



Your Place to Stay Active & Connected

JANUARY/FEBRUARY 2020

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

SMART GAMES – FUN TIMES!

Introduction Class: Tuesday, January 7 at 2:30 pm

Cost: Complimentary members / \$5 non-members

If you love to laugh and play fun and challenging games, join us for an invigorating and memorable introductory workshop playing games with a purpose, sharpening your memory and enjoying the company of others! Paula Dirkes, professional trainer and facilitator will lead this new, dynamic program that allows us “to be kids again”. If you enjoy Smart Games – Fun Times! Join us for these classes!

**2-class session: Tuesdays, January 14 and 21
from 2:30 to 4:00 pm**

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

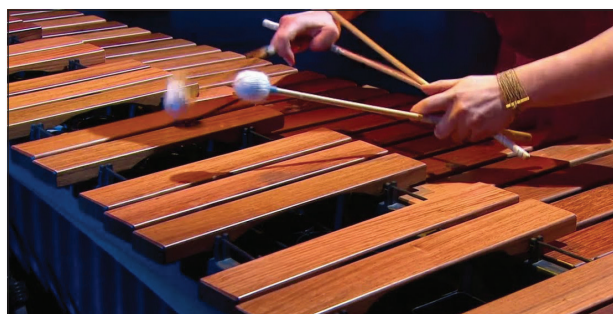


BELLE ISLE: DETROIT'S GEM

Thursday, January 23 at 1:00 pm

Cost: Complimentary members / \$5 non-members

David Anthony, Education Specialist at Belle Isle Nature Center, joins us to outline the highlights of Detroit's island gem. In this lecture, David will share details about programs taking place, including the new pilot program, Lifelong Learners at Belle Isle, and will tell us more about how he and the staff help people connect with nature. Lecture will be followed by future trips to visit Belle Isle. Generously sponsored by Samaritas Senior Living of Bloomfield Hills.



MARIMBA, MARIMBA!

Tuesday, February 25 at 1:00 pm

Cost: Complimentary members / \$5 non-members

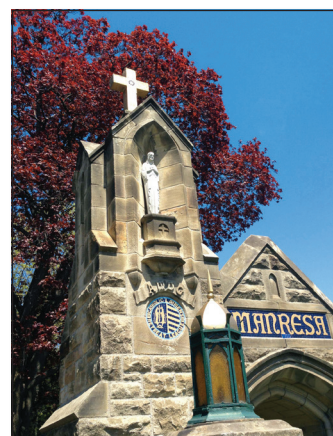
What is a marimba? It's a percussion instrument, originating in Africa, with wooden bars that are struck with mallets to produce lovely musical tones. Musician, Paul Demick will share interesting facts, stories and a special performance for your pleasure. Kindly sponsored by Affordable HomeCare.

MANRESA JESUIT RETREAT HOUSE

Thursday, February 27 at 1:00 pm

Cost: Complimentary members / \$5 non-members

You are warmly invited to this presentation by Grace and George Seroka, who will provide us with a brief history and the offerings of Manresa Jesuit Retreat House. Come join us to learn more about Manresa, located on 39 acres at the corner of Woodward and Quarton in Bloomfield Hills. Perhaps you may want to experience an event at Manresa even before their presentation. Grace and others will lead a meditation program at Manresa on January 12 from 2:00 to 6:00 pm. Additional information about the meditation program can be found on the Manresa website at www.manresa-sj.org.



ANNOUNCING FREE FITNESS WEEK - MONDAY, JANUARY 13 THROUGH SATURDAY, JANUARY 18



THE MORE YOU KNOW

INTRODUCTION TO GENEALOGY

Wednesday, January 8 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Have you ever thought about delving into your genealogical history? Richard Fellrath, President of the Oakland County Genealogical Society, will explain the options available to help you get started on your quest. Mr. Fellrath will walk us through the websites and offer some dos and don'ts for your search.

FRIDAYS WITH MARI MANOOGIAN

Fridays, January 10, February 7 at 10:30 am

Cost: Complimentary members / \$5 non-members

Join us for an informal conversation with Representative Mari Manoogian — and the opportunity to discuss issues that are important to you.

TRIVIA TIME!

Mondays, January 13 and February 10 from 4:00 to 6:00 pm

Cost: Complimentary members / \$5 non-members

Enjoy an evening of trivia in a lively, interactive quiz-like atmosphere with a professional and entertaining trivia host! Teams of four can enjoy a little friendly competition with a chance to win bragging rights! Pizza provided!

THE NEW TAX LAW: Make It Work for You

Tuesday, January 14 at 6:00 pm

Cost: Complimentary members / \$5 non-members

How do the new tax laws affect retirees and retirement planning as well as tax liabilities? Many of the new laws are geared towards minimizing taxes — which means more money in your pocket and less paid out to Uncle Sam! Join Stephanie Torres, Accounting Director at TriFound to learn about the critical items in the new year that could affect you now and in the years to come.

STREAMING VS. CABLE: What are the options?

Wednesday, January 22 at 1:00 pm

Cost: Complimentary members / \$5 non-members

With streaming devices and subscription services you can gain access to a whole new world of entertainment without a traditional pay TV service. In this workshop, you will see an Apple TV streaming device in action and learn about streaming TV options like Hulu, Netflix, and Disney+.

VALENTINE COOKIE DECORATING

Tuesday, February 11 at 3:30 pm

Cost: \$12 members / \$15 non-members

Learn the foundations of decorating cookies with royal icing from talented baker, Patricia Davis of the Cookie Cool Cookie Company. You will learn the tips and techniques for creating beautiful cut-out cookies — and get to practice your decorating skills and take home your creations to share with a Valentine.

THE JAZZ AGE IN DETROIT: 1910-1930

Cost: Wednesday, January 29 at 12:30 pm

Complimentary members / \$5 non-members

Jim Gallert, of Detroit Music History, has been researching, interviewing musicians, and writing about Detroit music for 35 years. In this talk, Jim delves into early Detroit blues, bands, and ballrooms. He will review the rise of contact dancing, and the many new ballrooms to support this radical new form of entertainment. Recordings of Detroit ragtime pioneers, blues musicians, and early dance bands are featured. Generously sponsored by Pomeroy Living.

SCARF TYING 101

Wednesday, February 12 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Looking for a new way to tie a favorite scarf? Next member, Alice Lezotte will demonstrate a few ideas to tie scarves, and then we'll have some hands on practice. Bring one or two of your own favorite scarves, a sense of adventure, and be ready for some fun!

THE FIVE LOVE LANGUAGES EXPLAINED

Cost: Thursday, February 13 at 12:30 pm

Complimentary members / \$5 non-members

Did you know that vacuuming the entire living room is more effective than saying "I love you"? Maybe not for you, but for someone whose love language is "acts of service", it could be! Each person has a primary love language that we must learn to speak if we want that person to feel loved. Diane Beri, MS, Executive Director of Botsford Commons will share how each person has a primary love language that we must learn to speak if we want that person to feel loved.

YOUR HOLISTIC RETIREMENT JOURNEY

Tuesday, February 18 at 6:00 pm

Cost: Complimentary members / \$5 non-members

What does a holistic retirement plan mean? Find out at this informational session on planning with a unique, holistic take led by Justin Pippert, Managing Partner at Trifound. We will discuss approaching this exciting time utilizing financial, legal and accounting services together to avoid common pitfalls. With education, attention to detail and a comprehensive plan, you will get the most out of your retirement.

ICELAND: The Land of Fire & Ice!

Wednesday, February 19 at 12:30 pm

Cost: Complimentary members / \$5 non-members

Enjoy Iceland's 1000 mile Ring Road that will take you to beautiful waterfalls and gorgeous vistas. Learn about the "Hot Pots" and the Legend and Lore of the Elves, Trolls and Nordic Myths that enchant Iceland. Enjoy the natural beauty of the island's glaciers. Reid Beyerlein, businessman and world traveler will share Iceland's history and his travel experience! Kindly sponsored by Samaritas Senior Living of Bloomfield Hills.



TED TALKS AT NEXT: Be inspired!

Thursdays at 10:30 am

Cost: Complimentary - Members only

Ted Talks include perspectives on scientific, cultural, political and academic topics. Join fellow Next members to explore some of the most popular and inspiring TED Talks to date. We will view the Talk and discuss its influence for our society and ourselves. You're welcome to come once or every time!

January 9 The importance of good conversation.

January 23 Why our IQ levels are higher than our grandparents.

February 6 The shared wonder of film.

February 20 Three ways to practice civility.

FREE FITNESS WEEK AT NEXT

GET FIT & STAY FIT!

