

Cordia Weekly

Your guide to programs and resources
to continue living a meaningful life.

From Monday,
JUNE 25



The butterfly
counts not months
but moments and
has time enough.

Through Sunday,
JULY 1

CORDIA PROGRAMS

MONDAY, JUNE 25

CORDIA COMPLIMENTARY TRANSPORTATION TO & FROM THE YMCA - 9:30am to the YMCA. 11:15am pick up at the YMCA. Because of space limitations, all transportation requires a minimum of 24-hour advance registration at Concierge.

FUNctional FITness: INTERMEDIATE/ADVANCED - This more intermediate/advanced program is designed to improve strength, balance, flexibility and overall physical fitness at a more vigorous pace while listening to great music and having FUN. Come on time to take full advantage of the warmup session. Join Terri from **10:00-10:45am in the Theater.**

FUNctional FITness; BEGINNING - This beginner program is designed to improve strength, balance, flexibility and overall physical fitness at a slower, more relaxed pace, while listening to great music and having FUN. Come on time to take full advantage of the warmup session. Join Terri from **11:00-11:45am in the Theater.**



***NEW HISTORY EPISODE* “THE GREAT TRIALS OF WORLD HISTORY: THE AMISTAD TRIAL”** - In this series, join an award-winning law professor for an investigation into the great legal battles that shaped the course of world history. **In today’s episode, you’ll learn about the legal importance of the Amistad trials by exploring three questions they presented.** First: Are the African mutineers criminals? Second: Are they property? Third: If neither, what should happen to them? The ensuing

Monday, June 25, continued:

controversy helped build momentum for turning public opinion in the North against slavery. **11:30am in the TV Room.** Run time: 30 minutes. *NOT closed captioned.*

FITNESS CENTER PERSONAL ORIENTATION - Cordia's Fitness Center is available to you at your convenience, but an introduction/orientation to the equipment is required before you can use the Fitness Center on your own. To learn which equipment is best for meeting your fitness goals—and how to employ it to its best advantage, meet Certified Personal Trainer Terri Hanson anytime from **12:15 to 1:15pm in the Fitness Center.**
Note: Wear comfortable clothes and sneakers.

CORDIA COMPLIMENTARY TRANSPORTATION TO THE LIBRARY AND BANK - 1:00pm.

SELF PORTRAIT/VAN GOGH SERIES, WITH MARY KAY BURBEE - Here is the conclusion of a 5-class series taught by gallery owner, artist, and friend of Cordia Mary Kay Burbee. **This week, Members will finish their self-portraits “in the manner of” Vincent Van Gogh. 1:00pm in the Learning Center.**
Class size is limited to 12 participants and pre-registration at Concierge is required. Attendees must commit to participation in all 5 classes.

 ***NEW DOCUMENTARY* “BORN INTO BROTHELS”** - Linda Price, Cordia's Executive Director, is always on the lookout for compelling films that will spark us into new awareness and conversation. Today, she is presenting a film which won the Academy Award for Best Documentary Feature in 2005. It tells the story of photographer Zana Briski's time in Calcutta's underworld, photographing the city's prostitutes. In return, she offered to teach the prostitutes' children the basics of photography so that the kids could document their own lives on the streets of one of the world's poorest cities. The resulting photographs, often astonishing, were exhibited around the world; many of them are seen in this film. After the documentary, there will be time for discussion and comment. Join Linda for this illuminating program at **1:00pm in the Theater.** Run time: 30 minutes. *Closed captioned.*

SCRABBLE - Calling all wordsmiths! By popular demand, Scrabble is now being played each week. If you enjoy this classic game, pull up a chair and find a fellow Cordia Member who shares your interest. Or if you've always wanted to play but don't know how, join the fun - you can easily learn the rules and game. **1:30pm in the Connector.**

BILLIARDS - Come to the Billiards table and enjoy some friendly competition. Don't be shy; this program is for all skill levels. This is your opportunity to not only have fun, but refresh old skills and learn new ones. **Meet at the Billiards table at 2:30pm.**

Monday, June 25, continued:

