



Winter 2024

**HANNAN CENTER BEYOND U
PROGRAM CATALOG & HAPPENINGS
JANUARY - MAY**

EXPLORING IS *Ageless.*

WELCOME TO HANNAN CENTER!

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.

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AGEISM

age·ism / 'āj,izəm / noun

Prejudice or discrimination on the grounds of a person's age.

Hannan Center works diligently to identify and combat ageism. With so many messages coming from a culture that ridicules and dismisses the worth of older adults, Hannan is the one place where the number of years you have been alive is respected and valued. In fact, we ask people to consider the notion that the capacity to learn and contribute to society doesn't diminish with time – it grows.

SOME QUESTIONS TO THINK ABOUT...

- What did you want to be when you were growing up? Can you revisit those dreams? Can you or are you exploring those passions now?
- How do you feel about aging and ageism?
- What's left on your bucket list?
- What do you want to be remembered for? Has that changed over time?
- What wisdom would you give to those younger than you – in only ONE sentence?
- Fast forward to your epitaph. What does it say?

BEYOND U

REGISTRATION DATES AND INFORMATION FOR WINTER 2024 TERM

ONLINE REGISTRATION DATES

This semester Hannan Center is offering Online Registration Only.

Regular Online Registration:

Monday, November 27, 2023 – Thursday, January 11, 2024

To register, visit www.hannan.org/classes-and-workshops and follow the prompts.

Need Help? We are here to assist you weekdays 8AM – 5PM.

**Please contact, Pat Baldwin, Program Manager of Beyond U
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.

■ **WINTER 2024 TERM BEGINS: Tuesday, January 16, 2024**

■ **WINTER 2024 TERM ENDS: Friday, May 3, 2024**

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.





WINTER 2024 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

HUSTLE 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



WINTER 2024 CLASSES

WEDNESDAY

HAND-QUILTING

How many of you have fond memories of watching a family member, or friend, make a quilt by hand? If you've ever longed to learn this art form, now is the time! Please join us as I take you on an adventure into the history of quilt making from the perspective of the ancestors. In this hands-on course, students will learn how to cut, piece and handquilt fabrics together by hand using a needle and thread.

Note: Students will need to purchase their own supplies. A complete supply list will be provided. During the first class, we will discuss what kinds of fabrics, batting, thread are needed for this course and the quantities to purchase.

Instructor: April Shipp | **Time:** 10AM - 12PM | **Location:** Hannan Center

Dates: Begins January 17 and ends March 27

Class Size: 6 min/12 max | **Cost:** \$25 course

Materials Needed: Some materials might include: cotton fabrics, sharp scissors, a rotary cutter, a rotary cutter mat, see-through rulers 6"x18 or 6"x24, a seam ripper, hand sewing needles, straight pins for quilting, a thimble, #2 pencils, masking tape, quilters safety pins, and thread.

Class Rules of conduct: class must start on time. No food or drink is allowed. You may bring a bottle of water. Please turn all cell phones to vibrate during class.

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 | **Time:** 1PM - 2PM | **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.

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.

Instructor: Alina Morr | **Time:** 3PM - 4PM | **Location:** Zoom

Class Size: 6 min/15 max



WINTER 2024 CLASSES

WEDNESDAY

CIRCL Mobility™ with the Lifestyle Diva™

This class will focus on flexibility, breath work, and mobility exercises to help you move better and longer. This class will be set to a soundtrack of healing tones and sound frequencies to help free your mind to focus and release stress.

Instructor: Sheila Gerard | **Time:** 11:30AM - 12:30PM

Dates: Every Wednesday

Location: Zoom link will be emailed to registered participants

Class Size: 10 min/60 max

Materials needed: Comfortable clothing and a willing mind

THURSDAY

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

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 | **Time:** 10:30AM - 12:30PM | **Location:** Zoom

Class Size: 7 min | **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

Materials Needed: TBA



WINTER 2024 CLASSES

THURSDAY

AVC KITCHENS 2024 HEALTH AND HEALING FOR LIVING PROGRAM

The years 2020 to 2023 helped teach us it is important to maintain good health and build a strong immune system.

In this weekly 12-week program you will learn practical nutrition and health knowledge from a Science and Biblical perspective. Highlights of topics covered will include:

- Plant-based culinary techniques and recipes;
- Keys to weight loss;
- How to use nutrition to manage health conditions such as diabetes, high blood pressure, and cholesterol;
- Plus an introduction to using essential oils for health; and
- Steps to creating a kitchen garden using simple herbs for better health.

All classes are available for review during the 12-week program. So don't worry if you cannot make a live class.

