



## **Cordia Programs**

### **Week of March 11, 2023**



### **Monday, March 11**

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

Strength training is a six-week program designed to increase strength in your arms, legs, abdomen, and chest. Why should you want to gain strength? When you are stronger, you are less likely to fall. And anyone can get stronger! Maggie will guide you on the equipment in the Fitness Center. \*\*Curious about this class? There may be room; stop by just before 9:00.

☐ **10:00am in the Theater: FUNctional FITness: INTERMEDIATE/ADVANCED**

Visiting personal trainer Maggie Sarmiento will lead you in weight-bearing and mobility exercises to challenge and improve your strength and confidence in daily life. The content will be familiar, but different, to those who have been exercising with Terri.

☐ **11:00am in the Theater: RHYTHM AND BEAT FITNESS WITH MAGGIE: SEATED**

In this energizing class you can clap your hands, drum, shake or tap to the beat. We will listen to great music while challenging our mind-to-body, hand/eye coordination and spatial awareness. We will practice rhythm, increase your heart rate and have a great time dancing while seated in a chair. What a great way to keep your brain sharp while let'n loose! **This class is for any- and everyone.**

**CPR Training for Staff begins in the Theater at Noon:**

☐ **1:00pm in the Learning Center: 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 in the Library: LEARN TO PLAY MAH-JONGG**

Mah-jongg is an ancient, elegant game of strategy using beautiful tiles. If you already play or would like to learn, come to the Learning Center and meet friend of Cordia Jane Klegman and other members who will get you started. All materials will be supplied.

**\*\*Note: Mary Guntzviller will not be in today for art; she will be back next week.**

☐ **1:00pm in the TV Room: "THE LOST COLONY OF ROANOKE: NEW EVIDENCE"**

Thirty years before English settlers arrived at Jamestown, a group of 115 English citizens set up a settlement on Roanoke Island, off what is now North Carolina. Then, they disappeared, sparking all kinds of theories about what happened to them: annihilation by angry Native Americans? Starvation? Even the idea of aliens has been bandied about. Join a British archeologist and North Carolina historian as they search in places the experts are skeptical about...and unearth a plausible, reasonable solution to the mystery. Run time: 1 hour, 25 minutes. \*\*Also on Channel 1-1.

**\*\*Note: Because of CPR training, Vespers will not meet today.**

☐ **7:00pm in the Theater: NATIONAL WRITERS SERIES, INTERVIEW WITH BARBARA MCQUADE**

Tonight's NWS author is Barbara McQuaid, a legal analyst for NBC News and MSNBC, a former U.S. District Attorney of Eastern Michigan, and a University of Michigan law professor. Don't miss your chance to hear McQuade discuss how to identify disinformation and how we can fight against it. Her new book, *Attack From Within*, breaks down the ways disinformation has become a tool to drive voters to extremes, disempower our legal structures, and consolidate power in the hands of the few. She will be interviewed this evening by journalist and historian John U. Bacon. \*\*Also on Channel 1-1.

## **Tuesday, March 12**

☐ **10:00am in the Theater: MINDFULNESS WITH LINDA**

Explore mindfulness and the benefits of a quiet mind with Linda as your host. Back by request, *Never Mind Your Mind*. This course will explore the science of thinking patterns, with simple yet practical tips, tools, and metaphors to manage your unhelpful thoughts more effectively. The goal is to help you forge a new relationship with your mind, one where you're not held captive by it, leaving you feeling freer and more at ease with yourself and the world around you.

☐ **11:00am in the Theater: ART APPRECIATION: “AMERICAN MASTERS: BASQUIAT” PART TWO**

We are going from one art-renegade (Manet) to another: American artist Jean-Michel Basquiat went from anonymous graffiti writer to epoch-defining art star, and has emerged as one of the most important artists of his generation exhibiting in museums all over the world. Run time: 45 minutes. \*\*Also on Channel 1-1, with Part Two showing next Tuesday.

☐ **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.

