

TAI CHI

Instr: Karla Groesbeck

Time: 2:00-3:00 p.m.

Fee: \$46.00

Min: 6 Max: 20-25

Tai Chi is a great way to relax and have fun! It is a very peaceful, low-impact body movement. Studies have proven that Tai Chi improves balance, strength, health and memory for every body type and age group, especially seniors. Standing and seated exercises, combined with breathing techniques and gentle stretching, Tai Chi is suitable for everybody.

NEW

January 13

8 Weeks

WEDNESDAY ACTIVITIES

DOUBLE A INVESTMENT GROUP – SEE SIGNATURE GROUPS FOR DETAILS

THURSDAY ACTIVITIES

WATERCOLORS – SEE SIGNATURE GROUPS FOR DETAILS

WALKING GROUP – SEE SIGNATURE GROUPS FOR DETAILS

GARDEN CLUB – SEE SIGNATURE GROUPS FOR DETAILS

MOVIE NIGHT – SEE SIGNATURE GROUPS FOR DETAILS

SOCIAL DUPLICATE BRIDGE – SEE SIGNATURE GROUPS FOR DETAILS

FRIDAY CLASSES**EXERCISE FOR FITNESS**

Instr: Ann Hunt

January 22

Time: 9:00-10:00 a.m.

11 Weeks

Fee: \$26.00

Min: 5

Move at your own pace in a class designed to stretch and strengthen muscles and to provide cardiovascular conditioning, all to music. Convivial atmosphere. Best value in town for your exercise dollar.

ART MEDIUM OF CHOICE

Instr: Mary Bachman

January 8

Time: 9:30-11:30 a.m.

8 Weeks

Fee: \$46.00

Min: 4 Max: 10

Demonstrations of different styles are provided. The Impressionist style is stressed. Beginners and advanced students are welcome. Composition and color theory are

always discussed with follow-up critique. You may choose oils, acrylics, pastels or colored pencils.

ART MEDIUM OF CHOICE

Instr: Mary Bachman

March 5

Time: 9:30-11:30 a.m.

*8 Weeks

Fee: \$46.00

Min: 4 Max: 10

The description for this class is the same as the January class.

*There will be no class on Good Friday.

BRIDGE: Name of Class & Level TBD

Instr: Dave Harty

March 26

Time: 10:00-11:30 a.m.

6 Weeks

Fee: \$57.50

Min: 8

FRIDAY ACTIVITIES

BOOK DISCUSSION – SEE SIGNATURE GROUPS FOR DETAILS

DUPLICATE BRIDGE – ACBL SANCTIONED GAMES – SEE SIGNATURE GROUPS FOR DETAILS

WRITING GROUP – SEE SIGNATURE GROUPS FOR DETAILS

ADDITIONAL PROGRAM – COMPUTER FRIENDS

Instr: Cynthia Sorensen & Martha Irwin

Scheduled Individually

Fee: \$20.00 per hour (1 hour minimum)

All proceeds benefit the Club. Users may direct funds to the Capital Campaign. Sometimes computer problems, challenges or issues are easier to talk out with a friend than to take to a professional computer center. Sometimes it is not a problem, only a procedure that doesn't make sense. Sometimes you don't need a professional "fix", just a friend to show you how it works. Would you like help with specific computer tasks or functions? Perhaps you need to organize your files, send e-mail messages to groups, surf the internet, search for documents on your hard drive, back up important documents, access the Club's wireless system, make a letterhead template, create a poster, create a web page, address envelopes, make labels or other "how to" basics. Cynthia Sorensen (Window-based systems) and Martha Irwin (Macs) will meet with individuals to work through concerns and interests. Just make a phone call or send an e-mail in order to arrange a time and place. Cynthia can be reached at sorensen@worldnet.att.net or 761-1834 and Martha at aamartha@mac.com or 662-7408

SIGNATURE GROUPS

AUTOMOBILE APPRECIATION CLUB

Coord: Connie D'Amato

This club already has a core group of interested members but will not actually get started until early in 2010.

