

## FITNESS CENTER

### ONE FREE PASS TO KALOSOMATICS®

Pass good for one week of KALOSOMATICS® in 2017  
**Metro Detroit's Original 3-Level Exercise Program**  
**NEW STUDENTS ONLY – Present coupon to instructor**

### KALOSOMATICS®

#### EXERCISE PROGRAM 2017!

Affordable, Proven and Fun! Approved by physiologists and physicians as safe and effective, KALOSOMATICS® is a compilation of words meaning, "a state of well being through body movement." Tailored to all ages and skill levels and guided by certified instructors. KALOSOMATICS® employs traditional Yoga and Pilates-like mat work. Emphasis on cardiovascular development. Run, Walk, Stretch, Step, Kick-box, Circuit Training.

**FREE BABY-SITTING IN MORNINGS FOR BUSY MOMS.**

#### FLEXIBLE SCHEDULE:

Alternate class days and times to fit your personal schedule.

**FALL SESSION—16 weeks**  
**September 5 - December 22**  
**(No classes Oct 5; Nov 23 & 24)**

**Fee:**  
 \$128 – Two classes per week  
 \$192 – Three classes per week

Senior Rate (60 and over)  
 \$96 – Two classes per week  
 \$144 – Three classes per week

#### WOMEN'S KALOSOMATICS®

Aerobics, Step, Mat & Yoga workout.  
**Mon/Wed/Fri, 9-10am**  
 Aerobics, Circuit Training, Step, Kickboxing, Yoga.  
**Tues/Thurs, 9-10am**

#### CO-ED KALOSOMATICS®

**CROSS TRAINING AEROBICS**  
 Mat work, cardio, jump rope, weights, resistance bands and step.  
**Tues/Thurs, 7-8pm**

#### CO-ED KALO MODERATION

Less strenuous form, low impact class that includes mat work and cardio activity.  
**Mon/Wed/Fri, 10:30-11:30am**

#### CO-ED STRETCH & STROLL CHAIR AEROBICS

Less strenuous form, low impact with chair exercises, hand weights, walking and standing cardio exercises.  
**Tues/Thurs, 10:15-11:15am**

**Inclement Weather Policy**  
 If both Grosse Pointe and South Lake School Districts are closed, Assumption Nursery School and Toddler Center and the Assumption Cultural Center will be closed.

## PICKLEBALL IS HERE! GREAT FUN AND EXERCISE! LEARN TO PLAY AT ASSUMPTION!

Pickleball is sweeping the nation in popularity!  
 Anyone can play—even seniors!

Get in on the action during open play court times. Pickleball is played on a badminton court with a perforated plastic ball and solid, composite paddles. Easy for beginners to learn, equipment provided.

#### Courts available for Open Play!

**Mondays & Wednesdays – 12 noon-2pm OR 2-4pm**  
**(Intermediate/Advanced Players)**

**Tuesdays & Thursdays – 12:30-2:30pm OR 2:30-4:30pm**  
**(Beginner/Intermediate Players)**

**Fridays – 12noon-3pm (Intermediate/Advanced Players)**

**Saturdays – 8-12 Noon (All levels)**

**Fee: \$5 per session, or purchase 10 sessions for \$35.**

**Court rentals for private parties at Cultural Center gym (3 courts available)**

**Mondays & Wednesdays, 6:30-8:30pm - Fee: \$25 per court.**

**Court rentals at Assumption Nursery School gym (1 court available)**

**Mondays, 7:30-9:30pm; Wednesdays & Fridays, 6:30-8:30pm**

**Fee: \$30 per court**

**To reserve courts, call (586) 779-6111**

## 66 Years Marchiori Catering Host Your Next Event at Assumption Cultural Center with Marchiori Catering

Celebrating 66 years and four generations of distinction in food and outstanding service make Marchiori the caterer of choice.  
 In partnership with Assumption for 30 years.

