



# 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

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."*

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

### WINTER SESSION

**Wed 1/11-3/28 9:15-10:15 am**

**\$135/10 wks**

**Wed 1/11-3/28 6:25-7:25 pm**

**\$135/10 wks**

*No class 1/25 & 2/1*

**Thur 1/12-3/29 9:15-10:15 am**

**\$135/10 wks**

*No class 1/26 & 2/2*

### SPRING SESSION

**Wed 4/18-6/20 9:15-10:15 am**

**\$135/10 wks**

**Wed 4/18-6/20 6:25-7:25 pm**

**\$135/10 wks**

*No class 5/30*

**Thur 4/19-6/21**

**9:15-10:15 am \$135/10 wks**

*No class 5/31*

*Patti McGowan is a personal trainer and certified instructor.*

## Shamballa Reiki

Learn to help yourself heal . . . physically, emotionally, mentally, and spiritually by awakening your inner healer. In this Level I Shamballa Reiki class, you will learn: the history of Reiki; basic energy flow patterns; how to relieve pain; self-healing techniques; and basic hand positions for healing. Upon successful completion of this class, a Level I Shamballa certificate will be issued.

**Tue 6/19-6/26 6:30-8:30 pm**

**\$85/2 sessions**

*Jenna Aviva Lee is a Shamballa Master (Shamballa Multi-Dimensional Healing System) and Reiki master (Usui/Takata Reiki).*

## 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.



### WINTER SESSION

**Mon 1/9-3/19 10-11:30 am \$90/9 wks**

*No class 1/23 & 2/27*

**Wed 1/11-3/21 7:35-9 pm \$90/9 wks**

*No class 1/25 & 2/29*

### SPRING SESSION

**Mon 4/9-6/11 10-11:30 am \$90/9 wks**

*No class 5/28*

**Wed 4/11-6/13 7:35-9 pm \$90/9 wks**

*No class 5/30*

*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.*

# Rochester Community House

## 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.

### WINTER SESSION

**Mon 1/9-3/19 6-7:25 pm \$90/9 wks**

*No class 1/23 & 2/27*

**Wed 1/11-3/21 10:30-Noon \$90/9 wks**

*No class 1/25 & 2/29*

### SPRING SESSION

**Mon 4/9-6/11 6-7:25 pm \$90/9 wks**

*No class 5/28*

**Wed 4/11-6/13 10:30-Noon \$90/9 wks**

*No class 5/30*

## 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.

### WINTER SESSION

**Thur 1/12-3/22 10:30-Noon \$90/9 wks**

*No class 1/26 & 3/1*

### SPRING SESSION

**Thur 4/12-6/14 10:30-Noon \$90/9 wks**

*No class 5/31*

## Introduction to Meditation

Meditation is a 4th state of consciousness. Entering into a regular practice of meditation brings out the best in all parts of our being. It calms and focuses the mind; relaxes and heals the body; sends positive energy through a peaceful and compassionate heart; opens the mind to a larger spiritual connection. Learn simple techniques for all of the above in this 3-week class. Bring something for the shoulders as body temperature will lower. Chairs will be provided. If you prefer the floor, bring your own cushion.

**Wed 3/28-4/4 7-8:15 pm \$25/2 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.

### WINTER SESSION

**Tue 2/21-3/27 7-8:30 pm \$60/6wks**

### SPRING SESSION

**Tue 4/17-5/22 7-8:30 pm \$60/6wks**

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

## TAI CHI CH'UAN

### 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.

### WINTER SESSION

**Tue 1/10-3/20 6-7:25 pm \$90/10 wks**

*No class 1/24*

**Thur 1/12-3/22 7:30-9 pm \$90/10 wks**

*No class 1/26*

### SPRING SESSION

**Tue 4/17-6/19 6-7:25 pm \$90/10 wks**

**Thur 4/19-6/21 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.*



# Rochester Community House

## Continuing Tai Chi

Start a week earlier than beginners and end 2 weeks later. This class is for returning Tai Chi students who have taken the first session at least once and have begun to learn the forms. A separate class, at the same time as beginners, will continue the beginning program until all 108 forms of the Wu style of Tai Chi Ch'uan have been completed.

### WINTER SESSION

**Tue 1/3-4/3 6-7:25 pm \$117/13 wks**

*No class 1/24*

**Thur 1/5-4/5 7:30-9 pm \$117/13 wks**

*No class 1/26*

### SPRING SESSION

**Tue 4/17-6/26 6-7:25 pm \$99/11 wks**

**Thur 4/19-6/28 7:30-9 pm \$99/11 wks**

## 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.

### WINTER SESSION

**Tue 1/3-4/3 7:30-9 pm \$117/13 wks**

*No class 1/24*

**Thur 1/5-4/5 6-7:25 pm \$117/13 wks**

*No class 1/26*

### SPRING SESSION

**Tue 4/17-6/26 7:30-9 pm \$99/11 wks**

**Thur 4/19-6/28 6-7:25 pm \$99/11 wks**

*John Marchewitz*

## 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 2/1-2/15 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.*

## Just Dance

### Bollywood Dance

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 1/30-2/27 7:30-8:30 pm \$50/5 wks**

*Vidya Krishnamurthy has a diploma in dance from India. She has been teaching Indian Dance for the past 18 years.*

### DANCE WORKSHOPS

Instructor Natalie Rea's Dance Workshops can be taken for just one night or sign up for all four. 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.

