

Hannan Center

Beyond U Spring/Summer 2026



Advanced Fitness

Virtual

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.

9:00AM - 10:00AM

Wed, May 6th-Aug 26th

John Barber

\$15



Art - Open Studio

In Person

Open studio is a weekly gathering time for participants to work on 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 a few reference and art materials available, participants are encouraged to bring in their own materials to share and to create their work.

10:00AM - 12:00PM

Tue, May 5th-Aug 25th

James Puntigam

\$15



Art and Design 101

Virtual

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 of artmaking. 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.

10:30AM - 12:30PM

Thu, May 7th-Aug 27th

Rotating Instructor

\$15



AVC Kitchens Health Healing and Cooking Class

Virtual

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

11:30AM - 12:30PM

Thu, Jun 4th-Aug 27th

Vazilyn Poinsetta

\$40

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B(L)ACK Music Series: Patrice Rushen

In Person (May)

For this episode, we will be covering the lesser known aspects of the life and music of the wondrous Patrice Rushen. The composer and performer of such popular tunes as “Forget Me Not” and “Haven’t You Heard,” Rushen was and is a sonic powerhouse. However, many don’t realize she was a musical prodigy, especially within the world of jazz fusion. Her music has been sampled many times over, including to create the soundtrack for this episode’s feature film, Men in Black. The lecture will include a comprehensive account of Rushen’s complex story and musical evolution, and how she set the stage for future artists. In particular, this conversation will highlight Rushen’s lesser known accomplishments as a multi-award winning pianist, vocalist, bandleader, composer, arranger, producer, and music director. We will examine the wide reach of her sound, including many recordings and projects that bent the rules of genre-classification. This storytelling will be supplemented with performances of Rushen’s most iconic compositions shared by the King Trio.

3:00PM - 7:00PM

Thu, May 14th

King Sophia

\$15



B(L)ACK Music Series: Jon Hendricks

In Person (June)

This episode will center songwriter, lyricist, and vocalese master, Jon Hendricks. The founder and leader of the innovative and influential jazz vocal trio, Lambert, Hendricks and Ross, Hendricks became best known for his scatting skills and for adding lyrics to instrumental jazz compositions and replicating complicated bebop solos with his voice. Unparalleled in these abilities, he was also an adept writer and penned many beautiful creations throughout his nearly 9-decades-long career. We will discuss these musical elements thoroughly along with his general life story and career, interspersed by performances of some of his most outstanding compositions. Before the lecture and performance, there will be a showing of the documentary, Jon Hendricks: Gifted Musicians Challenging Racial Discrimination. Alongside rare footage of interviews and performances by Hendricks, the film sheds light on the injustices faced by him and his peers upon being drafted into the U.S. Army during World War II.

3:00PM - 7:00PM

Thu, Jun 11th

King Sophia

\$15

Hannan Center

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B(L)ACK Music Series: The Montgomery Brothers

In Person (July)

For this episode, we will be showcasing a highly-talented sibling trio: Buddy, Monk, and Wes Montgomery. Each extremely talented performer, composer, and arranger in their own right, the brothers co-created several projects together and had an undeniably significant impact on the music world, individually, and as a collective. In particular, Buddy Montgomery became a highly regarded bandleader, producer, and educator, and a vocal advocate for jazz education. Monk Montgomery was one of the first musicians to pioneer the electric bass guitar and most likely the first person to be recorded playing one. However, most lay listeners are only familiar with Wes Montgomery and his distinctive guitar playing style and heavily orchestrated albums that set the tone for the development of smooth jazz and jazz fusion. Our storytelling session will fill in the gaps of this trio's collective story sonically and otherwise; throughout the lecture we will discuss and perform a selection of songs written by one or more of the three Montgomery brothers, with equal attention paid to each of these craftsmen. The feature film for this episode will be the documentary *Wes Bound: The Genius of Wes Montgomery*, which tells the story of its titular musician through the lens of his son, Robert Montgomery, and other music historians and notable jazz musicians who worked with the master guitarist.

3:00PM - 7:00PM

Thu, July 9th

King Sophia

\$15



B(L)ACK Music Series: Roy Ayers

In Person (August)

The next highlight in this series will be one of our most recently departed Black musical masters, the late Roy Ayers. A pioneer of the jazz-funk and acid jazz movements, Ayers has often been described as the "Godfather of Neo Soul" for his significant contributions to the jazz fusion and R&B worlds. He also had major influence on the development of funk, hip-hop, and house music, not only through his own sonic explorations and collaborations, but also through the hundreds of tunes created from samples of his work. In this lecture, we will highlight Ayers' many talents as a vibraphonist, vocalist, producer, composer, and arranger. The King's Trio will perform a thoughtfully curated selection of his most influential compositions as we explore how they laid the foundation for arrangers and producers thereafter. The movie component for this episode will be the epochal Blaxploitation film, *Coffy*, featuring the quintessential Black actress of that genre, Pam Grier. *Coffy's* jazz-charting soundtrack was produced, composed, and arranged by Ayers, and features his vocals along with those of Dee Dee Bridgewater. We will spend some time discussing the film and its soundtrack's cultural relevance and political significance, in addition to Grier's own profound cultural footprint.

