sync with your mind. Explore nutrition and the mind/body connection for an optimum life. This class lets you establish a path to a fulfilling life. Keep the big picture in perspective.

Class #	Date	Day	Time	Fee
FWBT01	3/3	T	6:30-8:30pm	\$40

A VIEW FROM THE TOP AND WHAT IT MEANS TO YOU™

See the big picture and know you are a part of it. Are you out of focus or are you crisp, clear and defined? This class explores how you can enjoy the world around you every day. Become better connected to the universe and see your role in it.

Class #	Date	Day	Time	Fee
FWVT01	3/10	T	6:30-8:30pm	\$40

WE CHANGE WHEN OUR FULL POTENTIAL NEEDS TO BE SET FREE™

Explore ways to set your potential free and develop your unique talents. The driving force in our life is to achieve our full potential. Learn valuable concepts that can lead you to personal growth. Pave the way to a future of self-fulfillment. Let your spirit soar.

Class #	Date	Day	Time	Fee
FWWC01	3/17	T	6:30-8:30pm	\$40



Student Art Town

Student Art Town celebrates 30 years!

Join us at The Community House's Experience the Arts Youth Engagement Program featuring works from student artists from schools throughout Oakland County. Open to the public – Saturday, March 28th 9:00AM to 5:30PM.



Author Signing Series



Tuesday, December 10

R.J. KING
"DETROIT: ENGINE
OF AMERICA"



Wednesday, December 11

LINDA SOLOMON
"THE QUEEN NEXT DOOR:
ARETHA FRANKLIN,
AN INTIMATE PORTRAIT"



Tuesday, December 17

JACK KRASULA
"WITH GOD, ANYTHING
IS POSSIBLE"



6:00 PM - Guests arrive-books may be purchased now, and signed later

6:30 to 7:00 PM - Book reading, presentation, Q&A

7:00 to 7:30 PM - Book sales signing

8:00 PM - End

All book and wine purchases are **cash only**

Limited number of books available for purchase - **first come, first served**

Wine will be available for purchase



To RSVP, contact
jsmude@communityhousefoundation.org
or call **248.554.6594**

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 Krafzur 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 & 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	MAX # OF STUDENTS	START	END	SESSIONS	PRICE
FY01	Sunday	9:00-10:30am	Continuing	32	1/12	3/22	9	\$135
FY02	Sunday	10:30-11:45am	Beginning	32	1/12	3/22	9	\$135
FY03	Sunday	3:00-4:00pm	Beginning (Gentle)	32	1/12	3/22	9	\$135
FY04	Monday	7:15-8:30am	Beg. & Cont.	32	1/6	3/23	12	\$180
FY05	Monday	9:30-10:30am	Gentle	32	1/6	3/23	12	\$180
FY06	Wednesday	7:15-8:30am	Beg. & Cont.	32	1/8	3/25	12	\$180
FY07	Wednesday	9:30-10:30am	Gentle	32	1/8	3/25	12	\$180
FY08	Thursday	10:00-11:00am	Gentle	32	1/9	3/19	12	\$165
FY09	Thursday	11:30-1:00pm	Beg. & Cont.	16	1/9	3/19	11	\$165
FY10	Friday	9:30-10:30am	Beg. & Cont.	32	1/10	3/20	11	\$165
FY11	Friday	10:45-11:45am	Gentle	16	1/10	3/20	11	\$165
FY12	Saturday	8:30-9:30am	Beg. & Cont.	32	1/11	3/21	10	\$150
FY13	Saturday	9:45-10:45am	Beginning (Gentle)	32	1/11	3/21	10	\$150

Omit: 1/18, 1/26, 2/9

- Multiple prices: 2X/wk=\$10 off total; 3X/wk=\$15 off total
- All enrolled students are invited to bring a friend to attend the 2nd class of each session free of charge!
- Drop-in rate now available: \$20 per class
- Punch Card, Drop In, and Make Up Class Policy
The Community House recognizes that schedules do change and for those students who would like to take advantage of a yoga punch card, drop in rate, or make up class – we request that individuals contact The Community House 24 hours in advance to guarantee space availability in a desired class/time, otherwise, participants risk being turned away if a class reaches maximum capacity.

