



## **Cordia Programs**

### **Week of June 30, 2025**



### **Monday, June 30**

#### **9:00am in the Theater: GROUP FUNCTIONAL FITNESS WITH JILL**

Jill Scharfenberg, personal trainer and senior fitness specialist, will lead you in a lively, focused fitness session for your muscles, your brain, and those pesky stiff ligaments. These group fitness classes are where all members begin, so if you are new and are interested in getting started, stop in a little early and introduce yourself.

#### **10:00am in the Theater: GROUP FUNCTIONAL FITNESS WITH JILL**

Jill Scharfenberg, personal trainer and senior fitness specialist, will lead you in a lively, focused fitness session for your muscles, your brain, and those pesky stiff ligaments. These group fitness classes are where all members begin, so if you are new and are interested in getting started, stop in a little early and introduce yourself.

#### **11:00am in the Theater: GROUP FUNCTIONAL FITNESS WITH JILL, SEATED**

Jill Scharfenberg, personal trainer and senior fitness specialist, will lead you in a lively, focused fitness session for your muscles, your brain, and those pesky stiff ligaments—all from a seated position. These group fitness classes are where all members begin, so if you are new and are interested in getting started, stop in a little early and introduce yourself.

#### **1:00pm in the Theater: BRIDGE**

If Bridge is your game, Monday is your day. Club member Diana Glendon will help you find your table and show you the ropes if you are new to the group. Cards and score sheets are supplied.

**1:00pm at the Billiards Table: SHOOT SOME POOL WITH LIZ**

No experience necessary: the players are very inviting, and they will help if you are new to the game. If you have prior experience, come and be part of the growing crowd of Cordia pool sharks—the laughter that rises through the room is worth the price of admission. All are welcome!

**3:15pm in the Theater: KEN BURNS' "COUNTRY MUSIC" FINALE**

Join us for the last part of Ken Burns' deep dive into this truly American genre of musical expression. There will be a new program in this time slot next week. Run time: ~1 hour. \*\*Also on Channel 1-1.

**4:30pm in the Lobby: WINERY EXCURSION, FRENCH VALLEY WINERY**

This week we are going back to where it all started! Join us at French Valley Vineyards in Cedar. Enjoy wine, beer, cider or soft drinks, and enjoy a flatbread or a charcuterie board while listening to live music - all while sitting out under a covered pavilion. **Please sign up by Sunday evening at 5:00 pm. Meet in the Concierge lobby at 4:30 for a 4:45 departure.**

**Tuesday, July 1**

**Terri Hanson will be substituting in Fitness on Tuesday, Wednesday, and Thursday this week. All classes will meet except where noted.**

**There will be NO DIVIDAT appointments this Tuesday or Wednesday.**

**9:00am in the Fitness Center: STRENGTH TRAINING CIRCUIT WITH KARA**

Building muscle strength is good for longevity: Brent Shipman, Personal Trainer, and Kara Koeplin, OTR, have put together a circuit of strength exercises for you to follow together. Members who are new to strength training or to Cordia can come and observe the class, and speak with Kara afterwards about getting started. **\*\*We have spaces available in this class; you can attend on both Tuesdays and Thursdays.**

**10:00am in the Fitness Center: STRENGTH TRAINING CIRCUIT WITH KARA**

Building muscle strength is good for longevity: Brent Shipman, Personal Trainer, and Kara Koeplin, OTR, have put together a circuit of strength exercises for you to follow together. Members who are new to strength training or to Cordia can come and observe the class, and speak with Kara afterwards about getting started.

**11:00am in the Theater: ART APPRECIATION: “THE FREE LIFE”**

Cuban-born artist Carlos Luna was told from a young age that his art would get him in trouble with Fidel Castro's authoritarian regime. "Be careful, you are on the edge, they are watching," warned a trusted teacher. With no way to fulfill his life's purpose in Cuba, Carlos left his family behind, immigrating first to Mexico and finally to Miami, to create what he calls, "The Free Life." Run time 47 minutes. \*\*Also on Channel 1-1.

**1:00pm in the Theater: YOGA IS FOR EVERYONE**

If you are looking for one form of exercise that will help you gain strength, flexibility, *and* balance, we encourage you to try this class. You can start anytime, all levels welcome. Chairs and other supports are encouraged, but so is using a mat on the floor if you are able. Yoga instructor Naomi Call is your guide.

**1:00pm in the Reserve Dining Room: MEN’S DISCUSSION GROUP: “HOW SOCIAL MEDIA HIJACKS OUR POLITICAL PERCEPTION”** Luna Fast & Helin Turhan discuss how social media fragments our society by polarizing politics. In particular, they explain the echo chamber effect and filter bubbles resulting from algorithms and how these further radicalize opinions. Sensationalist journalism exacerbates the spread of misinformation and extreme political views, while politicians and influencers simultaneously manipulate social media to spread their ideology. **All Cordia men are invited, especially those new to the Club.** Coffee and cookies are included.

