

# Cordia Weekly

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

From Monday,  
JULY 16



Through Sunday,  
JULY 22

## CORDIA PROGRAMS

### MONDAY, JULY 16

**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\* MONDAY EXCURSION: SUTTONS BAY** - This excursion is number two in our summer series to acquaint—or reacquaint—you with our unique and beautiful area. Take a ride up to Suttons Bay along the shore of Lake Michigan and enjoy some shopping, strolling, and a visit to Leelanau Cheese where

**Monday, July 16, continued:**

artisan raclette and other cheeses are born. You will enjoy lunch at the Village Inn. **We will leave Cordia promptly at 11:00am and return by 3:00pm.** **Sign up at Concierge is required. Please bring money for personal purchases.** **10:45am in the Lobby.**



**\*NEW HISTORY EPISODE\* “THE GREAT TRIALS OF WORLD HISTORY: SHERIFF JOSEPH SHIPP 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 go back to March 1909, when the Supreme Court assembled to do something it had never done before and would never do again:** listen to closing arguments in a criminal case. Learn how Sheriff Joseph Shipp’s trial impacted the act of lynching and its relationship to the rule of law. **11:30am in the TV Room.** Run time: 30 minutes. *NOT closed captioned.*



**\*NEW TIME\* \*NEW LOCATION\* FIBER ARTS OPEN STUDIO** - Today, we welcome back Cordia’s friend and former staff member **Ann Pettyjohn**, who is reprising her role as champion of the fiber arts group. Ann is experienced in many crafts and she will be here to guide you or work alongside you. *New knitters or spinners in Amy Tyler’s classes are especially invited to attend.* Come down and chat with other crafty people while you work on anything you have in progress. **12:00 noon in the Piano Lounge.**

**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.**

**BEGINNING DRAWING** - Think you can’t draw but wish you could? This class is for you! It is taught by lifelong painter, illustrator and sometime art director Arch Carey, III, who has been filling sketchbooks for 40 years. He says, “Everyone is an artist, your unique style can emerge as you make the effort to draw what you see.” Over three sessions, you will explore the fundamental techniques of shaping, contouring, shading, perspective. Gathering your inspiration from nature and objects around the Village campus – and working outside when possible – you will work on the building blocks that every artist needs. Each session will last one hour. ***Class size is limited to 12 people and pre-registration at Concierge is required. Participants must be able to attend all three sessions.*** **1:00pm in the Learning Center.** *\*Note: this class continues on July 23 at 1:00pm*



**\*NEW\* “JOSEPH CAMPBELL AND THE POWER OF MYTH” WITH BILL MOYERS** - Come and see a series of interviews that have become classics: Forty years ago, renowned scholar Joseph Campbell

**Monday, July 16, continued:**

sat down with veteran journalist Bill Moyers and their conversations became one of the most enduringly popular programs ever on PBS. In dialogues that adroitly span millennia of history and far-flung geography, the two men discuss myths as metaphors for human experience and the path to transcendence. Anyone interested in literature, culture, philosophy, psychology, or just plain human nature will not want to miss this. A discussion will follow the episode. Join Linda Price at **1:00pm in the Theater**. *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.**

**WORKING IN MIXED MEDIA** - In this three-session class, you will experiment with combining drawing and watercolor, learning how to layer them to maximum effect. In addition, you will explore special techniques that can add energy or whimsy to your finished product. Each session will last 90 minutes. This class will be taught by Arch Carey, III, lifelong watercolor painter and graduate of Pasadena's Art Center College of Design. To join the class, you will need to already have reached a basic skill level in drawing. **2:00pm in the Learning Center.** *Space is limited to 12 people and pre-registration at Concierge is required. Participants must be able to attend all three sessions. \*Note: this class continues on July 23rd at 2:00pm.*

**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.**

**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 - IMPROMPTU SELECTIONS-** Experience the pleasure of putting your feet up and listening to a finely honed piece of writing. We're scouring our bookshelves for just the right collection of essays to get you thinking and maybe even laughing. Join Karen Anderson and Catherine Turnbull at **3:00pm in the TV Room.**