Instructor: Vazilyn Poinsetta | **Time:** 11:30AM - 12:30PM

Dates: January 18 - April 4

Location: Virtual course; instructor will email online link to registered participants

Class Size: Unlimited

Cost: \$40.00

FRIDAY

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 Olliviera | **Time:** 9AM - 10AM | **Location:** Zoom

Class Size: 10 min

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

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



NOEL NIGHT 2023 AT HANNAN CENTER

SATURDAY, DECEMBER 2, 2023 • 5PM - 10PM



KAYROD ART GALLERY AND GIFT SHOP

Doll Exhibit Opening Reception
5PM - 10PM

HOLIDAY VENDORS

Hannan Center Cafe and Kayrod Gallery
5PM - 10PM

SANTA CLAUS

Hannan Center Lobby
5:30PM - 8:30PM

HANNAN'S SING LADY SING! GROUP

Hannan Garden - Heated Canopy
5:30PM - 6PM

HANNAN CENTER THEATER GROUP

Blackbox Theater - Lower Level
6:30PM - 7PM

(may perform as a Popup between 7:45PM - 8:15PM)

BARBIE MOVIE

Blackbox Theater - Lower Level
7PM - 9PM

URBAN TROPICAL LATIN BAND

Hannan Garden - Heated Canopy
Set 1 begins 6:45PM, Set 2 begins 8:15PM

Help us *Age Through...*

**COMPASSION.
CREATIVITY.
CONNECTIONS.
EMPOWERMENT.
and EDUCATION.**

give today!
www.hannan.org



All donations are tax-deductible. Tax ID: 81-4810239

SPECIAL WORKSHOPS



COMERICA® Sponsored | MONEY SENSE FINANCIAL LITERACY SERIES – FREE

Location: Zoom link will be emailed to registered participants

Class Size: unlimited

Materials needed: Computer with internet connection; ability to take notes

■ IDENTITY THEFT

Thursday, January 18 | Time: 10AM - 11AM

In this workshop, participants learn about methods used by identity thieves to steal personal information and how to protect themselves. It will also be explained what personal information is at risk and the red flags to watch out for with regard to common identity scams.

■ DEBT MANAGEMENT

Thursday, February 1 | Time: 10AM - 11AM

Participants explore reasons why people experience debt and the most common types of debt. You will also learn how to use debt management strategies such as: loan consolidation, budgeting, and debt management plans. Learn to compare various debt management solutions and create a personal plan about how to manage personal debt.

■ FINANCIAL EXPLOITATION OF SENIORS

Thursday, February 15 | Time: 10AM - 11AM

Older adults can often become targets of criminals wanting to exploit and steal your hard-earned resources. This workshop teaches you about the various types of financial exploitation and how you can protect yourself from becoming a victim.

■ REVERSE MORTGAGES

Thursday, February 29 | Time: 10AM - 11AM

Come to learn what are they about, how they work and if this type of mortgage is a good fit for you.

■ BUDGETING

Thursday, March 14 | Time: 10AM - 11AM

Learn to understand the value of creating a budget, and develop strategies to build a simple budget and pay off debt. Join us to also learn some core habits to practice and maintain financial health.

■ ESTATE & LONG-TERM CARE PLANNING

Thursday, March 28 | Time: 10AM - 11AM

Come learn all about Long Term Care Planning. Our topics will include the importance of making a plan, the challenges you might experience and how to create a plan that works for you.

SPECIAL WORKSHOPS



BLACK WOMEN WORKSHOP SERIES

Dr. Caroline Campbell will lead the Hannan Center's Black Women Workshop Series. She is the former Director of African American Studies at the University of Michigan-Flint, and a King-Chavez-Parks former Scholar. Her research areas of expertise and interest are in Urban Education and Urban Neighborhoods as well as studies in the African American Family. She holds a PhD and Masters in Anthropology from Wayne State University, as well as a Bachelor of Arts in Sociology and Social Studies from Oakland University with a concentration in African Area Studies. Dr. Campbell achieved a State of Michigan teaching certification in all subjects for grades 7-8 and all social sciences and language arts grades 9 - 12. She also was awarded the Michigan Campus Compact Service Faculty Learning Award from Eastern Michigan University as well as taught courses most recently in 2023 at Wayne State in the College of Liberal Arts and Sciences - Introduction to African American Studies and African American Culture: Historical and Aesthetic Roots.

