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JANUARY/FEBRUARY 2025

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2121 Midvale Street • Birmingham, Michigan 48009-1509 • 248-203-5270 • www.BirminghamNext.org

### MAKING CONNECTIONS - CULTURAL SERIES



With the support of a generous grant from the Michigan Humanities, in the New Year, we will continue our Making Connections - Cultural Series by exploring different countries and regions around the world through speaker presentations, religious studies, music, cuisine, art and travel. Through our Cultural Series, Next aims to connect our community to lesser known regions of the world, highlighting cultural heritage, historical resources and the study of the human experience.

We will begin the New Year studying the complexities of the African continent. Africa is home to over 200 languages and cultures, and has one of the fastest growing populations by continent. Comprised of fifty-four countries each with their own economies, exports, and governments — there is much to learn and understand about this vast continent. With a layered approach, we will take advantage of the many valuable resources throughout the area. Please join us as we explore this diverse continent together!



### IN OUR OWN VOICE: AFRICAN AMERICAN ART

**Carlene Van Voorhies -  
DETROIT INSTITUTE OF ARTS DOCENT**

January 30, 6:00 pm

Cost: Complimentary Members/Guests \$5.00



Enhance your awareness of the creative contributions of African Americans from the 19th century through the present day. We take a behind the scenes look at The Detroit Institute of

Arts special presentation, "In Our Own Voice" that explores issues of race, gender, politics, and culture.

### WEST AFRICAN DRUM & DANCE PERFORMANCE

Tuesday, February 4 at 6 pm

Cost: complimentary/guests \$5.00



Kuungana, which is Swahili for "unite" is under the direction of Ba Ba Kevin Collins and has been operating since 1992. Students are taught West African

Drum and Dance, fabric art designing of African costumes, jewelry making, drum making, creating African shakers (Shakaree) from gourds and belt making. Several proficient Drummers and Dancers will showcase their skills here at Next in a colorful and vibrant performance! Please see the Prequel videos on Page 2.

### AFRICAN CULTURE'S MARK ON LATIN AMERICAN CULTURE

**Liz Shesko, Professor Oakland University**

February 27, 6:00 pm

Cost: Complimentary Members/Guests \$5.00

Between the 16th and 19th centuries, more than ten million Africans were enslaved and transported to the Americas. Over 80% went to Brazil and the Caribbean, mostly to work on the sugar plantations.

Today, their descendants in the region number more than 100 million. Enslaved Africans' rhythms gave birth to music and dance

genres as diverse as tango, salsa and reggaeton. Their food ways can be tasted in the preparation of plantains, the wrapping of tamales, and the richness of the regions many stews. And their religions are still practiced today under the names like Santeria, Vodou and Candomble.

This talk will provide an overview of the profound mark of African peoples and cultures on Latin America.





# MAKING CONNECTIONS - CULTURAL SERIES: AFRICA

## A TASTE OF AFRICA

Tuesday, January 14 at 12:00 pm

Cost: \$15 per person

Register by Friday, January 10

Join us for a celebration of East African food & culture through the vibrant flavors of Baobab Fare – a restaurant founded by refugees from Burundi and a 2024 James Beard Foundation Awards nominee! We will be serving a variety of Baobab Fare's authentic cuisine right here at Next. Together, we will experience new flavors and broaden our palates as we kick off our African cultural series.

## AN AMAZING PHOTOGRAPHIC JOURNEY THROUGH SOUTH AFRICA

**Karen Nettler, Next volunteer and world traveler**

Thursday, January 16 at 11:00 am

Cost: Complimentary members/ \$5 guests

Join us as Karen shares amazing photographs and personal stories from different parts of South Africa, the country on the southernmost tip of the African continent. Her presentation will highlight the history, natural beauty and cultural diversity of this place nicknamed, "rainbow nation."

## AN IN-DEPTH STUDY OF AFRICA

**Gus Mondalek, International Affairs Expert**

Tuesdays, January 28, February 4, 11 and 18  
from 1:00 to 2:30 pm

Cost: Complimentary (Next members exclusive)

Join Gus Mondalek for a 4-part lecture series on Africa, the second largest continent in the world. Each session will explore the historical, social, cultural, political and future outlook of North, South, East and West Africa. We encourage members to register for the entire series, however, if you can't fit all four sessions into your schedule, feel free to sign-up for individual sessions. Seating is limited.

January 28 – North Africa    February 4 – South Africa  
February 11 – East Africa    February 18 – West Africa

## PREQUEL TO WEST AFRICAN DRUM & DANCE PERFORMANCE – TWO EDUCATIONAL VIDEOS TO ENHANCE THE PERFORMANCE

Tuesday, February 4 at 5:30 pm

Cost: complimentary

AFRICA – 4 minutes

Learn many interesting facts shared in an impactful and entertaining way created by tonight's host, Baba Collins and Mama Jewel of the African Drum and Dance Parent Association.



## THERE'S NO MOVEMENT WITHOUT RHYTHM – 11 minutes

Explore the importance of rhythm in the African culture.

Thomas Roebbers and Floris Leeuwenberg take us to West Africa on an artistic and beautiful journey to learn the importance of rhythm in the creation of drums and overall in the culture, with dance, music and everyday life.

## HEALING THROUGH CREATING VIA THE POWER OF STORYTELLING

**Lawrence Castleberry - President - Detroit Black Storytellers**

Thursday, February 6 at 6 pm

Cost: Complimentary members/ \$5 guests

Using personal experience to create your own stories for self-healing while simultaneously using this as a tool to both help and teach others. So often as tellers, we research



the stories of others that resonate with us that we may share. But each of us have stories to tell. We can use personal experiences to craft stories (they can be fictional based on fact) that allow us to combat our own internal battles. But as we grow by developing the story we now have a tool that when told can help others who may be going through similar experiences or equipping someone who may experience something similar later in life.

## OUT OF AFRICA: RETURNING TO THE SOURCE

**Dr. Patricia Coleman-Burns, Professor Emerita of Nursing and Adjunct Professor in the Department for Afro-American and African Studies - U of M**

Thursday, February 13 at 6 pm

Cost: Complimentary members/ \$5 guests

This talk will explore the contributions of ancient African cultures to the original STEMAs - science,



technology, engineering, mathematics and the arts. Dr. Coleman-Burns has been a passionate advocate for combating gender oppression, sexism, racism and violence. Her career has

focused on Black Ideology, social justice, mitigating health disparities and Women's rights.



## LETTER FROM THE DIRECTOR

Hello Next Friends,

We would like to give you an update on the future home for Next, and invite you to share your thoughts about the project with Birmingham City leadership.

In July 2023, The City of Birmingham bought the YMCA building at 400 E. Lincoln Street to be the new home for Next, with Next contributing a half million dollars to the purchase.

We are already busy thinking about the possibilities an updated building with new amenities can offer the community, and now properly serve seniors well into the future.

You also may have heard the project has changed from the original plans. Back in 2023, we believed the YMCA building would require a modest renovation of 3 – 5 million dollars to accommodate senior activities. But after a very thorough feasibility study of the building, the Birmingham City Commission deemed the building unworthy of renovating, and instead, voted to build new.

With a blank slate, the Birmingham Commission has spent quite a bit of time contemplating many different scenarios for the new facility. Originally, the YMCA planned for a small presence in the building as their focus shifted to Royal Oak. However those plans changed. The YMCA stated they wanted to reestablish their commitment to the area at the same time as many YMCA swimmers and residents expressed a strong desire to keep the pool.

With that in mind, the City Commission decided the community would be better served from a combined space for Next to provide senior services and the YMCA offering recreational programs for younger groups, and plenty of opportunities for the general public.

In order to make this project a reality, there is still a lot to accomplish. Over the next several months, the newly hired architectural firm Neumann Smith, will be working with all the tenants to design the perfect layout. Next will have the space necessary to run our programs with room to grow, while sharing much of the expanded areas such as the gym, fitness studios and workout facilities we currently lack.

