



*Your Place to Stay Active & Connected*

**JANUARY/FEBRUARY 2026**

A nonprofit organization  
enriching the lives of the 50+  
population of Birmingham,  
Bingham Farms, Beverly Hills,  
Franklin and the surrounding  
communities since 1978.

2121 Midvale Street • Birmingham, Michigan 48009-1509 • 248-203-5270 • [www.BirminghamNext.org](http://www.BirminghamNext.org)

## **January 20 – AN EVENING OF COMEDY WITH MATT CONN**

### **Comedian Matt Conn**

Tuesday, January 20 at 6:00 p.m.

Members: Complimentary, Guests: \$5



Join us at  
Next for an  
evening of  
clean comedy  
to laugh away  
the winter  
blues! Matt  
Conn has  
performed all  
over the  
country

including the world-famous Hollywood Comedy Store, and is a regular at One Night Stan's and Mark Ridley's Comedy Castle where he was a finalist in the Detroit to L.A. competition. He's been described as having a whimsical balance of witty observations combined with boyish charm. Matt's clean and clever humor strikes a chord with audiences of all ages. Generously sponsored by the Avalon of Bloomfield Township.

## **SONGS YOU LOVE – A MUSICAL PERFORMANCE BY VANESSA CARR**

Thursday, February 12 at 1:00 pm

Members: Complimentary, Guests: \$5

Vanessa Carr is a world-class entertainer, noted for her dynamic musical performances. As a singer and dancer recognized for her emotional interpretations, humorous renditions, captivating story-telling and genuine connection to audiences, Vanessa sparks joy in the hearts of her listeners. Her ever-growing repertoire includes a variety of genres including Broadway show tunes, rock n' roll, music of The Great American Songbook, opera, international favorites, soulful standards... and maybe a few love songs to celebrate Valentine's Day.

Lovingly sponsored by American House Village at Bloomfield.

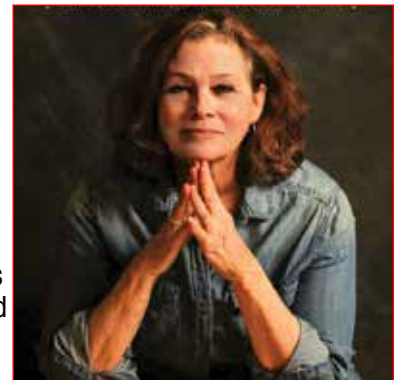


## **February 17 – LIGHTHOUSES AND LEGENDS Kitty Donohoe, Emmy-winning songwriter**

Tuesday, February 17 at 6:00 p.m.

Members: Complimentary, Guests: \$5

Over 5 decades ago  
Michigan Emmy-  
winning songwriter  
Kitty Donohoe got her  
first paid gig and she  
hasn't stopped since.  
Kitty draws from her  
heritage in the music  
she writes (both songs  
and instrumentals) and  
calls her music 'folky,  
Irishy & Canadianish'.



She backs herself on guitar, cittern and piano. Kitty was awarded the 2024 Michigan Heritage Award for her work promoting Michigan through her songs. Her performance will feature a collection of songs celebrating Michigan and the Great Lakes. Join us at Next for an unforgettable performance by one of Michigan's treasured musicians. Generously sponsored by Cedarbrook of Bloomfield Hills.

## **STORYTELLING AND THE MUSIC OF ARMENIA AND THE MIDDLE EAST**

### **Ara Topouzian, musician, cultural advocate**

Thursday, January 22 at 1:00 pm

Members: Complimentary, Guests: \$5

Ara Topouzian is an Armenian-American musician and cultural advocate dedicated to preserving and sharing the traditional music of Armenia and the Middle East. For more than three decades, he has performed across the U.S., using the kanun—an ancient lap harp—to blend music and story-telling that honor his cultural roots. Ara is also the creator of Guardians of Music, a documentary highlighting the artists who keep this musical heritage alive in America. In his presentation, he will explore how telling the story of your mission can inspire audiences, connect generations, and sustain cultural traditions—accompanied by a touch of kanun music. Kindly sponsored by American House Village at Bloomfield.



# Happy New Year!

## Celebrating Active Aging Week at Next - February 2 through February 6

This week is meant to celebrate the positive process of aging by promoting wellness initiatives, getting our bodies up and moving and our brains stimulated with new experiences! All while socializing with others in a welcoming and healthy atmosphere! Try a new class, play a new game, learn a new skill, and/or enjoy lunch with friends.

As with all Next programs, please register in advance!

This will be a week to remember, so please introduce your friends and family to Next.

If they join, you will both receive \$10 off your Next membership!

### MONDAY, FEBRUARY 2

#### **DIY Salt Scrub Session with Next Staff from 11:00 am to 12:00 noon**

Join us as we make a salt scrub from natural ingredients! We will also decorate a jar to hold the scrub. Keep it for yourself or...give it to your favorite Valentine! More details on page 4.

#### **Table Tennis, Open Play from 2:30 to 3:30 pm**

Participants take turns rotating so everyone can play! Balls and paddles will be supplied. If there is enough interest, we will make this a regular Monday event.

#### **Blood Pressure Clinic from 11:00 am to 12:00 noon**

It's important to know your numbers! A trained healthcare professional will screen your blood pressure and blood oxygen levels. No appointment needed.

#### **Trivia Time! from 3:00 to 5:00 pm**

Enjoy an afternoon of trivia with professional Trivia host, Tricia Olevnick. More details on page 3.

### TUESDAY, FEBRUARY 3

#### **Pickleball Skills and Drills from 1:30 to 2:30 pm**

Join licensed pickleball instructor, Tom Wehner for a Skills and Drills clinic where he will cover some basic skills of this very popular game. All levels welcome.

#### **Healthy Juices and Nutritional Salad Tastings from 11:30 am to 12:30 pm**

The Next staff will provide several healthy juices and salads available for sampling. More details on page 4.

### WEDNESDAY, FEBRUARY 4

#### **Therapy Dogs at Next from 9:00 to 9:45 am**

Meet Ernie and Maple, Seaholm High School's therapy dogs, along with their student handlers, Allyson and Adam. They will all be in Next's lobby accepting lots of your hugs and pets and hopefully, bringing all the feelings that these sweet dogs have a way of bringing out in us. Take a moment to enjoy the simple things in life.

#### **Laughter Yoga from 11:00 am to 12:00 noon**

Laura Lerman will introduce us to Laughter Yoga – a practice that anyone can do. It combines yogic breathing exercises with intentional laughter, resulting in physical and mental benefits. Join us! Laugh a little and feel better! More details on page 4.

#### **Michigan Science Center Trip from 10:00 am to 1:15 pm**

You will have 2 ½ hours to delve into your inner ologist in this self-guided visit of the Michigan Science Center in Midtown Detroit. The Science Center's mission is to inspire curious minds to discover, explore and appreciate science, technology, engineering and math (STEM) in a creative, dynamic and hands-on learning environment. More details on page 12.

#### **Pickleball Skills and Drills from 1:30 to 2:30 pm**

Join licensed pickleball instructor, Tom Wehner for a Skills and Drills clinic where he will cover some basic skills of this very popular game. All levels welcome.

### THURSDAY, FEBRUARY 5

#### **Soup's On! from 12:00 to 1:00 pm**

Join us for a nutritious meal of soup, rustic bread and a beverage. Socialize with other Next members and...get the latest updates on Next's new home at 400 East Lincoln in Birmingham!

**You must register for the lunch by January 30.**

#### **THE NEW KIRK GIBSON CENTER FOR PARKINSON'S WELLNESS – A Lecture from 6:00 to 7:00 pm**

Come and learn the inspiring stories behind the creation of this unique Center, the cutting-edge research that is being done to support Parkinson's wellness, and hear how the Center and programming are already changing lives. The fitness and movement strategies employed at the Center are also beneficial for everyone's general health. More details on page 7.

### FRIDAY, FEBRUARY 6

#### **Jigsaw Puzzle Tournament from 11:00 to 12:00 pm**

Grab two or three of your jigsaw-loving friends and sign up for Next's Jigsaw Puzzle Tournie! Stimulate your brain and enjoy some friendly competition. More details on page 4.



### **TRIVIA TIME! with Tricia Olevnick**

**Mondays, January 5 and February 2 at 3:00 pm**

**Cost: Complimentary members / \$5 guests**

Enjoy an afternoon of trivia with Tricia Olevnick, professional trivia host. Teams of four will enjoy friendly competition with a chance to win bragging rights. Try it out! Challenge your brain!

### **SPANISH CONVERSATION FOR COGNITIVE WELL-BEING with SEÑORA BARTLETT**

**Advanced Class beginning January 7**

**Wednesdays at 4:00 pm**

**Cost: 6-week series: \$120 members / \$125 guests**

This course is designed to provide a stimulating and engaging environment for individuals interested in learning Spanish while promoting cognitive health. Through interactive conversation activities, this course aims to enhance mental agility, memory, and linguistic skills, all while fostering social connections and cultural understanding. Participants will explore daily conversational topics. Your instructor, Señora Bartlett, will guide you through various activities and exercises designed to challenge your brain, improve language proficiency, and keep your cognitive abilities sharp. Recommended for individuals who have had some exposure to the Spanish language in the past. Señora Carla Bartlett is a native Spanish speaker and fluent in Italian. She has been teaching for over 30 years at the high school and Adult Education levels. She holds a BA from U of M-Ann Arbor and a MASTERS Art of Teaching.

