

Cordia Weekly

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

From Monday,
FEBRUARY 18



Through Sunday,
FEBRUARY 24

CORDIA PROGRAMS

MONDAY, FEBRUARY 24 HAPPY PRESIDENTS' DAY!

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

***NEW HISTORY EPISODES* "AMERICA IN THE GILDED AGE: ANDREW CARNEGIE & BIG BUSINESS"** - We are going to delve more deeply into six profoundly innovative decades of American history in a course taught by Prof. Edward O'Donnell, College of the Holy Cross. In it, you will witness the

Monday, February 18, continued:

transformation of the U.S. from a war-torn nation to a global leader. **In Episodes 5&6, you will examine the notion of the “self-made man” as it pervaded Gilded Age America and explore rising public anxiety over the power of big business and the era’s economic inequality, governmental corruption, and violent conflict between labor and capital. 11:00am in the TV Room. Closed captioned.** Run time: 1 hour (2 episodes, 30 minutes each).

FIBER ARTS GROUP - Cordia’s friend and former staff member Ann Pettyjohn is experienced in many crafts and she will be here to work alongside you. Come down and chat with other crafty people while you work on anything in progress: sewing, knitting, needlework, or what have you? **11:30am to 1:00pm in the Piano Lounge.**

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

BRIDGE - Come and meet other Club members who enjoy playing this tactical card game. Cordia will supply the playing cards and score-keeping supplies, and if you would like a refresher on the game, Cordia Member John Barger will be glad to take you under his wing. **1:00pm in the Learning Center.**



***NEW HISTORY* SHORT FILMS IN HONOR OF PRESIDENTS’ DAY** - To commemorate the office of the American presidency and the two centuries of that office’s influence in the world, we are showing a group of short films. The first, *Presidents in Crisis*, features historian Doris Kearns Goodwin looking at three key moments in history and the presidents who led us at the time: Abraham Lincoln, Franklin Roosevelt, and Lyndon Johnson. The second part of today’s program, *Curious Minds: David McCullough*, is a group of short interviews with the beloved and accomplished historian David McCullough as he offers insight into a few presidents, his own upbringing, and wisdom gained from his studies. Join us! **1:00pm in the Theater.** Run time: 35 minutes total.

SCRABBLE - Calling all wordsmiths! By popular demand, Scrabble is 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 Library.**



***NEW EPISODE* “THE MARVELOUS MRS. MAISEL,” SEASON TWO** - This smart historical-comedy series returns with a new season! **In episode seven, Benjamin opens Midge's eyes to the New York art scene, and the Maisel and Weissman families come together for a tension-filled Yom Kippur dinner on the anniversary of Joel and Midge's separation.** *The Marvelous Mrs. Maisel* is written and directed by Amy Sherman-Palladino (*Gilmore Girls*). Join Catherine Turnbull at **2:00pm in the Theater.** Run time: 1 hour. *Closed captioned.*

Monday, February 18, continued:

EUCHRE - The players of this weekly game are gaining a reputation for having WAY too much fun. If you know how to play Euchre or once knew and want to brush up, you're invited to join this hearty and welcoming group. 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 - “EDUCATED” BY TARA WESTOVER - We don't think it's possible to outgrow the pleasure of being read to. Come down to the TV Room, put your feet up, and immerse yourself in a finely honed piece of writing. Today we will continue to read the memoir of a young woman who was born into a family of survivalists in Idaho and was forbidden by her father to go to school. Westover's writing is superb, but don't take our word for it—come and give us your opinion at **3:00pm in the TV Room.**

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 Nate Glidden at the Billiards table at 3:45pm.**

CORDIA BOOK CLUB, “LAST BUS TO WISDOM” - Ivan Doig's last novel is a love letter to the American rural west of the 1950s, and we will be discussing it today. We will share information about the author and delve into the origins of this book, along with chewing on aspects of the plot and the characters. Join Catherine Turnbull at **4:00pm in the Library.**