As floor plans are being designed, it is important that the City Commission hears from Next members that represent the unique needs of seniors. You do not have to be a Birmingham resident to share your thoughts, as this building will serve Next members from the surrounding communities as well.

Special considerations for a separate lobby, barrier free entries, lighting, sound and ease of navigation should all be studied as well as universal design standards for an aging population.

Please consider contacting the Birmingham Commission with your concerns and wishes for the new center. Your voice has

impact and will make a difference in the design.

You can share your thoughts at any City Commission meeting on held every other Monday evening or at the Senior/Rec Ad Hoc Committee that meets most Wednesday afternoons. Check the Birmingham City website for exact times at [www.bhamgov.org](http://www.bhamgov.org). Emails to the commission and city staff are also very impactful. See below of contact information.

Input from the community has a very tangible effect on the process. We encourage you to get involved.

Please feel free to contact me with any questions or comments,

Respectfully,

*Cris Braun*

City Manager, Jana Ecker at [Jecker@bhamgov.org](mailto:Jecker@bhamgov.org)  
City Clerk, Alex Bingham at [abingham@bhamgov.org](mailto:abingham@bhamgov.org)  
Contact all city commissioners at [city-commission@bhamgov.org](mailto:city-commission@bhamgov.org)

Hand written notes can be mail to: The City of Birmingham, 151 Martin Street, Birmingham MI 48009 Attn: City Clerk Alex Bingham or dropped off in the Next office.

**To learn more about the new facility project, please join us at Next Tuesday January 21st at 1:30 pm. We will provide up to date information with plenty of time to address your comments and questions.**





## HAPPENINGS AT NEXT

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

Mondays, January 6 and February 3 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.

### **KEEPING YOURSELF STRONG WHEN IT'S COLD OUTSIDE!**

#### **Raj Thangamuthu, Physical Therapist & Owner - Empower Physical Therapy**

Tuesday, January 7 at 11:00 am

Cost: Complimentary members / \$5 guests

Winter challenges us with changes in weather, routines and chores and also brings with it, stiff joints and muscles. In this session you will learn: 5 key everyday stretches to keep your joints flexible in cold months; tips to avoid winter slips and falls; how to shovel snow the proper way and strengthening exercises to exit winter strong and get ready for spring!

### **SPANISH CONVERSATION FOR COGNITIVE WELL-BEING**

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. In this 6-week course, 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. Señora Carla Bartlett is a native Spanish speaker and also 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.

#### **BEGINNER CLASS – NEW!**

Mondays, January 6 - February 10 at 4:00 pm

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

#### **ADVANCED CLASS – ONGOING**

Wednesdays, January 8 through February 12 at 3:30 pm

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

### **DE-STRESSING THE MIND AND BODY**

#### **Aaron Wallace, Owner – Balance Your Fitness**

Wednesday, January 8 at 12:30 pm

Cost: Complimentary members/\$5 guests

Are you at your wits end? Feeling frazzled and overwhelmed – especially after the holidays? Is stress causing you health problems? In this workshop, you'll learn how to release stress in your life. We will show you several techniques that can help you relieve your stress and boost your body's energy!

### **YOU ARE DUE FOR A REVIEW: LEGAL DOCUMENTS CHECK-UP**

Tuesday, January 21 at 11:00 am

Cost: Complimentary members/\$5 guests

Join the attorneys and care coordinators of Schluter & Hughes Law Firm, PLLC for a candid conversation about the people you have named in your estate planning documents. What is the role of my Power of Attorney? Is that person prepared? Who is named as my Patient Advocate and how can I make sure that person is prepared to act in this role for me? You are encouraged to bring your estate planning documents so that you can ask questions or schedule a free document review with one of Schluter & Hughes' attorneys, Hailey Burrell, to review at a later date.

### **AGEWAYS – CAREGIVER SUPPORT**

#### **Julie Lowenthal, AgeWays (formerly The Area Agency on Aging 1-B)**

Thursday, January 23 at 1:00 pm

Cost: Complimentary members/\$5 guests

The Ageways nonprofit Senior Services is a nonprofit serving older adults, people with disabilities and family caregivers in a six-county region of southeast Michigan. We help people access the services and programs they need to remain living independently and with dignity in their own home or with family caregivers. Join us for a closer look at the programs and services the agency has available to seniors and their caregivers. We will be spotlighting our in-home care programs, Meals on Wheels, Health and Wellness classes, Caregiver Coaching Program and other supports for those who are aging or those who are caring for a loved one. You will come away with the knowledge and support needed to take care of yourself, care for a relative or friend and understand where to go when you need help. Our hope is that you know that you can turn to Ageways Senior Services every step of the way.

### **THE WORLD OF FORENSIC SCIENCE**

#### **Ruth Holmes, CDE, Handwriting Examiner, Pentec, Inc.**

Thursday, February 6 at 1:00 pm

Cost: Complimentary members / \$5 guests

Document and fraud examiners study for years the science and the art of examining handwriting, signatures, numbers, financial transactions, forensic methods, investigation techniques, the law, communication and preparation of testimony, and exhibits for court as expert witnesses. In over thirty years in the field, Ruth Holmes has faced some of the most difficult challenges possible from murderers to the media, from the judges to the juries. Learn the highs and lows from her experiences and remarkable cases.



## HAPPENINGS AT NEXT

### **SIMPLE WAYS TO IMPROVE BRAIN HEALTH AND MEMORY**

#### **Adam Sterling, Certified Dementia Practitioner**

Research indicates that up to 40% of dementias may be linked to lifestyle factors. These presentations will look at brain anatomy and provide practical activities and information to improve cognition, memory and significantly enhance brain health. We encourage members to register for both presentations, however, if you can't fit both sessions into your schedule, feel free to sign-up for just one. The presenter, Adam Sterling, is a Certified Dementia Practitioner with over 30 years of experience in senior wellness, including work with the Alzheimer's Association and senior living communities.

#### **PRESENTATION #1: BRAIN HEALTH – SIMPLE ACTIVITIES TO IMPROVE MEMORY AND COGNITION**

Thursday, February 13 at 11:00 am

Cost: Complimentary members / \$5 guests

This presentation will...

- Explore how aging impacts brain anatomy, cognition, and memory.
- Explain about common changes in memory storage and retrieval with age.
- Deliver practical strategies to support cognitive health.
- Include engaging exercises designed to stimulate the brain and boost memory.

Participants will receive a multi-page handout with a variety of practical, short daily activities/exercises to enhance memory and cognitive function.

#### **PRESENTATION #2: BRAIN HEALTH – HOW THE BRAIN CREATES MEMORIES, DISTINGUISHING NORMAL FORGETFULNESS FROM DEMENTIA AND MNEMONIC MEMORY TOOLS**

Thursday, February 20 at 11:00 am

Cost: Complimentary members / \$5 guests

This presentation will...

- Explore how the brain forms and stores memories.
- Demonstrate the difference between normal forgetfulness and signs of dementia.
- Deliver information about reversible vs. irreversible dementias.
- Include an introduction to mnemonic tools to aid memory and information recall.

### **THE MUSIC OF NEW ORLEANS AND SWING**

#### **Matthew Ball – The Boogie Woogie Kid!**

Tuesday, February 25 at 1:00 pm

Cost: Complimentary members / \$5 guests

Join us as we get in the Mardi Gras mood with Matthew Ball, aka The Boogie Woogie Kid, as he performs New Orleans song, Boogie Woogie piano and Swing Dance Era favorites from the Classic American Songbook with songs like, In the Mood, It Had To Be You, Georgia, Basin Street Blues, What a Wonderful World, Bumble Boogie and many more!



## FITNESS OFFERINGS

### **CARDIO DANCE WITH KAREN LUTZ – Note New Day!**

Thursdays from 3:30 to 4:15 pm

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

Join Karen for this new class that will keep you moving with easy-to-follow dance patterns. No partner or dance experience needed. You'll move to a variety of music genres to get your heart rate up. And use weights to help build muscle and strength. Wear comfortable shoes. First class free! Let's have fun!

