EXPLORING IS Ageless.
THE MISSION OF HANNAN CENTER is to preserve the dignity and enhance the quality of life for seniors in Michigan. In 1925, Luella Hannan founded the Luella Hannan Memorial Foundation to serve aged persons in Detroit. In 2017, the Hannan Foundation established a separate 501©3 nonprofit organization, Hannan Center, to house the programs of the foundation. Today, over 97 years after its founding, Hannan’s reach extends to the tri-county area ensuring that seniors are respected, valued, empowered, and connected to a community of their choice. Through lifelong learning opportunities (Beyond U) and service coordination/case management, Hannan assists older adults with their social, medical, financial, and housing needs.

Table of Contents

Registration Dates & Information ................................................ Page 3
Beyond U Fall Classes ................................................................. Pages 4 - 6
Beyond U Fall Specialty Workshops ........................................... Pages 7
First Tech Thursdays ................................................................. Page 7
Kayrod Gallery ................................................................. Page 8
Thrive Thursdays ................................................................. Page 8
Hannan After Dark ............................................................... Page 9 - 11
Connect with Hannan ............................................................... Page 12
Hannan Daybreak Center .............................................................. Page 13
Dates to Remember ............................................................... Page 15
BEYOND U
REGISTRATION DATES AND INFORMATION FOR FALL 2023 TERM

ONLINE REGISTRATION DATES
This semester Hannan Center is offering Online Registration Only.

Regular Online Registration:
Monday, August 7, 2023 – Wednesday, August 23, 2023

To Register, go to the Hannan Website, www.Hannan.org and follow the prompts.

For more information, please contact Pat Baldwin, Director of Beyond U and Volunteer Services at (313) 833-1300 ex. 15 or pbaldwin@hannan.org

All classes and workshops will be online unless otherwise noted. Proof of COVID immunization, including boosters, is required for in-person programming.

- FALL 2023 TERM BEGINS:
  Monday, September 11, 2023

- FALL 2023 TERM ENDS:
  Friday, December 15, 2023

REGISTRATION FEES

Registration: $7.00 | Class/Workshop: $7.00 (unless otherwise noted)

Hannan Center is open and affirming to all individuals, and is committed to the principles of diversity and inclusion. Hannan is welcoming to all and does not discriminate on the basis of age, race, color, religion (creed), gender, gender expression, sexual orientation, national origin (ancestry), disability, marital status or military status, in any of its activities or operations. These activities include, but are not limited to, hiring and firing of staff, selection of volunteers and vendors, and provision of services.
**FALL 2023 CLASSES**

**MONDAY**

**YOGA**
Move your body through a complete series of seated and standing yoga poses. Increase flexibility, balance, and range of motion.

Instructor: Laura Lerman  |  Time: 10AM - 11AM  |  Location: Zoom
Requirements: Wear loose clothing
Class Size: 10 min

**LINE-DANCING**
Line dance supports healthy aging, brain memory, flexibility and balance, plus reduces STRESS. In class we will do old and new dances through a variety of music genres. Classes are one hour with a menu of warmups, demos, cool down all done through dancing.

Instructor: Nawali G.  |  Time: 11AM - 12PM  |  Location: Hannan Center
Requirements: Need sound system, Blue tooth compatible
Class Size: 10 min / 25 max

**TUESDAY**

**MEDITATION**
By exploring the various techniques of meditation, participants will learn and develop skills of mindfulness and meditation. Methods include deep concentration and learning how to skillfully respond to physical pain, stress, difficult emotions, and thought patterns.

Instructor: Vernice McDaniel  |  Time: 12:30PM - 1:30PM  |  Location: Zoom
Requirements: Wear loose clothing
Class Size: 10 min

**TAI CHI**
This class provides an opportunity to learn the ancient Chinese form of moving, meditation and relaxation while creating balance between the mind and body. Muscular strength, flexibility, joint movement, balance and cardio-respiratory fitness are potential benefits.

Instructor: Vernice McDaniel  |  Time: 11:30AM - 12:30PM  |  Location: Zoom
Class Size: 10 min / 45 Max

**WEDNESDAY**

**ADVANCED FITNESS**
This class utilizes a variety of exercises designed to increase strength, range of motion, and activities for daily living. A chair is used for seated or standing support.