☐ **1:00pm in the Reserve Dining Room: MEN’S DISCUSSION GROUP: “THE BILLION-DOLLAR PROBLEM IN EDUCATION”**

Standardized testing is deeply woven into the fabric of US education, but does it foster genuine learning? Educator Tanishia Lavette Williams sheds light on the racial biases, financial costs and limited effectiveness of this kind of testing — calling for a fundamental shift to prioritize teacher-led instruction and empower students. **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**

Would you like to learn to knit, or spin yarn, or work on a sewing project with friendly advice nearby? Amy Tyler, our fiber arts instructor, is a person of great patience, wise humor, and wide-ranging experience with all things fibery. New projects and ongoing projects are equally welcome. Amy is here to help, encourage and yes, even teach. (P.S. She can help you fix your mistakes.)

**\*\*Note: Guided Relaxation will not meet this week. When Fleda returns, the days and times for this program will change to Mondays and Fridays at 4:00pm.**

☐ **2:30pm in the Theater: TUESDAY FORUM: IN VITRO FERTILIZATION REPRODUCTION**

In Vitro Fertilization (IVF) Is making headlines in the news and is quickly becoming an important political issue. In today’s Forum we will take a look at what causes infertility and how assisted reproductive technologies can help. In this NOVA episode from 2021, we follow the journeys of people navigating fertility challenges from structural inequalities and racism to falling sperm counts, egg freezing, and IVF. \*\*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: JOHANNES BRAHMS SYMPHONY NO. 1 IN C MINOR, OP. 68** Recorded last October, conductor Jader Bignamini leads the Detroit Symphony Orchestra through a moving and exciting performance of Johannes Brahms' First Symphony. Twenty years in the making, this symphony premiered in 1876 and is considered one of the best symphonies of the Austro-German tradition. The acoustics in Detroit's orchestra Hall give full glory to this performance. \*\*Also on Channel 1-1.

### Wednesday, March 13

- ☐ **9:00am in the Theater: FUNctional FITness: INTERMEDIATE/ADVANCED**  
Visiting personal trainer Maggie Sarmiento will lead you in weight-bearing and mobility exercises to challenge and improve your strength and confidence in daily life. The content will be familiar, but different, to those who have been exercising with Terri.
- ☐ **10:00am in the Theater: FUNctional FITness: INTERMEDIATE/ADVANCED**  
Visiting personal trainer Maggie Sarmiento will lead you in weight-bearing and mobility exercises to challenge and improve your strength and confidence in daily life. The content will be familiar, but different, to those who have been exercising with Terri.
- ☐ **11:00am in the Theater: FUNctional FITness: SEATED**  
Visiting personal trainer Maggie Sarmiento will lead you in weight-bearing and mobility exercises from a seated position to challenge and improve your strength and confidence in daily life. The content will be familiar, but different, to those who have been exercising with Terri.
- ☐ **11:00am in the Learning Center: GREETING CARD WORKSHOP WITH MICHELE GREENAN**  
Make beautiful spring or Easter greeting cards with expert-crafter Michele Greenan. No intricate cutting is involved, just your skills at arranging and composing designs. You will get professional-looking results: come and see what we mean! No sign-up or experience necessary, and all materials will be supplied.
- ☐ **1:00pm in the Theater: UNITED STATES HISTORY: "THE UNITED STATES OF DETROIT" PART TWO**  
*The United States of Detroit*, a stylish and moving documentary about the resilience and spirit of Detroit's neighborhoods, recounts the story of the city's past, its present resurgence and future potential. Run time, 45 minutes. \*\*Also on Channel 1-1, with Part Two showing next Wednesday.

☐ **2:00pm in the Pub: EUCHRE**

If you enjoy euchre, come to the Pub for a game with other euchre enthusiasts. The more, the merrier, because we need four for a good game. Don't worry if you haven't played in a while and need a refresher, this group will fold you in and bring you up to speed.

**\*\*Note:** Irene Cotter will not be in today for art; she will be back next week.

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

This is a good time to try out the choir: new music is ready to go, and new members are welcome to join. You don't have to think of yourself as "choir-worthy," you just have to enjoy singing. Being able to read music is nice, but certainly not a requirement. Please bring a pencil and some water. Karen is your host and director. \*\*Choir will return to its usual time next week.

**Thursday, March 14**

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

Strength training is a six-week program designed to increase strength in your arms, legs, abdomen, and chest. Why should you want to gain strength? When you are stronger, you are less likely to fall. And anyone can get stronger! Maggie will guide you on the equipment in the Fitness Center.