### **LOW IMPACT AEROBICS with Taylor Glaspie**

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

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

### **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: \$100 members / \$110 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.

*(Continued on page 6)*



## FITNESS OFFERINGS

### 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.

### 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.

### 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.

### 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 gym. 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!

### 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!

PLEASE NOTE: A drop-in fitness class series card can be used at your convenience but must be used 1 year after purchase.

### 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 2:30 to 3:30 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.

### 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 davidmpyoung@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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# 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 9 – MARTIN LUTHER KING, JR. & THE FIGHT AGAINST RACISM DeWitt D. Dykes, Jr. - Associate Professor, Department of History, Oakland University

This presentation will analyze the factors that enabled Dr. King to become a major spokesman for racial equality and the achieve international recognition for his philosophy and work. Professor Dykes, recipient of the "Men of Excellence" award in 2019, for one who inspires others through their vision and leadership, exceptional achievements and participation in community service returns to discuss Martin Luther King, Jr. and his leadership fighting racism.

## January 16 – OAKLAND COUNTY ROADS AND TRANSPORTATION SAFETY Craig Bryson, Sr. Manager of Communication & Public Information

This presentation will highlight the Road Commission's leadership role in transportation safety. The RCOC has long been recognized for its leadership in the field of safety which has caused Oakland County to move from having one of the highest traffic-fatality rates in the state to the lowest.

Please see additional Thursday Speakers on page 1 and 2.

## January 23 – MOVERS, SHAKERS AND MUSIC MAKERS: A TRIBUTE TO SIX MICHIGAN WOMEN WHO CHANGED HISTORY

### Anna Kamryn Marck – Playwright, Performer

Myra K. Wolfgang, labor union organizer. Grace Lee Boggs, philosopher and activist. Laura Smith Haviland, abolitionist and conductor on the underground railroad and others. Featuring "This Little Light of Mine," and "Oh! What a Beautiful City," this show will leave you inspired by the legacy of women activists in Michigan and hopeful about building a better world right in your own backyard.

## February 20 – WHEN POLITICS WERE FOR THE BOLD & THE BRAVE: AMERICANS VOTE IN THE 19TH CENTURY. Bruce Zellers, Historian and Retired Professor – Oakland University

Nineteenth century elections were run by Party hacks, not demur city clerks. Votes were cast in public. Corruption was not uncommon; the threat of violence often appeared. However, participation was very high. As the new century began, the voting booth appeared, town clerks got control and participation in elections declined. Was there something to be said for the earlier model?



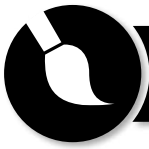
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## ART & CREATIVITY

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.

### STUDIO ART

Thursdays, January 16 - March 13 from 1:00 pm – 3:30 pm  
Cost: 9 week series: \$161 members / \$166 guests

Join this class using materials which you already have experience with and have had basic instruction. Bring your own subject, reference material, and the supplies you typically work with. Instructor Karen Halpern will foster critical thinking and make suggestions to guide you as you develop your own project. Her goal is to broaden your viewpoint, and develop your skills and knowledge. Students generally use the following materials — acrylics, oils, watercolor or collage/mixed media. If you work upright, bring your own lightweight portable easel.

### NEW! STUDIO ART CLASS on TUESDAYS

Tuesdays, January 14 through March 11  
From 1:00 – 3:30 pm

Cost: 9 week series: \$161 members/ \$166 guests

The class purpose is to broaden the knowledge and growth of each student's skills in their chosen medium. Most preferred mediums are acrylics, oils, watercolors, or collage/mixed medium. The students and Karen work together to develop student's subjects and carry the project forward. Karen is excited to explore fresh ideas and viewpoints of the students various art backgrounds to recharge our creative juices. We look forward to sharing concepts to continue enriching our visual statements.

Students are required to have prior basic instruction in the medium they will use in 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.

### 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](http://paletteandbrush.org).

### POTTERY OPEN STUDIO

Thursdays from 9:30 am to 12:30 pm

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

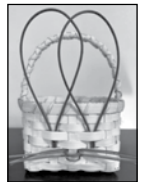
### BASKET MAKING CLASSES

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

#### EASTER BUNNY BASKET

Wednesday, February 19 from  
12:30 pm to 5:00 pm (extra time needed)  
Cost: \$55 members / \$60 guests

This darling basket has Easter bunny accents with choice of accent colors. Measures 6" x 6" x 4" plus handle.



#### FLOWER VASE BASKET

Wednesday, March 19 from  
1:00 pm to 5:00 pm  
Cost: \$60 members / \$65 guests

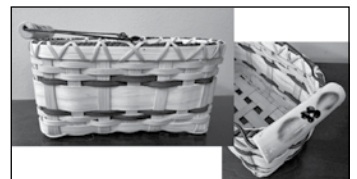
This basket is perfectly sized to fit a Ball jar (included) to hold water and your fresh flowers. Features pine "feet" and a wire bail handle with a wooden grip. Measures 4"x4"x4".



#### JELLY JAR BASKET

Wednesday, April 9 from 1:00 pm to 5:00 pm  
Cost: \$60 members / \$65 guests

This rectangular basket is the perfect size to hold two jars of your homemade goodies (or napkins/notecards!). Features a wire bail handle with a pretty pottery grip. Optional double lashing. Measures 5" x 8" x 4".







We are excited to partner with Henry Ford Health for the 2024 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.

**DIGESTIVE HEALTH ISSUES AFFECTING SENIORS**

**Dr. Amit Bhan, MD**

Thursday, January 30 at 12:00 pm

Cost: Complimentary members / \$5 guests

Gastrointestinal (GI) disorders can be painful, stressful and embarrassing, and they can keep you from enjoying the activities you love. Join Henry Ford Health’s Amit Bhan, MD, a board-certified gastroenterologist, in a discussion around coping with some of these conditions including reflux, constipation and bloating. A light lunch will be served.

**HEART HEALTH**

**Dr. Vaidahi Patel, MD**

Thursday, February 27 at 12:00 pm

Cost: Complimentary members / \$5 guests

February is American Heart Month and a great time to learn what you can do to keep your heart healthy. Dr. Vaidahi Patel, MD, is a cardiologist with Henry Ford Health. She will share tips on improving heart health as we age, prevention best practices, how to navigate cardiac emergencies, and more. Don’t miss this informative presentation! A light lunch will be served.

# Get local help with your Medicare questions.

I’m Ruben Rodriguez, a licensed sales agent in Michigan. When it comes to Medicare, it’s important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I’m ready to answer your questions and help you find a plan that fits your needs.

## It’s time to take advantage.



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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  
Cost: \$65 members / \$70 guests

#### **Friday, February 14 - BROADWAY LOVE SONGS**

The DSO plus on all-star cast of vocalists perform Broadway's heart-on-sleeve classics, featuring timeless songs by Rodgers and Hammerstein and more.

#### **Friday, February 28 - CLASSICAL ROOTS**

Cost: \$50 members / \$55 guests

Acclaimed composer Jessie Montgomery is one of today's "most distinctive and communicative voices" (BBC). Experience two of her recent masterpieces. Co-commissioned by the DSO, Snapshots brims with "glowing washes and surges of sound," (Dallas Morning News). Her Grammy Award-nominated Rounds, played by virtuoso Awadagin Pratt, evokes imagery and themes from T.S. Eliot's Four Quartets. Opening the program is a world premier by award-winning Detroit composer and trumpeter Kris Johnson.

#### **Friday, March 14 - LA VIDA LOCA**

Get on your feet and let's get loud with the greatest hits of the '90s and '00s Latin pop explosion! La Vida Loca celebrates artists including Enrique Iglesias, Gloria Estefan, Santana, Ricky Martin, and more.

