

Cordia Programs Week of May 5, 2025



Monday, May 5

9:00am in the Theater: 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. Come and say hello to our new instructor!

10:00am in the Theater: 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. Come and say hello to our new instructor!

11:00am in the Theater: 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. Come and say hello to our new instructor!

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!

3:00pm in the Reserve Dining Room: CORDIA CAREGIVERS' ROUNDTABLE

If you are a caregiver for a loved one, you face challenges. "Am I doing enough? Can I do more?" You may get fatigued. You may fear burning out. This new group, organized and led by Cordia members, is an opportunity for anyone in a caregiving role to exchange experiences; discuss challenges; vent frustrations; etc. Says one Cordia member, "Sometimes just talking with others in your situation can help you face the challenges a little better." Even if you are not presently a caregiver but have had that experience in the past, you are welcome to attend and share your experiences. Please join us. Not sure you are really a caregiver? You probably are.

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

Having finished the deep dive into American music history with Ken Burns' *Jazz*, we are rolling right into another production of his with the same theme, albeit a different genre. Join us for *Country Music*, which, even if you think you could never appreciate the genre, we think you will appreciate! Run time: ~1 hour. **Also on Channel 1-1.

3:15pm in the Learning Center: CORDIA BOOK CLUB, "THE FRIEND"

The Friend is a 2018 novel by Sigrid Nunez which won the National Book Award for fiction that year. Taking a deep dive into the vagaries of grief--between people and including, in this instance, the very big dog the main character inherits when her longtime friend dies—it is a novel that meanders through the mind in unexpected ways. If you have read **The Friend**, come with a question you would like the group to entertain. New members are welcome. Karin Killian will lead the discussion.

4:00pm in the TV Room: MONDAY'S 30-MINUTE MEDITATION RETREAT

Join Club Member Fleda Brown, who has practiced mindfulness and meditation for over 35 years, as she leads you in simple, easy to follow, breathing and focusing exercises. With practice, slowly, you will feel a shift in your perspective and a lightness in your attitude. This program can either be a companion to Tuesday 10:00am Mindfulness or stand on its own. All are welcome.

Tuesday, May 6

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

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10:00am in the Theater: MINDFULNESS WITH NICK DEMOS

Special guest Nick Demos is with us twice a month (via Zoom) to bring his decades of experience to Cordia. Nick is a theatre professional and certified yoga instructor who has taught meditation all over the world. Join us as we continue to explore this beneficial practice. If you are new to Cordia or to the idea of meditating, you're especially encouraged to come down! **Also on Channel 1-1.

11:00am in the Theater: ART APPRECIATION: "EYE ON THE SIXTIES" PART TWO

You could think of this program as a combination of art and history (As we well know, those two aspects of culture are never separate). Here is the 1960's, seen through the work of noted *Life* Magazine photographer Rowland Scherman, who has loads of interesting things to say about his art. Run time, ~50 minutes; we will pick up where we left off last week. **Also on Channel 1-1.

The Dividat is under repair and is out of action while we wait for a replacement part. We will put it back in the calendar as soon as we can.

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 DISGUST DRIVES YOUR

POLITICS" Would you eat a bug? How about fine-crafted chocolate — shaped like poo? Your answer depends on both your disgust at the prospect and whether you choose to act on that emotion, says political psychologist Cindy Kam. She dives into how the feeling of disgust — whether motivated by real or imagined contamination — can connect or divide us, from everyday decisions to political alliances. **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 and never finished.

2:30pm in the Theater: TUESDAY FORUM, THE ATTACK ON HIGHER EDUCATION

Higher education and its leaders have been under recent attack from conservatives and the Trump administration. Today's Forum examines the goals of these recent attacks, the desired outcomes of the Trump administration and how universities are responding. **All are invited.****Also on Channel 1-1, but discussion being a big part of this program, in-person attendance provides a more complete experience. **Also note: some of the video in this program has no closed captioning.

4:00pm in the Theater: MUSIC & ART APPRECIATION: PICASSO & STRAVINSKY

Help Karen and Catherine warm up for the program they will be delivering at the NMC Campus Day this Friday. You will learn the major features of the Modernism movement in the early 20th century, the contributions to the movement by two of its famous participants, Pablo Picasso and Igor Stravinsky, and learn about their collaborations and shenanigans through slides and musical excerpts.

6:30pm in the Reserve Dining Room: COMMON GROUND DINNER

Common Ground Dinners are an opportunity for a group of 8 (which Karen will mix and match together) to talk about a variety of broad topics and to get to know one another in different ways. These dinners are all about getting to know one another and, in the process, finding common ground and common experiences. If you are interested in joining, add your name to the running list of participants at Concierge. If you received an invitation for tonight, the dinner will begin at 6:30pm.