*Prestige and personalized service set the tone for conferences, business meetings and organization gatherings. Many function rooms available to accommodate large and small groups and a variety of special events.*

*Enjoy a complete Wedding Experience in newly decorated ballroom and grand reception area overlooking elegant courtyard.*

**Visit Marchiori Catering at Assumption Cultural Center**  
**Call 586-771-8600** www.marchioricatering.com

### CLASS REGISTRATION FORM

New Student  Returning Student

Check or money order must accompany registration form (payable to the Assumption Center). If refund is requested before beginning of second class, prorated credit may be allowed. Babysitting available for morning classes, when enrollment warrants. Please indicate need and child's age. Senior Citizens 60 and older receive 25% discount on classes, unless otherwise noted. Physician's check up recommended before athletic activities. NO LIABILITY FOR PERSONAL INJURY IS ASSUMED BY ASSUMPTION CENTER.

Name \_\_\_\_\_ Date \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_  
 Class Desired \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_ Fee \_\_\_\_\_  
 Class Desired \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_ Fee \_\_\_\_\_

#### Please return this form to:

Assumption Cultural Center 21800 Marter Rd. St. Clair Shores, MI 48080 – Mail, Drop-In or Fax to 586-779-8369

VISA or Master Charge # \_\_\_\_\_ Exp date \_\_\_\_\_

Suggestions for programs you would like to see at Assumption are welcome. Assumption reserves the right to cancel, change, postpone classes due to insufficient enrollment. Please register early or call for reservations. You may save a class from being canceled. \$2.00 processing fee if class is refunded by request before the beginning of second class meeting. **Register on line at: www.myassumption.org.**

### YOGA

#### YOGA SLOW FLOW

Do you seek calm and direct focus, a healthy and flexible body? Do you want to let go of stress and learn tools to manage it? Join us for the ultimate yoga experience! In this focused class we will "slow flow" through sequences and do some longer holding postures that bring the entire body and mind into balance. Classes are taught to all levels. Everyone is welcome! Bring a yoga mat, wear comfortable clothing. NO SENIOR DISCOUNT.  
**Mondays, 11:30am-12:30pm**  
**Assumption Center**  
**Sept 11-Dec 11 (13 weeks)**  
**No class Nov 20**  
**Fee: \$91**

#### YIN YOGA

The YIN postures gently stretch and rehabilitate the connective tissues that form our joints. The postures are held for 3-5 minutes, allowing you to move deep into the connective tissue. When you finish this practice you will feel as though you just had a deep tissue massage! This practice is a MUST for everyone! All levels, no experience needed. Bring a mat and wear comfortable clothing. NO SENIOR DISCOUNT.

**Tuesdays, 6:45-7:45pm at Assumption School gym**  
**Sept 5-Dec 12 (14 weeks)**  
**No class Nov 21**  
**Fee: \$98**

#### ZUMBA GOLD First week is free! Begins Sept 11

For beginners and those 50 years of age and over. Low-impact aerobic workout, great music and fun! Salsa, cha-cha, samba, tango, merengue, with hints of flamenco, calypso, and hip-hop, in a workout routine called Zumba Gold! Call 586-216-4112 to register. *No online registration for Zumba Gold.* Classes held two blocks north at Assumption School gym.  
**Mon, 6:30-7:30pm**  
**\$23 (4 classes),**  
**\$60 (11 classes)**  
**Drop in fee: \$7**

#### TAE KWON DO KARATE

Gus Panagos and Bob Henry lead with outstanding years of experience in martial arts. Learn the philosophy, discipline & techniques of this traditional form of Karate. Improve your health, mind & spirit. For men & women. Fully accredited from white belt to black belt. For more info contact Bob Henry at bobahenry@yahoo.com or 313-300-2211. Classes two blocks north at Assumption School gym.  
**Tues, 8-9:30pm & Thur, 7:30-9pm**  
**Session I: Sept-Oct**  
**Session II: Nov-Dec**

### SELF IMPROVEMENT

**LET'S PLAY DUPLICATE BRIDGE**  
 Join this popular group – Singles, partners, foursomes. All levels.  
**Tuesdays, 12 Noon, Fee: \$8**

#### NEW! DUPLICATE BRIDGE FOR NEWER PLAYERS

Focus is on enjoyment and improving fundamental skills. For those with little or no club experience and ACBL members with fewer than 99 masterpoints. Games begin with a mini-lesson or Q&A. For more information, call Jane Hall at (586) 201-0045.