Monday, January 13 through Saturday, January 18

Members only – complimentary

No registration required, drop-ins welcome

For the first time, we are offering a week of free fitness classes. Classes included are Agebusters, Barre, Chair Yoga, Limber Up, Line Dancing, Mat Yoga, Slow Flow Yoga, Small Group Personal Training, Strength & Balance, Tai Chi, and Yoga for Well Being. This is a great opportunity to meet our skilled and dedicated instructors who will present new possibilities for a healthier life. An added bonus is that classes are a great way to meet new people. Also included, Lori Harbour will present "Personalized Fitness Goals", an opportunity to create a plan for your current or new fitness pursuits. Please see a complete description of all of these great classes in the Invigorate Your Body section of the newsletter beginning on pages 4 and 5. There is something for everyone!

GREENFIELD INTERGENERATIONAL

Tuesday, February 11 at 10:00 am

Join us for a lively visit from Greenfield Elementary 3rd graders! We will have time to visit and get acquainted, play games and share a snack together. This intergenerational opportunity is part of our ongoing relationship with our partner elementary school and a wonderful chance to enjoy and learn from today's young students. Members only. Registration required.



HEALTH SERIES Thank you Bank of Ann Arbor, 2020 Health Series Sponsor!

UROLOGY ISSUES FOR WOMEN

Thursday, January 16 at 12:00 noon

Cost: Complimentary members / \$5 non-members

Urinary health is a top concern for women, and bladder leakage, or urinary incontinence, is far too common of a problem for women as they age. Urinary incontinence occurs for several very different reasons and mechanisms in any individual. Dr. Jason Gilleran, MD, is a board-certified urologist who specializes in treating incontinence. He will discuss overall urinary health, and will review some of the more common types of incontinence, as well as what you can do to help yourself deal with this medical nuisance. This includes lifestyle changes and how to get the most out of a visit with a healthcare professional.

VOICE DISORDERS: Hoarseness, Cough, Tickle, More!

Thursday, January 30 at 1:00 pm - Rescheduled from 11/21

Cost: Complimentary members / \$5 non-members

Vocal clarity is important for clear communication and self-confidence. Voice disorders affect 47% of Americans over 65. These issues can lead to concerns with overall health, frequent physician visits and social limitations. Dr. David P. Schleimer, board certified Otolaryngologist practicing in Bloomfield Hills, will identify problem conditions and teach voice-care strategies. Join in a discussion about this very important health concern and ways to maintain overall health and quality of life.

ART THERAPY: What is it?

Wednesday, February 5 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Kathy Schnur, licensed therapist and accredited art therapist, joins us for this introduction to art therapy. Kathy has been an art therapist for a dozen years and has worked with individuals and groups in a variety of ways. She has used art therapy to improve mood, reduce anxiety and increase self-esteem with individuals and in group settings. Kathy will discuss how creativity influences wellness and brain health and how we can all benefit from this guided creative experience. Kathy will also be facilitating a 2-class Art Therapy, hands on series. See page 9 for more information.

OSTEOPOROSIS: Risk Factors, Diagnosis, Prevention & Treatment

Thursday, February 20 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Osteoporosis is a condition characterized by low bone mass, a reduction in bone strength, and an increased risk of fractures. According the National Osteoporosis Foundation, approximately 50% of women and up to 25% of men over the age of 50 will experience a bone fracture due to osteoporosis. Dorothy A. Nelson Ph.D., Professor of Anthropology at Oakland University will explore risk factors, methods of diagnosis, approaches to prevention, and various options for treatment.



INVIGORATE YOUR BODY

PERSONALIZED FITNESS GOALS with Lori Harbour

Tuesday, January 14 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Lori Harbour, Certified AFAA Instructor, NETA Certified Personal Trainer and Next fitness instructor, will lead a presentation describing the way to create a personal fitness plan to achieve your fitness goals. The first step toward success in your wellness and fitness pursuits is to have a personal plan. So whether you would like to boost your energy, lose weight, improve your strength and balance or reduce your risk of injury, creating a plan will help you achieve success. And if you would like to have a fitness buddy, you can plan with someone who has similar goals. Lori will provide advice on how to create a plan that will work!

STRENGTH & BALANCE

Tuesdays from 11:30 am to 12:15 pm

Series 1: January 7, 21, 28

Cost 3-class series: \$30 members / \$35 non-members

Series 2: February 4, 11, 18, 25

Cost 4-class series: \$40 members / \$45 non-members

Drop-in option: \$50 members only, 4 drop-in sessions

Join Lori Harbour, Certified AFAA instructor and Older Adult Specialist, to develop greater strength and stability. With this class, you will recognize improvements in coordination, mobility and posture. This will result in fewer injuries and greater stability as you age, which can help prevent falls and keep you strong and independent. Must be comfortable standing from seated position and standing in 5-minute increments. Please wear comfortable shoes and bring water.

SMALL GROUP PERSONAL TRAINING

Thursdays from 2:00 to 3:00 pm

Series 1: January 9, 23, 30

Cost 3-class series: \$45 members / \$50 non-members

Series 2: February 6, 13, 20, 27

Cost 4-class series: \$60 members / \$65 non-members

Drop-in option: \$54 members only, 4 drop-in sessions

Need a little personal help in reaching your fitness goals, but still enjoy a group class? This group of highly motivated members, along with Lori Harbour, Certified AFAA Instructor and NETA Certified Personal Trainer, will help you improve your health, strength, energy and stamina in a fun and lively environment. 4 student minimum, 6 student maximum!

JOIN THE FUN! LINE DANCING!

Mondays from 10:00 am to 12:00 noon

Series 1: January 6, 20, 27

Series 2: February 3, 10, 17, 24

Cost 3-week series: \$21 members / \$26 non-members

Cost 4-week series: \$28 members / \$33 non-members

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

Christine Stewart has been teaching line dancing for 13 years. She loves her work and invites you to join her in exercising body and mind as you move to different types of music and learn new steps and dances. 8 student minimum.

AGEBUSTERS

Tuesdays and Thursdays at 9:00 am

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

Tuesdays: Lori Harbour, Certified AFAA Instructor, leads this fun class focusing on endurance, including low impact aerobic moves to music, and strength training. Please bring a mat and water.

Thursdays: Shelley Rubinstein, AFAA certified teacher, leads this circuit class, with no aerobics. Please bring a mat and water.

TAI CHI

Tuesdays from 9:45 to 11:15 am / 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. This class is a progressive practice through the many movements of Tai Chi. If you are new to Tai Chi, please call the Next office to find out when the instructor will be starting a new cycle with beginner movements.

BARRE CLASS

Saturdays from 11:10 am to 12:00 noon

Cost 10 classes: \$70 members / \$80 non-members

Karen Lutz, E-RYT, will lead seated and standing barre to gain strength and move into stretches. Move at your own pace and range of motion. Space is limited.

LIMBER UP

Mondays, Wednesdays and Fridays at 9:00 am

Cost: Complimentary

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

FIT PARK

The Next Fit Park offers members another great way to stay active and connected! The Fit Park is available for your use all day, every day! Utilize seven pieces of low impact resistance equipment designed to promote flexibility, balance and strength. Instructional video on each piece available. Please contact the Next office for more information.

CHAIR YOGA

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

Cost 10 drop-in classes: \$70 members / \$80 non-members

Experience improved flexibility, strength and balance with Karen Lutz, E-RYT. 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.

SLOW FLOW YOGA

Tuesdays and Thursdays from 1:00 to 1:50 pm

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

Yoga instructor Jan Chaney will bring strength and balance into your life. Let your breath guide you through a series of postures. All levels welcome. Bring a mat, towel and water to class.

MAT YOGA

Tuesdays and Thursdays from 4:30 to 5:30 pm

Cost 10 drop-in classes: \$70 members / \$80 non-members

A gentle and adaptable yoga session on the mat for beginners or those who have been practicing. Instructor Karen Lutz, E-RYT, will focus on breathing, gentle yoga moves and postures that will help improve core strength, balance and flexibility. Please bring a yoga mat and water.

YOGA FOR WELL BEING

Saturdays from 10:10 to 11:00 am

Cost 10 drop-in classes: \$70 members / \$80 non-members

Join Karen Lutz, E-RYT, as she teaches us to link breath with movement as we move through gentle yoga postures on the yoga mat. Gain strength, flexibility and balance as we work on body awareness. We will transition from the mat to standing and back. Please bring your yoga mat and any props you enjoy working with. All levels are welcome. The last Thursday of each month we will incorporate Yoga Nidra (Yogic Sleep) Restorative, guided meditation.

