



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

Belly Dancing

Anyone can Belly Dance! Today's Belly Dance is a fusion of many dance styles rich in culture that attracts students of all ages and body types. Class begins with a warm up and moves into dynamic core conditioning using traditional belly dance techniques like muscle isolation and control. Beginning Belly Dance provides cardiovascular workout as well as increasing flexibility and strength.

Wed 7/20-8/24 7-8:15 pm \$60/6wks

Natasha O'Donnell is a Tribal fusion Belly Dance Instructor.

DANCE WORKSHOPS

Instructor Natalie Rea's Dance Workshops can be taken for just one night or sign up for all three. Learn technique and the moves come easily. Rev up your confidence!



Ballroom Favorites: Salsa and Partner Hustle

Always wanted to Latin dance? The salsa is a great place to start! Feel the Latin rhythm and learn the style and movements needed to look like you grew up Latin dancing! Add the partner hustle (not the line dance), which has come a long way since the days of "Saturday Night Fever". This is the best dance to learn for dancing at social events because it is the most versatile and will ensure you never sit on the sidelines wishing you knew how to dance! Open to all levels - novice to advanced.

Part One: 7/18 Part Two: 7/25 Part Three: 8/1

Mon 7:30-9:30 pm

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

Natalie Rea

Youth/Teen Class

Dancing Like the Stars

Want to dance like the stars? Learn steps from the most popular ballroom dances like the hustle, swing, waltz, cha-cha and salsa! Have a great time with friends while trying something new! Partners not needed. All levels welcome. Youth ages 9-15.

**Part One: 7/18 Part Two: 7/25 Part Three: 8/1
Mon 6:15-7:15 pm**

\$10 per student per session or \$27 for all three.

Natalie Rea

Dancing for Social Events II

Whether you've taken a Three Dance Workshop, or not, this class is a must! Learn to dance for every occasion (weddings, cruises, prom, homecoming, and date nights)! Ballroom instructor, Natalie Rea, will teach you the moves essential to dancing to the romantic slow dances and the popular fast dances by starting with basic technique and adding the details that make you look smooth on the dance floor. Learn turns, dips, and footwork in an easy and fun way. Novice to experienced dancers welcome.

**Part One: 8/10 Part Two: 8/17 Part Three: 8/24
Wed 7:30-9:30 pm**

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

Natalie Rea

Line Dancing with Exercises

A low impact class that combines popular dance movements with a variety of exercises to help with balance, flexibility and mobility while having fun. Choreographed to a variety of music, line dancing provides individuals a chance to work on current and past dance steps while improving overall fitness levels.

Mon 7/11-8/15 2-3 pm \$60/6wks

Taught by The Right Fit's certified fitness professionals.

Rochester Community House

Fitness

TAI CHI CHUAN

Beginning Tai Chi

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

Tue 7/12-8/30 6-7:25 pm \$72/8 wks

Thur 7/14-9/1 7:30-9 pm \$72/8 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.

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 6/14-8/30 6-7:25 pm \$99/11 wks

No class 7/5

Thur 6/16-9/1 7:30-9 pm \$99/11 wks

No class 7/7

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 6/14-8/30 7:30-9 pm \$99/10 wks

No class 7/5

Thur 6/16-9/1 6-7:25 pm \$99/10 wks

No class 7/7

John Marchewitz



Beginning Hatha Yoga

Yoga teaches the balance of the mind and body through physical exercise (asanas). This style of Hatha Yoga called 'Prana' unites the strength of alignment with the flow of breath, bringing calmness to the mind, health to the body, and peace to the heart. Wear loose clothing. Bring a mat and small blanket. Yoga is best practiced on an empty stomach.

Mon 7/11-8/22 10-11:30 am \$68/7wks

Wed 7/13-8/24 7:35-9 pm \$68/7wks

The Yoga program at Rochester Community House is run by Jenna Aviva Lee, RYT. She 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. Jenna teaches all Level 1 & 2 classes.

Continuing Hatha Yoga - Level I

Ready for a challenge? Core strength is enhanced helping to relieve pressure on joints. Flexibility and balance improve; relaxation deepens. Previous Yoga experience recommended.

