

Beyond U Winter Classes 2025



Advanced Fitness – \$9

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Handheld weights, exercise ball, resistance bands, and a chair are used for seated or standing support.

Virtual 9:00AM-10:00AM Wednesdays John Barber



Art and Design 101 - \$9

Be yourself and do art. Explore your possibilities in drawing, painting, and collage. This course is for beginners and those who want to review working with the process in art-making. Course goals: working with a variety of materials to understand what is possible; gaining self-confidence in doing art; learning about artists--past and present--their lives, and their processes

Virtual 10:30AM-1:00PM Thursdays Nancy Wolfe



AVC Kitchens Health Healing & Cooking – \$40

In this 12-week program you will learn practical nutrition and health knowledge.

Virtual 11:30AM-12:30PM Thursdays Vazilyn Poinsetta



Beginning Digital Photography (Feb 6-April 10) - \$25

Participants will learn essential techniques and develop skills across various photography genres.

In Person 2:00PM-4:00PM Thursdays Vernice McDaniel



Beyond U Book Club (February 13, March 13, April 10) – \$3/month

Join us for the Beyond U monthly Book Club. Each month, we will read a book of interest to the group. Participants should plan to read the monthly assigned book before attending the monthly book discussion.

In Person 12:00PM-1:00PM Thursdays Pat Baldwin



Black Women: Change Agents (March 4, 11, 18, 25) -Free

This course will explore the ways in which Black Women across the United States, impacted the historical, cultural and social aspects of the Black urban experience. Utilizing an interdisciplinary approach, the course will examine the lives of specific Black women, and the roles of Black women generally in shaping various forms of Black social activism with a focus on workers, education, the arts, politics and community as Black women shaped and reshaped racism and the resistance in it.

In Person 1:00PM-2:30PM Tuesdays Caroline Campbell



Circle Mobility with the Lifestyle Diva – \$9

This class will focus on flexibility, breath work and mobility exercises.

Virtual 11:30AM-12:30PM Wednesdays Sheila Gerard

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Comerica Financial Literacy Series – Free

Mobile Banking (January 8)

Identity Theft (February 12)

Retirement (March 12)

Financial Exploitation of Seniors (April 11)

Virtual 10:00AM-11:00AM Wednesdays Pat Baldwin



David Baker B(L)ACK Music Series (January 9)- \$15

The next musical focus in this series will be trombonist, cellist, composer and teacher, David Baker. As an early leader of jazz education and a highly decorated composer, Baker left a lasting impact on the worlds of music performance, writing, and pedagogy alike. However, despite having over 65 recordings, 70

books, and 400 articles to his credit, this brilliant composer has often been sadly overlooked in and outside of leading music institutions. Thus, we will pay special attention to both his compositional versatility and his influence on collegiate jazz education throughout this sonic storytelling event. In addition to sharing the stories and music of this important pedagogue, our event will include a showing and discussion of the movie, For Gold & Glory, for which Baker composed the Emmy Award winning score. This heartrending film tells the tale of legendary Black racer and inventor, Charlie Wiggins, who paved the way for the integration of not only auto racing, but the sports industry. Known colloquially as the “Negro Speed King,” Wiggins’s brilliance as a mechanic and driver would not allow the horrors of racism to stop him from having a phenomenal impact on the world around him. So, throughout the evening of music and history sharing, we will be celebrating both unsung heroes. The movie For Gold & Glory will be shown at 3:00pm. Lecture and performance will begin at 5:00pm.

In Person 3:00PM-7:00PM Thursdays King Sophia



Drums Alive - \$9

This is a drumming and movement workout specifically designed to enhance physical, emotional and cognitive health.

Virtual 9:00AM-10:00AM Fridays Meida Olliviera



Fine Arts - \$9

Learn the skills of printmaking, collage, figure drawing, mandala making, Zen seeing and painting self-portraits. Students learn and create in an enjoyable and relaxed atmosphere that welcomes all who are interested in self-expression and using their imaginations.

