

FOR IMMEDIATE RELEASE

Contact:

Des Moines Social Club September 2015 Programming

Featured:

Give a Damn!: Register Your Damn Vote

Thursday, September 3rd from 5:00 p.m. - 7:00 p.m. in the Courtyard

Free, part of the four-part series, RSVP online

It's time to "Give a Damn, Des Moines." It's time to get engaged with politics. It's time to care about the issues. It's time to help pick the next president of the United States. The "Give A Damn" events series will be a fun, informal, yet informative way to learn more about this important political process. A sort-of Cliff's Notes on caucusing, current events, and political processes. Our kick-off event includes live music, comedy sketches, political art installations, food trucks, drinks, and a voter registration drive.

Give a Damn!: The Best Damn Brewery Mockus

Thursday, September 17th from 3:00 p.m. to 10:00 p.m. in the Courtyard

Free, part of the four-part series, RSVP online

It's time to "Give a Damn, Des Moines." It's time to get engaged with politics. It's time to care about the issues. It's time to help pick the next president of the United States. We're inviting local breweries to vie for the title of "President of the Beer Cau-

cus" in a Democratic-style mockus. The Democratic caucus can be a confusing affair, so we'll show you how it works — with beer!

Iowa Public Radio's Studio One Live from the Social Club featuring Twins

Thursday, September 3rd from 7:00 p.m. - 10:00 p.m. in the Kum & Go Theater

Free, all ages

September's guests for Studio One Live are Waterloo's power pop quartet: Twins. Known for their high-energy a la The Beatles, Twins are sure to be a great edition to the Studio One Live broadcasts from the Des Moines Social Club this month.

Boogat

Thursday, September 17th from 9:00 p.m. - 12:00 a.m. in The Basement

Boogat is a refreshing MC from Mexico who hit critical-acclaim with his album, "El Dorado Sunset".

Fall Classes [ATTN: Bethany]

Education

Postpartum Playgroup

Ongoing all month on Tuesdays from 9:00 a.m. to 11:00 a.m.

A weekly opportunity for families with babies and toddlers to get breastfeeding support, ask questions, share concerns and celebrate accomplishments as well.

DMSC Jr.

Ongoing all month long Monday - Friday from 3:00 p.m. to 5:30 p.m.

Art based learning after school for elementary students. Classes include visual art, dance, theater, circus arts, music, culinary arts and more!

Break Dancing for Kids I

Tuesdays at 5:45 - 6:45 p.m. from August 11th - September 15th

\$75 for 6 weeks, all ages are welcome!

A beginning breakdancing class that teaches the foundations of the dance covering top-rocking, footwork, freezes, transitions, and power in a fun and safe environment.

Break Dancing for Kids II

Tuesdays at 7:00 p.m. - 8:00 p.m. from August 11th - September 15th

\$80 for 6 weeks, all ages are welcome!

A fast-paced, high energy class that will teach students advanced footwork including top rocking, diverse freezes and other complicated power moves. Students will be taught how to create their own sets and work on musicality, form and breaking terminology.

Kids' Aerial

Wednesdays at 5:45 p.m. - 6:45 p.m. from September 2nd - October 7th

\$75 for 6-week sessions, \$15 drop-in, ages 8 and up

This is the perfect class for kids that love to climb. Full of games and fun, students will build strength, flexibility and self-esteem while learning basic skills in a safe environment under professional supervision.

The Art of the Hors D'oeuvres

First Wednesdays of the month at 5:30 p.m. to 7:30 p.m. in the Culinary Loft

\$40 for single sessions

Learn how to elevate your culinary skills with Chef Dwight Lykins, founder of local food truck, "Let's Toast".

Just Juggling

Wednesdays at 7:00 p.m. to 8:00 p.m. from September 2nd - October 7th

\$55 for 4-week session, \$15 drop-in, all ages

Whether your just starting to juggle or looking to learn more advanced tricks, your body and mind will get a workout!

