

**Center of Lifelong Learning for Active Adults September 2009 Programs**  
19851 Anita - Harper Woods - 313-886-17770

**Fitness classes begin Week of Sept. 14.**

**Tai Chi** - Monday mornings 9 – 10 a.m. and/or Tuesday evenings, 6:30 – 7:30 p.m.

Instructors: Elaine Frost and James Ellis.

**Aerobics** - Tuesday and/or Thursday mornings, 9 – 10 a.m.

Instructor: Carol Piper.

**Stretch and Tone “Fit While You Sit”** - Wednesday mornings, 9 – 10 a.m.

Instructor: Joan Thornton

For class fees and more information, please call 313-886-1770.

**Reading Newspapers Online Workshop**

**Tuesday, Sept. 22, 1 – 3 p.m.**

When the newspaper isn't at your front door, read it online. Special two-hour workshop will get you started with electronic editions of The Detroit News, Detroit Free Press, Macomb Daily, and Grosse Pointe News. Limited seating. Pre-registration required, 313-886-1770. \$10

**India, Pakistan—Conflict and Culture Clash**

**Presenter: Duane Ashley, Professor of History, Wayne County Community College**

**Tuesday, September 29                      10:30 – Noon**

Professor Ashley discuss the history and culture of bordering countries, India and Pakistan. Two nations which have conflicting issues based on old grievances magnified by a history of British colonialism and a clash of cultures in an ever more global world.

Freewill donation appreciated. For more information, please call 313-886-1770.