**Second Wednesday of each month, beginning Oct 11.**  
**12 Noon - 3:15pm.**  
**Fee: \$8 per class**

#### LEARN FRENCH

Alliance Française de Grosse Pointe Classes begin Monday, September 11 or Tuesday, September 12  
**ABSOLUTE BEGINNER – Mondays, 5-6:30pm**  
**BEGINNER PLUS – Mondays, 6:30-8pm**  
**CONVERSATION – Mondays, 5-6:30pm**  
**INTERMEDIATE – Tuesdays, 7:30-9pm**  
**ADVANCED – Tuesdays 6-7:30pm**  
**All classes are 10 weeks**  
**Fee: \$115**

Purchase required textbooks on the first day. For more information and to register, contact Cheryl Johns at user427389@aol.com or call (313) 885-9139. Register by September 8. Class details are available at www.afgrossepointe.org

### HELLENIC CULTURE

#### Assumption Gift Shop

Icons, Hellenic cookbooks, many unique gift items from Greece.

**Gift Shop hours:**  
**Monday-Thursday, 9am-3pm,**  
**Sundays, 11am-12:30pm**  
**See office**

#### ADULT CONVERSATIONAL GREEK

Learn the language of the basis of Western Culture. An excellent foundation for all language study.

**Beginners & Teens**  
**Mondays, 6:30-7:30pm**  
**Beginning October 16**  
**Advanced**  
**Wednesdays, 6:30-7:30pm**  
**Beginning October 18**

**All classes are 10 weeks**  
**Fee: \$75 (includes books)**  
**Call 586-779-6111**

### TEENS & YOUTH

#### LITTLE DRAGONS TAE KWON DO

Teaches fundamentals and practical exercises for ages 4-10 of all levels and abilities. Emphasis on Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. Uniforms available. For more information contact Bob Henry at: bobahenry@yahoo.com or 313-300-2211. Classes held at Assumption School gym (2 blocks south).  
**Thursdays, 7:30-8:30pm**  
**Session I: Sept-Oct**  
**Session II: Nov-Dec**

#### EV SEWING FASHION DESIGN SATURDAYS! Chicago Fashion Designer Elena Victoria Comes To Metro Detroit!

Elena teaches youth age 7-14 years how to sew and design their own clothing. Create garments from scratch! Learn the fundamentals of sewing with a machine. Materials, supplies and light snack included. Sign up for one or more workshops!

**Back-to-School Workshops:**  
 September 9, 16 OR 23

**Halloween Workshops:**  
 October 14 OR 28

**Fall Workshops:**  
 November 4, 11 OR 18

**At Assumption Center, 1-3pm**  
**Fee: \$50 per workshop**

For more information and to register, ewwinchester@gmail.com or call (847) 558-3174. View photos from previous classes at elenavictoriadesigns.com.

#### "GOING SOCIAL" for Speech/Language Enrichment

For kids ages 10 to early adulthood diagnosed with Autism, Asperger's syndrome, PDD-NOS, anyone who struggles with social interaction and communication. A group approach to learning and practicing social situations and skills. Instructors: Language pathologists Amy McIntyre, M.A., CCC-SLP; Michelle Harr, M.A., CCC-SLP.

**One time enrollment fee \$15**  
**Fee per 6-week course: \$180**  
**4-5:15pm OR 5:30-6:45pm**

**Session 1:**  
**Tuesdays, Sept 19-Oct 24**

**Session 2:**  
**Tuesdays, Nov 7-Dec 19 (no class Nov 21)**

**Space is limited. To register, contact Amy McIntyre at (313) 268-6173 or ramcintyre1972@gmail.com**

### TRAVEL WITH ASSUMPTION

*Join your neighbors*  
**Affordable & fun!**

#### BEAUTIFUL MAINE AND HISTORIC BOSTON

Motorcoach transportation; 7 nights lodging; 7 breakfasts and 5 dinners; guided tour of Portland, Maine's largest city-by-the-sea; guided tour of quaint Kennebunk and Kennebunkport; tour historic Victoria Mansion; guided tour of Pineland Farms; visit to Boothbay Railway Village; visit to the Seashore Trolley Museum and countryside trolley ride; tour of Lexington & Concord.