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

(See description above).

☐ **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: BALANCE AND AGILITY TRAINING WITH MAGGIE**

Join guest personal trainer Maggie Sarmiento in a new class: Challenge yourself in a safe way practicing weight transfers from one foot to the other, working one leg at a time and coordinating upper and lower body. In this class you will challenge the mind to body connection and learn to take control over your balance.

☐ **Noon in the TV Room: HOLY COMMUNION**

A Deacon from St. Patrick's Roman Catholic Church brings Communion to Catholic members who would like to receive it each week.

☐ **1:00pm in the Theater: SCIENCE WITH ROLAND, "HIDDEN VOLCANO ABYSS"**

In January 2022, one of the most powerful volcanic eruptions in recorded history rocked the Pacific islands of Tonga, sending shockwaves around the world. Through first-person accounts of the disaster and eyewitness footage, experience the terrifying power of the eruption and the devastating tsunami that struck the shores of Tonga. Why was this eruption so big, how did it cause the tsunami, and could another disaster loom? Following the movie, I will present the results of a recent study showing that some atmospheric ozone was destroyed by the eruption, causing an increase in ultraviolet radiation at the Earth's surface. You will need to be in the theater to hear this. \*\*This program is hosted by Roland Drayson, Professor Emeritus at the University of MI. Run time: 53 minutes. \*\*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 see Terri Hanson, our fitness instructor, for directions, at 231-360-1566. \*\*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. \*\*We have spaces available—you can start right away.**

☐ **2:00pm at the Billiards Table: SHOOT SOME POOL WITH LIZ**

Let's put that pool table to good use. From 2:00-2:30pm, meet Liz to warm up and practice or just try out the technique without rules or contest. Just have fun! Then, at 2:30pm, if the group is ready, you can split into teams and begin a game. All are welcome!

☐ **3:00pm in the Theater: CORDIA THEATRE GROUP REHEARSAL**

It's time to dive into your new projects. Any members who are interested in observing this group in anticipation of joining, you are welcome!

## Friday, March 15

☐ **9:00am in the Theater: FUNctional FITness: INTERMEDIATE/ADVANCED WITH MAGGIE**

Visiting personal trainer Maggie Sarmiento will lead you in weight-bearing and mobility exercises to challenge and improve your strength and confidence in daily life. The content will be familiar, but different, to those who have been exercising with Terri.

☐ **10:00am in the Theater: FUNctional FITness: INTERMEDIATE/ADVANCED WITH MAGGIE**

Visiting personal trainer Maggie Sarmiento will lead you in weight-bearing and mobility exercises to challenge and improve your strength and confidence in daily life. The content will be familiar, but different, to those who have been exercising with Terri.

☐ **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. **\*\*Note:** Joan is out today; we will show a Qigong video for continued practice.

☐ **1:00pm in the Learning Center: LET’S MAKE PUPPETS!**

Having met our goal of creating the bodies for our human characters, today’s program has two tasks: 1) we will begin creating the animals for our production; the swan, and parrot first. 2) Anyone with hand-sewing skills or experience making doll clothes can begin making the clothing for our human characters. **All interested members are invited to join the puppet project.**

☐ **2:00pm in the TV Room: ENJOY A SHORT STORY, “BROWNIES”**

Join writer Karin Killian to hear and discuss another fabulous American short story—“Brownies,” by ZZ Packer. If you would like to read the story beforehand, copies can be found on the Library table.

☐ **3:00pm in the Learning Center: TRAVERSE AREA DISTRICT LIBRARY BOOKMOBILE VISIT &**

**COMPUTER HELP** The third Friday of each month, Traverse Area District Library brings a selection of books for members to browse and check out. You can return the books you borrowed last month and order books you have been looking for. Anita Chouinard, the traveling librarian, can also sign you up for a library card. **\*\*And Something Extra:** A computer services librarian will be here with Anita to help you with any devices that are troubling you. Questions about your cell phone or iPad or laptop? Bring them! **All are welcome.**

☐ **4:30 and 7:30pm in the Theater: FRIDAY MOVIE, “EINSTEIN AND EDDINGTON” (2008)**

For the science lovers among you: here is a drama starring Andy Serkis and David Tennant, about the development of Einstein’s theory of general relativity. The story is told via his friendship with British scientist Sir Arthur Eddington, the first physicist to experimentally prove his ideas. Not Rated. Run time, 1 hour, 34 minutes. \*\*Also on Channel 1-1.