***ACADEMY AWARDS WEEK* “BOHEMIAN RHAPSODY”** - The Oscars are coming! And to help prepare you for Cordia's annual Oscar contest, we will show a number of Oscar-nominated films this week. First up is *Bohemian Rhapsody*, a movie that celebrates the band Queen, their music, and their extraordinary lead singer Freddie Mercury, who defied convention to become one of the most beloved entertainers ever. This film is nominated for 5 Oscars, including Best Picture. **4:00pm in the Theater.** Run time: 2 hours, 14 minutes. *Closed captioned.*

TUESDAY, FEBRUARY 19

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.**



***NEW* BRAIN FITNESS AND MINDFULNESS: “GETTING TO KNOW YOUR ANGER”** - Today's program continues *Masters of Mindfulness*, a new series that Cordia members thought was very informative and inspiring when it was introduced a few weeks ago. If you're new to mindfulness or well-versed in it, don't miss today's session. **Neuroscience reveals why we tend to act more quickly on our feelings of anger than any other emotion. We often regret acting out of anger, but what can we do about it?** Learn how a mindfulness practice can help you take more appropriate action in response to anger by

Tuesday, February 19, continued:

affecting your body chemistry and growing new connections in specific parts of the brain in this second session with Juna Mustad. We will end the program with a brief quiet reflection/meditation if you wish to try out this practice. Join Megan Raphael at **9:45am in the Theater**. *Closed captioned.*

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 Laura McVey at 392-7306. 10:00am in the Fitness Center.**



***NEW ART HISTORY EPISODES* "GREAT ARTISTS, WITH TIM MARLOW: HOLBEIN AND CARAVAGGIO"** - Art historian and broadcaster Tim Marlow takes a fresh look at the most important artworks of some of the greatest artists in history. Shot on location in over 50 galleries, museums, churches and palaces throughout Europe and the United States, this series is a comprehensive survey of the history of Western art. **In today's episodes: Holbein made the human individual seem more real and more exposed than any other artists before him and is the father of a tradition of portraiture. Caravaggio lived a brief and tumultuous life, mocking authority and even murdering a man; but he always painted, bringing religious art to life in paintings so powerful and naturalistic that some saw them as miracles in themselves.** **11:00am in the Theater.** *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.**

MEN'S DISCUSSION GROUP: MILITARY PREPAREDNESS - Calling all Cordia men! Join the discussion and learn more about a subject chosen by the group, and also more about your fellow Cordia Members. **Today, you'll discuss the meaning of military preparedness in today's world.** While you may not get your arms around all the vagaries of this topic, you will certainly enjoy the coffee, cookies, and camaraderie. **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.**

FIBER ARTS OPEN STUDIO - We are lucky to have the talents and wisdom of knitter/spinner/fabric artist Amy Tyler with us on Tuesday afternoons! If you are someone who already knits, spins, or sews, you are enthusiastically invited to ply your craft with Amy and others. If you need assistance with something you've begun—or *would like* to begin—Amy will be available to offer you help and advice. So, come on down! **New spinners or knitters are invited!** Anytime from **1:00pm to 2:30pm in the Learning Center and Fiber Arts Studio.**

Tuesday, February 19, continued:



***NEW MUSIC APPRECIATION* RACHMANINOFF, SONATA FOR CELLO AND PIANO** - If you love either the piano or the cello, you won't want to miss today's program. Here is the piece Rachmaninoff resisted calling a cello sonata because he believe both instruments to be equally important. Learn other facts about this piece and its composer at **2:30pm in the Theater**.