MINDFULNESS & MEDITATION

Wednesdays from 3:00 to 4:00 pm

Cost: Complimentary - Donations to Next appreciated.

Begin or deepen your meditation practice in a safe, welcoming environment with Karen Lutz, E-RYT. All Next members are welcome. Attend once or as often as you like.

PICKLEBALL

Cost: Complimentary - Members only

Mondays and Thursdays from 12:30 to 2:30 pm

Mondays through Thursdays from 4:30 to 8:00 pm

Saturdays from 9:00 am to 2:00 pm

The 1st Saturday of each month from 9:00 to 10:30 am is set aside for a skills and drills mini-clinic for true beginners.

TENNIS LEAGUE - MIXED DOUBLES

Wednesdays from 2:30 to 4:00 pm

Fridays from 2:00 to 4:00 pm

Enjoy indoor play at the Birmingham Racquet Club. All are welcome to join as regular league players or subs. Contact David Young at davidmpyoung@gmail.com for information. Must be a member of Next to participate.

BOWLING LEAGUE

Fridays at 10:00 am - No need to register, just drop in!


Cost: \$7 fee includes 3 games, shoes and coffee

Join us at Hartfield Lanes at 3490 West 12 Mile in Berkley, 248-543-9338. New bowlers welcome! Contact Margie Janks for details at 248-646-0271. Must be a member of Next to participate.

PRE-REGISTRATION IS IMPORTANT!

● Pre-registration for fitness classes helps prevent cancellation of classes so please register as early as possible.

● Strength & Balance and Small Group Personal Training must have 4 people registered in order to run each week, drop-ins included. Please register in the Next office or by phone at least 48 hours prior to the start of class.



CEDARBROOK SENIOR LIVING

— BLOOMFIELD HILLS —

Celebrating life *every day*™

Passionate About People Who Matter the Most.

At Cedarbrook it is our sincere desire to honor those who reside with us and give each resident the opportunity to continue celebrating life every day. It's not just our slogan, but a true philosophy we hold dear in every aspect imaginable.

INDEPENDENT LIVING	ASSISTED LIVING	MEMORY CARE	NURSING HOME
-----------------------	--------------------	----------------	-----------------

248-629-0132
41150 Woodward Avenue Bloomfield Hills, MI 48304
Located just 1/2 Mile North of Long Lake Road
www.CedarbrookofBloomfieldHills.com

THE JEFFARES SPEAKER SERIES

PLEASE NOTE: We have updated our website! Speakers can now be found under the Activities tab in the Speakers category.

January 9 - ROAD SAFETY & UPDATES

**Gary Piotrowicz, Deputy Managing Director
& County Highway Engineer - RCOC**

Road Commission for Oakland County (RCOC) Deputy Managing Director and County Highway Engineer Gary Piotrowicz will present on the Road Commission's leadership role in transportation safety. He will also address how RCOC is using the new road funding generated by the 2015 state road-funding package as well as discuss future road projects in the Birmingham area, including the 2020 reconstruction of Cranbrook Road between 14 Mile Road and Maple Road. The Road Commission 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 over the last 40 years. Gary will explain how the Road Commission made this transition and, in the process, gained national recognition for its leadership in the field.



January 16 - ADVOCATING FOR THE VULNERABLE

**Blythe Tyler, President and CEO,
CARE House of Oakland County**

Blythe Tyler is President and CEO of CARE House of Oakland County, a non-profit serving victims of child abuse based in Pontiac. Ms. Tyler will explain how CARE House addresses the issue of child sexual abuse in our community through supporting victims and abuse prevention initiatives. Child sexual abuse is more common than many people realize.

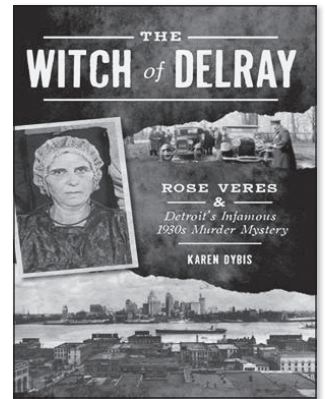
10% of children become a victim before their 18th birthday — a statistic representing nearly 30,000 children in Oakland County. Child abuse victims can undergo serious mental and physical trauma, and many who don't receive treatment suffer from a wide range of health problems in adulthood. In fact, the testimony from victims of high profile abusers recently has brought the issue into the public's consciousness in a major way, helping more people to become aware of the risk children face.



January 23 - THE WITCH OF DELRAY: DETROIT'S INFAMOUS MURDER MYSTERY

Karen Dybis, Author, Reporter and Historian

Detroit was full of stark contrasts in 1931. Political scandals, rum-runners and mobs lurked in the shadows of the city's soaring architecture and industrious population. As the Great Depression began to take hold, tensions grew, spilling over into the investigation of a mysterious murder at the boardinghouse of Hungarian immigrant Rose Veres. Amid accusations of witchcraft, Rose and her son Bill were convicted of the brutal killing and suspected in a dozen more. Their cries of innocence went unheeded — until one lawyer, determined to seek justice took on the case. Author Karen Dybis follows the twists and turns of this shocking story, revealing the truth of Detroit's own Hex Woman.

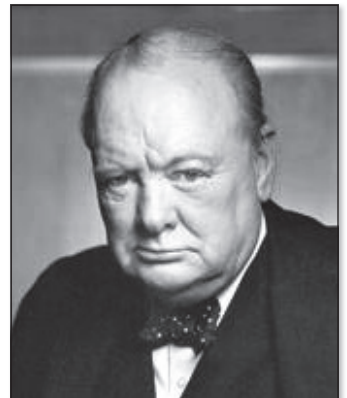


January 30 - WINSTON CHURCHILL: ONE OF THE 20th CENTURY'S GREATEST LEADERS

**Frank Cardimen, Professor of Business -
Oakland University**

Frank Cardimen will discuss the life of iconic World War II figure, Sir Winston Churchill — his failures and successes! Winston Churchill was the greatest orator of his day, the greatest leader of the Second World War, the greatest statesman of his age, and the greatest Englishman of the twentieth century, perhaps of all time.

The debt owed to Sir Winston Churchill by the free world remains immeasurable. Yet at the heart of this often intimidating colossus lay a man of vast humanity, prolific writing, enormous wit and boundless humor, much of it mischievous. Professor Cardimen will touch on all this and more at this special presentation.



Bringing a breadth of experience to "advantage" our clients in their real estate transactions.

Presented by Stuart Jeffares at Max Broock Realtors

Join us on Thursdays at 6:00 pm

Cost: Complimentary members / \$5 non-members



February 6 - SHAKESPEARE'S KING LEAR & THE HISTORY OF TUDOR-STUART ENGLAND

Sean Farrell Moran, Director of the Master
of Liberal Studies Program - Oakland University



The sixteenth century was a time of tumult and great social upheaval, both in England and in Europe as a whole. Some 50 years before Shakespeare's birth, the Reformation had swept through the continent challenging long-standing religious practices and institutions. William Shakespeare wove many of these challenges into King Lear. How can historians use a work of literature to better understand a place and time? We will explore King Lear to see what Shakespeare's greatest play reveals about the state of Tudor-Stuart England.

February 13 - THE NATURE OF CHOCOLATE

Laurel Zoet, Naturalist, Educator & Author

Naturalist Educator, Laurel Zoet, tapped into over 10 years of experience to build Nature on the GO! programs. She is passionate about connecting people of all ages with the diversity and wonder of the natural phenomenon right in our own backyards. This presentation focuses on something delicious we all know and love — chocolate! Even though it doesn't grow here in the Great Lake's region, we are connected to the nature of chocolate every time we indulge! This interpretive program looks at the history, ecology and manufacturing of one of our favorite treats. An indulgent chocolate tasting is included in this 90-minute program. Limited to 50 members.



February 20 - IMMIGRATION 101

Melanie Goldberg, Attorney for Justice for
Our Neighbors

"Our identity is not based on race or ethnicity, it's based on a set of shared values. That's American citizenship, Justice for Our Neighbors assists with humanitarian cases, family

reunification and other immigration services including citizenship, Green Card status adjustment and providing advice and information. Ms. Goldberg will provide a clear background on immigration law, policies and current issues. Immigration law and policies are changing daily under the current administration. Since immigration law is as complex as tax law, it is hard to know what the changes mean if you do not have a point of reference. This presentation provides that point of reference.



February 27 - REVOLUTIONS AROUND THE WORLD

Gus Mondalek, International Expert & Religious Scholar

A new wave of protests and revolutions are happening all over the world, from Lebanon to Hong Kong to Bolivia. These conflicts are impacting countries ability to govern while hundreds of thousands of civilians are displaced looking for food, shelter and safety. We will investigate the cause for these protests and revolutions, and their immediate and long term objectives.





