



Your Place to Stay Active & Connected

JANUARY/FEBRUARY 2016

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

THE COYOTE - Our Urban Adapter

Wednesday, January 20 at 1:00

Cost: Complimentary members / \$3 non-members

Pre-register by Monday, January 18

Native Americans told legends about the coyote; yet today, this wild canine only seems to get bad press. How can one animal be feared by some and revered by others? Utilizing data collected in recent big city studies, this one-hour educational presentation will look at the biology, the myths and the facts about one of North America's most highly adaptable animals. Naturalist and educator Laurel Zoet, from *Nature on the Go*, discusses this often maligned animal that is becoming more prevalent in our urban/suburban areas. There will also be time for questions as well as information on how to handle coyote situations. *Program sponsored by Baldwin House.*

Continuing Our Partnership with The Center For Creative Studies: THE PRINCIPLES OF DRAWING

4-session workshop - Fridays, January 15, 22, 29 and February 5 from 9:30 am to 12:00 noon

Cost: \$50 members / \$55 non-members

Pre-register by Friday, January 8

Both beginners and experienced students will benefit from focusing on the traditional principle of observational drawing. You will learn how to plan an overall design, the effects of variation



in line quality and how to render light and shadow. Instructor **Nekia Morris** has served as an instructor for The College for Creative Studies continuing education since 2006. Ms. Morris is a fine arts educator, as well as an experienced fashion and textile designer. She brings style and flare to the classroom. *Materials included.*

Be sure to check out page 16 for the details on our day trip to the North American International Auto Show on January 21



FASHION & THE AUTOMOBILE THROUGH THE DECADES

Tuesday, February 2 at 1:30 pm

Cost: Complimentary members / \$3 non-members

Pre-register by Thursday, January 28

Join us for a drive down memory lane, showcasing an entertaining look at the relationship between fashion and automotive design by decade. Learn how both fashion and the automobile were influenced by function, lifestyle and world events. This live show will include fashions from the Victorian Era through 1950's. *Sponsored by Waltonwood of Royal Oak.*

ONE MAN'S PHOTOGRAPHY

Tuesday, January 26 at 1:30 pm

Cost: Complimentary members / \$3 non-members

Pre-register by Saturday, January 23

Retired architect and accomplished photographer **Bob Swanson** presents his thoughts on photography. A native of Bloomfield Hills, Bob was educated at the Cranbrook Schools and has architectural degrees from the University of Michigan and MIT. Professionally, he was associated with the firms of Saarinen Swanson and Saarinen, Swanson Associates and Swanson Meads. Photography has been a long-time avocation and consuming interest, focusing primarily on architectural subjects. He has received numerous awards in architecture and photography. *Bob will review his interest in photography and present examples of his work.*

We cannot do it without you. Please contribute to the Share the Spirit campaign today.



FEATURED PROGRAMS

PREVENT THE POST-HOLIDAY LETDOWN

Thursday, January 7 at 1:00 pm

Cost: Complimentary members / \$3 non-members

Pre-register by Tuesday, January 5

The gifts are unwrapped, decorations are down, and visitors have come and gone; what's left? Now is the time to begin anew and learn how to manage the letdown that often comes after the excitement is over. **Micheline Sommers, LMSW, Clinical Services Supervisor** from Oakland Family Services discusses the contributing factors to feeling letdown and how to prevent these feelings and combat the blues.

GREENFIELD ELEMENTARY & NEXT INTERGENERATIONAL OPPORTUNITY

Friday, January 15 from 8:45 to 11:30 am

Bus departs Next at 8:45 am, returns about 11:30 am

Pre-register by Wednesday, January 13

Next and Greenfield Elementary will be joining together for an exceptional intergenerational experience.

Twelve Next members will start their day with twelve student leaders from the 5th grade at Greenfield School. *Enjoy a warm coffee welcome, tour the beautiful school and spend a little time in an individual classroom in a student led activity. Then, continue the morning back at Next for a snack and games.*

"TOUR" TRADER JOE'S

6536 Telegraph Road, Bloomfield Hills

(SW Corner of Maple and Telegraph)

Tuesday, January 19 at 2:00 pm

Cost: Complimentary

Pre-register by Friday, January 16 - Limited number

TJ's is known for it's great food and value pricing. **Pam Smith, Trader Joe's crew member**, will lead the tour focusing on their unique set-up and approach. Get plenty of ideas for winter meals and enjoy some tasty samples! *Meet at Trader Joe's.*

WEIGHT WATCHERS

12 weekly meetings - Tuesdays, January 19

through April 5 from 6:30 to 7:00 pm

Cost: \$173 for 12 weekly sessions

(Some insurance providers cover a portion of the fee)

Please register by Tuesday, January 12

directly on the Weight Watcher's Website @

<https://registrations.888-3-florine.com/Atwork.asp?csid=17263>

Start working on your New Year's resolution to take off those extra holiday pounds! Come join the Weight Watcher's group at Next and get the professional guidance and support needed to reach your goals.

MEMOIR WRITING WORKSHOP

Wednesdays, February 10, 17 and 24 from 9:30 to 11:30 am

Cost: \$50 member / \$55 non-members

Pre-register by Friday, February 5

Experienced writer, editor and coach **Miranda Burnett** leads this 3-session workshop that will help you begin writing about your most memorable times. You will learn various writing techniques and ways to make writing a part of your life. For the past 12 years, Ms. Burnett has helped people to write their life stories. *Class size limited to 10.*

101 SOLITAIRE CARD GAMES

Thursday, February 11 from 1-3 pm

Cost: Complimentary - Pre-register by Monday, February 8

Join Next volunteer **Alice Lezotte** in this Solitaire adventure. Learn and play a few of these games and join in the fun. *No experience necessary. Bring a standard deck of 52 playing cards and a smile!*

SOCRATES CAFÉ[®]

Drop-In Fridays, January 29 and February 26

from 1:00 to 3:00 pm

Based on Christopher Phillips' book of the same name, participants develop questions which the facilitator, **Annis Pratt**, reads to the group who then votes on the topic to be discussed.

SPECIAL TUESDAY NIGHT SERIES

EUROPE AND THE SECOND WORLD WAR

Select Tuesdays at 6:00 pm

Cost: Complimentary members / \$5 non-members

Please pre-register

A center favorite, **Seán Farrell Moran**, Professor of History and Director of the Masters Liberal Arts Program at Oakland University, shares his deep knowledge and understanding of the largest war in history.

Tuesday, January 5 at 6:00 pm

The Mythologies of World War II - All wars develop a mythology, which come to shape how the generations afterward understand those conflicts. WWII has followed this pathway and in this lecture we will consider some of the major "myths" of the war and how they have shaped our understanding of it.

Tuesday, February 16 at 6:00 pm

Daily Life in the Occupied and Unoccupied Countries of Europe - Films about WW II focus invariably on combat and leadership. Yet most Europeans had to live their lives out, often under the demanding requirements of occupation. Some chose to fight against the odds. But in every case it demanded extraordinary sacrifices for most people.



SCARF TYING MADE SIMPLE

Wednesday, February 17 from 1:00 to 2:00 pm

Cost: Complimentary members / \$3 non-members

Pre-register by Monday, February 15

Fashion Stylist, Carol Gillow Giles, brings her 15 years of experience to Next, in this fun, hands-on class. Carol will provide step-by-step instructions for tying your scarves in the most fashionable ways. (Bring a few of your own scarves.) Attendees will be entered to win a new scarf! *Sponsored by Guardian Alarm.*

CATARACTS & LASIK SURGERY

Tuesday, March 1 at 2:00 pm

Pre-register by Wednesday, February 24

Join Dr. Gregory Fitzgerald, MD, from Clavenna Vision Institute in Birmingham to learn more about the different types of vision correction such as all-laser LASIK and PRK as well as the newest technology for the best possible outcome from cataract surgery. Dr. Fitzgerald, a board certified ophthalmologist, performs routine eye exams, LASIK procedures, state of the art cataract surgery, eyelid procedures and treats eye diseases. *Sponsored by Clavenna Vision.*

SOCIAL SECURITY PLANNING SEMINAR

Wednesday, March 9 at 10 am

Cost: Complimentary members / \$3 non-members

Pre-register by Monday, March 7

Filing for Social Security is one of the biggest financial decisions you'll make. That's why it's the choice of a lifetime. At this seminar, Nationwide Retirement Institute's Kumar Jagdeo discusses the many filing rules and strategies, so you can make the choice that fits with your overall retirement income plan. *Sponsored by Morgan Stanley Wealth Management, Rochester.*

THINKING OF UPGRADING TO "WINDOWS 10"?