EUCHRE - It's the game that's credited with introducing jokers into the modern deck of playing cards. And from the sounds that have been coming from the Pub since we started playing it at Cordia, we're beginning to see why! Gather with Nate Glidden and other Cordia euchre lovers. The more the merrier, and Cordia supplies the playing cards! **2:30pm in the Pub.**

READING OUT LOUD - CALVIN TRILLIN- Experience the pleasure of putting your feet up and listening to a finely honed piece of writing. In today's program, we will continue to explore the essays of the American humorist, essayist, and generally very truthful Calvin Trillin, who is known for mining the vagaries of family life, among other things. Trillin has been a staff writer at *The New Yorker* for decades. Come and tell us what you think of his perspective on life in New York in the 1990s. **3:00pm in the TV Room.**

CORDIA WRITING GROUP - You don't have to be an aspiring writer to join this group. It's helpful if you enjoy writing and you are curious about what surprises might be hiding in your memory and your perceptions, but publication is not the goal. The group gathers around a table, writes for a few minutes on a topic that changes weekly, and then shares what was written. We welcome new members! Join Catherine Turnbull at **4:00pm in the Library.**

READERS' THEATER - This 4-part class is taught by Linda Osborn, a familiar face to Cordia members as the General Manager of the TSO. She is also a theater instructor at Interlochen in the summer and is a founding member of the Parallel 45 theater group. In her class, you will work on character studies and motivation to help guide your performances. In today's class, you will hone your performance by focusing on character traits and the underlying motivation for character behavior. Along the way you will be mentored and directed to develop a performance that has maximum effect. In our last session we will perform our selections for a live audience. ***Pre-registration at Concierge is required, as is a commitment to the whole series.*** For a complete description of the series, see the May-August Arts Programs brochure. **4:30pm in the Theater.**

MUSIC IN THE LOUNGE - IRISH/CELTIC MUSIC WITH "DERAILED CELTIC" - They're back! One of Cordia's most favorite musical groups is here again to entertain you with their lively Irish/Celtic music. Listen over dinner and/or grab a seat as you savor an after-dinner beverage. The band includes Cordia's friend, Dawn Russell, on the flute, accompanied by her talented friends on a variety of instruments. Enjoy the fun! **6:15-7:30pm on the Patio.**

TUESDAY, JUNE 26

CORDIA COMPLIMENTARY TRANSPORTATION TO MEDICAL APPOINTMENTS: All day with 24-hour notice. **Because of space limitations, all transportation requires a minimum of 24-hour advance registration at Concierge.**

Tuesday, June 26, continued:

BRAIN FITNESS AND MINDFULNESS: “WANT TO BE HAPPY? BE GRATEFUL” - The purpose of this program is to support you in your quest for a life of meaning. Come and enjoy an inspiring video that looks at happiness and life fulfillment and/or mindfulness including meditation. **Today: the one thing all humans have in common is that each of us wants to be happy, says Brother David Steindl-Rast, a monk and interfaith scholar. And happiness, he suggests, is born from gratitude. An inspiring lesson in slowing down, looking where you're going, and above all, being grateful.** Following the video, there will be a guided or quiet meditation time if you wish to join in. Join Megan Raphael at **10:00am in the Theater.**

WEIGHT TRAINING CIRCUIT - The Wellness staff at Cordia and trainers at the YMCA have collaborated in designing a weight training program that will increase strength in your arms, legs, abdomen and chest. The health benefits of this kind of exercise are well-documented, and you don't even have to leave home to be part of it. **To sign up, contact Wellness Director Laura McVey at 995-5369. 10:00am in the Fitness Center.**



***NEW ART HISTORY EPISODE* “CIVILIZATIONS, FINALE: WHAT IS ART GOOD FOR?”**

- This is a nine-part series presented in partnership with the BBC that tells the story of art from the dawn of human history to the present day—for the first time on a global scale. *Civilizations* travels across the globe, visiting such cultural landmarks as the great mosques of Istanbul, the ancient cities of Mesoamerica, the Buddhist caves of Ajanta in India, the Aztecs' Templo Mayor in modern Mexico City and the funeral site of China's first emperor. **In today's episode, explore art in the age of revolution, war, and profound scientific change. 11:15 in the Theater.** Run time: 1 hour. *Closed captioned.*