WII BOWLING LEAGUE - This 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.**



***ACADEMY AWARDS WEEK* "BLACKKLANSMAN"** - The Oscars are coming! And to help prepare you for Cordia's annual Oscar contest, we will show a number of Oscar-nominated films this week. Today's offering is *BlackkKlansman*, a movie directed by the visionary filmmaker Spike Lee. As implausible as this sounds, it is based on the true story of an African American police officer from Colorado Springs, CO, who successfully infiltrated the local Ku Klux Klan with the help of a Jewish surrogate who eventually became its leader. *Black Klansman* has been nominated for six Oscars, including Best Picture and Best Supporting Actor. **4:00pm in the Theater.** Run time: 2 hours, 14 minutes. *Closed captioned.*

WEDNESDAY, FEBRUARY 20

ECUMENICAL BIBLE STUDY - 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 a few 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 **Exodus 15, 16, & 17.** **All are welcome! 9:00am in the Reserve Dining Room.**

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 warm-up 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

Wednesday, February 20, continued:

having FUN. Come on time to take full advantage of the warmup session. Join Terri from **11:00-11:45am in the Theater.**

NEW

***NEW HISTORY EPISODES* “AMERICA IN THE GILDED AGE: THE NEW IMMIGRANTS & BIG CITIES”** - We are delving more deeply into six profoundly innovative decades of American history in a course taught by Prof. Edward O’Donnell, College of the Holy Cross. In it, you will witness the transformation of the U.S. from a war-torn nation to a global leader. **Today’s episodes will explore how widespread immigration during the Gilded Age and Progressive Era transformed U.S. society. You’ll also study the forces leading to massive urbanization, then track the serious social problems that resulted, from crime and disease to political corruption, which spurred intense scrutiny from reformers.** **11:00am in the TV Room.** *Closed captioned.* Run time: 1 hour (2 episodes, 30 minutes each).

IMPROVING BALANCE THROUGH HARNESS TRAINING: BEGINNING - You are invited to challenge your balance using new equipment in our Fitness Center. With guidance from Laura McVey and support from trained staff, you will be held safely in a harness (anchored to the ceiling) while you move your body. 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 Laura McVey at 392-7306.*** **11:45am in the Fitness Center.**

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

NEW

***NEW* “THROUGH THE WORMHOLE: CAN WE ELIMINATE EVIL?”** - Researchers are uncovering the hidden forces that inflame our inner demons, looking for ways to neutralize the source of evil in the brain. Methods include learning impulse control and stimulating altruism. But can psychopaths who lack empathy be helped? *Through the Wormhole* brings together the brightest minds and best ideas from the very edges of science to address questions such as this. You don’t have to be a scientist to be wowed by this show, you just need a curious mind and a sense of wonder. Eustace Theodore will be your host and will provide an introduction to those who are new to this series. Discussion will also follow the program. Join Eustace **1:00pm in the Theater.** *Closed captioned.*

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.**

NEW

***NEW ANTHROPOLOGY EPISODE* “ARCHAEOLOGY AND HUMAN TOOLS” with Cordia member Jim Hopson** - This is a great opportunity to explore a new discipline and pose questions about it with vertebrate paleontologist and Professor Emeritus at University of Chicago in Biological Sciences, Cordia Member Jim Hopson. **In today’s episode, shift your attention from biology to archaeology, where you will**

Wednesday, February 20, continued:

dig up several answers about the Homo sapiens family tree. Here, Professor Lacy introduces what archaeologists do and how they work. He then examines the history of tools such as the hand-ax and the microlith, which had a tremendous impact on human population. **3:00pm in the Theater.** *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: they say it only takes six weeks for your voice to feel right again. 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.**

NEW

***NEW DAY* *NEW LOCATION* TRIVIA IN THE TV ROOM** - A friendly competition for trivia buffs. Do you know a lot about old movies? Do you have a head for history or science or famous people? Do you just like to play? Come to the TV Room this afternoon and be part of the fun. We are using club member feedback to hone our skills with this program—so we need you! You don't have to bring a thing with you—we will supply everything you need, but you may want to listen to a little Mozart beforehand so your brain will be primed and ready! Join Nick Bierschbach at **4:00pm in the TV Room.** *Closed captioned.*