■ BLACK WOMEN: CHANGE AGENTS (FEBRUARY 2024)

History is facts and dates. In 'Black Women: Change Agents' it is much more than that. This educational course will explore the ways in which Black women across the United States have impacted the historical, cultural, and social aspects of the Black urban experience. Utilizing an interdisciplinary approach, we will examine the lives of specific Black women, and the roles of Black women in shaping various forms of Black social activism with a focus on education, the arts, politics, and community as Black women have shaped and reshaped racism and the resistance in it.

Instructor: Dr. Caroline Campbell | **Time:** 1PM - 2:30PM | **Location:** Hannan Center

Dates: Mondays | February 5, 12, 19, and 26

Class Size: 8 min/15 max

Materials Needed: Come prepared with only a notebook, an open mind and a writing utensil

■ CONTEMPORARY BLACK WOMEN IN DETROIT (MARCH 2024)

Explore a broad range of contemporary Black women in Metro Detroit across a wide range of disciplines and community-based organizations as they promote sisterhood, activism, and progress in the current African American community.

This course will consider traditions, change and future challenges of Black women by examining their work, their families, performance, and experiences. This course will also include special guest appearances.

Instructor: Dr. Caroline Campbell | **Time:** 1PM - 2:30PM | **Location:** Hannan Center

Dates: Mondays | March 4, 11, 18, and 25

Class Size: 8 min/15 max

Materials Needed: Bring yourself, a notebook and a writing utensil

SPECIAL WORKSHOPS



SATURDAY Beyond U Book Club

Join us at Hannan Center for the Beyond U monthly book club led by Hannan Center's own Pat Baldwin. Each month we will read a book of interest. Participants should plan to read the monthly book before attending a Saturday club meeting to join in on a lively discussion.

The book for each month will be:

January: 'The Book of Ruth' by Vera Giles Norris;

February: 'The Seven Husbands of Evelyn Hugo' by Taylor Jenkins Reid

March: Will be a book of choice by the Club participants.

Dates: Saturdays, January 27, February 24, March 23 | **Time:** 12:30PM – 2PM | **Location:** Hannan Center

Class Size: 8 min/15 max

Materials needed: Purchase the book of the month; or reserve through your local library

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





Established in 1994, the Ellen Kayrod Gallery hosts diverse older adult artists, professional and amateur, in exhibits throughout the year. An integral part of the Detroit arts community, the gallery provides a venue for older artists and the community to come together for artistic exploration and discovery.

KAYROD GALLERY SCHEDULE

- **Second Sunday Virtual Artist Talks and Studio Tours in partnership with MiGen**
Time: 1PM - 2:30PM | Featured Artists: To Be Announced
- **January: Doll Gallery Exhibit | Opens DEC 2 - JAN 15**
- **February: Black History Month & Requiem Project**
- **March: Women's Month & When There Are Nine Gallery Exhibit**
- **June: Gay Pride Month & I'll Be Your Mirror Gallery Exhibit**

GALLERY & GIFT SHOP HOURS



MON through FRI | 10AM - 3PM | 4750 Woodward Avenue, Detroit, MI 48201
Free Parking available behind building



FACILITY RENTAL

BOOKING

To discuss your event/meeting and secure rental space, please call Paul Jirasek at 313.833.1300 ext. 11 or email pjirasek@hannan.org

www.Hannan.org



Black Box Theater



Kayrod Gallery

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

HANNAN CENTER | 4750 Woodward Avenue, Detroit MI 48201

Your rental fees support the programs and services of Hannan Center, whose mission is to preserve the dignity and enhance the quality of life for seniors in Michigan.

HANNAN

AFTER DARK

LISTENING B(L)ACK MEDIA SERIES

An enriching art media series highlighting the brilliance and beauty of significant Black music and its composers showcased in Black albums, Black films, and Black lives. Each event consists of 3 main parts: a lecture, a live performance, and showings of a correlating film or other form of audiovisual media.

King Sophia | Lecturer/Performer

King Sophia is a storyteller, a musical powerhouse, and an artistic force to be reckoned with. Classically trained with a degree from the prestigious Frost School of Music - University of Miami, King Sophia's cellistic prowess is unquestionable. She's also an electric guitarist, vocalist, songwriter, composer, arranger, conductor, recording artist, and teacher. If you desire sonic experiences that motivate, illuminate, alleviate, and empower, come see the King in Hannan Center's Black Box Theater. Don't miss out on the opportunity to learn from King Sophia.

■ NINA SIMONE – MUSIC & FILM “MISSISSIPPI GODDAM”

February 1 | Time: 5PM - 7PM | Location: Hannan Center Black Box Theater - Lower Level | Cost: \$15

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.