**\*SPECIAL EVENT\* GUEST AUTHOR VIRGINIA JOHNSON** - At 86, Virginia Johnson has just published her first book—a memoir about growing up on a self-sustaining farm in the 30s and 40s in Mesick. During the course of her memoir, *Ira's Farm*, Ginny goes from a bare-footed carefree girl to a "hired hand" when her older brother joins the Navy in 1942. This story may bring back memories for you, too, and here is a chance for you to explore them— Ginny will be with us today to share her farming memories and writing

**Monday, July 16, continued:**

experiences. If you're wondering whether you have a book in you and want to know how to find out, come and quiz this author! Join Catherine Turnbull at **4:00pm in the Theater.**



**\*NEW DOCUMENTARY\* "BORN TO WALK: ONE STEP AT A TIME"** - Whether you see it as a mundane mode of transportation or a mind-expanding journey, walking is one of humanity's simplest accomplishments. The philosopher Nietzsche said, "All truly great thoughts are conceived by walking." In today's documentary, from walking with police on the beat in Philadelphia to hiking with war veterans from Iraq and Afghanistan, Ottawa-based editor and writer Dan Rubinstein explores the transformative properties involved in travelling by foot. Who knows what inspiration lies in your own two feet? **5:30pm in the Theater.** *Closed captioned.*

## **TUESDAY, JULY 17**

**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.**



**\*SPECIAL GUEST\* BRAIN FITNESS AND MINDFULNESS WITH NICK DEMOS** - We are delighted to offer an opportunity to learn meditation and breathing techniques from a true master teacher as we welcome Nick Demos, award-winning director, TONY Award-winning producer, and writer. He is in Traverse City on a collaborative project between Old Town Playhouse and Cordia. He is a meditation and yoga teacher who leads seminars, workshops and private coaching in meditation, mindfulness and the art of creativity. **Today he will be guiding us through meditation, breath work and mindful practices. 10:00am in the Theater.** *Please note: you are also invited to a special workshop Nick is doing called "Meditation, Breathwork and Mindful Practices for Actors and Creatives, a Workshop for All Levels," tonight at 7:00pm 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\* SPECIAL GUEST NICK DEMOS: "A PEEK BEHIND THE BROADWAY CURTAIN"** - Nick Demos is a local Traverse City boy who grew up to become a TONY Award-winning producer and director, and he will be in our very own Theater this morning sharing behind-the-scenes tales of Broadway. His company, Demos Bizar Entertainment, is currently co-producing *Come From Away* on Broadway (2017 Tony, Drama Desk and Outer Critic's Circle Awards). Nick was also the Artistic Director of

**Tuesday, July 17, continued:**

Lyric Theater of Oklahoma where he was honored as a “Living Treasure of the State,” for his contributions to the arts. He has directed numerous films that have won awards from such reputable organizations as LA Indie Film Festival, Beverly Hills Film Festivals, and SoHo International Film Festival, among others. Imagine the stories Nick will have to tell! **11:15am in the Theater.** *\*Please note: you are also invited to a special workshop Nick is doing called “Meditation, Breathwork and Mindful Practices for Actors and Creatives, a Workshop for All Levels,” tonight at 7:00pm 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 in the Lobby at 11:30am.**

**WELLNESS COMPLIMENTARY 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, next to the north elevator.**



**\*NEW TOPIC\* MICHAEL’S MEN’S DISCUSSION GROUP** - 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 of the male persuasion. Join Cordia Building Services Director Michael Johnson for a lively discussion and a few treats. **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.**



**\*CLUB MEMBER MEETING\* UNVEILING THE SUMMER CHALLENGE** - We have been promising you that something fun and interesting is coming, and it’s time to reveal exactly what it is. **Everyone** is encouraged to come and hear about this new opportunity to “get moving and keep moving” over the glorious northern Michigan summer. During the meeting, we will hand out all the equipment you need to be part of the fun. Get psyched: the Club is “going the distance” this summer down a very famous road, and there will be prizes! ...Not to mention dinner surprises and special programs...and you’re invited to join in! **2:00pm in the Theater.**