BALLROOM DANCING

Coord: Barb Pomey

Please contact Barb Pomey for more information concerning this group at bpomey@comcast.net.

BIBLE STUDY

Instr: Janette Van Auken

Time: 10:00-11:30 a.m.

Day: Every Wednesday

Fee: \$5.00/Semester

In 1940 Mortimer Adler published a book called "How to Read a Book". Adler contends that informed readers become that way by asking questions of the text. These questions fall into three categories: 1) Facts – what does the author want us to know; 2) Interpret – what ideas is he trying to get across; 3) Application – How does it apply to me. Are there warnings and prohibitions to heed, examples to follow, encouragement and comfort for the slings and arrows of this life. Those of us who are participants in this class hope to become informed readers of that long time best seller – the Bible.

BOOK DISCUSSION

Leaders: Suzanne Powell & Nancy Sippel

Time: 10:30 a.m.

Day: 3rd Friday of each month

This is an informal group that chooses one book from a wide variety of books to read each month. A report is given and all members are welcome. Meetings are held each month from September through June.

DOUBLE A INVESTMENT GROUP

Contact: Jean Dickinson

Time: 1:00 p.m.

Day: 3rd Wednesday of each month

The Double A Investment Club was formed in December 1999. Generally, most of us meet for lunch at the Club prior to our monthly meeting. We follow the education materials of the NAIC. In addition to the education topic, we take turns reporting on possible new stock purchases and reviewing our portfolio at each meeting. New members are welcome. If you are interested, please call Jean Dickinson at 971-7039.

DUPLICATE BRIDGE – ACBL SANCTIONED GAMES

Time: 1:00 p.m.

Day: Every Monday

All members welcome!

DUPLICATE BRIDGE – ACBL SANCTIONED GAMES

Time: 1:00 p.m.

Day: Every Tuesday

All members welcome!

DUPLICATE BRIDGE – ACBL SANCTIONED GAMES

Time: 1:00 p.m.

Day: Every Friday

All members welcome!

EUCHRE/POKER CLUB

Coord: Dick Dorr

Join this club's first meeting on January 6th at 4:00 p.m. in the Pub. All are welcome. For more information contact Dick Dorr at rdorrMI@comcast.net.

GARDEN CLUB

Coord: Linda Atkins

Time: 10:00-12:00 Noon

Day: 4th Thursday of each month

Fee: \$5.00/Semester

The Garden Club meets every 4th Thursday of the month. Many of our presenters are Master Gardeners and/or members of the Club. During nice weather, we head outdoors for visits to various gardens in the local area. Winter programs meet indoors. The club is separate from the Grounds Committee. New gardeners and new members are all welcome.

HEALTH AND FITNESS CLUB

Coord: Mary Wheeler

Members of this club are enjoying the benefits of Washtenaw Community College's two warm pools for water aerobics, many exercise machines and classes, along with massage therapy, personal trainers and nutritionists to help with weight reduction and strengthening. All of this can be done at a state-of-the-art facility on a schedule that fits each individual member. Call Mary Wheeler at 434-3159 for more information or check out our website.

KID'S CLUB

Coord: Stephanie Chervin

The Kid's Club aims to provide a fun atmosphere for the children guests of our members. At City Club events where children are expected, we intend to provide a dedicated activity for kids to keep those little hands busy and happy. Look for special youth programming at the Club, including classes on manners. Any members with an interest in helping to develop the Kid's Club are welcome to come aboard!

LOCAL FOOD CLUB

Coords: Stephanie Kadel-Taras & Cynthia Sorensen
Join a new discussion club on eating locally grown and produced food. We plan to meet once each season to share recipes, vendor suggestions, preservation methods, vegetable gardening successes and relevant books. For more information, contact Stephanie Kadel-Taras at skadel@timepiecesbios.com or 663-0875.

MOVIE NIGHT

Coord: Suzanne Powell
Time: 5:30 p.m. for dinner
Day: 4th Thursday of each month
Meet at the Club on the 4th Thursday of the month for dinner and a movie. Contact Suzanne Powell at 769-1188 for details.

