

FITNESS CENTER

ONE FREE PASS TO KALOSOMATICS®

Pass good for one week of KALOSOMATICS® in 2018
Metro Detroit's Original 3-Level Exercise Program
NEW STUDENTS ONLY – Present coupon to instructor

NO MEMBERSHIP REQUIRED – OPEN TO THE COMMUNITY!

KALOSOMATICS®

EXERCISE PROGRAM 2018!

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.

REGISTER FOR CLASSES ONLINE AT
www.myassumption.org

FLEXIBLE SCHEDULE:

Alternate class days and times to fit your personal schedule.

FALL SESSION—16 weeks

September 4 - December 21

(No classes Oct 11; Nov 22 & 23)

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.

67 Years Marchiori Catering

Host Your Next Event at Assumption Cultural Center with Marchiori Catering

Celebrating 67 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 the Assumption Cultural Center
Open to the entire community

Call (586)-771-8600 www.marchioricatering.com

SOUPS TO GO! by Marchiori Catering
Freshly prepared soups, sauces and specialty foods – To Go!

CLASS REGISTRATION FORM NEW! Register online at www.myassumption.org!

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 _____
VISA or Master Charge # _____ Exp date _____

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

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 10-Dec 10 (13 weeks)

No class Nov 19. 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 4-Dec 11 (14 weeks)

No class Nov 20. Fee: \$98

ZUMBA GOLD First week is free! Begins Sept 10

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! For information, email info@ccplusfitness.com or call (586) 995-1974. Register with instructor at your first class. *No online registration for Zumba Gold.* Classes held two blocks north at Assumption School gym.

Mon, 6:30-7:30pm

\$28 (4 class card),

\$65 (10 class card)

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. Open bridge game for all levels. Contact Jane Hall at (586) 201-0045 if you need a partner or have questions.

Tuesdays, 12-3:15pm, Fee: \$9

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. Reservations required. For more information, call Jane Hall at (586) 201-0045.

Second Wednesday of each month.

12-3:15pm. Fee: \$8 per class

LEARN FRENCH

Alliance Francaise de Grosse Pointe Mondays, September 10 through November 12 (10 weeks)

ABSOLUTE BEGINNER I –

Mondays, 5-6:30pm

BEGINNER PLUS I –

Mondays, 6:30-8pm

FRENCH CONVERSATION I –

Mondays, 5-6:30pm

INTERMEDIATE/ADVANCED I –

Mondays, 6:30-8pm

Fee: \$115 plus book fees

Alliance Francaise de Grosse Pointe offers a reduced yearly membership to our French students to participate in monthly French cultural activities. Visit www.afgrossepointe.org. For more information and to register, contact Cheryl Johns at (313) 885-9139 or at user427389@aol.com

HELLENIC CULTURE

Assumption Gift Shop

Books, 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 September 24

Advanced

Wednesdays, 6:30-7:30pm

Beginning September 26

All classes are 10 weeks

Fee: \$75 (includes books)

Call (586)-779-6111

TEENS & YOUTH

YOUNG DRAGONS

TAE KWON DO

Fundamentals and practical exercises for students, ages 4 to 10. Designed for all levels of abilities with emphasis on Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. One of the most popular classes for kids. Uniforms available through instructors. For more information contact Bob Henry at bobahenry@yahoo.com or call Bob at (313) 300-2211. Classes held at Assumption School gym (two blocks north).

Saturdays, 9:30-10:30am

Session I: Sept-Oct

Session II: Nov-Dec

Chicago Fashion Designer

Elena Victoria Comes

To Metro Detroit!

EV SEWING FASHION DESIGN SATURDAYS!

Elena Victoria teaches kids how to sew and design their own clothing. Learn to create garments from scratch! Learn the fundamentals of sewing with a machine. All materials, supplies and light snack are included. Please bring your own sewing machine if you have one. For youths, age 7-14 years. All levels welcome. Sign up for one or more workshops!

Classes run 1-3pm on the following dates:

Back-to-School Workshops:

September 15 or 29

Halloween Workshops:

October 13, 20 or 27

Fall Workshops:

November 10 or 17

Holiday Workshops:

December 1 or December 8

Fee: \$75 per workshop or

\$50/class if you register for 3 or more.

