




## BEYOND U

### **SPRING / SUMMER 2024**

*Take classes or workshops at Hannan Center!*

Beyond U provides opportunities for older adults to participate in highly engaged learning and creative aging classes and workshops.

For more information visit: [www.hannan.org/classes-and-workshops](http://www.hannan.org/classes-and-workshops)



## Spring/Summer 2024 Session

### **Online Registration:**

Begins: Monday, April 8, 2024

Ends: Tuesday, April 30, 2024

Visit: [www.hannan.org/classes-and-workshops/](http://www.hannan.org/classes-and-workshops/)

### **Need Help?**

We are here to assist you weekdays 8:00AM – 5:00PM

### **Contact:**

Pat Baldwin, Program Manager – Beyond U

(313) 833-1300 x15

[pbaldwin@hannan.org](mailto:pbaldwin@hannan.org)

### **Registration Cost:**

\$7.00 registration fee | Class/workshop: \$7.00 (unless otherwise noted)

### **DATES TO REMEMBER**

**Monday, April 8, 2024 | Online Registration Begins**

**Tuesday, April 30, 2024 | Online Registration Ends**

**Monday, May 6, 2024 | Spring/Summer Classes Begin**

**Monday, May 27, 2024 | Memorial Day (No classes)**

**Monday, July 1 to Friday, July 5, 2024 | Summer Break (No classes)**

**Monday, July 8, 2024 | Classes Resume**

**Friday, August 23, 2024 | Last Day of Spring/Summer Session**



Hannan Center is open and affirming to all individuals and is committed to diversity and inclusion. Hannan Center is welcoming to all and does not discriminate based on 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 staff, selecting volunteers and vendors, and providing services.

## Weekly Spring/Summer 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 comfortable 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: Wear comfortable clothing**

**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 comfortable 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

#### **INTERMEDIATE QUILTING WITH SEWING MACHINES**

How many of you have fond memories of watching a family member, or friend, make a quilt? 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 sew fabrics together by using a sewing machine. 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 May 8 and ends June 12**

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

**Materials Needed: MUST BRING OWN SEWING MACHINES. Some other 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 can 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, and traditional teaching tools like 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 because 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**

### **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**

**Location: Zoom link will be emailed to registered participants**

**Class Size: 10 min/60 max**

**Materials needed: Comfortable clothing and a willing mind**

### **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**

## **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**

**Dates: June 6 – August 22**

**Class Size: 5 min/8 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: Will be shared during the first class**

## **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 | Location: Virtual course; instructor will email the link to registered participants the day before class**

**Class Size: Unlimited | Cost: \$40**

**Dates: Begins May 16 and ends August 8 (No class July 4)**

**Class Size: Unlimited**

**Cost: \$40.00**

**Materials Needed: To be announced the first day of class**

### **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 Ollivierra | 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**

## **HANNAN AFTER DARK Classes & Workshops**

*Evening and Weekend Workshops for Active Older Adults*

### **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 a lively discussion.

The book for May will be 'The Darkest Child' by Delores Phillips. The Beyond U Book Club participants will select the subsequent books. We hope to see you there!

**Dates: Saturdays: May 18, June 15, July 20 | Time: 12:30 – 2PM**

**Class Size: 8 min/15 max**

**Location: Hannan Center**

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

### **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.

#### **African Mixed-Media Collage Workshops**

This class will introduce participants to the basic materials and techniques for collage using mixed media including paper, fibers, and found materials.

**o African Village Collage Workshop: Saturday - June 8 | Time: 10AM – 12:30PM**

**o African Market Collage Workshop: Saturday - July 13 | Time: 10AM – 12:30PM**

**o African Wadaabe Doll Workshop: Saturday - August 10 | Time: 10AM -12:30PM**

**Instructor: Joye Ofei, Teaching Artist**

**Time: 10AM – 12:30PM | Location: Hannan Center**

**Class Size: 6 min/14 max**

**Materials needed: all materials will be supplied for this workshop.**

**Cost: \$15.00 for one, \$25.00 for two, or \$35.00 for all three workshops**

### **2024 Summer CCS/Hannan Center Beginning Digital Photography**

Ashley Gooden is a Bachelor of Fine Arts graduate from Michigan State University. With a specialty in painting, color, design, and photography. Her work is often vibrant and textural. As a Teaching Artist with the College for Creative Studies, Ashley often focuses on 3D projects that stretch your imagination and highlight individual creativity.

#### **Digital Photography Workshop**

The class will introduce participants to the world of digital photography including basic camera operation, photocomposition, editing, and selection. Whether this is their first experience in photography, or participants have some knowledge, each will gain skills that they will be able to take home. Each participant will be encouraged to find their unique voice and “point of view” in their photographs.

**Instructor: Ashley Gooden | Teaching Artist**

**Dates: June 13, 20 & 27, (no class July 4) July 11, 18, 25, August 1 & August 8 Time: 6:00PM – 8:00PM**

**Class Size: 6 min/ 15 max**

**Materials Needed: CCS will bring the digital cameras and other necessary equipment/supplies, however; students may wish to bring their own digital cameras.**

**Cost: \$50**

## *Listening* **B(I)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.

#### **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 cellist 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.



**June 6 | Time: 5 – 7PM | Location: Hannan Center Black Box Theater – Lower-Level  
| Cost: \$15****Curtis Mayfield – Music & Film “Sparkle”**

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.

**July 11 | Time: 5-7PM | Location: Hannan Center Black Box Theater – Lower-Level | Cost: \$15****Roberta Flack — Music & Lecture “Compared to What”**

This event will showcase the legacy of prodigious songstress, Roberta Flack, and her power and versatility as a political activist and revolutionary poet.

