



*Your Place to Stay Active & Connected*

**JANUARY/FEBRUARY 2023**

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

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



We are grateful to  
have Stuart Jeffares as  
the 2023 sponsor of  
The Next Big Night Out!

### JEFFREY CAVATAIO PERFORMS AT NEXT!

Tuesday, January 17 at 6:00 pm

Cost: Complimentary members / \$5 guests

Everyone who  
heard Jeffrey  
Cavataio perform  
has asked to  
have him back.  
He is a classy,  
modern day  
crooner with



a little pop! He captivates his audiences with his renditions of our favorites and his charismatic personality. He has performed with Josh Groban and has been compared to Michael Buble and Neil Diamond. Jeffrey has returned from his national tour and is excited to perform at Next — one of his favorite venues! Please join us for a special evening with this platinum performer.

### FOLK MUSIC WITH JAN AND JIM!

Tuesday, February 7 at 6:00 pm

Cost: Complimentary members / \$5 guests



Members of the folk group, Diamond in the Rust, Jan and Jim take the duo concept and run with it. Performances mesh and interlock, lyrics and melodies interweave in surprising and intriguing ways. Buoyant to poignant, heartfelt to hilarious, they cut a wide swath. They perform great songs and make an everlasting impression!

No wonder Jan and Jim have been honored as winners of The Great American Song contest, Mountain NewSong and the Detroit Music Awards.

### THE ONE, THE ONLY... JOHN U. BACON VISITS NEXT!

Best Selling Author,  
Television Personality,  
Corporate Speaker,  
Leadership Consultant  
and Professor

Thursday, February 16  
at 6:00 pm



Next is delighted to welcome John U. Bacon! As a New York Times bestselling author, Mr. Bacon has written thirteen books on sports, business, health, and history — seven of them national bestsellers. His newest title, released in September 2022, is *The Greatest Comeback: How Team Canada Fought Back, Took the Summit Series, and Reinvented Hockey* and will be available for purchase along with other publications. John freelances for The Wall Street Journal, Yahoo, and others, appears often on TV, including HBO, ESPN, and the Big Ten Network — and also delivers weekly essays for Michigan Radio, where he won the prize for the nation's best commentary in 2014. He is a popular corporate speaker and leadership consultant, who occasionally teaches at the University of Michigan — where the students awarded him the Golden Apple Award, given to one instructor annually for "Excellence in Teaching." He lives in Ann Arbor with his wife and son. Good Morning America calls him "The REAL Ted Lasso."

### SLIDING INTO 2023 WITH DELICIOUS SLIDERS!

Thursday, January 26 at 12:00 pm

Register by Monday, January 23

Cost: \$5 members / \$5 guests



Let's get together and celebrate 2023! Enjoy delicious Hawaiian Ham and Swiss Sliders...a taste treat that always delivers. Please join us in the Next lobby for a fun lunch — sliders, chips, cookies and a beverage. It will be a great opportunity to socialize...meet some new friends and catch up with other Next members. Happy New Year!

# Happy New Year!

## It is hard to believe that it is already 2023!

Next has had a very good year thanks to our amazing members, volunteers, Board of Directors and staff. Membership and participation continue to increase, something we are thrilled about! We have so many programs for you to enjoy with expansive life-long learning and enrichment opportunities, fitness and art classes, travel, and our entertainment series — close to 250 events each month to keep you active and connected including more ways to gather and socialize.

With all that activity, you may be noticing a building that is often very busy, sometimes leading to overlapping or even displaced activities. Last May, I provided an update as we look to expand our capacity. At that time we were waiting for the Birmingham Public Schools to finalize their strategic plan and set priorities for their next five years. It is our hope that we could enter into a long-term lease that would allow Next to modify the building to better serve our growing needs. However in February of last year, the schools detected a significant financial shortfall of \$14.8 million dollars. That deficit has necessitated the need to perform additional studies that will provide data on the efficient use of their facilities. It is still our hope that we may be able to expand here at Midvale, but we will have to wait a bit longer as BPS works through their immediate needs.

Concurrently, Next is working with Tom Markus, Birmingham City Manager and the Birmingham City Commission, to aggressively pursue other options. We are actively in search of alternate locations that may afford us the space and amenities required to properly provide for our growing 50 plus community.

