About The Stoudamire

Founded in 2021, The Stoudamire is a membership based community recreation and wellness center centrally located on the eastside of Detroit. Membership in The Stoudamire is available on a sliding scale for $0 to $20 per year. We offer art, dance and fitness classes; community meetings and events; resource fairs; pop-up events; the Neighborhood Tech Hub; volunteer opportunities; and more. Members who live on the eastside have exclusive access to transportation services and the Wellness Network, where members are able to work one-on-one with a Wellness Coach to support their wellness goals.

Join today and live well, play well, be well!

Table of Contents

Membership Information ............................................. Page 2
Join the Wellness Network ........................................ Page 3
Facility Rental .......................................................... Pages 3
Spring 2023 Classes .................................................... Pages 4 -12
Summer 2023 Classes .................................................. Pages 13 -21
Special Events .......................................................... Pages 22 & 23
Learn More About The Stoudamire ............................... Page 24
Neighborhood Membership

Who:
For residents who live or work in zip codes: 48205, 48207, 48213, 48214, 48215, and 48224

Benefits:
- Ability to work 1:1 with Wellness coaches
- Access to the Stoudamire’s transportation
- Priority registration for classes
- Discounted tickets to ECN events
- Access to space rentals
- Access to discounts at local affiliated businesses

Annual Fee: $0-$20

General Membership

Who:
For community members who do not live or work in Neighborhood zip codes.

Benefits:
- Priority registration for classes
- Discounted tickets to ECN events
- Access to space rentals
- Access to discount at local affiliated businesses

Annual Fee: $0-$20
Class Registration

Online registration is required for classes and events. To register, please visit ecn-detroit.org/the-stoudamire or call 313.571.2800.

Join the Wellness Network

The Wellness Network is available to all Neighborhood Members and includes free Wellness Coaching, monthly dinners, wellness discussions, and access to our weight loss challenge program. Contact us today if you would like to join us on your wellness journey!

Facility Rental

To discuss your event/meeting and secure rental space, please call 313.571.2800 or email ncawthorne@ecn-detroit.org. Rental space is available for community meetings, block club and neighborhood associations, one-on-one meetings, community wellness events, and more.
**MONDAY**

**OPEN TECH HUB HOURS**
Date: Mondays, April 17-June 23  |  Time: 10:00am-4:00pm  |  Location: Butterfly Room
Instructor: N/A, Open computer lab hours
Number of Participants: No registration required, Walk ins  |  Class Level: None  |  Ages: 13+

Members are welcome to check out a computer for use in the Tech Hub during our open computer lab hours. There is no instructor during these hours. These are meant for independent computer use.

**SPIN CLASS**
Dates: Mondays, April 17- June 19  |  Time: 10:00am-11:00am  |  Location: Fitness Studio
Instructor: Julie (Fitness with Julie)
Number of Participants: 5  |  Class level: Beginner to Intermediate  |  Ages: 16+

Prepare to drip with sweat as you join our small Air Biking class here at the Stoudamire. Spin Cycle class has all the benefits of a high intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health. It also burns calories, making it an ideal way to maintain your target body weight. Spin Cycle targets both your legs, upper body, and core, building strength and flexibility. Air Biking also improves your balance, coordination, and agility.

Spin class makes it possible to work up a sweat and burn fat efficiently in just 1 hour. This type of bike doesn’t have any preprogrammed options. Instead, you create resistance by pedaling. The faster you pedal, the faster the wheel blades rotate and the more resistance you generate.

Notes to Participants: Please wear comfortable clothes & shoes.

**GENTLE YOGA**
Dates: Mondays, April 17- June 19  |  Time: 11:00am-12:00pm  |  Location: Dance Studio
Instructor: Lynette
Number of Participants: 15  |  Class Level: All Levels  |  Ages: 15+

Join us for Gentle Yoga at The Stoudamire. Move your body through a complete series of seated and standing yoga poses. Increase flexibility, balance, and range of motion.

Notes to Participants: Please wear comfortable clothes & bring a yoga mat. We have yoga materials available through omnify as an add on.

**INTRODUCTION TO BROADCASTING BY DETROIT EMPOWERMENT PROGRAM**  *New*
Dates: Mondays, April 17- June 19  |  Time: 4:00pm-6:00pm  |  Location: Tech Hub
Instructor: Brian Piccolo (Detroit Empowerment Program)
Number of Participants:15  |  Class Level: Youth  |  Ages: 11+

Are you interested in Media Production? Detroit Empowerment Program will be bringing a Media Production class to the Stoudamire! Youth will develop and learn the basics of broadcasting and developing their own podcast, news broadcasting & audio/video production.

Notes to the Participants: Transportation and snacks will be provided.

Contact: Brian Piccolo at brianpiccolo156@yahoo.com
ZUMBA

Dates: Mondays, April 17-June 19  l  Time: 5:30pm-6:30pm  l  Location: Dance Studio
Instructor: Marena Jackson
Number of Participants: 15  l  Class Level: All Levels  l  Ages: 12+

Do you love to dance? Get moving with us! Zumba is a form of aerobic dance exercise similar to Jazzercise; its distinctive characteristic is its use of Latin American music and dance rhythms to create a party-like atmosphere in class sessions. There are two versions about the origin of the program’s name: one version states that Zumba comes from a Colombian slang word meaning “to buzz like a bee” or “fast-moving”; the second version is that it was chosen arbitrarily as a brand name with a Latin American flavor.

Notes to Participants: Please wear comfortable clothes & shoes.

Intro to MMA *New

Dates: Mondays, April 17-June 19  l  Time: 6:30pm-7:30pm  l  Location: Fitness Studio
Instructor: Armenak Chobanian
Number of Participants: 15  l  Class Level: All Levels  l  Ages: 14+

Learn the basics of Mixed Martial Arts in a fun, welcoming, and safe environment! MMA is a blend of kickboxing, grappling, & more to create a modern program perfect for FITNESS, FUN, and SELF DEFENSE. All ages, body types, and genders are welcome! Safe and fun training is always the highest priority, come move with us!

Notes to Participants: Please wear comfortable clothes & shoes. MMA/Boxing Gloves (Optional)

YIN YOGA *New

Dates: Mondays, April 17- June 23  l  Time: 6:45pm-7:45pm  l  Location: Dance Studio
Instructor: Inez Hodge
Number of Participants: 15  l  Class Level: All Levels  l  Ages: 15+

Are having trouble relaxing in the evening? Yin Yoga is perfect to get you ready for a great night’s rest. We will focus on relaxation and inner peace. While holding particular restorative poses we will be giving the body an opportunity to reset and refresh. We are not robots, yet we live our lives on autopilot. Yin Yoga will give the mind a chance to catch-up and reconnect to the body.