Instructor: John Barber  |  Time: 9AM - 10AM  |  Location: Zoom
Class Size: 10 min
ZUMBA GOLD
A dance fitness class that will get your body moving to fun and festive music and will inspire you to dance and move in place. The benefits include improving your physical and psychological health.
Instructor: Sheila Gerard  l  Time: 11:30AM - 12:30PM
Location: Zoom/In person at Hannan Center
Class Size: 10 min

I LOVE SPANISH 1
Learn to speak this beautiful language in a lively, musical atmosphere. Taught by musician Alina Morr, who became fluent in Spanish after beginning her studies at the age of 32. Ms Morr uses rhythms and interactional songs that greatly enhance learning and memorization, as well as more traditional teaching tools such as texts and workbooks. There is also an emphasis on learning about Spanish and Latin American culture, with possible field trips.
Instructor: Alina Morr  l  Time: 1PM - 2PM  l  Location: Zoom
Class Size: 6 min/15 max

I LOVE SPANISH 2
The lively rhythms and repetitions used in the memorization drills greatly enhance learning due to the effect of Rhythmic Entrainment, as has been documented by numerous studies on how the brain learns best. Come and share the joy of learning this beautiful language, in a stimulating and joyful atmosphere.
Instructor: Alina Morr  l  Time: 3PM - 4PM  l  Location: Zoom
Class Size: 6 min/15 max
The second semester of I Love Spanish! is open to both those who have completed I Love Spanish I, as well as to those who have some basic experience in studying the language and would like to continue learning, using a different approach.

ART AND DESIGN 101
A class for beginners and for those who have had some experience with art making. In this class, participants will explore the possibilities in drawing, painting, and collage. “We learn from each other in a creative and relaxed environment”.
Instructor: Nancy Wolfe  l  Time: 10:30AM - 12:30PM  l  Location: Zoom
Class Size: 7 min  l  Materials Needed: TBA
SING, LADY, SING! (WOMEN’S MULTI-STYLE SINGING GROUP)
Come and be a part of the Joy of Group Singing with “Sing, Lady, Sing!” Rehearsals will include a warmup, working on harmonies, pointers on vocal techniques…… and FUN singing music! Alina is always open to suggestions on repertoire. We will go “Everywhere Music Goes”. Directed by pianist/arranger/vocalist Alina Morr, of the award-winning group, Straight Ahead, the group will sing a variety of styles.
Instructor: Alina Morr  |  Time: 12:30PM – 2PM  |  Location: In person at Hannan Center
Class Size: 7 min/20 max

THEATER
This class will provide the opportunity to explore various aspects of theater performance and production. Participants will explore theater techniques and develop and share their creativity with an audience.
Instructor: Indigo Colbert  |  Time: 10AM - 11:30AM  |  Location: In person at Hannan Center
Class Size: 5 min/7 max
Materials Needed: TBA

DRUMS ALIVE: GOLDEN BEATS
This class is a drumming and movement workout that is specifically designed to enhance physical, emotional and cognitive health.
Instructor: Meida Ollivierra  |  Time: 9AM - 10AM  |  Location: Zoom
Class Size: 10 min
Materials Needed: TBA

FINE ARTS
Learn the skill of printmaking, collage, figure drawing, mandala making and painting self-portraits. Participants can learn and create in an atmosphere that promotes self-expression and creativity.
Instructor: James Puntigam  |  Time: 12:30PM - 3PM  
Location: Zoom/In person at Hannan Center
Class Size: 7 min
Materials Needed: TBA

YOGA
This yoga class is for all levels and abilities. There will be seated and standing poses with floorwork which includes suggested helpful modifications.
Instructor: Trina Campbell  |  Time: 10:15AM - 11:15AM  
Location: Zoom/In person at Hannan Center
Class Size: 10 min
SPECIAL WORKSHOPS

COMERICA MONEY SENSE FINANCIAL LITERACY SERIES - FREE

- **BANKING 101**
  Thursday, September 7 | Time: 10AM - 11AM
  In this workshop, participants will learn how they can work with financial institutions to help them manage their personal finances, grow their wealth, and safeguard their money. They will learn about the variety of account types available for their needs and receive a primer on how to open a simple account.

- **CREDIT SCORES & REPORTS**
  Thursday, September 21 | Time: 10AM - 11AM
  In this workshop, participants will learn what a credit score is, its importance, and how to read a credit report. They’ll also learn the tools to maintain a healthy credit score and repair bad credit.

- **USING CREDIT CARDS**
  Thursday, October 5 | Time: 10AM - 11AM
  In this workshop, participants will understand how credit cards work and how to manage a credit card.