3:00PM - 7:00PM

Thu, Aug 13th

King Sophia

\$15

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Beyond Book Club (May, June, July, August)

In Person

Join us for the Beyond U monthly Book Club. Books will be chosen by the Book Club group. Please check with Pat Baldwin, Beyond U Program Manager, for the assigned book. Participants should plan to read the monthly assigned book BEFORE attending the monthly book discussion.

1:00PM - 2:30PM Wed, May 20th, Jun 17th, Jul 15th, & Aug 19th Dena Norris \$15



Comerica Financial Literacy Series

Virtual

Learn valuable financial management skills.

10:00AM - 11:00AM 3rd Thursdays Comerica Facilitator Free

May 21th Disasters Financial Preparation and recovery

Jun 18th Avoid Telephone and Internet Scams/Identity Theft and Medical Identity Theft

Jul 16th Budgeting

Aug 20th Mobile Banking



Creative Writing and Spoken Word Workshop (Write to The Top) **In Person**

Hey there, wordsmiths and storytellers! Are you ready to roll up your sleeves and get your hands dirty in the art of crafting tales? Join us at the Kayrod Art Gallery inside the Hannan Center, right in the heart of Detroit, Michigan, for a creative writing workshop that'll ignite your imagination and set your pen on fire. This isn't just any writing gig; it's a gritty, down-to-earth experience where your voice matters, and your story can shine. Whether you're a seasoned pro or just starting out, this is your chance to hone your skills alongside fellow creatives who believe in the power of words. Don't miss out on this opportunity to be part of something raw, real, and utterly Detroit. Grab your spot and let's write the stories that need to be told.

4:30PM - 5:30PM Tues, May 5th-June 9th Kevlar Afrika \$15



DIA - Simple Musical Instruments

Seeing a variety of artwork in the museum's collection for motivation, students will make clay forms embellished with multi-media options over the course of four sessions. Emphasis will be on making multiple objects creating sound and engaging the senses with the exploration of texture and materials provided such as beads and fabrics, along with whatever personal items participants would like to bring in from home. This class takes place at the Detroit Institute of Arts and includes tours as well as artmaking. Completed work will be eligible for inclusion in the DIA's annual community art exhibition in December. All tools and supplies are provided, and all skill levels are welcome. Free parking provided in the DIA's main parking lot off of John R.

1:00PM - 3:00PM Weds, Tues, June 3, 10, 17, 24 DIA Staff Free



Fine Arts

In-Person & Virtual

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

12:30PM - 4:00PM Fri, May 8th-Aug 28th Jim Puntigam \$15

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Get Fit Exercise - Balance Series

In Person



Join Stephen, Occupational Therapist, for a weekly, 1-hour, exercise class consisting of a combination of seated and standing balance exercises. Exercises are focused on improving balance to help with continuing our participation in our activities of daily living with a reduced fear of falling.

1:00PM - 2:00PM

Mon, May 4th-Aug 24th

Stephen Souaid

\$15

Hustle Dancing – Monday

In Person



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

11:00AM - 12:00PM

Mon, May 4th-Aug 24th

Nawali G.

\$15



Intro to French

In Person

Intro to French is designed for students with little or no experience in the French language. In this course, you will build a strong foundation in everyday vocabulary, essential grammar, and practical conversation skills. Through interactive activities, guided practice, and role playing, you will gain the confidence to understand and express yourself in common situations such as greeting others, asking simple questions, describing your likes and dislikes, and navigating daily life. You will also explore elements of French culture—from traditions and travel to food and everyday expressions—to help you connect language learning with authentic experience. One class will be held at the DIA where we will discover and discuss the work of various French artists. There will also be an optional activity outside of class in which we will dine out at a local French restaurant. Materials needed for this class include a notebook with pockets and 5 different dividers in it for organizing all notes and handouts provided by the instructor. Deborah Benedic chose to become an educator at the age of 4 years old! She graduated from Southgate High School (Downriver) and then went on to earn a Bachelor's Degree in Education in 1975 from Central Michigan University with a major in French and a minor in English. Deborah's first and only teaching job was in secondary education at Anchor Bay High School where she taught French, English, International Cultures and Modern Dance. While teaching, she went on to get a Master's Degree in Dance Education at Wayne State University. After 34 years of employment in the Anchor Bay School District, and loving every minute of it, Deborah retired in 2009. Since then, she has continued to teach through her private company Quality Tutoring. In addition, she is currently the marketing director for The Loft Fine Art in Macomb County.