Tuesday, February 9 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Pre-register by Friday, February 5

Windows 10 is here, and available as a free upgrade until July 29. Are you considering upgrading, but want to know more about it first? Join Josh Rouan, from the Baldwin Public Library, as he walks you through all of the major changes. *This presentation offers an overview of the Windows 10 Operating System. It does not provide one-on-one instruction.*

CHESS AT NEXT

Drop-In Tuesdays from 5:30 to 8:00 pm

Did you know Next has chess boards available in the office? You can borrow one for use in the center anytime — but on Tuesday nights we will be setting up the boards for play in the lobby. *Come and enjoy the centuries old game of kings.*

NEW FITNESS CLASSES

BRAINS & BALANCE

4-class series - Wednesdays, January 20 through February 10 from 2:45 pm to 3:45 pm

Cost: \$40 Members / \$46 Non-members

Pre-register by Friday, January 15

If you are an "active adult", striving to stay mentally sharp and physically stable, this fun and innovative class is for you! 30 minutes of simple exercise designed to enhance coordination and to increase blood flow to the brain, followed by 30 minutes of fun brain drills focusing on memory, reasoning, conceptualization and problem solving skills. *Dress for exercise class, wear comfortable shoes and bring a water bottle.* Certified "Brains & Balance" instructors Lori Harbour and Kathy Housey lead this unique class.

Complimentary "try it" class –

Wednesday January 13 from 2:45 to 3:45 pm

Please RSVP by Monday, January 11

For the first time at Next:

SMALL GROUP PERSONAL TRAINING... COME AND EXPERIENCE IT!

Complimentary "try it" class –

Thursday, January 14, from 1:30 to 2:30 pm

Please RSVP by Tuesday, January 12

So, exactly what does a Small Group Personal Training Class look like? Who can benefit? Join Sharon Claye, A.C.E. Certified Personal Trainer, as she demonstrates the class format and gives you a sample of how participating will increase your strength, flexibility, balance and endurance. *No charge – just wear your workout clothes and bring a water bottle!*

SMALL GROUP PERSONAL TRAINING SERIES

6-week class - Thursdays, January 21 through February 25 from 1:30 to 2:30 pm

Cost: \$95 members / \$100 non-members

Pre-register by Monday, January 18

Determined to get fit in the New Year? Want to improve your workout results? New to working out? A.C.E. Certified Personal Trainer Sharon Claye brings Small Group Personal Training to Next. Under Sharon's guidance, you'll work on strength, flexibility, balance and endurance. Her personal attention in a small group setting may be exactly what you need to reach your fitness goals! Class limited to six participants. *Everyone will benefit — activities are modified to accommodate all fitness levels.*



STIMULATE YOUR MIND

▶ BESTSELLERS BOOK CLUB

3rd Wednesdays, January 20 and February 17 at 11:00 am

January's book is Philippa Gregory's *The Taming of the Queen*. In February, the group will read *All Shall Be Well* by Deborah Crombie. Call facilitator Mariellen Barron at 248-644-6962 to learn more.

▶ BOOK TALK

Most Mondays at 2:00 pm
Resumes in the Spring

The group is reading *The Best American Mystery Stories of 2013*, edited by Otto Penzler. Contact facilitator Ann Plunkett at 248-737-9395 to learn more.

RETIREMENT REIMAGINED

Fridays, January 8 and February 12 from 1:00 to 2:30 pm

Retirement Reimagined provides facilitation, peer support and resources to assist in creating a purpose-filled and meaningful retirement. Join the thought provoking discussion and meet other retirees. These meetings are open to anyone interested in the Retirement Reimagined group, mentorship, or entrepreneurship. To learn more, contact Next members Dian Wilkins at dian.wilkins@yahoo.com or Kathy Walgren at kwalg@comcast.net.

January 8: Mentorship - Have you ever thought about becoming a mentor to a child who needs a positive adult figure in their lives? The Oakland County Youth Assistance Mentors Plus program matches caring adults with young people who would benefit from attention and support. Come hear from Next Board Member, Jay Reynolds, speak about his personal experience mentoring for the past 15 years. Learn about the qualifications, obligations and joys of becoming a mentor from Julie Stitt, Mentors Plus Volunteer Coordinator. Mentoring is fun, creates new friendships and allows volunteers to share their lives with children or young adults to help them become responsible productive adults. *No obligation, just come and hear about this wonderful program.*

February 12: Entrepreneurship - Have you ever thought of starting your own business? Ike Engelbaum, radio personality and founder of The Entrepreneurs Network of Michigan, will give an overview of the challenges and opportunities of entrepreneurship. He will help you explore whether you should consider a new enterprise, answer your questions and explain how you might prepare. *Whether or not you are considering your own business, come and learn about what it takes from an expert.*

WRITER'S CORNER

1st and 3rd Thursdays from 9:30 to 11:00 am
January 7 and 21 / February 4 and 18

Join Next members who love to gather and share their common interest in writing. Members of this group enjoy writing poetry, memoirs, social commentary, short stories and novels. Read your material and get constructive feedback. Contact facilitator Sara Burnside 248-649-1813 or sjburnside68@att.net for additional information.

▶ GENEALOGY/FAMILY HISTORY: Searching for Your Ancestors

Thursdays, January 21 and February 18
from 1:00 to 2:30 pm - *By appointment only*
Please call to reserve thirty minute appointments.
Cost: Complimentary members / \$5 non-members

Avid genealogy experts Kathy Stricher, and Barbara Hofmann, Chairperson of the Michigan DAR Volunteer Genealogist's Committee, will work with you one-on-one, and answer individual questions to help you move forward. *Bring your own laptop or tablet.*

▶ COMPUTER LAB

The lab is open during center hours for members to use any one of our many PCs or our Mac. WiFi is available.

▶ ONE-ON-ONE COMPUTER INSTRUCTION

We offer one-on-one computer instruction, on one of our many lab PCs or our MAC, by one of our talented instructors.

▶ NAVIGATING YOUR IPAD, IPHONE, TABLET & MORE

Our one-on-one instruction goes far beyond just computers. Our instructors can show you how to use any current technology. Whether you want to use an iPod, iPhone, Tablet, Android device, or Kindle, we can teach you how.

Cost for all computer instruction: \$5 for one hour / \$20 for 5 one-hour sessions. Please contact the Next office to schedule an appointment. The Computer Lab and Instruction are available for members only.

Are you considering upgrading to Windows 10, but want to know more about it first? Check out page 3 for an informational class on the new operating system.

CREATIVITY FOR MIND & SPIRIT

Recent scientific studies have shown that exercising your creativity helps keep your mind active and sharp. Check out all the great art classes Next has to offer to unleash your creative spirit.

