



Ann Arbor Senior Center Newsletter Week of March 17th

Word of the Week:

Bravura: Great technical skill and brilliance shown in a performance or activity; the display of great daring. "She executed the dive with flawless technical precision and her own unique bravura."

Quote of the Week:

"Conquer anger with love, evil with good, meanness with generosity, and lies with truth." - *Gautama Buddha*

NEW!!

Solo Aging Storytelling Workshops

Fridays, April 5, 12, and 19, 1-2:30 p.m. Are you aging solo? On your own? Have a story or two to write, share, and tell? Then join us and be part of Limelight's Storytelling Workshops for Solo Agers and help us, help you craft and tell your solo aging story. These workshops are held at the Ann Arbor Senior Center, 1320 Baldwin Ave. (Visit a2gov.org/senior). The stories will lead up to [Solo Acts: A Solo Aging Symposium and Theatrical Performance](#) on May 10th from 10:00 a.m.-2:00 p.m. at the Ann Arbor District Library. It is recommended, but not required, to attend all workshop sessions. Preregistration for the workshop at the Senior Center is required at 734.794.6250. Free of charge.

Cell Phones 101: Start with the Basics for Android and I-Phone

Thursdays, April 18-May 23, 2-3 p.m. (No class on May 2). Presented by [Clear Computing](#). This 5-week course will start at the very beginning and teach you how to get the most out of your Android or iPhone. James Giordani earned his master's in social work at the University of Michigan focusing on older adult tech literacy; learning and discovering ways to use technology to better the quality of living and extend the independence of older adults. Located at the Ann Arbor Senior Center, 13320 Baldwin Ave. Preregistration required by contacting 734.480.8362 or alli@clearcomputing.net. Cost is \$60 (paid at first class to Clear Computing. Cash, check, credit card, Venmo, or PayPal accepted). Scholarships are available by contacting Alli (you must obtain the scholarship prior to the first class).

The Art and Science of Invasive Species Series

Fridays, April 26, May 3 and 10, 1-3 p.m. Join our friend Eleva Potter, [Natural Area Preservation](#) Environmental Educator, for this new, three-part series! Eleva will help us learn how to identify common invasive species, cook with them, and turn them into beautiful art! Each session will focus on a different topic: Session 1: Become familiar with the four most common invasive plants you can find in Ann Arbor City Parks, learn which ones are edible, and try some easy dishes you can make out of them. Come hungry because you will be taste testing these recipes; Session 2: Learn more about invasive forbs and how to turn them into different colors of paper; Session 3: Collect woody invasives the creating an Earth Loom by weaving invasives together between trees, that will be open to the public to enjoy. Visit a2gov.org/senior. Preregistration required by calling 734.794.6250. Free of charge.

Monthly Events and Activities

Technology Workshop: 4 Essential Phone Skills for Older Adults

Thursday, March 28, 2 p.m. Join James Giordani, Owner of [Clear Computing](#) for this educational workshop. How does someone get hacked? For better or for worse, we've gotta use these pesky phones. Come learn some tricks to help you use your Android or iPhone more independently and confidently. Visit [a2gov.org/senior](#). Located at the Ann Arbor Senior Center, 1320 Baldwin Ave. Preregistration required by contacting 734.794.6250 or bpatton@a2gov.org. Free of charge.

Workshop: Learn About YMCA Programs!

Wednesday, April 3, 9:30-10:30 a.m. Taylor Medina, Assistant Director of Healthy Living at the [Ann Arbor YMCA](#), will be walking us through two new and exciting programs being offered through the YMCA: **LIVESTRONG**: fitness for adult cancer survivors, and **Pedaling for Parkinson's**: cycling program for those living with Parkinson's, as well as their caregivers. Located at the Ann Arbor Senior Center, 1320 Baldwin Avenue. Visit [a2gov.org/senior](#). Preregistration required by contacting 734.794.6250

Travels With George: *South America*

Thursday, April 4, 1:30-4 p.m. Join host George Jabol as he narrates this 3-week cruise journey through the southern perimeter of South America. The adventure started in Santiago, Chile, as our ship rounded the continent at turbulent Cape Horn, and it ended in Buenos Aires. We sampled Pisco Sours and Empanadas as we began our travels through the Andes Mountains and Patagonia and cruised through the Chilean Fjords, the Strait of Magellan, and Beaver Channel. We visited a prison at Ushuaia, Argentina, which touts itself as the "world's southernmost city," and we walked among penguins at the Lagoon Bluff rookery on the Falkland Islands. We visited Uruguay's beautiful capital, Montevideo, and then arrived wearily at our final destination in sophisticated Buenos Aires, Argentina. Open to all ages 18+. Located at the Ann Arbor Senior Center, 1320 Baldwin Ave. Visit [a2gov.org/senior](#). Preregister by contacting 734.794.6250 or bpatton@a2gov.org. Free of charge.