12:30PM - 2:00PM

Mon, May 4th-Aug 31th

Deborah Benedic

\$15

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Life Drawing Workshop I

In Person

This life drawing workshop offers you an opportunity to explore the wonder of SEEING. In this workshop, participants will engage in drawing sessions with live nude models, with a main focus on gestural techniques designed to reinforce and improve seeing. This will take up the 1st half of the class. The last hour will be devoted to longer poses. Whether you are a beginner or an experienced artist, this class provides a supportive environment to enhance your observational skills and develop your drawing techniques. Materials: Students are required to bring their own art materials. Suggested materials are: 18"x24" newsprint pad, 18"x24" pastel pad, vine and compressed charcoal, kneaded eraser, conte' crayon, pastels, graphite sticks... Artists can put their name on their easel and store them at Hannan for convenience.

12:30PM - 3:00PM

Wed, June 3rd, 10th, 17th, 24th

James Puntigam

\$40



Life Drawing Workshop II

In Person

(Same Description as Life Drawing I)

12:30PM - 3:00PM

Wed, Jul 22nd, 29th, and Aug 5th, 12th

James Puntigam

\$40



Meditation

Virtual

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.

12:30PM - 1:30PM

Tue, May 5th-Aug 25th

Vernice McDaniel

\$15



Mirrors As Art

In Person

This is a fun, practical, and multidisciplinary 4-week workshop built around one simple but powerful idea — transforming mirrors into meaningful works of art. Through this central project, participants will explore: • Textile art (working with fabric and surface) • Collage & storytelling (photos and meaningful objects) • Repurposing (reimagining old mirrors and materials) • Sculpture (relief elements using air-dry clay) • Painting & decorative finishing techniques. Instructor will supply a materials list.

12:30PM - 2:30PM

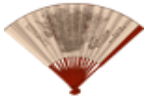
Wed, May 6th, 13th, 20th and 27th

Marta Carvajal

\$15

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Paradise Valley Pearls Class In Person

In this workshop students will make a beautiful heirloom quality pearl necklace set, embellished with Bali and Ethiopian silvers, gold & brass. They were sold under the instructor's label as the "Harlem Renaissance Necklace Set" at The Museum of Women in the Arts in Washington, D.C. and Detroit's Wright Museum. A limited number of kits will be available in black pearl. Four 3-hour sessions, each run from 11:00AM-2:00PM. No previous jewelry making experience required. Class cost: In addition to the Hannan Center Workshop and Registration fee, each student must pay an additional \$45 materials fee on or before the 1st day of class. Returning students who bring their tools & carrying bag will receive a discounted materials fee.

11:00AM - 2:00PM Wed, Jul 15th, 22nd, 29th, and Aug 5th Dorothy Jett-Carter \$45



Photography: Smartphone Photography Workshop In Person

Learn how to take powerful, creative photos using the camera you carry every day, your smartphone. This beginner-friendly workshop covers essential techniques such as lighting, focus, composition, and editing, helping participants elevate everyday images into frame-worthy photographs. No experience is needed. Just bring a phone, charger, and curiosity.

2:00PM - 4:00PM Mon, Jul 13th-Aug 17th Vernice McDaniel \$25



Quilting: Oh Baby! Beginning Quilt-Making In Person

This four-week introductory class teaches the essential techniques of quilt making—from cutting and piecing to quilting and binding. Each participant will create a small quilt perfect for a baby, toddler, or young child. Students must bring their own sewing machine, fabrics, and basic supplies. A full supply list will be provided upon registration. Class Requirements - Bring your own sewing machine and all supplies - A complete supply list will be provided after registration - Basic sewing knowledge helpful but not required.

10:00AM - 1:00PM Wed, May 6th, 13th, 20th, and 27th April Shipp \$15



Sing Ladies Sing! In Person

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!

12:30PM - 2:00PM Thu, May 7th-Aug 27th Eileen Orr \$15



Sing Out Multi Style Singing Group for Men In Person

Come swing with us! Join in the joy of group singing as we sing great music from Blues, Doo Wop and the Motown eras, as well as contemporary popular music. Weekly rehearsals will be accompanied by live jazz piano, played by Director/Accompanist Alina Morr, from the Grammy-Nominated jazz group, Straight Ahead. "Be There or Be Square!"