DOG WALKING - Valerie Dietz, dog walker and owner of Woofers on the Run, will be here to accompany you and your dog on a walk. This is a great opportunity for you and your four-legged friend to have some company when you walk. Dress for the weather. **Meet in the Lobby at 11:30am.**

WELLNESS OPEN OFFICE HOURS - Every Tuesday afternoon, Cordia's RNs, Laura McVey and Charlotte Rykse, will be available for drop-in visits to discuss any health issues of concern to you. No appointments are necessary. **1:00pm to 3:00pm in the Wellness Office, 2nd floor.**

MEN'S INFORMAL GATHERING - Calling all Cordia men! Join your fellow Club Members of the male persuasion for coffee and conversation. Knock on your neighbors' doors and bring them with you: we will supply the coffee, you supply the rest! **1:00pm in the Reserve Dining Room.**

YOGA FOR EVERYONE - Naomi Call is an international bestselling author, consultant and certified teacher who recently moved to the Traverse area. Her style and approach to yoga is gentle, very positive and geared for all levels. She has extensive experience in working with people in pain and active older adults. **This yoga program is for everyone!** If you'd like to stretch out on the floor we'll have mats available. Please wear comfortable exercise clothes. **1:00pm in the Theater.**

Tuesday, June 26, continued:

NEW *NEW MUSIC APPRECIATION* **WHAT'S SO PATRIOTIC ABOUT THE 1812 OVERTURE?**
- It's the *only* appropriate finale to any respectable 4th of July concert, but why? This week, for her dive into great music, Karen Anderson will increase your understanding of how this quintessentially Russian piece, by one of Russia's greatest composers, has become the centerpiece of our own Independence Day celebrations, transcending patriotism for any one country to move us all. After this program, you will be more than ready to celebrate the 4th. **2:30pm in the Theater.**

NEW *NEW* **WII BOWLING LEAGUE** - This new program is for "seasoned" Wii athletes. If you know your way around the Wii controller, come and pit your skills against other Club members who love to rack up points in the bowling alley. Heidi Kruse will be your host and cheerleader. Come on down! **Note: If you are a Wii beginner and you would like to learn how to play, please contact Heidi Kruse. She will teach you the skills you need to join the league.* **3:45 in the TV Room.**

NEW *NEW NATURE* **"ANIMAL SUPER SENSES: SCENT"**– Explore the powerful world of scent, and the animals that have pushed their sense of smell far beyond human abilities. Take a look at the skunk, and what makes its scent so repulsive; learn about the wolverine, and find out what smell repels a shark. **4:00pm in the Theater.** *Closed captioned.*

NEW *NEW TIME* *NEW SERIES* **"UNFORGOTTEN" Part 1 - *Unforgotten*** is a British television crime drama that follows two London detectives, DCI Cassie Stuart and DI Sunny Khan, as they work together to solve cold cases involving historic disappearances and murders. Nicola Walker (*Last Tango in Halifax*) and Sanjeev Bhaskar (*Indian Summers*) are the police officers investigating the cold case murder of a boy whose diary implicates four seemingly unconnected couples in a thriller that The Guardian (UK) hailed as "so much more than a satisfying murder mystery." In tonight's episode a waterlogged suitcase holds the remains of David Walker, 25 years after he disappeared; Walker's wife, Tessa, turns out to be a police officer. Join Mary Jane and other mystery lovers at **5:15pm in the Theater.** Run time: 1 hour, 30 minutes. *Closed captioned.*

WEDNESDAY, JUNE 27

BIBLE STUDY - (INTERDENOMINATIONAL) - Robin Carden, pastor of the Suttons Bay Congregational Church, is here every Wednesday morning to facilitate study of, and conversation about, Christian scripture. For each discussion, you will be asked to prepare by reading two chapters of a book of the Bible. Robin will bring supporting materials with her to enrich your understanding of the text. Please bring your own Bible (any translation welcome). For today's meeting, please read ***Genesis, Chapters 22, 23, & 24.*** **All are welcome!**
9:00am in the Reserve Dining Room.

Wednesday, June 27, continued:

CORDIA COMPLIMENTARY TRANSPORTATION TO & FROM THE YMCA - 9:30am to the YMCA. 11:15am pick up at the YMCA. Because of space limitations, all transportation requires a minimum of 24-hour advance registration at Concierge.