Notes to Participants: Please wear comfortable clothes & bring a yoga mat. We have yoga materials available through Omnify as an add on.

YOUTH JEWELRY CLASS *New

Date: Mondays, April 17- June 23  l  Time: 6:00pm-7:00pm  l  Location: Art Studio
Instructor: Troye Aho
Number of Participants: 15  l  Class Level: Youth  l  Ages: 10+

Do you enjoy making fun wearable pieces? Students will learn the basics of putting together materials for creating earrings, necklaces, and bracelets. Students will use pre-made beads and charms at the beginning, and may learn bead-making techniques if there is demand for it near the end of the session.

Notes to Participants: This class is recommended for youth ages 10+

Material Fee: There is an optional $5 material fee to cover the cost of materials during the course. If you would like to pay, please contact ncawthorne@ecn-detroit.org.
TUESDAY

- **CHAIR AEROBICS *New***
  Dates: Tuesdays, April 18 - June 20  |  Time: 10:00am-11:00am  |  Location: Fitness Studio
  Instructor: Julie (Fitness with Julie)
  Number of Participants: 15  |  Class Level: Beginner  |  Ages: 16+

  Are you interested in improving your cardiovascular health but have limitations? Join us for a functional aerobic workout that is done using a chair to either sit or use for balance. Chair Aerobics is designed to be a challenging workout for everyone that will increase your heart rate, burn calories, and build strength.

  Notes to Participants: Please wear comfortable clothes & shoes.

- **COMPUTER BASICS 101: BASIC SKILLS***
  Dates: Tuesdays, April 18 - June 20  |  Time: 10:00am-11:00am  |  Location: Tech Hub
  Instructor: Fred Holmes
  Number of Participants: 15  |  Class Level: Beginner  |  Ages: 16+

  This is an introduction to basic computer use. Learn the vocabulary and terminology related to computer and word processing, Google Docs, and the Internet. We will discuss the history of the internet and computer history. Participants will be introduced to different software and programs to build their confidence with computers.

  Notes for Participants: We provide laptops for use during class. You are also welcome to bring your personal computer.

- **INTRODUCTION TO KNITTING***
  Dates: Tuesdays, April 18-June 20  |  Time: 12:00pm-2:00pm  |  Location: Art Studio
  Instructor: Cynthia Saxton
  Number of Participants: 15  |  Class Level: Beginner  |  Ages: 16+

  Learn how to knit with our experienced instructor, Cynthia Saxton. Explore the basics of knitting and leave the class with a small project of your own.

- **INTRODUCTION TO POTTERY***
  Dates: Tuesdays, May 22, May 29, June 5, and June 12  |  Time: 4:00pm-6:00pm  |  Location: Art Studio
  Instructor: Alethea Davenport
  Number of Participants: 20  |  Class Level: Beginner  |  Ages: 16+

  Do you enjoy creating new art projects? Learn pottery with the Pewabic Street Team! Participants will learn the basics of hand-building and leave this four-week series with a piece of their own.

  Material Fee: There is an optional $20 material fee to cover the cost of materials during the course. If you would like to pay, please contact ncawthorne@ecn-detroit.org.
**YOUTH HIP HOP DANCE**  
Dates: Tuesdays, April 18-June 20  
Time: 5:30pm-7:30pm  
Location: Dance Studio  
Instructor: Keyera Guide of BUILT non-profit  
Number of Participants: 20  
Class Level: Beginner  
Ages: 4-12  

This is a high energy class that infuses the latest styles of street dancing, popping, locking, and breaking. Class will encourage students to step outside of their comfort zone and bring their own individual style and personality to the movements.

Notes for Participants: Participants will need non-slip shoes and workout clothes.

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**OPEN TECH HUB HOURS**  
Dates: Wednesdays, April 17-June 23  
Time: 10:00am-4:00pm  
Location: Butterfly Room  
Instructor: N/A, Open computer lab hours  
Number of Participants: No registration required, Walk ins  
Class Level: None  
Ages: 13+  

Members are welcome to check out a computer for use in the Tech Hub during our open computer lab hours. There is no instructor during these hours. These are meant for independent computer use.

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**BEGINNER STEP**  
*New*  
Dates: Wednesdays, April 19-June 21  
Time: 10:00am-11:00am  
Location: Fitness Studio  
Instructor: Julie (Fitness with Julie)  
Number of Participants: 20  
Class Level: All Levels  
Ages: 16+  

Step aerobics has all the benefits of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health. It also burns calories, making it an ideal way to maintain your target body weight. The moves target your legs, upper body, and core, building strength and flexibility. Step Aerobics improves your balance, coordination, and agility.

Notes to Participants: Please wear comfortable clothes & shoes. Steppers will be provided.

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**KIDS SEWING CLASS**  
Dates: Wednesdays, April 19-June 21  
Time: 5:00pm-7:00pm  
Location: Art Studio  
Instructor: Volencia Simpson of BUILT Non-Profit  
Number of Participants: 10  
Class Level: Youth Ages  
Ages: 8+  

Calling all fashionistas and future designers...come learn how to sew. You would learn how to make a flat design croquet, operate a sewing machine, and make a cool design with a commercial pattern.

Notes to Participants: You are welcome to bring your own machine and supplies. A basic sewing kit is needed.

Material Fee: There is an optional $10 material fee for this class that includes use of sewing machines and materials. If you are in need of a scholarship, please contact ncawthorne@ecn-detroit.org.
INTERMEDIATE SEWING

Dates: Wednesdays, April 19- June 21 | Time: 12:00pm-2:00pm | Location: Art Studio
Instructor: Volencia Simpson of BUILT Non-Profit
Number of Participants: 10 | Class Level: Intermediate | Ages: 15+

Have you ever wanted to develop your sewing skills? Now is your chance! Join us for weekly classes to advance your sewing practice. Please contact the instructor if you are unsure if this class is for you at builtnonprofit@gmail.com

Notes to Participants: You are welcome to bring your own machine and supplies.

Material Fee: There is a $10 material fee for this class that includes use of sewing machines and materials. If you are in need of a scholarship, please contact ncawthorne@ecn-detroit.org.