1:00PM - 2:30PM Tue, May 5th-Aug 25th Eileen Orr \$15

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Stitching Freedom: A Juneteenth Quilting Class In Person

Step into a creative space where fabric becomes testimony, color becomes memory, and quilting becomes a celebration of liberation. Together we will honor Juneteenth—the day in 1865 when the final enslaved African Americans in Texas learned they were free. This class embraces the joy, struggle, and triumph woven into our collective story. Over four weeks, you will explore Juneteenth’s history and visual language - Design a quilt that reflects freedom, heritage, and hope - Strengthen your piecing and construction skills - Learn quilting and finishing techniques - Create a meaningful textile you’ll treasure for years. Who can join: Intermediate quilters and adventurous beginners (basic knowledge helpful but not required). What to Bring: Your sewing machine + personal supplies. Supply list provided after registration. Come stitch, learn, and celebrate freedom through fabric.

10:00AM - 1:00PM Wed, Jun 3rd-Jun 24th April Shipp \$15



Strength Training for the Mature Adult Virtual

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

2:00PM - 2:45PM Tue, May 5th-Aug 25th Trina Swihart \$15



Tai Chi Virtual

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.

11:30AM - 12:30PM Tue, May 5th-Aug 25th Vernice McDaniel \$15

The Art of Light (Art Lamps) Workshop In Person



In this six-week workshop, participants will be guided to create their own unique work of art lamp. This course provides a supportive, process-oriented space for participants to explore emotional expression, mindfulness, and personal narrative through visual art. Using a variety of materials and approaches—including drawing, fiber, mixed media, and three-dimensional exploration—participants engage in creative processes that emphasize awareness, reflection, and embodied making rather than technical outcome. The course is designed to foster self-understanding, resilience, and a sustainable creative practice within a group studio environment. Participants will: Develop awareness of emotional and sensory experience through artmaking, explore personal narratives using visual and material language, practice mindfulness and reflection within the creative process, build confidence in self-expression and experimentation, engage in supportive group dialogue and shared creative experience. Creative and experienced visual artist and certified art therapist with over 26 years of experience in industrial design, digital modeling (Alias: 3D modeling and rendering), and fine arts. Supplies will need to be purchased. Please see instructor first day of class for supply list.

1:00 PM - 4:00PM Tue, May 12th-Jun 16th Eunice Parks \$25

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Theater

In Person

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.

10:00AM - 11:30AM

Thu, May 7th-Aug 27th

Madelyn Porter

\$15



Ultimate Earring Workshop

In Person

Students will learn different techniques for making several beautiful, high-end earrings valued at \$75 - \$100. Similar earrings that have been sold under the instructor's label at the Wright Museum, the DIA & other fine galleries. Students can choose from the instructor's collection of beads & artifacts but are also encouraged to bring some beads of their own. Skill level: No previous jewelry-making experience required. Student Material Costs: Student material costs will be \$45. Returning students will pay a discounted fee. Material kits will include jewelry findings. Material costs are not included in the registration fee and must be paid by students no later than the first day of class. Students are encouraged to bring their own tools, however tools to share will be provided. A list of tools needed & material kit contents will be sent to students following registration.

11:00AM - 2:00PM

Wed, May 13th, 20th and 27th

Dorothy Jett-Carter

\$45



Visual Meditation: A Guided Creative Process

In Person

Visual Meditation is a structured, guided creative practice rooted in Neurographic Art. Using intentional line, shape, and color, participants engage in a progressive visual process designed to strengthen focus, encourage reflection, and support mental clarity. Each session builds on the last through layered, step-by-step exercises that promote sustained attention and immersive engagement. The emphasis is on the experience of focused creation, with finished artwork emerging naturally from the process. No prior art experience is required.

2:00PM - 4:00PM

Wed, Jun 3rd-Jul 15th

Vernice McDaniel

\$15



Yoga (Friday)

In-Person & Virtual

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.

10:00AM - 11:15AM

Fri, May 8th-Aug 28th

Trina Campbell

\$15

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Yoga (Monday)

Virtual

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.

10:00AM - 11:00AM

Mon, May 4th-Aug 24th

Laura Lerman

\$15

Online Registration Begins Now:

(Registration is ongoing until classes/workshops are full)

Need Help? Contact:

Pat Baldwin, Beyond U Program Manager

(313) 833-1300 X15

pbaldwin@hannan.org

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

DATES TO REMEMBER

March 20	Registration begins for Spring/Summer Term
Spring Break	April 3 -April 10 - No classes
Classes resume on	April 13
May 4	Spring/Summer Term Begins
May 25	Memorial Day - No classes
June 19	Juneteenth - No Classes
June 29-July 3	July 4th week - No classes
August 28	Last Day of Spring/Summer Term
August 31-September 11	Labor Day (Summer Break)
September 14	First Day of Fall Term

NOTE: Beyond U classes are CANCELLED if Detroit Public Schools are closed because of inclement weather.



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.