



Rochester Community House

Rochester Community House, a non-profit organization, provides a unique gathering place for family and friends to meet and enjoy educational, recreational and cultural activities. The Community House may be rented for wedding receptions, anniversaries, special parties, fundraisers, and business or organization meetings.

Just Dance

Regional Folk Dances of India

India is a culturally diverse country. One of the features that make India a colorful and vibrant country is the variety of its dance forms. Come and experience this cultural phenomenon for yourself. Styles that will be taught are Rajasthani (North-West India) and Kolatta (Dances with Sticks- South India). Please dress comfortably.

Mon 9/13-10/18 7-8 pm \$85/6 wks

Vidya Krishnamurthy has a diploma in dance from India. She has been teaching Indian Dance for the past 19 years.



Three Dance Workshops

For Proms, Weddings, Cruises, Reunions, and Homecoming

Grace the dance floor with style at a wedding, class reunion, or cruise! Fine tune fast dancing skills and add flare to your slow dancing. With instructor Natalie Rea, learn the art of lead and follow, turns, dips, timing, styling, and fabulous new moves! Novice to experienced dancers welcome. In this 3-part workshop, each 2-hour session reviews the basics then moves into new material.

Part One: 10/25

Part Two: 11/1

Part Three: 11/8

Mon 7:30-9:30 pm

\$38 per couple per session or \$105 for all three.

Natalie Rea, dance instructor, specializes in ballroom, Latin, and swing at a social and competitive level.

Ballroom Favorites:

Cha-cha, Tango, Swing

Three part workshop featuring three ballroom favorites: the smooth cha-cha, the dynamic tango, and the lively swing! Learn the steps and style of each dance while enjoying a fun night out. Each workshop will include the three dances, starting from the basics and adding on each week. It is recommended that you sign up for all three but not required.

Part One: 11/15

Part Two: 11/22

Part Three: 11/29

Mon 7:30-9:30 pm

\$38 per couple per session or \$105 for all three.

Natalie Rea

Fitness

TAI CHI CHUAN

Beginning Tai Chi

Tai Chi Chuan is a 'soft-style' Chinese martial art. Its slow, repetitive, circular movements open internal circulation and improve strength, agility, and balance. The 108 forms gently move every muscle of the body through a complete, natural range of motion. Over time, see reduction of stress and increase of natural energy, coordination, and powers of concentration.

Tue 9/21-11/16 6-7:25 pm \$82/9 wks

Thur 9/23-11/18 7:30-9 pm \$82/9 wks

John Marchewitz is an instructor from the Michigan Wu Style Tai Chi Institute. He also trained at the Kung Fu Academy in Hong Kong.



Rochester Community House

Continuing Tai Chi

For Tai Chi students who have taken the first session and have begun to learn the forms. A separate class, at the same time as beginners, continues the beginning program until all 108 forms of the Wu style of Tai Chi Chuan have been completed.

Tue 9/7-12/14 6-7:25 pm \$116/14 wks

No class 11/23

Thur 9/9-12/16 7:30-9 pm \$116/14 wks

No class 11/25

Intermediate Tai Chi

This class is for students who have completed the 108 forms. Focus will include improving technique, pushing hands, and standing meditations. Work on breathing, relaxation, and powers of concentration continue.

Tue 9/7-12/14 7:30-9 pm \$116/14 wks

No class 11/23

Thur 9/9-12/16 6-7:25 pm \$116/14 wks

No class 11/25

John Marchewitz

Beginning Hatha Yoga

Yoga teaches balance of the mind and body through physical exercise (asanas), controlled breathing, and calming of the mind through relaxation and meditation. Gentle stretches, breathing and centering exercises are designed to increase joint flexibility, improve muscle tone and strength, and relax the whole body/mind. No previous yoga experience necessary. Wear loose clothing. Bring a mat and small blanket. Yoga is best practiced on an empty stomach.

Mon 9/13-11/8 10-11:30 am \$85/9 wks

Mon 9/13-11/8 7:35-9 pm \$85/9 wks

Wed 9/15-11/10 7:35-9 pm \$85/9 wks

Jenna Aviva Lee, RYT, is an experienced Yoga teacher with an M.A. in Sanskrit. Her style of Hatha, called 'Prana', unites the strength of alignment with the flow of breath.

