



*Your Place to Stay Active & Connected*

**JANUARY/FEBRUARY 2021**

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communities since 1978.

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

### **ENTERTAINMENT SERIES AT NEXT**

This event will be held in the Next gymnasium where there is ample room for social distancing while you enjoy this amazing entertainer!



### **COMEDY CENTRAL LIVE AT NEXT!**

Tuesday, February 16 at 1:00 pm

Cost: Complimentary members / \$5 guests

A stand-up comedian since 1988, Keith Ruff works all across the Midwest picking up devotees along the way. His act is clean, funny and polished and draws from personal experiences like dating and growing up in a family of five brothers. When you see him on stage you will like him, love him and laugh with him. He has appeared with Birmingham's own Tim Allen, The Temptations, The Four Tops, Toni Braxton, George Carlin and the great B.B. King!

### **TRIVIA TIME! at Next**

Mondays, January 18 and February 15  
from 3:00 to 5:00 pm

Cost: Complimentary members / \$5 guests

Enjoy an afternoon of trivia with a professional trivia host. Teams of four will enjoy friendly competition with a chance to win bragging rights.

### **ZUMBA GOLD! NEW! at Next**

Thursdays at 10:00 am

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

Cost 1 drop-in class: \$10

Shake it at your own pace! This is the dance party for the young at heart. Join certified Zumba Gold® instructor, LaLa Breton, for a low impact, fun session of great moves and great music.

### **THE STATE OF THE ECONOMY IN OAKLAND COUNTY with David Coulter, Oakland County Executive - Format TBD**

Thursday, February 18  
at 6:00 pm

As part of The Jeffares Speaker Series, join newly re-elected David Coulter, a veteran of county service with an impeccable record of public service. And he is the only person in Oakland County to serve as both County Executive and County Commissioner. He will share his thoughts and strategies for the future of Oakland County including: attracting more investment in defense and aerospace industries; helping more residents attain college degrees; and fulfilling his desire to tackle challenges before they become problems with leadership and innovation. He will share his goal of Oakland County residents that work together as public servants for the public good. Executive Coulter will discuss his vision for 2021 and the future of Oakland County.



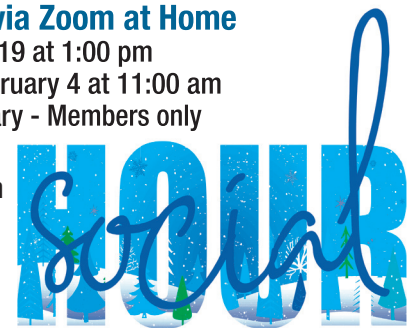
### **SOCIAL HOUR via Zoom at Home**

Tuesday, January 19 at 1:00 pm  
and Thursday, February 4 at 11:00 am

Cost: Complimentary - Members only

Let's get together  
and have some fun  
conversation!  
Please join other  
Next members and  
a couple of staff

members for some light hearted conversation and connection. Let's gather together from our homes and offices! We don't need a holiday or special occasion to have a good time! Bring your questions and comments. We'd like to hear what's on your mind.





## HAPPENINGS AT NEXT

### NEXT SAFETY PROTOCOLS

- ▶ You may enter through the east door where you will be logged in with your name, phone number and a no-touch temperature check. After answering a few questions and using the hand sanitizer, you are on your way.
- ▶ Frequent and thorough cleaning and disinfecting daily, multiple hand sanitizer stations throughout the building.
- ▶ Masks that cover the nose and mouth must be worn at all times.
- ▶ Please maintain 6-feet social distancing at all times.
- ▶ We encourage you to register for classes and programs on the website or feel free to call the office with registration and credit card information.
- ▶ Participation in classes and presentations will be dictated by room size based on proper social distancing guidelines.
- ▶ Café food is available. The refrigerator has been relocated — please go to the office with your food choice and we will retrieve it for you. No outside food intended for sharing will be allowed in the building.
- ▶ Bottled water will be available free of charge. There will be no coffee service at this time.
- ▶ We will be introducing programs that we can offer safely, but other programs will need to be suspended until a later date.

**The Next Staff has enjoyed connecting and talking to many of our members during December. To reiterate, Next is open to our members! We continue to offer programs, support services and use of the building including the library and computer center. If anything changes, we will update the website and reach out to our members by phone or email.**

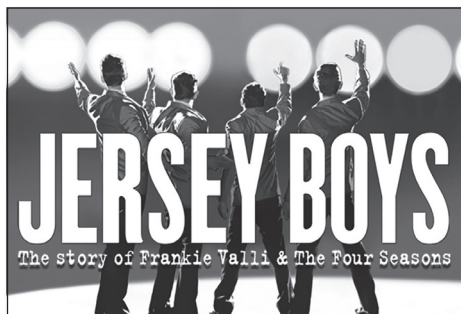
### MUSICAL MATINEES AT NEXT

We may not be able to attend the theater, so we are bringing the theater to Next! Join us for an afternoon of entertainment as we watch some of the most popular musicals to date — from rock and roll concerts to vintage holiday musicals and everything in between.

#### JERSEY BOYS

Tuesday, January 12 at 12:00 noon  
Cost: Complimentary members / \$5 guests

Jersey Boys takes audiences on an exhilarating journey behind the music of mega-stars Frankie Valli and The Four Seasons. Follow the incredible story of four guys who worked their way from the streets of New Jersey to the heights of stardom. Audiences have gone wild over the electrifying performances that took these hometown boys from Jersey all the way to the top of the charts: "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "Dawn," "My Eyes Adored You," and many more. You're sure to leave exclaiming, "Oh, What a Night!"



#### JOSEPH & THE AMAZING TECHNICOLOR DREAMCOAT

Tuesday, February 9 at 12:00 noon  
Cost: Complimentary members / \$5 guests

In this Biblical story, Patriarch Jacob (Sir Richard Attenborough) lives happily with his 12 sons, but his favoritism for Joseph (Donny Osmond) is symbolized by his gift of a spectacular multi-colored coat to him. This special gift makes Joseph's brothers so jealous that they sell him as a slave and unbeknownst to him, also stage his death. Joseph is blessed a gift of dream telling that wins the Pharaoh's favor changing the course of his life and later, when his brothers come to beg for food, it's time for reckoning.