### WINTER SESSION

**Mon 3/5-3/26 6:25-7:40 pm**

**\$28 per couple per session or \$99/4 wks**

### SPRING SESSION

**Mon 4/23-5/14 6:25-7:40 pm**

**\$28 per couple per session or \$99/4 wks**



# Rochester Community House

## Dancing for Social Events II Weddings, Proms, Cruises

Ballroom instructor, Natalie Rea, continues to teach you the moves essential to dancing to the romantic slow dances and the popular fast dances. Start with basic technique and add the details that make you look smooth on the dance floor. Learn turns, dips, and footwork in an easy and fun way. Practice the art of lead and follow, timing, and fabulous new moves. Novice to experienced dancers can improve their moves..

### WINTER SESSION

Mon 3/5-3/26 7:45-9 pm

\$28 per couple per session or \$99/4 wks

### SPRING SESSION

Mon 4/23-5/14 7:45-9 pm

\$28 per couple per session or \$99/4 wks

## Wines

### Grape Wars: Battle for the Bargain

South America has become an invaluable source of great-value wine. But a wine lover's view of the continent is probably completely skewed by which side of the Atlantic he or she lives on. Some Americans have fallen in love with Malbec from Argentina while others have gone for Carmenere and Chilean wines. We will try wines from each side of the continent and decide which ones deserve the praise of the "Best Bang for the Buck".

Wed 2/29 7-8:30 pm \$22

*Colette Comeau, a Rochester resident and Certified Sommelier, works with Jean-Jacques Fertal at Eagle Eye Imports.*

### Spring Fling: Wines to Pour on the Porch

As much as we love to discuss great wines in poetic form, we also love the simplicity of honest, thirst quenching wines in the dog days of summer. Don't worry, great wines can be refreshing, too! We will try wines meant to be enjoyed when we are at our best. Fun in the sun with a bottle. Try Pinot Grigio, Rose, Pinot Noir and easy drinking reds. Join in the fun.

Wed 3/28 7-8:30 pm \$22

*Colette Comeau*



## A Better You

### MAKEOVER MAGIC

#### Part One: All About Eyes

"All About Eyes" includes make-up application tips for specific eye shape; how to apply make-up on a more mature eye to appear more youthful; preferred products and eye creams. Learn about the latest cosmetic procedures that can enhance or correct issues with the eyes. A make-up demonstration and product samples will be given.

Wed 2/1 6:30-8 pm \$15

Wed 5/9 6:30-8 pm \$15

#### Part Two: Skin Care and Make-up

"Skin Care and Make-up" focuses on the overall beauty and health of the skin plus foundation application. Find the best tools for contouring/shading to create illusion or hide flaws. Recommended products for make-up and skincare will be discussed. The esthetician will discuss cosmetic skin care treatments to rejuvenate mature skin and keep skin looking young and healthy. A make-up demonstration and product samples will be given.

Wed 2/8 6:30-8 pm \$15

Wed 5/16 6:30-8 pm \$15

*Kate Kane is a licensed medical esthetician and make-up artist.*

## Upcoming Events at RCH

### BREAKFAST WITH THE EASTER BUNNY

Sat, March 24: 9 am-11 am.

### COMMUNITY KITCHEN DINNERS (Free to low-income families)

3rd Sunday of the month at 5 pm

Call RCH to reserve your spot.

*For more information call Rochester  
Community House (248 651 0622)*

*or check our website*

*[www.rochestercommhouse.org](http://www.rochestercommhouse.org).*

# Rochester Community House

## Live & Learn

### Estate Planning & Asset Protection

Learn what you need to know about types of ownership, will substitutes, incompetency protection, wills, probate, trusts and asset protection at this free seminar. 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. Get all your questions answered! Call Community House to reserve your spot. Space is limited.

**Tue 1/10; 2/28; 3/27; 4/24 7-8 pm**

### Legal Aid at RCH

Rochester attorney John Cadieux is offering a free preliminary session to answer some of your legal questions.

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 Rochester Community House at 248 651 0622 to set up an appointment.



### WINTER SESSION

**Tue 2/7-3/20 2:30-3:30 pm by appt**

**Wed 2/8-3/21 5:45-6:45 pm by appt**

### SPRING SESSION

**Tue 4/17-5/15 2:30-3:30 pm by appt**

**Wed 4/18-5/16 5:45-6:45 pm by appt**

### Practical Strategies for ADHD

ADHD impacts adults and children. ADHD Coach Laura Rolands will share practical strategies to help you with the everyday ADHD challenges of focus, organization, time management, procrastination and getting work completed. Join us for this interactive session where you will learn strategies to improve productivity in your everyday life.