FUNctional FITness: INTERMEDIATE/ADVANCED - This more intermediate/advanced program is designed to improve strength, balance, flexibility and overall physical fitness at a more vigorous pace while listening to great music and having FUN. Come on time to take full advantage of the warmup session. Join Terri from **10:00-10:45am in the Theater.**

FUNctional FITness; BEGINNING -This beginner program is designed to improve strength, balance, flexibility and overall physical fitness at a slower, more relaxed pace, while listening to great music and having FUN. Come on time to take full advantage of the warmup session. Join Terri from **11:00-11:45am in the Theater.**



***NEW HISTORY EPISODE* “THE GREAT TRIALS OF WORLD HISTORY: THE DAKOTA CONFLICT TRIALS”** - In this series, join an award-winning law professor for an investigation into the great legal battles that shaped the course of world history. **In today’s episode, you’ll explore how the Dakota Conflict trials led to the largest mass execution in U.S. history. It also marked the end of a legal process unlike any used before or since in the nation. Consider whether or not these cases were an appropriate end to the conflict between settlers and Native Americans. 11:30am in the TV Room. Run time: 30 minutes. NOT closed captioned.**

CORDIA’S COMPLIMENTARY TRANSPORTATION - Meijer, 1:00pm. Because of space limitations, all transportation requires a minimum of 24-hour advance registration at Concierge.

CLAY HANDBUILDING WITH PHIL WILSON - For thirty years, northern Michigan potter Phil Wilson has been a teacher and an artist, creating functional and decorative pottery that has been featured in galleries and art fairs around the country and teaching people—in and out of traditional classrooms—to get their hands into this versatile and wonderful medium. Now, he can teach you! In this three-part class, you will explore a variety of hand building techniques – from slab to coils. You’ll create functional and sculptural artwork: No experience necessary. **1:00pm in the Learning Center. Class size is limited to 12 participants and pre-registration at Concierge is required. Attendees must commit to participation in all 3 classes. For a complete description of the series, see the May-August Arts Programs brochure.**

GRANDMOTHERS AND GRAND OTHERS FOR AFRICA - Building on the groundwork done by Cordia members last year and spurred on by Linda Price’s trip to Uganda, Tanzania, and the Lewis Foundation

Wednesday, June 27, continued:

headquarters in Toronto, the **Grandmothers and Grand Others** group is looking for members to participate in some very crafty and engaging fundraising projects to benefit the Stephen Lewis Foundation. Come and be a part of the first **GGO** group in the United States. Yep, that's us! **1:00pm in the Reserve Dining Room.**

RUMMIKUB - Rummikub is one of those easy to play, easy to learn, and very fun games. It's a lot like Gin Rummy, except with tiles instead of cards. If you know how to play, great. If you don't know the game, don't be shy! We'll teach you. Don't miss the opportunity to enjoy some social time while exercising a bit of mental power. **1:30pm in the Library.**

BRIDGE - Come to the Club Level today and meet other Cordia members who enjoy playing this tactical card game. Cordia will supply the playing cards and score-keeping supplies: we hope you will help us find the bridge enthusiasts we know are out there! **1:30pm in the Connector.**

WRITERS' GROUPS WITH DANIEL STEWART - Here's an adventure for Club members who are already involved in an independent writing project or would like to be. Daniel Stewart is a writer, historian, writing coach, book designer, and storyteller who you may have seen on stage at *Picnic at the Opera*. He will be at Cordia on alternating Wednesdays to mentor individuals interested in and committed to ongoing writing over a period of weeks. **2:00pm to 4:00pm in the 4th Floor Conference Room. *Class size is limited to 8 participants and pre-registration at Concierge is required. Attendees must commit to participation in biweekly meetings.*** *Note: this class continues on alternating Wednesdays through August 22. For a complete description of the series, see the May-August Arts Programs brochure.