NEW

***NEW* LET'S STAY CURRENT: UNDERSTANDING BREXIT** - The world is changing in ways that even 10 years ago would have seemed unimaginable. In this new program we will look at new technologies, innovations and policies that will keep us current with the ever-changing world we live in. **This week: The complexities of Britain leaving the European Union are many.** If you wonder what all that fuss about the Irish border really means, delve into the implications of Brexit with the guidance of Karen Anderson. Be there, or be...well...a fuddy-duddy! **5:30pm in the Theater.**



***ACADEMY AWARDS WEEK* "THE FAVOURITE"** - To help prepare you for Cordia's annual Oscar contest, we are showing a number of Oscar-nominated films this week. Today's film is *The Favourite*, directed by Yorgos Lanthimos and stars Olivia Colman, Emma Stone, and Rachel Weisz. In early 18th-century England, the relationship between Queen Anne and her close friend, Lady Sarah, is threatened by a new servant who schemes to return to her aristocratic roots. *The Favourite* has been nominated for ten Oscars, including Best Original Screenplay, Best Costume Design, Best Actress, Best Supporting Actress, and Best Picture. **7:00pm in the Theater.** Run time: 2 hours, 14 minutes. *Closed captioned.*

THURSDAY, FEBRUARY 21

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.

Thursday, February 21, continued:

BRAIN FITNESS AND MINDFULNESS: MEDITATION, MINDFULNESS, AND YOU - Along with her long study of yoga, Naomi Call is also a teacher of mindfulness meditation. If you are curious about what meditation could do for you, why not give it a whirl? Naomi's "user-friendly" approach to all things Mindful will show you how easy it can be to relieve stress and improve your health. **10:00am in the Theater.**

WEIGHT TRAINING CIRCUIT - The Wellness staff at Cordia and trainers at the YMCA have designed 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 Laura McVey at 392-7306. 10:00am in the Fitness Center.**

COPING WITH GRIEF, LOSS AND CHANGE WITH BARB MCINTYRE -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.**

ACRYLIC PAINTING WITH MARY GUNTZVILLER - After a bit of an absence, Mary G. is returning to Cordia with her unique brand of enthusiasm and direction. If you already paint or simply would like to try, maybe today is the day to start: everything you need will be supplied. Just bring your curiosity, and be sure to leave your self-criticism in the hall. You won't be needing that! **2:00pm in the Learning Center.**



***NEW LOCATION* *NEW NATURE* "SOUTH PACIFIC: OCEAN OF VOLCANOES"** -

Sailors, travelers, and lovers of other cultures or creatures, take a visual trip today to the other side of the world. The South Pacific Islands have long been known as a Paradise but they are complex in their power and danger. If they are a paradise, it's an unforgiving one. This episode is the fourth in a series of five, narrated by Benedict Cumberbatch. **The rising lands of the South Pacific have given life to some very strange creatures, from the vampire bug that thrives in tropical snow, to the megapode, a bird that uses volcanic springs to incubate its eggs.** Join Nick at **4:00pm in the TV Room.** Run time: 1 hour. *Closed captioned.*



***ACADEMY AWARDS WEEK* "THE WIFE"** - To help prepare you for Cordia's annual Oscar contest, we are showing a number of Oscar-nominated films this week. Today's film is *The Wife*, directed by Bjorn Runge, starring Glenn Close, Jonathan Pryce, and Christian Slater. This drama is the interwoven story of a couple's youthful passion and ambition with a portrait of a marriage—40-years later—with its lifetime of shared compromises, secrets, betrayals, and mutual love. Glenn Close has been nominated for an Oscar for Best Actress for her performance in *The Wife*. **4:00pm in the Theater.** Run time: 1 hour, 39 minutes. *Closed captioned.*

FRIDAY, FEBRUARY 22

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.

A note about today's program schedule: Technicians from Waara Technologies will be in Cordia's Theater from 11:00am to 5:00pm today to work on the equipment. Some locations of regular programs will be changed. We appreciate your patience.