ART & CREATIVITY

PHOTOGRAPHY CLUB

Tuesdays, January 21 and February 18
from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 non-members

The Next Photography Club seeks to bring together people who have an interest in photography and wish to advance their skill, regardless of prior experience or type of camera. Chuck Green will be available to “coach” members, and is also available for one-on-one Photoshop lessons at Next. Contact Chuck at 248-762-4345 or NextPhotoClub@gmail.com. For any additional Photography Club information, contact Ed Morykwas at Ed@riveroftime.net Joyce Harding at joyceharding6@gmail.com.

PAINTING WITH ACRYLICS & OILS

Tuesdays, January 7 through March 10
from 9:30 am to 12:00 noon

Cost 10-week class: \$160 members / \$170 non-members

Artist and instructor Karen Halpern’s class lessons focus on color theory, subject, techniques and design. Individual guidance and personal encouragement will help you develop your own style. Bring an 18” x 24” canvas or larger, sketch pad, #2 desk pencil, eraser, and painting supplies to first class. Materials list available in front office.

WATERCOLOR PAINTING WORKSHOP

Wednesdays, January 8 through March 11
from 2:00 pm to 4:00 pm

Cost 10-week class: \$140 members / \$150 non-members

Noted Michigan artist and popular watercolor instructor Karen Halpern will provide watercolor classes for both beginning and experienced students. In this 10-week course you will learn basic skills, color mixing, color theory and design painting techniques as you develop your art. Each student will work at their own level of ability in a supportive setting with individualized attention. Supply list available in Next office upon registration.

STUDIO ART CLASS

Thursdays, January 9 through March 12 from 1:00 to 3:30 pm

Cost 10-week class: \$160 members / \$170 non-members

Work on a piece of art of your choice. Bring your own subject, reference material, and the supplies you typically work with. Instructor Karen Halpern will foster critical thinking and make suggestions, as you advance with your individualized project. Her goal is to broaden your viewpoint and develop your skills and knowledge. Students typically work with acrylics, oils, collage, or watercolor. Prior experience required with instruction in the materials of your choice.



**THE SHERIDAN
AT BIRMINGHAM**
a Senior Lifestyle community



Thrive in a community OF FRIENDS

The Sheridan was designed for socialization,
well-being, happiness ... and you.

Visit and see our vibrant, upscale senior
living community for yourself.

CALL TO LEARN MORE.

248-929-9977

2400 East Lincoln | Birmingham, MI 48009

Assisted Living | Memory Care

WWW.SENIORLIFESTYLE.COM



ART THERAPY WITH KATHY SCHNUR

2-class series: Tuesdays, February 18 and 25 at 1:00 pm

Cost: \$ 30 members / \$35 non-members

Please pre-register by February 14 to guarantee materials when classes begin. \$5 materials fee to be paid to instructor on February 18.

How can you improve your mood, reduce anxiety and increase self-esteem? PAINT! Kathy Schnur, licensed therapist and accredited art therapist, joins us for this guided, creative painting experience. Kathy has been an art therapist for a dozen years and has worked with individuals and groups in a variety of ways. Kathy is very interested in how creativity influences wellness and brain health and can't wait to share her passion with you!

PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm

This group is currently at capacity. If you are interested in joining, please contact paletteandbrush.org.

POTTERY STUDIO

Advanced Studio: Thursdays from 9:30 am to 12:30 pm

Open Pottery Studio: Saturdays at 9:00 am to 2:00 pm

Independent potters welcome for Open Studio. Please bring your own materials.

KNITTING & CROCHETING OPEN 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.

● KNITTED CREATIONS FOR SALE

Lovely knitted items in the hallway showcase created by talented Next knitters are available for sale! Please visit the Next Office for purchase information.

NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

Calling all needle artists! Do you crochet, knit, quilt, sew, needlepoint or embroider? We welcome these and all needle artists to join our weekly group. Drop in as you like and stay as long as you can!



Handyman Services for Seniors

Do you have things around
the house you need fixed?
Give us a call.

*LifeChoice Solutions is
a non-profit handyman
service focused exclusively
on the specialized needs of
seniors.*

**Call For Your FREE
Estimate Today!
734-295-9292**



www.EHMSolutions.org



DAY TRIPS

CHARLES WRIGHT MUSEUM OF AFRICAN AMERICAN HISTORY

Wednesday, January 8 - Registration required
Bus departs Next at 9:15 am, returns about 12:45 pm
Cost: \$25 members / \$30 non-members

Founded in 1965, the Charles H. Wright Museum houses over 35,000 artifacts and archival materials — and a vision of a world in which the adversity and achievement of African American history inspire everyone toward greater understanding, acceptance and unity! It is home to the Blanche Coggin Underground Railroad Collection, Harriet Tubman Museum, Coleman A. Young, and Sheffield Collections (a repository of documents of the labor movement in Detroit). This tour includes a one-hour docent-led, mind-opening, life-changing exploration and celebration of African American history and culture. View The Ford Freedom Rotunda and the Ring of Genealogy. Afterward, take an hour on your own, to experience the museum's 22,000 square foot, interactive core exhibit *And Still We Rise*, the largest single exhibition on African American history in existence. Photography is prohibited.

THE PURPLE DOOR TEA ROOM

Tuesday, January 14 - Registration required
Bus leaves Next at 11:30 am, returns about 2:30 pm
Cost: \$50 members / \$55 non-members

You are invited to relax in the ambience of Afternoon Tea at The Purple Door Tea Room in Ferndale. Elegant and charming surroundings, lovely china, fine linens and silver, the fragrance of fresh flowers and the pleasure of soft music — all selected to make your experience a momentary retreat from the ordinary. We extend a warm invitation to enjoy gracious service and a fine selection of finger sandwiches, soups, salads, and desserts prepared especially for you. Consider this a treat to yourself in the New Year! There's beauty, as you'll see — all because you briefly stopped to sip a cup of tea.

SHINOLA FACTORY: Headquarters Tour # 3

Wednesday, January 22 - Registration required
Bus leaves Next at 9:00 am, returns about 12:30 pm
Cost: \$15 members / \$20 non-members

A luxury design company committed to crafting products built to last — from watches to leather goods, jewelry to audio. Tour the factory in the historic Argonaut Building, where teams of artisans hand assemble premium timepieces and leather straps. Through skilled training, Shinola creates opportunities and supports the local workforce, while preserving the craft and beauty of the industry. Active 90-minute walking tour.



THREE CAT'S LUNCH

Thursday, January 30 - Registration required
Bus leaves Next at 11:40 am, returns about 1:30 pm
Cost: \$5 members / \$10 non-members
Please note: Meal is not included in cost of trip.

Three Cats Café — of Leon and Lulu fame — has recently become Three Cats, a full-fledged restaurant and bar, and a unique place unlike any other. Three Cats has a rotating menu, crafted by Matt Prentice himself, that changes daily to bring you the best in seasonal, American-style cuisine as small plates with a twist in a modern and engaging space. It's a fusion of fine dining and retail, enjoy lunch on your own, in the most eclectic environment around. Bon Appetit!

FORD PIQUETTE AVENUE PLANT GUIDED TOUR #2

Thursday, February 6 - Registration required
Bus leaves Next at 10:15 am, returns about 1:15 pm
Cost: \$35 members / \$40 non-members

Experience a 90-minute guided tour at the birthplace of the Ford Model T, the original Ford factory. Built in 1904, the Ford Piquette Avenue Plant is recognized as one of the most significant automotive heritage sites in the world. Birthplace of a revolution, rich with Detroit and automotive history, and an absolutely superb collection of vehicles. Car lover or not, you shouldn't miss this one! The building can be drafty, please dress warmly.

WSU BONSTELLE THEATRE: The Winter's Tale

Wednesday, February 12 - Registration required
Bus leaves Next at 12:45 pm, returns about 5:15 pm
Cost: \$35 members / \$40 non-members

One of William Shakespeare's most famous and funny stage directions — 'Exit, pursued by a bear' — appears in Act III of *The Winter's Tale*, a romance, comedy and fairy tale that has entertained audiences for 400 years. The story begins in Sicilia where the king accuses his wife of having an affair with his childhood friend. As his unfounded jealousy consumes him, he puts his wife on trial and abandons their newborn girl, Perdita, in the wild. But as with all fairy tales, the child survives and, now living in Bohemia, she blossoms into a free-spirited young woman. It's there that she meets and falls in love with a young man who may just be the son to her father's former friend. In a magical twist that must be seen to be believed, she might just find the homecoming she'd never expected.