To quote one of my favorite Chinese proverbs, “the best time to plant a tree was twenty years ago, the second best time is now.” We are grateful for the patience our members have shown. Though we also recognize in order to provide the programs and services our community members require to remain healthy, engaged and independent, we need improved space and the necessary resources to properly serve the fastest growing segment of our population — very soon.

Please know regardless of what space we are in, we will always strive to make Next a special place to belong — and we will always be proud to serve our community! I will continue to communicate any new developments, so please stay tuned. Thank you for being the best part of Next!

— *Cris Braun*  
Executive Director

## A UNIQUE OPPORTUNITY TO CHALLENGE YOUR CREATIVE SPIRIT

Next has received a creative arts grant to provide a tuition-free 100-day creative arts project for those who are willing to take the challenge and make the commitment. The 100-day art workshop will enrich your creative spirit.

Select your own individual project that will offer an opportunity for self-reflection and strengthen your artistic skills through a variety of creative methods. Your project is limited only by your imagination — painting, drawing, ceramics, writing, scrapbooking, even cooking all celebrate creativity.

We will meet weekly as a team, guided by Kay Sulfaro, exploring creative exercises and activities that will provide insights and feedback in a supportive group setting of discovery and discussion.



Tuesdays for 15 weeks beginning  
January 17 from 10:00 to 11:30 am  
Cost: Complimentary members only

As you work on your project through the length of the workshop, you will find this creative team will enrich both your individual creative spirit, and our supportive community. A materials list is available in the Next office.

Kay Sulfaro previously has taught drawing classes and a Matisse Paper Cut-Outs class at Next. She joins us again to conduct the 100-Day Art Project. In addition to her Fine Arts background, Kay brings several years of working with the Paul Torrance Creativity exercises, as well as the enriching experience of a creativity program in Viterbo, Italy. Finally, she is excited to share the adventure that she learned so much from as she completed a 100-Day Art Project herself.



## HAPPENINGS AT NEXT

### HISTORY OF DETROIT

Local Historian Robert E. Sullivan, Jr.

#### ► Detroit Sports History II: Lions, Red Wings, Pistons, Olympia & Olympians

Wednesday, January 4 at 11:00 am

Cost: Complimentary members / \$5 guests

Robert E. Sullivan, Jr., Attorney and sixth generation Detroiter, has taught a History of Detroit class at the International Institute of Metropolitan Detroit and at Macomb Community College for several years. Mr. Sullivan will continue his exploration of Detroit sports history, including the Detroit Lions, Red Wings, Pistons, Joe Louis and boxing, hydroplanes, golf, horse racing, bowling, car racing, track, Olympic skating and other Olympians, Detroit's historic Olympia Stadium and the controversial last days of Tiger Stadium.

#### ► Detroit Hospitals, Universities & Parks

Wednesday, February 1 at 11:00 am

Cost: Complimentary members / \$5 guests

Learn about the Detroit hospital where the world's first successful open-heart surgery using a mechanical heart took place, how the University of Michigan was founded in Detroit by Detroiters, and how Belle Isle Park was designed by famous landscape architect Frederick Law Olmsted and the controversy that changed the design. Even learn how the great magician Harry Houdini died at a Detroit hospital. Learn all this and much more!

### SMART GAMES & GRINS

Paula Dirkes, M.A., CDP and Local Actor

Tuesday, January 10 at 1:30 pm

Cost: Complimentary members / \$5 guests

Do you love to laugh and enjoy life? Do you like to play games that are fun and a bit challenging? Do you value the ability to think on your feet? Appreciate meaningful reflection with others? If so, join facilitator Paula Dirkes for an invigorating and interactive workshop, where we'll play games with a purpose, sharpen our memories and have some fun at the same time!

### COME JOIN A HYGGE PARTY

**Hygge meaning Comfortable Conviviality**

Thursday, January 12 at 2:30 pm

Cost: Complimentary members / \$5 guests

It's that time of year again when we all want to hibernate from the cold and snow. But there are ways to get around the winter blues! One way is to celebrate warm and cozy moments and memories with your Next friends. Join Next staff members Bev and Pam for a Hygge (hue-gah) party. Wear your coziest sweater and/or your fuzziest socks. We'll sit around the fire (well, we can pretend!), share stories and talk about the big and small things in life. There will also be some treats to warm you on the inside. Take an hour to slow down, connect and feel content.