American Tribal Style presents Belly Dance I

Wednesdays at 6:15 p.m. to 7:15 p.m. from September 16th - October 21st

\$60 for 6-week session, \$15 drop-in, ages 18 and up

All sizes and fitness levels are welcome in this colorful dance class filled with costumes and adornments.

American Tribal Style presents Belly Dance II

Wednesdays at 7:30 to 8:30 p.m. from September 16th - October 21st

\$60 for 6-week session, \$15 drop-in, ages 18 and up

Level II of the American Tribal Style dance class expands upon the foundation set in level I by layering new moves and performance techniques to really get students dancing. Students should bring snug-fitting, comfortable clothing.

Open Aerial

Wednesdays in September at 8:00 to 9:00 p.m.

\$10 drop-in only

Open opportunity to practice skills learned in any aerial classes. A DMSC instructor will be present to ensure all activities are being executed correctly and provide a safe environment for students.

Lunchtime Circus Circuit

Thursdays at 12:00 p.m. from September 3rd - October 8th

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

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

DMSC Writer's Workshop I

Thursdays at 6:00 to 7:30 p.m. from September 3rd - October 8th

\$80 for 6-week session

The Workshop is a forum for writers to find their voice and hone their craft with longtime workshop facilitator, Travis Scott. Scott has worked with renowned writers such as Tim O'Brien, Robert Stone, George Saunders and more.

Holistic Health Series

Thursday, September 3rd at 6:00 p.m. - 8:00 p.m. in the Culinary Loft

\$30 single-session, Thursdays all month long

Prepare yourself mentally and physically for the holiday season with our Holistic Health Series. Take an in-depth look at stress, sleep, energy and mood with our experts, Chef Laura Saar and DSN Courtney Long.

Intro to Aerial

Thursday, September 3rd at 6:00 p.m. - 7:15 p.m. in the Movement Room

\$100 for 6-week session, \$20 drop-in

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.

Break Dancing for Adults

Thursday, September 3rd at 7:00 p.m. - 8:00 p.m.

\$75 for 6-week session, \$15 drop-in

A beginning breakdancing class that teaches the foundations of the dance covering top-rocking, footwork, freezes, transitions, and power in a fun and safe environment.

All Aerial

Thursday, September 3rd at 7:30 p.m. - 8:45 p.m.

\$100 for 6-week session, \$20 drop-in

For those aerialists that want to take their skills to the next level. This class will teach more advanced moves, drops, and how to sequence tricks together smoothly with an emphasis on form and body alignment. 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.

Fit & Fresh Luncheons

Friday, September 4th at 12:00 p.m. - 12:45 p.m. in the Culinary Loft

\$20 single session, grumbling stomach required.

Change your Friday routine by starting off the weekend on a healthy foot with a delicious lunch provided by Chef Laura Saar! Learn about nutrition from DSN Courtney Long while eating! Grumbling stomach required.

Advanced Figure Drawing Workshop

Sunday, September 6th at 2:00 p.m. - 3:30 p.m.

\$10, first and third Sundays of every month

A life drawing session with experienced models. The aim is to provide experienced artists with time and space to hone their skills and techniques in life drawing. Optional period of critique at the end, artists should bring their own art supplies and easel, if desired.

Sunday Circus Jam

Sunday, September 6th at 2:30 p.m.- 4:30 p.m.

Free, students should bring: hoops and other circus supplies

Free practice and jam session at the Social Club! Come out with your friends and play with any of your flow toys.

Saltlickers: Using Herbs & Spices of the South

Tuesday, September 8th 5:30 p.m. - 7:00 p.m. in the Culinary Loft

\$30 single-session

In this introduction to the spices and herbs of America, we'll discuss regional palates and ingredients. Learn to create and utilize our nation's most popular seasonings.

Aerial Hammock

Tuesday, September 8th at 6:00 p.m. - 7:15 p.m.

