

FITNESS CENTER

ONE FREE WEEK OF KALOSOMATICS®

Pass good for one week of KALOSOMATICS® in Winter 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.

FLEXIBLE SCHEDULE:
Alternate class days and times to fit your personal schedule.

**WINTER SESSION—12 weeks
January 8 - March 30**

\$96 – Two classes per week
\$144 – Three classes per week
Senior Rate (60 and over):
\$72 – Two classes per week
\$108 – 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 & standing cardio exercises.
Tues/Thurs, 10:15-11:15am

REGISTER FOR CLASSES ONLINE
www.myassumption.org
**FREE BABY-SITTING IN
MORNINGS FOR BUSY MOMS**

PICKLEBALL IS HERE!

GREAT FUN & 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 Levels)**

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

Saturdays – 8-10am (All levels)

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

**Court rentals for private parties at Cultural Center gym
(3 courts available.) Mon & Wed 6:30-8:30pm, Fee: \$25 per court
Court rentals at Assumption School gym (1 court available.)
Mon, 7:30-9:30pm; Wed & Fri, 6:30-8:30pm, Fee: \$30 per court**

To reserve courts call: (586) 779-6111

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

Lenten Seafood Buffet – Fridays, 5-8 pm
February 16 & 23; March 2, 9, 16, 23 & 30 (dates subject to change)

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 _____

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 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 taught to all levels. Everyone is welcome! Bring a yoga mat, wear comfortable clothing. **NO SENIOR DISCOUNT.**

Mondays, 11:30am-12:30pm
Assumption Center
Jan 8 - March 26 (12 weeks)
Fee: \$84

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
Assumption School gym
Jan 9 - March 27 (12 weeks)
Fee: \$84

ZUMBA GOLD

First week is FREE!
Begins January 8

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. Register with instructor prior to class. *No online registration for Zumba Gold.* Classes held at Assumption School gym.

Mon, 6:30-7:30pm
\$28 (4 classes),
\$65 (11 classes)
Drop in fee: \$8

TAE KWON DO KARATE

All Ages!

Gus Panagos, Bob Henry and John Caputo lead with outstanding years of experience in martial arts. Learn the philosophy, discipline and techniques of this traditional form of Karate. Improve your health, mind and spirit. For men and women. Fully accredited from white belt to black belt. For more information contact Bob Henry at bobahenry@yahoo.com or call 313-300-2211. Classes held two blocks north at Assumption School gym.

Tues/Thurs, 8-9:30pm
Session I: Jan-Feb
Session II: March-April

Youth Karate on Saturdays –
See Teens & Youth

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 bidding and play 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:
Jan 10, Feb 14 & March 14
12 Noon-3:15pm
Fee: \$8 per class

LEARN FRENCH

Alliance Française de Grosse Pointe

Classes begin the week of January 8

ABSOLUTE BEGINNER –
Part Two – Basic conversation, grammar & vocabulary.
Mondays, 6-7:30 pm

BEGINNERS PLUS –

Part Two – Increasing conversation, grammar & vocabulary
Mondays, 6:30-8pm

BEGINNING CONVERSATION –
A beginners class conducted entirely in French.

Mondays, 5-6:30pm

INTERMEDIATE – Expand on communication skills, grammar, culture & vocabulary.

Tuesdays, 7-8:30pm

ADVANCED – Conversation and discussions in French on various topics.

Tuesdays, 5:30-7pm,

All classes are 10 weeks.

Fee: \$115
Textbook required in some classes.

For more information and to register, please contact **Cheryl Johns** at (313) 885-9139 or email user427389@aol.com
Register by Dec. 31, 2017
Class details available at www.afgrossepointe.org

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.

HELLENIC CULTURE

Assumption Gift Shop

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

Gift Shop hours:

Monday through 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 January 22

Advanced
Wednesdays, 6:30-7:30pm
Beginning January 24

All classes are 10 weeks
You must register before January 16
Fee: \$75 (includes books)
Call 586-779-6111

TEENS & YOUTH

EV

SEWING/FASHION DESIGN SATURDAYS!