### **GUARDIANS OF MICHIGAN: Architectural Sculpture of the Pleasant Peninsulas**

Jeff Morrison, Historian, photographer and writer

Tuesday, January 24 at 1:30 pm

Cost: Complimentary members / \$5 Guests

Jeff Morrison is the author of two books, the multi-award-winning *Guardians of Detroit: Architectural Sculpture in the Motor City* and the just-released *Guardians of Michigan: Architectural Sculpture of the Pleasant Peninsulas*. Jeff will present a 60-minute program with more than 250 spectacular pictures of interesting architectural sculpture found on buildings throughout Michigan, from Ann Arbor to Ontonagon and all points in between. You will learn about the symbolism behind the sculpture and hear some of the untold stories of the artists, artisans and architects involved in the creation of these wonderful structures and the unique art that adorns them. Books will be available for purchase.

### BIRMINGHAM VILLAGE PLAYERS:

**Harold & Maude: The Musical Preview Night**

Wednesday, January 11 at 8:00 pm

Please call or stop by the Next office for tickets.

Attention lovers of the theater! The Birmingham Village Players have made a limited number of free tickets available to Next members for their Preview Night production of *Harold & Maude: The Musical*. Based on the cult film of the 70s, the play introduces Harold, a death-obsessed young man, to Maude, a life-affirming octogenarian. Their May-December romance changes them both and is the perfect warm-your-heart evening to take the chill off a cold January night. If you can't make it for Preview Night, *Harold & Maude: The Musical* runs January 13 through 29.

### BIRMINGHAM VILLAGE PLAYERS:

**Celebrate 100 Years of A Birmingham Gem**

Thursday, February 2 at 2:00 pm

Cost: Complimentary members / \$5 Guests

This year, the Birmingham Village Players is celebrating 100 years of community theater! Join historian Tania Velinsky as she shares the fascinating history of this century-old theater — and discusses *The Maker of Dreams*, the first play ever performed by Village Players in 1923. Also, find out more about the plays scheduled for the 2023 season.

### FOOD, FADS & FUNKY DISHES

Stephanie Arwady, Troy Historic Village

Adult Programs Director

Thursday, February 9 at 1:30 pm

Cost: Complimentary members / \$5 guests

Celery vases, rhubarb triangles, sugar beet farms — join us for some tasty history with a special focus on unique trends and Michigan's food and agricultural heritage. We'll look at historic travelogues, Indigenous oral tradition, cookbooks, recipes and ads to explore Michigan's food and agricultural heritage from the 1600s to the present day — in just under an hour!



## LOTSA LOVE CONCERT

Tuesday, February 14 at 2:00 pm

Cost: Complimentary members / \$5 guests

Sheila Landis, 7-Time Detroit Music Awards "Outstanding Jazz Vocalist" winner and 7-string guitarist Rick Matle, Oakland University Music Performance graduate, will warm hearts and tingle your toes with a set of songs selected in celebration of Valentine's Day. Of course, expect "My Funny Valentine" but also take note of Paul McCartney's dreamy "My Valentine," mixed in with a splash of hilarious novelty tunes from the 20s and 30s. Landis and Matle have been performing together for over 30 years, melding distinctive musical styles. Lovingly sponsored by Optalis Healthcare.

## LUNCH & LEARN: Joint Pain Solutions

**Dr. Michael Fleischman, Straith Orthopedics**

Friday, February 10 at 12:30 pm

Cost: Complimentary members / \$5 guests

Hip or knee joint pain? Don't worry, the doctor is here! Dr. Michael Fleischman will discuss over-the-counter medications, non-surgical treatment, minimally invasive options, and rapid recovery robotic joint replacements. You will have a chance to learn more about advancements in treatment and feel some relief by asking the doctor those questions you've been wanting to ask! Lunch provided for all who register.

## THE HIDDEN PAYOUT OF EATING ORGANIC

**Aaron Wallace, Owner - Balance Your Fitness**

Wednesday, February 15 at 12:30 pm

Cost: Complimentary members / \$5 guests

Are you sick and tired of being, well...being sick and tired? Is your weight all over the charts? Overwhelmed by health care expenses? Many people believe that buying conventionally processed food saves them money...but, does it really? In this presentation, you will learn the lesser-known facts about eating organic. We will teach you not only how to improve your physical health, but your financial health as well.

