

FOR IMMEDIATE RELEASE

Contact:

Bethany Arganbright

Marketing Director, Des Moines Social Club

O: 515.369.3672

M: 515.401.0223

Des Moines Social Club January 2016 Programming

Featured:

Iowa Public Radio's Studio One with Jim Viner's Incredible B3 Band

Thursday, January 7 from 7-10PM in The Basement

Free, All ages

January's guest will be Jim Viner, performing material from Jim Viner's Incredible B3 Band release "Comango!" He'll be enlisting the help of members of Des Moines band the Soul Searchers.

AmpliFIRE Afternoons presents: Dan Tedesco / The Host Country

Sunday, January 10 - Doors 4PM, Show 5PM in The Basement

\$8, All ages

Dan Tedesco is the quintessential modern-day troubadour, narrating the American experience in song honestly and intimately, and with a big sound to boot.

The Host Country is Diana and Ty. They discovered their common interest in folk/acoustic music and began toying around with the idea of writing songs together in the fall of 2009 while attending UNI.

“So This Is It” - a pop up art show

Friday, January 15 from 7-9PM in the Handball Court

Free, All ages

"So This Is It" is a pop up exhibition by local artist Taylor Yocom. Over the past year, she has collected anonymous break up quotes through an online form and has created a collage for each entry. This ongoing project examines the nuances of interpersonal relationships to create a shared experience. Join us for a one night event to view the work and share a story of your own.

Freshen UP: IPRODUCE

Friday, January 22 - Doors 9PM, Show 10PM in The Basement

\$8

A Special Edition of #FreshenUP featuring some of the cities best producers.

Performances By:

Exo 152

Robondabeats

Casper

Sonus

Naj

T3zOnTheBeat

Hosted By : MarKaus and DJ DM Wright Spinning

Music

Plymouth Church Saturday Night Band

Sunday, January 3 - Doors 5PM, Show 5:30 - 7:00pm in The Basement

\$5 / \$12 for entry and CD, All ages

Pseudoubt, Otis Apollo, Toby Diligent

Monday, January 4 - Doors 7PM, Show 8PM in The Basement

\$7, All ages

Max Dvorak / Dang Felton / Jacey

Wednesday, January 6 - Doors 6PM, Show 7PM - The Basement

\$7, All ages

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Jazz Happy Hour

Every Friday (except the first Friday of the month), 5:30-7:30pm in The Basement

Free, all ages with suggested donation of \$6

Due to popular demand, in 2016 happy hour jazz events expand to every Friday, with Synergy + DMSC's Jazz Happy Hour being all Fridays except the first Friday of each month, which is our NOLA Jazz event.

Brianna Lane / Courtney Krause / Ryan Lombard

Friday, January 8 - Doors 8PM, Show 8:30PM

\$6, All ages

Venereal Crush / Cancer Lake / Stratum / Sera

Saturday, January 9 - Show 7PM in the Handball Court

Donation of \$5, All ages

AmpliFIRE Afternoons presents: Dan Tedesco / The Host Country

Sunday, January 10 - Doors 4PM, Show 5PM in The Basement

\$8, All ages

Lauren Sanderson / Tribe of Shapes / Misfit Movement (SOLD OUT)

Sunday, January 17 - Doors 5PM, Show 5:30PM

\$7, All ages (sold out)

Chris Holm / Zachary Harper

Tuesday, January 19 - Show 9:30PM

\$5 (free for Trivia Night players), All ages

The Streetside Octet

Sunday, January 24 from 5-7PM

\$5, All ages

January's Theater Production

RTI presents: Driving Miss Daisy

Showtimes: 7:30pm January 15, 16, 20, 21, 22, 23 and at 2:00pm Jan. 17, 23, 24

Repertory Theater Of Iowa presents *Driving Miss Daisy* by Alfred Uhry is a winner of the 1988 Pulitzer Prize and the Outer Critics Circle Award for Best Off-Broadway Play. A humorous and affecting study of the unlikely relationship between an aging, crotchety Jewish widow in Atlanta, Georgia, and her proud, soft-spoken African-American chauffeur. LA screen/stage/TV actor Tyrees Allen joins RTI company actress Kim Grimaldi to bring this heart-warming story of love and friendship to Des Moines metro audiences.

"The play is sweet without being mawkish; ameliorative, without being sanctimonious." —NY Times.