- **DEBT MANAGEMENT**
  Thursday, October 19 | Time: 10AM - 11AM
  Participants will explore common reasons why people find themselves in debt and the most common types of debt. They will also describe the value of using debt management strategies such as loan consolidation, budgeting, and debt management plans. Finally, participants will compare various debt management solutions and create a personal plan about how to manage their debt.

BEYOND U SATELLITE CAMPUS

THE STORYTELLER IN U *(Detroit Association of Black Storytellers – A Hannan Partner)*

This workshop is for everyone. We are all storytellers. Some of us carry our stories in our hearts and others sharing in select groups. This class will affirm with you that your stories matter and give invaluable voice to our humanity. This class will offer important tools that will help you engage listeners whether in person or on a virtual platform. We will explore how voice, lighting, dress, and props may enhance or detract from your story. This class will give you the tools to make your stories “POP”. Your story thoughtfully told and with intention may change a life, a community, or perhaps the world.

Instructor: Janice Burnett | Time: 10AM - 11:30AM
Dates: Thursdays, September 21, 28 & October 5, 12, 19 & 26
Location: Allegria Village - 15101 Ford Road, Dearborn, Michigan 48126
Class Size: 5 min/ 12 max
Materials Needed: paper, writing utensil (props as desired)
Second Sunday
Virtual Artist Talks and Studio Tours
in partnership with SAGE Metro Detroit

Time: 1PM – 2:30PM
Featured Artists: To Be Announced

Thrive Thursdays
Health Screenings and More!

Join us the Third Thursday of Each Month
12PM–1:30PM
Location: Hannan Center Café

Drop in screenings and information:
Memory Screenings, Depression Screenings,
Blood Pressure Screenings, Glucose Testing,
Information Tables.

No appointment necessary!

For questions, please contact Melissa Draughn,
Director of Social Work, at (313) 833-1300 Ext. 32
or mdraughn@hannan.org
VEGAN (PLANT-BASED) COOKING WITH A TWIST

Instructor: Chichita Young

90 minute classes that offer an educational subject matter with fact checked and documented information to optimize health and longevity. Classes are vegan recipe based, on site food preparation instruction. 80% of each class will be demonstrational and 20% of the class hands on. Taste testing will be available to all participants. Participants will learn to ‘veganize’ standard old favorites; such as traditional breakfast foods, meatloaf, chikun & gravy and more. Bring pen, paper and your appetite!

- EVERYTHING HAS A SEASON
  Saturday, September 16  |  Time: 12PM – 2PM  |  Location: Hannan Center  |  Cost: $20
  Based on the book: Eating Healthy for the Seasons. Learn the foods to eat and other environmental changes to keep your body in perfect balance.

- LET’S DO BRUNCH
  Friday, September 22  |  Time: 4PM – 6PM  |  Location: Hannan Center  |  Cost: $20
  Learn a delicious Vegan versions of this most popular social meal theme.

- THE REAL SKINNY ON TOFU
  Saturday, October 14  |  Time: 12PM – 2PM  |  Location: Hannan Center  |  Cost: $20
  Excellent for weight management, maintaining estrogen levels as we age. Versatility from breakfast to desserts.

- TELL ME THE JUICE
  Friday, October 27  |  Time: 4PM – 6PM  |  Location: Hannan Center  |  Cost: $20
  Called ‘Liquid Gold’, raw vegetable and fruit juicing for what ails you.

- THAT’S NOT A WEED, IT’S A MEDICINAL PLANT
  Friday, November 10  |  Time: 4PM – 6PM  |  Location: Hannan Center  |  Cost: $20
  Learn to identify and how to use native plants that our ancestors considered medicine and food.

- HOW TO CREATE A VEGAN CHARCUTERIE BOARD
  Saturday, November 18  |  Time: 12PM – 2PM  |  Location: Hannan Center  |  Cost: $20
  Charcuterie Boards are all the rage lately. We will put a Vegan twist on one of today’s refreshment options.