Wednesday, May 7

9:00am in the Lobby: EXCURSION: WILDFLOWER WALK TO CLAY CLIFFS NATURAL AREA



Join Catherine and Nicole for a tromp through the woods of Clay Cliffs Natural Area to see the spring wildflowers. The trail is well-marked and includes a vista of Lake Michigan AND a view of Lake Leelanau. It's hilly—be ready. We will enjoy packed lunches on the way home featuring the famous Turkey Gobbler sandwich from Mary's Kitchen Port, with chips. Water for the walk and for lunch will be included. We anticipate the lunch will cost roughly \$7 and will be charged to your Cordia account. Please sign up at Concierge by Tuesday at noon so we can order food.

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.

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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.

1:00pm in the Theater: "HISTORY'S GREATEST HEISTS: THE BAKER STREET BANK BURGLARY"

Produced by the History Channel, this series will give us a window into the audacity of the brilliant criminal mind. In today's episode, watch how enterprising thieves tunneled underneath and up into the vault of a Lloyds Bank branch in London. Experience how the "other half" lives! Run time: 45 minutes. **Also on Channel 1-1.

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.

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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

The choir is working hard to prepare for its next performance. Choir members, please bring water and a pencil.

Thursday, May 8

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

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 BRENT

[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!

10:00am in the Learning Center: CORDIA GARDEN CLUB MEETING

We have raised beds in the Courtyard that are planted and cared for each year by plant-loving Cordia members. It's time to think about what plants you would like in those beds this year. If you are a plant person and would like to help, we would love to see you. **Everyone's invited!**

11:00am in the Theater: "STUFF THE BRITISH STOLE" SEASON TWO

The British Empire stole a lot of stuff that are now housed in museums and galleries across the UK and the world. Marc Fennell peels back the mysterious true histories behind those objects - and meets those who want them back. In today's episode, Fennell journeys from London to Kunanyi to unravel a devastating story of a stolen child. Run time, 30 minutes. **Also on Channel 1-1.

11:00am in the Learning Center: SPRING GREETING CARD WORKSHOP WITH MICHELE GREENAN

Michele G. is back to help you produce beautiful greeting cards that celebrate spring. She will bring all the materials you need. You will mix and match design elements to create unique cards that are sure to please the people you send them to. No sign-up necessary; all are welcome.

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, "NIAGARA FALLS"

Embark to Niagara Falls and witness its stunning beauty and a wide variety of wildlife—mammals, birds, and reptiles—that call it home. Through the eyes of passionate scientists, uncover a complex world forged by stone and powered by water. After the film, discussion will be led by Roland Drayson, Professor Emeritus at the University of Michigan. **Also on Channel 1-1.

1:00pm in the Fitness Center: BALANCE HARNESS CLASS WITH ANN PARKER, PT

Challenge your balance while you are secured in a harness that prevents falling. You will be guided by physical therapist Ann Parker. A sign-up book is in the Fitness Center, but if you are new to Cordia or have questions about this class, please come down at the beginning of a session to talk with Ann. **We have spaces available—you can start right away.

2:00pm in the Fitness Center: BALANCE HARNESS CLASS WITH ANN PARKER, PT

Challenge your balance while you are secured in a harness that prevents falling. You will be guided by physical therapist Ann Parker. A sign-up book is in the Fitness Center, but if you are new to Cordia or have questions about this class, please come down at the beginning of a session to talk with Ann. **We have spaces available—you can start right away.

**Puppet backdrop painting is paused this week. Back soon!

2:00pm in the Learning Center: WATERCOLOR EXPERIMENTS WITH MARY G.

No experience needed! Award-winning watercolorist Mary Guntzviller will be your guide in the magic and wonder of watercolor painting. It's all for play and experimentation--even the paper you use is part of the fun. *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!

6:00pm in the Piano Lounge: JAZZ SUPPER CLUB

Nancy Stagnitta is out touring with Paul Simon, but her jazzy friends stayed in town and they are ready to play for you. Listen during dinner or relax in the lounge afterwards with a beverage and some lovely tunes.

Friday, May 9

8:30am in the Lobby: EXCURSION: NMC CAMPUS DAY

If you registered to attend this community education event, we will depart at 8:30 to arrive in time to check-in, get our bearings, and have a sip of coffee before the first session begins. Lunch is included. If you signed up for one or two sessions rather than all three, Concierge will be picking people up after lunch and a meeting place/time will be arranged.

11:00am in the Theater: QIGONG ("Chee-gung")

Looking for an easy way to reduce pain and increase balance? Join instructor Joan D'Argo every Friday morning for an hour. Both seated and standing options are offered to help you increase your energy, clarity, and balance. Plus, there's no wrong way to do it! Please wear comfortable clothes and shoes.