For more information visit www.GroupTrips.com/ AssumptionCulturalCenter

**September 10-17**  
**\$889 per person,**  
**double occupancy**

#### –LOCAL TOURS–

#### NEW! DETROIT THANKSGIVING PARADE STUDIO TOUR

Experience a behind-the-scenes look at America's Thanksgiving Parade®, presented by Art Van. Learn about the Parade's history, explore the 200,000 square-foot storyland of floats and see how award-winning artisans bring them to life. More than 3,000 costumes created in the Detroit studios.

For reservations call (586) 779-6111.

**Thursday, October 19**  
**Bus leaves Assumption Center at 11am, returns at approximately 2pm**  
**Fee: \$22 for adults;**  
**\$20 for seniors (62 and over);**  
**\$18 for children**

#### DETROIT INSTITUTE OF ARTS

**COMPLIMENTARY TOUR!**  
 Visit the DIA for a gallery highlights tour and time to explore on your own. Cookie reception.

Bus and museum admission are FREE. Optional visit to Hellenic Museum of Michigan,

across the street at 67 E. Kirby during DIA Tour.

**Thursday, November 2**  
**Bus leaves Assumption at approximately**

**12noon and departs the DIA by 3:15pm**

**Reservations required by October 18.**

**For reservations, call Assumption at (586) 779-6111.**

## 24th ANNUAL SENIOR EXPO

A day for Senior health, wellness, recreation and resource information. Helping older adults and caregivers maintain healthy, active and secure lifestyles.

**Special Keynote Speaker:**  
**Reverend Faith Fowler**

**Cass Community Social Services**

**Luncheon Speaker:**  
**Mark A. Hackel**

**Macomb County Executive**  
Presented by Assumption Cultural Center & Senior Expo Committee:  
Assumption Cultural Center  
Certified Senior Solutions, LLC  
Harper Chiropractic Center  
Henry Ford Health System  
Home Instead Senior Care  
ShorePointe Nursing Center  
ShorePointe Village  
SOC - Senior Services for Older Citizens

St. John Providence Health System  
Wayne County Community College  
More than 50 Exhibitors

**Workshops & Health Screenings**  
**Senior Mini Job Fair**  
Thursday, October 5th  
8:30am - 1:30pm  
**Entertainment:**  
**Gentlemen of Swing**  
**Complimentary Luncheon:**  
ShorePointe Nursing Center & Marchiori Catering  
No reservations required.  
Free Shuttle for convenient parking at Grosse Pointe Woods Lakefront Park  
For corporate sponsorship and exhibit information, call (586) 779-6111

## 15th ANNUAL FESTIVAL OF TABLES "PUTTING ON THE GLITZ"

A Crystal Anniversary  
View 35 decorated dinner tables.  
Saturday, November 11

**Viewing, Holiday Boutique & Auction at 1-4pm**  
\$10 in advance, \$15 at door  
**Viewing, Dinner & Fashion Show**  
**Viewing at 4:30pm**  
**Dinner & Fashion Show at 6pm - \$70**

For tickets:  
La Moda Salon (313) 886-1650  
or Coldwell Bankers Weir Manuel of Grosse Pointe Farms (313) 886-4200. Visit [www.dopfestivaloftables.com](http://www.dopfestivaloftables.com)  
Presented by the Daughters of Penelope of Grosse Pointe Thamyris Chapter  
Proceeds to Benefit St. John Providence Health Care System Breast Care Program

ASSUMPTION CENTER & MARCHIORI CATERING PRESENT

## Cabaret Concert Series NASHVILLE'S OWN PAULINA JAYNE

At age 21, Paulina Jayne is a rising star and a seasoned country music veteran from Grosse Pointe, returning from Nashville to perform. Paulina has opened for many renowned country artists including Sheryl Crow, Sam Hunt, Dierks Bentley and Miranda Lambert. She also has published original songs and has written in collaboration with Nashville's #1 hit songwriters since she was 14! Paulina and company will thrill concertgoers!