Live Sneak Peak of Ballet Chelsea's *Cinderella* at the SCI!

Friday, April 5, 11 a.m. Come watch a short live performance of [Ballet Chelsea's Cinderella](#) at the Ann Arbor Senior Center! Ballet Chelsea's premiere production of *Cinderella* with new Artistic Director Michelle Quenon at the helm, this timeless classic promises to captivate audiences of all ages. Join Cinderella on her enchanting journey filled with breathtaking music, exquisite dancing, and, of course, lots of magic! This production will showcase the exceptional talent of Ballet Chelsea's dedicated students and professional artists. The actual show will debut April 20 and 21 at Chelsea High School. Visit <https://balletchelsea.org/tickets/> for tickets. The sneak peek at the Ann Arbor Senior Center, 1320 Baldwin, is free of charge, and does not require registration. Visit [a2gov.org/senior](#). Open to all ages. To contact the Senior Center, call 734.794.6250. We hope to see you at both events!

Care Management by Natalie – Senior Support

Wednesday, April 10, 9:30-10:30 a.m. or 10:30-11:30 a.m. A Care Manager is a senior resources expert that can assist clients with: Discharging from the hospital, starting, or stabilizing caregiving structure in the home, remaining independent at home, choosing, and preparing to move to a senior community, creating medical stability or a new diagnosis roadmap, and support, education, and future planning. Together with [Care Management by Natalie](#) we can help find your right path through the aging process. To learn more about Care Management by Natalie click [here](#). Sign up for a free 1-hour initial consultation, free of charge. Located at the Ann Arbor Senior Center, 1320 Baldwin. Visit [a2gov.org/senior](#). Preregistration required by calling 734.794.6250. Free of charge.

April Drive-Through: Welcome Spring!

Wednesday, April 10, noon-1 p.m. Join the Ann Arbor Senior Center and [Regency at Bluffs Park](#) for this “Welcome Spring” themed event! Senior geared goodie bags will be given out to patrons that sign up; limited spots available. Enjoy snacks, pick up information and socialize! Located at the Ann Arbor Senior Center, 1320 Baldwin Ave. Visit [a2gov.org/senior](#). Preregistration required by contacting 734.794.6250 or bpatton@a2gov.org. Free for members; \$5 nonmembers.

Lunch & Learn Workshops

Lunch & Learn: Meeting Resource Needs

Wednesday, March 27, noon-1 p.m. Hosted by [Oasis Senior Advisors](#). Oasis Senior Advisors Greater Ann Arbor will be providing lunch and a presentation describing the free services we provide to the Senior community. We will discuss the importance of having a plan A and a plan B, as well as points to ponder as we age, such as: Medicare, Medicaid, Long Term Care Insurance policies, and provide Alzheimer's/Dementia awareness and signs to know, and much more. A light lunch will be provided to workshop participants. Located at the Ann Arbor Senior Center, 1320 Baldwin. Visit [a2gov.org/senior](#). Preregistration required by contacting 734.794.6250 or bpatton@a2gov.org. Free of charge.

Lunch & Learn: Living with Our Wild Neighbors

Wednesday, April 3, noon-1 p.m. Whether you love them or merely tolerate them, the wild animals that share our community are here to stay. So, how can we coexist peacefully with our wild neighbors? Join representatives from the [Humane Society of Huron Valley](#) to discuss humane solutions to human-animal conflict, what to do about orphaned baby wildlife, and dispelling some common myths. The program will conclude with a Q&A session with Eric Wright, Manager of HSHV's Cruelty and Rescue team. A Jimmy John's lunch will be provided. Visit [a2gov.org/senior](#). Preregistration required by contacting 734.794.6250 or bpatton@a2gov.org. Free of charge.

Lunch & Learn: Senior Living Options

Wednesday, April 17, noon-1 p.m. Hosted by [Brookdale Memory Care Ann Arbor](#). Join us for a discussion about independent living, assisted living, and memory care. We'll learn about the different levels and what they entail; what makes someone appropriate for each area of senior living; when might the time be right to make that move. A pizza lunch will be provided. Space is limited. Located at the Ann Arbor Senior Center, 1320 Baldwin. Visit [a2gov.org/senior](#). Preregistration required by contacting 734.794.6250 or bpatton@a2gov.org. Free of charge.

Lunch & Learn: How to Advocate for Me While Aging

Wednesday, April 24, noon-1 p.m. Hosted by [EHM Senior Solutions](#) and the [LifeChoices](#) program. Navigating the healthcare system can feel extremely complicated, making it seem like you don't have control over your healthcare decisions. However, with the right skills and knowledge you can feel more confident about the options that are available to you. Learn how to better communicate your needs, concerns, and preferences with your doctor and other healthcare professionals. Lunch will be provided. Located at the Ann Arbor Senior Center, 1320 Baldwin Ave. Visit [a2gov.org/senior](#). Preregistration required by contacting 734.794.6250 or bpatton@a2gov.org. Free of charge.