**\*NEW DOCUMENTARY\* “ROUTE 66, THE MOTHER ROAD”** - Historic Route 66 was opened in 1926 and decommissioned in 1985. In the intervening years, it was called “The Main Street of America” by its designers and “The Mother Road” by John Steinbeck. It attracted travelers and migrants equally and became


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an icon of both the American Dream and the golden age of the automobile. Perhaps you traveled it yourself and saw The Big Blue Whale or one of the Muffler Men in person, but if not, you can learn about them in this documentary that celebrates the American highway. **3:00pm in the Theater.** *Closed captioned.*

**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 NATURE EPISODE\* “EARTH, A NEW WILD: FORESTS”**– This series is a first for nature films; it turns the camera around and acknowledges that spectacular nature doesn't exist in isolation, that humans are part of the picture. **In today's episode find out why saving the world's forests lies in recognizing their value while they're still standing.** If you are drawn to the idea that collaborating with the natural world is the best hope for the future, *Earth: A New Wild* is for you. **4:00pm in the Theater.** *Closed captioned.*

 **\*NEW EPISODE\* “UNFORGOTTEN” Season 1, Part 4** - 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 the investigation into Jimmy's death continues, with the discovery of marks on his body consistent with known gangland torture methods.** Cassie and Sunny question Sir Phillip to find out exactly what his involvement was with a prominent East End crime family and Eric and Claire's anniversary party gets underway. Join Mary Jane and other mystery lovers at **5:15pm in the Theater.** Run time: 1 hour, 30 minutes. *Closed captioned.*

 **\*SPECIAL DINNER\* CHICAGO, CHICAGO!** - Dinner tonight is a Windy City special: Chicago-style pizza and a build-your-own pasta bar. Come down anytime during dinner hours and you can eat like a gangster...or a nightclub dancer...or a jazz musician...or a meat packer? **5:00pm to 8:00pm in the Dining Room.**

 **\*SPECIAL EVENT\* MEDITATION, BREATHWORK, AND MINDFUL PRACTICES FOR ARTISTS AND CREATIVES, with Nick Demos** - Cordia has teamed up with the Old Town Playhouse to bring you tonight's special guest presenter. Nick Demos is a Broadway producer and director; he also teaches people of all sorts how to employ techniques of mindfulness to bolster their creative pursuits. Whether you're creating things just for yourself or to offer the world, you will find helpful advice in tonight's program. **Ten seats have been reserved for Cordia members; space is limited; Sign-up at Concierge is required.** **7:00pm in the Theater.**

## WEDNESDAY, JULY 18

**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 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 *Genesis, Chapters 25, 26, & 27*. **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 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 LEOPOLD AND LOEB 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. **Today's episode, involving the nation's most famous defense lawyer, Clarence Darrow, focuses on the famous trial involving a “thrill killing” by two rich and intelligent teenagers.** Central to this lecture are Darrow's impassioned efforts to save the confessed murderers from the gallows by challenging the morality of capital punishment. **11:30am in the TV Room.** Run time: 30 minutes. *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.**

**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.**

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**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.**



**\*NEW PALEONTOLOGY EPISODE\* “MAJOR TRANSITIONS IN EVOLUTION: THE DEVELOPMENT OF SKELETONS” 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, fossil beds such as the famous Burgess Shale in Canada show that life diversified quickly in the Cambrian period, about 500 million years ago.** Discover that the reason relates to an “arms race” between predator and prey, which saw the development of skeletons and other mineralized parts. **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.**



**\*NEW ARTS\* - INTRODUCTION TO WRITING** - Interested in writing but don’t know where to begin? This 3-week class is intended as an all-genre introduction to writing, examining forms, structures, techniques, and voice. The goal is to give you confidence to experiment with different writing styles and genres and to encourage continued writing upon completion of the class. Your instructor will be Daniel Stewart, a writer, historian, writing coach, book designer, and storyteller who you may have seen on stage at *Picnic at the Opera*. His is a very “user-friendly” approach to the art of writing. Join Daniel at **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 all three classes.* *\*Note: this class continues on July 25 and August 1 at 4:00pm.*



**\*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, JULY 19**

**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.

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*Thursday, July 19, continued:*