Continuing Hatha Yoga - Level I

Ready for a challenge? An increase in upper body work, twisting and back-bending takes this class to the next level. Core strength is enhanced helping to relieve pressure on joints. Flexibility and balance improve; relaxation deepens. Previous Yoga experience recommended.

Mon 9/13-11/8 6-7:25 pm \$85/9 wks

Wed 9/15-11/10 10:30-Noon \$85/9 wks

Jenna Lee

...More Yoga on page 58



Work with our personal trainers to reshape and energize your body. Join this non-impact fitness program to strengthen your inner core and increase flexibility while working at your own pace and level of fitness.

Students say:

- "It's fun, it's tough, and it works!"
- "One fast hour in this class leaves me feeling physically and mentally refreshed."
- "My body is starting to move north again!"
- "I hit a hole in one! Tight Tone improved my golf game by increasing my core and upper body strength."

Experts say shorter, more intense workouts produce visible results faster. Continuing students report increased bone density. Small class size assures individual attention. Bring a mat.

New Monday afternoon class!

Mon 9/13-12/13 12:30-1:30 pm \$148/11 wks

No classes on Oct. 11, Nov. 15 & 22

Wed 9/15-12/15 9:15-10:15 am \$148/11 wks

Wed 9/15-12/15 6:25-7:25 pm \$148/11 wks

No classes on Oct. 13, Nov. 17 & 24

Joanne Wright and Patti McGowan are personal trainers and certified instructors. Joanne & Patti will share teaching the Weds. classes. Patti will teach the Monday class.

Upcoming Events at RCH

Art & Apples Festival • Sept. 10, 11, 12

Look for the 'Sunday Painters' Exhibition inside Rochester Community House

Halloween Breakfast • Sat, Oct. 23

Holly & Ivy...A Victorian Tea • Sun, Nov. 7

Breakfast with Santa • Sat, Dec. 11

Call Rochester Community House
248-651-0622 for more information or check
our website www.rochestercommhouse.org.

Rochester Community House

Continuing Hatha Yoga - Level II

More challenging asanas, including inversions, are offered at this level. Designed for the experienced student who wants to go deeper into flexibility, strength, and pranayama/meditation.

Thur 9/16-11/11 10:30-Noon \$85/9 wks

Jenna Lee

Yoga Flows

Enhance your understanding of Yoga and improve Yoga postures by taking your practice to a new level of integration. Flowing asanas and the music of sacred chants open the heart to a deeper realm of being. Previous yoga experience recommended.

Continuing Level I

Mon 11/29-12/13 6-7:30 pm \$30/3 wks

Wed 12/1-12/15 10:30-Noon \$30/3 wks

Continuing Level II

Thur 12/2-12/16 10:30-Noon \$30/3 wks

Jenna Lee

Introduction to Mindfulness

Learn Mindfulness, a way of relating directly to the events in your life, of consciously and systematically working through experiences. This ancient practice can restore balance and reduce stress in your life. This experiential workshop will teach you to consciously develop healthy ways of relating to your life and positive approaches to everyday stresses.

Tue 9/28 7-8:45 pm \$20

Linda Bowers, RYT, of Awakening Health LLC, has been teaching yoga and meditation since 2001.

Mindful Yoga

Yoga is a form of moving meditation. Learn how Mindful Yoga can increase your ability to relax, improve the connections and interplay between your mind and your body, and create the foundation for a more balanced, healthy and peaceful life. Bring a mat or towel.

Tue 10/5 7-8:45 pm \$20

Linda Bowers

Mindfulness and Parenting

Raising conscious and confident children is a stressful endeavor. Learn some practical methods for being present while parenting and for lowering your stress level. Mindfulness can not only improve your relationship with your kids, it can help you increase your enjoyment of life and your overall wellness.

Tue 10/26 7-8:45 pm \$20

Linda Bowers

Healthy Living

Peaceful Birthing

Looking for ways to relax during childbirth? Do you have fearful thoughts about birth? HypnoBirthing® is a beautiful childbirth method which combines relaxation, breathing and visualization techniques to control pain and empower women to release fear & build confidence. In five classes, you and your birthing companion will learn how the birthing muscles work in perfect harmony, as they were designed to, when your body is sufficiently relaxed. Let HypnoBirthing work for you whether you are birthing at home or in a hospital setting.