POETRY CLUB

Coord: Mary Louise O'Connell
The Poetry Club is a group of Club members with varying interests and pursuits who have come together to enjoy reading and talking about poetry. We read and explore both contemporary and traditional poets. In the future, as we set our schedule, we hope to invite local poets to share their work with us. We also enjoy writing poetry ourselves about different subjects—nature, places we have visited and people we have known. We take field trips to places on campus and in town that spur our imagination. Laughter and friendship and the love of the written word are what bring us together. We will meet twice monthly beginning in December on a day and time yet to be decided. Please email Mary Louise O'Connell at lpoconnell@aol.com if you would like to receive emails about the Poetry Club. Also, check the front desk at the City Club after Thanksgiving for the first meeting date and time.

QUILT CLUB

Coord: Penny O'Malley
The Quilt Club is for City Club members who like to quilt or who would like to learn to quilt. Our hope is to learn from each other's experiences. If you would like to join the Quilt Club, email Penny O'Malley at pennyhomalley@comcast.net and she will add you to the club's contact list for reminder emails. Feel free to email Penny at any time if you have any questions about this new club. We plan to meet every other month (even months) at 11:00 a.m. on the second Monday of the month and reminder emails will be sent to members several days in advance of each meeting. Our next meeting will be held on Monday, December 14th at 11:00 a.m. (meeting room TBD).

SOCIAL BRIDGE

Coors: Ellen and Paul Hoffrichter
Days: 1st and 3rd Mondays of each mo.
Time: 1:00 p.m.

Social Bridge meets on the first and third Mondays of each month. Players of all skill levels are welcome. For more information, call Ellen Hoffrichter at 971-6842.

SOCIAL DUPLICATE BRIDGE

Coord: Polly Fuller
Time: 1:00 p.m.
Day: 4th Thursday of each month
Members who have fewer than 300 master points are welcome.

SPANISH CONVERSATION CLUB

Coord: Barb Pomey
This informal group plans to meet weekly at a mutually agreeable time to practice Spanish in a conversational setting. The topics will be agreed upon by the group.

TASTINGS CLUB

Coords: Kathy Sample & Donna Tope
Information to follow at a later date.

WALKING GROUP

Coord: Cindy DeGalan
Meet at the Club on Thursdays promptly at 8:30 a.m. once a week to walk around the neighborhood. Wear comfortable shoes and bring water. Walks should last about 60 minutes, weather permitting. We may move indoors for the winter. Contact Cindy DeGalan at (734) 426-5908.

WATERCOLORS

Coord: Pat Fitzgerald
Time: 9:00-11:30 a.m.
Day: Every Thursday
Fee: \$10:00/Semester
Learn from one another in a supportive, creative atmosphere. Whether you have never painted before, or have and would love to return to watercolor, you will be welcome. Art materials will be suggested.

WRITING GROUP

Coord: Jeanette Brock
Time: 1:00-3:00 p.m.
Day: Every Friday
Fee: \$10.00/Semester
"Graduates" of Stephanie Kadel-Taras' memoir writing class and other writers gather to share personal writing they've done during the week. Discussion follows each reading. There is often time to start a new piece, sometimes inspired by another member's writing.

WORLD WAR II HISTORY CLUB

Coord: Mary Wheeler
The next meeting of this club will be on Wednesday, January 6 at 6:30 p.m. We will be discussing various World War II events around the Ann Arbor area that were

brought to this club's attention by our members in our past minutes of November 4 on the website. Members are asked to bring in memorabilia and share their experience of the war. All are welcome to join us in the Pub at 5:30 before the meeting on January 6. Check out our website for more details or call Mary Wheeler at 434-3159.

YARN & DARN

Contact: Angela Welch

Time: 10:00-11:30 a.m.

Day: Every Tuesday

This dynamic group meets weekly. Knitters of any ability are welcome. Come join us for knitting support, camaraderie and spinning yarns! This group knits year around and makes several annual donations. Please come join us and stay for lunch.