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: INTERMEDIATE - If you have been practicing on the balance harnesses and have increased your skill (see above), you may be right for this more advanced session, which "ups" the challenge. If you wonder whether you are appropriate for this class, please see Laura McVey. ***Sign-up for this program is required. To sign up, contact Laura McVey at 392-7306. 11:45am in the Fitness Center.***

NEW

NEW LOCATION* *NEW EPISODE* "THE WORLD'S MOST EXTRAORDINARY HOMES: SPAIN"** - An architect and an actress team up to introduce us to some of the most remarkable human dwellings on earth. You will have an inside look at cutting-edge architecture and stunning (impossible!) designs as they have come to being in the world. ***In today's episode, Caroline and Piers see a farmhouse made of steel, a home with a floating pool, a circular sanctuary and a shared dwelling for three sisters. If you love originality, scenery, and innovation—and if you love houses!— This series is for you. ***1:00pm in the TV Room.***

NEW

SPECIAL EVENT* CORDIA AFTERNOON TEA** - It's becoming a beloved event: Indulge yourself with a delicious selection of treats and teas. You are invited to dress up if you wish (fascinators, hats, and gloves, anyone?!), and Karen Anderson will be your host while you sip and chat. The treats will be wonderful, and the conversation even more so. ***1:30pm in the Reserve Dining Room. Please sign up at Concierge.

NEW

SPECIAL EVENT* CELEBRATING MEMBERS' FEBRUARY BIRTHDAYS** - Isn't it great to have your birthday acknowledged? This is your opportunity to be celebrated AND/OR to honor your fellow Club Members. Today is for ALL Members, not just the birthday guys and gals...come and enjoy some tasty birthday cake and ice cream and join in on a rousing chorus of Happy Birthday for those with February birthdays. Even if you're new in the Club and don't feel like you know many others yet, please be a part of today's celebration; you will be welcomed in. We encourage you to come on time so you don't miss out on the treats. ***2:30pm in the Pub. *Note: Members with February birthdays are: Bob Guyot, Barbara Hershey, Dick Sharkey, Sara Booth, Gary Deavel, Gerri Jennings, Anne Cole, and Byron Hanson.

Friday, February 22, continued:

NEW

***SPECIAL EVENT* CORDIA ART SHOW AND RECEPTION** - You've seen them in the Learning Center, your co-members of Cordia, churning out myriad pieces of art, and maybe you're curious about some of the stories behind the paintings, or about how the artists got started? Today, you are invited to celebrate these Cordia artists and see what they've been doing. Art Instructor Irene Cotter will be here, along with the participants in her watercolor and acrylic classes. She would love to answer your questions about craft or talk to you about your own artistic goals while you admire the exhibit. Snacks and beverages will be provided. Come on down! **4:00pm to 5:30pm in the Learning Center.**

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



***NEW TIME* *ACADEMY AWARDS WEEK* "GREEN BOOK"** - Tonight's Academy-Award-nominated film stars Viggo Mortensen and Mahershala Ali. Set in 1962, it brings us into the lives of a nightclub bouncer called "Tony Lip" Vallelonga, who needs work while the club he works for is being renovated. He ends up driving an African American concert pianist on his tour of performances through the deep south, with *The Negro Motorist Green Book* as a guide. This film has been nominated for five Academy Awards, including Best Supporting Actor, Best Actor, and Best Picture. **5:00pm and 7:30pm in the Theater.** Run time: 2 hours, 10 minutes. *Closed captioned.*

SATURDAY, FEBRUARY 23

WII BOWLING - Come to Cordia's own virtual bowling alley and while away a winter's hour knocking down some pins to the cheers of a friendly "crowd." Catherine Turnbull will be alongside you to give you tips or instruction if you need some—and if you're already familiar, she will just root for you while you rack up the strikes. **11:30am in the TV Room.**