▶ PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm

This group of 13 artists meets weekly to paint, with a focus on portraits and figures. Models are hired for each painting session. To join this group, you must be an accomplished artist and member of the Palette & Brush Club. *The group is currently at capacity; however, if you are interested in joining the club, please contact paletteandbrush.org for additional information.*

▶ WATERCOLOR CLASS: "Winter in Michigan"

6-week class - Fridays, January 8 through February 12 from 12:30 to 3:00 pm

Cost: \$75 members / \$83 non-members

Experience the fun while learning to create beautiful colors with water and a dab of paint! "Winter in Michigan" — with the glistening snow, green pine trees, and the beauty of the lakes — will be the theme for this six week series. Artist/Instructor Pete Snodgrass will lead the class in painting Pure Michigan. Beginning and intermediate painters welcome. *If you've painted before, bring your supplies. For those who have not painted, the instructor will discuss supplies at the first class.* Mr. Snodgrass has taught at the BBAC, and had his works exhibited throughout Michigan, including at Meijer Gardens and Petoskey's Crooked Tree Gallery.

▶ PHOTOGRAPHY CLUB

Tuesday, February 16 from 10:00 am to 12:00 noon

Cost: Complimentary members / \$3 non-members

Interested in photography as a hobby? Interested in taking better pictures? Want to learn how to fully utilize your camera regardless of what type? Come and enhance your skills, share ideas and enjoy each other's company. Facilitators Gregory Burry and Chuck Green will be available to "coach" members. For further information contact Greg Burry at 248-302-1156 or gregoryburry@sbcglobal.net or Chuck Green at chazgreen@comcast.net. *And, on January 26 at 1:30 pm, join us for Bob Swanson's Presentation — see front page.*

▶ THE PRINCIPLES OF DRAWING

4-session workshop - Fridays, January 15, 22, 29 and February 5 from 9:30 am to 12:00 noon

Cost: \$50 members / \$55 non-members

Pre-register by Friday, January 8

Both beginners and experienced students will benefit from focusing on the traditional principle of observational drawing. You will learn how to plan an overall design, the effects of variation in line quality and how to render light and shadow. Instructor Nekia Morris has served as an instructor for The College for Creative Studies continuing education since 2006. Ms. Morris is a fine arts educator, as well as an experienced fashion and textile designer. She brings style and flare to the classroom. *Materials included.*

▶ PAINTING WITH ACRYLICS & OILS

(Beginners through advanced students)

10-week class - Tuesdays, January 5 through March 8 from 9:30 am to 12:00 noon

Cost: \$150 member / \$160 non-member

Please pre-register

Pick up your paintbrush and join us! Artist/instructor, Karen Halpern, focuses on essential information: materials, techniques, color theory and design. A variety of subjects and creative viewpoints will enrich your thinking and strengthen your abilities. Individual guidance and personal encouragement will help you develop your own style. *Bring a 12"x18" sketch pad, #2 desk pencil, eraser, and painting supplies to first class. Materials will be discussed in first class for new students.*

▶ STUDIO ART CLASS

10-week class: Thursdays, January 7 through March 10 from 1:00 to 3:30 pm

Cost: \$ 150 member / \$160 non-member

Please pre-register

Work on a piece of your own choosing regarding subject, style, and medium. This class provides an opportunity for you to develop work you've begun previously, or want to begin in class. **Bring your own project**, and artist/instructor Karen Halpern will assist you in developing your own ideas in the medium in which you chose to work. Karen will guide critical thinking, expose each student to work by artists working with similar style and thinking, as applicable, and offer direction for advancement. Working independently alongside peers fosters an enriching and enjoyable exchange of ideas. *Bring the supplies you are accustomed to.*

Noted award-winning artist Karen Halpern is recognized nationally for her workshops in various locations across the U.S. Her work has been shown in more than 85 museum, gallery and competitive exhibitions. She has instructed Continuing Education Programs for adults, teaching oil and acrylic painting, watercolor, mixed-media/collage, drawing and perspective. Ms. Halpern was a Master Teacher at Indiana State University's Fine Arts Program, taught at the Birmingham Bloomfield Art Center (BBAC) and at various venues in Royal Oak, Troy, West Bloomfield, Farmington Hills and Bloomfield Hills.

FEATURE FILMS

Every Wednesday
Evening @ 5:30pm

**Movies & Popcorn
provided by
our friends at
Woodward Hills**

Cost: Complimentary members / \$5 non-members



Next is proud to introduce our new sponsor,
Stuart Jeffares and The Jeffares Group.

THE JEFFARES GROUP

THEJEFFARESGROUP@GMAIL.COM | DIRECT 248-321-2120

The Jeffares Group has generously agreed
to sponsor Dinner and a Classic.

Thanks, Stuart — and see you at the movies!

January 6 - RICKY AND THE FLASH

Rated PG-13

ALSO - SPECIAL AFTERNOON SHOWING AT 12:30 PM

Meryl Streep goes electric and takes on a whole new gig in this uplifting comedy. In a film loaded with music and live performance, Streep stars as Ricki, a guitar heroine who gave up everything for her dream of rock-and-roll stardom, but is now returning home to make things right with her family. Streep stars opposite her real-life daughter Mamie Gummer. *1 hr 42 min*

January 13 - RED - Bev's Pick

Rated PG-13

Frank (Bruce Willis), Joe (Morgan Freeman), Marvin (John Malkovich) and Victoria (Helen Mirren) used to be the CIA's top agents, but the secrets they know just made them the Agency's top targets. Now framed for assassination, they must use all of their collective cunning, experience and teamwork to stay one step ahead of their deadly pursuers. *1 hr 51 min*

January 20 - TOMORROWLAND

Rated PG

Jaded by disillusionment, a former boy genius played by George Clooney, is bound by a shared destiny with a bright, optimistic teen bursting with scientific curiosity. Together they embark on a danger-filled mission to unearth the secrets of an enigmatic place somewhere in time and space known only as "Tomorrowland." What they must do there changes the world — and them — forever. *1 hr 47 min*

January 27 - DIAL M FOR MURDER

Rated PG - Dinner and a Classic 5:00 pm

A British tennis pro, played by Ray Milland, suspects that his wealthy wife played by Grace Kelly is fooling around with a handsome American. Milland blackmails a disgraced former army comrade into murdering Kelly and making it look like the work of a burglar. But Milland's carefully mapped-out scheme does not take into account the notion that Kelly might fight back and kill her assailant. When the police investigate, Milland improvises quickly, subtly planting the suggestion that his wife has committed first-degree murder. *1 hr 46 min*

February 3 - THE INTERN

Rated PG-13

ALSO - SPECIAL AFTERNOON SHOWING AT 12:30 PM

A retired successful business owner and widower, played by the incomparable Robert De Niro, lands an internship at a fashion website run by a young, career-driven woman, played by Anne Hathaway. What she learns from her intern is much more than how to run a business. *2 hr*

February 10 - IT'S COMPLICATED - Bev's Pick

Rated R (some drug use and sexual situations)

Jane (Meryl Streep) is the mother of three grown kids, owns a thriving Santa Barbara bakery/restaurant and has — after a decade of divorce — an amicable relationship with her ex-husband, attorney Jake (Alec Baldwin). But when Jane and Jake find themselves out of town for their son's college graduation, things start to get complicated. An innocent meal together turns into the unimaginable — an affair. *2 hr*

February 17 - INSIDE OUT - Bring the grandkids!

Rated PG

Growing up can be a bumpy road, and it's no exception for Riley, who is uprooted from her Midwest life when her father starts a new job in San Francisco. Like all of us, Riley is guided by her emotions — Joy (Amy Poehler), Fear (Bill Hader), Anger (Lewis Black), Disgust (Mindy Kaling) and Sadness (Phyllis Smith). The emotions live in Headquarters, the control center inside Riley's mind, where they help advise her through everyday life. This lush and lovely animated feature is a critics' favorite. *1 hr 43 min*

February 24 - RAIDERS OF THE LOST ARK

Rated PG - Dinner and a Classic 5:00 pm

One of the greatest Action/Adventure movies of all time. Follow Indiana Jones (Harrison Ford) from the jungles of Peru, to the foothills of the Himalayas, to Egypt while he searches for lost treasure — and most importantly the lost Ark of The Covenant, before the Nazi's get their hands on it to add this object of unimaginable power to their arsenal. *1 hr 55 min*

Please pre-register in the Next office by the day prior to any movie you plan on attending. For Dinner and a Classic, please pre-register as soon as possible.