YOGA PUNCH CARD NOW AVAILABLE!

\$100 for any six Sandra Krafzur yoga classes. Good for 1 year from purchase date.

FITNESS & WELLBEING

CARDIO DANCE FUSION

A blend of dance, barre and yoga for an optimal workout that combines cardio, resistance training and stretch. A complete workout leaving you feeling energetic, strong and lean!

Instructor: Pam Raj

Sessions: 8 **Class Min.** 6 / **Max.** 30 **Age:** 18+

Class #	Date	Day	Time	Fee
FWCD01	1/14-3/3	T	9:30-10:30am	\$130

YOGA ON TUESDAY EVENING

Even though Yoga is over 5,000 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.

Instructor: Tracy Flynn

Sessions: 12 **Class Min.** 10 / **Max.** 30 **Age:** 18+

Class #	Date	Day	Time	Fee
FWTE01	1/7-3/24	T	7:00-8:15pm	\$180



CHAIR YOGA

Explore basic stretches and postures both seated in the chair and standing beside it for flexibility, strength and balance. This class is suitable for all, and will encourage better posture and stress release for all the time we spend sitting while on the job, in the car, or at home.

Instructor: Caryn Ciagne Gallagher

Class Min. 10 / **Max.** 30 **Age:** 18+

Class #	Sessions	Date	Day	Time	Fee
FWCY01	8	1/27-3/23*	M	8:45-9:30am	\$105
FWCY02	9	1/28-3/24	T	12:00-12:45pm	\$120

*No Class 2/24



VINYASA YOGA

Energetic yoga class with lively music and inspiring themes. Connect your breath with physical movement. Increase mental and physical strength. Deepen spiritual connection with yourself and the world.

Instructor: Tina Martin

Sessions: 10 **Class Min.** 10 / **Max.** 30 **Age:** 18+

Class #	Date	Day	Time	Fee
FWVY01	1/13-3/23*	M	9:30-10:30am	\$150
FWVY02	1/15-3/25*	W	9:30-10:30am	\$150
FWVY03	1/16-3/26*	Th	11:45am-12:45pm	\$150

*No Class 2/17, 2/19, 2/20

ASHTANGA YOGA

This practice will synchronize the breath with a progressive series of postures—a terrific way to produce sweat that detoxifies muscles and organs.

Instructor: Tina Martin

Sessions: 10 **Class Min.** 10 / **Max.** 30 **Age:** 18+

Class #	Date	Day	Time	Fee
FWAY01	1/16-3/26*	Th	1:00-2:00pm	\$150

*No Class 2/20

YIN YOGA

Deeply relaxing and slow-paced yoga class focused on stretching in long held poses. Meditative style yoga with peaceful music. Great practice to do before you go to sleep.

Instructor: Tina Martin

Sessions: 10 **Class Min.** 10 / **Max.** 30 **Age:** 18+

Class #	Date	Day	Time	Fee
FWYY01	1/13-3/23*	M	8:15-9:15pm	\$150

*No Class 2/17

FITNESS & WELLBEING



7 ENERGY CENTERS AND AROMATHERAPY SERIES

Explore the connection of breath, basic postures, essential oils, meditation and chakras in this 4-week series. There are seven main chakras in the body that represent our vital energy centers. When balanced energy flows freely, it promotes health, vitality and harmony. Life experiences such as illness, trauma and stress can cause imbalances which block the flow of energy. Fortunately, chakras can be cleared, rebalanced and energized through yoga, breath, meditation and aromatherapy.

Instructor: Caryn Ciagne Gallagher

Sessions: 4 **Class Min. 8 / Max. 30** **Age: 16+**

Class #	Date	Day	Time	Fee
FWAM01	2/5-2/26	W	7:00-8:15pm	\$150

ROOT/SACRAL CHAKRA

Root: Governs our family ties and feels of survival belonging and guardedness. **Sacral:** Corresponds with your sexual organs and represents fluidity, creativity and fertility.