## THE BEST OF CURRENT STREAMING AT NEXT

For a nice change we are showing some popular films and series that you won't want to miss!

### THE ULTIMATE GUIDE TO THE PRESIDENTS

Mondays at 12:00 noon

Cost: Complimentary members / \$5 guests

These series offers a fresh perspective on the evolution of the Oval Office and the men who have served this country. Our democracy, in a world ruled by Kings and Emperors was a new experiment with three branches – a Court, a Congress and an Executive – all sharing power. With the executive branch at the helm...learn about the people who held these positions and how they shaped our country.

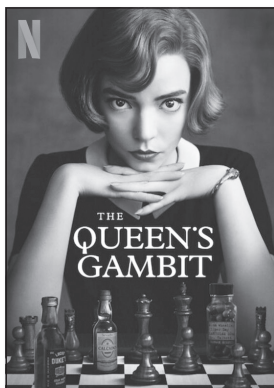
**February 15 Assume the Position (1789-1825)**  
George Washington, John Adams, Thomas Jefferson, James Madison and James Monroe

**February 22 Power to the People (1824-1849)**  
Martin Van Buren, William Harrison, James Polk, John Tyler, Andrew Jackson and John Quincy Adams

### THE QUEEN'S GAMBIT

Wednesdays, January 13, 20, 27 and  
February 3, 10, 17, 24 at 11:30 am  
Cost: Complimentary - Members only

Enjoy this VERY popular Netflix series drama, *The Queen's Gambit*, a coming-of-age story that explores the true cost of genius. Abandoned and entrusted to a Kentucky orphanage in the late 1950s, a young Beth Harmon (Anya Taylor-Joy) discovers an astonishing talent for chess while developing an addiction to tranquilizers provided by the state as a sedative for the children. Haunted by her personal demons and fueled by a cocktail of narcotics and obsession, Beth transforms into an impressively skilled and glamorous outcast while determined to conquer the traditional boundaries established in the world of competitive chess dominated by men. Boston Globe says, "It is a transporting tale of an extraordinary life and a window onto a world of addiction and empowerment, pawns and queens."



### MUSEUM SECRETS SERIES at Next

Thursdays at 12:00 noon

Cost: Complimentary - Members only

Come with us to the world's greatest museums to uncover secrets dark and strange. Museum Secrets combines surprising revelations about things we all recognize with amazing revelations about things we've never seen before. In every episode, this National Geographic series takes us to a new museum.

#### The Vatican Museums

January 28

At the center of Rome, within the walls of the Vatican, stand some of the greatest museums in the world, displaying thousands of treasures and artworks from the immense collection of the Catholic Church. From Michelangelo's Sistine Chapel to the fall of the Knights Templar, discover the secrets of these museums. Secrets revealed include those concerning a Pope's Parchment, the Trojan Whistleblower and a Mended Mummy.

#### Moscow's State Historical Museum

February 25

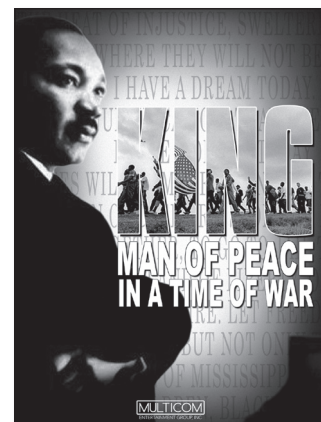
Moscow's State Historical Museum tells the story of Russia and her people from the Stone Age to the fall of the Berlin Wall. We examine the bones of Stone Age children to reveal what killed them, then ride with Polish soldiers to find out why they wore angels' wings. We descend into the torture chamber of Ivan the Terrible, then examine the brass eagle of Napoleon's Third Regiment to find out if they died bravely, or with dishonor. And in the end we investigate why Vladimir Lenin drove a Rolls Royce.

### KING: MAN OF PEACE IN A TIME OF WAR Documentary

Monday, January 18  
at 12:00 noon

Cost: Complimentary  
members / \$5 guests

*King: Man of Peace in a Time of War* features rare, archival footage, and exclusive interviews with the Rev. Jesse Jackson and former Secretary of State, Colin Powell. Included is a 1967 Mike Douglas Show interview with Dr. King where he speaks about civil rights and the Vietnam War. This is a timely tribute to a man who remains an inspiration and a force for social change many years after his untimely death.







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

### UROLOGY ISSUES FOR MEN at Next and via Zoom Thursday, January 21 at 12:30 pm

Cost: Complimentary members / \$5 non-members

Dr. Jason Gilleran, MD, a board certified urologist, will discuss the diagnosis and treatment of urological conditions that affect men. Among the topics to be addressed in this lecture are prostate cancer and prostate cancer screening, urinary incontinence, overactive bladder, nocturia, erectile dysfunction and BPH (enlarged prostate) treatment. Dr. Gilleran will be available to address your questions and concerns.

### GAZELLE SPORTS SHOE CLINIC: Find the Right Shoe for You at Next

Thursday, February 18 at 11:00 am

Cost: Complimentary members / \$5 guests

We all know that physical activity is essential to good health. How can you keep moving when your shoes don't fit well or you have foot pain? The Right Shoe for You clinic will educate participants about proper footwear and how footwear contributes to overall health, comfort and ability to be active. Gazelle Sports specialists will discuss available products, different types of feet, varying types of support shoes, biomechanics and walking/running gait. Proper running knowledge can help get you and keep you moving! Participants will also receive a store coupon!



## THE MORE YOU KNOW

### FIRST FRIDAYS WITH REPRESENTATIVE MARI MANOOGIAN

Fridays, January 8 via Zoom

and February 5 - Format TBD at 10:30 am

Cost: Complimentary - All community members welcome.

Join newly re-elected Representative Manoogian of the 14th District to discuss important legislative issues in an informal conversation.