The lecture will begin with a journey through the sonic storyteller’s life and career. We will discuss the historical and cultural importance of her compositions as we perform some of them throughout the lecture, as well as the long-lasting impact of her political work as the 87-year-old icon continues pushing for a better society and a brighter day.

**August 1 | Time: 5-7PM | Location: Hannan Center Black Box Theater – Lower-Level | Cost: \$15****Billy Strayhorn — Music & Film “Lush Life”**

For this episode we will focus on the vast musical impact of tremendously prolific composer, Billy “Sweet Pea” Strayhorn. We will examine his lifelong musical journey as an indispensable artistic counterweight to Duke Ellington. To supplement the discussion, there will be a showing of the documentary, *Billy Strayhorn: Lush Life*, which sheds necessary light on the complicated obstacles Strayhorn was forced to navigate as an openly gay Black man, as well as a preeminent musical artist. Live performances of his works will illustrate the profound and long-lasting nature of Strayhorn’s immense musical catalog.

**September 12 | Time: 5-7PM | Location: Hannan Center Black Box Theater – Lower - Level | Cost: \$15 Quincy Jones — Lecture & Film “The Wiz”**

The focus of this episode will be the incomparably influential Quincy Jones. We will discuss his plethora of original compositions and arrangements, as well as the many significant artists and projects he shaped as a vetted musical architect and guide. The lecture will be preceded by a showing of *The Wiz*, laying the groundwork for our discussion of its soundtrack composer’s expansive artist portfolio.

### **Summer Sizzle – Tech Workshops**

**Each Tech Workshop will consist of a 30-minute lecture and a 30-minute hands-on, or Q &A.**

**Materials needed: A computer lab will be provided for computer workshops at Hannan Center. Participants must have their own electronic devices for the Zoom workshops.**

Anita T. Gibbs has over 25 years of experience in technology and computer science instruction at the Undergraduate and primary education levels. She has written computer courses, including a Capstone for a graduate student thesis argument. Ms. Gibbs has worked with The Hannan Center over the past 5 years providing instruction for older adults to assist in the foundation of technological ideas and principles. The courses provide the skills and knowledge needed for successful navigation, enabling a viable source of secure understanding and knowledge, for the ever-changing applied sciences and technological advances in today’s computer dynamics.

#### **Show Me the Money**

**Saturday, May 18 | Time: 10 –11PM | Location: Hannan Center| Cost: \$5**

Students will review select financial applications to address usage as well as tips and tricks to secure personal data while in use. Bill payment options, auto pay, and paying by phone will be demonstrated.

#### **Not Just TikTok and Instagram**

**Saturday, May 18 | Time: 12 –1PM | Location: Hannan Center| Cost: \$5**

Participants will learn basic photo and video creation, including cropping, filter use, colorization, black and white, shading, etc. Also visit platforms like Meta (Facebook) and X (formally Twitter), Instagram, and TikTok.

### **Internet Terms to Remember**

**Saturday, June 15 | Time: 10 – 11PM | Location: Zoom link will be emailed to registered participants the day before the workshop. | Cost: \$5**

Students will learn research methods, terms, and tasks for everyday use while using smartphones or computer devices.

### **Digital Messaging**

**Saturday, June 15 | Time: 12 – 1PM | Location: Zoom link will be emailed to registered participants the day before the workshop. | Cost: \$5**

Participants will navigate email, texting, and other online communication. Includes editing, erasing/attaching docs and or photos.

### **Artificial Intelligence: Real or Memorex?**

**Saturday, July 20 | Time: 10-11AM | Location: Hannan Center | Cost: \$5**

Participants will review what is artificial and what is real. What are the (positive or negative) implications of (AI created) Photos, illustration, tests, etc.

### **Computer Navigation: Tricks and Tips**

**Saturday, July 20 | Time: 12- 1PM | Location: Hannan Center | Cost: \$5**

Students will revisit some computer basics and review tips and tricks to better navigate Smart-phone and hand- held computer type devices.

## **SPECIAL WORKSHOP**

**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 and the ability to take notes**

### **Investment Fraud + Avoiding Charity Scams**

**Monday, May 13| Time: 10AM – 11AM**

In this workshop, participants will explore the common types of investment fraud and charity scams. They will be able to identify warning signs and the steps to take to prevent falling victim to these scenarios. Safeguards to protect your investment will also be discussed.

### **Protecting Your Identity & Other Assets (Part 1)**

**Monday, June 3| Time: 10AM – 11AM**

In this workshop, participants will learn about proven methods to protect your identity and other assets. Risks to your assets and identity theft & Fraud will be discussed in depth.

### **Protecting Your Identity & Other Assets (Part 2)**

**Thursday, June 20| Time: 10AM –11AM**

In this workshop, participants will discuss additional methods to protect your identity and other assets. Identity theft & fraud will be explored more in depth as well as the importance of insurance.

### **You Can Bank on It**

**Monday, July 1 | Time 10AM – 11AM**

In this workshop, participants will learn the difference between financial products, services and providers as well as the steps needed to open an account.

### **Financial Exploitation of Seniors**

**Thursday, July 18 | Time 10AM – 11AM**

In this workshop, participants will be exposed to the different types of fiduciaries, their duties, and ways they can use their authority to exploit senior citizens. Romance Scams will also be discussed.

### **Estate & Long-Term Care Planning**

**Monday, August 5 | Time: 10AM – 11AM**

In this workshop, estate planning will be defined. This will include the benefits, components of a basic plan, the process as well as special considerations and complicated estate situations.