SPEAKER S E R I E S

ENRICH YOURSELF. KNOW MORE.

Join Next every Thursday at 6:00 pm for the area's premier speaker series, featuring experts in a wide range of topics from history, science, current events, religion, politics and more. You will not find a more compelling ongoing speaker series anywhere.

*Cost: Complimentary members
\$5 non-members*

January 7 - COURTROOM ART

Emmy award winning artist and instructor at the prestigious Center for Creative Studies, Carole Kabrin shares her work and experience of over three and a half decades covering some of the highest profile cases the country has seen. She has covered The Supreme Court of the United States, The Oklahoma Bombing Trials of Timothy McVeigh and Terry Nichols, Noriega, Paula Jones, Whitewater, Mayor Marion Barry's drug trial, Mike Tyson's rape trial, the Underwear Bomber, hearings of former Mayor Kwame Kilpatrick, and hundreds of local news stories.

January 14 - HOW SAFE IS YOUR FOOD?

Galen Garst, with a B.S. and M.S. in Environmental and Occupational Health, worked for 31 years as a Food Safety supervisor for Oakland County and for the last 15 years as CEO of Food Systems, a Food Service Consulting Service Company. Mr. Garst will cover what the government does to assure the food you order is safe, what you can do to make sure your food is stored and prepared safely, and share some stories, "from the field."

January 21 - ISIS: AN UPDATE - Part 1

Next's Middle East expert and religious scholar, Gus Mondalek, returns to update us on the status of ISIS, the escalating situation in Syria, and whether there is a real threat of extremists using the refugee crisis as a way to gain entry into western countries. *This is a two-part series. You must register for each lecture separately. Mr. Mondalek's lectures are very popular, and seating will be limited. Please register as soon as possible.*

January 28 - ISIS: AN UPDATE - Part 2

Next's Middle East expert and religious scholar, Gus Mondalek, returns for part two of his update on the status of ISIS, the escalating situation in Syria, and whether there is a real threat of extremists using the refugee crisis as a way to gain entry into western countries. *This is a two-part series. You must register for each lecture separately. Mr. Mondalek's lectures are very popular, and seating will be limited. Please register as soon as possible.*

February 4 - PEACE IN THE MIDDLE EAST

Rabbi Mark Miller from Temple Beth El will explore the intriguing history and current realities of the ongoing conflict between Israel and her neighbors. Since 1948, Israel has endured wars, terrorism, condemnation and media distortion, yet nobody has figured out a solution to the Palestinians' national aspirations. We may not unlock world peace this evening, but we will certainly leave far better informed.

February 11 - ARTHUR KELLER: AMERICAN ARTIST & ILLUSTRATOR

Arthur Keller was one of the most important artists and illustrators of his day. His work now hangs in museums worldwide. Often depicting pivotal moments in American history, his work can also be found in such prestigious locations as Washington's Mount Vernon. Join us as Keller's grandson and Next member, Earl Page, displays and discusses original works by the artist while weaving in little known stories of American history.

February 18 - THE FIRST 20 PRESIDENTS

Professor of History at Oakland University, and one of Next's favorite speakers, Bruce Zellers, joins us to discuss the first 20 presidents and how their administrations helped define the American Government, popular culture and set the stage for the modern presidencies.

February 25 - SHAKESPEARE: LIFE IN LONDON

A center favorite, Shakespearian scholar, Jim Glenn, returns to tell more tales of The Bard. In this presentation Mr. Glenn will focus on Shakespeare's life in the colorful and dynamic London theatre world of the 1590s and early 1600s. He will cover how theatres developed, how acting companies thrived in the course of producing the works of the world's greatest playwright, and much more. *Generously sponsored by Baldwin House.*

*Please pre-register in the Next office
by the day prior to any lecture you plan on attending.*



NEXT NOTES

NEW MEMBER COFFEE

Tuesday, February 23 at 1:00 pm

Please RSVP with the Next Office by Thursday, February 18

If you are a new member, please join us for coffee and conversation. Meet other new members and learn more about Next.

Light refreshments will be served.

INCLEMENT WEATHER UPDATES

Please watch your local news in the morning for weather closings before coming to Next. If Birmingham Public Schools are closed due to weather, Next will be closed as well.

FREE INCOME TAX ASSISTANCE

Tuesdays, February 2 through April 12 from 9 am to 2 pm

By appointment only - Call Next to make appointment

AARP-trained volunteers provide free tax preparation and filing of Federal, State and local returns. Service is available for taxpayers in low to moderate income brackets, especially those 60 and better. *Bring photo ID, social security card, income/interest/dividend statements, last year's tax return and bank direct deposit information (including bank's ABA routing number printed on bottom of check or deposit slip).*

BIRMINGHAM'S BEST KEPT SECRET!

PHARMACY

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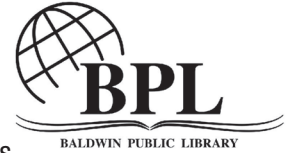
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THE BALDWIN PUBLIC LIBRARY HAS COME TO NEXT



Next users are now able to:

- Borrow a variety of regular and large print books, audiobooks and DVDs from the Library's kiosk in the Next lobby

- Return main library items in the new drop box at Next
- Request that items from the Baldwin Library be delivered to the Next lobby for easy pick up

Call the Library at 248-554-4650 by Wednesday to request your items — and they will be available at Next on Thursday afternoon.

MAGNIFIERS

The Baldwin Public Library offers a variety of magnifiers — hand held and digital, large and small — that are available for checkout. Stop in and see what magnifier works best for you and your needs before purchasing one! Strengths varying from 2x up to 14x and checkout time is for 3 weeks — with 4 possible renewals.

AUDIOBOOK DELIVERY SERVICE for People with Low Vision

The Oakland Talking Book Service (OTBS) is a free service that loans talking books and magazines, large print books, Braille and talking book players to eligible Oakland County residents of all ages. If you are unable to read or use standard printed materials as a result of temporary or permanent visual or physical limitations, you should qualify. A talking book player and materials will be mailed at no cost as Free Matter for the Blind. *For more information please call Outreach Services at Rochester Hills Public Library at 248-650-7150 or check out <http://otbs.rhpl.org/>*

New Book Club starting! POPULAR READS BOOK CLUB

2nd Mondays, January 11 and February 8 from 1:00 to 2:00 pm

Cost: Complimentary - Please pre-register

Join Rebekah Craft, Associate Director of the Baldwin Public Library, for a book discussion each month. Books featured will be popular literary fiction or non-fiction that reads like fiction. When you register, you'll be given a copy of the book, provided by Baldwin Public Library. In January, the group will discuss *The Winning Lila*, by Pulitzer Prize winning author Marilynne Robinson. *Just Mercy: A Story of Justice and Redemption* by Bryan Stephenson will be discussed on February 8. *For additional information contact Rebekah Craft at 248-554-4682 or rebekah.craft@baldwinlib.org.*



INVIGORATE YOUR BODY

See page 3 to learn about our new "Brain & Balance" class and "Small Group Personal Training Series".

▶ AGEBUSTERS

Tuesdays and Thursdays at 9:00 am

Cost: 10 classes \$60 members / \$70 non-members

This fun class will focus on cardiovascular endurance, including low impact aerobic moves to music, strength training using weights, bands and stretching. *Please bring a mat and water.*

Tuesdays: AFAA certified instructor, Lori Harbour, has 25+ years of group exercise experience, and an Older Adult specialty certification.

Thursdays: Shelley Rubinstein brings over 30 years of experience teaching adult fitness. She is an ACE Certified Group Fitness instructor with Older Adult Fitness Specialty and has AFAA Personal Training Certification.

