



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.

Fitness

Beginning Hatha Yoga

Yoga teaches balance of the mind and body through physical exercise (asanas) and meditation, bringing calmness to the mind, health to the body, and peace to the heart. 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 9/12-11/7 10-11:30am \$85/9 wks

Wed 9/14-11/9 7:35-9 pm \$85/9 wks

Jenna Aviva Lee, E-RYT 500, 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 9/12-11/7 6-7:25 pm \$85/9 wks

Wed 9/14-11/9 10:30-Noon \$85/9 wks

Jenna Lee



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

Jenna Lee

Yoga Flows

Enhance your understanding of Bhakti (heart) Yoga 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 11/28-12/12 6-7:30 pm \$30/3 wks

Wed 11/30-12/14 10:30-Noon \$30/3 wks

Continuing Level II

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

Jenna Lee

Yin Yoga

Yin Yoga is a gentle practice which stretches the connective tissues of the body, allowing us to move with lightness and fluidity. It helps bring balance to 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 9/13-10/18 7-8:30 pm \$60/6wks

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

Rochester Community House

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 9/13-11/22 6-7:25 pm \$90/10 wks

No class 11/8

Thur 9/15-11/17 7:30-9 pm \$90/10 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 9/13-12/13 6-7:25 pm \$117/13 wks

No class 11/8

Thur 9/15-12/15 7:30-9 pm \$117/13 wks

No class 11/24

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 9/13-12/13 7:30-9 pm \$117/13 wks

No class 11/8

Thur 9/15-12/15 6-7:25 pm \$117/13 wks

No class 11/24

John Marchewitz

Strong Muscles & Healthy Joints

Low-impact sessions include a variety of exercises designed to improve muscular strength using equipment for some exercises (light weights, bands, etc.) with a combination of motions specifically aimed at improving joint health. Participants have fun while improving overall strength and mobility. Sessions include a brief endurance set.

Mon 9/19-11/7 9-10 am \$70/8 wks

Taught by The Right Fit's certified fitness professionals.



Re-shape, strengthen, and energize your body. Improve flexibility, posture, and bone density. Turn stress into usable energy. Learn from our expert personal trainer 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:

- "One fast hour in this class leaves me feeling physically and mentally refreshed."
- "Great class for abs and arms!"

Small class size assures individual attention with trainer adjusting each movement for maximum effectiveness. Bring a mat.

Wed 9/14-12/14 9:15-10:15 am

\$148/11 wks

Wed 9/14-12/14 6:25-7:25 pm

\$148/11 wks

No classes on Nov. 2, Nov. 23, Nov. 30

New Thursday morning class!

Thur 9/15-12/15 9:15-10:15 am

\$148/11 wks

No classes on Nov. 3, Nov. 24, Dec. 1

Patti McGowan is a personal trainer and certified instructor. She teaches the TightTone program created by Joanne Wright.

Upcoming Events at RCH

Halloween Breakfast • Sat, Oct. 22

Holly & Ivy... A Victorian Tea • Sun, Nov. 13
at the Royal Park Hotel. Includes Boutique; Luncheon; Fashion Show from Parisian

Breakfast with Santa • Sat, Dec. 10

Great Everything Sale • Fri., Jan. 27 & 28

The biggest house in town hosts its annual indoor garage sale! Donations can be dropped off in late January.

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

Rochester Community House

Just Dance

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.

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 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: 9/19

Part Two: 9/26

Part Three: 10/3

Mon 7:30-9:30 pm

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

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: 11/28

Part Two: 12/5

Part Three: 12/12

Mon 6:15-7:15 pm

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

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: 11/28

Part Two: 12/5

Part Three: 12/12

Mon 7:30-9:30 pm

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

Bollywood

Bollywood style of dance is a fun, fast-paced, fusion style of Indian dancing made popular in the Oscar winning movie, 'Slumdog Millionaire' and TV show, 'So You Think You Can Dance.' It incorporates classical Indian, Folk, and western moves to form a fusion style that has everyone moving their bodies and shaking their hips.

Mon 10/10-11/14

No class 10/31

Children's class: 6:30-7:20 pm \$60/6 wks

Adult class: 7:30-8:30 pm \$90/6 wks

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

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.

Wed 9/21-10/26 2-3 pm \$60/6wks

Taught by The Right Fit's certified fitness professionals.



Rochester Community House

Healthy Living

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). This class equips 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 9/26 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

Fall Wine Tasting



Wine lovers, connoisseurs or novices are invited to wine tasting classes at RCH this fall. Classes will be taught by Colette Comeau, a Rochester resident, who achieved 'Certified Sommelier' status with the Court of Master Sommeliers in Kansas City. Colette works with Jean-Jacques Fertal at Eagle Eye Imports. Call the Community House (248 651 0622) for details on her upcoming classes.

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 10/5 6:30-8 pm \$15

Kate Kane is a Licensed Medical Aesthetician and Makeup Artist.

Live & Learn

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 9/27; 10/25; & 12/6 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 10/4-11/8 weekly 2:30-3:30 pm by appt

Wed 10/5-11/9 weekly 5:45-6:45 pm by appt

Abaris Behavioral Health Sober Living

presents this Family Educational Program

How to Love an Addict

at Rochester Community House

Wednesdays (July – December) • 7-8:30 pm

\$25 per couple per class/\$15 per single

Do you love someone who uses drugs or alcohol? If you know anyone who struggles with addiction issues, join this on-going four-week educational series. Trained specialists will provide insight and strategies for being in a relationship with a person who is dependent on alcohol or drugs.

