

Hannan Center

Beyond U Spring Summer Classes 2025



Advanced Fitness

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 Wed (April 30 -Aug 22) John Barber \$9



Art -Open Studio

Open studio is a weekly gathering time for participants to work on and explore independent art projects in a group setting. A facilitator will be available each week to answer questions, discuss techniques, help spur creativity and maintain a safe working environment. Even though there will be some reference and art materials available, Participants are encouraged bring their own materials to share and to create their work.

In Person 10:00AM - 12:00PM Tues (April 29- Aug 19) James Puntigam \$9



Art and Design 101

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 - 12:30PM Thu (May 1-Aug 22) Nancy Wolfe \$9



AVC Kitchens Health Healing and Cooking Class

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

Virtual 11:30AM - 12:30PM Thu (May 1-Aug 22) Vazilyn Poinsetta \$40

Hannan Center

Beyond U Spring Summer Classes 2025



B(L)ACK Music Series - Abbey Lincoln: “Mo Better Blues”

The third musical focus in this series will be vocalist, composer, writer, activist, and actress, Abbey Lincoln. Also known as Aminata Moseka, she was a powerful voice for Black liberation and unity and played a major role in the experimental music of the time. Just as we did during the Max Roach lecture, we will take some time to discuss the duo’s most influential collaborations as they relate to their mutual musical growth and impact. However, because Lincoln and her individual skill often get erased in conversations about the work she did with her peers, we will pay special attention to her unique talent and influence. Throughout the evening, the King’s Trio will perform those of Lincoln’s compositions that were written by her and her alone. The film component for this episode will be none other than Spike Lee’s legendary *Mo Better Blues*. The iconic musical comedy-drama stars Denzel Washington, Wesley Snipes, and Lee who also wrote, produced, and directed the film. Abbey Lincoln appears in the movie as the main character’s mother. Because of the movie’s major cultural significance, we will also spend some time discussing its historical relevance and how the film compares to Lincoln’s other work and philosophies.

In Person 3:00PM - 7:00PM Thu (Jul 3) King Sophia \$15



B(L)ACK Music Series - Bill Lee: “*She’s Gotta Have It*”

This episode will center Spike Lee’s father, Bill Lee, and the film, *She’s Gotta Have It*, for which he composed the classic soundtrack. The lecture will include a comprehensive account of his complex story and musical evolution, and how he influenced and set the stage for his son. In particular, this conversation will highlight Lee’s prominence as an bassist, band leader, composer, arranger, and producer, as the wide reach of his sound included many recordings and projects that, due to being popularized by a different lead artist, were not properly associated with Lee in the public eye. Featured on over 250 records and in several of his son’s movies, his influence is clear. Throughout the evening, The King’s Trio will perform a thoughtfully curated selection of these songs as we explore how they laid the foundation for arrangers and producers thereafter.

In Person 3:00PM - 7:00PM Thu (Aug 7) King Sophia \$15

Hannan Center

Beyond U Spring Summer Classes 2025



B(L)ACK Music Series - Meshell Ndegeocello: “All In The Fight For Democracy”

For this special Pride Month episode, we will be showcasing the work and story of the Black Queer artist, Meshell Ndegeocello, also known as Meshell Suhaila Bashir-Shakur. Although Ndegeocello has tended to be less present in the public eye, her vast discography and musical influence is hard to ignore. With nearly 50 different record releases and over 400 writer credits, her prowess as a bassist, vocalist, poet, and composer is profound and versatile. However, in spite of being an 11-time GRAMMY nominee, 2-time GRAMMY winner, and a critically acclaimed pioneer of the Neo-soul movement, she is often looked over in discussions of prominent jazz, funk, and soul composers in favor of more hegemonic characters. Throughout the lecture, the King’s Trio will help counteract this issue by sharing and discussing some of her most powerful compositions.

For this episode, we will show the documentary, All In: The Fight For Democracy. With music by Ndegeocello, as well as features from other prominent Black Queer artists such as Janelle Monae, the film covers the “history, and current activism against voter suppression; barriers to voting that most people don't even know is a threat to their basic rights as citizens of the United States.” Released in 2020, it most prominently features Stacey Abrams and her fight for voting rights and the elevation of Black voices.

Movie: All In: The Fight For Democracy starts at 3pm, **Concert/Lecture:** starts at 5pm

In Person 3:00PM - 7:00PM Thu (June 5) King Sophia \$15



B(L)ACK Music Series – Gable Huff and Bell: “The Hippest Trip in America”

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. T

his 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!