1:00pm in the Theater: "ALL CREATURES GREAT AND SMALL" SEASON FIVE

This series is a crowd-pleasing return to James Herriot's adventures as a veterinarian in the 1930s and 40s Yorkshire Dales. We are showing the most recent season, set during World War II. The series stars Samuel West, Callum Woodhouse, Anna Madeley, Rachel Shenton, and Nicholas Ralph. Each episode is about one hour. **No swear words to worry about!

2:30pm in the Reserved Dining Room: CORDIA TECH USERS GROUP

Increase your comfort and confidence with technology in a fun and supportive environment. All skill levels are welcome. It's never too late to learn something new! While the majority of our time will be spent in discussion with each other, we will start each week with a brief presentation.

This week the topic is: **Apple Mail (How to manage or disable categories).

3:00pm in the Learning Center: ENJOY A SHORT STORY

Join writer Karin Killian to talk about a great short story. This week's selection will be taken from a collection of Anderson's Fairy Tales. You will hear a recording of the story at the beginning of the program; if you wish to read the story beforehand, you can find copies on the Library table starting early in the week.

4:00pm in the TV Room: FRIDAY'S 30-MINUTE MEDITATION RETREAT

Join Club Member Fleda Brown, who has practiced mindfulness and meditation for over 35 years, as she leads you in simple, easy to follow, breathing and focusing exercises. With practice, slowly, you will feel a shift in your perspective and a lightness in your attitude. This program can either be a companion to Tuesday 10:00am Mindfulness or stand on its own. All are welcome.

4:30 and 7:30pm in the Theater: FRIDAY MOVIE, "BREAKING AWAY" (1979)

A classic! Back by member request. If you've never seen it, we recommend it. A cycling obsessed Indiana teen and his three working-class friends challenge the local college boys in the town's annual bike race. Directed by Peter Yates; starring Dennis Christopher, Dennis Quaid, and Daniel Stern. Nominated for Best Picture at the Oscars in 1980. Rated PG. Run time: 1 hour, 36 minutes. **Also on Channel 1-1.

Saturday, May 10

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.

11:30am in the Theater: TRAVEL, "THE AMERICAS" PART FOUR

Tom Hanks narrates an epic journey exploring the extraordinary worlds and wildlife of North and South America, full of never-before-seen wonders and inspiring moments experienced alongside the creatures that call it home. Run time: 45 minutes. **Also on Ch. 1-1.

1:00pm in the Lobby: EXCURSION, DENNOS MUSEUM SPRING ART MARKET



The Spring Art Market at NMC's Dennos Museum features 25 Michigan artists selling their work indoors along with free admission to the museum and special programming to celebrate artists, spring, and moms. Indulge in a Mawby sparkling cocktail at the cash sparkling bar while you take in the art with a pianist in the galleries. Support artists and shop for unique gifts and artwork. Admission to the Museum is free today but you will want your wallet in case something catches your eye. **Please sign up at Concierge.**

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*.

2:30pm in the Reserved Dining Room: 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, "THE GOLDEN VOICE"

Nick Nolte and newcomer Dharon Jones star as a homeless veteran and a young street singer, both on self-destructive paths, who battle dark times through friendship and music. Rated PG. Run time, 1 hour, 26 minutes. **Also on Channel 1-1.

7:00pm in Kirkbride Hall in the Mercato: MUSIC IS THERAPY AT BUILDING 50

The restoration of Building 50 in Traverse City is an achievement that should be celebrated with music. And soon it will be! Interlochen Center for the Arts faculty Cynthia Van Maanen and Thomas Childs have composed "transformational landscapes" to commemorate the rebirth of northern Michigan's Kirkbride asylum. The story of Building 50 will be told with their music for PBS viewers around the country in the independent series "Songs About Buildings and Moods." Join IPR in Kirkbride Hall at 7:00 to hear the music, meet the creator of the PBS show, Seth Boustead, and hear about turning the story of architectural renovation into music and dance. **The event is free; no tickets needed, general seating.** **Please note: this program is not one that Cordia is hosting, so you are on your own to get there and back. Enjoy!

Sunday, May 11 Mother's Day

11:30-3:00pm in the Dining Room: CORDIA'S MOTHER'S DAY BRUNCH & BUBBLY

Celebrate Mother's Day here, with friends and family, at one of four seatings. The buffet will feature delicious breakfast and dinner entrees, plus sides, salads, and beautiful desserts.

Seatings are 11:30am; Noon; 1:30pm; and 2:00pm. To make a reservation, please call 995-5371.

3:30pm in the Theater: HOLIDAY MOVIE, "NONNAS" (2025)

A brand-new film that's just right for celebrating the wonderful and frustrating motherly nurturers in our lives. After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual grandmothers as the chefs. Stars Vince Vaughn and Susan Sarandon. Rated PG. Run time, 1 hours, 51 minutes. **Also on Ch. 1-1.