### MICHIGAN AUTO INSURANCE UPDATE at Next and via Zoom

Tuesday, February 23 at 12:00 noon

Cost: Complimentary members / \$5 guests

On July 2, 2020, a new law let Michigan drivers choose the Personal Injury Protection (PIP) option that best met their unique needs and budget. Barbara Merten-Dubensky CPCU®, local State Farm insurance agent, will give an update on this reform and what it means to you as a Michigan driver.

### **TED** TED TALKS AT NEXT: Be inspired at Next and via Zoom

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 14 How to tame your wandering mind

February 11 You are not at the mercy of your emotions  
— your brain creates them

### ZOOM TIPS & INSTRUCTIONS

Download latest version of the free Zoom Application. Go to <https://zoom.us>. You may be required to set up an account with your email and password.

- ▶ Once registered for a program or class at Next, 1 to 2 days before the class, you will receive an email with the link for the class. For recurring classes, save the email for every class — the meeting ID number/password will not change.
- ▶ Close all other apps/applications/pages on your device.
- ▶ 10 minutes before your class, click on the link from the email you recently received from Next with Zoom information or copy the link into the browser.
- ▶ You may launch directly into the meeting or, if prompted, enter the meeting ID number and the password.
- ▶ If prompted, enable "call using internet audio".
- ▶ Once on the Zoom page, enable the camera (stop/start video) by clicking on the video camera icon if needed. Enable sound by clicking on the microphone icon; check audio (mute on/off) to your desired setting. Please mute during presentations.
- ▶ Plan on plenty of open space for fitness workouts — and place your device so that your instructor or presenter has a full view of you in the screen. And, enjoy!!





## ENRICHMENT

### POPULAR READS BOOK CLUB via Zoom

Mondays, January 11 and February 8 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The January book selection is *Leave the World Behind* by Rumaan Alam — and the February book selection is *Deacon King Kong* by James McBride. Register at Next — and Baldwin Public Library will provide the book!

### NON-FICTION BOOK GROUP via Zoom

Tuesdays, January 14 and February 11 at 10:00 am

Facilitated by Baldwin Library professionals, join us to discuss *The Lost City of the Monkey God* by Douglas Preston in January — and *The Library Book* by Susan Orlean in February. Register at Next and Baldwin Public Library will provide the book!

### WRITER'S CORNER

Thursdays, January 7, 21 and February 4, 18  
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.

### WOMEN'S ROUNDTABLE

Tuesdays at 11:00 am

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

### MEN'S ROUNDTABLE

Wednesdays at 9:00 am

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

### CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

### CURRENT EVENTS DISCUSSION GROUP

Fridays at 12:00 noon

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

### BINGO

Fridays, January 15 and February 5, 19 at 1:00 pm

Admission cost: Complimentary members / \$2 guests

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

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

### BIRMINGHAM STAMP CLUB

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

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

### COIN CLUB

Monday, January 18 and February 15 at 5:00 pm

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

### COMPUTER LAB

Computer Lab will be available during business hours.

### THANK YOU TO THESE 2020 SPONSORS FOR HELPING MAKE NEXT A SUCCESS!

#### Beverage Station

Kathi Jones-Cutler & Max Broock Realtors

#### Health Series

Bank of Ann Arbor

#### Hospitality

Trifound

#### Programming

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Baldwin House  
Lourdes Senior Community  
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#### Senior Services Affordable HomeCare

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# 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 14 - POLARIZATION & POLITICAL VIOLENCE: THE TRUTH ABOUT TERRORISM IN AMERICA at Next and via Zoom

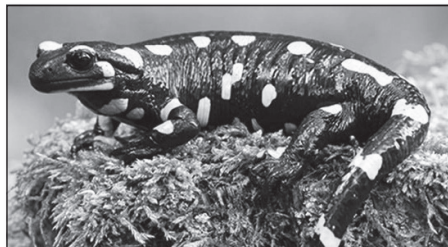
**Peter Trumbore, Professor and Chair of the Department  
of Political Science - Oakland University**

Americans are no strangers to political violence going back to our founding fathers. In 1787, Thomas Jefferson wrote "The tree of liberty must be refreshed from time to time with the blood of patriots and tyrants." This sentiment has been echoed today by those who call for an armed overthrow of the U.S. government. Since January 2017, the percentage of Americans who say the use of violence to advance a political goal is justified has soared. This reminds us of a reality that most Americans fail to acknowledge. That the greatest threat of terrorism facing the U.S. comes not from foreign entities — but from our fellow Americans pursuing political, social or religious goals that are embedded in our common life and experience as Americans.



## January 21 - REPTILES & AMPHIBIANS via Zoom Christina Funk, B.Ed., M.S., Naturalist and Educator - Troy Nature Society and State Nature Center

Join Naturalist and Educator, Christina Funk to explore the world of Michigan reptiles and amphibians. Our state is home to seventeen species of snakes, ten species of turtles, thirteen species of frogs and toads, ten species of salamanders and two species of lizards. Meet some of these live reptiles and amphibians as Christina introduces us to their special adaptations.



## January 28 - RECENT DEVELOPMENTS IN SPACE SCIENCE & EXPLORATION at Next and via Zoom

**Cliff Marko, Reporter, Attorney, Former Docent -  
Smithsonian National Air & Space Museum**

From the latest in human space flight, to recent discoveries in astronomy, Cliff highlights the latest news in space exploration, science and technology from around the world and out in space.

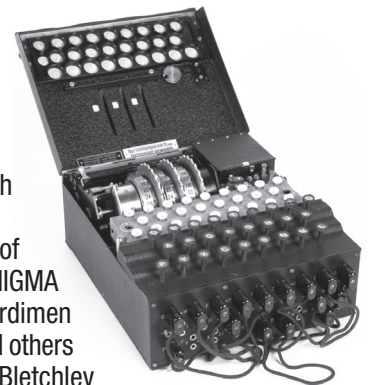
Covering the latest developments from NASA; to commercial and private space flight; to foreign governments space programs, Cliff provides a glimpse into the status of space flight achievement, development and goals. This overview will discuss the newly created Space Force, the Chinese and the Russian Space programs. This talk is guaranteed to be out of this world...