▶ BOWLING LEAGUE @ HARTFIELD LANES

Fridays at 10:00 am

Cost: \$6 fee includes 3 games, shoes and coffee

Drop in at Hartfield Lanes, 3490 W. 12 Mile in Berkley, 248-543-9338. New bowlers more than welcome!

For additional information, contact League Manager, Steve Kates at 248-642-3626.

▶ CHAIR YOGA

Mondays and Wednesdays from 1:30 to 2:30 pm

Cost: 10 classes \$60 members / \$70 non-members

Experience improved flexibility, strength and balance, with Karen Lutz, E-YRT. Learn to focus on breathing, as you find greater balance, flexibility and strength with gentle stretching and adaptive yoga movements both seated and standing with the support of the chair. *All standing movements are optional for those who need to remain seated.*

▶ GENTLE FLOW YOGA

Tuesdays at 5:30 and Fridays at 11:30 am

Cost: 10 drop-in classes \$60 members / \$70 non-members

A beginner-friendly mat yoga class taught by center favorite, Karen Lutz, E-YRT, that will help you gain strength and flexibility as you connect to your breathing. Learn basic yoga postures with a focus on alignment and breath awareness. Let the stress of your day slip away when you come to your mat. *Please bring a yoga mat, water, and a pillow or blanket.*

▶ LIMBER UP

Mondays, Wednesdays and Fridays at 9:00 am

Cost: Complimentary

This chair-based stretching and fitness class is all about keeping limber and enjoying the company of good friends. Drop-ins always welcome. *Stay for coffee and conversation.*

Next urges you to consult your doctor before participating in any exercise program.

▶ PICKLEBALL

Now, more times available to play than ever!

Cost: Complimentary members / \$2 non-members

Times have been set aside based on level of play; however we at Next want to make sure that everyone new to the sport and the Center are welcomed and encouraged to develop their ability to play. *Non-members must have a waiver on file with the office to play.*

Mondays	12:15 pm - 2:00 pm - Open Play
Tuesdays	5:30 pm - 8:00 pm - Beginners
Wednesdays	5:30 pm - 8:00 pm - Experienced
Thursdays	12:15 pm - 2:00 pm - Open Play 5:30 pm - 8:00 pm - Experienced
Saturdays	9:00 am - 10:30 pm - Beginners 10:30 am - 2:00 pm - Experienced

BEGINNING PICKLEBALL LESSONS

6:00 pm Tuesdays January 5 and 12

Cost: Complimentary members / \$10 non-members

Please pre-register by Monday, January 4

Pickleball expert, Tom Valentine, will teach the novice and absolute beginners how to play the fastest growing sport in America. Not only will he teach how to serve, volley and return, he will also give you tips, techniques and strategies to make you a complete player. *Space is limited.*

▶ SATURDAY AT THE BARRE

Saturdays from 11:00 to 11:50 am

Cost: 10 classes \$60 members / \$70 non-members

In this standing class taught by a center favorite, Karen Lutz, E-YRT, you will gently stretch and strengthen your entire body with a focus on core strength, balance and flexibility. The barre offers support as you move at your own pace and range of motion. *And as always, your first "try-it" session is complimentary.*

▶ TAI CHI

Tuesdays from 10:30 am to 12:00 noon

Fridays from 10:00 to 11:30 am

Cost: 10 classes \$60 members / \$70 non-members

Accredited instructors teach the Taoist Tai Chi internal arts of health. Benefits include improved circulation, balance and posture, increased strength, flexibility, and reduced stress.

▶ TENNIS LEAGUE - MIXED DOUBLES

Tuesdays from 2:00 to 3:00 pm

Enjoy indoor play at the Birmingham Racquet Club. Contact Israel Olivarez at 517-803-8161 or israel.olivarez@sbcglobal.net for additional information.

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CONNECT & PLAY

► B-I-N-G-O WITH BARB

1st and 3rd Fridays, January 15 / February 5 and 19 at 1:00 pm

Eight games of regular bingo are played. The cost to play is \$2 per card. *Non-members welcome for a \$2 admission fee.*

BRIDGE...for everyone at every level!

Beginning Bridge Instruction - Instructor: Al Rosie
Mondays from 10:00 am to 12:00 noon

Bridge Practice - Coach: Al Rosie
Thursdays from 9:00 am to 12:00 noon

Duplicate Bridge - Facilitator: Al Rosie
Mondays from 12:15 to 3:15 pm

Partners Bridge - Tuesdays from 2:30 to 6:00 pm

Wednesday Bridge
Wednesdays from 12:00 noon to 3:15 pm

► EUCHRE

Tuesdays from 12:30 to 2:45 pm

Euchre is fun, fast-paced and easy to play. Even if you have never played before come enjoy a lively afternoon of a Michigan favorite.

► PINOCHLE - New Offering!!

Mondays from noon until 3:00 pm

This new group of enthusiastic players welcomes both seasoned players and those new to the game. *For additional information, contact Ed Schouten at edschouten@gmail.com.*

► MONDAY MAHJ

Mondays from 10:30 am to 12:30 pm and 12:30 to 2:30 pm

This group is looking for substitute players only. *Contact Sandy Moore at xsandy16@yahoo.com if interested in subbing.*



FIND NEW INTERESTS

► BIRMINGHAM STAMP CLUB

1st and 3rd Tuesdays at 6:30 pm

Contact Ken Rusch at (248) 968-3505

► COLLECTORS STAMP CLUB

1st Mondays at 6:30 pm

Contact Charlie Wood at (248) 546-1282

► COIN CLUB

3rd Wednesdays at 7:00 pm

For information contact Robert Beuter at (248) 646-9657



IGNITE NEW PASSIONS

► ADVANCED POTTERY STUDIO

Thursdays from 9:30 am to 12:30 pm

This group of advanced potters work independently. *Limited number of participants.*

► DRAWING & WATERCOLOR STUDIO

Most Wednesdays at 1:00 pm

Join this talented group of artists! They will gladly guide novices. *Bring your own materials.*

► KNITTING & CROCHETING STUDIO

Mondays at 10:00 am

Enjoy lively discussion and lots of laughs with this group of lovely ladies at this knitting and crocheting studio. *Bring your own project and materials or use Next supplies. Tips and ideas shared.*

► NEEDLE ARTS

Wednesdays at 10:00 am

A great group for quilting, needlepoint, sewing, cross-stitch — if it takes a needle, this is the group for you! *Beginners through experts welcome.*



Maple Village surrounds you with luxury and warmth within our gracious, elegant community. We offer you more than a home; we offer a vibrant, independent lifestyle filled with endless opportunities to enrich your life. Enjoy our many musical and educational programs, themed parties, arts and crafts classes, plus visits to the area's museums, theaters and the area's best musical performances. Invite friends to join you for a relaxed fireside dinner in our formal dining room or enjoy a movie in our theater room. There are endless ways to enhance your life at Maple Village.