EXPRESSIVE JEWELRY DESIGN

Instructor: College for Creative Studies Teaching Artist Ivy Horn

Date: Thursdays, October 12, 19 & 26, November 2, 9, & 16  |  Time: 4PM – 6PM  |  Location: Hannan Center

Class Size: min 6 /max 14

Requirements: Intermediate to advanced art students

Cost: $40.00

Class will introduce participants to the world of designing with metal and wire to create unique forms of jewelry. Whether this is the first experience in working with metal and wire or participants have some knowledge, each will gain particular skills that they will be able to take home. Each participant will learn basic working techniques and different patterns to create Necklaces, earrings and bracelets.
LISTENING BACK: BLACK MEDIA SERIES

Instructor: King Sophia  
Class size: max 40

A lecture, a live performance, and showings of a correlating film or other form of audiovisual an art media series highlighting the brilliance and beauty of significant Black music and its composers as showcased in Black albums, Black films, and Black lives.

Each event will consist of 3 main medialecture, a live performance, and showings of a correlating film or other form of audiovisual an art media series highlighting the brilliance and beauty of significant Black music and its composers as showcased in Black albums, Black films, and Black lives.

**ST. LOUIS BLUES: CHANTEZ LES BAS**  
Saturday, September 16  I  Time: 5PM – 7PM  I  Location: Hannan Center  I  Cost: $20

This event will focus on the life and legacy of W.C. Handy, his influential but little known song, Chantez Les Bas, and the star-studded 1958 film, St. Louis Blues, which paid homage to both the man and his music.

The lecture will include a brief summary of W.C. Handy’s life and musical impact as the so-called “Father of the Blues,” followed by a discussion of his biopic, St. Louis Blues. Within this discussion we will show a few short clips from the movie as well as referencing well-known songs and hymns from Handy’s catalogue. The lecture will conclude with an in-depth exploration of the song, Chantez Les Bas, which is featured prominently in the film. The rarity of this tune is amplified by the fact that there are only five known recordings of it, including those that were made in connection with the production of St. Louis Blues. The lecturer will explain the history and musicology of the piece, the differences between the few recorded versions, and the relevance of the work as it relates to today’s musical landscape.

**COLERIDGE-TAYLOR PERKINSON: LAMENTATIONS**  
Saturday, October 21  I  Time: 5PM – 7PM  I  Location: Hannan Center  I  Cost: $20

This event will showcase the work and legacy of prolific Black composer, Coleridge-Taylor Perkinson and his Black Folk Song/Suite for solo cello, Lamentations. King Sophia will perform one or more movements from Lamentations. We may also show the film, A Warm December (starring Sydney Poitier and Esther Anderson), as the movie’s soundtrack was composed and conducted by Coleridge-Taylor Perkinson.

For the lecture portion of this event, there will be an biographical review of Perkinson’s life and musical impact, followed by an comprehensive analysis of Lamentations. In this analysis, we will examine the music theory and history behind the piece, including its cultural relevance as a piece that is both Bachian and unquestionably Black in its structural nature. We will specifically speak on how the harmonies heard in Lamentations, as well as in the soundtrack for A Warm December, are directly derived from “Barbershop Harmonies” – the harmonies sung on plantations by enslaved people singing Negro Spirituals – and how the term “Barbershop Harmony” and the correlating genre have been distanced from this important history.
LISTENING BACK: BLACK MEDIA SERIES Continued...

- **ST. JAMES INFIRMARY**
  Saturday, November 18  |  Time: 5PM - 7PM  |  Location: Hannan Center  |  Cost: $20

  The third event in this series will be about the well-known and frequently performed tune, St. James Infirmary. The song has been a part of the euro-american musical lexicon for approximately two centuries, and considered a well-loved blues standard since the early 1900s. Despite being attributed to several different names, the true composer of this standard is unknown to this day. Thus, rather than focusing the conversation on a single artist, we will discuss the rich history of the tune, allowing the audience to follow its journey from England to the United States to the rest of the world. This historical overview will pay special attention to the prevalence of this song in New Orleans funeral traditions and the profound connotations that Black communities in the U.S. have attached to it over time.

  Although this particular event will not be concentrated on a singular artist, the correlating live performance will be based on the first known recording of the song, done by Louis Armstrong & His Savoy Ballroom Five in 1928. We may possibly incorporate a lyric writing activity into the event to engage the audience. We would also like to show excerpt from Betty Boop series with cartoon Cab Calloway singing St. James Infirmary as Koko the Clown.