**Saturday, October 21**  
**6pm: Doors open - 6:30pm: Dinner - 7:30pm: Concert**  
\$35 includes Pasta Buffet and Show

## LEGENDS LIVE Michigan's #1 Tribute show!

### Christmas with The King

Live concert shows feature performances by celebrity voice impersonators, singers and comedians paying tribute to well-known artists.

**Saturday, November 18**  
**6:30pm - Dinner by Marchiori Catering**  
**8:00pm - Show**  
\$45 per ticket, includes Dinner and Show  
Cash bar with drink specials.

For reservations or more information, call (586) 771-8600

## MUSICAL CABARET NIGHT A Holiday Serenade

Returning Box 5 Productions presents Michigan's finest vocalists performing favorite Christmas classics

**Friday, December 1**  
Donation: \$25  
**6pm - Pasta Buffet Dinner, Cash bar**  
**7:15pm - Show, followed by a Meet 'n' Greet**  
Tickets \$30

## MEL STANDER'S GENTLEMEN OF SWING CHRISTMAS CONCERT!

These finest "Gents" play Christmas favorites. Refreshments served. Concert is FREE to the community!

**Thursday**  
**December 7**  
1:00-2:30 p.m.

# GREEKFEST 2017

August 17, 18, 19, 20

A four-day weekend filled with popular Greek food and pastries, entertainment with band ONEIRO, Assumption Dancers perform each day in colorful costumes of the regions of Greece; Appearances by Fox TV's Charlie Langton and other surprise celebrities and sports stars; Taverna, Frappes, Baklava ice cream sundaes; Marketplace with vendors from all over the USA and Greece, great shopping for unique items; Church Tours and Iconography with presentations by Father Michael Varlamos and Father Christopher Abel; Cultural Exhibit of The History of Greektown. Plenty of kids' activities including rides, games, petting zoo and pony rides, magic shows and puppet shows, face painting, hair-braiding and tattoos.

Drive-Thru Carry-Out Express Station Daily, 11am-7pm  
Call ahead to order at (586) 596-6326 or (586) 779-8071

### Festival Highlights:

**Thursday, August 17**

Festival opens at 4 p.m. Grand Opening ceremonies follow at 6:30 p.m. John Riesen and Niko Varlamos from Box 5 Productions will sing the National Anthems.

**Friday, August 18**

An evening performance by Country & Western star Paulina Jayne, returning from Nashville to her hometown.

**Saturday, August 19**

- Afternoon -

An appearance by Detroit Tigers' PAWS International Culture and Dance - a performance by Gwiazda Polish Dancers.  
The Cass Ambassadors, a nationally known singing group from Cass Community Social Services, provide inspirational singing and the songs of Motown.

- Evening -

Country & Western star Paulina Jayne returns with another outstanding performance.

Music by Diaspora.

**Sunday, August 20**

- Afternoon -

International Culture and Dance with performances by Shannon Irish Dancers.

Michigan State University's Mascot Sparty

Music by Diaspora

ALL THIS AND MORE!

Grand Raffle Drawing at 7:30pm

Closing ceremonies at 8pm

GREEKFEST 2017 ASSUMPTION FESTIVAL

**ADMIT ONE FREE**  
**CHILDREN UNDER 12 FREE**

## ASSUMPTION NURSERY SCHOOL & TODDLER CENTER

22150 Marter Road, St. Clair Shores, MI 48080 • Phone: 586-772-4477 • E-mail: [p.armbruster@assumptionnursery.org](mailto:p.armbruster@assumptionnursery.org) • Web: [www.assumptionnursery.org](http://www.assumptionnursery.org)

### A Lifetime of Learning begins at Assumption!

**Register NOW for the 2017/2018 School Year — Limited Space is Available! Fall Session Begins Tuesday, September 5**

**Enrichment Classes: Foreign Language, Cooking for Kids, Creative Movement, Yoga, Music, Mixed Media Art**

**Activities and Curriculum Designed to Meet the Michigan Early Childhood Standards of Quality for Infants, Toddlers and Preschoolers**