### **CATHEDRAL CHURCH OF ST. PAUL TOUR & LUNCH AT COMMON PUB**

Friday, January 3

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

Tour 11:30-12:30

Cost: \$30 members / \$35 guests

St. Paul's congregation dates back to 1824. The church is built of limestone, using medieval construction techniques and boasts soaring, pointed arches, wide expanses of stained glass, and elaborate tracery, exemplary of Gothic architecture. Experience a one hour docent led tour of this amazing Cathedral. Following the tour, enjoy lunch on your own at Common Pub. Common is a neighborhood pub on Wayne State University campus where community matters.

### **PONTIAC TRANSPORTATION MUSEUM & LUNCH AT BISCUITS & BOURBON**

Thursday, January 16

Bus departs Next at 9:30 am, returns about 1:45 pm

Cost: \$40 members / \$45 adults

Starting in the 19th century, the transportation industry became the pulse of Pontiac, MI.

The non-profit Pontiac Transportation Museum details this remarkable story, and also is deeply involved in energizing community development and re-vitalization. The Pontiac Transportation Museum's mission is to preserve and portray this fascinating, and still evolving, automotive story and the effect it had on both our local community and reflected broadly across America. Enjoy a 2 hour special guided tour of both "phases" of the museum, this includes a bonus "backroom" tour with approximately 40 more automobiles! Lunch on your own at Biscuits and Bourbon, a hidden gem nestled inside the historic Strand Theatre following the tour.

### **LITTLE CAESARS BEHIND THE SCENES TOUR & ASTORIA BAKERY**

Wednesday, January 22

Bus departs Next at 12:30 pm, returns about 4:45 pm

Cost: \$50 members / \$55 guests

Little Caesars Arena in The District Detroit serves as the home of the Detroit Red Wings, Detroit Pistons and countless other sports, entertainment and community events. Little Caesars Arena also features state-of-the-art technology, fan amenities and active community spaces. Experience a 90 minute behind the scenes tour of LCA. View Detroit Red Wings and Detroit Pistons historical memorabilia throughout the arena, media room, and NHL visitors' locker room. After the tour, we will make a stop at Astoria Bakery (Royal Oak) for you to grab a coffee and something sweet (on your own) to take home and enjoy.

### **FOX THEATRE BEHIND THE SCENES TOUR & DESERT OASIS COFFEE ROASTERS**

Thursday, January 30

Bus departs Next at 12:30 pm, and returns about 4:45 pm

Cost: \$50 members / \$55 guests

Designed by C. Howard Crane and built in 1928, the Detroit Fox Theatre is the culmination of flamboyant movie palace architectural design. Today, the Fox holds the distinction of being the largest continually operating theater in the country. Learn about the theatre's history, building details, and special performances in this 90 minute "behind the scenes" guided tour. Please note, photos are not permitted in the theatre or backstage. Enjoy coffee and something sweet, on you own, after the tour at Desert Oasis Coffee Roasters in Royal Oak.



## DAY TRIPS

### SIGNAL-RETURN TOUR & LUNCH AT BAOBAB FARE

Thursday, February 13

Bus departs Next at 9:45 am (10:30am arrival - 1 hour tour) , returns about 1:30 pm

Cost: \$25 members / \$30 guests

Signal-Return is a Detroit nonprofit dedicated to preserving and teaching traditional letterpress printing, and building a community center for art, craft, design and collaboration. Signal-Return’s innovative and wide ranging programming supports an ever-growing and vital Detroit arts community. Enjoy a one hour guided tour of the print studio in their new location in “The Lantern” building. Learn about their printing presses, their type collection, and how the presses work. There is also a retail shop you can browse. Indulge in lunch on your own after at James Beard Finalists 2024, Baobab Fare. Bringing the vibrant flavors of East Africa to Detroit, Baobab Fare is a restaurant founded by refugees (Hamissi Mamba and Nadia Nijimbere) from Burundi that embodies the spirit of “Detroit Ni Nyum-bani” – Detroit is Home. A celebration of East African Food and culture, make sure to check out Soko, their East African Market within, selling specialty food items, jewelry, and more!

### DETROIT INSTITUTE OF ARTS - TIFF MASSEY: 7 MILE + LIVERNOIS EXHIBITION & LUNCH IN THE DIA CAFÉ

Thursday, February 27

Bus departs Next at 10:00 am, returns about 1:45 pm

Cost: \$15 members / \$20 guests

In conjunction with our cultural series on Africa, visit the DIA to experience this spectacular exhibit of local artist, Tiff Massey. Massey creates installations, public art, and wearable sculptures Mile + Livernois is Massey’s most ambitious museum installation to date, featuring new sculptures commissioned by the DIA in conversation with works by several other artists from the museum’s collection. Massey’s work reimagines art’s role in the community and offers a vibrant, inclusive view of Detroit. Enjoy lunch on your own in the café during the 2 and ½ hour visit to the museum.



### CANTORO ITALIAN MARKET - LUNCH AT THE TRATTORIA & SHOPPING IN THE MARKET

Thursday, March 6

Bus departs Next at 11:00 am, returns about 2:15 pm

Cost: \$25 members / \$30 guests

Cantoro Italian Market & Trattoria is inspired by the famous Italian markets in Rome, Venice and Palermo. Throughout the year, owners Michael and John Fallone travel to their father Mario’s Italian birthplace in search of the best food and wines

to bring back to Cantoro, items found nowhere else in the U.S. It’s no wonder, they are consistently named one of the best markets and trattoria in the U.S.! Enjoy lunch on your own first in the Trattoria. After lunch take some time to shop this amazing market with over 10,000 selections and bring home specialty grocery items from the bakery,cheese, deli, meats, produce, pasta and wine departments. Buon pranzo (Enjoy your lunch)! Buon acquisto (Happy Shopping)! Buona giornata (Have a wonderful day)!

### LIFE OF PI – A THEATRICAL PRODUCTION LIKE NOTHING ELSE

Wednesday, March 13 –

Wharton Center, East Lansing

Depart Next at 11:30 am and plan to return around 5:30 pm

Life of Pi play begins at 1:30 pm

\$55 members/guests \$65

Winner of three Tony Awards for Best Play, the Broadway sensation Life of Pi is “an exhilarating evening of theater”



(The Wall Street Journal). Based on the novel that became a worldwide phenomenon, Life of Pi is an

epic story of perseverance and hope that speaks to every generation and “gives new life to Broadway” (The Today Show). After a shipwreck in the middle of the Pacific Ocean, a sixteen-year-old boy named Pi survives on a lifeboat with four companions, a hyena, a zebra, an orangutan and a Royal Bengal tiger. Complimentary box lunch and snacks will be served on the Next van.

**Participants of trips with lunches, please keep in mind that you are responsible for the total cost of your meal, tax, and tip. Bringing cash to cover the cost is highly advised.**

# FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

## January 8 – SEARCHING FOR SUGAR MAN

Searching for Sugar Man tells the incredible true story of Rodriguez, the greatest '70s rock icon who never was. After being discovered in a Detroit bar, Rodriguez's sound struck two renowned producers and they signed a recording deal. But when the album bombed, the singer disappeared into obscurity. A bootleg recording found its way into apartheid South Africa and over the next two decades, he became a phenomenon. Rated PG13 1 hour 26 minutes

## January 15 – THE WOMAN KING

In the 1800s, a group of all-female warriors protects the African kingdom of Dahomey with skills and fierceness unlike anything the world has ever seen. Faced with a new threat, Gen. Nanisca (Viola Davis) trains the next generation of recruits to fight against a foreign enemy that's determined to destroy their way of life. Rated PG13 2 hours 15 minutes

## January 22 – GIFTED HANDS

Young Ben Carson (Cuba Gooding Jr.) didn't have much of a chance. Growing up in a broken home amongst poverty and

prejudice, his mother helped to grow his imagination, intelligence and, most importantly, his belief in himself. That faith would be his gift.