"...a perfectly poised and shaped miniature on the odd-couple theme." —NY Post.

"Driving Miss Daisy is a total delight." —NY Daily News.

Social/Comedy

Team Trivia

Tuesdays starting on January 5 - 7:30PM in The Basement

Every Tuesday night join us for free trivia in The Basement. Bring 2-6 people for great drinks and 8 rounds of trivia. Door prizes are given away throughout the night!

FREE!

Board Game Night

Second Thursday of the month from 7:30-10PM in The Basement

Free, All ages

Prototype Presents: A Night Show!

Wednesday, January 13 from 7-10PM in The Basement

Free, All ages

An Evening of Improv with Chowdown

Saturday, January 16 - Doors 9PM in The Basement

\$5, All ages

Social Club Song Shop

Third Wednesdays of the month from 5-7PM in The Basement

Free, All ages

David Philips / Jason Melton / Tommy Morgan / Madeleine Russell / Stephen

Smith

Friday, January 21 - Doors 9PM, Show 9:30PM in The Basement

\$6, All ages

Comedy Quarterly Revue

Saturday, January 23 - Doors 9PM, Show 10PM

FREE (laughs and donations are accepted), All ages

Step Down 2

Saturday, January 30 - Doors 9PM, Show 10PM

\$5, All ages

Education

Circus

Lyra & Trapeze

Sundays from 7:15-8:30 p.m.

FIRST SESSION: January 3 — February 7

SECOND SESSION: February 21 — March 28

New session \$100, Drop-in \$20, All ages

Explore aerial movements on these traditional solid apparatus, giving you the opportunity to perform graceful tricks, spins, and swings! Beginning with the basic skills, this class will build your strength, showcase flexibility, all while you're learning flipping, turning, rolling, posing, and transitioning positions with these beautiful aerial apparatus.

Aerial Flexibility

Sundays from 6-7 p.m.

SESSION: January 3 — February 7

New session \$50, Drop-in \$10

This class is designed to increase flexibility needed to prevent injuries and advance your existing aerial practice or can be nice way to ease into aerial.

Lyra and Trapeze 2

Mondays from 6-7:15 p.m.

FIRST SESSION: January 4 — February 8

SECOND SESSION: February 22 — March 28

New session \$100, Drop-in \$20

In this class we will build on the skills learned in Lyra & Trapeze to form more advanced poses, transitions, and tricks. Successful completion for Lyra & trapeze is required to take this progressive class as well as the ability to execute the following skills: Pull Over Mount, Skin the Cat Mount, 30 second proper form hang from hands, 30 second proper form knee hang, Beats to tuck under bar, Gazelle, Hip Balance, Flag (lyra), and Rocket (Trapeze.)

Open Aerial

Mondays in January at 7:30 to 9:00 p.m.

\$10 drop-in only

An opportunity to practice the skills you are learning in aerial class! A DMSC Aerial Instructor will be present to ensure all activities are being executed correctly and safely and act as an aerial rescue for any incidents that may occur. No instruction is given during this time, just a chance to practice your existing skills. Open to current DMSC Aerial students.

Lunchtime Circus Circuit

Thursdays from 12-12:45 p.m., Ongoing

Free during Special Free Circus Week (week of January 10th), \$10 drop-in

Want to make the most of your lunch break? Circus Circuit is an intense 45-minute conditioning class that utilizes ground and aerial exercises. Whether you're a

complete beginner or an experienced flyer, this class uses your bodyweight to provide a customized workout. This is the most fun and exciting way to get the sensation of flying while strengthening through aerial acrobatics, body resistance, and strength, balance & core training. Get in the best shape of your life through drills on Trapeze, Aerial Silks, Aerial Hammock, and Hand-balancing.

Climbs, Mounts, Inverts

Tuesdays from 6-7:15 p.m.

FIRST SESSION: January 5 — February 9

SECOND SESSION: February 23 — March 29

Drop-in \$15, Full session \$75

This class is a format specially designed for students to learn and polish a wide variety of climbs, mounts, dismounts, and inverts. Suitable for all levels, although basic aerial experience is necessary, students will be taught based on their skill levels in order to build the knowledge, strength, and endurance that will support a balanced aerial practice.

Beyond Waist Hooping

Tuesdays from 6-7 p.m.

\$5 drop-in, students should bring hoops

This class is for the intermediate to advanced hooper. Each week, students will be introduced to new and different types of hoop dance moves.