## February 4 - BREAKING THE ENIGMA CODE AT BLETCHLEY PARK: IMPACT ON WORLD WAR II at Next and via Zoom

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

Alan Turing and his fellow code breakers are credited with shortening WWII in Europe by two years and saving millions of lives by breaking German's ENIGMA machine in 1941. Professor Cardimen will discuss Turing's efforts and others when they worked secretly at Bletchley Park. At the peak of WWII, a maximum of 12,000 employees worked 24/7 and never knew what they were doing until the 1980s. Breaking the ENIGMA also launched the world into the field of computer engineering!



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 guests



### February 11 - BEHIND THE SEEN: TO DIE UPON A KISS via Zoom Docent - Detroit Institute of Arts

Presented by trained DIA teaching volunteers, "Behind the Seen" brings the same level of insight and engagement about the Detroit Institute of Arts's collection from the museum to your community. Scientists have proven that when experiencing "love," brain cells release dopamine, a natural stimulant, to many regions of the brain that affects human behavior. These areas of the brain are associated with wanting, motivation, focus and craving. View a selection of works that explore the variety of behaviors associated with "love."



### February 25 - CREATING A SAFE SPACE FOR SURVIVORS OF HUMAN TRAFFICKING at Next and via Zoom

**Edee Franklin, Founder, President and Chairperson  
of the Board - Sanctum House**

Human trafficking victims can be young or old and from any background. Sanctum House, in collaboration with community partners, is a place where human trafficking victims work



**Sanctum House**

towards a body, mind and spirit transformation to achieve greater fulfillment. Join Edee Franklin, as she shares her story and how she developed a passion for helping victims of human trafficking and founded Sanctum House. She will tell the stories of many women who take the wrong fork in the road and end up in the right place.

### STRATEGIES FROM STUART JEFFARES

As we enter winter, those of you who might be contemplating selling in the spring have a golden opportunity to get a head start by preparing your home for a successful (and more profitable) sale. A little time and money can provide a tremendous return on your investment. It can seriously be the easiest and quickest money you will ever earn. A few interior suggestions I share with clients:

- Make sure front door looks awesome — apply fresh paint or stain and polish hardware. Make sure all all doors function effortlessly.
- Wash windows. Ensure all are operable with good seals.
- Clean any soiled carpets and rugs. Minimize the number of rugs to make rooms look larger and less cluttered.
- Eliminate odors and ensure furnace filters have been changed recently.
- Repair dents, nicks and cracks in walls and ceilings. Paint rooms with strong colors or wallpaper a neutral light gray or white.
- Clean high and low. Declutter by removing extra furniture, accessories and any stacks of magazines/mail.
- Organize bedroom closets, leaving some empty space. Replace burned out light bulbs, avoiding CFL bulbs.
- Ensure caulk is in good shape in baths and wood moldings. Replace any damaged tiles.
- Replace items you want to take with you like special light fixtures, etc.

This list is by no means conclusive; each house has its unique considerations. It is always a good idea to meet with a trusted real estate professional 3 to 6 months minimum before placing your home on the market. Moreover, if you are planning on remodeling please meet with your realtor in advance to make sure your investment helps rather than hurts your eventual sale. Remember, prior planning prevents poor profits.

***Good luck, Stuart Jeffares***





## INVIGORATE YOUR BODY

In person classes will be held as planned unless we are prohibited from doing so per the state's orders.

### NEW FITNESS OFFERINGS at Next with Caryn Ciagne

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

Caryn Ciagne, Concierge Wellness Coach and owner of CC Yoga, discovered yoga to reduce stress and anxiety. She continues to enjoy yoga and its myriad of benefits and looks forward to sharing what she has learned!

#### Monday Yoga Strong

Mondays from 9:00 to 10:00 am

Beginning with a yoga warm-up and ending with a cool down, we will add strengthening moves to basic yoga postures. Suitable for all who are open to variety and challenges. Please bring a yoga mat, water bottle for hydration and an optional towel. Weights are optional, bring your own or borrow our sanitized weights.

#### Wednesday Flow Yoga

Wednesdays from 9:00 to 10:00 am

A slow yet strong flow practice suitable for all who may be interested in expanding their yoga practice. This class will explore sun salutations, traditional standing, seated and supine postures to strengthen, improve balance, stretch and calm one's presence. Please bring a yoga mat, water, yoga blocks, strap and an optional towel.

#### Chair Yoga & Meditation

Tuesdays and Thursdays from 12:00 to 1:00 pm

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

#### Agebusters

Tuesdays at 9:00 am

Exercising to music, this fun class focuses on low impact aerobic moves building endurance and strength.

### LINE DANCING! JOIN THE FUN!

Mondays from 10:15 am to 12:00 noon

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

Cost 1 drop-in class: \$10

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

### LIMBER UP

Mondays, Wednesdays and Fridays at 10:00 am

Cost: Complimentary

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

### SLOW FLOW YOGA at home via Zoom

Tuesdays and Thursdays from 10:00 to 10:50 pm

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

Yoga instructor Jan Chaney will bring strength and balance into your life. Let your breath guide you through a series of postures.

### CHAIR YOGA at home via Zoom

Mondays and Wednesdays from 1:00 to 2:00 pm

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

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.

### MAT YOGA at home via Zoom

Tuesdays and Thursdays from 4:00 to 5:00 pm

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

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.

### MINDFULNESS & MEDITATION at home via Zoom

Wednesdays at 2:30 pm - Sessions last 30 to 60 minutes

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.

### TENNIS LEAGUE - MIXED DOUBLES

Wednesdays from 2:30 to 4:00 pm / Fridays from 2:00 to 4:00 pm

Next members enjoy indoor play at the Birmingham Racquet Club as a regular league player or sub. Contact David Young at davidmpyoung@gmail.com for information.

### BOWLING LEAGUE

Fridays at 10:00 am - Cost: \$7 - Members only

All levels welcome for bowling and camaraderie at Country Lanes at 30250 West Nine Mile Road, Farmington Hills. Cost includes three games, shoes and coffee. No need to register, just drop in. Contact Margie Janks for details at 248-646-0271.