***NEW PALEONTOLOGY EPISODE* "MAJOR TRANSITIONS IN EVOLUTION: SINGLE-CELLED LIFE" with Cordia member Jim Hopson** -This is a great opportunity to explore the latest paleontological discoveries and pose questions about them with vertebrate paleontologist and Professor Emeritus at University of Chicago in Biological Sciences, Cordia Member Jim Hopson. **In this episode, complex life can be traced back to the Proterozoic eon, when simple one-celled organisms called prokaryotes evolved specialized structures and became new types of cells called eukaryotes.** Investigate how this major transition took place, paving the way for the profusion of life forms explored in the rest of the course. **3:00pm in the Theater. NOT closed captioned.**

CORDIA CHOIR - Make beautiful music with your fellow Cordia Members. If you enjoy music and singing, be a part of the Cordia Choir. The Choir always welcomes new members, and even if you feel your voice is rusty, be bold and give it a try. You'll learn new songs, build your confidence, make new friends, and above all, have a ball. **Join Choir leader Jennifer Galla at 4:00pm in the Theater.**

Wednesday, June 27, continued:



***NEW CURRENT EVENTS* BE IN THE KNOW!** - Are you someone who likes to be informed about what is happening in the world and feels that “major” news programs often present a superficial story? If so, this new series is for you. Join Linda Price for a weekly broadcast of reporters around the world really digging into the important stories of our time. Conversation will follow. **5:30pm in the Theater.**

THURSDAY, JUNE 28

CORDIA TRANSPORTATION TO MEDICAL APPOINTMENTS: All day with 24-hour notice.

Because of space limitations, all transportation requires a minimum of 24-hour advance registration at Concierge.

BRAIN FITNESS AND MINDFULNESS: “YOU’RE ALREADY AWESOME. JUST GET OUT OF YOUR OWN WAY” - The purpose of this program is to support you in your quest for a life of meaning. Come and enjoy an inspiring video that looks at happiness and life fulfillment and/or mindfulness including meditation. Following the video, there will be a guided or quiet meditation time if you wish to join in. **We have all experienced moments in our lives where everything just comes together in some almost magical way --whether playing music, participating in a sport, or just getting totally absorbed in a project. But why doesn’t this happen more often?** Your brain can help or hinder you if you understand what things you can do to make it work FOR you. In this funny talk, the man behind the iPod and the Nest thermostat shares some of his tips for noticing -- and driving -- change. Join Megan Raphael at **10:00am in the Theater.**

WEIGHT TRAINING CIRCUIT - The Wellness staff at Cordia and trainers at the YMCA have collaborated in designing a weight training program that will increase strength in your arms, legs, abdomen and chest. The health benefits of this kind of exercise are well-documented, and you don’t even have to leave home to be part of it. ***To sign up, contact Wellness Director Laura McVey at 995-5369.*** **10:00am in the Fitness Center.**

COPING WITH GRIEF, LOSS AND CHANGE –Are you grieving for the loss of partners, friends, family home, familiar surroundings, etc? Are you struggling with the changes in your life? You’re not alone. Everyone at Cordia is feeling some kind of grief and loss, and having difficulty with the many changes in their lives. Today Dr. Barbara McIntyre will be here to give you an opportunity to talk about grief and loss, and learn new ways to cope with grief, loss and change. She has over 20 years of experience as a licensed counselor and group facilitator. This is a safe, confidential place to share your challenges and learn from others. **11:00am in the Theater.**

DOG WALKING - Valerie Dietz, dog walker and owner of Woofers on the Run, will be here to accompany you and your dog on a walk. This is a great opportunity for you and your four-legged friend to have some company when you walk. Dress for the weather. **Meet at 11:30am in the Lobby.**

Continued on next page 8

Thursday, June 28, continued:

SELF-SERVE SCRAPBOOKING - Do you have stacks of family pictures around your residence that you'd like to organize? Would you like a great way to display current photos of your grandkids, great-grandkids, etc.? **Help yourself to the materials and supplies marked "Cordia" that are available in the cabinet in the 3rd Floor Lounge.** Spread out on the big table and work at your own pace. When you're done, simply put the materials and supplies back in the cabinet. **Come anytime between 1:00 and 3:00pm, 3rd Floor Lounge.** **Note: The materials and supplies are always available so you can work whenever the spirit moves you.*