### **AGING IN PLACE – CONSTRUCTION ALTERNATIVES**

**Tom Kellett, President, Kellett Construction Company**

**Thursday, January 8 at 11:00 am**

Are you hoping to age in place? By modifying your current home to accommodate changes that often go hand-in-hand with growing older, you can create an environment that promotes safety and well-being to help you continue living independently at home. Tom Kellett, president of Kellett Construction will give us things to consider including bathroom modifications, wheelchair ramps, handrail and elevator installations, to name a few. A custom residential building company since 1978, Kellett Construction has completed various aging in place projects ranging from bedroom additions and ADA bathrooms to elevators. Join us and learn more!

### **DEMENTIA CAREGIVER SUPPORT GROUP - NEW! Hosted by Arden Courts Bingham Farms**

**Tuesdays, January 13 and February 10 at 11:00 am**

**Complimentary for Members and Future Members**

Caring for a loved one with dementia can be overwhelming - but you don't have to do it alone. This Dementia Caregiver Support Group is open to all who are navigating the challenges

of Dementia. Join us for a welcoming, supportive environment where you can share experiences, gain valuable resources, and connect with others who understand what you are going through. Each session is guided by knowledgeable professionals specializing in memory care, providing insight, encouragement, and practical advice. Let us help you feel empowered, informed, and supported in your care giving journey.

### **ASK THE ATTORNEY**

**Wednesdays, January 14 and February 11 from 2:00 to 2:45 pm**

Local attorney, Diana Pugh Moak, will be at Next to provide assistance with your legal questions. Please call Next to schedule your complimentary 15-minute appointment. Only available to Next members. This service will be provided the second Wednesday of every month.

### **MORE TO DISCOVER AT BALDWIN PUBLIC LIBRARY Rebekah Craft, Director, Baldwin Public Library**

**Wednesday, January 21 at 1:00 pm**

**Cost: Complimentary members / \$5 guests**

Learn more about nearly everything offered at the Baldwin Public Library as Library Director, Rebekah Craft, shares resources and materials available to you with your library card. Rebekah will also chat about recently published great books that will keep you wanting to turn the page and answer any questions you may have. Whether you are a seasoned user or new to BPL, you'll learn something exciting!

### **THE INS AND OUTS OF ESTATE SALES Emily Dein, Owner, Avalon Estate Sales**

**Tuesday, January 27 at 1:00 pm**

**Cost: Complimentary members / \$5 guests**

Are you moving, downsizing or settling an estate of a loved one? Join us as Emily Dein, Certified Appraiser and owner of Avalon Estate Sales, takes us through the do's and don'ts of working successfully with an estate liquidator. Questions, as always, are welcome!

### **BINGO 2.0 Sealina Moore, Host**

**Wednesdays, January 28 and February 25 at 3:00 pm**

**Cost: Complimentary members / \$5 guests**

Join us for Bingo 2.0 where we offer a different Bingo experience each month. We'll kick off the new year with a winter theme and then, in February, it's Backyard Bird Bingo! There will be snacks, socializing, decorations and prizes. Try something new in the new year! (Please note: this does not replace the Monday Bingo that takes place here at Next on a regular basis.) Generously sponsored by Guiding Light Care Angels.



### **LIVING YOUR BEST LIFE – WEIGHING YOUR OPTIONS**

**Denise Bellinger, Owner, Senior Helpers**

Thursday, January 29 at 11:00 am

Cost: Complimentary members / \$5 guests

This presentation will explore senior living options and the importance of weighing the pros and cons of living at home vs a senior living facility. We will talk about safety, costs, social advantages and disadvantages and sense of community.

### **DIY SALT SCRUB SESSION WITH NEXT STAFF**

Monday, February 2 at 11:00 am

Cost: Complimentary members / \$5 guests

Did you know that a salt scrub can help improve circulation and promote relaxation and muscle relief? Join us, as together we make a personalized scented salt scrub from natural ingredients. And we'll decorate a jar that will help keep the salt scrub fresh. Keep this little gem for yourself or...give it to your favorite Valentine!

### **HEALTHY JUICES AND NUTRITIONAL SALAD TASTINGS**

Tuesday, February 3 at 11:30 am

Cost: Complimentary members / \$5 guests

The Next staff will provide several healthy juices and salads available for sampling. Certain juices can boost your immune system, provide hydration and vitamins, and support heart and skin health. And we all can certainly use more greens in our diet! Experiment. Try something new that's actually good for you! It might become a habit!

### **LAUGHTER YOGA**

**Laura Lerman, Laughter Yoga Teacher**

Wednesday, February 4 at 11:00 am

Cost: Complimentary members / \$5 guests

You are invited to an introduction to Laughter Yoga - a scientifically proven approach to improving physical, emotional and mental well-being. By combining laughter exercises with deep yogic breathing techniques, it stimulates the body and mind in ways that conventional fitness or relaxation methods often cannot. Just 10–15 minutes daily reduces stress, energizes the body, and promotes mental calmness and positivity. Laura Lerman will be our instructor. Try it! See how a little laughter can make you feel better!

### **CALLING ALL JIGSAW PUZZLE LOVERS!**

Friday, February 6 at 11:00 am

Teams must register by January 29th

Cost: Complimentary

If you love a good jigsaw puzzle and enjoy some friendly competition, you need to grab two or three of your jigsaw-loving friends and sign up for Next's Jigsaw Puzzle

Tournament. Teams of two, three or four will try to complete a puzzle within one hour. The team with the greatest portion of the puzzle completed by the end of the hour, wins! If you don't have a team, but would still like to participate, sign up; we'll find a team for you!

### **THE HISTORY OF HAMTRAMCK**

**Joe Kochut, Board President, Hamtramck Historical Museum**

Tuesday, February 10 at 1:00 pm

Cost: Complimentary members / \$5 guests

Discover the rich and colorful history of Hamtramck, one of Michigan's most unique and diverse cities. This program will trace Hamtramck's transition from a quiet township and farming village to an industrial city. Joe will explore the city's explosive population growth, waves of immigration and its wild reputation during Prohibition. Learn about the people, cultures and events that have shaped Hamtramck's identity over the decades.

### **HOSPICE: FACT OR FICTION**

**Julie Capra, Lead Advisor, Hospice of Michigan**

Tuesday, February 17 at 1:00 pm

Cost: Complimentary members / \$5 guests

There are many myths and misconceptions when it comes to comfort care. Join us for a discussion on hospice and palliative care – what they are and what they are not. Test your knowledge and bring your questions.

### **THE WONDERS OF MICHIGAN NATURE - JUST OUTSIDE YOUR WINDOW**

**Jeremy Caverly, Owner, Backyard Birds of Bloomfield Hills**

Tuesday, February 24 at 1:00 pm

Cost: Complimentary members / \$5 guests

Explore the joys of feeding wild birds. Jeremy Caverly, and his wife Diana, are the owners of Backyard Birds of Bloomfield Hills, which has been a part of the SE Michigan bird feeding community since 1989. Having grown up along the shores of Charlotte Harbor and the Gulf of Mexico in southwest Florida, Jeremy brings his lifelong appreciation for wildlife to the Great Lakes Region, promoting the hobby of wild bird feeding. Whether you're an avid birder or just looking to attract feathered friends to your backyard oasis, you will enjoy Jeremy's expert tips and advice as we start dreaming of spring!

### ***A huge THANK YOU to everyone who donated to PB & J last month!***

In just 2 days, we collected 84 jars of peanut butter and 56 jars of jelly/jam. Everything was packed up and delivered to the Food Pantry at Genesis Church in Royal Oak. They were very grateful.





**We are excited to present more art classes at Next to ignite your creativity! Please join us to learn some new techniques and develop your artistic flair.**

### **NEW! DRAWING WORKSHOP PART II – GENTLE SHADING FOR FACES**

Tuesdays, January 6 through January 20 from 10:00 am to 12:00 pm

Cost: 3 Week Series: \$60 members / \$70 guests

If you have completed Drawing Workshop Part I- Faces, you now know the basic shapes and landmark locations for eyes, noses, and mouths; and you are ready for Part II-Gentle Shading. In this workshop you will begin the soft shading that is so important for the gentle contours of human faces.

### **BASKET MAKING CLASSES**

Join Deborah VanderLinde, PhD, aka "The Basketmak'r" in this fun class where you will be introduced to or review basic weaving techniques.

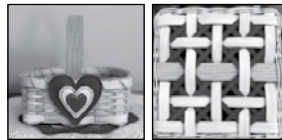
#### **VALENTINE BASKET**

Wednesday, January 28 from 1:00 pm to 5:00 pm

Cost: \$60 members / \$65 guests

Square basket with a D-handle and lattice base in red accents, trimmed with a felt heart. Perfect for collecting Valentines or as a gift for someone special.