INTRODUCTION TO BROADCASTING BY DETROIT EMPOWERMENT PROGRAM *New

Dates: Wednesdays, April 19-June 21 | Time: 4:00pm-6:00pm | Location: Tech Hub
Instructor: Brian Piccolo (Detroit Empowerment Program)
Number of Participants: 15 | Class Level: Youth | Ages: 11+

Are you interested in Media Production? Detroit Empowerment Program will be bringing a Media Production class to the Stoudamire! Youth will develop and learn the basics of broadcasting and developing their own podcast, news broadcasting & audio/video production.

Notes to the Participants: Transportation and snacks will be provided.

Contact: Brian Piccolo at brianpiccolo156@yahoo.com

ZUMBA

Dates: Wednesday, April 19-June 21 | Time: 5:30pm-6:30pm | Location: Dance Studio
Instructor: Marena Jackson
Number of Participants: 15 | Class Level: All Levels | Ages: 12+

Do you love to dance? Get moving with us! Zumba is a form of aerobic dance exercise similar to Jazzercise; its distinctive characteristic is its use of Latin American music and dance rhythms to create a party-like atmosphere in class sessions. There are two versions about the origin of the program’s name: one version states that Zumba comes from a Colombian slang word meaning “to buzz like a bee” or “fast-moving”; the second version is that it was chosen arbitrarily as a brand name with a Latin American flavor.

Notes to Participants: Please wear comfortable clothes & shoes.

HATHA YOGA *New

Dates: Wednesdays, April 19- June 21 | Time: 4:30-5:30pm | Location: Dance Studio
Instructor: Neethi Sriranga
Number of Participants: 15 | Class Level: All Levels | Ages: 15+

Join us for Yoga at The Stoudamire. Hatha yoga focuses on posture and breathing techniques, traditionally to channel vital energy sources. This form of Yoga moves your body through a complete series of seated and standing yoga poses. Increase flexibility, balance, and range of motion.

Notes to Participants: Please wear comfortable clothes & bring a yoga mat. We have limited yoga materials available through omnify as an add on.
**ADVANCED COMPUTER SKILLS** *New*

Dates: Thursdays, April 20-June 22  |  Time: 10:00am-11:00am  |  Location: Tech Hub  
Instructor: Fred Holmes  
Number of Participants: 15  |  Class Level: Intermediate  |  Ages: 16+

This course is designed to give students a basic knowledge of how to use technology to succeed in an online setting. Students will learn a variety of online and computer programs that will enable them to create videos, presentations, projects, posters and reports. We will be exploring topics such as computer hardware, software, document processing, and a variety of other useful applications. We will also review basic netiquette and internet safety skills.

Notes to Participants: We provide laptops for use during class. You are also welcome to bring your personal computer.

**CHAIR AEROBICS** *New*

Dates: Thursdays, April 20-June 22  |  Time: 10:00am-11:00am  |  Location: Fitness Studio  
Instructor: Julie (Fitness with Julie)  
Number of Participants: 15  |  Class Level: Beginner  |  Ages: 16+

Are you interested in improving your cardiovascular health but have limitations? Join us for a functional aerobic workout that is done using a chair to either sit or use for balance. Chair Aerobics is designed to be a challenging workout for everyone that will increase your heart rate, burn calories, and build strength.

Notes to Participants: Please wear comfortable clothes & shoes.

**INTRODUCTION TO BROADCASTING BY DETROIT EMPOWERMENT PROGRAM** *New*

Dates: Thursdays, April 20-June 22  |  Time: 4:00pm-5:00pm  |  Location: Tech Hub  
Instructor: Brian Piccolo (Detroit Empowerment Program)  
Number of Participants: 15  |  Class Level: Youth  |  Ages: 11+

Are you interested in Media Production? Detroit Empowerment Program will be bringing a Media Production class to the Stoudamire! Youth will develop and learn the basics of broadcasting and developing their own podcast, news broadcasting & audio/video production.

Notes to the Participants: Transportation and snacks will be provided.

Contact: Brian Piccolo at brianpiccolo156@yahoo.com

**HUSTLE CLASS**

Dates: Thursdays, April 20-June 22  |  Time: 5:45pm-7:30pm  |  Location: Atrium  
Instructor: CJ of Hustle 4 Life  
Number of Participants: 40  |  Class Level: Beginner  |  Ages: 13+

Come dance with us! Hustle 4 Life focuses on teaching participants the latest hustle line dances. Participants are able to learn at their own pace and are supported by instructor Cynthia Johnson.

Notes to Participants: Please wear comfortable shoes.
OPEN TECH HUB HOURS
Dates: Fridays, April 17-June 23 | Time: 10am-4pm | Location: Butterfly Room
Instructor: N/A, Open computer lab hours
Number of Participants: No registration required, Walk ins | Class Level: None | Ages: 13+

Members are welcome to check out a computer for use in the Tech Hub during our open computer lab hours. There is no instructor during these hours. These are meant for independent computer use.

SPIN CLASS
Dates: Fridays, April 21-June 23 | Time: 10:00am-11:00am | Location: Fitness Studio
Instructor: Julie (Fitness with Julie)
Number of Participants: 5 | Class Level: Beginner | Ages: 16+

Prepare to drip with sweat as you join our small Air Biking class here at the Stoudamire. Spin Cycle class has all the benefits of a high intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health. It also burns calories, making it an ideal way to maintain your target body weight. Spin Cycle targets both your legs, upper body, and core, building strength and flexibility. Air Biking also improves your balance, coordination, and agility.

Spin class makes it possible to work up a sweat and burn fat efficiently in just 1 hour. This type of bike doesn't have any pre-programmed options. Instead, you create resistance by pedaling. The faster you pedal, the faster the wheel blades rotate and the more resistance you generate.

Notes to Participants: Please wear comfortable clothes & shoes.