Weekly Activities

Bluegrass Jam

Tuesdays, March 26, 7-9 p.m. NEW! Moving to Wednesdays in April. Every second and fourth Wednesday of every month. The A2 Bluegrass participants, from expert to novice, come from all over southeast

Michigan to have fun with bluegrass jamming and singing. We draw a wide variety of musical instruments including banjos, fiddles, standup and electronic bass, percussion, washboard, dobro, mandolin, and the occasional harmonica. All ages are welcome. Visit the [Bluegrass website](#) for more information. Open to all ages 18+. Located at the Ann Arbor Senior Center, 1320 Baldwin Ave. Call 734.794.6250. Cost is \$5.

Move and Groove for Seniors

Wednesdays through June 12, 9:30-10:15 a.m. (No class on March 27). [Ballet Chelsea's Adaptive Dance Program](#) (ADP) brings movement classes to residents ages 3 to 93. This Move and Groove class for Seniors, taught by Kari Becker, is tailor made to the needs and abilities of the participants and aims to improve coordination and balance, endurance, flexibility, self-confidence and for students - teamwork. Located at the Ann Arbor Senior Center, 1320 Baldwin Avenue. Visit a2gov.org/senior. Call 734.794.6250 or email bpatton@a2gov.org to register. Free of charge.

Mind Matters

Wednesdays, 10-11 a.m. Via Zoom. Join us for fun brain exercises that are designed to keep your brain young, strong, agile, and adaptable. No experience necessary – just bring a pen, paper, and an open mind! Join Zoom meeting ID: 947 2633 1603. Passcode: 739714 or [click here](#). Visit a2gov.org/senior. Questions? Contact 734.794.6250 or bpatton@a2gov.org. Free for members; nonmembers, \$2.

Scrabble

Wednesdays, 1:30-3:30 p.m. What has 100 tiles, 225 squares, a multi-colored board and millions of fans of all ages, backgrounds, and locales? Calling all Scrabble lovers! Easy to teach, easy to learn and fun to play: this group is for people who like a little friendly competition and riotous conversation. All experience levels are welcome, so if you like the occasional game of Scrabble, then join us! Friends encouraged. Open to all ages 18+. Located at the Ann Arbor Senior Center, 1320 Baldwin Avenue. Visit a2gov.org/senior. Call 734.794.6250. Free for members; \$2 for nonmembers.

Trivia Over Zoom!

Wednesdays, March 20, April 3 and 17, 1-2 p.m. Join us on the first and third Wednesday of each month. Invite your friends, grandchildren and neighbors to login and play with you, or be placed on a team with others. We will keep a tally of winners and at the end, will have prizes that you can pick up. Join Zoom Meeting URL by clicking [here](#). Zoom Meeting ID: 979 1239 9740 Passcode: 194912. Visit a2gov.org/senior. Questions? Contact 734.794.6250 or bpatton@a2gov.org. Free for members; \$2 nonmembers.

Artist's Open Studio

Thursdays, 9:30-11 a.m. Calling all artists and craft enthusiasts! Join us for a weekly open studio where we invite you to bring your own projects and art equipment to work on in a creative, and supportive environment. Don't have your hands on a project or equipment? Not to worry – we have a collection of materials and craft projects that you can choose from. Friends encouraged. Please call ahead of time to learn what materials we have on hand. Open to all ages 18+. Located at the Ann Arbor Senior Center, 1320 Baldwin Avenue. Visit a2gov.org/senior. Call 734.794.6250. Free for members, \$2 for nonmembers.

Winter Mall Walks

Fridays, 10-11 a.m. (Brunch will be held at the Ann Arbor Senior Center on Friday, April 5). Walks will run through April, and in May we return outdoors to the parks! Meet staff from the Ann Arbor Senior Center at Briarwood Mall, near the Panda Express entrance (between JCPenney and Macy's) and walk one-mile together indoors. These will take place every Friday except the first Friday of the month (when there will

be a brunch at the Senior Center) and on holidays. Visit a2gov.org/senior. Preregistration required to ensure all waivers are completed. Call 734.794.6250. Free for members; \$2 for non-members.

Bridge

ACBL Sanctioned Bridge Games

Thursdays, noon-3:30 p.m. Join us for sanctioned bridge with our new director, Matt Evett! No partner? No problem! Arrive by 11:30 a.m. and tell the director. Open to all ages 18+. Located at the Ann Arbor Senior Center, 1320 Baldwin Avenue. Visit a2gov.org/senior. Call 734.794.6250. Members, \$8; nonmembers, \$9.

Non-sanctioned Duplicate Bridge Games

Mondays, 12:30-3:30 p.m. Directed by Ray Gentz, attracts players of all ages with varied levels of expertise including life master's to beginners. Open to all ages 18+. Located at the Ann Arbor Senior Center, 1320 Baldwin Ave. Visit a2gov.org/senior. Call 734.794.6250. Members, \$2; nonmembers, \$3.