Rated Documentary 1 hour 30 minutes

## January 29 – I DREAMED OF AFRICA

Inspired by the true story of indomitable Kuki Gallmann, (Kim Basinger) the film tells of a beautiful and inquisitive woman who had the courage to escape from her comfortable yet monotonous life in Italy to start anew in the African wilderness with her son, Emanuele, and her new husband, Paolo (Vincent Perez). Rated PG13 1 hour 54 minutes

## February 5 – FALLING FOR FIGARO

A brilliant young fund manager, Millie (Danielle Macdonald) leaves her unfulfilling job and long-term boyfriend Max, (Hugh Skinner) to chase her lifelong dream of becoming an opera singer. She meets a fellow opera student while in training, and what begins as a rivalry develops into something more.

Rated Comedy/Romance 1 hour 45 minutes

## February 12 – LOVE AGAIN

Coping with the loss of her fiancé, Mira Ray (Priyanka Chopra) sends a series of romantic texts to his old cellphone number, not realizing it was reassigned to journalist Rob Burns (Sam Heughan). Rob becomes captivated by the honesty of her words in the beautifully constructed texts. When he's assigned to write a profile of superstar Celine Dion, he enlists her help to figure out how to meet Mira in person -- and win her heart. Rated PG13 1 hour 44 minutes

## February 19 – LIFE OF PI

After deciding to sell their zoo in India and move to Canada, Santosh and Gita Patel board a freighter with their sons and a few remaining animals. Tragedy strikes when a terrible storm sinks the ship, leaving the Patels' teenage son, Pi (Suraj Sharma), as the only human survivor. However, Pi is not alone; a fearsome Bengal tiger has also found refuge aboard the lifeboat. As days turn into weeks and weeks drag into months, Pi and the tiger must learn to trust each other if both are to survive. Rated PG 2 hours and 7 minutes

## February 26 – TEA WITH DAMES

Special friends, special women and special dames: a chance to hang out with them all, at the same table, at the same time, and enjoy sparkling and unguarded conversation spliced with a raft of archive. Starring Joan Plowright, Maggie Smith, Judi Dench, and Eileen Atkins. Documentary 1 hour 24 min.



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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 1:00 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 6, 20 and February 3, 17 at 1:00 pm

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

Join the fun for eight games of regular Bingo with your fellow Next members and their guests.

### 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

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 7, 21 and February 4, 18 at 5:30 pm

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

### COIN CLUB

Wednesdays, January 15 and February 19 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

Monday, January 6th, and February 3rd 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 (MMAP) 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 MMAP 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.

### 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!

### PARKINSON'S SUPPORT GROUP

Mondays, January 13th and February 10th at 5:30 pm

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.

### 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

Next will be resuming visits to the Senior Living Communities in March. Please, let Next know if there are any communities you would like to visit.

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## 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.

#### **LOW VISION SUPPORT GROUP – NEW!** **Henry Ford Health Detroit Institute of Ophthalmology**

3rd Wednesday of each month from 1:00 – 2:30pm  
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 Livshiz (Support Group Coordinator) with any questions. Office: 313-936-1969/Mobile: 313-909-8724.

**TRANSPORTATION** Door-to-door 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.

#### **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.

**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.

**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

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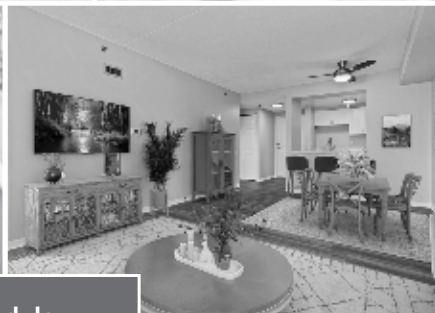
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## ENRICHMENT

### POPULAR READS BOOK CLUB - BACK AT NEXT IN PERSON! (AND ZOOM)

Mondays, January 6 and February 3 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books.

January 6 - *The Life of Imposible* by Matt Haig

February 3 - *Black Bottom Saints* by Alice Randall

Register at Next — and Baldwin Public Library will provide the book.

### NON-FICTION BOOK GROUP (via Zoom)

Tuesday, January 14 and February 11 at 10:00 am.

Facilitated by Jaclyn Miller, Associate Director of the Baldwin Public Library, join us to discuss *A Woman Among Wolves* by Diane Boyd in January, and *Finding Me: A Memoir* by Viola Davis 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

January 2, 16 and February 6, 20 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.



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As a lifelong resident of Beverly Hills/Royal Oak/Troy, I can help guide you to everything you need to know—from services, restaurants, entertainment, and more.

A key component of selecting an agent is feeling comfortable with the person who is going to help you find your next home. Whether listing or buying, I listen, guide, and consult, but I will not tell you what to do. I will help empower you in this next phase of your life.

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## MEET MY TEAM

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**STREAMING @ NEXT!**

Please join us in our continued study of Africa with these streaming opportunities.

**GIFT OF THE NILE – History of Africa with Zeinab Badawi – Episode 3**

Tuesday, January 7 at 10:30 am

Cost: Complimentary members / \$5 guests

Zeinab Badawi's quest to uncover the history of Africa takes her to Egypt where she explores the most famous civilization on the continent that of the ancient Egyptians. Zeinab takes you beyond the usual coverage of the pharaohs, mummies and pyramids and examines the controversial question of who the ancient Egyptians actually were. What was their ethnicity? What made such a great civilization possible and how did the ancient Egyptians order their society? And she is also allowed to capture on film the mummy and treasures of the famous boy king Tutankhamum. Length: 45 minutes

**THE DIASPORA JOURNAL**

Tuesday, January 21 at 10:30 am

Cost: Complimentary members / \$5 guests

Nate Araya's parents migrated from Ethiopia to the US with hope for education and opportunity. Being a first generation American, Nate never fit in or felt accepted culturally and socially. "The Diaspora Journal" is a Nate's film and campaign to connect the world to African Diaspora culture, specifically the Ethiopian Diaspora through his journey as a filmmaker. From giving fee taxi rides to shining shoes, "The Diaspora Journal" reveals Nathan's experience in a day in the life of locals in Assis Ababa while discovering identity, freedom and hope. Length: 42 minutes

**CRY WITCH: TAKE MY LAND, TAKE MY LIFE – BBC Africa Documentary**

Tuesday, February 4 at 10:30 am

Cost: Complimentary members / \$5 guests

At least one elderly person loses their lives every week in the name of witchcraft in Kenya's stunning Kilifi coast. The team investigates the true motives behind these brutal acts, revealing that many are targeted by their own families. Length: 52 minutes

**Innovating Africa Documentary: THE RISE OF TECH IN NIGERIA**

Tuesday, February 18 at 10:30 am

Cost: Complimentary members / \$5 guests

The Rise of Tech in Nigeria tells the growth story of the tech scene in Nigeria over the last 15 years. Through raw interviews, it paints a vivid picture of the struggles and triumphs of the industry's early dates. Most inspiring are the everyday impact stories-talents whose lives improved because of bold ideas. Length: 1 hour 26 minutes



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# Next

## THANK YOU FOR SUPPORTING NEXT!

### MEMORIALS

Kristine Jurczyk in memory of Jean York.

### GOODS AND SERVICES:

Dan Hughes c/o OPTImideas, LLC.

### INDIVIDUAL / GROUP

Marcia and Ralph Bergeman  
Birmingham Youth Assistance  
Sheri and Chris Cataldo  
Teresa Hartle  
Rachel and Jeff Hoomaian  
Carolyn Jones  
Hannah Lozon  
Karen Rock,  
Paul Seibold

## 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  
Susan Gwizdz, 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

## MEET OUR NEWEST MEMBERS

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

Sue Binder-DeMott and Mike DeMott,  
Margaret and Loran Brooks, Mary Beth Buchan,  
Karen and Thomas Catton, Rosemary Chark, Ron Davlin,  
Mary Doyle, Julia Garcia Swiecicki, Cara Kazanowski,  
Kerry and John Mills, Nancy Richard, Gene Simms,  
John Wagner, Nancy Waller and Gary White.