**1:00pm in the Learning Center: FIBER ARTS GROUP**

If you knit, sew, embroider, cross stitch, weave, work needlepoint, crochet, or use your hands for anything quietly crafty, you are invited to come and work on your project alongside others. We have a fiber expert, Amy Tyler, who can answer questions, offer support, fix knitting mistakes, and offer ideas when you get stuck. Everyone is invited—you don’t need to be an expert—and you can bring something you started twenty years ago.

**2:30pm in the Theater: TUESDAY FORUM: THE NATO SUMMIT EXPLORED**

Last week the Member nations of NATO met to renew their commitment to the mutual defense and protection of one another and the European continent. We will take an in-depth look at what was decided at the summit and the potential short and long-term implications. \*\*Also on Channel 1-1, but discussion being a big part of this program, in-person attendance provides a more complete experience.

**4:00pm in the Theater: MUSIC APPRECIATION: DETROIT SYMPHONY ORCHESTRA CELEBRATES RAVEL**

If you had joined us on the Detroit Excursion you would have enjoyed this concert live at Orchestra Hall and can now enjoy it from "the other side of the podium." If you were not on the excursion, we can tell you that this concert is filled with wonderful and exciting music that you won't want to miss. \*\*Also on Channel 1-1.

## Wednesday, July 2

**Terri Hanson will be substituting in Fitness on Wednesday and Thursday this week. All classes will meet except where noted.**

**There will be NO DIVIDAT appointments today.**

### **9:00am in the Theater: FUNCTIONAL FITNESS WITH KARA**

Kara Koeplin, OT will guide you in resistance and balance exercises that will maintain or increase your confidence as you move through the day. You will use all your major muscle groups, especially those that help prevent falls. These group fitness classes are where all members begin, so if you are new and are interested in getting started, stop in a little early and introduce yourself.

### **9:30am in the Lobby: EXCURSION TO SUMMER FARMER'S MARKET AND BLOOMS**



We will start our day at 9 Bean Rows Farmstead, Bakery, and Cafe in Suttons Bay. In the Bakery you will find traditional European pastries ranging from buttery flaky croissants to brioche, cakes, pies, napoleons, eclairs, and more! Plus, fresh produce and Bardenhagen strawberries! After we have stocked up, we will then venture to Omena U-Pick flowers - you can pick your own, or purchase ready made bouquets. **Bring your wallet and sun hats - it's time for summer gathering! Please sign up at Concierge by Tuesday at noon.**

### **10:00am in the Theater: FUNCTIONAL FITNESS WITH KARA**

Kara Koeplin, OT will guide you in resistance and balance exercises that will maintain or increase your confidence as you move through the day. You will use all your major muscle groups, especially those that help prevent falls. These group fitness classes are where all members begin, so if you are new and are interested in getting started, stop in a little early and introduce yourself.

### **11:00am in the Theater: FUNCTIONAL FITNESS WITH KARA, SEATED**

**Kara Koeplin** will guide you in resistance and balance exercises that will maintain or increase your confidence as you move through the day. This class will employ ONLY seated exercises. It is appropriate for everybody, and everybody is welcome. These group fitness classes are where all members begin, so if you are new and are interested in getting started, stop in a little early and introduce yourself.

**1:00pm in the Theater: UNITED STATES HISTORY, “FORGOTTEN HERO” PART TWO**

The civil rights movement was set in motion by activists of the National Association for the Advancement of Colored People. While some of its leaders are familiar, Walter White — NAACP head from 1929 to 1955 and one of America’s most influential Black men — has been all but forgotten. This film traces the fascinating and complex life of this neglected civil rights hero. From AMERICAN EXPERIENCE. Run time: 50 minutes. \*\*Also on Channel 1-1. \*\*This is the second half of a film begun last Wednesday in this timeslot.

**2:00pm in the Pub: EUCHRE**

If you enjoy euchre, come to the Pub for a game with other euchre enthusiasts. Don’t worry if you haven’t played in a while and need a refresher, this group will fold you right in.

**2:00pm in the Learning Center: ART COACHING AND STUDIO WITH IRENE** This is a time and place for artists to meet and share their passion, stories, and knowledge about art making...and also to reconnect with that process in new ways. If you are making art, or have made art, you are enthusiastically invited to join the group.

**3:30pm in the Theater: CORDIA CHOIR REHEARSAL**

Do you like to sing? This is a perfect time to join the choir. They are just beginning to prepare for a new season. **All newcomers are welcome!** Please bring water and a pencil.