Spring/Summer Senior Focus Classes: Registration Open!

Tai Chi (All Levels)

Tuesdays, May 14-July 30, 10:30-11:30 a.m. (No class June 18 and July 2). This free Tai Chi class combines martial arts movements with Qi (energy) circulation, breathing and stretching techniques. This class helps improve balance and overall health. Instructed by Karla Groesbeck. Offered in partnership with Washtenaw Community College. Class is open to all ages and abilities. Located at the Ann Arbor Senior Center, 1320 Baldwin Ave. Preregistration required at 734.794.6250 or bpatton@a2gov.org. Free of charge.

Intermediate Tai Chi

Wednesdays, May 15-July 31, 10:30-11:30 a.m. (No class June 19 and July 3). This free Tai Chi class combines martial arts movements with Qi (energy) circulation, breathing and stretching techniques. This class helps improve balance and overall health and is suitable for intermediate level Tai Chi students. Instructed by Karla Groesbeck. Offered in partnership with Washtenaw Community College. Class is open to all ages. Located at the Ann Arbor Senior Center, 1320 Baldwin Ave. Preregistration required at 734.794.6250 or bpatton@a2gov.org. Free of charge.

Senior Focus Yoga

Wednesdays, May 8-May 29, 2-3 p.m. This gentle, fun Yoga practice welcomes folks of all mobility levels and experience. Senior Focus Yoga is led by Tammy Wingfoote and includes modifications for individual needs and safe transitions in and out of yoga postures. Motor planning and fall prevention awareness is woven throughout the class to help improve mobility. Explore yoga postures in seated, mid plane, and standing positions, finishing the class in reclined peaceful relaxation. Enjoy the benefits of improved alignment, balance, strength, flexibility, and breath awareness through the ancient practice of Yoga. The use of props; chair, straps, or yoga blocks to support your practice is welcome. Students may use one of the limited number of mats at the Senior Center; it is suggested to bring your own mat. Offered in partnership with Washtenaw Community College. Class is open adults 65+. Located at the Ann Arbor Senior Center, 1320 Baldwin Ave. Preregistration required at 734.794.6250 or bpatton@a2gov.org. Free of charge.

Line Dancing for Seniors

Tuesdays, May 14-July 23, noon-1 p.m. (No class July 2). A line dance is a choreographed dance where everyone dances a repeating sequence of steps while arranged in one or more lines. This class provides low impact exercise and socializing. Instructed by Deliena Grantham. Offered in partnership with [Washtenaw Community College](#). Class is open adults 65+. Located at the Ann Arbor Senior Center, 1320 Baldwin Ave. Preregistration required at 734.794.6250 or bpatton@a2gov.org. Free of charge.

Adventures in Watercolor

Tuesdays, May 14-July 23, 1:30-3:30 p.m. (No class June 18 and July 2). Join this mindful community of painters for artistic inspiration, painting demos, art history, lively discussion, and fun. All skill levels welcome. Participants will be required to provide their own materials. Instructed by Debra Golden. Offered in partnership with [Washtenaw Community College](#). Class is open adults 65+. Located at the Ann Arbor Senior Center, 1320 Baldwin Ave. Preregistration required at 734.794.6250 or bpatton@a2gov.org. Free of charge.

Strength and Conditioning for Seniors

Fridays, May 17-August 2, 1-2 p.m. (No class June 14 or July 5). This fun and energetic class will improve your quality of life by providing training that will improve your strength, balance, and mobility. We will keep it moving with easy-to-follow cardio moves. Classes are taught by fitness expert Michele Williams. Join us and let's get this fitness party started! Offered in partnership with [Washtenaw Community College](#). Class is open adults 65+. Located at the Ann Arbor Senior Center, 1320 Baldwin Ave. Preregistration required at 734.794.6250 or bpatton@a2gov.org. Free of charge.

Italian Language Class - Intermediate

Thursdays, May 16-July 25, 10-11 a.m. (No class July 4). Planning a trip to Italy? Or are you passionate about the riches of this beautiful country known for its scenic landscape, excellent cuisine, operas, art, history and most important, its warm, fun, loving people? Come join native speaker, Nicola Parravano in learning to speak the language of love – Italian! The class will also explore the many wonderful characteristics of Italian culture. Class will be held in a supportive, friendly, and fun place to learn this beautiful language. Required book: “Italian for Dummies” 2nd Edition, ISBN-10: 1118004655. Offered in partnership with [Washtenaw Community College](#). Class is open adults 65+. Located at the Ann Arbor Senior Center, 1320 Baldwin Ave. Preregistration required at 734.794.6250 or bpatton@a2gov.org. Free of charge.

More Programs, Events, and Activities Around the Community the week of March 17th!