## WELCOME BACK

We are excited to catch up with those members who are reconnecting with Next:  
Alcida deClaire, Randa Ghattas, Sami and Raymond Mascia,  
Karen Myerson, Marilyn Rowe, and Beverly Walklin.

### We are thinking of you...

Lydia Francis, Donna Kelly, Colleen Kokkinis,  
Helen Butler.

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

Kenneth Gorski.

## 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.

## AS A REMINDER:

- ▶ When the Birmingham schools are closed due to inclement weather, Next will also be closed.

# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN JANUARY 2025

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
|  |  | <b>1</b><br><br><b>CLOSED</b><br><b>HAPPY NEW YEAR!</b>   | <b>2</b><br>9:00 Low Impact Aerobics<br>9:30 Writer's Corner<br>9:30 Pottery Studio<br>9:30 Palette & Brush Club<br>12:00 Canasta<br>12:30 Pickleball<br>1:00 Studio Art<br>1:00 Bowling League<br>1:30 Chair Yoga and Meditation<br>4:00 Chess Lessons<br>4:30 Pickleball<br>5:00 Chess Club<br>6:00 Lecture:   | <b>3</b><br>9:15 Friday Fitness<br>10:00 Limber Up<br>10:00 Tai Chi - Intermediate<br>11:00 Duplicate Bridge<br>12:00 Current Events<br>12:30 Pickleball<br>1:00 Pinochle<br>1:00 Mah Jongg<br>1:30 Tennis - Mixed Doubles  |
| <b>6</b><br>9:00 Low Impact Aerobics<br>9:30 Stretch & Relax<br>10:00 Limber Up<br>10:00 Knitting & Crocheting<br>10:15 Line Dancing<br>11:00 Blood Pressure & Blood Oxygen Clinic<br>11:15 Duplicate Bridge<br>12:30 Pickleball<br>1:00 Popular Reads<br>1:00 Pinochle<br>1:00 Bingo<br>1:00 Mah Jongg<br>3:00 Trivia Time!<br>4:00 Spanish Conversation for Cognitive Well-Being - Beginner<br>4:30 Pickleball | <b>7</b><br>11:00 Keeping Yourself Strong<br>11:00 Womens Roundtable<br>11:00 Streaming: Gift of the Nile - History of Africa<br>12:00 Canasta<br>12:30 Socki<br>12:30 Partners Bridge<br>1:00 Chess<br>1:00 Shanghai Rummy<br>1:30 Chair Yoga and Meditation<br>2:30 Tuesday Jazz<br>4:00 Yoga For Well Being!<br>4:30 Pickleball<br>5:30 Stamp Club  | <b>8</b><br>9:00 Men's Roundtable<br>9:15 Flow Yoga<br>10:00 Limber Up<br>10:00 Double Deck Pinochle<br>10:00 Euchre<br>10:00 Needle Arts Open Studio<br>12:30 De-Stressing the Body and Mind<br>1:00 Balanced Yoga for Wellness<br>1:00 Pinochle<br>1:30 Tennis - Mixed Doubles<br>2:30 Tai Chi - Beginner<br>3:30 Spanish Conversation for Cognitive Well-Being - Advanced<br>4:30 Pickleball<br>5:00 Movie: Searching For Sugarman                 | <b>9</b><br>9:00 Low Impact Aerobics<br>9:30 Pottery Studio<br>9:30 Palette & Brush Club<br>12:00 Canasta<br>12:30 Pickleball<br>1:00 Studio Art<br>1:00 Bowling League<br>1:30 Chair Yoga and Meditation<br>3:30 Cardio Dance - <i>New Date!</i><br>4:00 Chess Lessons<br>4:30 Pickleball<br>5:00 Chess Club<br>6:00 Lecture: Martin Luther King, Jr. & the Fight Against Racism  | <b>10</b><br>9:15 Friday Fitness<br>10:00 Limber Up<br>10:00 Tai Chi - Intermediate<br>10:30 Cathedral of St. Paul Tour & Lunch at Common Pub<br>11:00 Duplicate Bridge<br>12:00 Current Events<br>12:30 Pickleball<br>1:00 Pinochle<br>1:00 Mah Jongg<br>1:30 Tennis - Mixed Doubles |
| <b>13</b><br>9:00 Low Impact Aerobics<br>9:30 Stretch & Relax<br>10:00 Limber Up<br>10:00 Knitting & Crocheting<br>10:15 Line Dancing<br>11:15 Duplicate Bridge<br>12:30 Pickleball<br>1:00 Pinochle<br>1:00 Mah Jongg<br>4:00 Spanish Conversation for Cognitive Well-Being - Beginner<br>4:30 Pickleball<br>5:30 Parkinson's Support Group   | <b>14</b><br>10:00 Non-Fiction Book Club<br>11:00 Womens Roundtable<br>12:00 A Taste of Africa<br>12:00 Canasta<br>12:30 Socki<br>12:30 Partners Bridge<br>1:00 Chess<br>1:00 Studio Art<br>1:00 Shanghai Rummy<br>1:30 Chair Yoga and Meditation<br>2:30 Tuesday Jazz<br>4:00 Yoga For Well Being<br>4:30 Pickleball  | <b>15</b><br>9:00 Men's Roundtable<br>9:15 Flow Yoga<br>10:00 Limber Up<br>10:00 Double Deck Pinochle<br>10:00 Euchre<br>10:00 Needle Arts Open Studio<br>1:00 Low Vision Support Group<br>1:00 Balanced Yoga for Wellness<br>1:00 Pinochle<br>1:30 Tennis - Mixed Doubles<br>2:30 Tai Chi - Beginner<br>3:30 Spanish Conversation for Cognitive Well-Being - Advanced<br>4:30 Pickleball<br>5:00 Movie: The Woman King<br>6:00 Coin Club             | <b>16</b><br>9:00 Low Impact Aerobics<br>9:30 Writer's Corner<br>9:30 Pottery Studio<br>9:30 Palette & Brush Club<br>9:30 Pontiac Transportation Museum & Lunch<br>11:00 Photo Journey Through S Africa<br>12:00 Canasta<br>12:30 Pickleball<br>1:00 Studio Art<br>1:00 Bowling League<br>1:30 Chair Yoga and Meditation<br>3:30 Cardio Dance - <i>New Date!