**Community Building: Art & Science Exploration Day • Spring Ice Cream Social & Auction • Family Fun Nights • Parent Expert Assemblies**

**Recipient of Governor's Quality Care Award**

**Dedicated to each child as a total individual socially, emotionally, physically, and cognitively in a secure and caring school environment.**

### Class Offerings:

**Toddlers:** 1 to 2 1/2 years

**Transition & Young Threes:** 2 1/2 to 3 yrs

**Preschool:** 3 or 4 years

**Young Fives**

**Summer Camp:** 1-12 in self-contained classes divided by age group

### Program Offerings:

Flexible scheduling

Full or half days, minimum of 2 days per week

Open year-round

Hours: 6:30 a.m. - 6 p.m.

Preschool Enrichment Classes

### Developmentally Appropriate Campus:

Ideal school environment

Nature trail & gardens

Age-appropriate playscapes • Secure playgrounds

Outdoor classroom

Physical education in school-sized gym

14 self-contained classrooms

Newly renovated, secured and air-conditioned

# ASSUMPTION CULTURAL CENTER FALL ACTIVITIES 2017

ASSUMPTION HAPPENINGS • 586-779-6111 • See Details Inside • REGISTER FOR ASSUMPTION OFFERINGS ONLINE at [www.myassumption.org](http://www.myassumption.org)

## GREEKFEST 2017

**4 Full Days, Rain or Shine! FREE Admission Coupon & Highlights Inside**

August 17, 4pm - 11pm • August 18, 3pm - 11pm • August 19, 11am-11pm • August 20, 11am-8pm

**Grand Opening**  
Thursday, Aug 17, 6:30pm

Greek Food & Pastries, Live Entertainment, Kids' Rides & Activities, Cultural Exhibit, Marketplace, Grand Raffle, Taverna

**GreekFest Drive-Thru**

Carry Out Daily, 11am to 7pm

Call ahead at (586) 596-6326 or

(586) 779-8071

**GreekFest Grand Raffle**

BUY YOUR WINNING TICKET NOW!

1ST PRIZE: 2017 JEEP COMPASS 24-MONTH LEASE

10,000 MILES PER YEAR

DONATED BY JIM RIEHL, FRIENDLY AUTO GROUP

\$1,000 CASH PRIZE COMPLIMENTS OF SUBWAY

IN THE CONTINENTAL USA

2ND PRIZE: TWO DOMESTIC AIRLINE TICKETS TO ANYWHERE

COMPLIMENTS OF COSMOPOLITAN TRAVEL

PLUS 4 CASH PRIZES: One \$500 prize & Three \$200 prizes

DRAWING ON SUNDAY, AUGUST 20 AT 7:30pm

Shuttle & Valet Parking Available

### 24th Annual Senior Expo

Health screenings, Exhibits, Workshops

Special Guest Speakers:

Rev. Faith Fowler - Cass Community

Social Services

Mark A. Hackel - Macomb Co. Executive

October 5, 8:30am-1:30pm

### FESTIVAL OF TABLES

35 DECORATED DINNER TABLES

SATURDAY, NOVEMBER 11

### TRAVEL WITH ASSUMPTION

MAINE & BOSTON -

September 10-17 - Limited Spaces

THANKSGIVING PARADE TOUR

Thursday, October 19

DETROIT INSTITUTE OF ARTS TOUR

Thursday, November 2

### CABARET CONCERT SERIES

NASHVILLE'S COUNTRY MUSIC STAR

**PAULINA JAYNE**

Saturday, October 21

**LEGENDS LIVE!**

**CHRISTMAS WITH THE KING**

Saturday, November 18

BOX 5 PRODUCTIONS

**A HOLIDAY SERENADE**

Friday, December 1

**GENTLEMEN OF SWING**

Christmas Concert

Free to the Community

December 7, 1-2:30pm

CHICAGO DESIGNER ELENA VICTORIA

**SEWING SATURDAYS**

**FITNESS CENTER**

YOGA, PICKLEBALL, KARATE, ZUMBA GOLD, GYM & SPORTS FIELD RENTALS