\$100 for 6-week session, \$20 drop-in

Defy gravity in this aerial class where we will utilize a fabric aerial hammock, also known as aerial sling, to increase stability, agility, flexibility and achieve weightlessness.

Tutus and Tiaras Prince and Princess Ballet

Tuesday, September 8th at 6:00 p.m. - 6:45 p.m.

\$75 for 6-week session, \$15 drop-in

See the delight on the face of your budding ballerina as they have a magical time in ballet classes, playing games and imaginative activities to keep every little princess and prince engaged and utterly in love with ballet.

Beyond Waist Hooping

Tuesday, September 8th at 7:00 p.m. - 8:30 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.

Theater Appreciation

Thursday, September 10th at 7:00 p.m. - 8:30 p.m.

\$125/person (includes script and ticket)

Delve into the art of theatre and learn key components of creating live theatre with StageWest Theatre Company. This session, we'll read and discuss the play BAD JEWS by Joshua Harmon. Meet with key StageWest members who are working to bring this production to life.

UnityPoint Health-Downtown Farmer's Market Shop and Cook

Saturday, September 12th and 19th at 8:00 a.m. - 11:00 p.m. in the Culinary Loft

\$20 plus cost of food

What harvest of the season have you been missing out on? Come find out at the Downtown Farmer's Market Shop and Cook- go with an e-mailed ingredient list from us, come back to prepare, and go home with a meal.

Intro to Japanese II

Saturdays starting September 12th at 9:30 a.m. - 10:30 a.m.

\$90 for 6-week session

This class is a continuation of Intro to Japanese I. You'll learn more vocabulary, basic conversational phrases, and advancing your reading and writing.

Mini & Me Movement

Saturdays starting September 12th at 10:00 a.m. - 10:45 a.m.

\$55 for 5-classes, \$12 drop-in, 18 months - 3 years (joined by an adult, of course)

You'll be wiggling, dancing and singing with your little one and having so much fun, you'll forget that they're actually learning at the same time!

Brush-up Japanese

Saturdays starting September 12th at 10:45 a.m. - 11:45 a.m.

\$90 for 6-week session

Every week, you will have a different topic for reading to discuss. You will brush up on your language use, grammar and build vocabularies. You will have a chance to practice your reading, writing, listening and speaking skills, too!

Des Moines Craft Collective Open Craft Sessions Workshop

Sunday, September 13th at 3:00 p.m. - 5:30 p.m.

\$5 drop-in, second Sunday of the month

Surround yourself with other crafters and artists in an open environment to jump-start your creativity. No teachers. No pressure. Bring your own supplies, additional supplies available.

Lyra (Aerial Hoop)

Sundays starting September 13th 7:15p.m. - 8:30 p.m.

\$100 6-week session, \$20 drop-in

Explore how aerial movements translate to a round shape with Aerial Hoop, also known as Lyra. This class will give you the opportunity to perform graceful tricks, spins, and swings.

Culinary 101

September 14th at 6:00 p.m. - 8:00 p.m. in the Culinary Loft

\$40 single session, Second Mondays of the month

This class is meant to introduce students to all of the chef basics: knife skills, mother sauces, cooking methods, and a history of spices. You will feel comfortable in your kitchen after this course!

Aerialography

Mondays starting September 14th at 7:15 p.m. - 8:30 p.m.

\$100 6-week session, \$20 drop-in

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!

Gastronome's Book Club

Tuesday, September 15th at 6:00 p.m. - 8:00 p.m. in the Culinary Loft

\$50 single-session, (9/15 book: *Tender at the Bone* by Ruth Reichl)

Beloved foodie and bibliophile, Jennifer Miller, returns for the second installment of our food-focused book club. Class includes discussion and hands-on cooking as guests prepare a thematic meal based on the book of the month.

Bread Baking 101

Wednesday, September 16th at 6:30 p.m. - 8:00 p.m.