Chicago Fashion Designer Elena Victoria Comes to Metro Detroit! Elena Victoria teaches kids how to sew and create their own clothing. Create garments from scratch! Learn the fundamentals of sewing with a machine. All materials and supplies are included, as well as a light snack. For youth, ages 7-14 years. Sign up for one or more workshops!

Session 1: January 6

Session 2: January 20

Session 3: January 27

Session 4: February 3

Session 5: February 17

Session 6: March 24

Session 7: April 7

Session 8: April 14

At Assumption Center, 1-3pm
FEE: \$75 per session or \$50 per session if you register for three or more

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

YOUNG DRAGONS

TAE KWON DO

Back to Saturdays!

Teaches fundamentals and practical exercises for ages 4 to 10 of all levels and abilities. Emphasis on Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. 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.

Saturdays, 9:30-10:30am

Session I: Jan-Feb

Session II: March-April

2018 EMPTY BOWLS EVENTS

Raising Awareness to End Hunger

Proceeds benefit Cass Community Social Services – Fighting Poverty, Creating Opportunity

Friday, March 9, 5-10:30pm

at Shed 5 Eastern Market
Soup, bread, cheese, dessert and take home a handcrafted bowl. Beer and wine served. Guests must be 21 and over.
Fee: \$30 advance, \$40 after Feb 1

Sunday, March 11, 4-6pm
at Assumption Center

Soup, bread, beverage, dessert and one-of-a-kind decorated bowl. Soups & breads provided by area restaurants and businesses. See Celebrity Bowl Auction link.

Minimum donation: \$15

Purchase tickets in advance at www.emptybowlsdetroit.com. For more information and to join ongoing bowl-making workshops, go to website or contact bmellos@hotmail.com or call (313) 410-7177.

Assumption Activities Winter 2018

21800 Marter Road,
St. Clair Shores, MI 48080
586-779-6111

Activities Chairpersons:

Tony Lipinski

Roula Tsaprailis

Advisory Committee:

Thena Hedglin

Dr. John Kastran

Roula Lipinski

Christ Petrouleas

Administrator:
Joan De Ronne

TRAVEL WITH ASSUMPTION

Join Your Neighbors – Affordable and fun!

TRAVEL NIGHT

Learn more about our trips

January 29 at 7:00pm - Assumption Center

TULIP TIME FESTIVAL HOLLAND, MICHIGAN TOUR

The Holland area boasts nearly 5 million tulips ready to burst forth in early spring. Experience the splendor of the annual Tulip Time Festival named "the Best Small Town Festival" by Reader's Digest, and was USA Today's Best Flower Festival of 2016. Features special attractions, including parades, great food, quaint shops, and a spectacular shoreline. Overnight stay in town to enjoy evening activities. Sure to be a delightful experience!

May 9-10 - Fee: \$150 per person

CAPE COD & MARTHA'S VINEYARD

Quaint seashore beauty to rustic, pristine beaches & quaint villages with iconic lighthouses. 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. Guided tour of the "Outer Cape," include Provincetown, Sandwich, Chatham and more. Visit Plymouth, "America's Hometown!" See the famous Plymouth Rock! Visit the scenic and famous getaway island, Martha's Vineyard. Transport on top-quality motorcoach, restroom & video-equipped. 6 night lodging, 4 consecutive nights in 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

SPRING CONCERT SERIES SPRINGTIME IS MUSIC!

Grosse Pointe North High School GREAT WORKS CONCERT

Director: Ben Henri

Wednesday, March 28 at 7 pm in Assumption Church

MARCHIORI CATERING PRESENTS:

LEGENDS LIVE

Michigan's #1 Dinner Tribute Show!

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

Saturday, April 21

6:30pm: Dinner by Marchiori Catering
8pm: Show

\$45 per ticket, includes dinner and show
Cash bar & drink specials

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

Grosse Pointe Community Chorus's SPRING DINNER CABARET "It's a Grand Night for Singing"

The Chorus began in 1953 and has 50-55 members who have entertained the Grosse Pointe area for 65 years. Conductor Joseph Palazzolo, pianist Ron Pietrantino, guest artist Carl Cafagna also performs. Includes a buffet dinner by Marchiori Catering, "Stump the Band," raffle prizes and beautiful music.