Tues 9/21-10/19 7-9 pm \$275*/5 wks

**Special tuition rate for Rochester Community House*

Janice Rex-Weaver, is a Certified HypnoBirthing® Practitioner and two-time HypnoBirthing mom. www.YourPeacefulBirthing.com

Great Everything Sale

Fri, Jan. 28 9 am-6 pm

(Early birds at 8 am for a fee or browse for free at 9 am.)

Sat, Jan. 29 9 am-noon

The biggest house in town hosts its annual indoor garage sale! What's for sale? Household items, small appliances, computers, furniture, artwork, clothing, baby furniture, strollers, toys, games, tapes, cds, videos, books, special collectibles, dishes and glassware.

Get rid of your stuff!

Donations can be dropped off in late-January or call Community House (248 651 0622) for a furniture pick up.



Rochester Community House

Controlling AD/HD

Change turmoil to tranquility in this interactive workshop. Learn strategies to overcome the challenges related to Attention Deficit/Hyperactivity Disorder (AD/HD) and Attention Deficit Disorder (ADD). Equip parents to help children develop academic, social and family solutions. Learn coaching techniques and establish time saving routines. Leave this workshop with an action plan tailored to at least two specific goals.

Mon 10/18 7-9 pm \$20

Laura Rolands is an Attention Coach with specific training in coaching ages 8 - 12, teens and college students with AD/HD. www.MyAttentionCoach.com

Wines

Join us as you delight your palette with the power wines: Sauvignon Blanc and Syrah. Discover which "Game Wines" will enhance the art of pairing wines with food.



The Power Wines

Around the world we go looking for the best expression of Sauvignon Blanc and Syrah! Loire Valley vs. New Zealand/California vs. Australia. Market Research is showing these two are the most popular wines right now. We will taste these wines from different parts of the globe and decide for ourselves whether these varietals are up to par!

Wed 10/28 7-8:30 pm \$22

Colette Comeau, a Rochester resident, achieved 'Certified Sommelier' status with the Court of Master Sommeliers in Kansas City. Colette works with Jean-Jacques Fertal at Eagle Eye Imports.

Game Wine Tasting

Do you know a hunter? This class will focus on pairing wines to game. Discover the big bold wines that can stand up to big bold tastes of game meat. These wines will knock your socks off with flavors that really pack a wallop. Grenache is known for its peppery, earthy style, Syrah for its meaty, bacon nose. Pinot Noir for blueberry flavors that pair really well with certain fowl. We will also throw in a couple whites for starters and fun!

Wed 11/11 7-8:30 pm \$22

Colette Comeau

A Better You

Skin Care & More

Find the best skin care products for your skin type without wasting your money! Learn skin care basics and beyond with a licensed aesthetician. Find what products work best for the least amount of money and where to find them. Learn to give yourself a spa equivalent facial at home. Free samples will be distributed.

Wed 10/6 6:30-8 pm \$15

Kate Kane is a Licensed Medical Aesthetician and Makeup Artist.

Aromatherapy

Learn about aromatherapy and basic blending techniques. Find out where to purchase high quality essential oils as well as finding reliable websites. Make your own products for yourself and as gifts for friends during the second class. Recipes for bath salts, lotions, and soaps will be provided. \$5 materials fee payable to teacher.

Mon Sept. 27 & Oct. 4 6:30-8 pm \$24/2 wks

Donna Marina has 20 years experience in the use and application of aromatherapy. She is also a Reiki Master and a certified Reflexologist.

Live & Learn

Updating Your Bridge



Learn the new guidelines for 21st century bridge. A lot of the old rules have relaxed. Hone your existing skills to become a more

competitive player. Improve your bidding and playing skills. Learn the logic and common sense of the game. This might be your avenue to playing duplicate bridge.

Wed 9/22-10/27 7-9 pm \$60/6 wks

In the past ten years, Marlene Green has taught bridge in Davison, Goodrich, and Clarkston.