\$40 single-session, third Wednesdays

Artisanal breads can be intimidating for even the experienced baker. Our in-house experts will demystify this process and empower students to their own "hearth" baking techniques.

Comics 101

Thursdays starting September 17th at 7:30 p.m. - 8:30 p.m.

\$225 for the 10-week course, students should bring: own drawing supplies (instructor will contact students prior to course about ideal supplies). Ages 14 and up

Comic book artist, Ron Wagner will teach students the basics of comic book art which includes drawing skills, perspective, form and composition as well as storytelling and dynamic figure drawing.

National Cheeseburger Day

Friday, September 18th at 6:30 p.m. - 8:00 p.m. in the Culinary Loft

\$30 single-session

Celebrate National Cheeseburger Day the right way by creating your own burger from start to finish! After your burger is finished, get your “eat-on”!

How to Create Your Own Cartoon Character

Saturday, September 19th and 20th at 12:00 p.m. - 4:00 p.m.

\$100 for two-day workshop

David Trumble has sold over 700,000 books to date. With his expert guidance, students will create their own cartoon character by learning the process Trumble takes through a mix of witty examples, practical tips, and group exercises.

Better Smartphone Photography

Saturday, September 19th at 1:00 p.m. - 2:30 p.m.

\$30 single-day workshop

The most common camera in the world is the iPhone. Students will learn the limitations and strengths as well as photographic “dos and don’ts” of their smartphone’s camera. Students will be amazed at how good of a picture they can take after this single class.

Awakening Your Inner Poet

Saturday, September 19th 1:00 p.m. - 3:00 p.m.

\$40 single-day workshop

Drake University's Creative Writing professor, Brian Spears will help students explore the roots of poetry as a written and spoken art form that remains vibrant to this day.

A Brief Introduction to Fencing

Sunday, September 20th at 1:00 p.m. - 3:30 p.m.

\$35 per student, ages 10-14

Fencing is a modern Olympic sport derived from the dueling practices of European nobility and calvary. Come join us for a day of lunges, thrusts, parries and face-paced swordplay!

Libations 101

Monday, September 21st at 5:30 p.m. - 7:00 p.m. in The Basement

\$30 single-session, third Mondays of September and October

We'll start with whiskey, move to gin, and finish the series with vodka. Three classes and three in-depth looks into flavor profiles, history, and recipes with snacks on the side!

Nut Milks? Holy Cow!

Monday, September 21st at 5:30 p.m. - 7:00 p.m. in the Culinary Loft

\$40 single-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.

Sewing Basics

Tuesdays starting September 22nd at 6:30 p.m. - 8:00 p.m.

\$60 4-week session, supplies needed: 1st Project- Pillow – $\frac{3}{4}$ yd for body of pillow & $\frac{1}{4}$ yd for band. Please select fabric from “quilting cottons.” 2nd Project- Brush Roll or Zippered Pouch – 1 bundle of “fat quarters”, sewing machine, bobbins

During this course, Laura VanWaardhuizen will teach students how to make a fashionable banded pillowcase and either a brush roll or zippered pouch (class choice).

Slow Food Monday

Monday, September 28th at 6:00 p.m. - 8:00 p.m. in the Culinary Loft

\$40 single-session, fourth Mondays of September and October

Music

First Friday New Orleans Jazz Party featuring NOLA Jazz Band

Friday, September 4th from 5:30 p.m. - 7:00 p.m.

\$5 in The Basement, all ages

Preferred Blend: A Modern Disco Dance Party

First Friday of each month at 10:00 p.m.

Free, all ages

No judgement, no pressure; just good vibes and fresh flavor. Featuring new DJs every month and there is no cover. Come on down and let loose every first Friday of the month.

Shock Therapy: Radioactive

Saturday, September 5th at 10:00 p.m. in The Basement

All ages until 12:00 a.m., 21+ until 2:00 a.m.