Class #	Date	Day	Time	Fee
FWRS01	2/5	W	7:00-8:15pm	\$40

SOLAR PLEXUS/HEART CHAKRA

Solar Plexus: The center of your self-esteem, will-power, self-discipline as well as warmth in your personality. **Heart:** Involves the issues of complex emotions, compassion, tenderness, equilibrium, rejection, and wellbeing. The center of where life originates.

Class #	Date	Day	Time	Fee
FWSH1	2/12	W	7:00-8:15pm	\$40

THROAT/THIRD EYE/CROWN CHAKRA

Throat Chakra: Relates to communication and growth through self-expression and creativity. **Third Eye:** Involves balancing the higher and lower selves, trusting inner guidance and accessing intuition. Inspires visionary process.

Class #	Date	Day	Time	Fee
FWTT01	2/19	W	7:00-8:15pm	\$40

TYING IT ALL TOGETHER

Bringing all the chakras together into one class.

Class #	Date	Day	Time	Fee
FWTT02	2/26	W	7:00-8:15pm	\$40

VEDIC MEDITATION 4-DAY WORKSHOP

Become self-sufficient meditator with a lifetime of support in four days (90 minutes per session) and never have to use an app or take another class again. Vedic meditation is a 5,000-year-old tradition that anyone can learn and is proven to dissolve stress in your body. Each student will receive a personal mantra and taught the art of transcendence. All participants must attend the free introductory session as a pre-requisite to the course.

Instructor: Julie Gandolfo

Class Min. 8 / Max. 12 **Age: 18+**

Class #	Sessions	Date	Day	Time	Fee
FWFV01	1	1/20	M	7:30-8:30pm	Free
FWVM01	4	1/21-1/24	T-F	8:30-10:00am	\$395
FWVM02	4	1/21-1/24	T-F	7:00-8:30pm	\$395

Benefits of MEDITATION



provides a sense of peace and balance



reduces feelings of anxiety and anger



reduces pain



increases blood flow



increases energy



helps reverse heart disease



helps control thoughts



reduces stress

FITNESS & WELLBEING

TAI CHI AND QI GONG

Tai Chi/Qi Gong is one of the most effects 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 Min.** 6 / **Max.** 18 **Age:** 18+

Class #	Date	Day	Time	Fee
FWTC01	1/14-3/10*	T	11:00am-12:00pm	\$125
FWTC02	1/15-3/11*	W	12:00-1:00pm	\$125

*No Class 2/18, 2/19

ADVANCED TAI CHI AND QI GONG

Class will be reviewing beginner form (Sun Style) and introducing Yang form along with Gi Gong and Pushing Hands. Students must have Tai Chi experience.

Instructor: Mary Ann Kashef

Sessions: 8 **Class Min.** 6 / **Max.** 18 **Age:** 18+

Class #	Date	Day	Time	Fee
FWAT01	1/14-3/10*	T	10:00-11:00am	\$125

*No Class 2/18

YUE CHIA QUAN SHAOLIN MARTIAL ARTS

Learn basic defensive and offensive techniques which include blocks, sidestepping, throws, chin na (joint locks), kicks, and punches. Students will learn the practical fighting techniques of the classical monks and nuns of the Shaolin Temple in China, which was founded over 1500 years ago and be introduced to meditation. In addition to greater self-defense capabilities, benefits include improved health, confidence, discipline, and memory.

Instructor: Boris Layupan

Sessions: 8 **Class Min.** 6 / **Max.** 20 **Age:** 18+

Class #	Date	Day	Time	Fee
FWSM01	2/1-3/28	Sa	9:00-10:00am	\$120

YANG T'AI CHI CHUAN

Students will develop their balance, strength, and vitality while practicing the martial application of Yang T'ai Chi Chuan or "Grand Ultimate Fist". It is an ancient internal Chinese martial art created by the Shaolin Monk Chang San-Feng that specializes in short-and middle-range fighting as well as promoting health and relaxation. Students will practice martial techniques, pushing hands, chin na (joint locks), qigong, and meditation.