**Call (248) 723-6275
to schedule your personal visit**

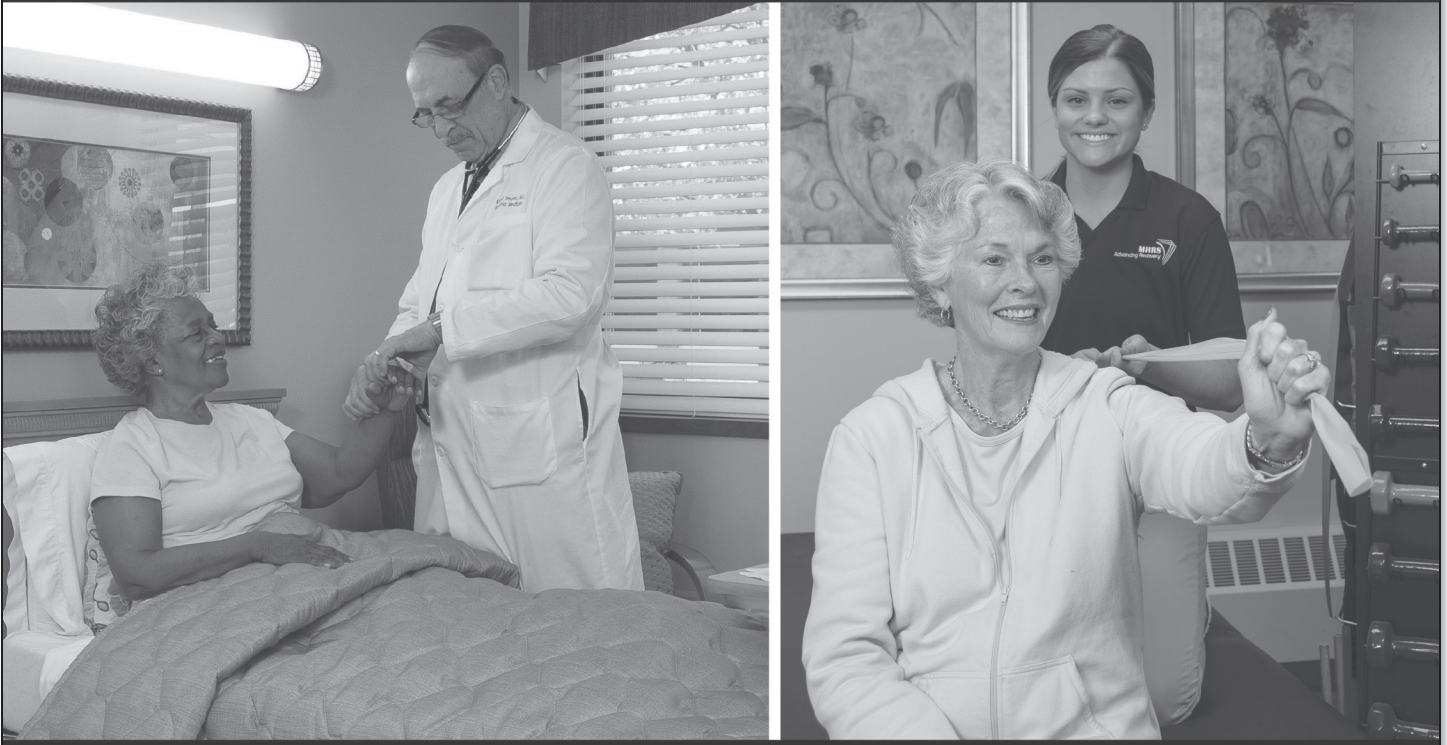


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SUPPORT SERVICES

► INFORMATION ABOUT COMMUNITY RESOURCES

Jeanne Nance and Rachel Ann Miller, Next Support Service Providers, 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; the team is here to help with resources, information, and referrals in a whole range of areas. *The Next Support Services Department welcomes you Monday through Friday.*

FOUNDATION FOR BIRMINGHAM SENIOR RESIDENTS

Founded in 1983 and administered through Next, the Foundation provides financial assistance for home repairs to Birmingham senior residents who income-qualify.

Assistance comes in two forms:

- Funds are available 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 loans are repaid after the sale of the home.

Please call Jeanne Nance or Rachel Ann Miller for more information.

► MINOR HOME REPAIR for BEVERLY HILLS RESIDENTS

Beverly Hills Community Development Block Grant funds are available to assist low and moderate income residents with minor home repairs. *Please call Next's Support Services for more information.*

► SNOW REMOVAL for BIRMINGHAM & BEVERLY HILLS RESIDENTS

Snow removal services are available for income-eligible Birmingham and Beverly Hills seniors and disabled residents. This service is funded under the Community Development Block Grant Program (CDBG). Enrollment is limited and only available as long as funding is available. *Please call Next's Support Services for more information.*

► TRANSPORTATION

Door-to-door transportation service is available for seniors and disabled adults residing in Birmingham, Beverly Hills, Bingham Farms, and Franklin. For \$3 round-trip, or \$2 one-way, the friendly Next drivers will take you to medical, dental, personal appointments, shopping, or activities at Next. *Transportation hours are 8:30 am to 3:00 pm, Monday through Friday. Call at least three days in advance to request a ride. For reservations, please call 248-203-5270.*

COMMUNITY HOUSING TOURS

Bus departs at 11:00 am

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 you will enjoy a complimentary lunch as part of the tour. *Please call 248-203-5270 to RSVP.*

Cedarbrook of Bloomfield Hills
Friday, Jan 29

All Seasons of Birmingham
Friday, Feb 19

St. Anne's Mead
Friday, Mar 18

► ASK THE ATTORNEY

Tuesdays, January 5 and February 2 from 1:00 to 1:45 pm
Local attorney, Ed Pugh, will be at Next to provide assistance with your legal questions. *Please call Next to schedule your complimentary 15-minute appointment.*

► FINANCIAL ASSISTANCE

The Michigan Seniors Benefits Enrollment Center is available to help find programs and services to ease the strain of a tough financial situation. Experts are available via a toll-free number to discuss various programs — including tax credit assistance, food assistance, utility payment options, home improvement costs, help with medical premiums and prescription costs, etc. *Call 800-347-5297 to schedule a conversation and discover what's available.*

LET'S HEAR FROM YOU

If you know of a licensed and insured company that you really enjoy working with, please call us and share your recommendation. It would be very helpful to us and a great service to Next and community members.

► QUESTIONS ABOUT FEDERAL AGENCIES?

Tuesdays, January 5 and February 2 from 12:00 noon to 1:00 pm
Congressman Dave Trott's District Representative, Nick Kennedy, will be available at Next to answer questions about Social Security, Veterans Affairs, Medicare and other Federal Agencies. *No appointment is necessary.*

► WHEN YOU ARE VISITING NEXT...please visit the information wall opposite the coat rack

- A number of businesses support Next by displaying brochures on the Resource Center display. *Please take any of the brochures that interest you or might be helpful to someone you know.*
- The display area furthest from the lobby holds resource information we have gathered from a number of sources including general information, National Institute on Aging, Senior Health Line from Michigan State and other information. *We update information so please check often. Let us know if there is something we can add that may be helpful to others.*

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HEALTH & NUTRITION

► MEDICAL EQUIPMENT LOANS

Our loan closet contains wheelchairs, walkers, canes, commodes, bath benches and shower stools available for up to three months at no charge. *We also accept donations of any of the above items.*

► NUTRITION SUPPORT

Ensure Plus is offered at a reduced cost with a physician's prescription and application. *Please call Next to place your order or for more information.*

► COMPLIMENTARY HEARING TESTS & HEARING AID CLEANINGS AT NEXT

Friday, January 8 at 1:00 pm

Sponsored by Zounds Hearing of Birmingham

Friday, February 12 at 1:00 pm

Sponsored by Birmingham Bloomfield Audiology

► BLOOD PRESSURE & BLOOD OXYGEN

1st Wednesdays, January 6 and February 3
from 10:00 to 11:00 am

No appointment is necessary. Free of charge.

