

Weekend event an exercise in fun

Sweat suits and sneakers will be the costume of choice at Henry Ford Museum in Dearborn this weekend during a special program called "America Gets Fit."

Everything from an 1890s Indian club workout to a 1990s aerobic session will engage visitors of all ages as they discover America's changing health concerns through two centuries of the pursuit of fitness.

"This event will have something for couch potatoes and fitness fanatics alike," said Margo MacInnes, program developer. "Interest in health and fitness is an important part of America's cultural history. This weekend will give families a chance to experience the fitness fads of two centuries."

The three-day program complements the museum's exhibit, "Fit for America," by bringing 150 years of health history into action.

The weekend event and exhibit are supported, in part, by grants from American Natural Resources Pipeline, Blue Cross and Blue Shield of Michigan, and Consumers Power Foundation.

This weekend, visitors will encounter contemporary aerobics instructors as well as health and fitness figures from the past. A "medicine man" will demonstrate the sickle-talking salesmanship used to peddle health potions in the 1850s. "Teddy Roosevelt" will present his bullish views on fitness and describe his own development from a sickly child to a rough-riding outdoorsman.

THE FAMILIAR term "exercise club" will take on a different meaning as a costumed interpreter conducts an 1890s-style fitness session, including an Indian club workout. And those who enjoy "sweating to

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program developer

the oldies" can take part in a 1920s calisthenics routine to the sounds of vintage exercise recordings.

A discussion on the background and benefits of race walking will help strollers get in the swing for a few laps around the museum along a marked half-mile route.

The fact that fitness knows no age limit will be demonstrated with flair by the "Footloose Fanciers," a group of mature women who tap dance to keep in shape. Older visitors will also enjoy a presentation on exercise for people aged 70 and up. Meanwhile, children can learn about "Fitness on the Run" and practice traditional games with ribbon sticks.

Kids and grown ups alike will be able to get a close look at the bicycles their great-grandparents may have ridden in a display provided by collectors from the League of American Wheelmen cycle club.

While participating in "America Gets Fit," visitors can also get a perspective on health fads by seeing "Fit for America," an exhibit that's on view in the museum's Special Exhibit Gallery through Feb. 31.

Admission to "America Gets Fit" and all special weekend programs is free with general museum admission. Museum hours are 9 a.m. to 5 p.m. daily.



Greenfield Village Interpreter Lynn Riley is ready for the America Gets Fit weekend at Henry Ford Museum in Dearborn.

Acrobats, jazz

(Above) The Chinese Golden Dragon Acrobats will appear at Winterfest at 7 p.m. Saturday, Jan. 26, at the Civic Center Pavilion in Southfield. For more information or tickets to the family show call 354-4717. (Below) Jazz pianist Matt Michaels appears in concert at 3 p.m. Sunday, Jan. 20, at the Prudential Town Center in Southfield. The concert is open to the public without charge.



upcoming things to do

● **COMEDY/DRAMA**
Hollywood Theatre Guild will perform Beth Henley's "Crimes of the Heart" Friday-Saturday, Feb. 1-2, 8-9, 10-11. The three sisters are played by Patricia Ebbitt of Westland, Michelle Mihail of Westland and Edwina Giffel of West Bloomfield. All performances are at 8 p.m. at the Water Tower Theatre on the campus of the Northwestern Regional Hospital. Tickets are \$6 adults, \$5 seniors (62 and over) and students (18 and under). For tickets or more information call 349-7974.

● **KEY WEST**
WXND 22.3 FM, in association with Road Productions, presents Enigma recording artist Richard Elliot in concert Sunday, Jan. 20, at Key West in Detroit. This saxophone virtuoso, whose last two area appearances were sold out, will perform one show only. Doors open at 7 p.m. Tickets at \$10 are on sale at Key West and any of the Ticketmaster locations, or you may charge tickets by phone at the Key West box office, 592-0999 or Ticketmaster, 645-6666.

● **CASTING CALL**
Trinity House Theatre announces open auditions for "Dracula," a new chamber theater adaptation of the Gothic novel by Bram Stoker. This version focuses on the element of supernatural conflict between good and evil and is drawn directly from the text of the original novel. The script calls for ensemble playing and employs elements of reader's theater. Auditions are at 7:30 p.m. Monday-Tuesday, Jan. 21-22, at Trinity House Theatre in Livonia. Callbacks will be Wednesday, Jan. 23. Roles

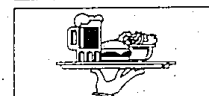
are available for five men, ages 29-60, and two women, ages 21-40. For additional information about auditions or performances, call Trinity House Theatre at 464-6302.

Deadline for the upcoming calendar is one week ahead of publication.

editor. Items must be received by Thursday 2 p.m. to be considered for publication. The following Thursday, send to: Fred Simmons, Entertainment Editor, The Observer & Reporter, 20251 Schoolcraft Road, Livonia 48150.

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