### PICKLEBALL

Cost: Complimentary - Members only

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

Tuesdays through Thursdays from 4:00 to 7:00 pm

# FEATURE FILMS

**Wednesday Evenings @ 5:00 pm**

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

## **January 6 - ROBOT & FRANK**

A former jewel thief with dementia, Frank, receives a gift from his son, a robot programmed to take care of his every need. Initially reluctant to accept the robot, Frank soon finds that it may have its uses, as he introduces it to a life of crime.

Rated PG13 1 hour 29 minutes

## **January 13 - PARASITE with English subtitles**

Academy Award Winner for Best Picture, this South Korean drama, comedy and thriller delves into the bizarre lower-class Kim family that struggles to keep food on the table. Ki-wood, the son, is given a recommendation for a tutoring job with the wealthy Park family. He and his sister forge credentials and thus begins the long-con that sees each member of the Kim family infiltrating the upper-class Park family one-by-one. Real deception is carried out by the Kims and works flawlessly. Once the entire Kim family is employed in the Park household, the con-artists begin to assume more and more of this fabricated identity of wealth until a surprise visitor returns and everything changes.

Rated R 2 hours 12 minutes

## **January 20 - DRIVEWAYS**

Cody is a sweet, sensitive boy who doesn't always fit in. He's not bothered by spending the summer in an unfamiliar town while his mother cleans out the house left behind by his recently deceased aunt. His mother, who'd been estranged from her reclusive sister for years, learns how much she didn't know about her — while Cody strikes up a surprising friendship with a gruff retiree who lives next door. Del (the late Brian Dennehy) is a vet who's been whiling away his days living alone and sitting on his porch. In Cody, he comes to see not just a solitary boy in need of connection but also a reflection of his past regrets about his own family.

Not Rated 1 hour 23 minutes

## **January 27 - THE THOMAS CROWN AFFAIR - 1999**

Bored billionaire Thomas Crown (Pierce Brosnan) decides to entertain himself by stealing a Monet from a reputed museum. When Catherine (Rene Russo), an investigator for the museum's insurance company, takes an interest in Crown, a complicated

game with romantic undertones begins between them. In an attempt to find out where Catherine's loyalties lie, Crown returns the painting and essentially turns himself in, hoping that Catherine's feelings for him will lead to an escape.

Rated R 2 hours

## **February 3 - THE TIMES OF BILL CUNNINGHAM**

This very entertaining documentary, chronicles the life of Bill Cunningham, the legendary New York Times photographer and fashion historian as he shares his life story in his own words and photographs from his remarkable archive of over 3 million images. Sarah Jessica Parker narrates.

Not Rated 1 hour 14 minutes

## **February 10 - THE CALL OF THE WILD**

Buck is a big-hearted dog whose blissful domestic life gets turned upside down when he is suddenly uprooted from his California home and transplanted to the exotic wilds of the Alaskan Yukon in the 1890s. As the newest rookie on a mail-delivery dog sled team, Buck experiences the adventure of a lifetime as he ultimately finds his true place in the world.

Rated PG 1 hour 40 minutes

## **February 17 - IRRESISTIBLE**

*Irresistible* is a 2020 American political comedy film written and directed by Jon Stewart. Steve Carell stars in this movie that follows a Democratic strategist who tries to help a local candidate win an election in a small right-wing town.

Rated R 1 hour 42 minutes

## **February 24 - RED RIVER - 1948**

Headstrong Thomas Dunson (John Wayne) starts a thriving Texas cattle ranch with the help of his faithful train hand, Groot (Walter Brennan) and his protégé, Matt Garth (Montgomery Clift), an orphan Dunson took under his wing when Matt was a boy. In need of money following the Civil War, Dunson and Matt lead a cattle drive to Missouri, where they will get a better price than locally, but the crotchety older man and his willful young partner begin to butt heads on the exhausting journey.

Not Rated 2 hours 3 minutes



## ART & CREATIVITY

### PAINTING CLASSES via Zoom

Join noted artist and instructor Karen Halpern for a variety of painting classes to develop your creative self. Karen's class lessons focus on color theory, subject, techniques and design.

#### Painting with Acrylics & Oils

Tuesdays, January 19 through March 9

from 10:00 am to 12:00 noon

Cost 8-week class: \$120 members / \$128 guests

Lessons presenting several subjects and styles will be taught periodically at weekly class meetings. Karen will provide explanation, examples, and inspiration, applicable to the each new assignment. Students then work on their painting in their own space, and time bringing "work in progress" to each class meeting for instructor to view, with suggestions, positive support, and personal attention.

All levels of experience welcome. Ask for supply list!

#### Watercolor Painting Workshop

Wednesdays, January 20 through March 10

from 2:00 to 4:00 pm

Cost 8-week class: \$120 members / \$128 guests

Karen will present a new assignment at each class, with directions, examples, and inspiration. The subjects and styles will be varied, providing opportunities for continued growth and development. Students paint in their own home space, between classes. They show their completed art in the next meeting, with Karen providing positive commentary and helpful suggestions. A new subject is presented for that next week.

All levels of experience welcome. Ask for supply list!

#### Studio Art

Thursdays, January 21 through March 11

from 1:30 to 3:30 pm

Cost 8-week class: \$120 members / \$128 guests

Karen guides students working in their chosen medium — watercolor, collage, acrylics, oils — and their own subject and style. There are no lessons or assignments. Students develop the work, painting during class, with opportunities for live interchange of ideas with other students, and assistance and suggestions from the instructor. Participants continue on their own time, bringing progressing work back to class each week to continue with input. Prior instruction required with chosen materials.

### PHOTOGRAPHY CLUB via Zoom

Tuesdays, January 19 and February 16

from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 guests

Contact Chuck at 248-762-4345 or [info@birminghamphoto-club.org](mailto:info@birminghamphoto-club.org) for information on Photoshop lessons or coaching. For Photography Club information, contact Ed Morykwas at [Ed@riveroftime.net](mailto:Ed@riveroftime.net) or Joyce Harding at [joyceharding6@gmail.com](mailto:joyceharding6@gmail.com).