Virtual & In Person 12:30PM-4:00PM Fridays Jim Puntigam

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Gamble Huff and Bell - B(L)ACK Music Series (April 3) - \$15

For this special episode, we will cover the stories and music of 3 key architects of Philly Soul: Kenneth Gamble, Leon A. Huff, and Thom Bell. Growing up and singing together in Philadelphia as teens, these musicians would become some of the most prolific yet underdiscussed artists of the late 20th century. Best known for his compositions recorded by the Stylistics, the Delfonics, and the Spinners, Bell became a highly skilled writer and arranger in addition to being a classically trained musician. Simultaneously, Gamble and Huff composed tunes for the O'Jays, the Three Degrees, Teddy Pendergrass, Billy Paul, and more, culminating in a total output of over 3000 songs. This massive compositional catalogue includes "T.S.O.P. (The Sound of Philadelphia)," which became the theme song for Soul Train. Thus, we will be showing the documentary Soul Train: The Hippest Trip in America. This lecture will explore the vast musical output of these 'Mighty Three,' with the King's Trio performing some of their most classic creations throughout the evening. We will also delve into the broader history of Philly Soul as it relates to the above-mentioned groups and their immense cultural impacts. Most importantly, it will be an evening of peace, love and SOUL!

In Person 3:00PM-7:00PM Thursdays King Sophia



Hustle Dancing - \$9

This dance class supports healthy aging, brain memory, and balance

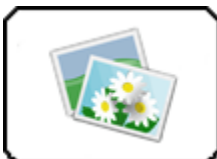
In Person 11:00AM-12:00PM Mondays Nawali G



I Love Spanish I - \$9

Participants will learn to speak Spanish by using rhythms, and interactional songs.

Virtual 11:00AM-12:00PM Wednesdays Aileen Orr



Intermediate Photography Workshop (February 3-April 7)- \$25

Build on your photography foundation with a focus on intermediate skills like advanced exposure, lighting, and editing. Ideal for DSLR, camera phone, and point-and-shoot users, this workshop helps you create stunning images to print, share, or turn into unique gifts and projects. Expand your creativity and make your photos shine!

In Person 2:00PM-4:00PM Mondays Vernice McDaniel



Intermediate Spanish - \$9

The instructor will use rhythms and interactional songs and traditional teaching tools like texts and workbooks.

Virtual 1:00PM - 2:00PM Wednesdays Aileen Orr

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Introduction to Documenting Your Family History - \$9

This is a beginner's class which will help students learn to research their family history efficiently by presenting data collection techniques, introduction and tutorials on use of on-line applications such as Ancestry and other genealogy Apps to affect the documentation of the students' family history assets and how they can pass them on to the next generation. Students should bring a laptop or tablet to classes that can access the internet.

In Person 1:00PM-2:30PM Wednesdays Estella Webster



Max Roach - B(L)ACK Music Series (Mach 13) - \$15

The third musical focus in this series will be legendary drummer, composer, and activist, Max Roach. Generally known as one of the greatest drummers in history and a hugely important pioneer of the bebop genre, Max Roach stretched through many flavors of sounds and sub-genres from straight ahead jazz and blues to free jazz and avant-garde to hard bop and hip hop. He expanded past the preconceived limits of 'jazz' compositions as he experimented with more abstract compositional styles, ensembles of unorthodox instrumentation, and motifs of resistance. The King's Trio will perform some of his key compositions throughout the evening to showcase his revolutionary innovation. The lecture will center Roach's life and work as it relates to his "creation of organized sound" and fight for social change. Of course, any conversation on this topic would be incomplete without also discussing his history with Abbey Lincoln, who made major impacts in her own right through her singing, writing, and political activism. We will explore some of the duo's most prominent work together as well as their connections to other major artists of the time as they banded together to push for new horizons. To supplement this discussion, we will be showing the PBS documentary, Max Roach The Drum Also Waltzes. The Documentary will start at 3:00pm, followed by the performance and lecture at 5:00pm.