OPEN FIBER ARTS STUDIO WITH LYN BREHLER - If you have an in-progress sewing, knitting, or needlework project and would like to be in the company of others while you work, come down to the Learning Center today and enjoy the help and companionship of Lyn Brehler, fiber artist, and other Cordia members. A sewing machine will be available, as will other materials to help you complete your work. The needles will be clicking! **2:00pm to 4:00pm in the Learning Center.**

ENERGIZED FUNfit - Taught by Cordia personal trainer Terri Hanson, Energized FunFit is for Members who can stand and maintain balance with little or no assistance. This includes, but not exclusively, those who have been attending the Monday and Wednesday Advanced FunFit classes. The class will focus on cardio and movement while having fun and listening to great music. **2:30pm in the Theater.**

 ***NEW NATURE* "BLUE PLANET: THE MAKING OF BLUE PLANET II"** - Oceans as we've never known them. Shorelines we thought we'd explored. Depths we thought we'd charted. Seas we thought we knew. *Blue Planet II* takes viewers on a voyage like no other. **Today's episode is a fascinating special revealing the stories behind Blue Planet II's most memorable moments.** Discover what went into creating this stunning natural history series, as we show you the lengths the crews went to and the groundbreaking filming technology they used to capture incredible footage. **4:00pm in the Theater.**

 ***NEW EPISODE* "THE MIDWESTERN GREAT LAKES"** - Come and explore the shores of our Midwestern Great Lakes! This series will feature communities along the shorelines, the various industries supported by the waterways and a look at the many unique shipwrecks, islands and lighthouses. From the creation of these amazing bodies of water during the glacial period, through the history of their life-sustaining use through time, enjoy the picturesque views of one of the most beautiful places on our planet. Mary Jane Cotta will be your host. **5:30pm in the Theater.**

 ***NEW MUSIC* CONCERT ON THE LAWN: Peter, Paul, and Mary Remembered** - The Grand Traverse Pavilion's free concert series continues. Each week on Thursday evenings throughout the summer you will have the opportunity to sit out on the lawn in front of Cordia and enjoy a wide variety of incredible musicians. **Concerts start at 7:00pm.** Tonight's featured musicians will steep you in folk music nostalgia in honor of the group that made "Leaving on a Jet Plane" and "If I Had a Hammer" famous. (If you can hum

Thursday, June 28, continued:

those tunes, don't miss this concert!) . ***Here is some information that will make your concert attendance very enjoyable:***

- There are concessions available for purchase at the concert, including hamburgers and hotdogs.
- If you wish to have dinner before the concert in the Cordia Dining Room or Pub, ***it is very important that you are in the Dining Room by no later than 5:15pm. Please be sure to let the Dining Staff know you are going to this 7:00 concert.***
- For your convenience, canvas lawn chairs can be reserved and set up on the Pavilions' lawn in front of the main stage by Concierge. **Chairs are limited so RESERVE YOURS TODAY BY NOON AT CONCIERGE TO GUARANTEE YOUR SPOT ON THE LAWN.**
- It is a short walk to the concert but there is a slight hill. If you need transportation, we will provide it in Cordia's golf cart to and from the concert. ***If you would like a ride to the concert on the golf cart, you MUST be at the Front Desk no later than 6:50pm. Once the concert has started, we are not allowed to have a golf cart moving through the crowd.***
- Concerts will be canceled due to rain or severe weather (temps 90+). If the weather is questionable, check with Concierge to find out if the concert is cancelled.

FRIDAY, JUNE 29

CORDIA COMPLIMENTARY TRANSPORTATION TO & FROM THE YMCA - 9:30am to the YMCA. 11:15am pick up at the YMCA. Because of space limitations, all transportation requires a minimum of 24-hour advance registration at Concierge.

QIGONG - This is an ancient Chinese movement practice that is fun, gentle, easy to learn, and has health benefits for everyone. Our instructor, Joan D'Argo, is well known in northern Michigan for her teaching ability and inspiring demeanor. ***Everyone can come:*** sitting or standing, every movement can be adapted to how your body feels today. ***Please wear comfortable clothes and shoes. 10:00am in the Theater.***