**Thursday, July 3**

**No balance harness classes with Ann Parker today.**

**9:00am in the Fitness Center: STRENGTH TRAINING CIRCUIT WITH TERRI**

Building muscle strength is good for longevity: Brent Shipman, Personal Trainer, and Kara Koeplin, OTR, have put together a circuit of strength exercises for you to follow together. Members who are new to strength training or to Cordia can come and observe the class, and speak with Brent afterwards about getting started. **\*\*We have spaces available in this class, and you can attend on both Tuesdays and Thursdays.**

**10:00am in the Fitness Center: STRENGTH TRAINING CIRCUIT WITH TERRI**

[See description above]. **You can attend on both Tuesdays and Thursdays.**

**10:00am in the Theater: BALANCE AND FLEXIBILITY FOR GREATER HEALTH WITH NAOMI**

Yoga instructor Naomi Call will show you how simply working with your breathing and your flexibility can help strengthen your body and mind. If you already participate in other forms of fitness, this class will provide “balance” to your cardio; if you are looking for an entry point into greater movement in your day, this is a good place to begin. All are welcome!

**11:00am in the Theater: “DOCUMENTARY, “HELLO, BOOKSTORE” PART TWO**

In the shadow of the pandemic, a small town rallies to protect a beloved local bookstore. A landmark in Lenox, Massachusetts, The Bookstore is a magical, beatnik gem thanks to its owner Matt Tannenbaum, whose passion for stories runs deep. This intimate portrait of The Bookstore and the family at its heart offers a journey through good times, hard times, and the stories hidden on the shelves. Run time 45 min. \*\*Also on Channel 1-1. \*\*Part two of this documentary will be shown next week at this time.

**Noon in the TV Room: ROMAN CATHOLIC HOLY COMMUNION**

Holy Communion is offered at this time for Roman Catholic members who would like to receive.

**1:00pm in the Theater: SCIENCE WITH ROLAND, “PANGOLIN: KULU’S JOURNEY” PART ONE**

From the producers of My Octopus Teacher, here is a new documentary about another earthly creature many of us know little about. Rescued from poachers, an endangered baby pangolin embarks on a journey back to the wild with help from a devoted human guardian. After the film, discussion will be led by Roland Drayson, Professor Emeritus at the University of Michigan. \*\*Also on Ch. 1-1. \*\*Run time, 45 minutes. We will show the second half of this film next Thursday in this timeslot.

**2:00pm in the Learning Center: COLORFUL PET OR ANIMAL PORTRAITS WITH MARY HALL**

Back for a second time because last summer’s class was so fun—let your wild animal out! Bring your own 8.5” x 11” photo of your own beloved pet or animal, or choose from a variety of photos provided by Mary. You may trace or free-hand your photo, then use acrylic paints to bring them to life. You will play around with painting in the style of Henri Matisse, who was dubbed a “wild animal” or “fauve” for using bright intense colors. ***Anyone is welcome, everyone is invited.***

**2:30pm at the Billiards Table: SHOOT SOME POOL WITH LIZ**

Let’s put that pool table to good use. No experience necessary: the players are very inviting and they will help if you are new to the game. If you have prior experience, come and be part of the growing crowd of Cordia pool sharks—the laughter that rises from the room is worth the price of admission, for sure. All are welcome!

**3:00pm in the Theater: CORDIA THEATER GROUP REHEARSAL**

**Theatre Group and Puppet Show participants**, it's time to get our puppet show up and running! Please bring your script for **"I Lost My Shoe at the Zoo!"** a pencil and water. Don't have a script, but want to join? No worries, current members, new members, all are welcome to join in the fun!

**No Concert on the Lawn tonight because of the July 4<sup>th</sup> holiday and Cherry Festival.**

**Friday, July 4**

**HAPPY INDEPENDENCE DAY!**



**11:30am to 3:00pm in the Dining Room: CORDIA'S FOURTH OF JULY BARBECUE**

Enjoy BBQ favorites, special cocktails and beverages, plus festive desserts at today's Independence Day celebration. Four seatings are available: 11:30am; 12:00 Noon; 1:30pm; and 2:00pm. **Please make reservations by Monday, June 30 by calling 995-5371.**

**1:00-3:00pm in the Courtyard: CORN HOLE AND LAWN GAMES**

Do you feel like throwing or hitting something? With your friends and family? With a smile on your face? If the weather is right, come to the Courtyard where you will find our corn hole set, croquet, bocce, and any other games we can find, ready for your use. Wherever possible, rule sheets will be available for those who aren't familiar with the games. Enjoy!

**3:00pm in the Theater: THE AMERICAN REVOLUTION**

In honor of Independence Day, join us as we delve into some stories from our early history that most of us do not know. Each of these two episodes, produced by the Discovery Channel, introduce us to five individual patriots who influenced the success of the American Revolution.