BLACK WOMEN’S WELLNESS GROUP Sessions: 8
Dates: Fridays, April 21-June 23 | Time: 11:00am-12:00pm | Location: Executive Meeting Room
Instructor: Adesina Wheeler of ECN
Number of Participants: 10 | Class Level: Beginner | Ages: 16+

This class is geared toward the overall well-being of Black Women’s health. The class will be a discussion-based, one-hour session once a week for 8 weeks led by our Wellness Coach, Adesina Wheeler. Participants will receive materials throughout the course including recipes, affirmations cards, stress balls, t-shirts, etc. All ages are welcome to join.
COMMUNITY FACILITATOR RESTORATIVE JUSTICE TRAINING *New
Dates: Saturdays, April 22, 29, and May 6, 13, 20 | Time: 10:00 AM - 2:00 PM | Location: Flex Meeting Room
Instructors: Belinda Dulin, Isha Bhatt, Matt Mangan, Lauren Fardig-Diop
Number of Participants: 12 | Class Level: Beginner | Ages: 18+

The Metro Detroit Restorative Justice Network (MDRJN) is a collective of practitioners and advocates working to advance restorative justice in Detroit. Practitioners from the MDRJN will support participants in learning and experiencing a conflict resolution model of restorative justice that centers on relationships. During this 5-week training, participants will learn the philosophy, principles, and language of restorative justice. Participants will also learn how to facilitate circle processes for conflict and incidents of minor harm. The MDRJN will supply all books and training materials required for the training. Additionally, all participants will receive a $600.00 stipend and a Certificate of Completion at the conclusion of the training.

Notes to Participants: Spots are limited, participants must register

ZUMBA
Dates: Saturdays | April 29 - June 17 | Time: 10:15am-11:15am | Location: Dance Studio
Instructor: Marena Jackson
Number of Participants: 15 | Class Level: All Levels | Ages: 12+

Do you love to dance? Get moving with us! Zumba is a form of aerobic dance exercise similar to Jazzercise; its distinctive characteristic is its use of Latin American music and dance rhythms to create a party-like atmosphere in class sessions. There are two versions about the origin of the program’s name: one version states that Zumba comes from a Colombian slang word meaning “to buzz like a bee” or “fast-moving”; the second version is that it was chosen arbitrarily as a brand name with a Latin American flavor.

Notes to Participants: Please wear comfortable clothes & shoes.

HATHA YOGA *New
Dates: Saturdays | April 29 - June 17 | Time: 11:00am-12:00pm | Location: Dance Studio
Instructor: Neethi Sriranga
Number of Participants: 15 | Class Level: All Levels | Ages: 15+

Join us for Yoga at The Stoudamire. Hatha yoga focuses on posture and breathing techniques, traditionally to channel vital energy sources. This form of Yoga moves your body through a complete series of seated and standing yoga poses. Increase flexibility, balance, and range of motion.

Notes to Participants: Please wear comfortable clothes & bring a yoga mat. We have limited yoga materials available through omnify as an add on.

YOUTH GRAPHIC DESIGN *New
Dates: Saturdays, April 29 - June 17 | Time: 11:00am-12:00pm | Location: Tech Hub
Instructor: Troye Aho
Number of Participants: 15 | Class Level: Beginner | Ages: 11+

Are you interested in Graphic Design? Students will learn how to navigate Canva and Adobe Photoshop. Students will learn about pairing fonts, basics of editing photos, how to use different tools within the programs, and basics of composition to create successful designs. Students will be able to design their own logo, posters, presentations, and edit photos. Notes to Participants: We provide laptops for use during class. You are also welcome to bring your personal computer.
**KICKBOXING** *New*
Dates: Saturdays, April 29 - June 17 | Time: 11:15 am-12:00 pm | Location: Fitness Studio
Instructor: Marena Jackson
Number of Participants: 15 | Class Level: Beginner | Ages: 16+

Are you looking for a class that combines martial arts with cardio? Kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Notes to Participants: Please wear comfortable clothes & shoes.

**WOMEN'S SELF DEFENSE**
Dates: Saturdays, April 29 - June 17 | Time: 12:00pm-1pm | Location: Fitness Studio
Instructor: Master Walker of World Tae Kwon Do
Number of Participants: 15 | Class Level: Beginner | Ages: 15+

Do you wanna learn how to defend yourself? Learn how to defend yourself today! In this class, you will learn how to defend yourself from an attacker. You will learn when and where it is appropriate to physically defend yourself. Learn with other women in the community from a martial arts master!

Master Walker is trained in TaeKwonDo, Tae Bo, Olympic style Tae Kwon Do and Self Defense. He has over 20 years of experience and is willing to offer this training to the members of the Stoudamire.

Notes to Participants: Please wear comfortable clothes & shoes.

**INTRODUCTION TO PAINTING** *New*
Dates: Saturdays, April 29 - June 17 | Time: 12:30pm-1:30pm | Location: Art Studio
Instructor: Jakalia Taylor
Number of Participants: 15 | Class Level: Beginner | Ages: 16+

Introduction to the fundamentals of painting. Exploration of traditional and contemporary techniques and methodologies through a variety of subjects including imagination, still life, self portrait, landscape and the figure.

Notes to Participants: Feel free to bring your own supplies.

Material Fee: There is an optional $20 material fee to cover the cost of materials during the course. If you would like to pay, please contact ncawthorne@ecn-detroit.org.

**ONE-ON-ONE COMPUTER TRAINING APPOINTMENTS**
Dates: Saturdays, April 17-June 23 | Time: 12:00pm-3:00pm | Location: Community meeting room
Instructor: Fred Holmes
Number of Participants: one on one session | Ages: 13+

Do you need individual support learning how to use your device? Book a session online to work one-on-one with our skilled instructor, Fred Holmes. These sessions are available for any basic computer-based questions you may have.
MONDAY

**OPEN TECH HUB HOURS**  
Date: Mondays, July 10-August 21  
Time: 10:00am-4:00pm  
Location: Butterfly Room  
Instructor: N/A, Open computer lab hours  
Number of Participants: No registration required, Walk ins  
Class Level: None  
Ages: 13+  

Members are welcome to check out a computer for use in the Tech Hub during our open computer lab hours. There is no instructor during these hours. These are meant for independent computer use.

**SPIN CLASS**  
Dates: Mondays, July 10- August 21  
Time: 10:00am-11:00am  
Location: Fitness Studio  
Instructor: Julie (Fitness with Julie)  
Number of Participants: 5  
Class Level: Beginner to Intermediate  
Ages: 16+  

Prepare to drip with sweat as you join our small Air Biking class here at the Stoudamire. Spin Cycle class has all the benefits of a high intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health. It also burns calories, making it an ideal way to maintain your target body weight. Spin Cycle targets both your legs, upper body, and core, building strength and flexibility. Air Biking also improves your balance, coordination, and agility.

Spin class makes it possible to work up a sweat and burn fat efficiently in just 1 hour. This type of bike doesn't have any preprogrammed options. Instead, you create resistance by pedaling. The faster you pedal, the faster the wheel blades rotate and the more resistance you generate.