Des Moines' only all ages dance party! All ages until 12:00 a.m. — 21+ until 2:00 a.m. with full bar! Featuring DJ Queue, DJ Apollo, DP, Chris Coffey and Johnny Rage!

The Saturday Giant, Men in Lead Masks, PG Cop

Wednesday, September 9th from 9:00 p.m. - 12:00 a.m. in The Basement

Doors 9:00 p.m.; Show 10:00 p.m., \$5, all ages

The Saturday Giant is an one-man art-rock act from Columbus, Ohio that is known for his technological and impressive live show that gracefully incorporates gui-

tars, drums, bass lines, beat boxing, keyboards and vocals into a towering wall of sound.

Jazz Happy Hour

Friday, September 11th at 5:30 p.m. - 7:00 p.m. in The Basement

Free, all ages with suggested donation of \$6 on the second and fourth Friday of every month

Join Synergy Jazz Foundation and DMSC for our Friday Happy Hour series that features a diverse roster of local jazz musicians as well as occasional performances by touring musicians.

Jewel City Sound Presents: Under the Bridge

Friday, September 11th at 9:00 p.m in The Basement

Free, all ages

“The new style...underground vinyl sound. Music. Libations. The world. Jewel City Sound.”

The Street Octet

Saturday, September 12th at 5:00 p.m. - 7:30 p.m. in The Basement

\$5, all ages

The Streetside Octet is a collective of talented high school students from Des Moines, Iowa who play a mixture of jazz, blues, and funk music.

Twinsmith, The Olympics, Men in Lead Masks

Saturday, September 12th at 9:00 p.m. in The Basement

Doors 9:00 p.m., Show 10:00 p.m.

\$7, all ages

Twinsmith is a youthful reflection of the hopes and fears of a 20-something with crafty depth. The Olympics are an indie rock group out of Iowa City who excel at weaving catchy riffs and melodies in unique pop music.

Call and Response

Wednesday, September 16th at 8:00 p.m. in The Basement

Doors 8:00 p.m., Show 9:00 p.m.

\$5, all ages

Patrick Tape Fleming (Poison Control Center, Gloom Balloon) hosts an intimate one-on-one conversation and performance between musician and musician. A conversational performance, so to speak. Following the show, stick around as DJ TONE ZONE spins his all-vinyl collection of pop and power pop.

DJ Nighthawk: Oldies but Goodies

Friday, September 18th at 5:00 p.m. - 9:00 p.m. in The Basement

After you get off work, every third Friday, come see the legendary DJ Nighthawk. Old school R&B, rhythm and blues music to cap off the long work week!

Roxi Copland Live at The Basement

Saturday, September 19th at 5:30 p.m. - 7:30 p.m. in The Basement

\$10 pre-order, \$15 at the door, all ages

National touring singer/songwriter/pianist, Roxi Copland has a unique sound that ranges from Ella to The Offspring. She beautifully blurs the boundaries of blues, jazz, and pop.

Laughing at My Enemies Presents: Hennessy Confessions Mixtape

Sunday, September 20th at 7:00 p.m. - 10:00 p.m. in The Basement

Doors 7:00 p.m., Show 8:00 p.m.

\$5, all ages

Featuring St. Paul's hip-hop extraordinaire Aree Love, performing songs from her mixtape, with guest performances from Heat da Hustla, Krazy Bby, Johnny Kash, and Young Rome, and ShawtyJizz, host by Yung Drank.

Matthew Charles, Lesbian Poetry, Jinnouchi Power, Warp Zone

Sunday, September 27th at 6:00 p.m. in The Basement

Doors 6:00 p.m., Show 7:00 p.m.

\$6, all ages

Matthew Charles' music is honest commentary that is relevant on a host of societal, political, and personal issues. Joined by Lesbian Poetry, Jinnouchi Power and Warp Zone this show will not disappoint.

SummerMusic Plays "In C"

Tuesday, September 29th at 7:30 p.m. in the Kum & Go Theater

Doors 7:00 p.m., Show 7:30 p.m., \$10

SummerMusic plays "In C" — composer Terry Riley's legendary experiment in musical democracy will be an awesome treat to see.