**Mon 4/23 7-8:30 pm \$15**

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

## Leisure Activities

### 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).



### WINTER SESSION

**Wed 10 am-Noon; 12-2:00 pm**

**1/11-2/22 \$48/6 wks**

*No class 1/25*

**3/7-4/18 \$48/6 wks**

*No class 4/4*

**Thur 12-2:00 pm; 7-9 pm**

**1/12-2/23 \$48/6 wks**

*No class 1/26*

**3/8-4/19 \$48/6 wks**

*No class 4/5*

### SPRING SESSION

**Wed 10 am-Noon; 12-2:00 pm**

**5/9-6/13 \$48/6 wks**

**Thur 12-2:00 pm; 7-9 pm**

**5/10-6/14 \$48/6 wks**

*Jill Sageman is the new RCH knitting teacher. She honed her knitting skills for many years as a student of Jann Hedberg who retired last year.*

### Beginning Bridge I

This class will teach you how to count points and the value of the suits. You will spend six weeks learning basic bids that will give you the foundation you need to actually play bridge. (Beginning Bridge II will follow on June 4.)

**Mon 4/9-5/14 6-8 pm \$60/6 wks**

*Marlene Green is an experienced Bridge teacher who has taught in Davison, Goodrich, and Clarkston.*

# Rochester Community House

## 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. (Intermediate Bridge II will follow on June 4.)



Mon 4/9-5/14 8-10 pm \$60/6 wks

## 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.

Mon 3/19 6-8 pm \$25

*Live Safe Academy Instructors Ian and Paula Kinder*

### 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

Mon 3/5 & 3/12 6-9:30 pm \$45

*Live Safe Academy Instructors Ian and Paula Kinder*

## Snowmobile Safety

Taught by DNR certified instructors from MI Safety Class, this two-session class includes a "Course on Responsible Operation." Snowmobiles have been increasing in popularity over the past decade. As trails and recreation areas become more crowded, it's more important than ever for people to operate these vehicles safely and responsibly. Bring a #2 pencil and a pen.

M/W 2/6 & 8 6-9 pm \$20

## 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. To operate a personal watercraft, you need to be 14, and have a boater safety certificate. Bring a #2 pencil and a pen.

T/Th 3/20 & 22 6-9 pm \$20

T/Th 5/22 & 24 6-9 pm \$20

*Taught by DNR certified instructors from MI Safety Class*

## Great Everything Sale

The biggest house in town hosts its annual indoor garage sale!

**Fri, Jan. 27 9 am-6 pm**

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

**Sat, Jan. 28 9 am-noon**

(Bag Day - Fee at the door)

**Get rid of your stuff!**

Donations can be dropped off in late January. Ask for a donation receipt for your taxes!



# Rochester Community House

## Just For Kids

### 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 enables 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 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 the last day of class.

#### WINTER SESSION

Wed 2/8-3/28 4-5 pm \$92/8wks

#### SPRING SESSION

Wed 4/18-6/6 4-5 pm \$92/8wks

*Teacher to be announced.*

### 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 the last day of class.

#### WINTER SESSION

Wed 2/8-3/28 5:15-6:15 pm

\$92/8wks

#### SPRING SESSION

Wed 4/18-6/6 5:15-6:15 pm

\$92/8wks

*Teacher to be announced.*

### Beginner's Painting For Pre-K and After School

This beginning painting class will explore different techniques--with and beyond the brush. The first week will be watercolor painting, wet-on-wet and wet-on-dry to create original pictures. Second week, we will paint with other mediums. Using pudding, a variety of fruits and vegetables and tissue paper, we will paint on wood and cloth. In the third week, we will paint details on a 3-D design. All supplies provided.

#### Pre-K--3 to 4 yrs:

Mon 1/30-2/13 10-11 am \$35/3 wks

#### After School--5 to 8 yrs:

Mon 1/30-2/13 5:30-7 pm \$40/3 wks

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

### Easter Basket Making

Create a unique basket using recycled household items. Be as creative as the imagination can take you. Every basket will be different. Decorate eggs to fill the baskets. All supplies provided. Class limit is 10.

#### 3 to 4 year olds:

Mon 3/5 10-11:30 am \$15

#### 5 to 8 year olds:

Mon 3/5 5:30-7 pm \$15

*Renee Dabrowski*

### Exploring Print Making

Create original prints in three different ways! First, we make our own stamps to design pattern prints. Second, we develop the art of etching. Third, we make multiple prints from our etchings. A \$10 supply fee is included in the class fee.

#### 6 to 8 year olds:

Wed 4/18-5/2 4:30-6 pm \$45/3 wks

*Renee Dabrowski*

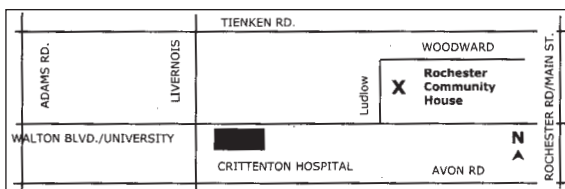


# Rochester Community House

## Rochester Community House Class Sign-Up FOR CLASSES FOUND ON PAGES 56-62

### 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

- Full refunds if RCH cancels class.
- Pro-rated refunds minus a \$10 processing fee will be issued only before the second class meeting, regardless of attendance.
- 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.

**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.