Friday, April 27, 6pm

For tickets: www.grossepointecommunitychorus.org
or call (313) 882-2482

ASSUMPTION NURSERY SCHOOL & TODDLER CENTER

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

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: 1-6 and 7-12 years
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 & air conditioning

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A Lifetime of Learning begins at Assumption!

**OPEN HOUSE for the Community, Thursday, February 1, 6:30-8:00 p.m.
Limited Space is Available! 2018 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, End of Year Ice Cream Social, Family Fun Nights, Assemblies, Recipient of Governor's Quality Care Award

**2018 Summer Camp • June 18 - August 22 • Registration begins Monday, March 12, 2018, at 8 a.m.
Celebrate & Explore Fignments of Youthful Imagination at Assumption's "CAMP OF DREAMS" – Imagine-Create-Dream-Become**

Early Childhood Activities (Ages 1-6)

Daily art/music, math/science, language arts, sports/creative movement, and assemblies woven into our summer theme of exercising our imaginations and dreaming big!

Youth Camp (Ages 7-12)

Daily educational activities incorporated into thematic units related to exploring our talents, setting goals to fulfill our dreams and aspirations.

Highlights: Museums of Art workshops; Music with Wayne State University Orchestra Studies; Sewing/Design with Elena Victoria; Michigan Professional Theaters;

STEM (Science, Technology, Engineering and Math) experiences; Sports Weeks and Field Trips; Career Explorations, and so much more!

Call 586-772-4477 or p.armbruster@assumptionnursery.org

ASSUMPTION CULTURAL CENTER

WINTER ACTIVITIES 2018

ASSUMPTION HAPPENINGS • 586-779-6111 • See Details Inside

REGISTER FOR ASSUMPTION OFFERINGS ONLINE AT www.myassumption.org OR CALL (586) 779-6111

MARCHIORI CATERING 586-771-8600

Cater Your Holiday Parties & Special Events

LENTEN SEAFOOD BUFFET

Most Fridays during Lent, 5-8 pm
Call for dates

SOUPS TO GO!

Freshly prepared soups, sauces & specialty foods – To Go!
Great for Holidays!

YOUTH SEWING SATURDAYS

WITH CHICAGO DESIGNER ELENA VICTORIA

January 6, January 20, January 27, February 3,
February 17, March 24, April 7 or April 14
1-3pm per date - Choose one or more sessions!

CONCERT SERIES AT ASSUMPTION

GROSSE POINTE NORTH HIGH SCHOOL

Wednesday, March 28, 7 pm
LEGENDS LIVE!

MICHIGAN'S #1 TRIBUTE SHOW!
April 21, 6:30pm Dinner & 8pm Show

**GROSSE POINTE
COMMUNITY CHORUS
SPRING CABARET
DINNER CONCERT**
"It's a Grand Night for Singing"
Friday, April 27, 6pm

ASSUMPTION ANNUAL AUCTION
SAVE THE DATE!

HOLLYWOOD NIGHTS

Silent & Live Auction
Great items, Great Dinner, Open Bar
Proceeds benefit
Assumption Nursery School
March 10

EMPTY BOWLS

Events to Raise
Awareness to End Hunger
Friday, March 9 at Shed 5 in
Eastern Market
5-10:30 pm
Sunday, March 11 at
Assumption Center
4-6 pm
Visit www.emptybowlsdetroit.com

TRAVEL WITH ASSUMPTION
Travel Information Night
January 29

Holland Tulip Festival
May 9-10

Cape Cod & Martha's Vineyard
September 16-22

FITNESS CENTER

KALOSOMATICS

EXERCISE FOR ALL AGES

YOGA, PICKLEBALL, ZUMBA GOLD,

KARATE FOR YOUTHS & ADULTS

GYM, SPORTS FIELD &

ROOM RENTALS AVAILABLE