NEW! LGBTQ+ Pride In Aging

Exciting news! The [Turner Senior Wellness Program](#) at Michigan Medicine and [MiGen](#) are teaming up to create a welcoming and inclusive space for older and maturing LGBTQ+ individuals and allies in Washtenaw County and the surrounding areas to connect, share resources, and support each other. Don't miss out on this opportunity to connect with other older adults in the community who share similar experiences. Stay tuned for upcoming events, workshops, and gatherings designed to bring our community together. To sign up and receive communications about upcoming offerings click [here](#). Contact tswpinfo@umich.edu or call 734-998-9353.

Ann Arbor Bicentennial Oral Tree History Project

Through April 30. Do you have a favorite tree in Ann Arbor? In collaboration with the Ann Arbor Bicentennial, we are gathering insights on the cherished trees of Ann Arbor's residents, along with the memories they evoke and what makes these trees truly remarkable. Take [our initial survey](#) that asks what your favorite tree is and why. If your response is chosen, it will be placed alongside a watercolor painting of your favorite tree in an oral history catalog of Ann Arbor's trees. For further information or questions, contact samank@umich.edu.

Positive for Whom? Addressing the Elephant in the Room

Tuesday, March 19, 11 a.m.-noon. Hosted by [U-M Ross Center for Positive Organizations Positive Links Speaker Series](#). University of St. Gallen (Switzerland) human resources management professor Antoinette Weibel discusses (via Zoom) the usefulness of “positive” values such as trust, compassion, etc., in the context of business organization. For URL preregister at tinyurl.com/37fbsfm9. Contact 734.615.5002. Free of charge.

Caregiver Outing to Ann Arbor Symphony Orchestra

Tuesday, March 19, 11:45 a.m.-12:45 p.m. Hosted by the [Washtenaw Support Network for Caregivers](#). Looking to take a break from the stress of caregiving and enjoy some live music? Join the Washtenaw Support Network for Caregivers for a relaxing, engaging orchestra concert at Hill Auditorium! WSNFC will cover the ticket cost for caregivers who attend and provide transportation to and from the auditorium. Free respite care is available for the person you care for. Located at Hill Auditorium, 825 N University Ave. Preregistration required. Contact washtenawcaregivers@umich.edu or 734.998.9352. Free of charge.

Craft & Drink with SCRAP Creative Reuse at Bløm Meadworks

Tuesday, March 19, 6-8 pm. All invited to work on their own craft, with materials provided by SCRAP. Supplies include spring-themed craft-making materials this month. Located at Bløm, 100 S. Fourth Ave. Preregister in advance at drinkblom.com/events or at the door. Contact 734.548.9729. Cost is \$10–\$15 (pay what you can).

Trivia with Terry!

Tuesday, March 19-23, 6:30-8 p.m. Hosted by [Argus Farm Stop](#). All invited to form teams to answer wacky trivia questions from this longtime Aut Bar trivia night emcee. Located at Argus, 1200 Packard. Contact 734.997.5448. Free admission, food, and drink for sale.

2nd Annual Funky Rivertown Fest

Tuesday, March 19, 7:30-10:30 p.m. Hosted by Roof Top Arts. Five-day festival dedicated to original music. The program includes many Detroit Music Award winners and nominees playing across a variety of genres. Tonight: Contemplative lo-fi rock by the local band Cedar Bend, alternative pop-rock by Ypsilanti singer-songwriter Premium Rat, experimental art rock by the local sextet Cat Lung. Showtimes are 7:30–10:30 p.m. (Tuesday-Friday) and 2-11 p.m. (Saturday). Located at RAC, 76 N. Huron St., Ypsilanti. Tickets available in advance at facebook.com/funkyrivertownfest and (if available) at the door. Contact funkyrivertownfest@gmail.com. Cost is \$20 (Saturday, \$30) per show; students and Ypsilanti residents with ID, \$10 per show.

Food Literacy for All

Tuesdays through April 23, 6:30-8 p.m. Presented by [U-M Sustainable Food Systems Initiative](#). Virtual lecture series. Mar. 19: MSU Food, Society and Sustainability chair Jahi Chappell on “Agroecology and Food Security in Brazil.” Mar. 26: Earth-Bound Building (Brandywine, MD) founder Blain Snipstal on a topic For URL, preregister by clicking [here](#).

or sales@heydlauffs.com. Free of charge.

Spring Equinox Walk

Wednesday, March 20, 2-4 p.m. Hosted by [Washtenaw County Parks & Recreation](#). WCPARC naturalist Elle Bogle leads a hike to look for signs of spring. Located at Fox Science Preserve, 2240 Peters Rd., Scio Twp. Preregistration required at parksonline.ewashtenaw.org (#831006). Contact 734.971.6337 or boglee@washtenaw.org. Free of charge.

Guided Walks: Matthaei Botanical Gardens

March 20, 5:30-6:30, and 24, 1-2 p.m. People of all ages (children must be accompanied by an adult) invited to guided walks organized around the theme of spring rejuvenation. Arrival 15 minutes before start time recommended. Located at Matthaei Botanical Gardens Lobby, 1800 N. Dixboro Rd. Visit mbgna.umich.edu/events. Contact 734.647.7600. Free; metered parking.