NEW

***NEW ART* - SILK PAINTING CLASS WITH TERRY TARNOW** - In this program you will learn two easy techniques for creating beautiful silk scarves. In one, you will use crystal bleed tissue and water to color the material; in the other, you will use silk dyes as paint, then apply salt to the surface for a variety of effects. Staining of clothing may occur, so please dress accordingly! We will provide aprons and rubber gloves. Think about colors you would like to use for your projects. **1:00pm in the Learning Center.** *Space is limited to 8 people, so sign-up at Concierge is required.*

NEW

***EXCURSION* SNOWSHOEING ON THE LAWN** - If you have ever wondered about snowshoeing, now's the time to try it out. Come and see how easy it is, how stable you are, and how the poles can help you. If you already enjoy this meditative winter sport, come out and stretch your legs in the beautiful park surrounding Cordia. Nick Bierschbach will be there to offer tips and answer questions. Gather at **2:00pm in the Lobby.**

Saturday, February 23, continued:

CORDIA COMPLIMENTARY TRANSPORTATION TO VARIOUS CHURCHES (3:30pm for :00pm service); 4:30pm for a 5:00pm service).



***ACADEMY AWARDS WEEK* “A STAR IS BORN”** - It seems to be a story that wants retelling: First there was Janet Gaynor and Fredric March; then Judy Garland and James Mason; then Barbra Streisand and Chris Kristofferson; and now, it’s Lady Gaga and Bradley Cooper in this film about a musician who helps a young singer find fame, even as age and alcoholism send his own career into a downward spiral. How will this remake stack up against the others? Well, it’s been nominated for eight Oscars (Best Picture, Best Actor, Best Actress, Best Supporting Actor...), so we’ll see! **4:30pm in the Theater.** Run time: 1 hour, 30 minutes. *English subtitles.*



***ACADEMY AWARDS WEEK* “AT ETERNITY’S GATE”** - Julian Schnabel's *At Eternity’s Gate* is a journey inside the world and mind of a person who, despite skepticism, ridicule, and illness, created some of the world's most beloved and stunning works of art. The movie stars Willem Dafoe as Vincent Van Gogh. Dafoe has been nominated for an Oscar for Best Actor in a Leading Role for his performance. **7:30pm in the Theater.**

SUNDAY, FEBRUARY 24

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.)**

***NEW* GAMES IN THE PUB AND LOBBY** - How about a little Scrabble, or Rummikub, or Backgammon, or a game of cards? In two locations in the Club, we will have games available for your enjoyment. Call a Cordia friend to come and join you! **2:00pm to 4:00pm in the Lobby and the Pub.**



***NEW* CORDIA VESPERS WORSHIP SERVICE** - In response to requests from Cordia members to have an ecumenical worship service in-house, we have invited the Rev. Gayle Madison, a retired pastor, to begin this new program. Our goal is that any Club member, whatever their spiritual bent, can feel comfortable in this service. It will include a Call to Worship, prayers, readings of scripture or poems, a homily, and music for reflection. If you would enjoy this kind of spiritual opportunity, please come for a few Sundays and give us your feedback. We expect that the service will evolve as time goes on. **3:00pm in the Theater.**

Sunday, February 24, continued:



***SPECIAL EVENT* CORDIA'S OSCAR NIGHT AND RED CARPET** - Kick-off the 91st Academy Awards! Become the Fashion Police with Dining Manager Zach Whitaker and judge which Hollywood stars are the Best- and Worst-Dressed. Sip a sparkling beverage and enjoy heavy snacks while you watch the stars arrive, then stay for the Academy Awards broadcast. Come and see how well you did guessing the winners of this year's "Bests"! **Red Carpet Fashion Police kick-off begins at 6:30pm in the Theater. Academy Awards broadcast begins at 8:00pm.**



****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 various churches; 3:30pm if you are going to a 4:00pm service, 4:30pm if you are going to a 5:00pm 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.***