Instructor: Boris Layupan

Sessions: 8 **Class Min.** 6 / **Max.** 20 **Age:** 18+

Class #	Date	Day	Time	Fee
FWYC01	2/1-3/28	Sa	10:00-11:00am	\$120

TUMBLEBUNNIES GYMNASTICS

Students will be introduced to the wonderful world of gymnastics by using equipment such as balance beams, bars, trampoline, vault, octagons, wedge mats and so much more. Our classes are fun, fast moving and challenging. Our enthusiastic instructors will make each child feel special and encourage them to do their very best. Each session is non-repetitive throughout the year and filled with all new skills and drills. Comfortable clothing is all that is required.



Instructor: TumbleBunnies

Sessions: 6 **Class Min.** 8 / **Max.** 16 **Age:** 3-5 years

Class #	Date	Day	Time	Fee
FWTB01	1/22-2/26	W	10:00-10:45am	\$150

NINJA BUNNIES KARATE

Our Karate classes teach martial arts skills and drills in a fun way. 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: TumbleBunnies

Sessions: 6 **Class Min.** 8 / **Max.** 16 **Age:** 3-5 years

Class #	Date	Day	Time	Fee
FWNB01	1/22-2/26	W	10:45-11:15am	\$150

ESSENTIAL OILS FOR HEALTHY, HAPPY KIDS

We love our kids, but sometimes everything seems to be going wrong. No one is getting a good night's sleep, they can't focus, they're throwing tantrums, and everyone has a tummy ache-again. It's overwhelming and you want to hide in the closet. Sound familiar? Well let's talk about how essential oils can help save your sanity and benefit your whole family, including your furry friends. Will include a make and take.

Instructor: Caryn Ciagne Gallagher

Class Min. 8 / **Max.** 20 **Age:** 18+

Class #	Date	Day	Time	Fee
FWEO01	2/3	M	6:00-7:00pm	\$35
FWEO02	2/6	Th	11:30am-12:30pm	\$35

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.

StoryTellers Annual Holiday Gathering

Dec. 19, 10:00am-Noon at 250 Martin Street, Ste. #2, Birmingham
This year's festive gathering will once again be hosted by member Marianne Boukamp. Please bring your favorite breakfast specialty to share with the group. Hot and cold beverages will be provided. If you would like to participate in our holiday gift exchange, please bring a new, wrapped children's book. Please RSVP to Marianne by Dec. 12th at 248-229-6087.

Make Your Storytelling More Fun!!

January 16, 10:00am-Noon at The Community House
Drawing on over 30 years of elementary school experience, Program Co-Chair Cindy Thill will share tips, tricks, and titles that every storyteller can share with students from preK through grade 5. Dr. Seuss, Tomie DePaola, Eric Carle, Mo Willems, and others, will be presented in ways you may not have thought of.

Wonderful Read-Alouds!

February 20, 10:00am-Noon at the Baldwin Library
Master storyteller, Stephanie Klimmek, Youth Services Director at the Baldwin Public Library will present outstanding fiction and nonfiction "read-alouds" for grades pre-K through 5.



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.



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 or by calling 248.633.6330. You can also learn more about the club at www.seniormensclubbirmingham.com.



BIRMINGHAM BLOOMFIELD NEWCOMERS CLUB

Want to meet new people? Welcome to the Birmingham/Bloomfield Hills Newcomers Club (BBNC). The BBNC makes it easy to meet women from different countries and participate in countless activities & events throughout the year. Our international members represent over 40 nations including Americans currently live in the greater Metro Detroit area. Please read more about us at: <https://bbnewcomers.com>. Come to a Welcome Coffee, normally held on the first Monday of the month at The Community House in Birmingham from 9:30-11:00am. Join us; we would love to have you. If you have any questions, please call 734.634.4678.