Aerialography

Tuesdays from 7:15-8:30 p.m.

FIRST SESSION: January 5 — February 9 in the Des Moines Social Club

SECOND SESSION: February 23 — March 29

Drop-in \$20, Full session \$100

Felicia Coe, also known as Iowa Fly Girl, will take your aerial skills to new heights (no pun intended). Iowa Fly Girl will teach you to use your skills in creating your own choreographed routine!

Lunchtime Circus Circuit

Wednesdays from 12:00-12:45 p.m.

FIRST SESSION: January 13 — February 17

SECOND SESSION: February 24 — March 30

\$10 drop-in, \$50 for 6-week session

45-minute strength and conditioning class that will give you the sensation of flying through aerial acrobatics, body resistance, balance and core training.

Aerial Silks

Wednesdays from 6-7:15 p.m.

SESSION: January 6 — February 10

Drop-in \$20, Full session \$100

Aerial fabric introduces you to a whole new way to increase strength, grace, and flexibility. Learn new techniques for climbing and moving your body on silks. While climbing the fabric you'll learn amazing ways to move your body into beautiful poses and shapes as well as gain strength and body awareness. It's a fun new way to stay fit and learn something amazing.

Circus Circuit

Wednesdays from 7:15-8:15 p.m.

SESSION: January 6 — February 10

Drop-in \$10, Full session \$50

Circus Circuit is an intense 60-minute conditioning class that utilizes ground and aerial exercises. Whether you're a complete beginner or an experienced flyer, this class uses your bodyweight to provide a customized workout.

Morning Aerial: Strength and Flexibility

Thursdays from 7:15-8:15 a.m.

FIRST SESSION: January 14 – February 18

SECOND SESSION: February 25 – March 31

Drop-in \$10, Full session \$50

In this 45 minute morning class we balance circus strength exercises with a full body stretch for a perfect start to your day! This class is great when combined with one of our formal circus training classes, but it's not required.

Intro to Aerial

Thursdays from 6:00 p.m. - 7:15 p.m.

FIRST SESSION: January 7 — February 11

SECOND SESSION: February 25 — March 31

Drop-in \$20, Full session \$100

This class is a great way to try out all things aerial. This class will be fun, get you fit and improve your coordination. Professional instructor, Laura Ernst has performed all over the world, including on the stage of *America's Got Talent*. She holds the world record for being the only women to juggle flaming chainsaws.

Tumbling

Saturdays from 9-10 p.m.

SESSION: January 8 — February 13

Drop-in \$15, New session \$80

Tumbling can improve your circus or martial arts, acro-yoga/partner acrobatics, and more. In this class we will work on strength and flexibility, handstand technique, and self-confidence step-by-step.

Foundations of Hooping

Saturdays from 12-1 p.m.

Drop-in \$5 (Students should bring: Hoops. There will be a few extras on hand for those who need them)

This hooping class will be geared toward beginners, but all levels are welcome.

Culinary

Locavore Cooking

First Tuesdays (January-April) from 5:30-7:30 p.m.

Single session \$40, Full session \$140

Definition of “Locavore”: a person interested in eating food locally produced, not moved long distances to markets. Working with Eat Greater Des Moines & The Iowa Food Cooperative, come eat dinner with us and hear about the farms that keep our community fed!

Nut Milks? Holy Cow!

First Wednesdays (January-April) from 11:30 a.m. - 1:00 p.m. in the Culinary Loft

\$40 single session, \$140 full session

Nuts milks are delicious, nutritious and are the perfect alternative to those wishing to avoid gluten, dairy and soy. This series will cover nut and seed milk making.

Date Night

Second Sundays in January, March, and April from 3:30-6 p.m.

Couple ticket \$60

No plans for a Sunday night. Normal work week ahead. Spice it up in our kitchen! Come, meet new people, cook some amazing food, dine & drink!

Culinary 101

Second Mondays (January — April) from 5:30-7:30 p.m.

Full session \$140

This class will introduce you to all of the chef basics: knife skills, mother sauces, cooking methods, and a history of spices. Get a balanced overview and introduction to everything you need to feel comfortable in the kitchen.

Ethiopian Cuisine with Genet

Second Wednesdays (January — April) from 5:30-7:30 p.m.

Single session \$40, Full session \$140

Learn the art of Ethiopian cuisine with Ethiopian native and Des Moines resident Chef Genet Gebretsadik.