7.5" x 7.5" x 3"



#### **WASTE BASKET**

Wednesday, February 25 from 1:00 pm to 5:00 pm

Cost: \$65 members / \$70 guests

Weave this attractive waste basket with a unique French Randing accent. Would also be lovely as a planter basket. 8.5" x 8.5" x 9"



### **WATERCOLOR STUDIO ART CLASS on TUESDAYS**

Limited to 12 students

Tuesdays, January 13 through February 17 from 1:00 pm – 3:00 pm

Cost: 6 Week series: \$90 members / \$95 guests

This class is designed to broaden the knowledge and growth of each student's skills in working with watercolors. The students and Karen work together to develop student's subjects and carry the project forward to completion. Karen is excited to explore fresh ideas and viewpoints of the student's various art backgrounds to recharge their creative juices. We look forward to sharing concepts to continue enriching our visual statements.

\*Students are required to have prior basic watercolor instruction for this class. Bring your materials and what you plan to work on to class. If you work upright, plan to bring your own lightweight portable easel.

### **POTTERY OPEN STUDIO**

Thursdays from 9:30 am to 12:30 pm

Enjoy this independent open studio to develop your beautiful pottery projects.

### **STUDIO ART PAINTING CLASS – THURSDAYS**

Limited to 12 students

Thursdays, January 15 through February 19 from 1:00 pm – 3:00 pm

Cost: 6 Week series: \$90 members/ \$95 guests

This class is for experienced students who are looking for fresh points of view that will enrich each student's skills in their chosen medium of acrylics, oils, watercolor or collage/mixed media. The students bring their subjects, chosen supplies and imagination. They will develop their concept with suggestions from Karen, as they move their work forward to completion. Karen is excited to work with the student's pre-gained knowledge from their art background to develop and enrich new visual statements.

Returning students, plan to start a fresh piece of work for the series. If you work upright, plan to bring your own lightweight portable easel.

### **PHOTOGRAPHY CLUB**

Thursdays, January 8 and February 12 from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 guests

The Next Photography Club seeks to bring people together who have an interest in photography. They maintain their own website and take monthly photo trips. For information, contact the clubs email at- [info@birminghamphotoclub.org](mailto:info@birminghamphotoclub.org)

### **KNITTING & CROCHETING OPEN STUDIO**

Mondays at 10:00 am

Enjoy lively discussion with this group of lovely ladies. Tips and ideas shared!

### **NEEDLE ARTS OPEN STUDIO**

Wednesdays at 10:00 am

A great group for quilting, needlepoint, sewing and cross-stitch! All levels welcome!

### **PALETTE & BRUSH CLUB**

Thursdays from 9:30 am to 12:30 pm

The group is currently at capacity; however, if you are interested in joining the club, please contact [paletteandbrush.org](mailto:paletteandbrush.org).

# SPEAKER SERIES @ NEXT

Join us on Thursdays Evenings at 6:00 pm  
Cost: Complimentary members / \$5 guests

Please Note: Speakers can now be found under  
the Activities tab in the Speakers category.

## January 8 - NAVIGATING SOCIAL MEDIA

Allison Balowski, Project 2 Detroit



It's easy to dismiss social media as a teenage trend, but the data indicates otherwise. In

fact, social media use crosses generations, and has become a critical means of communication for businesses as well as individuals. Allison Balowski is a co-founder of Project 2 Detroit and uses social media as part of her business for community outreach and engagement. This lecture will walk the audience through the basics of social media, what the different platforms can be used for, and how millions of Americans use these applications to communicate, advertise, and connect.

## January 15 - MICHIGAN DEPARTMENT OF ENVIRONMENT, GREAT LAKES, AND ENERGY (EGLE) LECTURE

Katie Lambeth, EGLE Executive Office

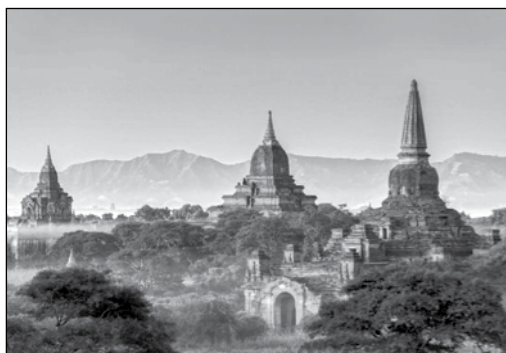


The Michigan agency that is tasked with protecting our environment and waterways also works with multiple Indian tribes, who were

stewards of this land and these waters long before European settlers arrived. Come and learn about the ways that EGLE works to preserve our precious ecosystems, and how they collaborate with various tribes from Katie Lambeth, EGLE Tribal Liaison, Nondiscrimination Compliance Coordinator, and Language Access Coordinator. This lecture will also increase understanding of the vital role that agencies play in state governance, and why it is critical to preserve both our agencies and our environment. This presentation is generously sponsored by American House Stone.

## January 22 - MYANMAR EXPLAINED

Fr. Piero Masolo, former missionary to Myanmar



Fr. Piero Masolo traveled from his home country of Italy to serve the people of Myanmar,

formerly known as Burma, who suffer the effects of long-standing political unrest. Currently classified as a "Level 4: Do Not Travel" destination, the inner workings of Myanmar remain a mystery to the outside world. Come and hear an insider's view and experience of this beautiful and perilous country.

## January 29 - ROSIE THE RIVETER: HONORING THE HEROES OF WORLD WAR II

Jeannette Gutierrez, Michigan Rosies

Proudly independent and Michigan-based, Michigan Rosies (Rosie the Riveter Association



of Michigan) is a 501(c)(3) nonprofit organization dedicated to honoring the Rosie the Riveters of WWII, and preserving their legacy in Michigan. Come and hear her fascinating story of the women who stepped into the factories during World War II, and their instrumental role in winning the war. This presentation is generously sponsored by American House Stone.

# SPEAKER SERIES @ NEXT

Join us on Thursdays Evenings at 6:00 pm  
Cost: Complimentary members / \$5 guests

Please Note: Speakers can now be found under  
the Activities tab in the Speakers category.

## February 5 - AN IN DEPTH LOOK AT THE NEW KIRK GIBSON CENTER FOR PARKINSON'S WELLNESS

**Brenda Lanker, Director of Community Outreach**



On August 9, 2025 the Kirk Gibson Center opened its doors to usher in a new wave of Parkinson's wellness. With state-of-the-art facilities, and thoughtful programs based on the latest research in Parkinson's Disease, the Kirk Gibson Center offers custom tailored strategies to each of its members. Come and learn about the cutting-edge research that is being done to support Parkinson's wellness, and hear how the Center and programming are already changing lives! This presentation is generously sponsored by American House Stone.

## FEBRUARY 12 - THE COLLAPSE Gus Mondalek

What do so many ancient societies, from Rome to the Aztecs and Mayans, to the Qing dynasty



have in common? Today, they are reduced to ruins that travelers visit as tourism destinations. What happened to these highly successful and advanced societies? What was behind the iconic Bronze Age collapse? And what are the implications for the modern world that we are living in? Come and explore the answers to these questions with renowned international affairs lecturer Gus Mondalek. This presentation is generously sponsored by American House Stone.

## February 19 – JOURNEY TO THE AMAZON

**Jill Pavlat**



Join experienced adventure traveler Jill Pavlat on a photo journey through the Amazon waterways

and jungles of Peru. Jill's once-in-a-lifetime travels will amaze and inspire as she tells her story of reaching corners of the globe that are truly off of the beaten path. As climate change threatens to change life on Earth, these green "lungs of the planet" play an ever-increasing role of importance. Come and see them as never before.

## February 26 – RUSSIA'S WAR WITH UKRAINE

**Aaron Retish, Professor of Russian and Soviet History at Wayne State University**

A political and social enigma, Russia remains a mystery in so many ways. Come to Next to gain a rare under-



standing of this world superpower with Professor Aaron Retish, who is an author and editor of four books on 20th century Russia, and has published several articles on the Russian Revolution. This complex and mysterious country launched a war on Ukraine in February of 2022, and the conflict continues to this day. This lecture will offer an informed breakdown of Russian society, politics, economics, and conflict strategy.





## FITNESS OFFERINGS

Try something new. First class is always free

### **TAP DANCE with Valerie Mould**

8-week session beginning January 7 and ending February 25

Wednesdays from 3:00 to 4:00 pm

Cost: \$80 members / \$90 guests

Tap is a wonderful entry or reintroduction to dance for older adults who have little dance experience or who have not laced up their tap shoes in some time. Dancers will learn the rudiments of tap, leading up to a simple dance routine. From enhancing coordination and balance to boosting cognitive function and creativity, the benefits of tap dancing are immense. Valerie has taught tap for decades and enjoys sharing her knowledge and love of dance with her students. Tap shoes are preferable to other hard soled shoes, but not necessary.

### **STRETCH & RELAX with Caryn Ciagne**

Mondays from 9:30 to 10:30 am

Cost: 10 drop-in classes: \$100 members / \$110 guests

Caryn will guide you through gentle stretch class exploring longer holds and slow range of motion along with a focus on breathing to promote relaxation. We will explore postures on your back, hands and knees, stomach and seated. There will be minimal standing. A chair can be close by for extra support. Focus on increased flexibility, core strength, balance and mindfulness for greater comfort and calm in one's body and presence.

