

Essential • Enlightening • Entertaining

Women's LifeStyle

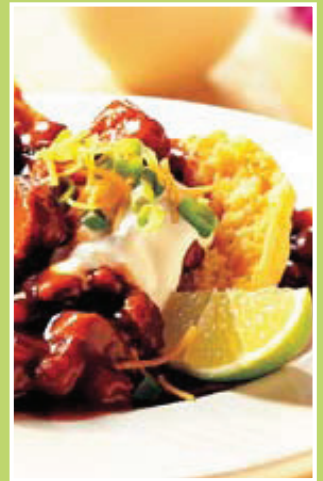
March 2010

Metro Detroit



Let's Eat!

Free!



Cooking Slow When
You're On the Go



2010 Brides

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MARCH *events...*

March 1 – 31 WHOLE FOODS TEXT MESSAGING SWEEPSTAKES

Whole Foods Market is raising money for the Whole Planet Foundation, a micro credit loan foundation in developing world nations and awarding prizes to eight lucky winners through a mobile text campaign. We are holding a text-to-win sweepstakes and are donating \$1 to the Whole Planet Foundation for each person who enters the sweepstakes. The sweepstakes prize will include a gift basket of Whole Trade Guaranteed products valued at \$75, a \$100 Whole Foods Market gift card plus a \$50 donation in the winner's name to the Whole Planet Foundation.
Text WFM to 64444 to enter!

March 5 FIRST FRIDAY ART WALK 6PM – 9PM

Downtown Northville's First Friday Art Walk masterfully blends the town's small town beauty with the locally-owned galleries' big city art vibe to create the perfect canvas for a unique evening out. As guests stroll along the streets of downtown Northville's growing art district, they will enjoy a night filled with art exhibits (highlighting featured artists each month), art demonstrations and related events. Many of the establishments along the walk offer complimentary hors d'oeuvres and beverages for their guests as they browse or shop. Downtown Northville

March 4 - 6 WEST SIDE STORY

Thurs. 7pm, Fri. & Sat. 7:30pm
The nationally recognized, award-winning Troy Theatre Ensemble presents its performances of West Side Story. All seats are reserved, with reservation information and access at www.troytheatreensemble.org. For groups of 15 or more, call the theatre office at (248) 823-2852 for special group rates.
Tickets \$12/adult, \$7/senior citizen & student Troy High School
4777 Northfield Pkwy., Troy

March 5 – April 13 MICHIGAN LANDSCAPE INVITATIONAL

Paint Creek Center for the Arts looks forward to the coming of spring with the Michigan Landscape Invitational. This exhibit is co-curated by renowned painter Jim Nawara and PCCA Exhibition Director Mary Fortuna. The curators chose the work of five Michigan artists who represent a cross section of contemporary landscape painting in Michigan, with an eye toward presenting artists whose work has not been shown extensively in the Detroit area. For more info, call 248-651-4110 or visit www.pccart.org.
Paint Creek Center for the Arts
407 Pine St.
Rochester

March 6 – 14 THE JCC STEPHEN GOTTLIEB MUSIC FESTIVAL

This festival features an eclectic mix of performers ranging from Tony and Emmy award winner Hal Linden to the Jazz artistry of the Michigan-bred Jesse Palter Quartet. All proceeds benefit the Arts, Culture & Education Department at the Jewish Community Center (JCC) of Metropolitan Detroit. All programs will be held at the JCC's D. Dan & Betty Kahn Building, 6600 W. Maple Road in West Bloomfield and the Jimmy Prentis Morris Building, 15110 W. Ten Mile Road in Oak Park. For concert, patron and general information, please call 248-432-56920 or visit www.jccdet.org.