</i><br>4:00 Chess Lessons<br>4:30 Pickleball<br>5:00 Chess Club<br>6:00 Lecture: Oakl. County Roads             | <b>17</b><br>9:15 Friday Fitness<br>10:00 Limber Up<br>10:00 Tai Chi - Intermediate<br>11:00 Duplicate Bridge<br>12:00 Current Events<br>12:30 Pickleball<br>1:00 Mah Jongg<br>1:00 Pinochle<br>1:30 Tennis - Mixed Doubles   |
| <b>20</b><br>9:00 Low Impact Aerobics<br>9:30 Stretch & Relax<br>10:00 Limber Up<br>10:00 Knitting & Crocheting<br>10:15 Line Dancing<br>11:15 Duplicate Bridge<br>12:30 Pickleball<br>1:00 Bingo<br>1:00 Mah Jongg<br>1:00 Pinochle<br>4:00 Spanish Conversation for Cognitive Well-Being - Beginner<br>4:30 Pickleball   | <b>21</b><br>11:00 Legal Documents Check-Up<br>10:30 Streaming: The Diaspora Journal<br>11:00 Womens Roundtable<br>12:00 Canasta<br>12:30 Socki<br>12:30 Partners Bridge<br>1:00 Chess<br>1:00 Studio Art<br>1:00 Shanghai Rummy<br>1:30 <b>New Next Facility Project Information Meeting</b><br>1:30 Chair Yoga and Meditation<br>2:30 Tuesday Jazz<br>4:00 Yoga For Well Being<br>4:30 Pickleball<br>5:30 Stamp Club | <b>22</b><br>9:00 Men's Roundtable<br>9:15 Flow Yoga<br>10:00 Limber Up<br>10:00 Double Deck Pinochle<br>10:00 Euchre<br>10:00 Needle Arts Open Studio<br>12:30 Little Ceasars Behind the Scenes Tour & Astoria Bakery<br>1:00 Pinochle<br>1:00 Balanced Yoga for Wellness<br>1:30 Tennis - Mixed Doubles<br>2:30 Tai Chi - Beginner<br>3:30 Spanish Conversation for Cognitive Well-Being - Advanced<br>4:30 Pickleball<br>5:00 Movie - Gifted Hands | <b>23</b><br>9:00 Low Impact Aerobics<br>9:30 Pottery Studio<br>9:30 Palette & Brush Club<br>12:00 Canasta<br>12:30 Pickleball<br>1:00 Studio Art<br>1:00 Bowling League<br>1:00 AgeWays - Caregiver Support<br>1:30 Chair Yoga and Meditation<br>3:30 Cardio Dance - <i>New Date!</i><br>4:00 Chess Lessons<br>4:30 Pickleball<br>5:00 Chess Club<br>6:00 Lecture: Movers, Shakers & Music Makers: A Tribute to Six Women Who Changed History                               | <b>24</b><br>9:15 Friday Fitness<br>10:00 Limber Up<br>10:00 Tai Chi - Intermediate<br>11:00 Duplicate Bridge<br>12:00 Current Events<br>12:30 Pickleball<br>1:00 Mah Jongg<br>1:00 Pinochle<br>1:30 Tennis - Mixed Doubles   |
| <b>27</b><br>9:00 Low Impact Aerobics<br>9:30 Stretch & Relax<br>10:00 Limber Up<br>10:00 Knitting & Crocheting<br>10:15 Line Dancing<br>11:15 Duplicate Bridge<br>12:30 Pickleball<br>1:00 Pinochle<br>1:00 Mah Jongg<br>4:00 Spanish Conversation for Cognitive Well-Being - Beginner<br>4:30 Pickleball   | <b>28</b><br>11:00 Womens Roundtable<br>12:00 Canasta<br>12:30 Socki<br>12:30 Partners Bridge<br>1:00 In-Depth Study of North Africa<br>1:00 Chess<br>1:00 Studio Art<br>1:00 Shanghai Rummy<br>1:30 Chair Yoga and Meditation<br>2:30 Tuesday Jazz<br>4:00 Yoga For Well Being!<br>4:30 Pickleball  | <b>29</b><br>9:00 Men's Roundtable<br>9:15 Flow Yoga<br>10:00 Limber Up<br>10:00 Double Deck Pinochle<br>10:00 Euchre<br>10:00 Needle Arts Open Studio<br>1:00 Balanced Yoga for Wellness<br>1:00 Pinochle<br>1:30 Tennis - Mixed Doubles<br>2:30 Tai Chi - Beginner<br>3:30 Spanish Conversation for Cognitive Well-Being - Advanced<br>4:30 Pickleball<br>5:00 Movie - I Dreamed of Africa  | <b>30</b><br>9:00 Low Impact Aerobics<br>9:30 Pottery Studio<br>9:30 Palette & Brush Club<br>12:00 Digestive Health Issues<br>12:00 Canasta<br>12:30 Pickleball<br>12:30 Fox Theatre Behind the Scenes Tour & Desert Oasis<br>1:00 Bowling League<br>1:00 Studio Art<br>1:30 Chair Yoga and Meditation<br>3:30 Cardio Dance - <i>New Date!</i><br>4:00 Chess Lessons<br>4:30 Pickleball<br>5:00 Chess Club<br>6:00 Lecture: Our Own Voice: African American Art with the DIA | <b>31</b><br>9:15 Friday Fitness<br>10:00 Limber Up<br>10:00 Tai Chi - Intermediate<br>11:00 Duplicate Bridge<br>12:00 Current Events<br>12:30 Pickleball<br>1:00 Mah Jongg<br>1:00 Pinochle<br>1:30 Tennis - Mixed Doubles   |

# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN FEBRUARY 2025

| <b>MONDAY</b>   | <b>TUESDAY</b>  | <b>WEDNESDAY</b>   | <b>THURSDAY</b>   | <b>FRIDAY</b>   |
|---|---|--|---|---|
| <p><b>3</b></p> <p>9:00 Low Impact Aerobics<br/>9:30 Stretch and Relax<br/>10:00 Limber Up<br/>10:00 Knitting &amp; Crocheting<br/>10:15 Line Dancing<br/>11:00 Blood Pressure &amp; Blood Oxygen Clinic<br/>11:15 Duplicate Bridge<br/>12:30 Pickleball<br/>1:00 Bingo<br/>1:00 Popular Reads Book Club<br/>1:00 Pinochle<br/>1:00 Mah Jongg<br/>3:00 Trivia Time!<br/>4:00 Spanish Conversation for Cognitive Well-Being - Beginner<br/>4:30 Pickleball</p> | <p><b>4</b></p> <p>10:30 Streaming: Cry Witch: Take My Land, Take My Life<br/>11:00 Womens Roundtable<br/>12:00 Canasta<br/>12:30 Socki<br/>12:30 Partners Bridge<br/>1:00 In-Depth Study of South Africa<br/>1:00 Chess<br/>1:00 Studio Art<br/>1:00 Shanghai Rummy<br/>1:30 Chair Yoga and Meditation<br/>2:30 Tuesday Jazz<br/>4:00 Yoga For Well Being<br/>4:30 Pickleball<br/>5:30 Stamp Club<br/>6:00 West African Drum &amp; Dance Performance</p> | <p><b>5</b></p> <p>9:00 Men's Roundtable<br/>9:15 Flow Yoga<br/>10:00 Limber Up<br/>10:00 Double Deck Pinochle<br/>10:00 Euchre<br/>10:00 Needle Arts Open Studio<br/>1:00 Balanced Yoga for Wellness<br/>1:00 Pinochle<br/>1:30 Tennis - Mixed Doubles<br/>2:00 Ask the Attorney<br/>2:30 Tai Chi - Beginner<br/>3:30 Spanish Conversation for Cognitive Well-Being - Advanced<br/>4:30 Pickleball<br/>5:00 Movie: Falling For Figaro</p> | <p><b>6</b></p> <p>9:00 Low Impact Aerobics<br/>9:30 Writer's Corner<br/>9:30 Pottery Studio<br/>9:30 Palette &amp; Brush Club<br/>12:00 Canasta<br/>12:30 Pickleball<br/>1:00 Studio Art- Session 1<br/>1:00 Bowling League<br/>1:00 The World of Forensic Science<br/>1:30 Chair Yoga and Meditation<br/>3:30 Cardio Dance - <i>New Date!</i><br/>4:00 Chess Lessons<br/>4:30 Pickleball<br/>5:00 Chess Club<br/>6:00 Lecture: Healing Through Creating via The Power of Storytelling</p>                     | <p><b>7</b></p> <p>9:15 Friday Fitness<br/>10:00 Limber Up<br/>10:00 Tai Chi Intermediate<br/>11:00 Duplicate Bridge<br/>12:00 Current Events<br/>12:30 Pickleball<br/>1:00 Pinochle<br/>1:00 Mah Jongg<br/>1:30 Tennis - Mixed Doubles</p>                                     |
| <p><b>10</b></p> <p>9:00 Low Impact Aerobics<br/>9:30 Stretch and Relax<br/>10:00 Limber Up<br/>10:00 Knitting &amp; Crocheting<br/>10:15 Line Dancing<br/>11:15 Duplicate Bridge<br/>12:30 Pickleball<br/>1:00 Pinochle<br/>1:00 Mah Jongg<br/>4:00 Spanish Conversation for Cognitive Well-Being - Beginner<br/>4:30 Pickleball<br/>5:30 Parkinson's Support Group</p>  | <p><b>11</b></p> <p>10:00 Non-Fiction Book Club<br/>11:00 Womens Roundtable<br/>12:00 Canasta<br/>12:30 Socki<br/>12:30 Partners Bridge<br/>1:00 In-Depth Study of East Africa<br/>1:00 Chess<br/>1:00 Studio Art<br/>1:00 Shanghai Rummy<br/>1:30 Chair Yoga and Meditation<br/>2:30 Tuesday Jazz<br/>4:00 Yoga For Well Being<br/>4:30 Pickleball</p>   | <p><b>12</b></p> <p>9:00 Men's Roundtable<br/>9:15 Flow Yoga<br/>10:00 Limber Up<br/>10:00 Double Deck Pinochle<br/>10:00 Euchre<br/>10:00 Needle Arts Open Studio<br/>1:00 Balanced Yoga for Wellness<br/>1:00 Pinochle<br/>1:30 Tennis - Mixed Doubles<br/>2:30 Tai Chi Beginner<br/>3:30 Spanish Conversation for Cognitive Well-Being - Advanced<br/>4:30 Pickleball<br/>5:00 Movie: Love Again</p>                                    | <p><b>13</b></p> <p>9:00 Low Impact Aerobics<br/>9:30 Pottery Studio<br/>9:30 Palette &amp; Brush Club<br/>9:45 Signal-Return Tour &amp; Lunch at Baobab Fare<br/>11:00 Brain Health – Simple Activities to Improve Memory and Cognition<br/>12:00 Canasta<br/>12:30 Pickleball<br/>1:00 Bowling League<br/>1:30 Chair Yoga and Meditation<br/>3:30 Cardio Dance - <i>New Date!</i><br/>4:00 Chess Lessons<br/>4:30 Pickleball<br/>5:00 Chess Club<br/>6:00 Lecture: Out of Africa: Returning to the Source</p> | <p><b>14</b></p> <p>9:15 Friday Fitness<br/>9:15 DSO - Broadway Love Songs<br/>10:00 Limber Up<br/>10:00 Tai Chi Intermediate<br/>11:00 Duplicate Bridge<br/>12:00 Current Events<br/>12:30 Pickleball<br/>1:00 Mah Jongg<br/>1:00 Pinochle<br/>1:30 Tennis - Mixed Doubles</p> |
| <p><b>17</b></p> <p>9:00 Low Impact Aerobics<br/>9:30 Stretch and Relax<br/>10:00 Limber Up<br/>10:00 Knitting &amp; Crocheting<br/>10:15 Line Dancing<br/>11:15 Duplicate Bridge<br/>12:30 Pickleball<br/>1:00 Bingo<br/>1:00 Pinochle<br/>1:00 Mah Jongg<br/>4:00 Spanish Conversation for Cognitive Well-Being - Beginner<br/>4:30 Pickleball</p>  | <p><b>18</b></p> <p>10:30 Streaming: Innovating Africa Documentary: The Rise of Tech in Nigeria<br/>11:00 Womens Roundtable<br/>12:00 Canasta<br/>12:30 Socki<br/>12:30 Partners Bridge<br/>1:00 In-Depth Study of West Africa<br/>1:00 Chess<br/>1:00 Studio Art<br/>1:00 Shanghai Rummy<br/>1:30 Chair Yoga and Meditation<br/>2:30 Tuesday Jazz<br/>4:00 Yoga For Well Being<br/>4:30 Pickleball<br/>5:30 Stamp Club</p>                               | <p><b>19</b></p> <p>9:00 Men's Roundtable<br/>9:15 Flow Yoga<br/>10:00 Limber Up<br/>10:00 Double Deck Pinochle<br/>10:00 Euchre<br/>10:00 Needle Arts Open Studio<br/>12:30 Easter Bunny Basket Class<br/>1:00 Balanced Yoga for Wellness<br/>1:00 Low Vision Support Group<br/>1:00 Pinochle<br/>1:30 Tennis - Mixed Doubles<br/>2:30 Tai Chi Beginner<br/>4:30 Pickleball<br/>5:00 Movie: Life Of Pi<br/>6:00 Coin Club</p>             | <p><b>20</b></p> <p>9:00 Low Impact Aerobics<br/>9:30 Writer's Corner<br/>9:30 Pottery Studio<br/>9:30 Palette &amp; Brush Club<br/>11:00 Brain Health – How the Brain Creates Memories; Distinguishing Normal Forgetfulness<br/>12:00 Canasta<br/>12:30 Pickleball<br/>1:00 Bowling League<br/>1:30 Chair Yoga and Meditation<br/>3:30 Cardio Dance - <i>New Date!</i><br/>4:00 Chess Lessons<br/>4:30 Pickleball<br/>5:00 Chess Club<br/>6:00 Lecture: When Politics Were for the Bold and the Brave</p>      | <p><b>21</b></p> <p>9:15 Friday Fitness<br/>10:00 Limber Up<br/>10:00 Tai Chi - Intermediate<br/>11:00 Duplicate Bridge<br/>12:00 Current Events<br/>12:30 Pickleball<br/>1:00 Bingo<br/>1:00 Pinochle<br/>1:00 Mah Jongg<br/>1:30 Tennis - Mixed Doubles</p>                   |
| <p><b>24</b></p> <p>9:00 Low Impact Aerobics<br/>9:30 Stretch and Relax<br/>10:00 Limber Up<br/>10:00 Knitting &amp; Crocheting<br/>10:15 Line Dancing<br/>11:15 Duplicate Bridge<br/>12:30 Pickleball<br/>1:00 Pinochle<br/>1:00 Mah Jongg<br/>4:00 Spanish Conversation for Cognitive Well-Being - Beginner<br/>4:30 Pickleball</p>   | <p><b>25</b></p> <p>11:00 Womens Roundtable<br/>12:00 Canasta<br/>12:30 Socki<br/>12:30 Partners Bridge<br/>1:00 Matthew Ball - The Boogie Woogie Kid<br/>1:00 Chess<br/>1:00 Studio Art<br/>1:00 Shanghai Rummy<br/>1:30 Chair Yoga anmyd Meditation<br/>2:30 Tuesday Jazz<br/>4:00 Yoga For Well Being<br/>4:30 Pickleball</p>  | <p><b>26</b></p> <p>9:00 Men's Roundtable<br/>9:15 Flow Yoga<br/>10:00 Limber Up<br/>10:00 Podiatrists<br/>10:00 Double Deck Pinochle<br/>10:00 Euchre<br/>10:00 Needle Arts Open Studio<br/>1:00 Balanced Yoga for Wellness<br/>1:00 Basket Weaving<br/>1:00 Pinochle<br/>1:30 Tennis - Mixed Doubles<br/>2:30 Tai Chi Beginner<br/>4:30 Pickleball<br/>5:00 Movie: Tea With Dames</p>  | <p><b>27</b></p> <p>9:00 Low Impact Aerobics<br/>9:30 Pottery Studio<br/>9:30 Palette &amp; Brush Club<br/>10:00 DIA - Tiff Massey Exhibit &amp; Lunch in the DIA Cafe<br/>12:00 Heart Health<br/>12:00 Canasta<br/>12:30 Pickleball<br/>1:00 Bowling League<br/>1:30 Chair Yoga and Meditation<br/>3:30 Cardio Dance - <i>New Date!</i><br/>4:00 Chess Lessons<br/>4:30 Pickleball<br/>5:00 Chess Club<br/>6:00 Lecture: African Culture's Mark on Latin America</p>   | <p><b>28</b></p> <p>9:15 Friday Fitness<br/>9:15 DSO - Classical Roots<br/>10:00 Limber Up<br/>10:00 Tai Chi - Intermediate<br/>11:00 Duplicate Bridge<br/>12:00 Current Events<br/>12:30 Pickleball<br/>1:00 Pinochle<br/>1:00 Mah Jongg<br/>1:30 Tennis - Mixed Doubles</p>   |
|   |   |  |   |   |



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**ACTIVITY**

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

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