### **LIMBER UP**

Mondays, Wednesdays and Fridays at 10:00 am

Cost: Complimentary

This chair-based stretching and fitness video class is all about keeping limber and enjoying the company of good friends.

### **LINE DANCING with Christine Stewart**

Mondays from 10:15 am to 12:00 noon

Cost: 10 drop-in classes: \$120 members / \$130 guests

Dance Instructor, Christine Stewart invites you to join her in exercising body and mind by learning new steps and line dances as you move to different types of music.

### **CARDIO DANCE WITH KAREN LUTZ**

Mondays from 1:00 to 1:45 pm

Cost: 10 drop-in classes: \$100 members / \$110 guests

Stay active, improve balance, boost cognitive brain function and mood, all while having fun! Follow the easy dance patterns or move with your own groove to music from all genres. Optional weights help with strength and offer heart health benefits. Wear comfortable shoes. No partner or dance experience needed.

### **LOW IMPACT AEROBICS with Laura Karmanos**

Tuesdays and Thursdays from 9:00 to 10:00 am

Cost: 10 drop-in classes: \$100 members / \$110 guests

Start your day in a low-impact way! We'll get things warmed up with some small movements and stretching, then transition into some basic moves to get our heart rates up. We'll add in some strength, balance, seated and standing core work — then end the session with a cool down and more stretching. This class is for anyone who is looking for a great workout without impacting their joints. In these classes you will have the opportunity to get stronger, move longer and be ready for life by implementing strength, cardio, mental as well as physical balance training. Laura has been teaching group fitness and personal training for decades and specializes in strength and mobility training for all levels, including older adults. She is certified through The National Academy of Sports Medicine (NASM).

### **STRENGTH TRAINING with Laura Karmanos**

Tuesdays and Thursdays from 10:00 to 11:00 am

Cost: 10 drop-in classes \$100 members / \$110 guests

You may have heard it in the news or from one of our program presenters here at Next: Strength Training is important for everyone, but especially for older adults like us! This full body strength class will help increase strength, improve balance and mobility and help you maintain muscle and bone mass. This class is beginner friendly. We will use light weights and Pilates balls and we'll work on form throughout the classes. Laura has been teaching group fitness and personal training for decades and specializes in strength and mobility training for all levels, including older adults. She is certified through The National Academy of Sports Medicine (NASM).

### **CHAIR YOGA & MEDITATION with Caryn Ciagne**

Tuesdays and Thursdays from 1:30 to 2:30 pm

Cost: 10 drop-in classes: \$100 members / \$110 guests

Utilizing a chair to sit and to stand beside for support, we will gently stretch and breathe our way into our body. Through this gentle practice, we will release tension and tightness, increase flexibility, strength, body awareness, range of motion and balance, while promoting a feeling of relaxation and calm.

### **YOGA FOR WELL BEING with Karen Lutz**

Tuesdays from 4:00 to 5:00 pm

Cost: 10 drop-in classes: \$100 members / \$110 guests

All levels are welcome to learn gentle, adaptable yoga moves that help improve your breathing practices, core strength, balance and flexibility.





## FITNESS OFFERINGS

Try something new. First class is always free

### WEDNESDAY FLOW YOGA with Caryn Ciagne

Wednesdays from 9:15 to 10:15 am

Cost: 10 drop-in classes: \$100 members / \$110 guests

A slow yet strong flow practice suitable for all who may be interested in expanding their yoga practice. This class will explore traditional standing, seated and supine postures to strengthen and improve balance. Please bring a yoga mat, water and a towel (optional).

### BALANCED YOGA FOR WELLNESS with Karen Lutz

Wednesdays at 1:00 pm

Cost: 10 drop-in classes: \$100 members / \$110 guests

Learn to focus on breathing with gentle stretching and adaptive yoga movements both seated with the option to stand with the support of a chair.

### TAI CHI FOR HEALTH with Cheryl Goodwin

Tai Chi is an internal (soft) style martial art that has been shown by scientific studies to improve one's physical health. It increases circulation, improves balance, and promotes a calm state of mind. Tai Chi for Health concentrates on improving your physical being through exercise while increasing your concentration and relaxation at the same time. Tai Chi is especially good for those with mobility issues as it can be done effectively seated. This class, taught by Cheryl Goodwin, Tai Chi for Health Institute certified instructor, is appropriate for all ages, body types and abilities. Cheryl is certified in the areas of Tai Chi for Arthritis, Tai Chi for Fall Prevention, and Seated Tai Chi.

#### Beginner Class

Wednesdays from 1:30 to 2:30 pm and Fridays from 11:00 am to 12:00 pm

Cost: 10 drop-in classes: \$80 members / \$90 guests

Cost: 1 drop-in class: \$10

#### Intermediate Class

Fridays from 10:00 to 11:00 am

Cost: 10 drop-in classes: \$80 members / \$90 guests

Cost: 1 drop-in class: \$10

For those wanting to go deeper into the form described above, Cheryl is offering this Intermediate Tai Chi class.

### FRIDAY FITNESS with Caryn Ciagne

Fridays from 9:15 to 10:15 am

Cost: 10 drop-in classes: \$80 members / \$90 guests

Get moving! Meet in the lobby. Walk and talk. Try out some fancy footwork: lunges, side steps, walking backwards and more! Wall sits and stretches. All to promote strength, flexibility,

balance and community. Bring water and wear comfortable shoes. Let's have some Friday fun!

### BARRE BALANCE with Karen Lutz

Fridays from 1:00 to 1:50 pm

Cost: 10 drop-in classes: \$100 members / \$110 guests

A low impact practice at the barre improving muscle tone, balance, flexibility and strength. Work with optional weights and stretch bands. All levels are welcome as we move at our own pace. Enjoy ballet and yoga inspired movements both dynamic as well as holding.

### PICKLEBALL

Cost: Complimentary members only

Open Play: Monday, Thursday, Friday from 12:30 to 3:00 pm

Open Play: Monday through Thursday from 4:30 to 7:30 pm

Interested in learning how to play one of the fastest growing and most popular sports? Contact Pickleball Professional Tom Wehner at (248) 885-1203 or tgwehner@cs.com for lessons!

### TENNIS - MIXED DOUBLES

Wednesdays and Fridays from 1:30 to 3:30 pm

Next members enjoy indoor play at the Birmingham Racquet Club as a regular league player or sub. Always looking for new players. If you are interested, please contact David Young at davidmppyong@gmail.com or 248-229-5015.

### BOWLING LEAGUE

Thursdays at 1:00 pm

Cost: \$11 for 3 games. Members only.

All levels welcome for bowling and camaraderie at Country Lanes at 30250 West Nine Mile Road, Farmington Hills. No need to register, just drop in. For more information call or text Janice Borsenik at 248-644-0986.



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## HEALTH & WELLNESS SERIES

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We are excited to partner with Henry Ford Health for the 2026 Health & Wellness Series! Henry Ford Health is committed to improving the health and wellness of the Michigan community by improving people's lives through excellence in the science and art of health care and healing. As the Health & Wellness Series Partner, Henry Ford Health will share the expertise of their physicians, nurses and other providers directly with Next members.

### PROTEIN AND MUSCLE HEALTH

**Dr. Lynn Dado, MD**

Thursday, January 15 at 12:00 pm

Cost: Complimentary members / \$5 guests

Join Lynn Dado, MD an internal medicine doctor from Henry Ford Health, to learn how protein supports muscle strength and mobility as we age. Discover practical nutrition tips and simple lifestyle strategies to help maintain independence and overall well-being. Gain expert insights on how these habits can improve long-term health and quality of life. A light lunch will be served.

### SEASONAL AFFECTIVE DISORDER (SAD) –

*Rescheduled from November 2025*

**Christopher Nixon, Director, LMSW, CAADC,  
Director of Maple Grove Center & Addiction Medicine**

Thursday, February 19 at 12:00 pm

Cost: Complimentary members / \$5 guests

Join Christopher Nixon for a discussion on Seasonal Affective Disorder (SAD). SAD is a form of depression linked to seasonal changes typically in the winter months. Chris will discuss effective strategies for support that can improve your mood in any season. A light lunch will be served.



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**STREAMING @ NEXT!**

### **THE TINDER SWINDLER**

Tuesday, January 6 at 10:30 am

Cost: Complimentary members / \$5 guests

The core message of this documentary is that anyone can become the victim of a scam in modern day society. Based on a true story, this film covers the real-life actions of con artist Shimon Hayut (an Israeli man who used the alias Simon Levey). Hayut used the dating app Tinder to meet women, manipulate them emotionally, and con them out of millions of dollars by posing as a wealthy diamond heir. Length 1 hour, 54 minutes.

### **STREET FOOD USA: PORTLAND, OREGON**

Tuesday, January 20 at 10:30 am

Cost: Complimentary members / \$5 guests

Get a taste of the most beloved bites on American streets and, along the way, discover the heart, soul and wildly diverse real people behind the food. Portland's freethinking food scene features barbecue brisket tacos, loaded mac and cheese, and Thuy Pham's heartfelt Vietnamese vegan pork belly. Length: 30 minutes.