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

ASSUMPTION ACTIVITES COMMITTEE

Tony Lipinski, Chairperson

Roula Tsapraillis

Thena Hedglin

Roula Lipinski

Joan DeRonne, Administrator

TRAVEL WITH ASSUMPTION

Join your neighbors
Affordable & fun!

CAPE COD & MARTHA'S VINEYARD

Quaint seashore beauty comes alive as this tour takes you to rustic, pristine beaches and quaint villages with iconic lighthouses. A guided tour of Hyannis includes admission to the John F. Kennedy Hyannis Museum and JFK Memorial. Stroll along the streets of unique Provincetown, a historical and lively shopping and dining haven. A guided tour of the "Outer Cape" includes Provincetown, Sandwich, Chatham and more. Visit the famous Plymouth Rock! Visit the scenic and famous getaway island, Martha's Vineyard. Transport is on a top-quality motorcoach, restroom and video-equipped. Six nights' lodging including 4 consecutive nights in the Cape Cod area. 6 breakfasts and 4 dinners. An unforgettable trip!

September 16-22
\$675 per person, double occupancy

For more information on trips, call (586) 779-6111

–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 23

Bus leaves Assumption Center at 12 noon, returns at approximately 3pm

Fee: \$22 for adults; \$20 for seniors (62 and over); \$18 for children

DETROIT INSTITUTE OF ARTS

COMPLIMENTARY TOUR!

Bus from Assumption Center to the DIA for a gallery highlights tour and time to explore on your own. Cookie reception. Bus and museum admission are FREE.

Thursday, November 1

Bus leaves Assumption at approximately 12noon and departs the DIA at approximately 3pm

Reservations required by October 16. For reservations, call Assumption at (586) 779-6111.

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. Learn-to-Play on Tuesdays and Thursdays!

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 – 8-11am (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, 6:30-9:30pm - 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

**SENIOR EXPO
25th ANNIVERSARY
CELEBRATION!
SPECIAL GUEST
CELEBRITIES**

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

Expo Sponsor:
Shorepointe Nursing Center,
A Beaumont Affiliated Health
& Rehabilitation Center
Presented by Assumption Cultural
Center & Senior Expo Committee:
Assumption Cultural Center
Certified Senior Solutions, LLC
Harper Chiropractic Center
Henry Ford Health System
ShorePointe Nursing Center
ShorePointe Village
SOC - Senior Services for Older
Citizens

St. John Providence Health System

More than 50 Exhibitors
Workshops &
Health Screenings

**Thursday, October 11th
8:30am - 1:30pm
Entertainment**

Complimentary Luncheon by
Shorepointe & 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

**2018 EMPTY BOWLS
EVENT**

Proceeds benefit Cass
Community Social Services –
Fighting Poverty, Creating
Opportunity
**Sunday, October 14
4-6pm**

Assumption Cultural Center
Soup, bread, beverage, dessert
and one-of-a-kind decorated
bowl. Soups and breads
provided by area restaurants
and businesses.

**Donation: Adults \$15,
Youth 12 and under \$10,
Children 4 and under Free**
Purchase tickets in advance at
www.emptybowlsdetroit.com.
For more information and to
join ongoing bowl-making
workshops,
emptybowlsdetroit@gmail.com

**ASSUMPTION CENTER &
MARCHIORI CATERING
PRESENT
Cabaret
Concert Series**

**MUSICAL CABARET NIGHT
A Holiday Serenade**

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

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

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, December 8
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

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

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

**Thursday,
December 6 at
1:00pm**

GREEKFEST 2018

August 16, 17, 18 and 19

A four-day weekend filled with popular Greek food and
pastries, entertainment with bands, dancers and area
music groups; Appearances by Fox TV's Charlie
Langton and other surprise celebrities; Taverna,
Frappes, Baklava ice cream sundaes; Marketplace with
vendors from all over the USA and Greece, great
shopping for unique items and gifts; A Cultural Exhibit
and Greek artifacts from Hellenic Museum of Michigan.