Mon 7/11-8/22 6-7:25 pm \$68/7wks

Wed 7/13-8/24 10:30-Noon \$68/7wks

Continuing Hatha Yoga - Level II

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

Thur 7/14-8/25 10:30-Noon \$68/7wks

Yin Yoga

Yin Yoga is a quiet, gentle practice which concentrates on "stretching" the connective tissues of the body, allowing us to move with lightness and fluidity. It helps us bring balance to our more physically demanding activities. Initially, Yin Yoga is a prop intensive practice, used to maintain comfortable postures which you relax into (or hold) for extended periods of time. Bring a dense blanket, a body pillow (or two) and bolsters or blocks (if you have them). This class is deeply relaxing and your body may cool so wear warm, comfortable layers. Suitable for all levels of students.

Tue 7/19-8/23 7-8:30 pm \$60/6wks

Kelle Schultz is a certified Yoga instructor who studied with Jenna Lee.

Rochester Community House

Exploring Mindfulness Meditation

Join this three week sampler of meditative practices and learn to relax, reduce the effects of stress, manage emotional and physical pain, and improve the quality of your life. Participants experience formal and informal mindfulness practices, begin to cultivate inner calmness and learn about the connections between stress and health. If you are feeling that something is missing in your life, want to reduce anxiety, or just want to take some time for yourself, don't miss this class!

Wed 8/3-8/17 7-8:30 pm \$45/3 wks

Linda Bowers, RYT, has completed the Practicum in Mindfulness Based Stress Reduction at the Center for Mindfulness at the Univ. of Massachusetts Medical School.



Re-shape, strengthen, and energize your body. Improve flexibility, posture, and bone density. Turn stress into usable energy. Learn from our expert personal trainers how to strengthen your inner core in this non-impact fitness program. Work at your own pace and level of fitness. Experts say shorter, more intense workouts produce visible results faster. Students say:

- "It's fun, it's tough, and it works!"
- "My body is starting to move north again!"

Small class size assures individual attention. Bring a mat.

Mon 7/11-8/22 12:30-1:30 pm \$80/6 wks

No class July 25

Wed 7/13-8/24 9:15-10:15 am \$80/6 wks

Wed 7/13-8/24 6:25-7:25 pm \$80/6 wks

No class July 27

Patti McGowan and Joanne Wright are both personal trainers and certified instructors.

Strong Muscles & Healthy Joints

Whether you need rehabilitation after an injury or want to gently increase muscle strength, this low impact class can help. Using light weights and bands in a variety of exercises, participants have fun while improving overall strength and mobility. A specifically designed combination of motions are used to build joint health. Sessions include a brief endurance test.

Mon 7/11-8/15 2 pm-3 pm \$60/6 wks

Taught by The Right Fit's certified fitness professionals.

Knead Yourself Massage

This "hands-on" self massage reduces the effects of stress from tension, soreness, and stiffness. Using a Swedish technique combining deep strokes with light strokes, and the Shaolin style stimulating Qi flow, students will learn the benefits of deep massage that you perform yourself in a low chair or on the carpet. Remove jewelry before coming to class and wear loose, comfortable clothes.

Wed 7/27 or 8/24 6:15-7:30 pm \$15

Carol Koch is a massage therapist specializing in gentle holistic massage therapy.

A Better You

Make-Up Update



In this information-packed course, watch a licensed esthetician/make-up artist apply make-up and create a new look for one member of the class (it could be you!). Bring a clean, make-up free face and we'll have some products to try out. Focus

will be on the eyes. Learn about application techniques to create a youthful look, trends in make-up for the current season, and which products are worth the money and which ones are not. During the question and answer session, the instructor will share some of her professional make-up secrets.

Wed 7/13 6:30-8 pm \$15

Kate Kane is a Licensed Medical Aesthetician and Makeup Artist.

Rochester Community House

Live & Learn

Intermediate Bridge I

This class is for people who have played bridge for a while and would like to bring their game into the 21st century. A



lot of the old rules have relaxed. Learn some of the new bidding such as: opening with 11 high card points; Rule of 20; Rule of 15.