IMPROVING BALANCE THROUGH HARNESS TRAINING - You are invited to challenge your balance using new equipment in our Fitness Center. With guidance from Wellness Director Laura McVey and support from trained staff, you will be held safely in a harness (anchored to the ceiling) while you walk over differing surfaces. (And that's just the beginning!) This is a cutting-edge approach to "waking up" the balance center of your brain, and there is ***no risk of falling.*** ***Sign-up for this program is required. To sign up, contact Wellness Director Laura McVey at 995-5369. 11:00am in the Fitness Center.***



***NEW* PETUNIA PINCHING WITH HEIDI** - Yes, you read that right: Become a charter member of the Cordia Petunia Patrol! Learn the experts' way of "pinching" petunias so they grow lush and happy in

Continued on the next page 10

Friday, June 29, continued:

our porch flower boxes. Heidi Kruse, master petunia-pinching practitioner, will teach you everything you need to know. Meet Heidi at **12:30pm on the 2nd Floor Porch, North Wing.**



SPECIAL EVENT* CORDIA HIGH TEA WITH LINDA PRICE** –Time to hold out your pinkies and tuck your hankies tastefully under your sleeve: we will be serving a selection of finger sandwiches and other high tea delights, artisanal tea in porcelain teacups, and friendly conversation. Your host will be Linda Price: come down for the treats, stay for the friendship! ***If you have a pair of gloves and a hat in your possession, feel free to wear them! **1:30pm in the Reserve Dining Room. *Sign-up at Concierge is required; space is limited.***

CORDIA COMPLIMENTARY TRANSPORTATION TO OLESONS - 3:30pm. Because of space limitations, all transportation requires a minimum of 24-hour advance registration at Concierge.

REPEAT *FRIDAY AT THE MOVIES* “VICTORIA AND ABDUL” - *Victoria & Abdul* is a 2017 British biographical comedy-drama about the real-life relationship between Queen Victoria of the United Kingdom and her Indian Muslim servant Abdul Karim. It stars Judi Dench, Ali Fazal, Michael Gambon, Eddie Izzard, Tim Pigott-Smith and Adeel Akhtar. When a young clerk (Fazal), travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity. *Victoria and Abdul* was nominated for Best Costume Design and Best Makeup and Hairstyling at the 90th Academy Awards, and Best Actress in a Motion Picture – Musical or Comedy (for Dench) at the 75th Golden Globe Awards. **4:30pm and 7:30pm in the Theater.** Run time: 1 hour, 52 minutes. *Closed captioned.*

SATURDAY, JUNE 30



EXCURSION* CHERRY REPUBLIC, GLEN ARBOR** - It's prime time to celebrate all things cherry! Let's beat the Traverse City summer crowd and go out to Glen Arbor where the Cherry Republic began. Enjoy the beautiful scenery on the way, then peruse and sample the variety of local goods at this area landmark and walk through the gardens. Stay for lunch in their new pub! ***We will leave Cordia promptly at 11:15am and return by 2:30pm. Sign-up at Concierge is required. Please bring money for personal purchases. Join Karen Anderson at **11:00am in the Lobby.**



***NEW* RUMMIKUB ON THE PORCH**– It's finally summer, and the porches, with their beautiful flower boxes, are calling you. Come out today and play Rummikub with Karen Anderson and other Club members. If you ever played gin rummy, you can pretty much learn this game in one sitting. It's fun! We have more than one set, so the more the merrier! **3:15pm on the First Floor Lobby Porch.**

Continued on the back side 11

Saturday, June 30, continued:

CORDIA COMPLIMENTARY TRANSPORTATION TO ST. FRANCIS CHURCH (for 4:00pm service) - 3:30pm in the Lobby.

NEW

***NEW* HAPPY HOUR AND FUN ON THE PORCH** - What's better than beverages sipped slowly in the late afternoon on a porch grand enough to be in *Gone With the Wind*? Nothing, you say??? Then gather with Karen Anderson and other nice Cordia people to make it so, and see what fun our CEO has up her sleeve. **4:30pm on the First Floor Lobby Porch.**