Notes to Participants: Please wear comfortable clothes & shoes.

**GENTLE YOGA**  
Dates: Mondays, July 10-August 21  
Time: 11:00am-12:00pm  
Location: Dance Studio  
Instructor: Lynette  
Number of Participants: 15  
Class Level: All Levels  
Ages: 15+  

Join us for Gentle Yoga at The Stoudamire. Move your body through a complete series of seated and standing yoga poses.

Increase flexibility, balance, and range of motion.

Notes to Participants: Please wear comfortable clothes & bring a yoga mat. We have yoga materials available through omnify as an add on.

**INTRODUCTION TO BROADCASTING BY DETROIT EMPOWERMENT PROGRAM**  
Dates: Mondays, July 10-August 21  
Time: 4:00pm-6:00pm  
Location: Tech Hub  
Instructor: Brian Piccolo (Detroit Empowerment Program)  
Number of Participants: 15  
Class Level: Youth  
Ages: 11+  

Are you interested in Media Production? Detroit Empowerment Program will be bringing a Media Production class to the Stoudamire! Youth will develop and learn the basics of broadcasting and developing their own podcast, news broadcasting & audio/video production.

Notes to the Participants: Transportation and snacks will be provided.

Contact: Brian Piccolo at brianpiccolo156@yahoo.com
**ZUMBA**

Dates: Mondays, July 10-August 21  
Time: 5:30pm-6:30pm  
Location: Dance Studio  
Instructor: Marena Jackson  
Number of Participants: 15  
Class Level: All Levels  
Ages: 12+

Do you love to dance? Get moving with us! Zumba is a form of aerobic dance exercise similar to Jazzercise; its distinctive characteristic is its use of Latin American music and dance rhythms to create a party-like atmosphere in class sessions. There are two versions about the origin of the program's name: one version states that Zumba comes from a Colombian slang word meaning “to buzz like a bee” or “fast-moving”; the second version is that it was chosen arbitrarily as a brand name with a Latin American flavor.

Notes to Participants: Please wear comfortable clothes & shoes.

**INTRO TO MMA**

Dates: Mondays, July 10-August 21  
Time: 6:30pm-7:30pm  
Location: Fitness Studio  
Instructor: Armenak Chobanian  
Number of Participants: 15  
Class Level: All Levels  
Ages: 14+

Learn the basics of Mixed Martial Arts in a fun, welcoming, and safe environment! MMA is a blend of kickboxing, grappling, & more to create a modern program perfect for FITNESS, FUN, and SELF DEFENSE. All ages, body types, and genders are welcome! Safe and fun training is always the highest priority, come move with us!

Notes to Participants: Please wear comfortable clothes & shoes. MMA/Boxing Gloves (Optional)

**YIN YOGA**

Dates: Mondays, July 10-August 21  
Time: 6:45pm-7:45pm  
Location: Dance Studio  
Instructor: Inez Hodge  
Number of Participants: 15  
Class Level: All Levels  
Ages: 15+

Are having trouble relaxing in the evening? Yin Yoga is perfect to get you ready for a great night’s rest. We will focus on relaxation and inner peace. While holding particular restorative poses we will be giving the body an opportunity to reset and refresh. We are not robots, yet we live our lives on autopilot. Yin Yoga will give the mind a chance to catch-up and reconnect to the body.

Notes to Participants: Please wear comfortable clothes & bring a yoga mat. We have yoga materials available through omnify as an add on.

**YOUTH JEWELRY CLASS**

Date: Mondays, July 10-August 21  
Time: 6:00pm-7:00pm  
Location: Art Studio  
Instructor: Troye Aho  
Number of Participants: 15  
Class Level: Youth  
Ages: 10+

Do you enjoy making fun wearable pieces? Students will learn the basics of putting together materials for creating earrings, necklaces, and bracelets. Students will use pre-made beads and charms at the beginning, and may learn bead-making techniques if there is demand for it near the end of the session.

Notes to Participants: This class is recommended for youth ages 10+

Material Fee: There is an optional $5 material fee to cover the cost of materials during the course. If you would like to pay, please contact ncawthorne@ecn-detroit.org.
TUESDAY

**CHAIR AEROBICS**
Dates: Tuesdays, July 11-August 22 | Time: 10:00am-11:00am | Location: Fitness Studio
Instructor: Julie (Fitness with Julie)
Number of Participants: 15 | Class Level: Beginner | Ages: 16+

Are you interested in improving your cardiovascular health but have limitations? Join us for a functional aerobic workout that is done using a chair to either sit or use for balance. Chair Aerobics is designed to be a challenging workout for everyone that will increase your heart rate, burn calories, and build strength.

Notes to Participants: Please wear comfortable clothes & shoes.

**COMPUTER BASICS 101: BASIC SKILLS**
Dates: Tuesdays, July 11-August 22 | Time: 10:00am-11:00am | Location: Tech Hub
Instructor: Fred Holmes
Number of Participants: 15 | Class Level: Beginner | Ages: 16+

This is an introduction to basic computer use. Learn the vocabulary and terminology related to computer and word processing, Google Docs, and the Internet. We will discuss the history of the internet and computer history. Participants will be introduced to different software and programs to build their confidence with computers.

Notes for Participants: We provide laptops for use during class. You are also welcome to bring your personal computer.

**INTRODUCTION TO KNITTING**
Dates: Tuesdays, July 11-August 22 | Time: 12:00pm-2:00pm | Location: Art Studio
Instructor: Cynthia Saxton
Number of Participants: 15 | Class Level: Beginner | Ages: 16+

Learn how to knit with our experienced instructor, Cynthia Saxton. Explore the basics of knitting and leave the class with a small project of your own.

**INTRODUCTION TO POTTERY**
Dates: Tuesdays, July 31, August 7, August 14, and August 21 | Time: 4:00pm-6:00pm | Location: Art Studio
Instructor: Alethea Davenport
Number of Participants: 20 | Class Level: Beginner | Ages: 16+

Learn pottery with the Pewabic Street Team! Participants will learn the basics of hand-building and leave this four-week series with a piece of their own.

Material Fee: There is an optional $20 material fee to cover the cost of materials during the course. If you would like to pay, please contact ncawthorne@ecn-detroit.org.
SUMMER 2023 CLASSES

**YOUTH HIP HOP DANCE**
Dates: Tuesdays, July 11-August 22 | Time: 5:30pm-7:30pm | Location: Dance Studio
Instructor: Keyera Guide of BUILT non-profit
Number of Participants: 20 | Class Level: Beginner | Ages: 4-12

This is a high energy class that infuses the latest styles of street dancing, popping, locking, and breaking. Class will encourage students to step outside of their comfort zone and bring their own individual style and personality to the movements.