### **PANDEMIC: HOW TO PREVENT AN OUTBREAK – EPISODE ONE: IT HUNTS US**

Tuesday, February 3 at 10:30 am

Cost: Complimentary members / \$5 guests




In this documentary series, meet the heroes battling against influenza and learn about their efforts to stop the next global outbreak. In October of 2025 we welcomed biologist and geneticist Fabia Battistuzzi to Next for a lecture on infectious disease. Her fascinating work trying to stay ahead of dangerous pathogens is mirrored in this documentary series. In this introduction to life on the front lines, doctors in the U.S. and Asia battle the flu, and researchers race to develop a universal vaccine. Length 52 minutes.

### **LIFE IN COLOR WITH DAVID ATTENBOROUGH – EPISODE ONE: SEEING IN COLOR**

Tuesday, February 17 at 10:30 am


Cost: Complimentary members / \$5 guests

Using innovative technology, this documentary series explores nature from a fresh perspective as animals use color to survive and thrive in the wild. A mandrill flaunts his hues as birds and butterflies offer dazzling displays. A rainbow mantis shrimp packs a punch while red frogs battle it out. This episode features some of nature's most intriguing adaptations in color. Length: 49 minutes.




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## DAY TRIPS



### DETROIT SYMPHONY ORCHESTRA FRIDAY MORNING COFFEE CONCERTS

Bus departs Next at 9:15 am,  
returns about 1:30 pm  
Please pre-register, space is limited.  
Cost: \$65 members / \$70 guests

Friday, January 16

#### BEETHOVEN'S TRIPLE CONCERTO

Celebrated American conductor Jonathon Heyward returns in a program featuring the all-star Kanneh-Mason siblings in Beethoven's rarely performed Triple Concerto, effectively a concerto for piano trio and orchestra. Mendelssohn's "Italian" Symphony takes inspiration from the composer's travels in Italy, reflecting the sunny countryside, imposing architecture, and spirited local dances.

Friday, January 30

#### EPIC FILM SCORES

Join the DSO and conductor Steve Reinke as they bring the silver screen to life in an unforgettable night of Epic Film Scores. From Hollywood's golden age to today's biggest blockbusters, this cinematic celebration highlights legendary composers who forever defined the sound of film. Experience heart-racing thrillers, classic epics, and beloved fanfares in a journey through iconic moments in film history you won't want to miss.

### AMAZON FULFILLMENT CENTER TOUR

Wednesday, January 7 or Wednesday, January 14

Bus departs Next at 11:40 am, returns about 2:15 – (Arrive 15 minutes early - tour at 12:30 pm)

Cost: \$25 members / \$30 guests

How does an Amazon warehouse really work? Join us, take this one hour guided tour and find out for yourself!



Did you know that Amazon fulfillment centers are far more than a traditional warehouse? Some of their buildings are as large as 28 football fields, and can hold millions of products at one time. They are bright, huge buildings with orange robots transporting towers of goods, miles of conveyor belts carrying inventory in every direction, and shipping labels practically flying onto boxes, blown by puffs of air. On this tour, you will see how products in your online shopping cart get from Amazon to you. It's a symphony of people and technology that allows them to deliver orders quickly and efficiently to

customers around the world. Please keep in mind, this tour is a massive amount of walking, climbing stairs, fast moving, with no stopping or sitting.

### DIA- CONTEMPORARY ANISHINAABE ART: A CONTINUATION – EXHIBITION-SELF-GUIDED TOUR & LUNCH IN THE DIA CAFE

Wednesday, January 21

Bus departs Next at 10:00 am, returns about 2:45 pm

Cost: \$25 members / \$30 guests

This trip to the DIA has a primary focus on the Contemporary Anishinaabe Art: A Continuation exhibition, celebrating the enduring cultures and creative achievements of over 60 Anishinaabe artists from across the Great Lakes region. One of the largest presentations of contemporary Native American art in the Midwest and the first major Native American exhibition at the DIA in 30 years! This is a self-guided tour featuring a diverse scope of more than 90 works – basketry, beadwork, birchbark artistry, clothing, film, graphic design, jewelry, painting, pottery, sculpture, and woodwork. You will have 3 hours to spend (Anishinaabe Exhibition, the museum in general, the DIA Café, gift shop) as you wish, on this cold day, at our amazing institution.

### GREAT LAKES CROSSING – SHOP, WALK, DINE

Thursday, January 29

Bus departs Next at 10:30 am, returns about 2:15 pm

Cost: \$25 members / \$30 guests

It's a NEW YEAR, AND it's frigid outside! Why not head to Great Lakes Crossing? Great Lakes Crossing Outlets is Michigan's largest fully-enclosed outlet center with a mile of shopping and over 170 retail, entertainment, and dining options. Weather you would like to take advantage of the post-holiday sales, kick off your cardio goals, have lunch, or all three, Great Lakes Crossing is the place to be! You will have a total of 2 ½ hours at the Outlets to shop, walk, dine till you drop.

### MICHIGAN SCIENCE CENTER

*MUST BE REGISTERED BY WEDNESDAY JANUARY 21*

Wednesday, February 4

Bus departs Next at 10:00 am, returns about 1:15 pm

Cost: \$50 members / \$55 guests

Located on the corner of Warren and John R in Midtown, the Michigan Science Center is one of several nonprofit organizations in Detroit's cultural district. With live stage shows, an IMAX® Dome, a 4D theater, a Planetarium, an 8,700 square foot special exhibit hall, and 220+ interactive exhibits, the "Mi Sci" has a lot to offer visitors of all ages. Their mission is to inspire curious minds to discover, explore and appreciate science, technology, engineering and math (STEM) in a



## DAY TRIPS

creative, dynamic, hands - on learning environment. You will have 2 ½ hours to delve into your innerologist in this self-guided visit.

### PLYMOUTH HISTORICAL MUSEUM & THE PLYMOUTH COFFEE BEAN COMPANY

Wednesday, February 11

Bus departs Next at 11:45 am, returns about 2:45 pm

Cost: \$35 members / \$40 guests

We will start at the Plymouth Coffee Bean Company, the longest running independent coffee house in Michigan. Treat yourself to a scratch made sweet or savory crepe (their specialty), delicious baked goods, and of course a locally roasted "brew". Plymouth Historical Museum features 26,000 square feet of exhibits, a gift shop, a display of historic streets, special changing exhibits, and an archives and research library. Other permanent exhibits include a display relating the history of the Daisy BB Guns and Company founded in Plymouth in 1886. The museum also holds an extensive Retz Abraham Lincoln collection including over 10,000 artifacts relating to Lincoln. Travel back in time through the Plymouth community's example of the American Experience.

### HENRY FORD WEST BLOOMFIELD HOSPITAL – SHOP AND DINE ON MAIN STREET

Thursday, February 19

Bus departs Next at 11:00 am, returns about 1:45 pm

Cost: \$25 members / \$30 guests (Transportation only)

In accordance with our health and wellness week, here's something a little out of the ordinary... Open to the community, Main Street at Henry Ford West Bloomfield Hospital is home to shops and dining spots that feature a variety of unique items and healthful offerings. Here's your opportunity to check out this medical center, grab a healthy bite to eat, and pick up a gift for someone special. After all, "the greatest wealth is health" and a healthy lifestyle is built on daily habits like good nutrition, exercise, and mental well-being. Put this doctrine into motion and join us to explore Main Street, offering: The LiveWell Shoppe, LiveWell Market, Bloomfield Coffee Lodge, and Henry's. Henry's offers a unique and healthy dining experience that includes a variety of food stations prepared fresh daily.

### KIRK GIBSON CENTER FOR PARKINSON'S – MIND, BODY, SOUL

Thursday, February 26

Bus departs Next at 1:30 pm, returns about 4 pm

Cost: \$25 members / \$30 guests

As a follow up to the presentation that was given here on Friday, February 5, at 6:00 pm. Take a 90 minute guided tour of this world-class, bright, cheerful, state of the art,

responsive facility. Offering a broad range of therapeutic programs (exercise and movement-based therapies) and comprehensive programming (lifestyle classes and counseling services) free of charge to those impacted by Parkinson's and their Care Partner's. The Center is a welcoming community to share ideas with others about the daily experience of living with Parkinson's. "Parkinson's disease is the fastest growing neurological disease in the U.S., affecting over one million American's. Although progress is being made in the search for a cure, people need help fighting the effects every single day"

– Kirk Gibson

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# FEATURE FILMS

Wednesday Evenings @ 5:00 pm

Cost: Complimentary members / \$5 guests - Please register!