Love Letter to Sandalwood

Wednesday, March 20, 6-7:30 p.m. Hosted by the [Ann Arbor District Library](#). Local writer and fragrance expert Michelle Krell Kydd leads a guided smelling of various sandalwood-scented essential oils and perfumes. Located at AADL Downtown, 4th floor. Contact 734.327.4200.

Science Café

Wednesday, March 20, 6-7:30 p.m. Hosted by [U-M Museum of Natural History](#) and [Conor O'Neill's](#). City of Ann Arbor drinking water quality manager Becky Lahr and U-M public health professors Justin Calocino and Jackie Goodrich discuss current research in "Water Policy, PFAS, and Public Health." Hors d'oeuvres. Located at Conor O'Neill's, 318 S. Main St. Seating limited, so come early. Contact 734.764.0478. Free, but drink purchases encouraged.

Ikebana International

Thursday, March 21, 1-2:30 p.m. All invited to learn about and practice this Japanese style of flower arranging. Floral materials provided, bring your own container and tools. Located at U-M Matthaei Botanical Gardens, 1800 N. Dixboro Rd. Space limited; preregistration required at a2ikebana@gmail.com. More info at ikebanaann Arbor.org. Cost is \$20. Metered parking.

Nowruz: International Neighbors

Thursday, March 21, 1-2:30 p.m. All area women invited to celebrate the Persian New Year with folkloric dance performed by the veteran local Troupe Ta'amullat, traditional Persian food, and light beverages. International Neighbors is a 65-year-old group of local women who welcome women from other countries during their stays in Ann Arbor, and also hosts special interest gatherings. Supervised kids welcome. Located at Zion Lutheran Church, 1501 W. Liberty. Visit inann Arbor.org. Free of charge.

AI and Ethics: How AI is Helping Impact the Next Century's Innovation

Thursday, March 21, 6:30-7:30 p.m. Hosted by the [U-M Ross School of Business](#). Join Dr. Rumman Chowdhury, CEO and co-founder of Humane Intelligence, for a discussion on the ethics of artificial intelligence in business. Dr. Chowdhury will present a talk exploring the ways that AI is impacting innovation and its implications for the future. Located at the Ross School of Business, Robertson Auditorium, 701 Tappan Ave. Click [here](#) to RSVP. Contact rossevents@umich.edu. Free of charge.

Euchre Change a Life!

Friday, March 22, 6:30-9 p.m. Five-game euchre tournament. Sign up with a partner or get paired with one by the organizers. Proceeds benefit Haitian children via Haitian Christian Outreach. Located at 2 | 42 Community Center, 648 S. Wagner Rd. Visit facebook.com/euchrechangealife. Contact euchrechangealife@gmail.com. Cost is \$10 per player; \$20 at the door.

Scientific Sip & Sketch

Friday, March 22, 7-9:30 p.m. Hosted by the [Ann Arbor Hands-On Museum](https://AnnArborHandsOnMuseum.org). All 21+ welcome for hands-on activities that explore the world of scientific illustration, including a workshop led by a professional scientific illustrator, a chance to make letterpress bookmarks, and more. With snacks and drinks (1 included with ticket). Located at AAHOM, 220 E. Ann. Preregistration requested at discoverscienceandnature.org/adult-night. Contact 734.995.9439. Cost is \$30/person (\$25/person, members); includes snacks and drink with ticket.

66th Annual Flea Market

March 23 and 24. Hosted by the Ann Arbor City Club. Huge assortment of antiques, collectibles, jewelry, art, books, housewares, linens, tools, and more. On Sunday only, all items half off. 9 a.m.–4 p.m. (Saturday) and noon–4 p.m. (Sunday). Located at 1830 Washtenaw. Contact 734.662.3279. Free admission.

Saline Indoor Winter Farmers Market

Every Saturday, 9 a.m.–1 p.m. Hosted by the [City of Saline](https://CityofSaline.com). All through the bitter cold, we bring the freshest foods available to Saline, plus high-quality handmade gifts! Visit every Saturday to find fresh produce, meat, poultry, cheese, eggs, fish, bread, baked goods, coffee, spices and more! Located at Saline Liberty School, 7265 N. Ann Arbor St., Saline. Contact salinefarmersmarket@gmail.com or 734.681.0860. Free admission.

Seed Sampler Seed Packing

Saturday, March 23, 10 a.m.–noon. Hosted by the [Ann Arbor District Library](https://AnnArborDistrictLibrary.org). All invited to drop in and help package seeds to give away for the upcoming growing season. Located at the AADL Downtown Secret Lab. Contact 734.327.4200. Free of charge.