Social

Event Planner Meet-up: Coffee and Tea

Tuesday, September 1st at 7:30 a.m. - 9:30 a.m. in the Culinary Loft

This is a fun way to network complete with complimentary quiche, coffee and pastries. Join us as we give you an informative look at our new meeting and event spaces. All attendees will receive priority access to 2016 openings.

Team Trivia

Tuesday, September 1st at 7:30 p.m. 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!

Prototype presents: A Quiz Show

Friday, September 4th at 5:30 p.m. - 7:00 p.m. in The Basement

From the creators of Haiku Deathmatch comes Prototype presents: A Quiz Show! An eccentric blend of trivia, word games and comedy. Come out and test your knowledge, clang bottles and laugh uproariously.

Community Yoga Bash

Tuesday, September 8th at 5:30 p.m. - 8:30 p.m. in the Courtyard

The DMSC and Des Moines-area yoga studios are teaming up to bring you a family friendly night of music, food and yoga! Yoga in the Courtyard followed by a rooftop party on the Kum & Go Theater sounds like the workings of a Tuesday to remember. Live music by Tubby Love and Amber Lily.

Counter Culture: Consuming Spirits

Thursday, September 10th at 7:00 p.m. - 9:00 p.m. in The Basement

To put it simply: culture, conversation and drinks. Admit it, you judge people when you find out they love *50 Shades of Gray*. What about that last episode of *Fear the Walking Dead*? Join others in discussion of the arts and clang some drinks.

Sunsets at the Social Club

Sunday, September 13th at 4:00 p.m. - 9:00 p.m. on The Rooftop at DMSC, \$5 cover

The last Sunsets at the Social Club event of the year is upon us! End the weekend right with chill vibes from guest DJs while you overlook the beautiful Des Moines skyline. Some of Iowa's best food truck fare and local brews will be here if you need sustenance. Guest DJs: Lyndon Michael, Gumbi (Chicago) and Modise (Chicago).

Beta Test

Friday, September 18th at 9:30 p.m. - 12:00 a.m. in The Basement

Beta Test is a new experimental comedy show sponsored by Underground Comedy and Capes Kafe.

Event Planner Meet-up: Sip and See

Tuesday, September 22 at 4:00 p.m. - 6:00 p.m. in the Culinary Loft

A great way to network, enjoy complimentary cocktails and appetizers from Malo while exploring our new meeting and event spaces! All attendees will receive priority access to 2016 openings.

Spirits of the North

Wednesday, September 23rd at 5:00 p.m. - 7:00 p.m. in the Culinary Loft

Tickets available at eventbrite.com

Learn how to “drink like a Viking” and get a taste of Scandinavia during this event with guided tastings and pairings. Discover the drinking traditions of Sweden, Norway and Denmark and how immigrants from those countries adapted the culture to their new homes in America. Scandinavian heritage is not required to attend!

Board Game Night

Thursday, September 24th 6:00 p.m. - 9:00 p.m. in The Basement

Free, all ages event on the fourth Thursday of every month

Playing board games in The Basement just feels right. We provide the board games. Open play. Friend competition.

Japanese Conversation Hour

Saturday, September 26th at 5:00 p.m. - 7:00 p.m. in The Basement

Free, all ages

Every fourth Saturday of the month join native Japanese speakers for a drink (non-alcoholic available, too) and fun conversation. Co-presented by Des Moines Social Club and the Japan America Society of Iowa.

The Quarterly Revue Comedy Showcase

Saturday, September 26th at 9:00 p.m. - 11:00 p.m. in The Basement

Free, laughs and donations are accepted

Local comedians take over The Basement with one task at hand: making you guffaw and chortle out your ears. That means laugh and have fun, silly! Join host, Dante Powell, in this celebration of Des Moines comedy.