## January 7- TOOTSIE

New York actor Michael Dorsey (Dustin Hoffman) is a talented perfectionist who is so hard on himself and others that his agent (Sydney Pollack) can no longer find work for him. After an audition goes poorly, Michael reinvents himself as actress Dorothy Michaels and wins the part. What was supposed to be a short-lived role turns into a long-term contract, but when Michael falls for his castmate Julie (Jessica Lange) complications develop that could wreck everything. Rated PG 1 hour 51 minutes

## January 14- BRIDGET JONES DIARY

At the start of the New Year, 32-year-old Bridget (Renée Zellweger) decides it's time to take control of her life -- and start keeping a diary. Now, the most provocative, erotic and hysterical book on her bedside table is the one she's writing. With a taste for adventure, and an opinion on every subject - from exercise to men to food to sex and everything in between - she's turning the page on a whole new life. Rated R 1 hour 37 minutes

## January 21- JOHN CANDY: I LIKE ME

Filmmaker Colin Hanks examines the life, work and legacy of beloved actor and comedian John Candy; featuring interviews with Bill Murray, Tom Hanks, Steve Martin, Dan Aykroyd, Mel Brooks, Martin Short, Eugene Levy, Conan O'Brien and more. Rated PG13 1 hour 53 minutes

## January 28- GROUNDHOG DAY

A cynical TV weatherman, Phil (Bill Murray) finds himself reliving the same day over and over again when he goes on location to the small town of Punxsutawney to film a report about their annual Groundhog Day. His predicament drives him to distraction, until he sees a way of turning the situation to his advantage. Rated PG 1 hour 41 minutes

## February 4- THE KARATE KID

Daniel (Ralph Macchio) moves to Southern California with his mother, Lucille (Rande Helle), but quickly finds himself the target of a group of bullies who study karate at the Cobra Kai dojo. Fortunately, Daniel befriends Mr. Miyagi (Noriyuki "Pat" Morita), an unassuming repairman who just happens to be a martial arts master himself. Miyagi takes Daniel under his wing, training him in a more compassionate form of karate and preparing him to compete against the brutal Cobra Kai. Rated PG 2 hour 6 minutes

## February 11- VALENTINE'S DAY

In a series of interconnected stories, various Los Angeles residents (Jessica Alba, Jessica Biel, Bradley Cooper) wend their way through the highs and lows of love during a single day. As the holiday unfolds, they experience first dates, longtime commitments, youthful crushes and connections to old flames. Rated PG13 2 hours 4 minutes

## February 18- GARBO: WHERE DID YOU GO?

An urgent, timely and compelling portrait of Hollywood icon Greta Garbo, whose fame, isolation and loneliness still captures audiences. Documentary 1 hour 30 minutes

## February 25- THE FIRST WIVES CLUB

Despondent over the marriage of her ex-husband to a younger woman, a middle-aged divorcee plunges to her death from her penthouse. At the woman's funeral, her former college friends (Bette Midler, Goldie Hawn, Diane Keaton) reunite for the first time in nearly 30 years. When the three discover the reason for their friend's suicide, they realize that all of their ex-husbands have taken them for granted -- and deciding it's time for revenge, they make a pact to get back at their exes. Rated PG 1 hour 45 minutes

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## CARDS, TILES, COLLECTORS

### SHANGHAI RUMMY

Tuesdays at 1:00 pm

Shanghai rum is a Rummy card game, based on gin rummy and a variation of Contract rummy played by 3 to 8 players. It is also known as California rummy. All skill levels welcome. For additional information contact Beverly Sankey at [beverlyonline@comcast.net](mailto:beverlyonline@comcast.net).

### MAH JONGG

Mondays from 1:00 to 4:00 pm

Fridays from 1:00 to 3:00 pm

Come with your own Mah Jongg table partner or stop by the office to sign up if you would like to play. You must be able to play independently. If you are interested in joining a group, contact the Next office.

### EUCHRE

Wednesdays from 10:00 am to 12:00 noon

All skill levels welcome. For additional information, contact Ed Schouten at [Edward.schouten@gmail.com](mailto:Edward.schouten@gmail.com)

### DOUBLE DECK PINOCHLE

Wednesdays from 10:00 am to 12:00 noon

All skill levels welcome. For additional information, contact Ed Schouten at [Edward.schouten@gmail.com](mailto:Edward.schouten@gmail.com)

### CANASTA

Tuesdays and Thursdays from 12:00 noon to 2:00 pm

Cost: Complimentary members / \$5 guests

Join fellow Next members to play Canasta. Play this unique and fun card game with a few competitive Next friends!

### PINOCHLE...come and join the fun!

Mondays, Wednesdays and Fridays from 12:00 to 3:00 pm

All skill levels welcome. For additional information, contact Ed Schouten at [edward.schouten@gmail.com](mailto:edward.schouten@gmail.com).

### SOCKI

Tuesdays from 12:30 to 3:00 pm

Socki is a card game for 2-8 players that plays like an open-faced gin rummy with a few unique twists. Join this group for a fun and exciting game that is easy to learn.

### BINGO

Monday, January 5, 19 and February 2, 16 at 1:00 pm

Admission cost: \$2 per card for members and guests

Cost to play: \$2 per card for members and guests

Join the fun for eight games of regular Bingo with your fellow Next members and their guests. Kindly sponsored by Baldwin House.

### BRIDGE...for everyone at every level!

**Duplicate Bridge** - Mondays from 11:15 am to 2:30 pm

Facilitator Helen Cook can be reached at [hccook1951@gmail.com](mailto:hccook1951@gmail.com).

**Partners Bridge** - Tuesdays from 12:30 to 3:30 pm

Come with your partner. Experienced players, please. For additional information, facilitators John and Elaine Hretz can be reached at 248-569-2336.

**Duplicate Bridge** - Fridays from 11:00 to 2:00 pm

For additional information, contact Facilitator Irv Feldman at 248-828-5346.

### CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

### CHESS LESSONS

Thursdays from 4:00 to 5:00 pm

Cost: Complimentary members / \$5 guests

Interested in learning the game of chess? Join members of the Chess Club to learn this game! For additional information, please contact Chris Dow at 248-647-0728.

### CHESS CLUB

Thursdays from 5:00 to 7:00 pm

Cost: Complimentary members / \$5 guests

This club seeks to bring together people who have an interest in chess. Fellow Next members Chris Dow and Bruce Dobras will be teaching tactics and positioning. For additional information, please contact Chris Dow at 248-647-0728.

### BIRMINGHAM STAMP CLUB

Tuesdays, January 6, 20 and February 3, 17 at 5:30 pm

For information contact Ken Rusch at 248-968-3505.

### COIN CLUB

Wednesdays, January 21 and February 18 at 6:00 pm

For information contact Robert Beuter at 248-646-9657

### COMPUTER LAB & LESSONS

Cost for all computer instruction: \$5 for one hour and \$20 for 5 one-hour sessions. Members only.

We offer one-on-one computer instruction on one of our many computers by one of our talented instructors. Please contact the Next office to schedule an appointment and purchase your computer card. The Computer Lab will be available during Next business hours.



## HEALTH & NUTRITION

### BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Mondays, January 5th, and February 2nd, from 11:00 am to 12:00 noon

Cost: Complimentary - No appointment is required.

A trained healthcare professional will screen your blood pressure and blood oxygen levels.

### MEDICARE/MEDICAID GUIDANCE

Are you new to Medicare or considering retirement? The Area Agency on Aging 1-B Medicare Medicaid Assistance Program (MMAAP) provides unbiased help with Medicare and Medicaid — at no charge. Please call 800-803-7174 for more information. Counselors can help over the phone or you can make an appointment to meet with a MMAAP counselor in person.

### NUTRITION SUPPORT

Ensure Plus (vanilla or chocolate flavor) is offered at a reduced price with a physician's prescription and application. Please call the Next office for more information or to place your order.

### PARKINSON'S SUPPORT GROUP

Mondays, January 12th, and February 9th, at 5:30

The South Oakland County Parkinson's Support Group, sponsored by the Michigan Parkinson's Foundation, is a group of people who meet to learn more about Parkinson's disease and the services available. This group brings together people with a common bond. So many people say, "And I thought I was the only one with this problem." Come for camaraderie, support, and learn from each other. Groups include people with PD, care partners, friends, families and health professionals. Facilitated by the Michigan Parkinson's Foundation staff. For more information call 248-419-7170.

### LOW VISION SUPPORT GROUP

**Henry Ford Health Detroit Institute of Ophthalmology**

Wednesdays, January 21st, and February 18th, from 1:00 – 2:30 pm

Free to Members and Future Members

This support group provides a comfortable environment to discuss the challenges of living fully with visual impairment. The group meets monthly to discuss their successes and challenges in daily life. Speakers on appropriate topics present occasionally as well. Many friendships have developed within the group. On occasion, the group takes day trips and attends parties. All of this is made possible by the fund-raising of the Friends of Vision and grants. Please feel free to call Ashley Livshitz (Support Group Coordinator) with any questions. Office: 313-936-1969/ Mobile: 313-909-8724.

### MEALS ON WHEELS

To get information on this program, call Western Oakland Meals on Wheels at 248-223-9160. We are looking for additional volunteers to help package and deliver meals. So, if you're available, please call Judy Murrell at 248-203-5281. Your help is needed and would be appreciated!

### YOUNGER ONSET DEMENTIA & ALZHEIMER'S CAREGIVER SUPPORT GROUP

At this time, there are no scheduled dates. Please contact Cindy Beller at 586-453-1909 for additional information. Presented by the Michigan Chapter of the Alzheimer's Association.

### MEDICAL EQUIPMENT LOANS

Our loan closet contains wheelchairs, walkers, canes, bath benches, shower stools and commodes available for up to 3 months — and transport wheelchairs for 3 weeks — at no charge to members of Next. Guests pay a \$20 fee per item. Simply call to reserve the equipment you need.