## RADIO STATION CKLW'S GLORY YEARS

**Rochelle Forester, Learning in Retirement speaker**

Thursday, February 23 at 2:00 pm

Cost: Complimentary members / \$5 guests

If you grew up in the Detroit area in the 50s and 60s, you're going to love this stroll down THE BIG 8 memory lane! Revisit your favorite disc jockeys as well as your favorite kiddie programs from CKLW, while you learn a bit of history about this influential radio and television station located across the river from the Motor City in Windsor, Ontario. It's the soundtrack of our youth that had an impact on the auto industry, the muscle of the Motor City and beyond.



## THE BEST OF CURRENT STREAMING AT NEXT

### INTERNATIONAL AFFAIRS FORUM STREAMING

#### Creating a Community of Global Citizens

The International Affairs Forum at Northwestern Michigan College is committed to being a leading community resource on critical issues facing the world.

Cost: Complimentary members / \$5 guests

#### UKRAINE, RUSSIA & THE WEST

**Ambassador John Kornblum - Former US Assistant Secretary of State for European Affairs**

Wednesday, January 4 at 1:30 pm

Recorded November 15, 2022 — a discussion on Ukraine, Russia and the West. Moderated by Jack Segal, former Senior US Diplomat and National Security Council Director for Russia, Ukraine and Eurasia in the Clinton Administration. 1 hour 3 minutes

#### IMMIGRATION & BORDER POLICY

**Theresa Brown - Former Director of US Customs and Border Protection**

Wednesday, January 18 at 1:30 pm

Recorded October 20, 2022 — a discussion on immigration reform and border policy with Theresa Brown and David Danelo regarding immigration and border policies. Moderated by Major General Lehnert USMC, former commander of USMC bases on and near the US and Mexico border. 1 hour 21 minutes



#### CYBERSECURITY: THE QUIET WAR

**Joshua Larocca, Former Attorney, US Department of Justice Counterterrorism**

Wednesday, February 8 at 1:30 pm

Recorded May 19, 2022 — a discussion on cybersecurity moderated by Kerry Vickers, Chief Information Security Officer at Aunalytics. 1 hour 2 minutes

#### MEXICO...MIGRATION, TRAFFICKING & TRADE

**Ambassador Earl Anthony Wayne - Former US Diplomat from 1975 - 2015**

Wednesday, February 22 at 1:30 pm

Recorded November 16, 2021 — a discussion with Ambassador Wayne, who was Ambassador to Argentina (2006 to 2009) and Coordinating Director for Development in Afghanistan (2009 to 2022), as well as Ambassador to Mexico (2011 to 2015). 1 hour 3 minutes





## HEALTH SERIES

**HENRY  
FORD  
HEALTH**

We are excited to have Henry Ford as the 2023 Health Series sponsor! Henry Ford Health is committed to improving the health and wellness of the Michigan community by improving people's lives through excellence in the science and art of health care and healing. As the Health Series Sponsor, Henry Ford Health will share the expertise of their physicians, nurses and other providers with Next members.

### IMPORTANCE OF MEDICATION MANAGEMENT

**Mo Bazzi, Pharmacist**

Thursday, January 19 at 1:00 pm

Cost: Complimentary members / \$5 guests

Safely managing medications is essential for senior health. That's why medication management for seniors is so important. Learn from Henry Ford pharmacist Mo Bazzi how putting a simple system in place and taking care of the basics helps seniors avoid common medication mistakes like taking the wrong drug, missing doses or taking more than prescribed.

### HEART HEALTH: The Differences in Men & Women

**Dr. Shalini Modi, Cardiologist**

Tuesday, February 7 at 1:00 pm

Cost: Complimentary members / \$5 guests

While heart disease is still the number one cause of death in men and women, it can develop and present in dramatically different ways across the sexes. Henry Ford cardiologist Dr. Shalini Modi will share those differences and more to help you keep your heart healthy and active.



## ENRICHMENT

### POPULAR READS BOOK CLUB

Mondays, January 9 and February 6 at 1:00 pm

The group is back to meeting in person at Next, as well as via Zoom!

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The January book selection is *Flight* by Lynn Steger Strong — and the February selection is *Black Cake* by Charmaine Wilkerson. Register at Next and Baldwin Public Library will provide the book.

