



Cordia Programs
Week of April 15, 2024



Monday, April 15

9:00am in the Theater: FUNctional FITness: INTERMEDIATE/ADVANCED

This fitness program is designed by personal trainer Terri Hanson to improve strength, balance, flexibility, and overall physical fitness while listening to great music and having FUN. Standing, sitting, use of weights, and laughter are usually included. Come early to take advantage of the warm-up before the real effort begins.

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

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11:00am in the Theater: FUNctional FITness: SEATED

This program, also designed and taught by personal trainer Terri Hanson, improves strength, balance, flexibility, and cardiovascular fitness from a seated position. Come early to take advantage of the warm-up before the real effort begins.

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 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.

1:00pm in the TV Room: "RACE TO ALASKA"

For the sailors among you! Continuing with our series of films about feats we ourselves would not be caught dead doing, see what you think about this sailing race from Port Townsend, Washington to Ketchikan, Alaska. 750 miles. Icy water. No motors. No support. Described as the Iditarod on a boat with a chance of drowning or being eaten by a Grizzly bear, this epic endurance race attracts intrepid, unhinged characters who find their edge on this punishing course. Run time: 1 hour, 38 minutes. **Because seating is limited in the TV Room, this program is also shown on Channel 1-1.

1:00pm in the Learning Center: WATERCOLOR EXPERIMENTS WITH MARY G.

Have you thought that watercolor was "too hard" a medium for you? Has the idea that you are "not a painter" kept you from picking up a brush? You are not alone. You're not correct, but you're not alone! Award-winning watercolorist Mary Guntzviller is here each Monday to introduce you to the watercolor game or expand your knowledge of its techniques. And a game it is: all you need to bring is your sense of play. Judgment is banished from the room, but everyone else is invited.

1:00pm 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 you if 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! The group also plays on Thursdays at 2:00pm.

4:00pm 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 our lector, and Gary Deavel is our accompanist. *All are welcome.*

Tuesday, April 16

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

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! Terri will guide you on the equipment in the Fitness Center. ****Please note: space is limited to 6 people and the class roster will change after six weeks. For more info and to sign up, contact Terri at 231-360-1566.**

10:00am in the Fitness Center: STRENGTH TRAINING CIRCUIT

(See description above). **To sign up, contact Terri at 231-360-1566.**

10:00am in the Theater: MINDFULNESS WITH FLEDA

Have you been curious about what mindfulness might be, or how meditation might be of benefit to you? Are you wary of the whole idea of a quiet mind? Are you an experienced meditator who would like to join a group of other “sitters?” There is room for all of you in this program. Hosted by Club member Fleda Brown, a student of meditation practices for over 35 years, you will learn the basics, how to practice, and why, why, why. So, why not??

11:00am in the Theater: ART APPRECIATION, “ART’S WILDEST MOVEMENT: MANNERISM” PART 2

“Goodbye Renaissance!” Art critic and historian Waldemar Januszczak drills to the heart of Mannerism, asking when did it happen, what were its characteristics, and what did it achieve? Run time: 1 hour, 6 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.

1:00pm in the Reserve Dining Room: MEN’S DISCUSSION GROUP: “HOW TO SPOT A CULT”

Nobody joins a cult on purpose, says Sarah Edmondson, a former member of the infamous Nxivm cult and one of the three whistleblowers that led to its downfall. She explains how she got ensnared in this highly manipulative group — and then escaped it — and shares red flags to help you distinguish between a cult and a safe community. **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.)

2:30pm in the Theater: TUESDAY FORUM: BOEING AIRLINES, PART 2

Last week we examined Boeing's rise to global domination in the aviation/aeronautics industry. In this week's forum we will view the documentary entitled: ***Downfall: The Case Against Boeing***. It investigates how Boeing's legacy of safety and precision clashed with an emerging culture of efficiency and profit, leading to disastrous outcomes. **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: THE MUSIC OF GORDON PETER GETTY

Gordon Peter Getty is an American businessman and classical music composer and the fourth child of oil tycoon J. Paul Getty. When his father died in 1976, Gordon assumed control of Getty's US\$ 2 billion trust, making him number 391 on the Forbes 400 list of the wealthiest Americans. But did you also know that he is a classical composer having created published operatic, piano and choral works? In today's program we will look at the fascinating story of this creative composer. **Also on Channel 1-1.

Wednesday, April 17

9:00am in the Theater: FUNctional FITness: INTERMEDIATE/ADVANCED

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1:00pm in the Theater: UNITED STATES HISTORY: “MARK TWAIN” PART THREE

For history buffs who enjoy biography, today’s program is a Ken Burns documentary from 1998, in which he delves into the life of one of our greatest writers, Samuel Clemens, who rose from boyhood in the backwoods of Missouri to become Mark Twain. Part Three of Four. Run time, 1 hour. **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. 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.

