



Fall 2024

**PROGRAM CATALOG
SEPTEMBER - DECEMBER**

EXPLORING IS *Ageless.*

Fall 2024 Session

My Active Center - Online Registration:

Begins: Monday, August 26, 2024

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

Need Help?

We are here to assist you weekdays 9:00AM – 5:00PM

Contact:

Pat Baldwin, Manager – Beyond U

(313) 833-1300 x15

pbaldwin@hannan.org

Registration Cost:

Class/workshop: \$9.00 each (unless otherwise noted)

DATES TO REMEMBER

August 26, 2024 | Online Registration Begins

REGISTRATION WILL REMAIN OPEN FOR THE TERM

September 16, 2024 | Fall Classes Begin

Thursday, November 28 | No Classes

Friday, November 29 | No Classes

Friday, December 13, 2024 | Last Day of Fall Term | Winter Break Begins

Monday, January 6, 2025 | Winter Break Ends | Winter Semester 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.



at a glance



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Hannan Center



Weekly Fall 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: 6 min/ 12

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

STRENGTH TRAINING FOR THE MATURE ADULT

This hybrid beginner-strength training class (also known as resistance training) will include full-body exercises to work all major muscle groups. We will use a Pilates Bar with resistance, which will be available for purchase in class.

Please Note: If you take this class on Zoom, your camera must be on at ALL TIMES!

Instructor: Trina Swihart | Time: 1:00PM - 1:45PM | Location: Hannan Center & Zoom

Class Size: 10 min

WEDNESDAY

HEIRLOOM QUILTING WITH SEWING MACHINES

"Unraveling Heritage: A Quilt Making Class for Family Legacy" is a 6-week class that delves into the students' family history, exploring their roots and cultural heritage. From September 11 to October 16, students will gather every Wednesday from 10am-1pm to create a personalized quilt that embodies their ancestral story. This hands-on class requires students to bring their own materials and sewing machine and will be guided by an experienced instructor who will help them weave their family's history into a unique and meaningful quilt. Through this process, students will not only create a beautiful piece of art but also connect with their heritage and gain a deeper understanding of their family's story.

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

Dates: Begins September 11 and ends October 16

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 I

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: 11:00 PM -12:00 PM | Location: Zoom

Class Size: 6 min/15 max

INTERMEDIATE SPANISH

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: 1:00 PM – 2:00 PM | 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

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: Madelyn Porter | Time: 10AM - 11:30AM | Location: In person at Hannan Ctr

Class Size: 5 min/10 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: 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 September 12 and ends December 5 (No class on Thanksgiving))

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 Swihart | Time: 10:15AM - 11:15AM

Location: Zoom/In person at Hannan Center

Class Size: 10 min



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

SPECIAL WORKSHOPS

Detroit: What's New, What Remains the Same

This course will provide an overview of the historical, cultural and social aspects of Detroit. Utilizing an interdisciplinary approach, the course will examine the lives of specific recent features of Detroit, for example the Michigan Central Train Station and its historic connections. In addition, Old Fort Wayne, the excavation of the Malcolm X House (near Detroit) will be covered. Of central significance, we will explore education, the arts, politics, the neighborhoods, and community organizations, as we navigate changes in the city.

Instructor: Dr. Carolyn Campbell | Time: 1:00 PM – 2:30

Location: Hannan Center Class Size: 7 min/ 15 max

Dates: Tuesdays, September 10 – October 1

Materials Needed: Note pad and writing utensil

Beyond U Book Club

Join us at Hannan Center for the Beyond U monthly book club. 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 September will be 'The Covenant of Water' by Abraham Verghese. The Beyond U Book Club participants will select the subsequent books as a group. We hope to see you there!

Facilitator: Pat Beard | Time: 12:00 PM -1:00 PM | Location: Hannan Center

Dates: Thursdays: September 19, October 17, & November 21

Class Size: 5min/15 max

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

Beginner's Digital Photography Workshop

Vernice McDaniel studied and worked as a professional photographer for over 20 years. Starting with her father, for whom she learned and worked with since she was 14, photographing her first wedding at 16 years old.

In addition to working alongside her father, who owned and operated a studio for 40 plus years in downtown Detroit, Vernice pursued a formal education in photography, earning a degree in the field and was published in a collaborative book. Within those 20 plus years in the industry, she worked independently, in professional studios, photo labs, and

commercial photographic productions, with experience and skill in many genres of photography.

This eight-week workshop is designed for beginners to explore the fundamentals of digital photography using smartphones or digital cameras. Participants will learn

essential techniques and develop skills across various photography genres. The course aims to build confidence in capturing, editing, and presenting photographs, culminating in an exhibition of their best work.

Instructor: Vernice McDaniel | Time: 2:00 PM – 3:30 PM | Location: Hannan Center

Class Size: 5 min/ 10 max

Dates: Mondays, September 16 – November 4

Materials Needed: Digital camera or smartphone -Notepad and pen for taking notes

Cost: \$25.00

Pearl Necklace Workshop

In this workshop students will make a beautiful heirloom quality pearl necklace, embellished with Bali and Ethiopian silvers, gold & brass. This necklace was sold under my label as the “Harlem Renaissance Necklace” for \$229 at Detroit’s Wright Museum and The Museum of Women in the Arts, Washington, D.C. Necklace kits will be available in white or black pearl.

No previous jewelry making experience required. Class size is limited.