**BRAIN FITNESS AND MINDFULNESS** - The purpose of this program is to support you in your quest for a life of meaning. There is more and more scientific evidence that the practice of mindfulness meditation can measurably improve the quality of your life and your health. Come this morning for an inspirational video on a topic of relevance to mindfulness, followed by a short, guided meditation. **In today's short video, Elizabeth Gilbert muses on the impossible things we expect from artists and geniuses -- and shares the radical idea that, instead of the rare person "being" a genius, all of us "have" a genius.** It's a funny, personal and surprisingly moving talk. **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. ***\*Note: a new six-week session of this class will be starting the week of July 9. To sign up, contact Wellness Director Laura McVey at 995-5369.*** **10:00am in the Fitness Center.**



**\*NEW HEALTH EPISODE\*** **“STRESS AND YOUR BODY: STRESS AND YOUR HEART”** - What exactly happens to our bodies when we come under stress? In this new, fascinating series, you'll get a behind-the-scenes look at the science of stress and how the systems of your body are affected. **In this episode, followed by a discussion led by Wellness Director Laura McVey, learn how long-term stress can damage heart muscles, inflame and clog blood vessels, and even lead to sudden cardiac arrest.** **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 at **11:30am in the Lobby.**

**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.*

**BEGINNING KNITTING** - If you have ever wanted to learn to knit or if you used to know and would like to start up again, this three-part class is for you. You will learn from Amy Tyler, a nationally known spinner and fiber artist who just happens to live in our area. She is full of knowledge and calm: you'll soon know the basics of casting on, knitting, purling, and finishing an item. **1:00pm in the Learning Center.** ***Pre-registration at Concierge is required: participants must be able to attend all three sessions.*** *\*Note: this class will continue on July 26th at 1:00pm.*

*Thursday, July 19, continued:*

**SPINNING** - In this 3-part class, participants will be introduced to the marvelous craft of spinning yarn on a spinning wheel. Your guide and teacher will be Amy Tyler, who teaches people all over the country to hand spin yarn. You will learn the parts and workings of the spinning wheel, and you will spin “singles” yarn from wool rovings. Then, you will ply those singles into a 2-ply yarn. You will also learn the basics of fiber preparation and yarn finishing. You will leave this class with a completed skein of your own handspun yarn. **2:00pm in the Learning Center.** *Pre-registration at Concierge is required: participants must be able to attend all three sessions.* \*Note: this class will continue on July 26th at 2:00pm.

**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\* “PETS: THE NOSE KNOWS”** - From the award-winning team that brought us ‘*EARTHflight*’ and ‘*Penguins: Spy in the Huddle*’ comes a revolutionary look at our pets. Today’s program is packed with incredible filming techniques, from Schlieren photography that makes smells visible, to moving X-rays, ultra slow-motion, and ultraviolet vision as well as HD horsecams and doggycams. **Discover how our pets experience the world through their astonishing senses and hidden channels of communication.** **4:00pm in the Theater.**



**\*NEW SERIES\* “ROUTE 66: BLACK NOVEMBER”** - *Route 66* is an American television drama that ran on CBS from 1960 to 1964. It followed two young men traversing the United States in a Chevrolet Corvette convertible, and the events and consequences surrounding their journeys. Martin Milner starred as Tod Stiles, a recent college graduate with no future prospects due to circumstances beyond his control, joined on his travels by Buz Murdock, a friend and former employee of his father (played by George Maharis). **In today’s first episode, leaving New York City behind, Tod and Buz begin their search "to catch a star" and find themselves in a nightmare right out of "Bad Day at Black Rock."** The unfriendly, suspicious, and violent residents of a tiny Mississippi town have a long-held secret--and they will kill to protect it. **5:30pm in the Theater.** *Closed captioned.*



**\*NEW MUSIC\* CONCERT ON THE LAWN AT THE PAVILIONS: Rebooted** - The Grand Traverse Pavilion’s free concert series continues for another summer of wonderful music right outside Cordia’s doors. Each week on Thursday evenings throughout the summer you will have the opportunity to enjoy a wide variety of incredible musicians. Concerts start at 7:00pm. **Tonight’s featured group is Rebooted.** *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***