DAY TRIP & OVERNIGHT TRAVEL POLICIES

- Registration is not complete until payment is received.
- Once tickets have been purchased, refunds will only be given if we are able to fill your spot or trip is cancelled.
- For cancelled trips \$5 or less, a credit will be given.
- Participants needing special accommodations must have a registered companion.



DETROIT SYMPHONY ORCHESTRA MORNING COFFEE CONCERTS

Bus leaves Next at 9:00 am,
returns about 1:00 pm
Cost: \$60 members / \$66 non-members
Please pre-register, space is limited.

Friday, January 17 - The Vinyl Years: A Classic Rock Songbook

Classic rock's biggest hits come alive in this symphonic tribute to the songs of The Doobie Brothers, Fleetwood Mac, Styx, Kenny Loggins, Linda Ronstadt and more.

Friday, February 28 - From Broadway to Hollywood

Musicals — such as *West Side Story*, *Chicago*, *The Sound of Music*, *Les Miserables* and more — all became hits both on Broadway and in Hollywood. Enjoy a program of music that has thrilled audiences of the stage and screen, including beloved songs like “My Favorite Things,” “I Dreamed a Dream,” and “All That Jazz.”

Friday, March 27 - Music & Magic: Michael Grandinetti

Michael Grandinetti, star of TV's “Masters of Illusion” and one of today's leading pioneers of live magic, combines his art of illusion with the DSO's magical melodies, including music from *Harry Potter*, *A Night on Bald Mountain*, and *Firebird*. Get ready to be on the edge of your seat, but don't worry, only one lucky audience member will be cut in half!

LITTLE CAESARS ARENA

DISNEY ON ICE: ROAD TRIP ADVENTURES

Friday, February 14 - Please register by Tuesday, January 21
Bus leaves Next at 9:45 am, returns about 1:15 pm
Cost: \$35 members / \$40 non-members

Hit the road with Mickey Mouse and his pals for a high-octane ride in Disney On Ice presents Road Trip Adventures. Exciting twists and turns await as Mickey, Minnie, Goofy — and you — embark on a wild ride to your favorite Disney destinations. Extending the show beyond the ice, aerial artists and acrobats dynamically enhance the storytelling throughout the performance. This show seamlessly blends innovative technology with classic theatrical elements, elevating the audience's live ice show multi-generational experience. Happy Valentine's Day!



PEWABIC TOUR & HANDS-ON WORKSHOP

Wednesday, February 19 - Registration required
Bus leaves Next at 10:00 am, returns about 2:15 pm
Cost: \$40 members / \$45 non-members

Take a one-hour docent led tour through this National Historic Landmark building to experience the history and the tile-making process. You will be guided through the studio to see where the clay is made, tiles are pressed and glazed, and the kilns are fired by gifted artisans. Explore the museum and exhibition space to see historic Pewabic ceramics and contemporary ceramic art. After completing the tour, make the experience more memorable, with a hands-on workshop. You'll learn the basics of tile-making and create your own tile masterpiece — and a Piece of Detroit history. Dress casual; must be able to climb narrow stairs.



MICHIGAN OPERA THEATRE AT THE DETROIT OPERA HOUSE: CHAMPION

Thursday, March 26 - Registration required
Bus leaves Next at 10:00 am, returns about 2:15 pm
Cost: \$45 members / \$50 non-members

Terence Blanchard's “opera in jazz” makes its Detroit Opera House debut March 26. Based on the real story of prized fighter Emile Griffith, *Champion* is a reflection on the boxer's life as he struggles with regret, prejudice and the fluidity of sexual and societal morality. Featuring opera star Denyce Graves, *Champion* is a self-reflective work not to be missed. The running time for this performance is approximately 2 hours and 20 minutes, including intermission.

WSU BONSTELLE THEATRE: Mary Poppins

Wednesday, April 15 - Registration required
Bus leaves Next at 12:45 pm, returns about 5:15 pm
Cost: \$45 members / \$50 non-members

Pop open your umbrellas and take flight with us as everyone's favorite — and practically perfect — nanny takes the stage in this supercalifragilisticexpialidocious musical adventure. *Mary Poppins* is an enchanting story that follows the Banks family as they struggle with life in Edwardian England just after the turn of the 19th century. The children, Jane and Michael, are terribly ill-behaved. Mrs. Banks is lonely and bereft, aching for dreams long ignored. And Mr. Banks just wants to live an orderly, well-established life. Helping them is the mysterious nanny who can talk to birds, magically transform a gloomy park into a painterly scene, and, just maybe, with a spoonful of sugar, get the Banks back on track. A mixture of irresistible story, unforgettable songs, breathtaking dance numbers and theatrical magic!

FEATURE FILMS

DINNER & A CLASSIC

Last Wednesday of
the month @ 5:00 pm

ADMIT ONE

Wednesday Evenings @ 5:30 pm | Popcorn provided.

Cost: Complimentary members / \$5 non-members

January 8 - TEA WITH THE DAMES

Enjoy the opportunity to hang out with the Dames — Maggie Smith, Judi Dench, Eileen Atkins and Vanessa Redgrave. Together, they're 342 years old. They're in their seventh decade of cutting-edge, epoch defining performances. Funny, smart, sharp, competitive, tearful, hilarious, savage, clever, caustic, cool, gorgeous, poignant, irreverent, iconic, old and unbelievably young. Special friends, special women and special dames. Not Rated 1 hour 34 minutes

January 15 - THE SEAGULL

An aging actress named Irina (Annette Benning) pays summer visits to her brother and her son, Konstantin at a country estate. On one occasion, she brings her lover, Boris who is a successful novelist. Nina (Saoirse Ronan), a free and innocent girl on a nearby estate, who is in a relationship with Konstantin, falls in love with Boris. Set on a picturesque lakeside estate — a love triangle unfolds. Rated PG13 1 hour 38 minutes

January 22 - MARIA BY CALLAS: IN HER OWN WORDS

This is the first film to tell the life store of the legendary Greek-American opera singer completely in her own words. Told through performances, TV interviews, home movies, family photographs, private letters and unpublished memoirs — nearly all of which have never been shown to the public — the film reveals the essence of an extraordinary woman who rose from humble beginnings in New York City to become a glamorous international superstar and one of the greatest artists of all time! Rated PG 1 hour 38 minutes

January 29 - THE SWEET SMELL OF SUCCESS

Dinner & A Classic at 5:00 pm

Walter Winchell-style columnist J.J. Hunsecker (Burt Lancaster) uses his power to steamroll both friends and enemies. Fawning press agent Sidney Falco (Tony Curtis), desperate to promote his client in Hunsecker's column, pesters Hunsecker until he's finally drawn into the columnist's devious plan to ruin a jazz guitarist who's angered Hunsecker by daring to date his sister. No one is left unscathed in this sinister tale of greed and corruption. Not Rated 1 hour 36 minutes
Generously sponsored by Nino Salvaggio.

February 5 - GHOST TOWN

After a near-death experience, misanthropic dentist Bertrum Pincus (Ricky Gervais) is shocked to discover that he is suddenly able to talk to the dead. Constantly cornered by unhappy spirits who want him to help resolve their earthly problems, the misanthropic Pincus is driven to distraction. Eventually talked into helping the dearly departed Frank Herlihy (Greg Kinnear), Pincus attempts to talk to Frank's widow, Gwen (Tea Leoni). Rated PG 13 1 hour 42 minutes

February 12 - PICK OF THE LITTER

In this documentary, follow a litter of puppies from birth as they begin their quest to become guide dogs for the blind. Cameras follow the intense two-year odyssey as they train to become dogs whose ultimate responsibility is to protect their blind partners from harm. The dogs rely on a community of dedicated individuals who train them to do amazing, life-changing things. The stakes are high and not every dog can make the cut — only the best of the best — only the pick of the litter! Rated PG 13 1 hour 21 minutes

February 19 - BOY

Winner of Best International Feature Film, this movie set in 1984 is about a New Zealand youth, Boy who lives on a farm with his gran, a goat and his younger brother Rocky, who thinks he has magical powers. Gran leaves for a week, leaving Boy in charge when Boy's father appears out the blue. Boy finds that his father (Taika Waititi) is a far cry from the heroic adventurer he imagined the man to be. Heartwarming and comedic, this film delivers. Rated PG 1 hour 28 minutes

February 26 - THE DARK PASSAGE

Dinner & A Classic at 5:00 pm

Vincent Parry (Humphrey Bogart) has just escaped from prison after being locked up for a crime he did not commit — murdering his wife. On the outside, Vincent finds that his face is betraying him, literally — so he finds a plastic surgeon to give him new features. After getting a ride out of town from a stranger, Vincent crosses paths with a young woman (Lauren Bacall) who lets him stay in her apartment while he heals and continues to try and clear his name. Not Rated 1 hour 46 minutes



ENRICHMENT

POPULAR READS BOOK CLUB

Mondays, January 13 and February 10 at 1:00 pm

Rebekah Craft, Associate Director of the Baldwin Public Library, leads book discussions of popular books. The January book selection is *Southernmost* by Silas House and the February book selection is *The Nickel Boys* by Colson Whitehead. Register at Next — and Baldwin Public Library will provide the book!