### OPEN STUDIOS

Knitting & Crocheting: Mondays at 10:00 am

Needle Arts: Wednesdays at 10:00 am

Advanced Pottery: Thursdays from 10:00 am to 12:30 pm

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## CRAFTING & CONVERSATION

Join Program Coordinator Jolee Hentgen for an array of craft classes that just might provide you with beautiful items to use as gifts for friends and family throughout the year — or to use yourself in your own home.

### Charcuterie Boards

Thursday, January 14 at 11:00 am  
Cost: \$25

Ahhh, the charcuterie board. The trending appetizer board that is full of mystery, variety and explosions of flavor. Charcuterie boards include a variety of ingredients including meat, cheese and other items that complement and will please just about any palate. It's not difficult to prepare a charcuterie board that everyone will rave about and can be large enough to feed an army or small enough for an intimate affair. Add a variety of flavors from simple everyday ingredients and within minutes you will have created a mouth watering appetizer. Join Next's Sandi and Jolee to learn the basics of this glorious "epicurean" delight and enjoy a fresh charcuterie board to take home!



### Valentine Candy Jar

Tuesday, February 9 at 10:00 am  
Cost: \$20

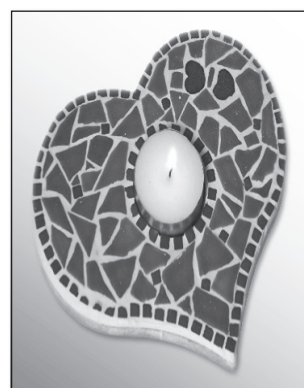
Hershey's Kisses, Conversation Heart's, Cinnamon Red Hot's? Pick your favorite to fill this festive Valentines candy jar. Join Jolee to create and design your very own, using a terra-cotta pot, saucer, glass bowl, and a wooden knob. Just perfect for decorating and displaying your desired Valentine treats. Wishing everyone a Happy Valentine's Day!



### Mosaic Heart Tea Light

Tuesday, February 23 at 10:00 am  
Cost: \$20

A mosaic is a pattern or image made of small regular or irregular pieces of colored stone, glass or ceramic, held in place by plaster/mortar, and covering a surface. Mosaics are often used as floor and wall decoration, and were particularly popular in the Ancient Roman world. Join Jolee to craft and create this adorable heart, tea light candle holder. People of all skill levels will LOVE this art project. There's just something so beautiful about pieces that are done in mosaic; from the intricate and unique designs to the colors. Let's start with a heart, and put a little LIGHT in your life!



### Felted Ball Coasters

Tuesday, January 19 at 10:00 am  
Cost: \$15

These gorgeous, handmade, 100% wool felt ball coasters are fun and functional, guaranteed to bring brightness, beauty and a POP of color to any space. They are easy to create and enhance the coziness of your decor. Used to protect all surfaces from damp or hot dishes, they make the perfect gift or unique home, office or dining accessory. You will create a set of 4.



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## SUPPORT SERVICES

### INFORMATION ABOUT COMMUNITY RESOURCES

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

### 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. Only available to Next members.

### TRANSPORTATION

Door-to-door transportation service is available for seniors and disabled adults residing in Birmingham, Beverly Hills, Bingham Farms and Franklin. Friendly Next drivers will take you to medical, dental, personal appointments, shopping or activities at Next. For reservations, call 248-203-5270 at least three working days in advance to request a ride. Partially funded by The Birmingham Foundation for Senior Residents and Beaumont Health.

### MINOR HOME REPAIR

#### for Beverly Hills & Birmingham Residents

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

### 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.

### 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 866-400-9164 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.

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

Lawn mowing and snow removal services are available for income-eligible seniors — and income-eligible disabled residents — in Birmingham and Beverly Hills. 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.

### 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.



### Please donate to the Forgotten Harvest Food Drive to help carry out this important work.

Forgotten Harvest fights hunger and food insecurity by delivering over 130,000 pounds of surplus food per day to local charities. These charities, in turn, provide families in need with fresh and nutritious food free of charge.

During January and February, bring your items to the drop box in the Next lobby and we will deliver them to Forgotten Harvest.

Consider donating items off the following list.  
Food drive items must be unexpired, undamaged,  
and unopened. NO GLASS PLEASE!

Pasta, barley and rice

Dried beans, peas and lentils

Whole-grain cereal (unsweetened or low-sugar)

Oatmeal and Cream of Wheat

Nutritious snacks

(dried fruits, nuts, trail mix and granola bars)





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\*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.

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## HEALTH & NUTRITION

### MEDICAL EQUIPMENT LOANS

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

### 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](mailto:noc@oakgov.com).

### EARLY STAGE MEMORY LOSS SUPPORT GROUP

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

### 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.



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## MEDICARE/MEDICAID GUIDANCE

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

## BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Mondays, January 4 and February 1 at 11:00 am

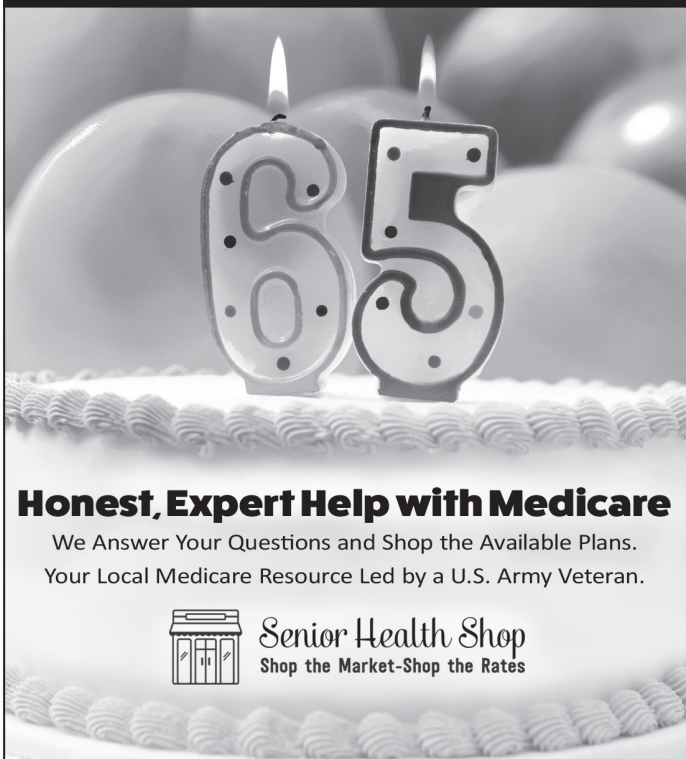
Cost: Complimentary - No appointment is required.