*Thursday, July 19, continued:*

*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, JULY 20**

**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** - In this wellness program, 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 DOCUMENTARY\* "THE BIG FIX AND THE SILICON VALLEY OF INDIA"** - Every week, Linda Price scours news resources to find compelling documentaries that will deepen your understanding of current events. This Friday's documentary is a two-part news report—one part familiar, one part not so familiar. In the first part, in a timely exposé on infrastructure, you will explore the most vital bridges, tunnels and waterways in the U.S. to see how much the situation has deteriorated and to find out what, if any, improvements are planned for them. In the second half, you will head to the Indian city of Bangalore to explore what may be the world's next Silicon Valley. Stay after the film for a discussion. **1:30pm in the Theater.**  
*Closed captioned.*

**Friday, July 20, continued:**

**ADAPTING TO CHANGES GROUP** - Are you struggling with the changes in your life? Do you feel a sense of loss at all that has changed in your life, health, home, friends, etc.? You're not alone. Everyone at Cordia is experiencing many changes...everyone is feeling some level of grief and loss. If you would like a bit of support in adapting to your changes and transitions, be sure to come to this group conversation. Today Joe Kelly, LPC, will be here to facilitate this program. He has been a professional counselor for many years, specializing in individual, couples and family therapy. He is well respected in the community; he is the same age as many Cordia Members. **2:30pm in the TV Room.**

NEW

**\*NEW\* FILM FESTIVAL KICK-OFF: HONORING CHER** - It's time for another of Cordia's homegrown film festivals! This one is spearheaded and hosted by Zach Whitaker, dining manager and BIG movie fan. Starting tonight and running through Sunday, you will be treated to a string of Cher's best roles—but first, join Zach for a documentary that will introduce you to the life behind the artist. Come on, it's Cher—you know you won't be disappointed! **3:00pm in the Theater.** *Closed captioned.*

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

NEW

**\*CHER FILM FESTIVAL\* “BURLESQUE”** - *Burlesque* is a 2010 American “backstage musical” movie starring Cher, and Christina Aguilera, Julianne Hough, Alan Cumming, Peter Gallagher, Kristen Bell, and Stanley Tucci. Ali (Christina Aguilera), a small-town gal with a great voice, leaves a troubled life behind and follows her dreams to Los Angeles. She lands a job as a cocktail waitress at the Burlesque Lounge, a once-majestic theater that houses an inspired musical revue led by Tess (Cher), the proprietor. Ali vows to perform there and, with the help of a savvy stage manager and a gender-bending host, she makes the leap from bar to stage, helping restore the club's former glory. The film's soundtrack was created by Cher and Aguilera and received two nominations at the 54th Grammy Awards. The song "You Haven't Seen the Last of Me," won the Golden Globe Award for Best Original Song in 2011, while the film was nominated for the Golden Globe Award in the Best Motion Picture – Musical or Comedy category. **4:30pm in the Theater.** Run time: 2 hours. *Closed captioned.* **\*Note: filmgoers can stay after the movie for a buffet dinner at 6:30pm.**

NEW

**\*CHER FILM FESTIVAL\* “MERMAIDS”** - *Mermaids* is a 1990 comedy-drama in which Cher co-stars with Bob Hoskins, Winona Ryder (who was nominated for a Golden Globe Award for best supporting actress), and Christina Ricci in her first film role. Fifteen-year-old Charlotte Flax (Winona Ryder) is tired of her wacky mom (Cher) moving their family to a different town any time she feels it is necessary. When they move to a small Massachusetts town and Mrs. Flax begins dating a shopkeeper (Bob Hoskins), Charlotte and her 9-year-old sister, Kate (Christina Ricci), hope that they can finally settle down. But when Charlotte's attraction to an older man gets in the way, the family must learn to accept each other for who they truly are. **7:30pm in the Theater.** Run time: 2 hours. *Closed captioned.* **\*Note: filmgoers can come to a buffet dinner in the Theater before this movie, at 6:30pm.**

## SATURDAY, JULY 21

**GOLF CART TOURS OF THE VILLAGE** - Wellness Director Laura McVey will treat you to a guided tour of the many great features of your near neighborhood. Check out the many lovely places to eat and play between Cordia and the Botanic Gardens bordering Silver Lake Road. Tours take roughly a half hour and 3 people can participate in each one. Gather at **11:30am to 1:00pm in the Lobby**.