**Saturday, March 16**

☐ **11:00am in the Theater: NEW SEASON! “SOMEBODY FEED PHIL”**

It’s back with new episodes: Globe-trotting gourmand Phil Rosenthal samples and savors culinary delights from Dubai, Edinburgh, Kyoto, and more in this series that restores our faith in hospitality, travel, and everyday humans. Run time: 50 minutes. \*\*Also on Channel 1-1.

☐ **12:00 Noon; meet in the Theater: STROLL THE FARMERS’ MARKET**

Each Saturday from November to May, the halls outside our south entrance are filled with farmers and food vendors who offer local, fresh, often organic, produce, baked goods, and health products. Never explored it? Join Liz at noon today and she will be your guide. Cash is helpful, and if you don’t have any on-hand there is an ATM machine in the hallway you can use, so bring your wallet. So we can know who to expect, **please sign up at Concierge by Friday at 5:00pm.**

☐ **1:30pm in the Theater: REPEAT: TWO OSCAR-NOMINATED DOCUMENTARIES**

If you missed ***The Last Repair Shop*** or ***Nai Nai & Wàì Pó***, you can see them today. ***The Last Repair Shop*** takes us to the largest remaining musical instrument repair workshop in America. Meet four unforgettable characters whose broken-and-repaired lives have been dedicated to bringing so much more than music to the schoolchildren of Los Angeles. In ***Nai Nai & Wàì Pó***, you will meet the grandmothers of filmmaker Sean Wang, a super team that dances, stretches, and, well, farts their sorrows away. \*\*Also on Channel 1-1.

☐ **4:30 & 7:30pm in the Theater: SATURDAY MOVIE, “LITTLE WOMEN” (2019)**

Directed by Greta Gerwig, here is a great cast presenting Louisa May Alcott’s classic novel. You will enjoy performances by Saoirse Ronan, Emma Watson, Florence Pugh, Eliza Scanlen, Laura Dern, Timothée Chalamet, Meryl Streep, and others. Rated PG-13. Run time, 2 hours, 15 minutes. \*\*Also on Channel 1-1.



## Sunday, March 17

☐ **7:30pm in the Theater: SUNDAY CLASSIC, “SAVING GRACE” (1986)**

If you like a heartfelt, uplifting film, this one’s for you: A young pope (Tom Conti) who feels he has lost touch with the people accidentally locks himself out of the Vatican and embarks upon an adventure that will reconnect him with his people, his faith and himself. Rated PG. Run time: 1 hour, 51 minutes. \*\*Also on Channel 1-1.

### **FITNESS SCHEDULE FROM MARCH 11 TO MARCH 15:**

**\*\*Denotes a class appropriate for members who prefer to remain seated**

<b>Monday, March 11:</b>	<p>9:00am Strength Training Circuit with Maggie in Fitness Center</p> <p>10:00am Functional Fitness with Maggie in Theater</p> <p><b>**11:00am Rhythm and Beat Fitness with Maggie in Theater</b></p>
<b>Tuesday, March 12:</b>	<p><b>**1:00pm Yoga with Naomi in Theater</b></p>
<b>Wednesday, March 13:</b>	<p>9:00am Functional Fitness with Maggie in Theater</p> <p>10:00am Functional Fitness with Maggie in Theater</p> <p><b>**11:00am Functional Fitness with Maggie, Seated, in Theater</b></p>
<b>Thursday, March 14:</b>	<p>9:00am Strength Training Circuit with Maggie in Fitness Center</p> <p>10:00am Strength Training Circuit with Maggie in Fitness Center</p> <p>10:00am Balance and Flexibility with Naomi in Theater</p> <p>11:00am Balance and Agility with Maggie in Theater</p>
<b>Friday, March 15:</b>	<p><b>**9:00am Functional Fitness with Maggie in Theater</b></p> <p>10:00am Functional Fitness with Maggie in Theater</p> <p>11:00am Qigong with Joan in Theater</p>