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
See menu at www.assumptionfestival.com

Festival Highlights:

Thursday, August 16
Festival opens at 4 p.m., Grand Opening at 6:30 p.m.
International Culture and Dance with performances by
Assumption Dancers, Shannon Irish Dancers, Enigma Detroit
Greek Band, Vocalist Niko Varlamos, Detroit Tigers' PAWS

Friday, August 17
Enigma Detroit Greek Band, Vocalist Niko Varlamos,
Assumption Dancers, Meet Local Dignitaries

**Saturday, August 18
- Afternoon -**
An appearance by Detroit Tigers' PAWS.
International Culture and Dance - 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 -
Enigma Detroit Greek Band, Vocalist Niko Varlamos,
Assumption Dancers
Sunday, August 19
Michigan State University's mascot Sparty, Enigma Detroit
Greek Band, Vocalist Niko Varlamos, Assumption Dancers

ALL THIS AND MORE!
Grand Raffle Drawing at 7:30pm, August 19
1ST PRIZE: \$10,000 • 2ND PRIZE: \$2,500
3RD PRIZE: TWO DOMESTIC AIRLINE TICKETS TO
ANYWHERE IN THE CONTINENTAL USA. COMPLIMENTS
OF COSMOPOLITAN TRAVEL
4TH PRIZE: \$500 • PLUS-2 CASH PRIZES OF \$200

**A Tribute to Willow Run "ROSIE THE RIVETER"
with Performances and Meet 'n Greet.**

A portion of all Festival proceeds go to Cass Community Social Services.

GREEKFEST 2018 ASSUMPTION FESTIVAL
ADMIT ONE FREE
CHILDREN UNDER 12 FREE

ASSUMPTION NURSERY SCHOOL & TODDLER CENTER

22150 Marder Road, St. Clair Shores, MI 48080 • Phone: (586)-772-4477 • E-mail: p.armbruster@assumptionnursery.org • Web: www.assumptionnursery.org

A Lifetime of Learning begins at Assumption!

Register NOW for the 2018/2019 School Year — Limited Space is Available! Fall Session Begins Tuesday, September 4

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
Qualified, Dedicated Staff • Fully Licensed by the State of Michigan

Community Building: Spring Auction, Month of the Young Child Celebration, Year-End Ice Cream Social, Family Fun Nights, Assemblies, Seasonal Charity projects
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

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 2018

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

**COME! BE GREEK FOR A DAY!
GREEKFEST 2018**

4 Full Days, Rain or Shine! FREE Admission Coupon & Highlights Inside
August 16, 4pm - 10pm • August 17, 3pm - 11pm • August 18, 11am-11pm • August 19, 11am-8pm

Grand Opening
Thursday, Aug 16, 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
See menu at
www.assumptionfestival.com
A Tribute to Willow Run "ROSIE THE RIVETER" with Performances and Meet 'n Greet.
Shuttle & Valet Parking Available

GreekFest Grand Raffle
BUY YOUR WINNING TICKET NOW!
1ST PRIZE: \$10,000
2ND PRIZE: \$2,500
3RD PRIZE: TWO DOMESTIC AIRLINE TICKETS TO
ANYWHERE IN THE CONTINENTAL USA. COMPLIMENTS
OF COSMOPOLITAN TRAVEL
4TH PRIZE: \$500
PLUS-2 CASH PRIZES OF \$200
DRAWING ON SUNDAY, AUGUST 19 AT 7:30pm

Senior Expo
25th Year Celebration
Health screenings, Exhibits, Workshops
Special Guest Celebrities
October 11, 8:30am-1:30pm

EMPTY BOWLS
RAISE AWARENESS TO END HUNGER
ASSUMPTION CENTER
SUNDAY OCTOBER 14, 4-6 PM

TRAVEL WITH ASSUMPTION
CAPE COD & MARTHA'S VINEYARD
September 16-22 - Limited Spaces
THANKSGIVING PARADE TOUR
Tuesday, October 23
DETROIT INSTITUTE OF ARTS TOUR
Thursday, November 1

CABARET CONCERT SERIES
BOX 5 PRODUCTIONS
A HOLIDAY SERENADE
Friday, November 30
LEGENDS LIVE!
CHRISTMAS WITH THE KING
Saturday, December 8

GENTLEMEN OF SWING
Christmas Concert
Free to the Community
Thursday, December 6 at 1pm

CHICAGO DESIGNER ELENA VICTORIA
SEWING SATURDAYS for Youth
FITNESS CENTER
KALOSOMATICS Exercise for all ages,
YOGA, PICKLEBALL, ZUMBA GOLD,
KARATE FOR YOUTHS & ADULTS