NON-FICTION BOOK GROUP

Thursdays, January 9 and February 13 at 10:00 am

Facilitated by Baldwin Library professionals, join us to discuss *The Feather Thief* by Kirk W. Johnson and *The Coddling of the American Mind* by Greg Lukianoff and Jonathan Haidt in February. Register at Next and Baldwin Public Library will provide the book.

WRITER'S CORNER

Thursdays, January 2, 16 and February 6, 20
from 9:30 to 11:00 am

Join Next members who love to gather and share their common interest in writing. Read your material and get constructive feedback. For additional information, contact facilitator Sara Burnside at 248-649-1813.

NEW & PROSPECTIVE MEMBER COFFEE

Thursday, February 6 at 1:00 pm

Join us for coffee and treats to hear about all the great opportunities we offer and to learn about our website — while getting to know other new members and the Next staff!

WOMEN'S COFFEE & CONVERSATION

Drop-in every Tuesday 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 BREAKFAST

Drop-in every Wednesday at 9:00 am

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

CURRENT EVENTS DISCUSSION GROUP

Drop-in every Friday 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.



HEARTH & HOME

H A N D Y M A N S E R V I C E S

WE SHOW UP AND WE CLEAN UP!

WE HANDLE WHAT YOU LACK THE
TIME OR SKILLS TO DO.

—
We charge \$85/hour with a \$100 minimum.
We do offer a 10% senior discount
—

FOR MORE DETAILS, CALL (248) 514-7501 OR VISIT
WWW.HEARTHANDHOMEPROS.COM





CARDS, TILES & COLLECTORS CLUBS

CANASTA

Thursdays from 12:00 noon to 3:00 pm

All are welcome to join in and play this fast-paced, high scoring, unpredictable card game. What a great way to pass the time with new friends and fellow members.

MAH JONGG

Mondays from 10:30 am to 12:30 pm and 1:00 to 4:00 pm

Come with your own Mah Jongg table partners or stop by the Next office to sign up if you would like to play. You must be able to play independently.

Fridays from 1:00 pm to 3:00 pm

This group welcomes drop-ins and all levels of experience.

PINOCHLE...come and join the fun!

Mondays, Tuesdays, Wednesdays, Fridays from 12:00 noon to 3:00 pm

All skill levels welcome. For additional information, contact Ed Schouten at edward.schouten@gmail.com.

SOCKI

Tuesdays from 12:30 to 2:30 pm

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

BRIDGE LESSONS

Wednesdays from 9:30 to 11:30 am

● Series A: January 8, 15, 22, 29

● Series B: February 5, 12, 19, 26

Cost 4-week series: \$80 members / \$86 non-members

Please specify beginner or intermediate when registering.

Silver Life Masters Jim and Cheryl Bloom have years of experience teaching both beginning and intermediate players this classic game of strategy. Learn the techniques that will improve your declarer play. *Play of the Hand in the 21st Century* is the required book and can be purchased in class. Series A is exclusively for beginners with NO experience of the game. Series B is for players with ANY level of experience.

BRIDGE...for everyone at every level!

Beginning Bridge Instruction - Mondays from 10:00 to 11:15 am - Instructor Al Rosie

Duplicate Bridge - Mondays from 11:30 am to 2:30 pm
Facilitator Al Rosie

Partners Bridge - Tuesdays from 2:00 to 5:00 pm
Come with your partner. Experienced players, please.

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

Duplicate Bridge - Fridays from 12:30 to 3:30 pm
Facilitator Irv Feldman, 248-828-5346

CHESS CLUB

Thursday from 5:00 to 7:00 pm

Cost: Complimentary members / \$5 non-members

This club seeks to bring together people who have an interest in chess and wish to advance their skill, regardless of prior experience. All are welcome. For additional information, please contact Chris Dow at 248-647-0728.

CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

BINGO

1st and 3rd Fridays, January 3, 17
and February 7, 21 at 1:00 pm

Admission cost: Complimentary members / \$2 non-members

Cost to play: \$2 per card members and non-members

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

BIRMINGHAM STAMP CLUB

Tuesdays, January 7, 21 and February 4, 18 at 6:00 pm

Contact Ken Rusch at 248-968-3505.

COIN CLUB

Wednesdays, January 15 and February 19 at 7:00 pm

For information contact Robert Beuter at 248-646-9657.



COMPUTER LAB & LESSONS

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 our computers with one of our talented instructors. Please contact the Next office to schedule an appointment and purchase your computer card. Our talented Computer Lab volunteers can help with many types of software, Apple computers, mobile devices and various applications.



**Stop
Worrying
& Start**

Living

Move in a new direction...

- ✓ Moving + Decluttering
- ✓ Provide Packing Lessons
- ✓ Morse Starter Kit

ALLIED
Morse Moving & Storage
Family owned & operated since 1954

- ★ Accredited Staging Professional
- ★ National Association of Realtors
- ★ Senior Real Estate Specialist

Award Winning with 24+ years of experience



275 S. Old Woodward Ave.,
Birmingham, MI 48009

KATHI JONES-CUTLER

Proud Board Member of **Next**

248.345.7775 | Kcutler@comcast.net



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. Jeanne Nance and Sandi Cassar in Next Support Services welcome you Monday through Friday, 9:00 am to 4:00 pm.

ASK THE ATTORNEY

Tuesdays, January 7 and February 4 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. Only available to Next members.

FINANCIAL ASSISTANCE

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

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.

MINOR HOME REPAIR

for Beverly Hills & Birmingham Residents

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

VISION ENRICHMENT SUPPORT GROUP

Mondays, January 6 and February 3 from 9:00 to 10:00 am

Facilitated by Marcie Brink-Chaney, share your experience with others with similar challenges. Please bring ideas for future speakers and discussion topics.

COMMUNITY HOUSING TOURS

Join us to tour local senior living communities. There are many wonderful options in the area and this is a great opportunity to gather information. You will be picked up and returned to Next and we will enjoy a complimentary lunch as part of the tour! Please call Next to make a reservation.



Pomeroy Living-Rochester

Wednesday, February 5

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

At the heart of the Pomeroy Living way of life are our communities where you will experience more of a "town center" approach to life. See how Pomeroy Living has re-designed and opened up our living spaces so they are truly extensions of our holistic, individual-centric philosophy.

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.

WINTER WEATHER REMINDERS

Next will be closed when the Birmingham Public Schools are closed. On days with heavy snow or extreme temperatures, please check for school closings before coming to Next. You can find school closing information on the TV, Internet, the BPS or Next website and the Next voicemail. Also, during the winter months, take extra care and precautions to stay warm and avoid falls. And remember, Next is available to drive you on those snowy days. Our first priority is your safety.

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 6:00 pm, Monday through Thursday — and 8:30 am to 4:30 pm on Friday. For reservations, please call 248-203-5270 at least 3 working days in advance to request a ride. Partially funded by The Birmingham Foundation for Senior Residents and Beaumont Health.

SNOW REMOVAL & LAWN MOWING

for Birmingham & Beverly Hills Residents

Snow removal and lawn mowing services are available for income-eligible Birmingham and Beverly Hills seniors and income-eligible 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 Jeanne Nance or Sandi Cassar at Next for more information.



HEALTH & NUTRITION

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Mondays, January 6 and February 3 from 10:00 to 11:00 am

Cost: Complimentary - No appointment is required.

A trained healthcare professional will provide blood pressure and blood oxygen level screenings.

MEDICAL EQUIPMENT LOANS

Our loan closet contains wheelchairs, walkers, canes, commodes, bath benches and shower stools available for up to 3 months and transport wheelchairs for 3 weeks at no charge to members of Next. Non-members pay a \$20 fee per item. Simply call to reserve the equipment you need. We also accept donations of any of the above items. Please make sure they are clean and in good working order. Due to space limitations we cannot always take all items so please call 248-203-5288 before bringing any items to Next.

MEALS ON WHEELS

To enroll in this nutrition program, call Emerald Foods at 248-689-0001. Additional volunteers are always 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. Your help would be welcomed and appreciated!