NEW

**\*NEW GAME\* CHARADES** - Let the actor in you come out for just a little while this afternoon. Remember, “Three words...first word...four syllables...first syllable” and then all that laughter? Laura McVey will be in the Piano Lounge to reacquaint you with this sometimes maddening and goofy—but compelling—game. **1:30pm in the Piano Lounge**.

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

NEW

**\*CHER FILM FESTIVAL\* “SUSPECT”** - *Suspect* is a 1987 American mystery/courtroom drama directed by Peter Yates. Carl Anderson (Liam Neeson), a deaf, mute and homeless war veteran, is arrested for the murder of a prominent judge's secretary. But Kathleen Riley (Cher), Anderson's lawyer, believes her client is innocent. She sets out to track down the real killer, and, as the trial proceeds, makes an unlikely ally in Eddie Sanger (Dennis Quaid), a jury member. When they aren't in court, the two investigate the case and manage to uncover a massive conspiracy. **4:30pm in the Theater**. *Closed captioned*. **\*Note: filmgoers can stay after the movie for a buffet dinner at 6:30pm.**

NEW

**\*CHER FILM FESTIVAL\* “MOONSTRUCK”** - Here's the movie Cher and her costar, Olympia Dukakis, both won Oscars for. If you love a movie with an open heart, a good story, and lots of memorable lines, this one's for you: It's set in Brooklyn in the mid-1980s where a widowed bookkeeper, Loretta Castorini (Cher) is determined to rise above the bad luck that has plagued her in the past. Her fiancé, his brother, her parents, her extended family, and the moon all play a part in the unraveling of her plans. With a screenplay by John Patrick Shanley (writer of *Doubt*) and directed by Norman Jewison (*Fiddler on the Roof*), the good things about this movie make a long list. **7:30pm in the Theater**. Run time: 1 hour, 42 minutes. *Closed captioned*. **\*Note: filmgoers can come to a buffet dinner in the Theater before this movie, at 6:30pm.**

## SUNDAY, JULY 22

**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.)**

*Sunday, July 22, continued:*



**\*CHER FILM FESTIVAL\* “MASK”**— *Mask* is a 1985 American biographical drama directed by Peter Bogdanovich, starring Cher, Sam Elliott, and Laura Dern. The film is based on the life and early death of Roy L. "Rocky" Dennis, a boy who had craniodiaphyseal dysplasia, an extremely rare disorder known commonly as lionitis due to the disfiguring cranial enlargements that it causes. Rocky Dennis (Eric Stoltz) is an intelligent, outgoing and humorous teenager who has outlived his life expectancy. While his mother, Rusty (Cher), struggles to fight for his acceptance in the public school system, he proves himself to be a highly accomplished student. Though Rocky endures ridicule for his appearance, he finds love and respect from his mother's biker gang family, and even experiences his first love. *Mask* won the Academy Award for Best Makeup while Cher and Stoltz received Golden Globe nominations for their performances. You might want to bring a tissue to this one. **1:30pm in the Theater.** *Closed Captioned.*



**\*CHER FILM FESTIVAL\* “FAITHFUL”** - Hang onto your hats—this Cher film is a bit of a wild ride. *Faithful* is a 1996 comedy crime drama directed by Paul Mazursky and starring Cher, Chazz Palminteri and Ryan O'Neal. Palminteri wrote the screenplay, which is an adaptation of his stage play of the same name. Margaret (Cher) is in the midst of a midlife crisis. Her husband, Jack (Ryan O'Neal), is sleeping with another woman and has hired a thug, Tony (Chazz Palminteri), to murder her for the payout on her life insurance policy. While Tony has Margaret tied up in her house, waiting for word from Jack to pull the trigger, the hit man and the housewife begin chatting to pass the time. As the two talk, Tony starts getting cold feet about the job, while Margaret decides to reevaluate her life. **5:00pm in the Theater.** Run time: 1 hour, 31 minutes. *Closed captioned.* **\*Note: filmgoers can attend a buffet dinner in the Theater before this film at 4:00pm.**





## **\*\*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 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.***