REGISTRATION

Registration received by mail, or in person will be processed by 5PM the next business day. The best way to ensure that your registration is processed immediately is by using our online registration system at communityhouse.asapconnected.com.

SCHEDULING

- While we take great care to ensure the accuracy of the information in our printed materials, we reserve the right to make changes to the information printed in this document. The most up to date information is available on our online registration system.
- The Community House makes every effort to avoid scheduling programs or events on religious holidays. Anyone affected will be offered the option of attending a session of the same program with the same instructor on a different date within the catalog dates as a make-up, or receiving a prorated refund of the series fee for the date that will be missed.

REFUNDS / CREDITS / CANCELLATION OF CLASSES

- Two weeks prior to any class, registration is reviewed to determine if the enrollment is sufficient to hold the class. We encourage you to register early and ask that you not wait until the day of the first class to register. Full refunds will be issued for courses that are cancelled due to insufficient registration. Refunds are processed by the issuance of a check (if paid by cash/check) or by credit card (if paid by credit card) within 5 to 10 business days after the request.
- If you cannot attend a multiple session class, you may request a class credit 72 hours or more before the first class in a series is to be held. Class credit may be applied toward the cost of any future class within the calendar year of the credit issuance. If you contact The Community House less than 72 hours of the class start time, or after the class has occurred, you are not entitled to a credit of any kind. No refunds or class credits will be given after the second class regardless of enrollment date, lack of attendance, or health reasons.
- **No refunds, or class credits will be given for One Session Classes, Enrichment Activities, Lectures or Workshops unless the event is cancelled by The Community House.**

EMERGENCY CLOSINGS & INCLEMENT WEATHER POLICY

In order to ensure safety of our employees and guests, The Community House may close due to weather, road conditions or facility malfunctions. Please check the website for complete details on class cancellations: communityhouse.com.

MEDIA RELEASE

Audio and video recording during classes are prohibited, unless permitted by the instructor in writing. By registering for, or participating in, any of The Community House classes or events, you agree to allow The Community House to publish any photos of our classes or events.

GENERAL POLICIES

- The Community House is not responsible for the supervision of children on-site prior to, or remaining on-site after, the established program time.
- The Community House is handicapped accessible. If you or a member of your family needs accommodation, please see a staff member.
- The Community House assumes no responsibility, and carries no accident or medical insurance for injuries or accidents at programs or activities on The Community House property. It is advisable to review your own personal health insurance plan to be certain that you or your family have proper and sufficient insurance coverage.
- 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.
- 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.

REGISTRATION FORM FOR CLASSES

Name of Adult Registrant _____

Name of Child (if applicable) _____ Age of Child _____

Address _____ City _____ State _____ Zip _____

Cell Phone _____ Home Phone _____

Email Address _____

Emergency Contact Name _____ Emergency Contact Phone _____

New Online Registration! Stay up to date with our online system and register anytime!

Yes, I would like to receive information regarding the online registration system via email No, just sign me up

Class Name _____ Date _____ Time _____ \$ _____

Class Name _____ Date _____ Time _____ \$ _____

Method of Payment

Check (payable to The Community House) VISA MasterCard

Credit Card # _____ Exp. _____ CVV # _____

Name on Credit Card _____

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

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Birmingham, Michigan 48009

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THE
COMMUNITY HOUSE
BIRMINGHAM



KIDS Summer Camps

SIGN UP
JANUARY 3,
2020



THEATRE



FILMMAKERS



STEM

YOUR CHILD'S SUCCESS IS OUR NUMBER ONE GOAL.

For Ages 3-18 Years

The joys of everlasting friendships and unforgettable summer experiences start right here at The Community House.

What better way to liven up your child's summer than with one of our exciting camps!

REGISTER : WWW.COMMUNITYHOUSE.COM

EMAIL: PROGRAM@COMMUNITYHOUSE.COM PHONE: 248.644.5832