50th Annual Dance for Mother Earth Ann Arbor Powwow

March 23 and 24. Hosted by the U-M Native American Student Associations. Gathering of Native Americans from throughout the Great Lakes area with social dancing and demonstrations of different styles of Native American dance, including fancy, traditional, grass dress, and jingle dress. Dance contests in a variety of styles, featuring children and adults accompanied by Native American drumming ensembles. Display and sale of traditional crafts and food. Event times are 10:30 a.m.–9 p.m. (Saturday) and 10:30 a.m.–6 p.m. (Sunday). Located at Skyline High School, 2552 N. Maple. Visit powwow.umich.edu/event-information. Tickets available at the door only. Contact 734.408.1581. Cost is \$10 (students and seniors, \$5) per day; \$15 (students and seniors, \$10) weekend pass; kids aged 5 and under and U-M students, free; group rates available.

Art Supply Swap

Saturday, March 23, noon-2 p.m. Hosted by the [Ann Arbor District Library](https://AnnArborDistrictLibrary.org). All invited to pick up or drop off gently used art supplies and tools. Unclaimed materials donated to SCRAP Creative Reuse, a local nonprofit that provides art supplies to educational programs. Located at AADL Pittsfield, 2359 Oak Valley. Contact 734.327.4200. Free of charge.

FoolMoon 2024 Luminary Making Workshop

Every Sunday in March, 10 a.m.-5 p.m. All invited to make flower-themed luminaries to take to FoolMoon, Ann Arbor's popular downtown public art celebration, on April 5 this year. Located at Hathaway's Hideaway, 310 S. Ashley. Space limited. Preregistration required (sign up for a 3-hour time slot) at bit.ly/festifools2024 or email marktuck@umich.edu. Free of charge.

Indigo Dyeing Workshop

Sunday, March 24, 1-2 p.m. Hosted by the [Ann Arbor District Library](#). Detroit-based textile artist Meghan Navoy demonstrates the basics of dyeing with indigo. Followed by a chance to dye a bandana to take home. Located at the AADL Downtown Secret Lab. Contact 734.327.4200.

Project Grow: Tips & Techniques I - Planning Your Garden

Tuesday, March 26, 7-9 p.m. Presented by [Project Grow](#). Class held via Zoom. Ages 18+. This class is the first of two classes geared toward helping new gardeners at two critical stages of gardening: planning and planting your garden. Its focus is on getting you ready for the opening of the garden season, so that you know what you are going to plant and have plans for where, how, and when to plant them. Start planning now, while the ground is still frozen and garden chores are not demanding your attention, so you can create the thriving, productive and beautiful garden that you hope and plan for. The class will be taught by long-time Project Grow gardener, Marcella Trautmann. Click [here](#) to register. Contact 734.996.3169 or info@projectgrowgardens.org. Cost is \$5.

Recurring Weekly Activities Around the Community

Speed Quiz Trivia

Sundays, 6:30-7:30 p.m. Join us every Sunday for Speed Quiz trivia! All ages are welcomed. Located at Monty's Public House. Contact 734.929.5462. Free of charge.

Lifetime Fitness Program

Weekdays 9-10 a.m. Hosted by [U-M School of Kinesiology Lifetime Fitness](#). Located at Briarwood Mall in the JC Penney Court. For all in-person fitness classes, please check in with the instructor to sign the liability waiver and discuss modifications. Contact Kinesiology Community Programs at 734.647.2708 or kinesiologycommunityprograms@umich.edu. LTF classes at Briarwood are free, but please consider making a tax-deductible donation.

MONDAYS, WEDNESDAYS, FRIDAYS, 9-10 a.m. [Chair Aerobics](#) with Peter K.

Classes are carefully structured to include a warm-up, a pre-aerobic stretch, sitting and standing aerobics, strength training, a cooldown, and a final stretch.

TUESDAYS, 9-10 a.m. [Strength, Stretch and Balance](#) with Michele

Open to everyone. The goal is to work on your strength, flexibility, and balance in order to improve fitness levels and the ease of everyday.

THURSDAYS, 9-10 a.m. [ZUMBA Gold & Strength](#) with Geraldine (Jerry) P.

Come dance to a fusion of Latin and international music at a modified intensity. It's a fun experience and great workout for all the elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance. No experience necessary!

Ann Arbor Area Scrabble Club

Every Monday, 5-9 p.m. Presented by [Arbor Brewing Company Corner Brewery](#). All invited to play the classic word game, using the 5th-edition Scrabble dictionary. Bring your own set if you like. Located at Arbor Brewing Company Corner Brewery, 720 Norris St., Ypsilanti. Visit the meetup site [here](#) or contact burrbarr7@hotmail.com. Free of charge.

Capture the Flag

Tuesdays, 7 p.m. Presented by [All Hands Active](#). All invited to try to solve a computer security problem (or series of problems). Led by AHA members. Beginners welcome. For URL preregister at meetup.com/allhandsactive/events. Contact info@allhandsactive.org. Free of charge, donations welcome.