Hydroponics

Third Saturdays (January — April) from 11:30-1 p.m.

Single session \$40, Full session \$140

Have you been admiring our beautiful, fresh herb instillation downstairs? Come learn about the all the benefits of Hydroponic systems from the “Fauxboo Creations” duo Jon Neufield & partner from “Infinite Seasons.”

Gastronome’s Book Club

Third Tuesdays (January — April) from 5:30-8 p.m.

Single session \$40, Full session \$140

January’s book is “Animal, Vegetable, Miracle” by Barbara Kingsolver. Our ever popular Gastronome’s Book Club is back for it’s third round! Come enjoy a culinary feast, that you help create, and then dine while enjoying amazing literary discussion with wonderful people.

Akebono Sushi 101

Third Wednesdays (January — April) from 6-8 p.m.

Single session \$40, Full session \$140

Try out your rolling skill with Tim, owner of Akebono sushi. Cover nigiri, sashimi, and rolls from this introductory course for making your own sushi!

Beginning Beekeeping

Wednesdays from 6:30-8:30

SESSION: January 20 — February 24th

Full 6-week session \$50

Learn how to successfully keep honey bees to increase the yield of your kitchen garden, to have a trusted source for local honey, and to help the environment. Julia McGuire, beekeeper and coordinator of the Des Moines Backyard Beekeepers club, will

use a state-approved syllabus to teach you how to care for honey bees for the upcoming growing season.

Capes & Culinary Loft: New England Clam Chowder

Thursday, January 21st from 11 a.m. - 1 p.m.

Drop-in \$7

Pairing up with our amigos from Capes Kafe come on down for food with us! Each month we will be located outside the front of The Des Moines Social Club for you to break out, stop by, grab a bite, explore an art show, explore the building, dine on culinary specialities!

Butchering Series

Fourth Fridays (January — April) from 6-8 p.m.

Single session \$40, Full session \$140

Get comfortable utilizing all cuts of meat with Butcher Extraordinaire from Matt Ostrem. From chicken to goat you will find out what to cut, and how to cook each cut.

Visual Art

Figure Drawing

First and third Sundays of every month from 2-3:30 p.m.

Drop-in \$10

A life drawing session with experienced models. The aim of this workshop is to provide the experienced artists with time and space to develop their skills and techniques in life drawing.

Basic SLR Photography

Tuesdays from 6-7:30 p.m.

SESSION: January 19 — February 23

Single session \$100

Shutter speed, aperture, ISO, raw, jpeg, exposure ratio, f-stop, megapixels, rule of thirds, the golden ratio, backlight, color temp: these are all important concepts to learn when working with an SLR camera and they are easy to learn.

Dance

Double Trouble presented by ATS Belly Dance

Wednesday, January 6 from 6-9 p.m.

Single session \$20

In this 3 hour workshop we will look at moves that are either specific to duets or can be adapted for a duet situation with unique passes and lead changes. While we will be looking at these moves in the context of an ATS® improvisational format, this workshop is open to all styles.

Break Dancing for Kids I

Thursdays from 5:45-6:45 p.m.

SESSION: January 7 — February 11

Full session \$75

A beginner breakdancing class teaching the basic foundation of the dance along with history of the Hip Hop culture. This class will cover basic top-rocking, footwork, freezes, transitions, and power in a fun and safe environment.

Break Dancing for Kids II

Thursdays from 7-8 p.m.

SESSION: January 7 — February 11

New session \$75

A fast-paced, fat burning, high-energy class. Students will learn advanced foot-work, top rocking, diverse freezes and complicated power moves as well as how to create their own sets.

Beginning Argentine Tango

Fridays from 7-8 p.m.

SESSION: January 8 — January 29

New session \$60

Tango is a walking dance based on improvising with directional walking. This four-week class series will introduce you to the core steps for dancing Argentine Tango socially, and then how to start adding basic variances to create an interesting dance.

No partner necessary (we rotate partners). No rubber-soled shoes.

Open Tango

Fridays from 8-9 p.m.

SESSION: January 8 — January 29

Drop-in \$5

Open Tango is an opportunity for those currently taking lessons to practice. It is also a time for those who are interested, but not yet committed to come in and give it a try. No rubber-soled shoes.