In Person 3:00PM-7:00PM Thursdays King Sophia



Meditation - \$9

In this course we will explore the various techniques of meditation. Learn and develop the practical skills of mindfulness meditation, including methods for deepening concentration and responding skillfully to physical pain, stress, and difficult emotions and thought patterns.

Virtual 12:30PM-1:30PM Tuesdays Vernice Daniels

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Norman Whitfield: B(L)ACK Music Series (February 6) - \$15

For this Listening B(l)ack episode, we will discuss Motown's own Norman Whitfield and his immense contributions to the sound of the city and the musical world as a whole. Despite having written and released over 450 songs for some of the most important musical groups in American history and being credited as one of the key developers of the Motown sound, many listeners may not realize just how many hit songs he authored or co-authored. Following a brief walk-through Whitfield's life and influences, we'll dive into the breadth of his cultural contributions as a composer, producer, and arranger. Throughout the lecture, the King's Trio will perform a selection of tunes from his vast collection, paying special attention to those major hits that weren't properly associated with him in the public eye. This document and its content are the protected intellectual property of Sophia Shelton aka King Sophia. Sharing, publishing, or profiting from this material without the explicit consent of King Sophia are expressly forbidden. King Sophia reserves the right to revoke permission to use these materials at any time for any reason. For this episode's film component, we will be showing the cult classic, Car Wash. In addition to discussing Whitfield's GRAMMY Award winning film score, we will analyze how the film sneaks in powerful political commentary about intersectional awareness and community amidst a string of comedic storylines. The Movie Carwash will begin at 3:00pm, followed by the performance and lecture at 5:00pm.

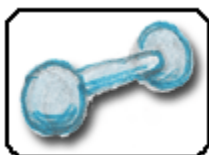
In Person 3:00PM-7:00PM Thursdays King Sophia



Sing Ladies Sing! - \$9

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!

In Person 12:30PM-2:00PM Thursdays Eileen Orr



Strength Training for the Mature Adult - \$9

This hybrid beginner-strength class will include full-body exercises to work all major muscle groups.

Virtual 1:00PM - 1:45PM Tuesdays Trina Swihart



Tai Chi - \$9

Provides an opportunity for participants to learn the ancient Chinese form of moving, meditation, and relaxation while creating balance between the mind and body. The flowing dance-like movements are able to improve muscular strength, flexibility, joint movement, balance, and cardio-respiratory fitness.

Virtual 11:30AM-12:30PM Tuesdays Vernice McDaniel



Theater - \$9

This class will provide the opportunity to explore aspects of theater performance and production. Through various theater techniques, such as improvisation, oral history, and storytelling, the group will develop and share their creativity with an audience.

In Person 10:00AM-11:30AM Thursdays Madelyn Porter

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Yoga (Friday) – \$9

For all levels of ability. We will do seated and standing poses with floor work being optional. Plenty of helpful modifications will be suggested. Gain flexibility, balance, range of motion, and even muscular strength.

Virtual & In Person 10:00AM-11:00AM Fridays Trina Campbell



Yoga (Monday) – \$9

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Virtual 10:00AM-11:00AM Mondays Laura Lerman

Online Registration:

Begins: 12/16/24 (Registration is ongoing until classes/workshops are full)

Visit: www.hannan.org/classes-and-workshops/

Need Help?

We are here to assist you from 9:00AM – 4:00PM, Monday -Friday

Contact:

Pat Baldwin, Manager – Beyond U

(313) 833-1300 X15

pbaldwin@hannan.org

DATES TO REMEMBER

Monday, December 16 – Winter 2025 Registration Begins

REGISTRATION WILL REMAIN OPEN FOR THE TERM

Monday, January 6 | Winter Term Begins

Monday, January 20 | MLK Day – No Classes

Thursday, April 17 | Last Day of Winter Term

Friday, April 18 | Early Spring Break Begins

Monday, April 28 | Early Spring Break Ends | Spring/Summer Term Begins



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