- **NINA SIMONE: MISSISSIPPI GODDAM**
  January 2023 -  **Exact Date TBD**  |  Time: 5PM - 7PM  |  Location: Hannan Center  |  Cost: $20

  The focal point of this event will be the iconic Nina Simone and her powerful protest song, Mississippi Goddam. The lecture will of course include a comprehensive review of Ms. Simone's story and all that she created during her life, with special attention paid to the circumstances of her life within which Mississippi Goddam was written. We will thoroughly examine both the musical structure and the lyrical dissent of Mississippi Goddam and how the culmination of these aspects of the song, in combination with Nina Simone's eminence as an activist and revolutionary, contribute to the immense political relevance of the musical work. There will be a live performance of the song, Mississippi Goddam to go with the lecture.

BEYOND U BOOK CLUB

**Instructor:** Pat Baldwin  
**Dates:** September 23, October 28, & November 18  |  **Time:** 10AM - 11:30AM  |  **Location:** Hannan Center  
**Class Size:** min 8 / max 15  
**Requirements:** Must have read required books  
**Cost:** $7.00 and cost of books (can be purchased at Source Bookstore) or possibly borrowed from the library.

Join us at the Hannan Center for the Beyond U monthly book club. Each month we will read a book that sparks the interest of the book club participants. The book for the September discussion will be The World According to Fannie Davis: My Mother's Life in the Detroit Numbers by Bridgett M. Davis. Subsequent reads will be determined by the book club participants at the September discussion.
Don’t wait for opportunity, create it.

CONNECT WITH HANNAN ON SOCIAL MEDIA
Connect with us to learn about upcoming programs & events. To sign up for our newsletter, please visit www.hannan.org

FACEBOOK
Hannan Center

TWITTER
@AgeOutLoud

INSTAGRAM
@AgeOutLoud
Conveniently located in the heart of Detroit’s Midtown neighborhood, DayBreak at Hannan Center exists to improve the lives of older adults and their families. DayBreak provides a safe and secure environment for older adults who are:

- living with dementia and/or
- need assistance with Activities of Daily Living (walking, using restroom, eating, communicating)

### ADULT DAY SERVICES ▪ Benefits for Older Adults

- Services are specifically designed for older adults living with dementia and/or who require assistance with Activities of Daily Living (walking, using restroom, eating, communicating)
- Preserves independence by allowing participants to leave their homes and engage with others socially
- Social and therapeutic activities (exercise, art, music)
- Enhances the quality of life of participants
- Comprehensive Assessments - professionally licensed nurses and social workers conduct a series of comprehensive health screenings to form a baseline from which to measure future changes in well-being

### ADULT DAY SERVICES ▪ Benefits for Caregivers and Families

- **Respite Care** - Caring for an older adult with additional needs can be challenging. DayBreak at Hannan Center partners with caregivers and families in providing short-term relief.
- **Peace of Mind** – Caregivers can fulfill work or personal obligations while having the peace of mind that their loved one is being respectfully cared for by compassionate team members.
- **Stress Reduction** - Adult Day services help reduce levels of stress on caregivers and families.
- **Better Relationships** - Assistance through DayBreak at Hannan Center improves the relationship between the care recipient and the caregiver.

**ENROLL TODAY!**
Affordable / Financial Assistance May Be Available

Belinda Croft, BSW  
*DayBreak at Hannan Center Manager*
313.833.1300 ext. 24  
bcroft@hannan.org

www.hannan.org/daybreak  
4750 Woodward Avenue, Detroit, Michigan 48201
Located in the heart of Detroit’s Midtown neighborhood, Hannan Center is the perfect place for your meeting or special event!

• Parties
• Corporate Meetings
• Weddings
• Memorials
• Plays
• Book Readings
• Spoken Word
• Art Exhibits
• Movie Screenings
• Concerts

BOOKING
To discuss your event/meeting and secure rental space, please call 313.833.1300 ext. 11 or email mpitts@hannan.org

www.Hannan.org
DATES TO REMEMBER

AUGUST 7
Regular Online Registration

AUGUST 25
Spring/Summer 2023 Term Ends

SEPTEMBER 11
Fall 2023 Term Begins

NOVEMBER 23 & NOVEMBER 24
Thanksgiving Holiday - No Classes

DECEMBER 15
Fall 2023 Term Ends

DECEMBER 16 - JANUARY 7
Winter Holiday Break

JANUARY 8
Winter 2024 Term Begins

Aging is a Journey...
DISCOVER WHAT’S POSSIBLE AT HANNAN CENTER
We age not by years, but by stories.

Hannan Center subscribes to the philosophy that learning is not limited by age, but rather it is a lifelong endeavor that is limited only by one’s imagination.

4750 Woodward Avenue  |  Detroit, MI 48201
313.833.1300
www.hannan.org