March 6 ASTROLOGY/PSYCHIC FAIR

10am – 5pm
Astrologers, Card readers, Palmistry, Numerologists. Call 248-528-2610 for more info. Admission \$5, Readings \$20
Troy Masonic Center
1032 Hartland Dr.
Troy

March 6,13,20,27 MOVIES AT THE MARQUIS SERIES

7:30pm
Movies that will be playing this month are Charade, Paris When It Sizzles, Vertigo, Easter Parade. Visit the participating sponsors for ticket purchase. For more info call 248-547-5576
Tickets \$3/ea.
Downtown Northville

March 7 CITY TASTE OF TROY

1pm – 4pm
Theme is Mardi Gras
San Marino Club
1687 E. Big Beaver Rd., Troy

WINTER CONCERT SERIES PICK & STICKS

2 pm
A string band that has a wonderful eclectic blend of music, instrumentation and material. For more information, visit www.northvilleparksandrec.com.
Northville Senior Center
303 W. Main St.
Northville

March 9 JOYFUL LIVING

6:30 – 8:00 pm
Learn nurturing techniques for living a joyous and fulfilling life. Please wear comfortable clothing and bring a blanket and journal to class.
Parker Pathworks, "Inspired Living for Women"
For more information, call (248) 844-8446
\$ 25
Downtown Rochester

March 10 SOUTH OAKLAND BUSINESS EXPO

11am – 5pm
This Business Expo brings together the brightest business leaders from the most dynamic companies throughout South Oakland County. Cost \$5 For more information on exhibiting or attending please call 248.547.4000.
Royal Oak Farmers Market
316 E. Eleven Mile Rd.
Royal Oak

March 11 BALANCE YOUR HORMONES NATURALLY

7:00-9:00 pm
Learn from a woman who has been there --Dr. Carol Ann Fischer, D.C., N.D. presents a workshop on A Holistic Approach to Balancing Your Hormones Naturally. Over 80 million women in the US currently suffer with PMS and symptoms of menopause. Many of these women are confused as to what health options are available or what is even right for them. This workshop will educate the audience about natural alternatives to address problems related to hormone imbalances and menopause. No charge for this workshop, Limited to 15 guests. Reservations required 734-756-6904. Workshop held at the Civic Center Library, 32777 Five Mile Road, Livonia 48154
www.TLCHolisticWellness.com

March 13 ST. PATRICK'S DAY PARADE

11:30am
Downtown goes green for the annual St. Patrick's Day Parade. Sponsored by the Ancient Order of the Hibernians, this parade has over 500 people in 35 parade units and an expected audience of 3500. The parade starts on Washington at the Royal Oak Middle School at 11:30am and heads south to Seventh St, ending at St. Mary's Church parking lot. Be sure to check out the music, floats and dogs that make this parade a downtown favorite.
Downtown Royal Oak

DANCING WITH OUR LOCAL STARS

7pm - midnight
A benefit for the Haiti Earthquake Relief Dance Competition with our Local Celebrities, Dance Showcase by Professional Dancers, General Dancing throughout the Evening, Delicious Hors D'oeuvre Buffet; Cash Bar, Silent Auction (100% of proceeds go to the American Red Cross to support its Disaster Relief Fund), An Opportunity for you to Dance with the Stars (100% of proceeds go to the American Red Cross to support its Disaster Relief Fund). Admission \$25.00 per person. Everyone welcome at this special event - singles & married couples. Advanced reservations required at www.successfullysingle.org or by calling 248-289-6406.
San Marino Club
1685 E. Big Beaver (just west of John R), Troy

March 15 TUMMY TROUBLE

6pm – 8pm
Are you suffering with Acid Reflux, Stress, Ulcers, Indigestion, and/or Irritable Bowel Syndrome? Learn the hidden reasons behind these health concerns and the safe, natural, effective alternatives to naturally help yourself. This health class will be held at Alfred Noble Library, 32901 Plymouth Rd., Livonia. No charge for this class. Limited to 10 guests. 734-756-6904 Reservations requested. Presented by Dr. Carol Ann Fischer, D.C., N.D., Holistic Physician, Clinical Nutritionist, and the not for profit Foundation for Wellness Professionals.
www.TLCHolisticWellness.com.

March 16 THE TEAM APPROACH FOR ADOLESCENT EATING DISORDERS

6:30pm
Five to seven percent of American girls and women struggle with eating disorders, typically beginning in the teenage years. This can cause many health & emotional problems. We will discuss our interdisciplinary, family-based treatment approach to eating disorders. Presenter by Beaumont Children's Hospital Hough Center for Adolescent Eating Disorders. Must register 48 hours before event...pls contact Lori Warner @ 248-691-4774
Northwood Elementary School
926 W. 12 Mile Rd., Royal Oak

WITH THANKS

6:30 pm – 8 pm
Gratitude opens our hearts and expands our lives. Learn to develop and express "Thanks" as a practice for peaceful living. Please wear comfortable clothing and bring a blanket and journal to class. Parker Pathworks, "Inspired Living for Women" For more information, call (248) 844-8446 \$25; downtown Rochester