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Help spread the word about what a great place Next is!

## THANK YOU FOR SUPPORTING NEXT!

### MEMORIALS

Don Brundirks in Memory of Alan Krauss  
Phyllis Clark in Memory of Charles Letts

### INDIVIDUALS

Barbara Brown, Angela Ciarkowski,  
Suann Darmondy, John and Brenda Heenan,  
Maurice Lefford, Ben and Cheryl Mangiapane,  
Basil and Patricia Marrella, Al Rosie, Pauline Smart,  
Kathleen Tillson and David Underdown

### GOODS & SERVICES

Joanne Balogh, Jeff Bean, Nancy Kelly,  
Jim Larson-Shidler, Charles Matthews,  
Kathleen Schein, Rick and Sue Strong,  
and Anne Taros.

**Our condolences to the family and friends of...** Jeff Getchell, Jack Johnson, Jerry McKeon, Cynthia Miller and Jim Williams.

### 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.

### MEET OUR NEWEST MEMBERS...

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

Jack Burns, Ike Engelbaum, Raymond Johnson, Pamela Livingston-Hardy, George and Eugenia Maynard, Evelyn McCollough, Judy Moenck, Rose Obloy, Michael and Helene Predhomme, Debra Schmid, Allyson Stapleton, Robin Stewart and Kathleen Wilson.

### HAPPY NEW YEAR FROM THE NEXT STAFF!

**Thank you for making Next a great place to be!**

Cris Braun, Executive Director  
Sara Callender, Staff Assistant  
Sandi Cassar, Support Services  
Sandy Catterall, Financial Administrator  
Virgil Coleman, Van Driver  
Susan Gwizdz, Marketing & Communications  
Jolee Hentgen, Program Planner  
Kim Holmes, Facility Operations  
Terri McCardell, Program Planner  
Calvin Moss, Van Driver  
Judy Murrell, Meals on Wheels  
Jeanne Nance, Support Services  
Fletcher Reliford, Van Driver  
Bev Singer, Staff Assistant  
Kathleen Tillson, Office Supervisor

# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> <b>Closed</b> <b>Happy New Year!</b>	<b>2</b>
<b>4</b> 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 12:30 Pickleball 1:00 Chair Yoga	<b>5</b> 9:00 Agebusters 10:00 Slow Flow Yoga 11:00 Women's Roundtable 12:00 Chair Yoga & Meditation 1:00 Ask the Attorney Chess 4:00 Mat Yoga 4:00 Pickleball 5:00 Stamp Club	<b>6</b> 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 1:00 Chair Yoga 2:30 Mindfulness & Meditation Tennis League 4:00 Pickleball 5:00 Movie: Robot & Frank	<b>7</b> 9:30 Writer's Corner 10:00 Slow Flow Yoga Zumba Gold Advanced Pottery Studio 12:00 Chair Yoga & Meditation 12:30 Pickleball 4:00 Mat Yoga Pickleball 6:00 No Lecture	<b>8</b> 10:00 Bowling League Limber Up 10:30 First Fridays with Mari Manoogian 12:00 Current Events 2:00 Tennis League	<b>9</b>
<b>11</b> 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Popular Reads Book Club Chair Yoga	<b>12</b> 9:00 Agebusters 10:00 Slow Flow Yoga 11:00 Women's Roundtable 12:00 Musical Matinee: Jersey Boys Chair Yoga & Meditation 1:00 Chess 4:00 Mat Yoga Pickleball	<b>13</b> 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:30 Queen's Gambit 1:00 Chair Yoga 2:30 Mindfulness & Meditation 2:30 Tennis League 4:00 Pickleball 5:00 Movie: Parasite with subtitles	<b>14</b> 10:00 Non-Fiction Book Group Slow Flow Yoga Zumba Gold Advanced Pottery Studio 10:30 Ted Talks 11:00 Charcuterie Boards 12:00 Chair Yoga & Meditation 12:30 Pickleball 4:00 Mat Yoga Pickleball 6:00 Lecture: Polarization & Political Violence: The Truth about Terrorism in America	<b>15</b> 10:00 Bowling League Limber Up 12:00 Current Events 1:00 Bingo 2:00 Tennis League	<b>16</b>
<b>18</b> 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:00 Martin Luther King Film 12:30 Pickleball 1:00 Chair Yoga 3:00 Trivia Time! 5:00 Coin Club	<b>19</b> 9:00 Agebusters 10:00 Felted Ball Coasters Slow Flow Yoga Painting with Acrylics & Oils Photography Club 11:00 Women's Roundtable 12:00 Chair Yoga & Meditation 1:00 Social Hour Chess Board Meeting 4:00 Mat Yoga Pickleball 5:00 Stamp Club	<b>20</b> 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:30 Queen's Gambit 1:00 Chair Yoga 2:00 Watercolor Workshop 2:30 Mindfulness & Meditation Tennis League 4:00 Pickleball 5:00 Movie: Driveways	<b>21</b> 9:30 Writer's Corner 10:00 Slow Flow Yoga Zumba Gold Advanced Pottery Studio 12:00 Chair Yoga & Meditation 12:30 Urology Issues for Men's Pickleball 1:30 Studio Art 4:00 Mat Yoga Pickleball 6:00 Lecture: Reptiles & Amphibians	<b>22</b> 10:00 Bowling League Limber Up 12:00 Current Events 2:00 Tennis League	<b>23</b>
<b>25</b> 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Chair Yoga	<b>26</b> 9:00 Agebusters 10:00 Slow Flow Yoga Painting with Acrylics & Oils 11:00 Women's Roundtable 12:00 Chair Yoga & Meditation 1:00 Chess 4:00 Mat Yoga Pickleball	<b>27</b> 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:30 Queen's Gambit 1:00 Chair Yoga 2:00 Watercolor Workshop 2:30 Mindfulness & Meditation Tennis League 4:00 Pickleball 5:00 Movie: The Thomas Crown Affair	<b>28</b> 10:00 Slow Flow Yoga Zumba Gold Advanced Pottery Studio 12:00 Museum Secrets: Vatican Museums Chair Yoga & Meditation 12:30 Pickleball 1:30 Studio Art 4:00 Mat Yoga Pickleball 6:00 Lecture: Recent Developments in Space Exploration	<b>29</b> 10:00 Bowling League Limber Up 12:00 Current Events 2:00 Tennis League	<b>30</b>

# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 12:30 Pickleball 1:00 Chair Yoga	<b>2</b> 9:00 Agebusters 10:00 Slow Flow Yoga Painting with Acrylics & Oils 11:00 Women's Roundtable 12:00 Chair Yoga & Meditation 1:00 Ask the Attorney Chess 4:00 Mat Yoga Pickleball 5:00 Stamp Club	<b>3</b> 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:30 Queen's Gambit 1:00 Chair Yoga 2:00 Watercolor Workshop 2:30 Mindfulness & Meditation Tennis League 4:00 Pickleball 5:00 Movie: The Times of Bill Cunningham	<b>4</b> 9:30 Writer's Corner 10:00 Slow Flow Yoga Zumba Gold Advanced Pottery Studio 11:00 Social Hour 12:00 Chair Yoga & Meditation 12:30 Pickleball 1:30 Studio Art 4:00 Mat Yoga Pickleball 6:00 Lecture: Breaking the Enigma Code at Bletchley Park: Impact on WWII	<b>5</b> 10:00 Bowling League Limber Up 10:30 First Fridays with Mari Manoogian 12:00 Current Events 1:00 Bingo 2:00 Tennis League	<b>6</b>
<b>8</b> 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Popular Reads Book Club Chair Yoga	<b>9</b> 9:00 Agebusters 10:00 Valentine Candy Jar Slow Flow Yoga Painting with Acrylics & Oils 11:00 Women's Roundtable 12:00 Musical Matinee: Joseph and the Amazing Technicolor Dreamcoat Chair Yoga & Meditation 1:00 Chess 4:00 Mat Yoga Pickleball	<b>10</b> 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:30 Queen's Gambit 1:00 Chair Yoga 2:00 Watercolor Workshop 2:30 Mindfulness & Meditation Tennis League 4:00 Pickleball 5:00 Movie: The Call of the Wild	<b>11</b> 10:00 Non-Fiction Book Group Slow Flow Yoga Zumba Gold Advanced Pottery Studio 10:30 Ted Talks 12:00 Chair Yoga & Meditation 12:30 Pickleball 1:30 Studio Art 4:00 Mat Yoga Pickleball 6:00 Lecture: Behind the Seen: To Die Upon a Kiss	<b>12</b> 10:00 Bowling League Limber Up 12:00 Current Events 2:00 Tennis League	<b>13</b>
<b>15</b> 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:00 Ultimate Guide to the Presidents: Assume the Position 12:30 Pickleball 1:00 Chair Yoga 3:00 Trivia Time! 5:00 Coin Club	<b>16</b> 9:00 Agebusters 10:00 Slow Flow Yoga Painting with Acrylics & Oils Photography Club 11:00 Women's Roundtable 12:00 Chair Yoga & Meditation 1:00 Comedian Keith Ruff Chess Board Meeting 4:00 Mat Yoga Pickleball 5:00 Stamp Club	<b>17</b> 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:30 Queen's Gambit 1:00 Chair Yoga 2:00 Watercolor Workshop 2:30 Mindfulness & Meditation Tennis League 4:00 Pickleball 5:00 Movie: Irresistible	<b>18</b> 9:30 Writer's Corner 10:00 Slow Flow Yoga Zumba Gold Advanced Pottery Studio 11:00 Gazelle Sports Shoe Clinic 12:00 Chair Yoga & Meditation 12:30 Pickleball 1:30 Studio Art 4:00 Mat Yoga Pickleball 6:00 Lecture: The State of the Economy in Oakland County	<b>19</b> 10:00 Bowling League Limber Up 12:00 Current Events 1:00 Bingo 2:00 Tennis League	<b>20</b>
<b>22</b> 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:00 Ultimate Guide to the Presidents: Power to the People 12:30 Pickleball 1:00 Chair Yoga	<b>23</b> 9:00 Agebusters 10:00 Mosaic Heart Tea Light Slow Flow Yoga Painting with Acrylics & Oils 11:00 Women's Roundtable 12:00 Michigan Auto Insurance Update Chair Yoga & Meditation 1:00 Chess 4:00 Mat Yoga Pickleball	<b>24</b> 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:30 Queen's Gambit 1:00 Chair Yoga 2:00 Watercolor Workshop 2:30 Mindfulness & Meditation Tennis League 4:00 Pickleball 5:00 Movie: Red River	<b>25</b> 10:00 Slow Flow Yoga Zumba Gold Advanced Pottery Studio 12:00 Museum Secrets: Moscow's State Historical Museum Chair Yoga & Meditation 12:30 Pickleball 1:30 Studio Art 4:00 Mat Yoga Pickleball 6:00 Lecture: Creating a Safe Space for Survivors of Human Trafficking	<b>26</b> 10:00 Bowling League Limber Up 12:00 Current Events 2:00 Tennis League	<b>27</b>





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## HOURS

Monday and Tuesday  
from 8:30 am to 5:00 pm  
Wednesday and Thursday  
from 8:30 am to 7:00 pm  
Friday  
from 8:30 am to 3:00 pm

## HOLIDAY HOURS

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

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Residents of Birmingham,  
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