► PODIATRISTS AT NEXT

Wednesdays, January 27 and February 24
from 9:00 to 11:00 am

Call Next to make an appointment

Drs. Robert Adas, DPM, and Larry Wexler, DPM, provide basic foot care — foot exams, toenail trimming, etc. This service is provided for your convenience. Their office is in Huntington Woods. *Most services are covered by insurance. Please pay podiatrists directly. Call Next to make an appointment.*

► MEALS ON WHEELS

Please call Emerald Foods at 248-689-0001 to enroll in this nutrition program. **In addition, volunteers are needed to help deliver meals.** If you're available once a week, once a month, or once in a while to deliver or package meals, please call *Judy Murrell at 248-203-5281.*

► OAKLAND FAMILY SERVICES

Oakland Family Services is committed to older adults and their families. Geriatric Specialists from Oakland Family Services are available to help develop the best plan to age in place for a quality aging experience. *Call 248-858-7766 ext. 246 for more information about their programs and services.*

► NURSE ON CALL

Public Health Nurses answer questions regarding communicable diseases, immunizations, prescription assistance, nutrition and more. *Call 800-848-5533 or e-mail at noc@oakgov.com.*

► MEDICARE/MEDICAID COUNSELING

Experts are available from Area Agency on Aging 1B to answer questions about Medicare and Medicaid. *Contact Haim Schlick at 248-642-1149 or haimschlick2002@yahoo.com to set up an appointment.*

► EARLY STAGE MEMORY LOSS SUPPORT GROUP

The Alzheimer's Association offers support groups for people in the early stages of Alzheimer's or related dementias. Care-takers, family members and/or friends are welcome to attend. There are meetings in Birmingham, Bloomfield Hills, and other nearby areas. *Please call 248-351-0280 for more information.*

WITH GRATITUDE

November and December were filled with kindness — what a wonderful community we have! Thank you to all who contributed to Project Warmth by donating cold weather gear that will benefit low income families through Light-house of Oakland County. We also appreciate the students and staff of Eton Academy, Holy Name Catholic School, and Seaholm High School for raking the leaves of over 40 seniors in the area. Great work! And finally, we appreciate the students, parents, and staff from Pierce Elementary for assembling and distributing special holiday baskets.

OPHTHALMIC SPECIALISTS OF MICHIGAN

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Did you know that an annual eye exam is essential for anyone with diabetes?

What eye problems commonly impact diabetics?

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- ◆ Glaucoma
- ◆ Diabetic Retinopathy



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- ◆ Diabetic Eye Disease
- ◆ Glaucoma
- ◆ Retina Disease
- ◆ Cosmetic Eye Surgery
- ◆ And Many More!



DAY TRIPS & TRAVEL

THE NORTH AMERICAN INTERNATIONAL AUTO SHOW (NAIS)

Thursday, January 21

Bus departs Next at 10:00 am, returns about 3:30 pm

Cost: \$20 members / \$25 non-members

Includes bus and ticket, lunch on your own.

Please pre-register

As the automotive industry drives into the future, Detroit remains in the driver's seat. NAIAS is the destination where next-generation products and technologies continue to make their world debuts. You'll have the opportunity to see up-close the vehicles and technologies that will shape the future automotive landscape. From muscle and electric cars, to high-performance supercars and full-size trucks, NAIAS has something for everyone to enjoy. Leave the driving and parking to the Next driver!



DETROIT SYMPHONY ORCHESTRA: FRIDAY MORNING COFFEE CONCERTS

Bus departs Next at 9:15 am,

returns about 1:00 pm

Cost: \$55 member / \$60 non-member

Please pre-register

ST. PATRICK'S DAY CELEBRATION

Friday, March 11

Irish eyes will be smilin' when Cathie Ryan (formerly of Celtic favorite "Cherish the Ladies") sings Celtic classics. Celebrate the wearin' o' the green in this concert of favorites from the Emerald Isle, including "Danny Boy" and more!

MARY WILSON OF THE SUPREMES

Friday, April 8

In the 1960's, the music of Motown almost at once became legendary. Mary Wilson of The Supremes reunites with the Detroit Symphony Orchestra...the orchestra heard on all those Motown classics. "Baby Love," "Love Child," "Stop in the Name of Love" and more!

JOHN WILLIAMS FAVORITES

Friday, June 10

The music of John Williams has transported us to new worlds beyond our imagination through breathtaking adventures on the silver screen. Be there as DSO Principal Pops Conductor Jeff Tyzik leads the DSO in all your John Williams favorites: "Superman," "Raiders of the Lost Ark," "Harry Potter," "E.T." and "Star Wars".

See page 2 for details about an opportunity to "TOUR" TRADER JONES and enjoy some tasty samples.

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Thank you to everyone who contributed to, supported, and worked at this year's Birmingham Winter Market.

It was a big success!
And very special thanks to Mills Pharmacy for sponsoring Next's tent this year!

MEET OUR NEWEST MEMBERS...

Nancy Angel, Heather Armbruster, John Bender, Alfred Bosley, Debra and Martin Darvick, Bette Davies, Joanie Deskin, Pamela and Carroll DeWeese, Robin and Billie Dunn, Lois and Harvey Freeman, Ellie Gause, Claudia and Robert Goldenthal, Zelma and Gilbert Gottlieb, Joyce Harlan, Anne Harm, Gerald Hause, Kelly and Maureen Hayes, Joseph Kozo, Alexandra Krot, Katherine Leffler, Ronda and Richard Lepsetz, Deborah Limage, Susan Marinelli, Gloria Marlatt, Dottie Marx, Bonnie Meyer, Nancy and Don Michielutti, Texie Morris, Carol and Ian Murray, Shirley Nitz, Mary and Art Ottney, Domenica Petrella, Barbara Portnoy, Sheila and Terry Robidoux, Sharon and Al Scafuri, Barbara Shapiro, Terry Stacy, Jim Suhay, Mary Tapley, Joan Trapnell, Loretta and Andrew Vincent, Karen Volkenant, Mona Webster, Gloria Wise, and Nancy Yousif

We are thinking of you...

Jim Bird, Colleen Burcar, Barbara Carruth, Christopher Dow, Janice Ericksen, Joann Geitka, Angie Giffels, Chuck Green, Grace Huisling, John Schuelke, Jane VanDragt, and Barb and Bev Weiss

Our condolences to the families of...

Marilyn Bird, Bill Bones, Therese Liszkiewicz, David Maylen and Lorraine Wolfe

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INDIVIDUALS

Sally Bacon, Diane Bert, L. Christine Blackwell, Lydia Francis, Shelley Goodman-Taub, Joan Heinicke, Grace Huisling, Dr. Niru Prasad, Haim Schlick, Rubin Steimel, Pat Taggart and The Estate of William Waltsgott

EVENT BAKERS

Next Happy Birthday Mondays

2015 SHARE THE SPIRIT CAMPAIGN

Kimberly Schiebold and Dr. Douglas Weaver

Please consider supporting Next with a gift in one or more of the following areas: wills and trusts, securities, cash, check or items for the center. For further information how you can help support Next and its mission, please contact us at 248-203-5270