■ GIL SCOTT-HERON – KING'S TRIO MUSIC & FILM “BLACK WAX”

March 7 | Time: 5PM - 7PM | Location: Hannan Center Black Box Theater - Lower Level | Cost: \$15

This event will focus on the life and legacy of the late, great Gil Scott-Heron, including the 1983 film, *Black Wax*, which showcases both his musical power and his political bravery which earned him the superlative: “the most dangerous musician alive.”

The lecture will include a brief summary of Gil Scott-Heron's life and career as a musician, poet, and activist. Within this discussion we will show a few short clips from 'Black Wax' to further supplement the story of Scott-Heron's life and the world conditions he was fighting against. Although we will discuss the historical importance of his more popular works such as 'The Revolution Will Be Televised', the King's Trio will instead perform some of his highly impactful but lesser known compositions throughout the lecture.

The event will conclude with an in-depth exploration of his song, 'We Almost Lost Detroit', which is a poignant musical consideration of the partial meltdown of the Enrico Fermi Nuclear Generating Station that occurred just 30 miles away from Detroit.

The lecturer will explain the historical and musical relevance of each piece performed, as they relate to socioeconomic relations then and now.

LISTENING B(L)ACK MEDIA SERIES Continued...

FATS WALLER – MUSIC & FILM “STORMY WEATHER”

April 4 | Time: 5PM – 7PM | Location: Hannan Center Black Box Theater - Lower Level | Cost: \$15

This event will focus on the profound cultural impact of prolific Black composer, Fats Waller. We will also discuss the highly popular 1943 film he performed in, *Stormy Weather*. In particular, the lecture will illustrate the long-lasting and long-respected nature of Waller's bountiful discography. We will begin with a discussion of Waller's life history, which is rich with anecdotes that clearly highlight both the nature of the man himself, as well as the deeply difficult world in which he lived.

The lecture will continue with examinations and performances of several of his most enduring compositions. In this analysis, we will discuss the music theory and musicology behind the pieces, with special attention paid to how they laid the foundation for a multitude of genres within the category we call “jazz.” The lecturer will also discuss the cultural relevance of *Stormy Weather* as a well-loved film and important push for the broadening of platforms for Black entertainers. As an all-Black musical with a cast full of major stars, the film offered a metaphysical oasis for Black viewers in the midst of such harrowing times. It was the last of the Great Depression-era Black musicals of Hollywood, and serves as an excellent homage to its constituents.

NAT ADDERLEY WORK SONG — MUSIC & FILM “A MAN CALLED ADAM”

May 2 | Time: 5PM – 7PM | Location: Hannan Center Black Box Theater - Lower Level | Cost: \$15

The third episode in this series will be about the Adderley brothers, Cannonball and Nat, with the primary focus being on the latter. The two brothers had an extensive influence on jazz and every genre that followed. Cannonball is more widely-known today than his brother, despite the fact that they each produced vast amounts of recordings and were deeply embedded within the scene of those jazz musicians that we now call “the greats.” Because of this disproportional imbalance, we will pay special attention to the life and works of Nat Adderley. However, the King's Trio will perform works by both brothers.

In congruence with this biographical review, this event will include a showing and discussion of the movie, *A Man Called Adam*, in which Nat Adderley played trumpet to overdub performances by Sammy Davis Jr.'s character. This heartrending film is a deep dive into the tragic duality demanded for Black survival – what W.E.B. Dubois called the “warring souls of Black folk.” Its story explores the near impossibility of attempting to find a balance between standing up for oneself (or acting out in defiance) and being careful enough to avoid the often dire consequences.

CURTIS MAYFIELD – MUSIC & FILM “SPARKLE”

June 6 | Time: 5PM – 7PM | Location: Hannan Center Black Box Theater - Lower Level | Cost: \$15

The focal point of this event will be the powerful composer and musician Curtis Mayfield and the now-cult classic film, *Sparkle*, for which he composed the soundtrack. The lecture will of course include a comprehensive account of his life's story and the wide-reaching impact he had on the musical scene and the world as a whole. In particular, this conversation will highlight Mayfield's prominence as a musical activist, as many pieces from his vast array of robust works are considered to be incredibly important contributions to the ongoing fight for freedom. There will be live performances of some of these songs throughout the lecture.

The feature film for this episode is a rags-to-riches musical drama about the trials and tribulations faced by an all-Black girl group as they attempt to work their way to success. The movie became quite well-loved, especially because of the way it portrays the effects of Harlem's social and musical culture around the world. Mayfield's soundtrack perfectly underscores both the gravitas and poetic nature of the film.