Rochester Community House

Spanish for Travelers

Are you traveling to a Spanish speaking country and wish to learn some basic Spanish? Are you doing business in Mexico or Latin America? Or, would you like to brush up on your Spanish? If so, this class is for you. Become acquainted with vocabulary and phrases related to travel, lodging, directions, shopping, dining, and tipping. Learn the culture and customs.

Mon 9/13-10/18 7-8:30 pm \$90/6 wks

Veronica Hall has taught Spanish and cross-cultural training to corporate professionals for over 20 years.

English as a Second Language (ESL)

Designed for advanced ESL students who would like to learn more English vocabulary and want to practice English through conversation in a relaxed setting. Each week, different subjects will be discussed to build language skills and learn about American culture.

Mon 9/13-10/18 11 am-12:30 pm \$90/6wks

Veronica Hall

Resume Writing

What does it take to get hired in this tough economy? Can you make your resume stand



out? Local editor and writer Andrea Walker will assist you with resume writing, format and current styles for sending resumes to potential employers. Coaching will also be available on cover letter writing. Bring current resumes and job information.

Wed 9/22 or 10/20 7-8 pm \$15

Estate Planning & Asset Protection

Come to this free one-hour seminar to learn about wills, probate, trusts and asset protection, types of ownership, will substitutes, and incompetency protection. Join longtime Rochester resident and local estate planning attorney, John Cadieux, as he presents the nuts and bolts of maintaining, protecting and passing on your assets. Call Community House to reserve your spot.

Tue 9/14; 11/9; & 12/7 7-8 pm

Legal Aid at RCH

Find an answer to your legal questions with Rochester attorney John Cadieux in this free preliminary session. Mr. Cadieux is a private practice attorney in Rochester Hills with over 35 years of experience in the general practice of law. He specializes in estate/financial planning, probate, trusts, federal tax, small business, contracts, and elder law in the local District Court and the County Circuit Court. Call the Community House at 248 651 0622 to set up an appointment.

**Tue 10/5-11/9 weekly
2:30-3:30 pm by appointment**

**Wed 10/6-11/10 weekly
5:45-6:45 pm by appointment**

Safety

Adult, Child, and Infant CPR with AED

Be prepared when seconds count! Most emergencies happen in or near the home. Learn from the American Red Cross program how to respond to adult, child and infant cardiac and choking emergencies. Learn the proper use of an Automated External Defibrillator (AED). Each student will have the use of their own mannequin to practice. You must arrive on time both nights to be certified! Mandatory materials fee of \$15 per student payable to Live Safe Academy, LLC at first class.

Provided Materials: First Aid/CPR/AED Participant's Booklet; State of MI Good Samaritan Law regarding use of AED unit and CPR; American Red Cross Adult CPR w/AED and Infant and Child certification cards upon successful completion of course requirements

Tues 10/5 & 10/12 6:00-9:30 pm \$45

Live Safe Academy Instructors Ian and Paula Kinder

Self Defense for Women

Can you defend yourself against a violent attack? Learn valuable, life saving skills designed to increase your safety after only one class! Learning is best accomplished by 'doing.' Hands-on course teaches relevant and realistic skills that are easy to learn and retain under stress. No previous training required.

Tue 11/9 6-8 pm \$25

Live Safe Academy Instructors

Rochester Community House

Crafts

Jewelry Design: Beads & Bracelets



Working with beads, learn the fundamental skills of jewelry design and construction.

Make your own bracelet with matching earrings and leave with the knowledge to make necklaces and other designs. Become familiar with jewelry making tools so you can continue making your own original jewelry designs at home. Mother/daughters (8 yrs and up) can share one supply kit. Supply list available when registering.

Tue 10/26 7-9 pm \$20

Wed 10/27 10 am-Noon \$20

Edie Haskell, a highly artistic crafter, has been sharing her creativity and knowledge by teaching jewelry and craft classes in the Rochester area.

Knitting for all Levels

Work with teacher at your level, choose your project. Techniques include basics for beginners, pattern reading, cables, fair isle, intarsia, knitting in the round, lace, bead knitting, construction and 'design your own' for advanced students. Materials needed to start: a ball of smooth white worsted weight yarn and a pair of size 7 or 8 knitting needles. No cotton yarn. (Adults only, please). Class size is limited. Sign up early!