**\*\*Note**, there are some mildly bloody battle and conflict scenes. Total run time: 1 hour, 30 minutes. **\*\*Also** on Channel 1-1.

**6:00pm in the Theater: HOLIDAY MOVIE, “HIDDEN FIGURES” (2017)**

If you have not yet seen this movie, we highly recommend it. It’s a cracking story, and it’s fun to be reminded of the excitement we all felt during the space race. *Hidden Figures* tells the story of three women at NASA who were instrumental in one of history’s greatest operations—the launch of astronaut John Glenn into orbit. Rated PG. Run time: 2 hours. \*\*Also on Channel 1-1.

**Saturday, July 5**

**9:50am, meet in the Lobby: WALK AT THE TIMBERS RECREATION AREA**

Join Catherine for some trail walking at a nearby conservation area with a network of paths beside water, through native piney woods, and along meadowy stretches. The surface is not right for walkers but walking poles are encouraged and we can supply them if you need to practice with a pair. There are moderate hills; we will walk for about 45 minutes and will be back in time for the 11:30 program.

**11:30am in the Theater: TRAVEL, “TUCCI IN ITALY”**

Actor Stanley Tucci believes that the best way to understand a country is through its food. Nowhere is this truer than in Italy, where the shape of your pasta and the sauce you serve it with speak directly to identity—and differentiate each region from the next. In this new series, Stanley’s on a culinary quest to explore the connection between the food, the land, and the people of the country he loves. Join us! Run time: 45 minutes. \*\*Also on Ch. 1-1.

**1:30pm in the Reserve Dining Room: CORDIA WRITERS’ GROUP**

Join Catherine if you have an interest in writing *something, anything*, whether it’s stories for posterity, poems just for fun, a good letter, or just something to toss in recycling on your way back to your residence. If you already have a writing notebook, feel free to bring that. All other materials will be supplied. *All are invited.*

**2:00pm on the Patio: ICE CREAM SOCIAL: ROOT BEET FLOATS AND BOSTON COOLERS**

Check this off your “It’s Not Summer Until I Do This” list. Join Linda and Jaime on the Patio to delight in these classic summer beverages. Of course you’ve heard of a root beer float, but what’s a Boston cooler? It’s a Detroit treat: Vernors and vanilla ice cream. To learn about its history, come to the social! **Please sign up at Concierge.**

**2:30pm in the Learning Center: POKER**

Bring a little sack of change and get ready to practice keeping your face free of expression. The stakes are pretty low; and the players will coach you if you are rusty, so don’t be shy!



**2:30pm in the Theater: “CULTURAL LITERACY FOR RELIGION: EVERYTHING THE WELL-EDUCATED**

**PERSON SHOULD KNOW”** Produced by *The Great Courses* and brought to you by member request, this new program will introduce the historical, theological, and cultural components of many of the world’s major religions. In the 24 lectures of this series led by Prof. Mark Berkson of Hamline University, you will learn about Hinduism, Buddhism, Chinese Cosmology, Confucianism, Daoism, Jewish Thought and Practice, Catholic and Orthodox Christianity, Islam, Jains, Sikhs, and Baha’is. Run time, 30 minutes. \*\*Also on Channel 1-1.

**3:30pm in the Theater: CORDIA VESPERS SERVICE**

This informal Christian service is for members who would enjoy a weekly experience of readings from the Revised Common Lectionary (Bible passages that follow the Church year), some group reflection, encouragement from others, and the opportunity to sing familiar hymns. Catherine is the lector, and Gary Deavel is the pianist. *All are welcome.*

**4:30 & 7:30pm in the Theater: SATURDAY MOVIE, “GREENFINGERS” (2001)**

If you need cheering up, this movie is for you. The cast includes Helen Mirren, Clive Owen, and Irish favorite, David Kelly. British prison inmate Colin Briggs (Owen) is reluctantly transferred to an “open prison” where he becomes a gardener and attracts the attention of celebrity horticulturist Georgina Woodhouse (Mirren). It’s a good story, well told. Rated R for brief nudity. Run time, 1 hour, 25 minutes. \*\*Also on Channel 1-1.

**Sunday, July 6**

**7:30pm in the Theater: SUNDAY CLASSIC FILM, “LINCOLN” (2012)**

In honor of Independence Day, here is Steven Spielberg’s star-studded period drama with a screenplay by Tony Kushner and Doris Kearns Goodwin. Lincoln stars Daniel Day-Lewis, Sally Field, David Strathairn, Joseph Gordon-Levitt, and Hal Holbrook, to name a few. As the Civil War rages on, President Abraham Lincoln struggles with continuing carnage on the battlefield as he fights with many inside his own cabinet on his decision to emancipate the slaves. Rated PG-13. Run time, 2 hours, 29 min. \*\*Also on Ch. 1-1