Movie: The Hippest Trip in America starts at 3pm, **Concert/Lecture:** starts at 5pm

In Person 3:00PM - 7:00PM Thu (May 1) King Sophia \$15

Hannan Center

Beyond U Spring Summer Classes 2025



Beyond U Book Club (May 13, June 11, Jul 9, Aug 13)

Join us for the Beyond U monthly Book Club. The book that should be read by May is: Passing by Nella Larsen. Subsequent books will be chosen by the Book Club group. Participants should plan to read the monthly assigned book before attending the monthly book discussion.

In Person 1:00PM - 2:30PM 2nd Weds Dena Norris \$3 each month



Comerica Financial Literacy Series

Learn how to understand the value of creating a budget and develop strategies to build a simple budget and pay off debt.

May 15 – Protection Your Identity & Other Assets

June 19- Estate & Long Term Care Planning

July 17- Reverse Mortgages

August 21- Investment Fraud & Avoiding Charity Scams

Virtual 10:00AM - 11:00AM 3rd Thurs Comerica Free



Detroit Institute of Arts - Commemorative Tile

Celebrate Hannan Center's centennial by making a clay tile based on Detroit landmarks past or present. This multi-week class takes place at the Detroit Institute of Arts and includes tours as well as artmaking. Completed tiles will be installed at the rear entryway of Hannan Center to become a permanent part of the building. All tools and supplies are provided, and all skill levels are welcome. Free parking is provided in the DIA's main parking lot off John R.

In Person at DIA 10:00AM - 12:00PM Tue (June 3, 10, 17, & 24) DIA Staff Free



Digital Photography Beginning (12weeks)

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

In Person 2:00PM - 4:00PM Thu (May 15-Aug 7) Vernice McDaniel \$25

Hannan Center

Beyond U Spring Summer Classes 2025



Digital Photography Intermediate (12 weeks)

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 Mon (May 12-Aug 11) Vernice McDaniel \$25



Drums Alive

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

Virtual 9:00AM - 10:00AM Fri (May 2-Aug 22) Meida Olliviera \$9



Fine Arts

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

In Person & Virtual 12:30PM - 4:00PM Fri (May 2-Aug 22) Jim Puntigam \$9



Hustle Dancing

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

In Person 11:00AM - 12:00PM Mon (April 28-Aug 18) Nawali G. \$9



Meditation

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

Virtual 12:30PM - 1:30PM Tue (April 29-Aug 19) Vernice Daniels \$9

Hannan Center

Beyond U Spring Summer Classes 2025



Quilting Workshop Intergenerational

Stitching & Sharing: Family Sewing Class This engaging class teaches adults and children (ages 7-14) to hand-sew a 16" reading pillow cover with a book and flashlight pocket. This project fosters a love of reading and makes a thoughtful gift. An additional \$30 kit fee is payable to the instructor on first day of class. Maximum class size: 12 adult-child pairs.

In Person 10:00AM - 12:00PM Wed (July 30-Aug 20) April Shipp \$25



Sing Ladies Sing!

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 Thu (May 1-Aug 21) Eileen Orr \$9



Spanish Beginning

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

Virtual 11:00AM - 12:00PM Wed (Apr 30-Aug 20) Aileen Orr \$9



Spanish Intermediate

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

Virtual 1:00PM - 2:00PM Wed (Apr 30-Aug 20) Aileen Orr \$9



Strength Training for the Mature Adult

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

Virtual 2:00PM - 2:45PM Tue (April 29-Aug 19) Trina Swihart \$9

Hannan Center

Beyond U Spring Summer Classes 2025



Tai Chi

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 1:30AM - 12:30PM Tue (April 29-Aug 19) Trina Swihart \$9



Theater

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 Thu (May 1- Aug 21) Madelyn Porter \$9



Traditional West African Dance

Traditional West African dance class strives to engage participants in the history, foundational techniques, song and movements of traditional West African Rhythms. This class will be inviting and open to all levels, regardless of age and experience. We will not only explore tradition and culture, but also come together to uplift spirit, mind, and body.

In Person 2:30PM - 3:30PM Tue (April 29-Aug 19) Awa Bousso \$25



Yoga (Friday)

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 10:00AM - 11:15AM Fri (May 2- Aug 22) Trina Campbell \$9

Hannan Center

Beyond U Spring Summer Classes 2025



Yoga (Monday)

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 Mon (April 28-Aug 18) Laura Lerman \$9

Online Registration:

Begins: April 14 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, April 14 - Spring/Summer Registration Begins

Monday, April 28 - Spring/Summer Term Begins

Monday, May 26 Memorial Day - No Classes

Monday, June 30 - Friday, July 4 - Holiday Week - No Classes

Friday, August 22 - Last Day of Spring/Summer Term



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