NEW

***NEW SATURDAY AT THE MOVIES* "LUCKY"** - *Lucky* follows the spiritual journey of a 90-year-old atheist and the quirky characters that inhabit his off-the-map desert town. Having outlived and out smoked all of his contemporaries, the fiercely independent Lucky finds himself at the precipice of life, thrust into a journey of self exploration, leading towards that which is so often unattainable: enlightenment. Acclaimed character actor John Carroll Lynch's directorial debut is at once a love letter to the life and career of Harry Dean Stanton as well as a meditation on morality, loneliness, spirituality, and human connection. A *Roger Ebert* (movie critic website) reviewer gave the film four out of four stars, writing that the film is "the humblest deep movie of recent years..." and later named *Lucky* as the best film of 2017. **4:30pm and 7:30pm in the Theater.** Run time: 1 hour, 26 minutes. *Closed captioned.*

SUNDAY, JULY 1

CORDIA COMPLIMENTARY TRANSPORTATION TO VARIOUS CHURCHES - 9:30am for 10:00am services, 10:30am for 11:00am services. Advance reservation required before Sunday. **Because of space limitations, all transportation requires a minimum of 24-hour advance registration at Concierge. As a courtesy to other churchgoers, please be on time for your ride. (Concierge will be happy to call you a taxi if you are not in the Lobby when the vehicle needs to depart.)**

REPEAT NATURE EPISODE - "THE MAKING OF BLUE PLANET II" - Oceans as we've never known them. Shorelines we thought we'd explored. Depths we thought we'd charted. Seas we thought we knew. *Blue Planet II* takes viewers on a voyage like no other. **Today's episode is a fascinating special revealing the stories behind Blue Planet II's most memorable moments.** Discover what went into creating this stunning natural history series, as we show you the lengths the crews went to and the groundbreaking filming technology they used to capture incredible footage. **1:30pm in the Theater.**

NEW

***NEW SUNDAY AT THE MOVIES* "GREAT EXPECTATIONS"** - It's time to show a classic! *Great Expectations* is a 1946 British film directed by David Lean, starring John Mills, Bernard Miles, Finlay Currie, Jean Simmons, Martita Hunt, Alec Guinness, and Valerie Hobson. It won two Academy Awards (Best Art Direction and Best Cinematography) and was nominated for three others (Best Picture, Best Director and

Sunday, July 1, continued:

Best Screenplay). In this Dickens adaptation, orphan Pip discovers through lawyer Mr. Jaggers that a mysterious benefactor wishes to ensure that he becomes a gentleman. Reunited with his childhood patron, Miss Havisham, and his first love, the beautiful but emotionally cold Estella, he discovers that the elderly spinster has gone mad from having been left at the altar as a young woman, and has made her charge into a warped, unfeeling heartbreaker. *Great Expectations* is now regarded as one of Lean's best; in 1999, on the British Film Institute's Top 100 British films list, it was named the 5th greatest British film of all time. **3:30pm in the Theater.** Run time: 2 hours. *Closed captioned.*



****Cordia Comings and Goings****

When we have member and/or family permission, we will update you about travels or changes in the lives of your fellow members through this new feature of the *Cordia Weekly*.

Welcome to new Club members John and Norma Adams!





****Cordia Transportation****

Because of schedule and space limitations, all transportation requires a minimum of 24-hour advance registration at Concierge. For the benefit of all Club members using these services, please try to arrive at Concierge at least ten minutes prior to your scheduled departure time.

- Monday:** To the YMCA at 9:30am, pick up at the YMCA 11:15am. Library/Bank 1:00pm.
- Tuesday:** To medical appointments all day, **with a minimum of 24 hours advance notice.**
- Wednesday:** To the YMCA at 9:30am, pick up at the YMCA 11:15am. Meijer at 1:00pm.
- Thursday:** To medical appointments all day, **with a minimum of 24 hours advance notice.**
- Friday:** To the YMCA at 9:30am, pick up at the YMCA 11:15am. Olesons at 3:30pm.
- Saturday:** To St. Francis; 3:30pm if you are going to a 4:00pm service.
- Sunday:** To various churches; 9:30am if you are going to a 10:00am service, 10:30am if you are going to a 11:00am service.

****TO ENSURE YOU HAVE A RIDE TO THE CHURCH OF YOUR CHOICE,
PRE-REGISTRATION WITH CONCIERGE IS REQUIRED BEFORE SUNDAY MORNING.**

**** If you need to cancel a ride to church that you previously scheduled, please call Concierge to cancel so they can more effectively plan transportation. Thank you.***