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 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 9:00 Limber Up 10:00 Beginning Bridge Knitting Birthday Coffee 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga 7:00 Stamp Collectors	5 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Federal Agency Questions 12:30 Euchre 1:00 Ask the Attorney 2:00 Tennis League 2:30 Partners Bridge 5:30 Gentle Flow Yoga Pickleball 6:00 Beginning Pickleball Stamp Club Lecture – WWII	6 9:00 Limber Up 10:00 Needle Arts Blood Pressure 12:00 Bridge 12:30 Feature Film - Ricky & The Flash 1:00 Drawing & Watercolor 1:30 Chair Yoga 5:30 Movie - Ricky & The Flash Pickleball	7 9:00 Agebusters Bridge Practice 9:30 Advanced Pottery Writer's Corner Palette & Brush 12:15 Pickleball 1:00 Studio Art Prevent Post-Holiday Let Down 5:30 Pickleball 6:00 Lecture - Courtroom Art	8 9:00 Limber Up 10:00 Bowling Tai Chi 11:30 Gentle Flow Yoga 12:30 Watercolor Class 1:00 Retirement Reimagined Hearing Screening - <i>Zounds</i>	9 9:00 Pickleball 11:00 Barre Class
11 9:00 Limber Up 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:00 Popular Reads Book Club 1:30 Chair Yoga	12 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:30 Euchre 2:00 Tennis League 2:30 Partners Bridge 5:30 Gentle Flow Yoga Pickleball 6:00 Beginning Pickleball	13 9:00 Limber Up 10:00 Needle Arts 12:00 Bridge 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:45 Brains & Balance Demo 5:30 Movie - Red Pickleball	14 9:00 Agebusters Bridge Practice 9:30 Advanced Pottery Palette & Brush 12:15 Pickleball 1:00 Studio Art 1:30 Personal Training Demo 5:30 Pickleball 6:00 Lecture - Food Safety	15 9:00 Limber Up 9:30 Principles of Drawing 10:00 Bowling Tai Chi 11:30 Gentle Flow Yoga 12:30 Watercolor Class 1:00 Bingo 8:45 - 11:30 Greenfield Elementary School Intergenerational Opportunity	16 9:00 Pickleball 11:00 Barre Class
18 9:00 Limber Up 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga	19 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:30 Euchre 1:00 Board Meeting 2:00 Trader Joe's Tour Tennis League 2:30 Partners Bridge 5:30 Gentle Flow Yoga Pickleball 6:00 Stamp Club 6:30 Weight Watcher's	20 9:00 Limber Up 10:00 Needle Arts 11:00 Bestsellers Book Club 12:00 Bridge 1:00 Coyote: Urban Adapter Drawing & Watercolor 1:30 Chair Yoga 2:45 Brains & Balance 5:30 Movie - Tomorrowland Pickleball 7:00 Coin Club	21 9:00 Agebusters Bridge Practice 9:30 Advanced Pottery Writer's Corner Palette & Brush 10:00 Auto Show Trip 12:15 Pickleball 1:00 Genealogy Studio Art 1:30 Personal Training 5:30 Pickleball 6:00 Lecture - ISIS Update: Part 1	22 9:00 Limber Up 9:30 Principles of Drawing 10:00 Bowling Tai Chi 11:30 Gentle Flow Yoga 12:30 Watercolor Class	21 9:00 Pickleball 11:00 Barre Class
25 9:00 Limber Up 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga	26 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:30 Euchre 1:30 Photography - Bob Swanson 2:00 Tennis League 2:30 Partners Bridge 5:30 Gentle Flow Yoga Pickleball 6:30 Weight Watcher's	27 9:00 Limber Up Podiatrists 10:00 Needle Arts 12:00 Bridge 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:45 Brains & Balance 5:00 Dinner & A Classic - Dial M for Murder Pickleball	28 9:00 Agebusters Bridge Practice 9:30 Advanced Pottery Palette & Brush 12:15 Pickleball 1:00 Studio Art 1:30 Personal Training 5:30 Pickleball 6:00 Lecture - ISIS Update: Part 2	29 9:00 Limber Up 9:30 Principles of Drawing 10:00 Bowling Tai Chi 11:00 Cedarbrook Housing Tour 11:30 Gentle Flow Yoga 12:30 Watercolor Class 1:00 Socrates Café	30 9:00 Pickleball 11:00 Barre Class

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 Limber Up 10:00 Beginning Bridge Knitting Birthday Coffee 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga 7:00 Stamp Collectors	2 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Federal Agency Questions 12:30 Euchre 1:00 Ask the Attorney 1:30 Fashion & The Automobile 2:00 Tennis League 2:30 Partners Bridge 5:30 Gentle Flow Yoga Pickleball 6:00 Stamp Club 6:30 Weight Watcher's 9:00 - 2:00 AARP Tax Prep	3 9:00 Limber Up 10:00 Needle Arts Blood Pressure 12:00 Bridge 12:30 Feature Film - The Intern 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:45 Brains & Balance 5:30 Movie - The Intern Pickleball	4 9:00 Agebusters Bridge Practice 9:30 Advanced Pottery Writer's Corner Palette & Brush 12:15 Pickleball 1:00 Studio Art 1:30 Personal Training 5:30 Pickleball 6:00 Lecture - Peace in the Middle East	5 9:00 Limber Up 9:30 Principles of Drawing 10:00 Bowling Tai Chi 11:30 Gentle Flow Yoga 12:30 Watercolor Class 1:00 Bingo	6 9:00 Pickleball 11:00 Barre Class
8 9:00 Limber Up 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:00 Popular Reads Book Club 1:30 Chair Yoga	9 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:30 Euchre 1:00 Overview of Windows 10 2:00 Tennis League 2:30 Partners Bridge 5:30 Gentle Flow Yoga Pickleball 6:30 Weight Watcher's 9:00 - 2:00 AARP Tax Prep	10 9:00 Limber Up 9:30 Memoir Writing 10:00 Needle Arts 12:00 Bridge 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:45 Brains & Balance 5:30 Movie - It's Complicated Pickleball	11 9:00 Agebusters Bridge Practice 9:30 Advanced Pottery Palette & Brush 12:15 Pickleball 1:00 Solitaire Lesson Studio Art 1:30 Personal Training 5:30 Pickleball 6:00 Lecture - Arthur Keller	12 9:00 Limber Up 10:00 Bowling Tai Chi 11:30 Gentle Flow Yoga 12:30 Watercolor Class 1:00 Retirement Reimagined Hearing Screening - <i>BBA</i>	13 9:00 Pickleball 11:00 Barre Class
15 9:00 Limber Up 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga	16 9:00 Agebusters 9:30 Painting Class 10:00 Photo Club 10:30 Tai Chi 12:30 Euchre 1:00 Board Meeting 2:00 Tennis League 2:30 Partners Bridge 5:30 Gentle Flow Yoga Pickleball 6:00 Stamp Club Lecture – WWII 6:30 Weight Watcher's 9:00 - 2:00 AARP Tax Prep	17 9:00 Limber Up 9:30 Memoir Writing 10:00 Needle Arts 11:00 Bestsellers Book Club 12:00 Bridge Drawing & Watercolor 1:00 Scarf Tying 1:30 Chair Yoga 5:30 Movie – Inside Out Bring the Grandkids! Pickleball 7:00 Coin Club	18 9:00 Agebusters Bridge Practice 9:30 Advanced Pottery Writer's Corner Palette & Brush 12:15 Pickleball 1:00 Studio Art Genealogy 1:30 Personal Training 5:30 Pickleball 6:00 Lecture - First 20 Presidents	19 9:00 Limber Up 10:00 Bowling Tai Chi 11:00 All Seasons Housing Tour 11:30 Gentle Flow Yoga 1:00 Bingo	20 9:00 Pickleball 11:00 Barre Class
22 9:00 Limber Up 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga	23 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:30 Euchre 1:00 New Member Coffee 2:00 Tennis League 2:30 Partners Bridge 5:30 Gentle Flow Yoga Pickleball 6:30 Weight Watcher's 9:00 - 2:00 AARP Tax Prep	24 9:00 Limber Up Podiatrists 9:30 Memoir Writing 10:00 Needle Arts 12:00 Bridge 1:00 Drawing & Watercolor 1:30 Chair Yoga 5:00 Dinner & A Classic – Raiders of The Lost Ark Pickleball	25 9:00 Agebusters Bridge Practice 9:30 Advanced Pottery Palette & Brush 12:15 Pickleball 1:00 Studio Art 1:30 Personal Training 5:30 Pickleball 6:00 Lecture – Shakespeare	26 9:00 Limber Up 10:00 Bowling Tai Chi 11:30 Gentle Flow Yoga 1:00 Socrates Café	27 9:00 Pickleball 11:00 Barre Class
					29 MONDAY 9:00 Limber Up 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga



Your Place to Stay Active & Connected

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Save the Date! BOOMER SUMMIT

Saturday, April 30, 2015 from 8:30 am to 12:30 pm
 Birmingham Groves High School Auditorium

Join thought leaders from around the region for this exciting and collaborative event! This high energy program will feature, speakers, music, videos and information designed to bring focus to Baby Boomers and their future. Launched by Next, The Principle Shopping District, The Baldwin Public Library and the City of Birmingham the first ever Boomer Summit will bring people together for meaningful presentations on a range of topics that directly impact what matters most to Boomers.

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HOURS

Monday and Friday
 from 8:30 am to 5:00 pm
 Tuesday, Wednesday,
 and Thursday
 from 8:30 am to 8:00 pm
 Saturday
 from 9:00 am to 2:00 pm

MEMBERSHIP DUES

Residents of Birmingham,
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