Instructor: Dorothy Jett-Carter | Time: 12:00 PM – 3:00 PM | Location: Hannan

Dates: Thursdays, October 24, October 31, November 14 & November 21

Class Size: 8 min/14 max

Materials Needed: Materials will be supplied

Cost: \$40 class + \$45.00 for materials. Payable to instructor first day of class.

Students who attended my African Celebration Workshop and bring their Crimp Tool, Beading Board & Carrying Bag & will only pay \$30 for the kit.

HANNAN AFTER DARK Classes & Workshops

Evening and Weekend Workshops for Active Older Adults

❖ Collaborative Partnership with the College for Creative Studies

❖ Listening B(l)ack Media Series

❖ Tech Workshops

❖ Special Financial Workshops with Comerica®

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 artist who works with youth at the Detroit Institute of Arts, the College of Creative Studies, and the YMCA. Mr. Ofei shares 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.

- **African Water Bearers Workshop: Saturday – September 21 | Time: 10AM-12:30PM**
- **The Wadaabe Women of East Africa Workshop: Saturday – October 19| Time: 10AM-12:30PM**
- **Outdoor Cooking Mixed Media Art Workshop: Saturday – November 16| 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.

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.

**September 12 | Time: 5 – 7PM | Location: Hannan Center Black Box Theater
Cost: \$15**

Mary Lou Williams – Music & Lecture “The Lady Who Swings the Band.”

This event will focus on the life and legacy of jazz giant Mary Lou Williams, the innovative pianist, composer, and arranger that left a lasting mark on the worlds of sacred and secular music alike. This Black musical prodigy wrote hundreds of compositions and arrangements and put out over a hundred different records over her life. She was also known for aiding musicians in need and teaching younger generations about Black music.

The lecture will include a walk-through Mary Lou Williams's life and career. We will discuss her great influence as a community leader who was deeply embedded within the scene of our bebop era pantheon. Because of Williams's ability to write beautifully for many different instrumentations, styles, and genres, The King's Trio will perform selections of her work in different groupings to display the breadth of her compositional range. The lecturer will explain the historical and musical relevance of each piece performed, as they relate to Williams's life journey and the times they were written in. Additionally, we will be showing the award-winning documentary, *Mary Lou Williams: The Lady Who Swings The Band*.

**October 3 | Time: 5-7PM | Location: Hannan Center Black Box Theater
Cost: \$15**

Slim Gaillard — Music & Lecture: A Traveler's Tale

This event will focus on the vast cultural impact of multitalented and tragically under-discussed Black composer, Slim Gaillard. Our discussion of Gaillard's life and impact will of course extend beyond his creativity as a composer and multi-instrumentalist; the man had a shockingly vast impact on our world as a musician, songwriter, actor, and cultural

leader. A renowned multi-linguist, he even created his own language — complete with a published dictionary that he wrote himself.

The lecture will explore Gaillard's life history, which is rich with anecdotes that clearly highlight both the joyous nature of the man himself, as well as the pervasiveness of the systemic injustice faced by him and his peers. We will dive into his mysterious origin story and how it connects to the city of Detroit. Interweaved between our discussion of Gaillard's interdisciplinary prowess will be performances of his most influential songs, played by The King's Trio. For this episode's film component, we will be sharing the final chapter of *Slim Gaillard's Civilisation* entitled, "Everything's OK in the UK." *Slim Gaillard's Civilisation* is a 4-part documentary series directed by Anthony Wall and aired in 1989; it displays Gaillard's philosophies, his many impressive skills, and his boundless love for his family and people.

November 7 | Time: 5-7PM | Location: Hannan Center Black Box Theater

Cost: \$15

David Baker – Music & Lecture: *For Gold & Glory*

The third 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, in spite of 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 as a whole. 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 of these unsung heroes.

December 5 | Time: 5-7PM | Location: Hannan Center Black Box Theater

Cost: \$15

Isaac Hayes – Lecture & Film: *"Shaft"*

This episode will center soul music's first superhero, Isaac Hayes, and the cult classic film, *Shaft*, for which he composed the iconic soundtrack. The lecture will of course include a comprehensive account of his life's story and musical evolution. In particular, this conversation will highlight Hayes's prominence as an arranger, songwriter, and producer, as the wide reach of his sound included many recordings and projects that, due to being popularized by a different lead musician, were not properly associated with Hayes in the public eye. Included in these under discussed works of his are the many tunes he wrote for other artists and the more than 1000 times his music was sampled by others.

Throughout the evening, The King's Trio will perform a lovingly curated selection of these songs as we explore how they laid the foundation for arrangers and producers thereafter.

In addition to discussing the musical elements of *Shaft's* cultural importance, we will also discuss the socioeconomic commentary found in this classic blaxploitation action film. As the prototype for Black superheroes everywhere, we can't deny that Shaft was a bad motha...

Tech Workshops

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

Materials needed: All workshops will be conducted on Zoom. Participants must have their own electronic devices.

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

Wednesday, September 18 | Time: 5:00PM - 6:00PM | Location: Zoom| 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

Wednesday, October 16 | Time: 5:00PM – 6:00PM | Location: Zoom| 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

Wednesday, November 13 | Time: 5:00PM – 6:00PM | Location: Zoom | Cost: \$5

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

SPECIAL FINANCIAL 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 and the ability to take notes

Identity Theft

Thursday, September 19 | 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, October 3 | 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.

Financial Exploitation of Seniors

Thursday, October 17 | Time: 10AM-11AM

Financial Exploitation of Seniors - 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.

Budgeting

Thursday, November 12 | 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.

We age not by years, but by stories.



LEARN | CONNECT | CREATE

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

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www.hannan.org