Notes for Participants: Participants will need non-slip shoes and workout clothes.

**WEDNESDAY**

**OPEN TECH HUB HOURS**
Dates: Wednesday, July 12-August 23 | Time: 10:00am-4:00pm | Location: Butterfly Room
Instructor: N/A, Open computer lab hours
Number of Participants: No registration required, Walk ins | Class Level: None | Ages: 13+

Members are welcome to check out a computer for use in the Tech Hub during our open computer lab hours. There is no instructor during these hours. These are meant for independent computer use.

**BEGINNER STEP**
Dates: Wednesdays, July 12-August 23 | Time: 10:00am-11:00am | Location: Fitness Studio
Instructor: Julie (Fitness with Julie)
Number of Participants: 20 | Class Level: All Levels | Ages: 16+

Step aerobics has all the benefits of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health. It also burns calories, making it an ideal way to maintain your target body weight. The moves target your legs, upper body, and core, building strength and flexibility. Step Aerobics improves your balance, coordination, and agility.

Notes to Participants:
Please wear comfortable clothes & shoes. Steppers will be provided.

**KIDS SEWING CLASS**
Dates: Wednesdays, July 12-August 23 | Time: 5:00pm-7:00pm | Location: Art Studio
Instructor: Volencia Simpson of BUILT Non-Profit
Number of Participants: 10 | Class Level: Youth Ages | Ages: 8+

Calling all fashionistas and future designers...come learn how to sew. You would learn how to make a flat design croquet, operate a sewing machine, and make a cool design with a commercial pattern.

Notes to Participants: You are welcome to bring your own machine and supplies. A basic sewing kit is needed.

Material Fee: There is an optional $10 material fee for this class that includes use of sewing machines and materials. If you are in need of a scholarship, please contact ncawthorne@ecn-detroit.org.
INTERMEDIATE SEWING

Dates: Wednesdays, July 12-August 23 | Time: 12:00pm-2:00pm | Location: Art Studio
Instructor: Volencia Simpson of BUILT Non-Profit
Number of Participants: 10 | Class Level: Intermediate | Ages: 15+

Have you ever wanted to develop your sewing skills? Now is your chance! Join us for weekly classes to advance your sewing practice. Please contact the instructor if you are unsure if this class is for you at builtnonprofit@gmail.com

Notes to Participants: You are welcome to bring your own machine and supplies.

Material Fee: There is a $10 material fee for this class that includes use of sewing machines and materials. If you are in need of a scholarship, please contact ncawthorne@ecn-detroit.org.

INTRODUCTION TO BROADCASTING BY DETROIT EMPOWERMENT PROGRAM

Dates: Wednesdays, July 12-August 23 | Time: 4:00pm-6:00pm | Location: Tech Hub
Instructor: Brian Piccolo (Detroit Empowerment Program)
Number of Participants: 15 | Class Level: Youth | Ages: 11+

Are you interested in Media Production? Detroit Empowerment Program will be bringing a Media Production class to the Stoudamire! Youth will develop and learn the basics of broadcasting and developing their own podcast, news broadcasting & audio/video production.

Notes to the Participants: Transportation and snacks will be provided.

Contact: Brian Piccolo at brianpiccolo156@yahoo.com

ZUMBA

Dates: Wednesday, July 12-August 23 | Time: 5:30pm-6:30pm | Location: Dance Studio
Instructor: Marena Jackson
Number of Participants: 15 | Class Level: All Levels | Ages: 12+

Do you love to dance? Get moving with us! Zumba is a form of aerobic dance exercise similar to Jazzercise; its distinctive characteristic is its use of Latin American music and dance rhythms to create a party-like atmosphere in class sessions. There are two versions about the origin of the program’s name: one version states that Zumba comes from a Colombian slang word meaning “to buzz like a bee” or “fast-moving”; the second version is that it was chosen arbitrarily as a brand name with a Latin American flavor.

Notes to Participants: Please wear comfortable clothes & shoes.

HATHA YOGA

Dates: Wednesdays, July 12-August 23 | Time: 4:30pm-5:30pm | Location: Dance Studio
Instructor: Neethi Sriranga
Number of Participants: 15 | Class Level: All Levels | Ages: 15+

Join us for Yoga at The Stoudamire. Hatha yoga focuses on posture and breathing techniques, traditionally to channel vital energy sources. This form of Yoga moves your body through a complete series of seated and standing yoga poses. Increase flexibility, balance, and range of motion.

Notes to Participants: Please wear comfortable clothes & bring a yoga mat. We have limited yoga materials available through omnify as an add on.
THURSDAY

**ADVANCED COMPUTER SKILLS**
Dates: Thursdays, July 13-August 24 | Time: 10:00am-11:00am | Location: Tech Hub
Instructor: Fred Holmes
Number of Participants: 15 | Class Level: Intermediate | Ages: 16+

This course is designed to give students a basic knowledge of how to use technology to succeed in an online setting. Students will learn a variety of online and computer programs that will enable them to create videos, presentations, projects, posters and reports. We will be exploring topics such as computer hardware, software, document processing, and a variety of other useful applications. We will also review basic netiquette and internet safety skills.

Notes to Participants: We provide laptops for use during class. You are also welcome to bring your personal computer.

**CHAIR AEROBICS**
Dates: Thursdays, July 13-August 24 | Time: 10:00am-11:00am | Location: Fitness Studio
Instructor: Julie (Fitness with Julie)
Number of Participants: 15 | Class Level: Beginner | Ages: 16+

Are you interested in improving your cardiovascular health but have limitations? Join us for a functional aerobic workout that is done using a chair to either sit or use for balance. Chair Aerobics is designed to be a challenging workout for everyone that will increase your heart rate, burn calories, and build strength.

Notes to Participants: Please wear comfortable clothes & shoes.

**INTRODUCTION TO BROADCASTING BY DETROIT EMPOWERMENT PROGRAM**
Dates: Thursdays, July 13-August 24 | Time: 4:00pm-5:00pm | Location: Tech Hub
Instructor: Brian Piccolo (Detroit Empowerment Program)
Number of Participants: 15 | Class Level: Youth | Ages: 11+

Are you interested in Media Production? Detroit Empowerment Program will be bringing a Media Production class to the Stoudamire! Youth will develop and learn the basics of broadcasting and developing their own podcast, news broadcasting & audio/video production.