JOIN US FOR A COLLABORATIVE PARTNERSHIP WITH THE COLLEGE FOR CREATIVE STUDIES

Joye Opoku Ofei was born in Ghana, West Africa. Mr. Ofei received numerous citations and awards as a child, leading to national and international art competitions in West Africa. His successful career as an artist has enabled his work to be shown widely, some of which is on display at the Charles H. Wright Museum of African American History in Detroit.

He is currently a resident drawer and painter who works with youth at the Detroit Institute of Arts, the College of Creative Studies, and the YMCA. Mr. Ofei will share his traditional culture, music, and artistic experiences during these workshops.

Sequential Painting Workshops

This class will introduce participants to the basic materials and techniques for painting with water-based media. Three, two-session workshops will progress from the beginning: where students learn the basics; intermediate: students apply their skills creatively; advanced: where you produce a finished work of art.

Whether this is your first experience in painting, or you have some knowledge, each session will help you gain the skills to use your creativity and expressive yourself through paint.

- **Beginning Painting: Saturdays - February 3 & 10 | Time: 10AM - 12PM**
- **Intermediate Painting: Saturdays - February 24 & March 2 | Time: 10AM - 12PM**
- **Advanced Painting: Saturdays - March 16 & March 23 | Time: 10AM - 12PM**

Instructor: Joye Ofei, Teaching Artist

Time: 10AM - 12PM | **Location:** Hannan Center

Class Size: 6 min/15 max

Materials needed: all materials will be supplied for this course

Cost: \$20 for each level or \$50.00 for all three levels

WEST AFRICAN INSPIRED BEADED NECKLACE WORKSHOP

Students will make a beautiful West African inspired celebration necklace (valued at \$250 - \$300).

Materials for necklaces will be composed of authentic African artifacts, collectibles and gemstones, many from the instructor's private collection including water buffalo horn, amber, dzi beads, batik bone and gold.

Student Material cost: Materials will be supplied as kits. \$45 per kit.

Skill level: No jewelry making experience required.

Instructor: Dorothy Jett-Carter

Dates: Saturdays - February 3, 10, 24 & March 2 | **Time:** 1PM - 4PM | **Location:** Hannan Center

Class Size: 6 min/12 max

Cost: \$45.00 for class; \$45.00 for materials (materials will be purchased from instructor first day of class)



HBP CONTROL

A HYPERTENSION SELF-MANAGEMENT PROGRAM

Helping you take charge of your health!

In-Person

Where:

Hannan Center
4750 Woodward Ave.,
Detroit, MI 48201

When:

Wednesdays from
10:00 - 11:30am

Sessions 1-8:

January 17, 24, 31
February 7, 14, 21, 28
March 6

To learn more:

Visit nkfm.org/HBPC
or call 734-222-9800.

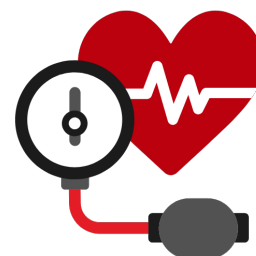
This workshop is offered at
no cost to participants.

HBP Control will help you build skills and tools to manage your hypertension (high blood pressure) and live a healthier life. It is a fun, interactive, eight week workshop led by certified leaders.

Learn how to:

- Monitor your blood pressure
- Cope with stress
- Make healthy food choices
- Create a physical activity plan
- Manage your medications
- Keep personal action plans – and more

NKFM is committed to providing access, equal opportunity and reasonable accommodation in its programs. To request accommodation contact the PATH team at least ten days in advance at: 800-482-1455 or e-mail at PATHPrograms@nkfm.org.



During registration, please indicate if you need special accommodations in order to participate. Since this is a full six-week workshop, new participants are unable to join after week 2.

National Kidney Foundation of Michigan | 2023 | 800-482-1455 | www.nkfm.org
For other wellness programs in Michigan, visit www.mihealthyprograms.org.

This workshop was supported, in part by grant number 90CSSG0051, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



at a glance



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

**Strict COVID-19
Protocols in Place**



DAYBREAK

at Hannan Center

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

DATES TO REMEMBER

NOVEMBER 23 & NOVEMBER 24

Thanksgiving Holiday - No Classes

NOVEMBER 27

Online Registration Begins

DECEMBER 15

Fall 2023 Term Ends

JANUARY 11

Online Registration Ends

DECEMBER 15 - JANUARY 16

End of Year Break - No Classes

JANUARY 16

Winter 2023 Term Begins

MARCH 28 - APRIL 7

Spring Break - No classes

MAY 3

Winter 2023 Term Ends

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.*

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