

# 'Wellness' classes are for working adults



## High Society

High Society, the quartet chosen as the best among 34,000 competitors in Sweet Adelines International championship, is the headliner for "Barbershop Bites the Big Apple." Showtime for the barbershop extravaganza of Broadway music is 8 p.m. Saturday and 3 p.m. Sunday in Our Lady of Mercy High School, corner of Middlebelt and 11 Mile. Tickets are \$6 at the door. Students and senior tickets are \$3 for the matinee only.

## new voices

MR. AND MRS. BERNIE HOFFMANN of Farmington Hills announce the arrival of their son, David. The infant was born May 31 in Korea. The couple welcomed him into their home Oct. 7.

Before-work and after-work physical fitness programs are in session through Oakland Community College's Business and Professional Institute, a community outreach from Orchard Ridge Campus.

Jan Goldberg, an exercise physiologist from Wayne State University, is coordinating the adult fitness sessions she's devised with what she calls "a wellness approach."

She explained the approach by saying, "we concentrate on the individual as a multi-dimensional unit and get people thinking about their whole being; intellectual, philosophical, nutritional and environmental and how to take care of all of those facets with no excesses."

"We hope to have our participants taking care of themselves before they get a cold or get the first chest pain. We want them to know why even better exercises or why they should be setting a positive lifestyle for themselves," she said.

Goldberg will spell out the entire wellness philosophy at a lecture at 6:30 p.m. and again at 6:30 p.m. Monday, Nov. 7, in H Building, Room 108 on campus.

Early hour and after work class times vary for the next session of classes that begin that week, but Goldberg

said all participants will derive much more benefit from the winter term if they thoroughly understand the philosophy that she will tell in the open orientation lecture.

SEVERAL local companies have either encouraged, or paid part of the cost for, their employees to enroll in Goldberg's fall class of 18 sessions given in a six-week period.

"Classes are not limited. Our classes are for all working adults who want to start working toward a positive lifestyle but don't know how to start. And even though some classes are bigger than others, we work on a prescription basis, geared to the individual. We don't want anybody killing themselves because they are doing too much too soon," Goldberg said.

"We give participants all the options, introduce them to various aerobics so they can pick one they enjoy, because if they don't enjoy doing it, they won't stick with it."

"There are no fat-type exercises here. We want to get the people coming to us to think in terms of wellness for a lifetime."

Goldberg considers lifestyle history, body composition, cardiovascular endurance, strength, flexibility, and diet in her prescriptions for a fitness program.

Through the college's institute she also gives lectures to business and professional personnel on request, and will give comprehensive fitness screening to company personnel, either at the college or on the company's premises.

Goldberg quotes from a study conducted by Exxon Corp. which indicated that for every company dollar invested in an employee health program, there was a \$3 return.

GOLDBERG comes to Orchard Ridge Campus after supervising cardi-

ac rehabilitation programs and coordinating a broad spectrum of programs for men and women of all ages and physical abilities.

She took a degree from University of Michigan in physical education and psychology, and earned a master's degree at Wayne State in exercise physiology.

Brochures on the adult fitness program will be sent on request by calling the college at 471-7561. Registration information will be given by calling the same number.

## It's time to make your own cider

Apple-lovers may make their own cider this fall at Cranbrook Institute of Science, Bloomfield Hills.

Participants may bring apples and containers to Cranbrook 1-5 p.m. Sundays, Oct. 9, 16, 23 and 30 and use a

hand-operated press to make cider.

Apple cider-making is included with the regular admission price of \$2.75 for adults and \$1.75 for students and senior citizens.

## Construction courses offered

Two non-credit building construction courses will be offered at the Wayne State University College of Lifelong Learning center at Groves High School, Evergreen and 13 Mile in Beverly Hills.

The courses are scheduled to begin the week of Oct. 10.

A class on blueprint reading will run 7-9:30 p.m. Tuesdays, Oct. 11 through Dec. 13.

A course on building construction estimating will run 7-9:30 p.m. on Wednesdays, Oct. 12 through Dec. 14. Call 577-4710 for information or to register.

## Crafters called to rent space

Artists and hand-crafters interested in displaying and selling their works in the Farmington Area Jaycees annual show are invited to call Rena Swanson, 478-6749. Table rental is \$20 or \$30 for a double table. The Arts and Crafts sale this year will run from 10 a.m. to 4 p.m., Saturday, Dec. 3, in Farmington High School.

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