Notes to the Participants: Transportation and snacks will be provided.

Contact: Brian Piccolo at brianpiccolo156@yahoo.com

**HUSTLE CLASS**
Dates: Thursdays, July 13-August 24 | Time: 5:45pm-7:30pm | Location: Atrium
Instructor: CJ of Hustle 4 Life
Number of Participants: 40 | Class Level: Beginner | Ages: 13+

Come dance with us! Hustle 4 Life focuses on teaching participants the latest hustle line dances. Participants are able to learn at their own pace and are supported by instructor Cynthia Johnson.

Notes to Participants: Please wear comfortable shoes.
FRIDAY

- **OPEN TECH HUB HOURS**
  Dates: Fridays, July 14-August 25  l  Time: 10:00am-4:00pm  l  Location: Butterfly Room
  Instructor: N/A, Open computer lab hours
  Number of Participants: No registration required, Walk ins  l  Class Level: None  l  Ages: 13+

  Members are welcome to check out a computer for use in the Tech Hub during our open computer lab hours. There is no instructor during these hours. These are meant for independent computer use.

- **SPIN CLASS**
  Dates: Fridays, July 14-August 25  l  Time: 10:00am-11:00am  l  Location: Fitness Studio
  Instructor: Julie (Fitness with Julie)
  Number of Participants: 5  l  Class Level: Beginner  l  Ages: 16+

  Prepare to drip with sweat as you join our small Air Biking class here at the Stoudamire. Spin Cycle class has all the benefits of a high intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health. It also burns calories, making it an ideal way to maintain your target body weight. Spin Cycle targets both your legs, upper body, and core, building strength and flexibility. Air Biking also improves your balance, coordination, and agility.

  Spin class makes it possible to work up a sweat and burn fat efficiently in just 1 hour. This type of bike doesn't have any preprogrammed options. Instead, you create resistance by pedaling. The faster you pedal, the faster the wheel blades rotate and the more resistance you generate.

  Notes to Participants: Please wear comfortable clothes & shoes.

- **BLACK WOMEN’S WELLNESS GROUP**  
**Sessions: 8**
  Dates: Fridays, July 14-August 25  l  Time: 11:00am-12:00pm  l  Location: Executive Meeting Room
  Instructor: Adesina Wheeler of ECN
  Number of Participants: 10  l  Class Level: Beginner  l  Ages: 16+

  This class is geared toward the overall well-being of Black Women’s health. The class will be a discussion-based, one-hour session once a week for 8 weeks led by our Wellness Coach, Adesina Wheeler. Participants will receive materials throughout the course including recipes, affirmations cards, stress balls, t-shirts, etc. All ages are welcome to join.
SATURDAY

- **ZUMBA**
  Dates: Saturdays, July 15-August 19 | Time: 10:15am-11:15am | Location: Dance Studio
  Instructor: Marena Jackson
  Number of Participants: 15 | Class Level: All Levels | Ages: 12+

  Do you love to dance? Get moving with us! Zumba is a form of aerobic dance exercise similar to Jazzercise; its distinctive characteristic is its use of Latin American music and dance rhythms to create a party-like atmosphere in class sessions. There are two versions about the origin of the program's name: one version states that Zumba comes from a Colombian slang word meaning “to buzz like a bee” or “fast-moving”; the second version is that it was chosen arbitrarily as a brand name with a Latin American flavor.

  Notes to Participants: Please wear comfortable clothes & shoes.

- **HATHA YOGA**
  Dates: Saturdays, July 15-August 19 | Time: 11:00am-12:00pm | Location: Dance Studio
  Instructor: Neethi Sriranga
  Number of Participants: 15 | Class Level: All Levels | Ages: 15+

  Join us for Yoga at The Stoudamire. Hatha yoga focuses on posture and breathing techniques, traditionally to channel vital energy sources. This form of Yoga moves your body through a complete series of seated and standing yoga poses. Increase flexibility, balance, and range of motion.

  Notes to Participants: Please wear comfortable clothes & bring a yoga mat. We have limited yoga materials available through omnify as an add on.

- **YOUTH GRAPHIC DESIGN**
  Dates: Saturdays, July 15-August 19 | Time: 11:00am-12:00pm | Location: Tech Hub
  Instructor: Troye Aho
  Number of Participants: 15 | Class Level: Beginner | Ages: 11+

  Are you interested in Graphic Design? Students will learn how to navigate Canva and Adobe Photoshop. Students will learn about pairing fonts, basics of editing photos, how to use different tools within the programs, and basics of composition to create successful designs. Students will be able to design their own logo, posters, presentations, and edit photos.

  Notes to Participants: We provide laptops for use during class. You are also welcome to bring your personal computer.

- **KICKBOXING**
  Dates: Saturdays, July 15- August 19 | Time: 11:15 am-12:00 pm | Location: Fitness Studio
  Instructor: Marena Jackson
  Number of Participants: 15 | Class Level: Beginner | Ages: 16+

  Are you looking for a class that combines martial arts with cardio? Kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

  Notes to Participants: Please wear comfortable clothes & shoes.
WOMEN’S SELF DEFENSE
Dates: Saturdays, July 15-August 19  l  Time: 12:00pm-1:00pm  l  Location: Fitness Studio
Instructor: Master Walker of World Tae Kwon Do
Number of Participants: 15  l  Class Level: Beginner  l  Ages: 15+

Do you wanna learn how to defend yourself? Learn how to defend yourself today! In this class, you will learn how to defend yourself from an attacker. You will learn when and where it is appropriate to physically defend yourself. Learn with other women in the community from a martial arts master!

Master Walker is trained in TaeKwonDo, Tae Bo, Olympic style Tae Kwon Do and Self Defense. He has over 20 years of experience and is willing to offer this training to the members of the Stoudamire.

Notes to Participants: Please wear comfortable clothes & shoes.

INTRODUCTION TO PAINTING
Dates: Saturdays, July 15-August 19  l  Time: 12:30pm-1:30pm  l  Location: Art Studio
Instructor: Jakalia Taylor
Number of Participants: 15  l  Class Level: Beginner  l  Ages: 16+

Introduction to the fundamentals of painting. Exploration of traditional and contemporary techniques and methodologies through a variety of subjects including imagination, still life, self portrait, landscape and the figure.