MEDICARE/MEDICAID GUIDANCE

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

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.

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.

PODIATRISTS AT NEXT

Wednesdays, January 22 and February 26 from

10:00 to 11:30 am - Call Next to make an appointment.

Drs. Robert Adas, DPM, and Larry Wexler, DPM, provide basic foot care. Most services are covered by insurance. Pay podiatrists directly. Appointments are appreciated, but walk-ins are welcome.

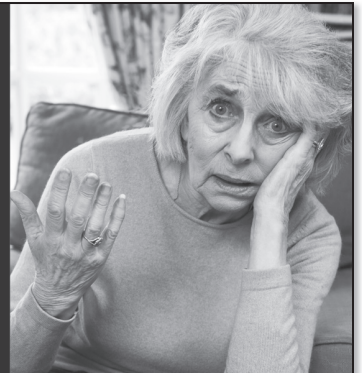
HEARING AID & EYEGLASSES DONATIONS & RECYCLING PROGRAM

The Support Services Department always welcomes donations of hearing aids and eyeglasses for the Lions Club program. Please bring your donations to Support Services or the Next office.

EARLY STAGE MEMORY LOSS SUPPORT GROUP

The Alzheimer's Association offers support groups for people in early stages of Alzheimer's or related dementias. Caregivers, family members and/or friends are welcome to attend. Meetings are held in Birmingham, Bloomfield Hills, and other nearby areas. Call 248-351-0280 for more information.

FRUSTRATED
with Your Medicare
Supplement
and Health Plan
Insurance Options?



- See if you're paying too much
- FREE service and quotes
- Give us 5 minutes to figure it out, and 20 minutes to fix it!



Senior Health Shop
Shop the Market-Shop the Rates

SeniorHealthShop.com (833) 278-0330
2041 E. Square Lake Rd., Suite 100 • Troy, MI 48085

Take it to the next level with Caps Remodeling.

- Wheelchair ramps
- Grab bars
- Platform lifts
- Hospital beds
- Patient lifts
- Bath/shower chairs
- Stair chairs
- Hand held shower sprayers
- *And more!*

Call today to get started!



BARRIER-FREE REMODELING SPECIALIST

248.246.1669 • capsremodeling.com

Licensed • Insured • Family Owned

Auto No-Fault and Worker's Compensation Accepted



Affordable HomeCare

powered by honor

- Personal Non-Medical Care
- Cooking, Light Housekeeping
- Bathing, Grooming

30640 W. 12 Mile Rd. | Farmington Hills, MI 48334

t 877.424.3578 | f 248.419.5016

www.AffordableHomeCare.org



ACCIDENT & PERSONAL CARE | SINCE 1989



Steven A. Shanbom, M.D.

Board Certified Ophthalmologist

Voted one of

HOURLY DETROIT MAGAZINE
TOP DOCS+

SHANBOMEYESPECIALIST

see the difference

Metro Detroit's Premier Eyecare Specialist

- Advanced Laser Cataract Surgery
- Blade Free All Laser Lasik
- General Ophthalmology
- Conveniently located on Woodward south of 12 Mile

*Most insurances accepted

*Evenings available

Call today to schedule your appointment 248-546-2133

28747 Woodward Avenue Berkley, MI 48072 | www.shanbomeyespecialist.com

Celebrating
20 years of
outstanding
care!



Senior Living of Bloomfield Hills

Samaritas Senior Living of Bloomfield Hills is your pathway to enjoying extraordinary living! Offering a vibrant lifestyle filled with endless opportunities to engage and explore - a place where you design your own day and create long lasting friendships.

Life begins at Samaritas
Senior Living of Bloomfield Hills

Independent Living | Thrive | Assisted Living | Respite

6257 TELEGRAPH RD | BLOOMFIELD HILLS, MI 48301

(248) 723-6275 | www.samaritas.org

Snowbirds:

BE COUNTED IN MICHIGAN!

For more information, go to
www.aaa1b.org/census-2020
or call 248-262-9216

If you spend six months or more in Michigan, make sure you are counted as a resident of Michigan in the Census.

- Help Michigan to secure its share of federal dollars.
- New in 2020 - Responses collected online and via phone.
- Every home will receive a Unique ID code mailed from the U.S. Census Bureau. You need this code to complete your census (online/by phone).



Community Foundation
FOR SOUTHEAST MICHIGAN

United States®
**Census
2020**



NEXT members and seniors over 60,
enjoy 20% off of all Apothecary products and
over-the-counter medications every Wednesday at Mills!

VACCINATIONS • AVAILABLE PARKING
COMPLIMENTARY SAME-DAY DELIVERY

1744 West Maple Road, Birmingham, MI 48009
P 248.644.5060 F 248.644.5576

info@millspharmacy.com • millspharmacy.com • @millspharmacy @
MON - FRI 9AM - 9PM | SAT 9AM - 6PM | SUN 10AM - 3PM

*Discount available in store only. Sales tax, shipping & handling do not qualify for discount. This offer is not redeemable for cash or gift cards, nor is it valid toward previous purchases. Offer may not be combined with any other coupons, discounts, offers, or promotions. Offer valid on in-stock items only. No rain checks issued. Other restrictions may apply. Excludes prescriptions, co-pays and pseudoephedrine/ephedrine products.

LOOKING BACK ON 2019 AT NEXT

What a great year!





If you are on Facebook please take a moment to “Like”
Next — *Your Place to Stay Active & Connected*
Help spread the word about what a great place Next is!

MEET OUR NEWEST MEMBERS...

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

Virginia Beckley, Deborah Beneker, Joan and Glenn Carpenter, Andrea and Lance Cousins, Joan and Saul Englander, James Fraser, Mack Goodwin, Danielle Grenadier, Sarah Grierson, Mona Guidi, Patricia Jackson, Cathy and Robert Johnson, Helen Keeler, John Kosik, Michele and Donald Kramer, Therese Longe, Yvonne Mackenzie, Judy Niborski, Robert Perry, Darlene Pokley, Eileen and Richard Pourcho, Robert Romer, Lily and Steve Ropeta, Mary Sabbagh, Vijay Sarna, Marjorie Scott, Shirley Shevin, Linda and Michael Silverstein, Ann and W. James Smallwood, Pam Smith, Elizabeth and Dexter Snyder, Mira Stakhiv, Kristina and Walter Stecker, Scott Stone, Sylvia Struthers, Patricia and Michael Watt, Joanne Weaver, David Weight, Donald Wick, Ronald Wludyka, Christine Zecman.

Our condolences to the family and friends of... Dan Abbinante, Dave Bert, Bob Capps, and Dr. John Kroell

Our thoughts are with you... Dorothy Coordes, Judith Frye, Moussa Hanna, Donna Kelly, Ardis Kenealy, Mary Jane O'Brien, Kathy Theodorou and Alice Trocke

POLICY REMINDERS

- 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!
- 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.
- While Next is unable to endorse any of the products or services of our newsletter sponsors, we appreciate the support of these businesses.

Donations Received through November 30, 2019

Thank you for supporting Next!

MEMORIALS

Rachel Guinn in memory of Sydnee Nerad
Olham Hanna in memory of Harold Moore

FOUNDATIONS & GRANTS

The Lyon Foundation

PLAN GIVING

Estate of Yolanda Powers

INDIVIDUALS

Chris Blackwell, Robert Nicholson, Kathleen Schein, Mary Lou Sullivan, David Underdown

GOODS & SERVICES

Erik Carlson, Patience Crimmins, Ann DeBoer, Russ Dixon, Nancy Duffy, Allison Friedman, Zelma Gottlieb, Elaine Hretz, Stuart Jeffares, Stephen Langdon, Lovina Peddie, Ed Schouten, Robert Scroggins, Charlotte Sommers, Sue Wilkins, Phoebe Wong

KUDOS KORNER - VOLUNTEER FACILITATORS

Thank you for all you do: Toby Berger, Alice Bronston, Sara Burnside, Jenny Copeland, Bruce Dobras, Chris Dow, Karen Falck, Irv Feldman, Maureen Field, Jeff Getchell, Joyce Harding, Karen Hoffman, Elaine & John Hretz, Ed Morykwas, John Novak, Joe Pallicheck, Helen Reilly, Al Rosie, Ed Schouten, Tom Wehner, David Young.

INCLEMENT WEATHER

On days with heavy snow or extreme temperatures, please check for school closings before coming to Next. Next will be closed when Birmingham Public Schools are closed. You can find school closing information on the TV, Internet, the BPS or Next website and Next voicemail.