2:00pm in the Learning Center: ART CONVERSATION 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, especially if you are new to Cordia or want to restart a paused artistic plan.

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.

Thursday, April 18

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

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! Terri will guide you on the equipment in the Fitness Center. ****Please note: space is limited to 6 people and the class roster will change after six weeks. For more info and to sign up, contact Terri at 231-360-1566.**

10:00am in the Fitness Center: STRENGTH TRAINING CIRCUIT

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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!

Noon in the TV Room: ROMAN CATHOLIC HOLY COMMUNION

Holy Communion is offered each Thursday for Roman Catholic members who would like to receive.

1:00pm in the Theater: SCIENCE WITH ROLAND: “AI REVOLUTION”

Many people have heard of Artificial Intelligence (AI) without knowing what it is about. Basically, it is a computer program that will answer questions that you put to it. For example, consider the X-ray images of the breast, taken to detect cancer. Often, the results are ambiguous. Artificial Intelligence can examine a database of previous cases to come up with a diagnosis more reliable than a doctor. This is just one application of many that you will watch today. AI can be used for good and evil purposes. Following the movie, for those in the theater there will be an opportunity to ask questions and to participate in a lively discussion. Discussion is 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 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. No experience necessary: the players are very inviting and they will help you if 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!

- 2:00pm in the Theater: FIRST MEETING OF MUSICAL VOLUNTEERS FOR “I LOST MY SHOE AT THE ZOO”** An important aspect of our puppet theater project is the music that will accompany the shenanigans at the zoo. You are invited to help us think of “zoey” tunes, animal-related songs, or other musical creations that will add flavor, meaning, and comedy to the performance. There may even be opportunities to compose! If you are musical in any way, or are just curious, please come. And help us spread the word!

- 3:00pm in the Theater: CORDIA THEATRE GROUP REHEARSAL**
Last rehearsal before Friday’s performance!

Friday, April 19

- 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: THEATRE GROUP PERFORMANCE, “GREAT POEMS WRITTEN BY YOUR JERK-OF-A-CAT”** Cordia’s Theatre Group has a little comedy for you in honor of National Poetry Month. Come and hear a selection of great poems by writers such as Robert Frost, Pablo Neruda, and Maya Angelou, followed by their reinvention as something your cat would say.

- 2:00pm in the TV Room: ENJOY A SHORT STORY, “THE HISTORY OF CHINA”**
Join writer Karin Killian to hear and discuss another fabulous American short story—“The History of China,” by Carolyn Ferrell. If you would like to read the story beforehand, copies can be found on the Library table.

- 3:00pm in the Learning Center: TADL 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, iPad, or laptop? Bring them! *All are welcome.*

4:00pm in the TV Room: GUIDED RELAXATION

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. Don't expect miracles! 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, "OSCAR" (1991)

All three of this weekend's movies have been requested by members, and we hope they're all hits. First, enjoy Sylvester Stallone, Ornella Muti, Peter Riegart, and Marisa Tomei in a film that will show us how promising to quit a life of crime is a lot easier said than done. Rated PG. Run time, 1 hour, 49 minutes. **Also on Channel 1-1.

Saturday, April 20

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.

1:00pm in the Lobby: EXCURSION: PLAY POOL AND EAT PIZZA 

If you have been hankering for a mug of something fizzy, a couple of slices of pizza, and a good game of pool, this excursion is for you. Liz will be your host, and you will drive to That'sa Pizza at Oleson's Plaza. The pool table there is free. We think it will be easiest if you bring your wallet for beverages (there is a bar); the cost of the pizza will be evenly divided between the group and charged to your Cordia account. We have space in this excursion for eight members. If more sign up, we will pull names out of a hat and run a second excursion soon so nobody misses out.

Please sign up at Concierge by Friday at noon.

4:30 & 7:30pm in the Theater: SATURDAY MOVIE, "L.A. STORY" (1991)

Here is the second movie in our weekend of member requests. With the help of a talking freeway billboard, a wacky weatherman (Steve Martin) tries to win the heart of an English newspaper reporter (Victoria Tennant), who is struggling to make sense of the strange world of early 1990s Los Angeles. Rated PG-13. Run time: 1 hour, 35 minutes. **Also on Channel 1-1.

Sunday, April 21

7:30pm in the Theater: SUNDAY CLASSIC, "PARIS BLUES" (1987)

This member-recommended film has a whole lot to recommend it: First, the cast: Paul Newman, Joanne Woodward, Sidney Poitier, and Diahann Carroll. Second, the score: Duke Ellington wrote it, Louis Armstrong appears in the movie to play it. Third, the setting: Paris! Poitier and Newman play jazz musicians who meet their matches in the women they fall in love with in the City of Lights. Not Rated. Run time: 1 hour, 38 minutes. **Also on Channel 1-1.