Notes to Participants: Feel free to bring your own supplies

Material Fee: There is an optional $20 material fee to cover the cost of materials during the course. If you would like to pay, please contact ncawthorne@ecn-detroit.org.

ONE-ON-ONE COMPUTER TRAINING APPOINTMENTS
Dates: Saturdays, July 15-August 19  l  Time: 12:00pm-3:00pm  l  Location: Community meeting room
Instructor: Fred Holmes
Number of Participants: one on one session  l  Ages: 13+

Do you need individual support learning how to use your device? Book a session online to work one-on-one with our skilled instructor, Fred Holmes. These sessions are available for any basic computer-based questions you may have.

Class Registration

Online registration is required for classes and events.
To register, please visit ecn-detroit.org/the-stoudamire or call 313. 571.2800.
CAN THERE BE RACIAL EQUITY IN DETROIT? MONTHLY LECTURE SERIES
Date: Every Third Monday of the Month l Time: 6pm-8pm l Location: Executive Meeting Room
Starting Monday, April 17, 2023
Number of Participants: 25 l Ages: 16+

Taught by Donna Givens Davidson, this 12 month class offered at Columbia University is available at no-cost to members of The Stoudamire.

Through this special lecture series, we will explore how sustainability and racism cannot co-exist. We will demonstrate that sustainability is rooted in inclusive social wellbeing now and in future generations, but racism is rooted in hoarding of power and resources for one dominant group.

CPR & FIRST AID TRAINING
Dates: Tuesday & Wednesday | April 18 & 19 | Time: 5:00pm-7:30pm | Location: Butterfly Room
Instructor: Lisa Nieves
Number of Participants: 15 l Ages: 14+
Cost: $50

Part 1: April 18 l 5pm-7:30pm
Part 2: April 19 l 5pm-7:30pm

(Limited scholarships are available)

Do you need First Aid, CPR, and AED training that satisfies OSHA-mandated job requirements, workplace, or other regulatory requirements, or you just want to know how to keep your loved ones safe?

Upon successful completion of our courses, you will earn a certification that satisfies OSHA-mandated job requirements, workplace or other regulatory requirements, and is valid for 2 years.

Contact: aprice@ecn-detroit.org for information

BASIC LIFE SUPPORT BLS TRAINING
Date: June 13, 2023 | Time: 4pm-8pm | Location: Butterfly Room
Instructor: Lisa Nieves
Number of Participants: 15 l Age: 15+
Cost: $50

The AHA’s BLS Course is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings.

What does this course teach?
- High-quality CPR for adults, children, and infants
- The AHA Chain of Survival, specifically the BLS components
- Important early use of an AED
- Effective ventilations using a barrier device
- Importance of teams in multi rescuer resuscitation and performance as an effective team member during multi rescuer CPR
- Relief of foreign-body airway obstruction (choking) for adults and infants
**EASTERN MARKET FARM STAND**  
Dates: Saturday, March 4-May 27  
Time: 12pm-3pm  
Come get your fresh fruits & vegetables here at The Stoudamire!

**MOVIE NIGHT AT THE STOUDAMIRE (Spring & Summer)**  
Twice a month (Dates will be announced via Omnify)  
Time: 5:30pm-8:00pm  
Location: Butterfly Room  
Number of Participants: 20  
Ages: 13+

**TAE KWON DO (Spring & Summer)**  
Dates: Tuesday, Thursday, & Saturdays, April 17- August 25  
Time: Tuesdays & Thursdays, 6:00pm-7:00pm  
Saturdays, 1:00pm-2:00pm  
Location: Fitness Studio (Tuesdays & Thursdays)  
Dance Studio (Saturdays)  
Instructor: Master Walker School of Tae Kwon Do  
Number of Participants: 20  
Class Level: Beginner  
Ages: 4+  
Cost: $50 a month

Taekwondo is martial art training and techniques of unarmed combat for self-defense as well as health, involving the skilled application of punches, kicks, blocks and dodges with bare hands and feet to the rapid defeat of the moving opponent or opponents. The aspect of art denotes self control and thought coupled with the other movements.

Taekwondo is primarily a kicking art which makes it very exciting to watch and practice and is one of the reasons why Taekwondo is so much fun to learn!

Notes to Participants: Please wear comfortable clothes. Uniforms are available for purchase.

Contact: Master Clint Walker at 313.316.3559

**HOPE DAY (Spring & Summer)**  
Mondays  
Time: 10:00am-3:00pm

Join us for our City of Detroit Homeowner Property Exemption (HOPE) and Detroit Water and Sewerage Department's (DWSD) Lifeline Plan Application Assistance Days! You can apply to have part or all of your 2022 property taxes exempt, and begin the LifeLine process by completing Wayne Metro’s Universal Application, and ask questions about various assistance programs.

**GRILL & CHILL (Spring & Summer)**  
Wednesdays  
Time: 4:30pm-7:30pm

Each week our youth will be in the Vault Kitchen developing their culinary skills while engaging in discussions around wellness. Join us for good food and even better conversation. If you are interested in teaching the youth to cook please contact me! ccrutcher@ecn-detroit.org

**THE VAULT AT NIGHT: MOVIE NIGHT (Spring & Summer)**  
Thursdays  
Time: 4:30pm-7:30pm

Each week the Vault youth will be watching a movie of their choice - open to youth 13 and above.
DATES TO REMEMBER

MONDAY, APRIL 17 - FRIDAY, JUNE 23 | Spring 2023 Term
MONDAY, APRIL 22 | 11AM - 3PM | Event: Show Me The Money
SATURDAY, MAY 13 | 11AM - 2PM | Event: ECN Annual Meeting
SATURDAY, JUNE 3 | 11AM - 4PM | Event: ECN Open House
MONDAY, JUNE 26 - SUNDAY, JULY 9 | Summer Break
MONDAY, JULY 10 - FRIDAY, AUGUST 25 | Summer 2023 Term

Learn More About the Stoudamire

Learn more about ECN, The Stoudamire, and member at ecn-detroit.org/the-stoudamire or scan the QR code below.

Hours of Operation:
MON - THU: 9AM - 8PM
FRI: 9AM - 5PM
SAT: 10AM - 3PM
SUN: Closed
Our Mission
Eastside Community Network develops people, places and plans for sustainable growth on Detroit’s east side.

Our Vision
We envision the east side of Detroit as a community of choice where residents can live, work, play and thrive.