Huron Valley Harmonizers Chapter of the Barbershop Harmony Society

Tuesdays, 7-8:45 p.m. All male and female singers invited to join weekly rehearsals. Located at Interfaith Center, 704 Airport Blvd. Visit bit.ly/hvharmonizers. Contact info@hvharmonizers.org or 734.796.7467. Free to visitors (annual dues for those who join).

Virtual Trivia Night

Tuesdays, 7 p.m. Presented by [Ann Arbor Adventure Club](#). All invited to form teams of 4 or so persons to compete (via Zoom) in a family-friendly, 2-round trivia contest. Solo competitors are matched up. For URL email burrbarr7@hotmail.com. Free of charge.

Coral Reef Tank Visit

Wednesdays and Fridays, 12:30 p.m. Hosted by [U-M Museum of Natural History](#). U-M biology professor Jim Bardwell leads a 30-minute tour of his lab's large coral reef tank featuring many species of coral, anemone, and fish. Located at U-M MNH, 1105 North University. Limited capacity. Same-day sign-up at the welcome desk. Contact 734.764.0478. Free of charge.

Board Game Night

Wednesdays, 5-10 p.m. Presented by [Bløm Meadworks](#). All invited to play popular board games. Will have a "Board Game Guru" on hand to answer questions. Use provided games or bring your own. Located at Bløm, 100 S. Fourth Ave. Contact 734.548.9729. Free of charge.

Kerrytown Crafters

Wednesdays, 7 p.m., or so. All crocheters, knitters, spinners, weavers, sewers, and other crafters invited to work on their own projects with others, via Zoom. Questions welcome, help available. For URL join facebook.com/groups/ktcrafters. Contact 734.926.8863. Free of charge.

Comedy Jamm

Wednesdays, 7:15 p.m. Presented by [Ann Arbor Comedy Showcase](#). Performances by up to 12 aspiring and established area stand-up comics. Alcohol is served. Located at 212 S. Fourth Ave. Contact 734.996.9080. Cost is \$5 in advance at aacomedys.com; \$6 at the door.

Repairsday Thursday

Thursdays, 6-8 p.m. Presented by [All Hands Active](#). All invited to drop in with broken electronics, furniture, toys, and any other item for AHA members to try to repair and offer advice. Repairs not guaranteed. Located at AHA, basement of 255 E. Liberty, ste. 225. Livestream available at

[meetup.com/allhandsactive/events](https://www.meetup.com/allhandsactive/events). Contact info@allhandsactive.org. Free of charge, donations welcome.

Comhaltas

Thursdays, 7:30-9:30 p.m. Presented by [Detroit Irish Music Association](#). All invited to join members of this local chapter of the Detroit Irish Music Association for an informal evening playing traditional Irish music on various instruments. Lessons offered. Located at First United Methodist Green Wood Church, 1001 Green Rd. at Glazier Way. Contact contact@detroitirishmusic.org. Free of charge.

Pub Quiz

Thursdays, 7:30 p.m. Presented by [Conor O'Neill's Irish Pub](#). Popular weekly trivia fest. Come with a team of up to six people. Prizes. Located at Conor O'Neill's, 318 S. Main. Contact 734.665.2968. Cost is a \$5.00 per team, totals go to the winning team.

Riverside Swings

Fridays, 9-11:30 p.m. Presented by [Riverside Arts Center](#). Swing dancing to recorded music. No partner or experience needed. Wear comfortable low-grip/tread shoes. Preceded at 8 p.m. by a lesson. Located at RAC, 76 N. Huron St., Ypsilanti. Visit [Riversidearts.org/riverside-swings](https://www.riversidearts.org/riverside-swings). The first Friday of each month is free, otherwise cost is \$5; students, \$4.

Museum Highlight Tours

Saturdays, 1 p.m. Presented by [U-M Museum of Natural History](#). Join a 30-minute tour of the museum's exhibits and galleries, as well as an introduction to some current U-M Biological Sciences research projects. Located at U-M MNH, 1105 North University. Limited capacity. Sign up at the welcome desk. Contact 734.764.0478. Free of charge.

Ann Arbor Go Club

Sundays, 5:30 until whenever. Hosted at [Conor O'Neill's Irish Pub](#). Players of all skill levels invited to play this challenging strategy board game. Game materials provided. Located at Conor O'Neill's, 318 S. Main. Contact Drew at dwright8182@hotmail.com or visit bit.ly/annarborgo. Free of charge.

The UnClub

Sundays, 7:30 p.m. Presented by [The Ypsi Alehouse](#). Performances by aspiring and experienced comics including former Tonight Show staff writer Chili Challis's comedy dojo. Emcee is Mark Sweetman. Located at The Ypsi Alehouse, 124 Pearl St., ste. 100, Ypsilanti. Visit [facebook.com/thetheatershop](https://www.facebook.com/thetheatershop). Free of charge.