Four-week series will cover:

- Co-dependency and enabling
- What is recovery?
- Supporting someone with addiction
- Addiction and grief

To register, call Ann at 248 650 8383

Rochester Community House

Safety

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.



Mon 10/17 6-8 pm \$25

Live Safe Academy's instructors are certified through nationally recognized organizations.

Self Defense with Pepper Spray

Learn safe, responsible and effective use of pepper spray. Pepper spray can be a valuable tool when protecting your safety but the right product and proper use are critical to your success. Topics include product selection, safe storage and carry methods. Learn which products are legal in Michigan. Do not bring defensive sprays to class. Training is conducted with inert canisters.

Mon 10/24 6-8 pm \$25

Live Safe Academy Instructors

Refuse to be a Victim

Innocent people fall victim to criminal violence each year... are you a target? Learn to protect yourself from car-jackers, purse-snatchers, home invaders, and more. This nationally recognized program includes the psychology of a criminal predator; mental preparedness; being safe in your home; shopping at the mall; driving defensively; identity theft; mail and technology security. Mandatory materials fee of \$5 payable to Live Safe Academy, LLC, for 22 pg. Guide to Personal Security.

Mon 11/14 6-10 pm \$25

Live Safe Academy Instructors

Crafts

Heritage Scrapbook

Preserve your family's history for future generations. Get your ancestor's pictures out of a box or damaging old album. Bring a few to this class and learn how to display these pictures and mementoes in an attractive album that your family can enjoy. Be sure to pick up a supply list when you register for this class!

Tue 10/25 6:30 pm-9 pm \$20

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

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.

Thur 11/3 7-9 pm \$20

Edie Haskell

Deluxe Heirloom Holiday Ornaments

Learn to make two styles of ornaments with an heirloom look your family will treasure forever. First style: design a glass ornament using a glue medium with powdered paint that produces a unique finish every time. Second style: combine a Styrofoam ball with patterned paper resulting in a multi-dimensional ornament with sparkle. Both ornaments have that old-world charm. Please bring a hair dryer with a low heat setting. There is an \$8 materials fee payable to the teacher.

Thur 10/27 7-9 pm \$20

Thur 11/10 Noon-2 pm \$20

Edie Haskell

Rochester Community House

Knitting for all Levels

Work with teacher at your level, choose your project. Techniques include basics for beginners, pattern reading, cables, fair isle, knitting in the round, and lace knitting. 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).



Wed 10 am-Noon; 12-2 pm
9/14-10/19 \$48/6 wks
11/2-12/14 \$48/6 wks

No class 11/23

Thur 12-2 pm; 7-9 pm
9/15-10/20 \$48/6 wks
11/3-12/15 \$48/6 wks

No class 11/24

Jill Sageman is a long-time student of Jann Hedberg. Since Jann's retirement, Jill is taking over as the new RCH knitting teacher.

Just For Kids



KidStage
Where Every Kid's a Star!

Theater Club – Grades 1-6

There is no better way to use a kid's creativity than theater. Working with other kids, we will create a performance that enable kids to put themselves into the role, work together as a team and make new friends. Kids will come away with public speaking skills, new confidence, problem solving skills and much more without realizing it. Our programs are geared for kids! Our goal is promoting a safe environment for kids to take a chance, fostering life-long skills, basic knowledge of theater and a great time! Performance for family and friends will be Fri, Nov. 11.

Wed 9/21-11/9 4-5 pm \$100/8wks

Glee Club – Grades 1-6

Do you like to sing and dance? Let's put them together with other kids to create a show choir performance for friends and family. This is a class that allows kids to have fun, learn to work together as a group, make new friends and feel like a million bucks without having to spend hours in a dance class or take voice lessons. The benefits of performing in front of an audience go well beyond the performance as kids self confidence soars! Performance for family and friends will be Fri, Nov. 11.

Wed 9/21-11/9 5:15-6:15 pm \$100/8wks
Lori Pelzel is a trained KidStage instructor.

Tunes for Tots

Accelerate your child's development in song, rhythm, and expressiveness in this early childhood music class for infants and toddlers (ages 0-2) and pre-school and kindergarten (ages 3-6). With your child, you will explore with musical instruments, learn traditional folk songs and rhymes, and participate in fun beat and movement activities. Tunes for Tots will fill your little one with a sense of wonder, imagination, and musical intuition that he or she can enjoy throughout life.

Ages 0-2 yrs:

Tue 9/13-11/1 9:15-10 am \$96/8wks

Ages 3-6 yrs:

Tue 9/13-11/1 10:15-11 am \$96/8wks

Carol Litkouhi is a flutist, pianist, and general music teacher.

Puppets & Pumpkins in 3D

Make your own puppet and learn the magic of puppetry in 3D art for three year olds! 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 10/3-10-24 10-10:45 am \$40/4 wks

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

Holiday Cookie Bake

Holiday Cookie 'bake and take' for children ages 6-10. Make 2 different kinds of cookies to take home and share. All supplies provided. Class limit: 10 students.

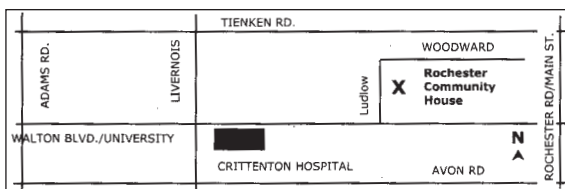
Mon 12/5 6-8:30 pm \$20

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 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 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 new wedding gazebo 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.