Youth Movement

Sundays from 1-3 p.m. (Ongoing)

Drop-in \$5

Youth Movement is a dance collaborative created, organized, and run, by high school students. The collaborative is designed to celebrate and explore dance in all its incarnations.

American Tribal Style (R) Belly Dance Level 1

Wednesdays from 6:15-7:15 p.m.

FIRST SESSION: January 27 — March 2

SECOND SESSION: March 16 — April 20

Drop-in \$15, Full session \$60

Students should bring: Snug-fitting, comfortable clothes. This six-week session is for students who have never tried ATS® Belly Dance or for advanced students who want to refine their foundational moves.

American Tribal Style (R) Belly Dance Level 2

Wednesdays from 7:30-8:30 p.m.

FIRST SESSION: January 27 — March 2

SECOND SESSION: March 16 — April 20

Drop-in \$15, Full session \$60

Students should bring: Snug-fitting, comfortable clothes. Level 2 we will add to and expand upon the foundation moves that were learned in level 1 by layering, levels, new moves, new zill patterns, and performance techniques that will really get students dancing.

Social

Postpartum Playgroup

First and third Tuesdays from 9-10:30 a.m.

Free

A weekly postpartum playgroup for families with babies and toddlers. There is an opportunity each week to get breastfeeding support, to ask questions, share concerns and celebrate accomplishments as well. So many of you are going through the same joys and challenges...I think getting you all together leads to great things! *Everyone is welcome and it's okay if you're running late!*

Acting: Scenes for Teens

Sundays from 12-1:30 p.m.

SESSION: January 10 — February 14

New session \$100

This class will involve picking scenes to perform, exploring character development, and finding honesty in performance. It will be very collaborative in nature with open discussion regarding scene work.

Yoga

Mondays and Thursdays from 12-1 p.m. (starting on January 11th, ongoing)

Cost: Donation

Come down to the DMSC for a rejuvenating hour of yoga. Ben Spellman leads you through an hour stress reducing yoga, that will fill you with wellness that will help you navigate the week in a calm, productive manner.

Book & Cook

Fourth Wednesdays (January — April) from 11 a.m. - 2 p.m.

Single session \$7

You need to get out of the office, you will not let winter get you down! Find your way to The Des Moines Public Library where you will be glad you ventured out.

Music

Guitar for Beginners

Wednesdays starting on January 6 from 6-7 p.m.

FREE, All ages

No pre-registration required. First come, first served. Guitar for beginners! Bring your axe, your questions, and your favorite hat (*hats optional). At this workshop we will start from the very beginning. Learn the basics about the instrument in a friendly environment. We'll cover the parts of the instrument and basic maintenance. We'll also go over entry level playing technique, entry level music theory, some simple songs, and

ANY questions you might have. Open to all ages. If you've always wanted to play guitar, it's not too late to start!

Music Production with ProTools

Mondays from 5-6:30

SESSION: January 11 — February 15

New session \$80

A beginner to intermediate music production course. Learn to use Pro Tools in a recording setting. Over the course of four weeks, we will cover navigating, arranging, recording, comping, MIDI editing, built in Pro Tools effects, Importing and exporting, and mixing and mastering concepts. Required course materials: Students will need to bring a personal laptop with ProTools First (Free) or greater installed <http://apps.avid.com/ProToolsFirst/>

Music Production with Ableton

Mondays from 7-8:30 p.m.

New session \$80

A beginner to intermediate music production course. Where students will learn to produce a song from start to finish in Ableton. Over the course of four weeks, we will cover creating beats, MIDI editing, writing bass lines and chord progressions, basic sampling concepts, effect racks, mixing and mastering concepts. Required course materials: Students will need to bring a personal laptop with Ableton Intro (\$50-\$100) or greater installed <https://www.ableton.com/en/shop/> (Pro tip: check for Guitar center, DJ tech tools, or educational discounts before purchasing Ableton)

The Science of Sound

Tuesdays from 5-6 p.m.

SESSION: January 12 — February 16

Drop-in \$20, New Session \$100

An introduction into the world of audio. Learn the language used by professionals, and the theory behind it! Over the course six weeks, we will discuss the important difference between hearing and listening.

Building your Own Home Studio

Tuesdays from 6:30-7:30 p.m.

SESSION: January 12 — February 16

Drop-in \$20, New session \$100

Over the course of six weeks, we will help you find solutions to the difficult task of building a basic home audio studio on a budget.