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 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Happy New Year! Closed	2 9:00 Agebusters 9:30 Writer's Corner Pottery Studio Palette & Brush 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: NO Speaker	3 9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Mah Jongg Bingo 2:00 Tennis League	4 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
6 9:00 Limber Up Vision Support 10:00 Blood Pressure Beginning Bridge Knitting & Crocheting Open Studio Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	7 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Ask the Attorney Slow Flow Yoga Chess 2:00 Partners Bridge 2:30 Smart Games - Fun Times! Introduction 4:30 Mat Yoga Pickleball 6:00 Stamp Club	8 Charles H. Wright Museum 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons Series A 10:00 Needle Arts Open Studio 12:00 Pinochle Wednesday Bridge 1:00 Introduction to Genealogy Chess 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Tea with the Dames	9 9:00 Agebusters 9:30 Pottery Studio Palette & Brush 10:00 Non-Fiction Book Group 10:30 Ted Talks 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Road Safety & Updates	10 9:00 Limber Up 10:00 Bowling Tai Chi 10:30 Mari Manooigian Book Group 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Mah Jongg 2:00 Tennis League	11 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
13	14 The Purple Door Tea Room	15	16	17 DSO: The Vinyl Years	18
FREE FITNESS FUN! FIND A CLASS THAT IS RIGHT FOR YOU!					
9:00 Limber Up 10:00 Beginning Bridge Knitting & Crocheting Open Studio Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Popular Reads Mah Jongg 1:30 Chair Yoga 4:00 Trivia Time! 4:30 Pickleball	9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Fitness Goals Chess 2:00 Partners Bridge 2:30 Smart Games - Fun Times! 4:30 Mat Yoga Pickleball 6:00 TriFound Tax Seminar	9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons Series A 10:00 Needle Arts Open Studio 12:00 Pinochle Wednesday Bridge 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: The Seagull 7:00 Coin Club	9:00 Agebusters 9:30 Writer's Corner Pottery Studio Palette & Brush 12:00 Urology Lecture Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Protecting the Vulnerable	9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Mah Jongg Bingo 2:00 Tennis League	9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
20 9:00 Limber Up 10:00 Beginning Bridge Knitting & Crocheting Open Studio Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	21 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 10:00 Photography Club 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Board Meeting Chess 2:00 Partners Bridge 2:30 Smart Games - Fun Times! 4:30 Mat Yoga Pickleball 6:00 Stamp Club	22 Shinola Factory Tour #3 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons Series A 10:00 Podiatrists Needle Arts Open Studio 12:00 Pinochle Wednesday Bridge 1:00 Streaming vs. Cable: What are the options? 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Maria Callas: In Her Own Words	23 9:00 Agebusters 9:30 Pottery Studio Palette & Brush 10:30 Ted Talks 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Belle Isle Lecture Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: The Witch of Delray	24 9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Mah Jongg 2:00 Tennis League	25 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
27 9:00 Limber Up 10:00 Beginning Bridge Knitting & Crocheting Open Studio Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	28 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball	29 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons Series A 10:00 Needle Arts Open Studio 12:00 Pinochle Wednesday Bridge 12:30 Jazz Age in Detroit 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:00 Dinner & A Classic: The Sweet Smell of Success	30 Three Cats Lunch 9:00 Agebusters 9:30 Pottery Studio Palette & Brush 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Chronic Cough & Hoarseness Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Sir Winston Churchill	31 9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Mah Jongg 2:00 Tennis League	

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
3 9:00 Limber Up Vision Support 10:00 Blood Pressure Beginning Bridge Knitting & Crocheting Open Studio Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	4 9:00 Agebusters 9:30 Painting with Acrylics & Oils Tai Chi 9:45 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Ask the Attorney Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club	5 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons Series B 10:00 Needle Arts Open Studio 12:00 Pinochle Wednesday Bridge 1:00 Art Therapy Lecture 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Ghost Town	6 Piquette Plant Tour #2 9:00 Agebusters 9:30 Writer's Corner Pottery Studio Palette & Brush 10:30 Ted Talks 12:00 Canasta 12:30 Pickleball 1:00 New Member Coffee Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: King Lear & Tudor-Stuart England	7 9:00 Limber Up 10:00 Bowling Tai Chi 10:30 Mari Manoogian 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Mah Jongg Bingo 2:00 Tennis League	8 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
10 9:00 Limber Up 10:00 Beginning Bridge Knitting & Crocheting Open Studio Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Popular Reads Mah Jongg 1:30 Chair Yoga 4:00 Trivia Time! 4:30 Pickleball	11 9:00 Agebusters 9:30 Painting with Acrylics & Oils Tai Chi 9:45 10:00 Greenfield Intergenerational 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 3:30 Valentine Cookie Decorating 4:30 Mat Yoga Pickleball	12 Bonstelle: The Winter's Tale 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons Series B 10:00 Needle Arts Open Studio 12:00 Pinochle Wednesday Bridge 1:00 Scarf Tying 101 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Pick of the Litter	13 9:00 Agebusters 9:30 Pottery Studio Palette & Brush 10:00 Non-Fiction Book Group 12:00 Canasta 12:30 The Five Love Languages Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: The Nature of Chocolate	14 LCA: Disney on Ice Road Trip 9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Mah Jongg 2:00 Tennis League	15 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
17 9:00 Limber Up 10:00 Beginning Bridge Knitting & Crocheting Open Studio Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	18 9:00 Agebusters 9:30 Painting with Acrylics & Oils Tai Chi 9:45 10:00 Photography Club 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Art Therapy Slow Flow Yoga Board Meeting Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club TriFound Retirement Seminar	19 Pewabic Tour & Workshop 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons Series B 10:00 Needle Arts Open Studio 12:00 Pinochle Wednesday Bridge 12:30 Iceland Lecture 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Boy 7:00 Coin Club	20 9:00 Agebusters 9:30 Writer's Corner Pottery Studio Palette & Brush 10:30 Ted Talks 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Osteoporosis Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Immigration 101	21 9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Mah Jongg Bingo 2:00 Tennis League	22 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
24 9:00 Limber Up 10:00 Beginning Bridge Knitting & Crocheting Open Studio Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	25 9:00 Agebusters 9:30 Painting with Acrylics & Oils Tai Chi 9:45 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Art Therapy Slow Flow Yoga Marimba, Marimba! Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball	26 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons Series B 10:00 Podiatrists Needle Arts Open Studio 12:00 Pinochle Wednesday Bridge 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:00 Dinner & A Classic: The Dark Passage	27 9:00 Agebusters 9:30 Pottery Studio Palette & Brush 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Manresa Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Revolutions Around the World	28 DS0: Broadway to Hollywood 9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Mah Jongg 2:00 Tennis League	29 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class



Your Place to Stay Active & Connected

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



ACTIVITY	PAGE
Featured Programs	Cover
The More You Know	2-3
Health Series	3
Invigorate Your Body	4-5
The Jeffares Speaker Series	6-7
Art & Creativity	8-9
Day Trips	10-11
Feature Films	12
Enrichment	13
Cards, Tiles & Collectors Clubs	14
Computer Lab & Lessons / Next Notes	14
Support Services	16
Health & Nutrition	17
Census 2020 Information	19
New Members / Donations	21
Calendars	22-23

Next does not discriminate on the basis of disability in admission or access to its programs, activities or services as required by Title II of the American Disabilities Act of 1990 and is an Equal Opportunity Provider and Employer.

BOARD OF DIRECTORS

Lori Soifer, President
Jay Reynolds, Vice President
Marcia Wilkinson, Secretary
Don Brundirks, Treasurer
Greg Burry, Past President

BOARD MEMBERS

Paul Buckles
Sandy Debicki
George Dilgard
Kathi Jones-Cutler
Stuart Jeffares
Bob Koenigsknecht
Julie Mandich
Elaine McLain
Ed Pugh
David Underdown
W. Douglas Weaver, M.D.
John Mooney, Beverly Hills Liaison
Ken Marten, Bingham Farms Liaison
Pierre Boutros, Birmingham Liaison
Eileen Pulker, Franklin Liaison
Anne Cron, BPS Liaison

HOURS

Monday through Thursday
from 8:30 am to 8:00 pm
Friday
from 8:30 am to 5:00 pm
Saturday
from 9:00 am to 2:00 pm

HOLIDAY HOURS

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

MEMBERSHIP DUES

Residents of Birmingham,
Bingham Farms, Beverly Hills,
and Franklin

\$45/year Single Membership
\$60/year Family Membership

All Other Communities

\$60/year Single Membership
\$75/year Family Membership

Sign up for programs, classes, membership or make a donation to Next by logging on to BirminghamNext.org