THE FREELANCE MARKETPLACE

7:30pm
Come and meet other freelance writers to share ideas/get feedback and support.
Borders Books/Café, Rochester Hills

NIGHTNOTES

8pm
This season brings sweet morsels and melodies to the intimate and elegant setting of Hagopian World of Rugs Birmingham showroom. This is a presentation of the Detroit Chamber Winds & Strings, a nonprofit equal opportunity arts organization. DCWS founding member and DSO bassoonist Victoria King displays her dynamic double-reed mastery, joined by pianist Janice Park. Hagopian World of Rugs
850 S. Old Woodward, Birmingham

March 20 CHAMBER MUSIC SOCIETY OF DETROIT

Arnold Steinhardt, Violin
Alan Alda, Actor
The David and Andrea Page 1797 Concert Celebrating Music of the Renaissance, Baroque and Classical Periods. For more info, please visit the Chamber Music Society of Detroit web site at www.ComeHearCMSD.org or call 248-855-6070. Tickets \$100, Seligman Performing Arts Center Located on the campus of Detroit Country Day School, 22305 West 13 Mile Road, Beverly Hills

March 23 LIVING, LOVING, LETTING GO

6:30 pm – 8 pm
Learn how to live and love freely by letting go of stored emotions that block your heart and mind. Please wear comfortable clothing and bring a blanket and journal to class.
Parker Pathworks, "Inspired Living for Women"
For more information, call (248) 844-8446
\$ 25
downtown Rochester

March 27 CHAMBER MUSIC SOCIETY OF DETROIT

Steven Isserlis, Cello and Dénes Várjon, Piano
For more info, please visit the Chamber Music Society of Detroit web site at www.ComeHearCMSD.org or call 248-855-6070. Tickets \$43-\$75, students \$25
Seligman Performing Arts Center
Located on the campus of Detroit Country Day School
22305 West 13 Mile Road
Beverly Hills

BORDERS BOOK READING & SIGNING

4pm
Michigan native, Jeff Stone will read and autograph his new book, The Five Ancestors #7: Dragon. Borders Books
45290 Utica Park Blvd.
Utica

COWGIRL PUB CRAWL

For \$25 that benefits Camp Casey, a horse camp for kids with cancer, pub crawlers will make stops at assorted Ferndale bars from 5-11 p.m. on March 27. Participants also receive drink specials at each bar as well as a glass beer mug. Register online at camp-casey.org. Direct questions to Lauren, Camp Casey's Director of Public Affairs, at 248-514-2626. Downtown Ferndale

March 28 SPRING FEST

2pm – 4pm
Come join the Parks and Recreation Department for their 2nd Annual SpringFest in conjunction with the Northville Township Fire Department. Celebrate springtime with games, egg hunt, crafts, and a lot of fun activities the whole family can enjoy. Don't forget age specific egg hunts promptly starts at 2:30 p.m. Admission is FREE. For more information visit, www.northvilleparksandrec.com
Millennium Park
On the South side of Six Mile Rd.
Across from Northville High School
Northville

March 31 GET YOUR ENERGY BACK

7:00-9:00pm
Are you tired of being tired? Fatigue can be real, and not just an age related condition, or all in your head. Learn what causes you to feel fatigue, and how to get your energy back! You can end your fatigue with diet and lifestyle changes that are easy, effective and simple to do. Come learn how to put a spring back into your step the natural way. Limited to 20 guests. Reservations required. 734-756-6904. Presented by Dr. Carol Ann Fischer, D.C., N.D. No charge. Held at the Whole Foods, 7350 Orchard Lake Rd, West Bloomfield. www.TLCHolisticWellness.com

April 4 THIRD ANNUAL SHOW JAM

7pm - 11pm
Baker's food remains superior as is their ambiance & staff. The stage is shared by guests who sing and/or play. An unforgettable voice has Tarya which is filled with more love than eating chocolate! No Cover
Baker's Keyboard Lounge
(World's Oldest Jazz Club in OUR Backyard)
on Livernois just South of 8 Mile Road
Detroit

To announce your event FREE
in our Calendar of Events,
please email: pub@wlmom.com

Women's
LifeStyle