### NURSE ON CALL

This program offers information about health-related resources. Oakland County Health Department Public health nurses answer questions regarding communicable diseases, immunizations, prescription assistance, nutrition and more. Call 800-848-5533 or email [noc@oakgov.com](mailto:noc@oakgov.com).

### EARLY STAGE MEMORY LOSS SUPPORT GROUP

The Alzheimer's Association offers support groups for people in early stages of Alzheimer's or related dementias. Care partners and family members are welcome to attend the virtual meetings. Please call 800-272-3900 for pre-assessment.

### COMMUNITY HOUSING TOURS



Join us to tour local senior living communities. There are many wonderful options in the area and this is a great opportunity to gather information. You will be picked up and returned to Next and we will enjoy a complimentary lunch as part of the tour! Please call Next at 248-203-5270 to make a reservation if you would like to join us. Our housing tours will resume in the Spring!!!



## SUPPORT SERVICES

### INFORMATION ABOUT COMMUNITY RESOURCES

Support Services are available to Next members, seniors in the community, in-town and out-of-town family members, and caregivers. Come in or call with any questions; we are here to help with resources, information, and referrals in a wide range of areas. Sandi Cassar and Pat Brooks in Support Services welcome you Monday through Thursday, 9:00 am to 4:00 pm and Friday, 9:00 am to 3:00 pm.

### TRANSPORTATION

Curb-to-curb transportation service is available for seniors and disabled adults residing in Birmingham, Beverly Hills, Bingham Farms, and Franklin. Our friendly Next drivers will take you to medical, dental, personal appointments, shopping or activities at Next. Transportation hours are 8:30 am to 5:00 pm, Monday through Thursday — and 8:30 am to 2:00 pm on Fridays. For reservations, please call 248-203-5270 at least three working days in advance to request a ride.

### LAWN MOWING & SNOW REMOVAL for Birmingham & Beverly Hills Residents

Lawn mowing and snow removal services are available for income-eligible seniors — and income-eligible disabled residents — in Birmingham and Beverly Hills funded under the Community Development Block Grant Program (CDBG). Enrollment is limited and only available as long as funding is available. Please call Sandi Cassar or Pat Brooks at Next for more information.

### LET'S HEAR FROM YOU!

Support Services often refers Next members to reputable companies that provide services for home repairs, such as plumbing, electrical, handyman work, cleaning, etc. If you have a licensed and insured company to recommend, please call to share your contact. It's a great service to other Next and community members.

### FINANCIAL ASSISTANCE

Michigan Seniors Benefits Enrollment Center can help find services and programs to ease the strain of a tough financial situation. All recommendations are based on individual situations. Call 800-347-5297 to discover what may be available.

### MINOR HOME REPAIR for Beverly Hills & Birmingham Residents

Community Development Block Grant funds are available to assist income-eligible seniors — and income-eligible disabled residents in Birmingham and Beverly Hills with minor home repairs. Please call Next Support Services for more information.

### FOUNDATION FOR BIRMINGHAM SENIORS

The Foundation provides two forms of financial assistance to Birmingham senior residents who income-qualify. Please call us for more information.

- Funding for minor home repairs such as handrail installations, plumbing, roof, electrical work, etc. These funds do not need to be repaid.
- Interest-free loans for major home repairs such as replacing a roof, furnace, windows, etc. These no-interest loans are repaid after the sale of the home.

### OAKLAND COUNTY EMERGENCY CELL PHONE PROGRAM

Cell phone distribution: Fridays from 9:00 am to 12:00 noon  
Oakland County Sheriff's Office, 1200 N. Telegraph Road, Building 38E, Pontiac MI 48341  
Providing seniors with a mobile means of getting help in an emergency. For more information, please call 248-975-9700

*Did you know?*  
**UNTREATED HEARING LOSS CAN CAUSE HEALTH PROBLEMS**



Untreated hearing loss in older adults can lead to social isolation, depression, dementia, falls, inability to work or travel, and reduced physical activity.

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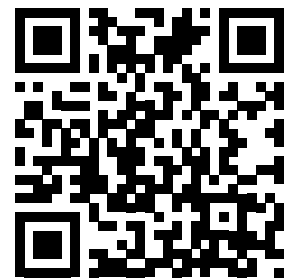
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[autumnhouse-bh.com](http://autumnhouse-bh.com)



## ENRICHMENT

### POPULAR READS BOOK CLUB - AT NEXT AND ON ZOOM

Mondays, January 5 and February 2 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The January book selection is *El Dorado Drive* by Megan Abbott. The author will join our January discussion by Zoom. We will be discussing *The Wilderness* by Angela Flournoy in February. Register at Next — and Baldwin Public Library will provide the book.

### NON-FICTION BOOK GROUP – ZOOM ONLY

Tuesday, January 13, and February 10 at 10:00 am

Facilitated by Jaclyn Miller, Associate Director of the Baldwin Public Library, join us to discuss *Super Agers: An Evidence-Based Approach to Longevity* by Eric Topol in January, and *Fearless and Free: A Memoir of Josephine Baker* by Josephine Baker, Anam Zafar & Ijeoma Oluo in February. Register at Next and Baldwin Public Library will provide the book

### WOMEN'S ROUNDTABLE

Tuesdays at 11:00 am

Join us to get to know other women here at Next. This group will give women the opportunity to gather in the spirit of friendship and camaraderie.

### MEN'S ROUNDTABLE

Wednesdays at 9:00 am

Men of Next gather together for an opportunity to enjoy each other's company.

### WRITER'S CORNER

Thursdays, January 15 and February 5, 19 from 9:30 am to 11:30 am

Join a diverse group of Next members who share a common interest in writing. For additional information, contact facilitator Bob Erlandson's email at [rferlandson@gmail.com](mailto:rferlandson@gmail.com).

### CURRENT EVENTS DISCUSSION GROUP

Fridays at 12:00 noon

With so much going on in the world today, it can be difficult to keep up with it all. Come join other members in this casual discussion group about current events.

### TUESDAY JAZZ CLUB

Tuesdays from 3:00 pm to 4:30 pm

Did you know that we have a jazz band that practices at Next? The Ed Black Jazz Band! They love having an audience – so feel free to drop in and enjoy some great tunes!

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- ▶ As a reminder, if the Birmingham schools are closed due to inclement weather, Next will also be closed.

## THANK YOU FOR SUPPORTING NEXT!

### INDIVIDUALS:

Birmingham Youth Assistance,  
George Dilgard,  
Rod Goodyear,  
Joe Kado,  
Gina Perry and  
The Sutar Sutaruk Meyer Foundation



## MEET OUR NEWEST MEMBERS

We continue to spread the word about Next membership and are pleased to introduce you to our newest members:

Janet Aronoff, Jim and Barbara Axelson,  
Suzanne Blanchard, Carol Colein,  
James Davis, John and Stephanie Gilkey,  
Barbara Goldstein, Fred and Judy Green,  
Yvonne Haddix, Steve and Cindi Hopkins,  
Carl and Claire Kona, Linda Lerner, Alan McMann,  
Albert and Patricia Meehan,  
John and Angelique Meiu, Rose Nagy, Donna Okulich,  
Melissa Ringey, Thomas Russell, Tony Scooros,  
Mary Shultis, Laura Werry, Diane Willens, and Bill Winkler.

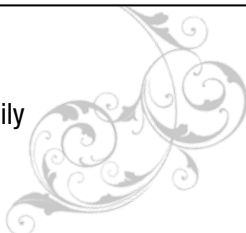
## WELCOME BACK

We are excited to catch up with those members who are reconnecting with Next:

Cathy Hahn, and Henry and Nancy Nabors.

### We are thinking of you...

Irv Feldman, Gordon Rinschler,  
David Rugenstein, The Wilkinson Family  
and Gayle Zimmerer.

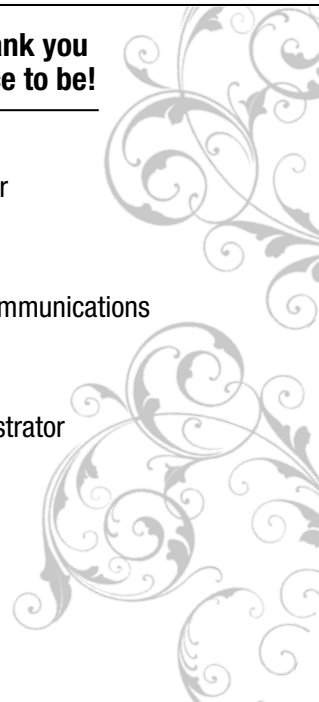


### Our condolences to the family and friends of...

Christine Burnard, Tom Hardy and Bob Smith

## FROM THE NEXT STAFF - Thank you for making Next a great place to be!

Cris Braun, Executive Director  
Kathleen Tillson, Office Supervisor  
Sara Callender, Staff Assistant  
Bev Singer, Staff Assistant  
Lauren Northrop, Marketing & Communications  
Jolee Hentgen, Program Planner  
Pam Hall, Program Planner  
Sandy Catterall, Financial Administrator  
Sandi Cassar, Support Services  
Pat Brooks, Support Services  
Kim Holmes, Facility Operations  
Calvin Moss, Van Driver  
Clement Travicz, Van Driver  
Judy Murrell, Meals on Wheels



## POLICY REMINDERS

- ▶ Please pre-register for all Next programs. It helps us plan for seating, class materials and refreshments. No refunds given after a program or speaker presentation. We are not able to offer classes or programs on a prorated basis.
- ▶ For our new and existing members, the Next Member Policy Handbook is available on our website and in the office. Thank you for adhering to the Next member policies — and for your commitment to making Next the best place to stay active & connected!
- ▶ While Next is unable to endorse any of the products or services of our newsletter sponsors, we appreciate the support of these businesses.

# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<div>Next Closed</div> <div>HAPPY NEW YEAR!</div>	
<b>5</b> 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 Blood Pressure 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Cardio Dance 1:00 Popular Reads 1:00 Bingo 1:00 Mah Jongg 3:00 Trivia Time! 4:30 Pickleball	<b>6</b> 9:00 Low Impact Aerobics 10:00 Strength Training 10:00 Drawing Workshop Part II - Gentle Shading for Faces Streaming: Tinder Swindler 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:00 Watercolor Class 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	<b>7</b> 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 12:00 Pinochle 1:00 Adventures in India 1:00 Balanced Yoga for Wellness 1:30 Tai Chi - Beginner 1:30 Tennis - Mixed Doubles 3:00 Tap Dance 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: Tootsie	<b>8</b> 9:00 Low Impact Aerobics 9:30 Palette & Brush Club 9:30 Pottery Studio 10:00 Strength Training 10:00 Photography Club 11:00 Aging in Place - Construction Alternatives 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Navigating Social Media	<b>9</b> 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:00 Barre Balance 1:30 Tennis - Mixed Doubles
<b>12</b> 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Cardio Dance 1:00 Mah Jongg 4:30 Pickleball 5:30 Parkinson Support	<b>13</b> 9:00 Low Impact Aerobics 10:00 Non-Fiction Book Club 10:00 Strength Training 10:00 Drawing Workshop Part II - Gentle Shading for Faces Dementia Caregiver Support Group 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:00 Watercolor Class 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball	<b>14</b> 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:30 Amazon Tour 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tennis - Mixed Doubles 1:30 Tai Chi - Beginner 2:00 Ask the Attorney 3:00 Tap Dance 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: Bridget Jones Diary	<b>15</b> 9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 9:30 Writer's Corner 10:00 Strength Training 10:00 Photography Club 12:00 Protein and Muscle Health 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Studio Arts Class - Thursdays 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Michigan EGLE Environmental Protection and Tribal Liaison	<b>16</b> 9:15 Friday Fitness 9:15 DSO Beethoven's Triple Concerto 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:00 Barre Balance 1:30 Tennis - Mixed Doubles
<b>19</b> 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Cardio Dance 1:00 Bingo 1:00 Mah Jongg 4:30 Pickleball	<b>20</b> 9:00 Low Impact Aerobics 10:00 Strength Training 10:00 Drawing Workshop Part II - Gentle Shading for Faces Streaming: Street Food, USA: Portland, Oregon 10:30 Womens Roundtable 11:00 Canasta 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:00 Watercolor Class 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club 6:00 Clean Comedy Show: Comedian Matt Conn	<b>21</b> 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 10:00 DIA-Anishinaabe Art 1:00 Pinochle 1:00 More to Discover at Baldwin Public Library 1:00 Balanced Yoga for Wellness 1:00 Low Vision 1:30 Tennis -Mixed Doubles 1:30 Tai Chi - Beginner 3:00 Tap Dance 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: John Candy: I Like Me 6:00 Coin Club	<b>22</b> 9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Storytelling and the Music of Armenia/Middle East 1:00 Studio Arts Class - Thursdays 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Myanmar Explained	<b>23</b> 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles
<b>26</b> 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Cardio Dance 1:00 Mah Jongg 4:30 Pickleball	<b>27</b> 9:00 Low Impact Aerobics 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Studio Art 1:00 The Ins and Outs of Estate Sales 1:00 Chess 1:00 Shanghai Rummy 1:00 Watercolor Class 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball	<b>28</b> 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Valentine Basket Weaving 1:30 Tennis -Mixed Doubles 1:30 Tai Chi - Beginner 3:00 Tap Dance 3:00 Bingo 2.0 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: Groundhog Day	<b>29</b> 9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Strength Training 10:30 Great Lakes Crossing 11:00 Living Your Best Life - Weighing Options 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Studio Arts Class - Thursdays 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Rosie the Riveter Presentation	<b>30</b> 9:15 Friday Fitness 9:15 DSO- Epic Film Scores 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles

# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 DIY Salt Scrub 11:00 Blood Pressure 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Cardio Dance 1:00 Bingo 1:00 Mah Jongg 1:00 Popular Reads 2:30 Table Tennis Open Play 3:00 Trivia Time! 4:30 Pickleball	<b>3</b> 9:00 Low Impact Aerobics 10:00 Strength Training 10:30 Pandemic: How to Prevent an Outbreak – Episode One: It Hunts Us 11:00 Womens Roundtable 11:30 Healthy Juices and Salads Tastings 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Watercolor Class 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 1:30 Pickleball Skills and Drills 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	<b>4</b> 9:00 Therapy Dogs at Next 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Michigan Science Center 11:00 Laughter Yoga 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Pickleball Skills and Drills 1:30 Tai Chi - Beginner 1:30 Tennis - Mixed Doubles 3:00 Tap Dance 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: The Karate Kid	<b>5</b> 9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Strength Training 12:00 Soup Lunch and Next Update 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Studio Arts Class - Thursdays 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Kirk Gibson Center for Parkinson's Wellness Presentation	<b>6</b> 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi Intermediate 11:00 Tai Chi - Beginner 11:00 Jigsaw Puzzle Tournament 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles
<b>9</b> 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Cardio Dance 1:00 Mah Jongg 3:00 Trivia Time! 4:30 Pickleball 5:30 Parkinson Support	<b>10</b> 9:00 Low Impact Aerobics 10:00 Strength Training 10:00 Non-Fiction Book Club 11:00 Dementia Caregiver Support Group 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:00 Watercolor Class 1:00 The History of Hamtramck 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball	<b>11</b> 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 12:00 Pinochle 11:45 Plymouth Coffee Bean Co. and The Plymouth Historical Museum 1:00 Balanced Yoga for Wellness 1:30 Tai Chi - Beginner 1:30 Tennis - Mixed Doubles 2:00 Ask the Attorney 3:00 Tap Dance 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: Valentine's Day	<b>12</b> 9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Strength Training 10:00 Photography Club 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Songs You Love - Performance by Vanessa Carr 1:00 Studio Arts Class - Thursdays 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 "The Collapse" - Lecture by Gus Mondalek	<b>13</b> 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:00 Barre Balance 1:30 Tennis - Mixed Doubles
<b>16</b> 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Cardio Dance 1:00 Bingo 1:00 Mah Jongg 4:30 Pickleball	<b>17</b> 9:00 Low Impact Aerobics 10:00 Strength Training 10:30 Streaming: Life in Color with David Attenborough – Episode One: Seeing in Color 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Hospice: Fact or Fiction 1:00 Chess 1:00 Shanghai Rummy 1:00 Watercolor Class 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club 6:00 Singer Songwriter Concert: Lighthouses and Legends	<b>18</b> 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Low Vision 1:30 Tai Chi - Beginner 1:30 Tennis - Mixed Doubles 3:00 Tap Dance 4:30 Pickleball 5:00 Movie: Garbo: Where Did You Go? 6:00 Coin Club	<b>19</b> 9:00 Low Impact Aerobics 9:30 Palette & Brush Club 9:30 Writer's Corner 9:30 Pottery Studio 10:00 Strength Training 11:00 Henry Ford West Bloomfield Hospital 12:00 Canasta 12:00 Seasonal Affective Disorder (SAD) 12:30 Pickleball 1:00 Bowling League 1:00 Studio Arts Class - Thursdays 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Journey to the Amazon	<b>20</b> 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles
<b>23</b> 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Cardio Dance 1:00 Mah Jongg 4:30 Pickleball	<b>24</b> 9:00 Low Impact Aerobics 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:00 Watercolor Class 1:00 The Wonders of Michigan - Backyard Birds 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball	<b>25</b> 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Waste Basket Weaving 1:30 Tai Chi - Beginner 1:30 Tennis - Mixed Doubles 3:00 Tap Dance 3:00 Bingo 2.0 4:30 Pickleball 5:00 Movie: The First Wives Club	<b>26</b> 9:00 Low Impact Aerobics 9:30 Palette & Brush Club 9:30 Pottery Studio 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:30 Kirk Gibson Center Tour 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Russia's War with Ukraine	<b>27</b> 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 12:00 Pinochle 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles



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# Happy New Year!

## Celebrating Active Aging Week

Join us February 2 - February 6

Try something new, and bring a friend.  
When your friend joins, you each receive  
\$10 off your next membership.

## ACTIVITY

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## HOURS

Monday through Thursday  
from 8:30 am to 7:30 pm  
Friday  
from 8:30 am to 3:00 pm

## HOLIDAY HOURS

Next will be closed to  
observe holidays. Be sure  
to check calendars for  
specific dates and times.

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Residents of Birmingham,  
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and Franklin  
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