Mon 7/11-8/15 7-9 pm \$60/6 wks

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 7/26 or 8/23 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 weekly 7/19-8/23

2:30-3:30 pm by appointment

Wed weekly 7/20-8/24

5:45-6:45 pm by appointment

Safety

Boater Safety

Taught by DNR certified instructors from MI Safety Class, this two-session course includes an overview of boating and personal watercraft safety. Learn right of way rules, required maintenance and equipment, and review of Michigan Boating Law. Personal watercrafts (PWC) are subject to the same laws as any other boat plus a few laws specific to PWCs. You may take this course at age 11, and upon successful completion, you will receive a Boater Safety Certificate which become valid at age 12. Children must be able to take written test without assistance from a parent. To operate a personal watercraft, you need to be 16 (14 if with a parent), and have a boater safety certificate. Bring a #2 pencil and a pen.

T/Th 6/21 & 23 or 7/12 & 14 6-9 pm \$20

Hunter Safety

Learn safe, legal, and sportsmanlike handling of firearms and bows and arrows. Hunter responsibilities include wildlife management, conservation, game care, firearm safety, specialty hunting (muzzle loading, handguns, and bow-hunting), survival, first aid, water safety, avoidance of alcohol and drugs, use of all-terrain vehicles, and care of hunting dogs.

Upon successful completion receive Mich. DNR certification (age 10 and older, must be able to take written test without parent's assistance). Course required for new Michigan hunters to purchase a hunting license.

M/W 8/1 & 3 5-10 pm \$10

Taught by DNR certified instructors from MI Safety Class

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. Designed to be safe, the course instills confidence. No previous training required. A great stress reliever and lots of fun.

Mon 8/15 6-8 pm \$25

Live Safe Academy Instructors Ian and Paula Kinder

Rochester Community House

Adult, Child, and Infant CPR with AED

Most emergencies happen in or near the home. Learn the most updated procedures from the American Red Cross program 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

M/W 8/8 & 8/10 6-9:30 pm \$45

Live Safe Academy, LLC is family-run school. Instructors are certified through nationally recognized organizations.

Community Kitchen Offers Sunday Dinners

The "Community Kitchen" at Rochester Community House is still going strong. With the help of local churches and non-profits, Sunday dinner is provided to many 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.

Bring the family for a buffet style dinner complete with linen tablecloths and floral centerpieces in a banquet room at Rochester Community House. It is an enjoyable community gathering for both diners and volunteers.

**Call Rochester Community House
248 651 0622 to make your reservation
or to request a delivery
if you are house-bound.**

Just For Kids

Youth Theatre Camp



Theatre gives kids the opportunity to 'hear their own voice'. Kidstage, an international drama program, is designed to create a fun-filled, high-energy atmosphere that incorporates acting exercises, theatre games, and drama skills. KidStage classes culminate in a performance showcase—giving every participant an important stage role in which they can demonstrate to parents and the community the skills that they have developed. Grades K-8

Mon-Fri 7/25-7/29 9 am-Noon \$105/5 days

Lori Pelzel is a trained KidStage instructor.

LOW-COST SUMMER PRE-SCHOOL

Rochester Community House offers a low-cost, high quality program every summer. Come to 'our House' for a warm, friendly experience. Taught by Renee Dabrowski, a life-long Rochester resident with a BA in Art & Elementary Education.

Quality Time for Parents & Children • Age 1 ½ -2 ½

Parents help stimulate their child through teacher instructed song, stories, creative movement and craft.



Age appropriate activities will encourage developmental skills while promoting parent and child relationship and positive self-esteem. Class size limit is 8. Materials fee included.

Tues 7/12-8/16 10-10:45 am \$45/6 wks

11-11:45 am \$45/6 wks

Upcoming Events at RCH

Halloween Pancake Breakfast • Sat, Oct. 22

Holly & Ivy... A Victorian Tea • Sun, Nov. 13

at the Royal Park Hotel

Pancake Breakfast with Santa • Sat, Dec. 10

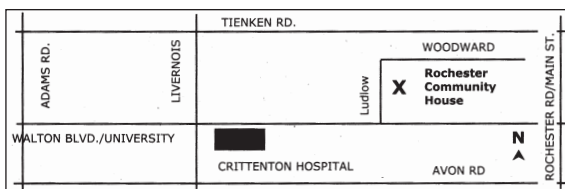
Call Rochester Community House
248-651-0622 for more information

Rochester Community House

Rochester Community House Class Sign-Up FOR CLASSES FOUND ON PAGES 56-61

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 Community House class and receive a 10% discount: If you bring one or more family members or if you sign up for more than one multi-week class, you may receive a 10% discount on both classes.

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 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 gazebo or 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.