Wed 10:30 am-12:15 pm; 12:30-2:30 pm

9/8-10/13 \$48/6 wks

10/27-12/8 \$48/6 wks

No class 11/24

Thur 12:30-2:30 pm; 7-9 pm

9/9-10/14 \$48/6 wks

10/28-12/9 \$48/6 wks

No class 11/25

Jann Hedberg has taught knitting at Community House since 1990.

Just For Kids

Yoga for Parents & Tots

Come join us for a gentle welcome (or welcome back) to yoga for parents and their little ones. Start regaining core strength and flexibility while having some quality time with your little ones, as well as connecting with other parents. Remember, you're never too old or too young to benefit from yoga.

Mon 9/20-10/18 10-10:45 am \$65/5wks

Kris Metheny, mother of 2, has completed her Certified Yoga Training through the Community House's own Jenna Lee.

Puppets & Pumpkins in 3D

3D art for three year olds! Make your own puppet and learn the magic of puppetry. Decorate and take home a pumpkin for Halloween. Make Indian rain sticks and feathered headdress. Sculpture with Play dough. Class limit is 10. Materials fee included.

Tues 9/28-10/26 10-10:45 am \$40/4 wks

No class 10/12

Taught by Renee Dabrowski, a life-long Rochester resident with a BA in Art & Elementary Education.

Community Kitchen Supports A Need

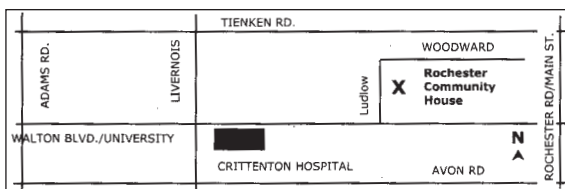
Join us at Rochester Community House for the "Community Kitchen" dinner. With the help of local churches and non-profits, Sunday dinner is provided to low-income families and seniors on the 3rd Sunday of the month. There is no charge for this dinner but space is limited and reservations are required. It is served buffet style complete with linen tablecloths in a banquet room overlooking the park. It is an enjoyable community gathering for both diners and volunteers. Call Rochester Community House 248 651 0622 to make your dine-in reservation or to request a delivery if you are house-bound.

Rochester Community House

Rochester Community House Class Sign-Up FOR CLASSES FOUND ON PAGES 56-63

Mail

Complete registration form (below) with check payable to Rochester Community House. If you need confirmation, include a self-addressed stamped envelope.



In Person

Register at Rochester Community House office, 816 Ludlow, 9 a.m.-4 p.m., Monday-Friday. Sorry, no credit cards.

Refunds

- Notify the Rochester Community House office to withdraw from a class no later than 2 weeks of the class start date to receive a refund (minus \$10 cancellation fee).
- If you hold a class spot for two weeks or more, and do not withdraw from the class, **no refunds or credits are possible.**
- Full refunds if RCH cancels class.
- Checks returned for insufficient funds will incur a \$10 fee.

Family & Multi-Class Discounts

- Sign up for a multi-week* class, and bring one or more family members, you will receive a 10% discount.
 - Sign up for more than one, multi-week* class, receive a 10% discount on both classes.
- *Multi-week classes mean longer than 6 weeks. No other adjustments or pro-rating can be added to this discount.*

Mail to: Rochester Community House, 816 Ludlow, Rochester, MI 48307

NAME _____			
ADDRESS _____			
PHONE # _____	E-MAIL _____		
CLASS _____	DATE _____	TIME _____	AMOUNT _____
CLASS _____	DATE _____	TIME _____	AMOUNT _____



Come see the Rochester Community House!

All our rooms, plus two decks, share magnificent views of the park and the meandering Paint Creek. Your wedding party and guests will enjoy our tranquil setting and window-filled rooms which invite the outdoors inside. When you have your reception here, you can have your ceremony in our garden patio in the park. Our guest capacity is 200. Look at our wedding video at www.rochestercommhouse.org

**CALL ROCHESTER COMMUNITY HOUSE
248 651-0622 FOR AVAILABILITY AND PRICES.**

Pick up a wedding packet which includes our approved list of caterers and their menus and prices. Our office is open Monday-Friday 9 a.m.-4 p.m.