### TRIVIA TIME!

Mondays, January 9 and February 6 at 3:00 pm

Cost: Complimentary members / \$5 guests

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

### NON-FICTION BOOK GROUP via Zoom

Tuesdays, January 10 and February 7 at 10:00 am

Facilitated by Mick Howey, Adult Services Librarian, join us to discuss *A Knock at Midnight* by Brittany K. Barneet in January, and *His Truth is Marching On* by Jon Meacham & John Lewis in February. Register at Next and Baldwin Public Library will provide the book.

### WOMEN'S ROUNDTABLE

Tuesdays at 11:30 am

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

### MEN'S ROUNDTABLE

Wednesdays at 9:00 am

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

### WRITER'S CORNER

Thursdays, January 5, 19 and February 2, 16 at 9:30 am

The group is back to meeting in person at Next!

Join Next members who love to gather and share their common interest in writing. Read your material and get constructive feedback. The first meeting of the month will take place in person at Next. The second meeting will be conducted via Zoom. For additional information contact Sara Burnside at 248-649-1813.

### 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.

# SPEAKER SERIES @ NEXT

Next welcomes Pomeroy Living as the 2023 Sponsor of the Speaker Series! We are grateful for their partnership and look forward to learning more about all that Pomeroy Living offers!

## January 5 - CRYPTOCURRENCY, FINANCIAL FRAUD & ROMANCE SCAMS

**Marcus Salloum - Investigative Analyst, United States Secret Service, Detroit Field Office**

This presentation will focus on several emerging aspects of fraud involving day-to-day activities such as investment scams, romance and confidence fraud, grandparent scams, tech support and advanced fee scams. Mr. Salloum will share the basics of cryptocurrency, emerging patterns in law enforcement and how criminals are resorting to cryptocurrency when orchestrating illicit acts. Finally, he will share common instances of fraud and the best ways to avoid becoming a victim including red flags to look out for when financial transactions are involved.



## January 12 - MARTIN LUTHER KING, JR. & THE FIGHT AGAINST RACISM

**De Witt S. Dykes, Jr. - Associate Professor, Department of History, Oakland University and Recipient of the 2019 "Men of Excellence" Award**

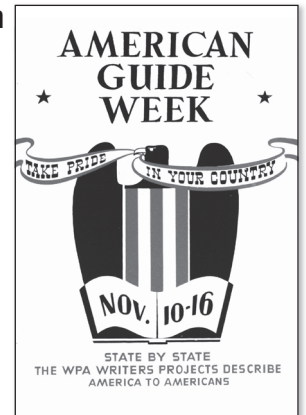
This presentation will analyze the factors that enable Dr. King to become a major spokesman for racial equality and to achieve international recognition for his philosophy and work. Professor Dykes, a Man of Excellence who inspires others through their vision and leadership, exceptional achievements and participation in community service will discuss Martin Luther King, Jr. and his leadership fighting racism. Professor Dykes is a renowned authority on African American Urban and Family History. He is an extensively published author with significant contributions to the research and recording of African American history.



## January 19 - THE FEDERAL WRITERS PROJECT

**Jim Craft, B.A., M.A., Historian**

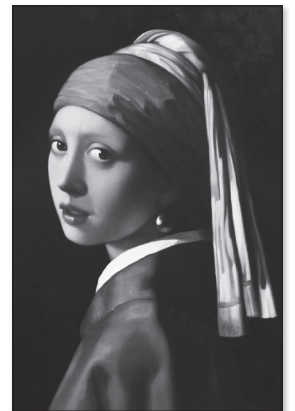
Jim will return to Next to share a useful perspective on the political and social climate of America in the 1930s. In the midst of the Great Depression, President Roosevelt created the New Deal that included The Federal Writers Project providing employment to needy writers. A central part of the Project was the American Guide Series, a set of detailed travel guides for every state. John Steinbeck said the Guides "comprise the most comprehensive accounts of the United States ever got together and nothing has approached it since." The books provide the best glimpse of life in America ever produced.



## January 26 - THE DUTCH GOLDEN AGE

**Detroit Institute of Arts - Docent**

View and engage in a century of Dutch art, inspired by the vast trade between the Dutch Republic and the world they sailed in search of spices, porcelain, rugs and more. Learn from the Detroit Institute of Arts docent about how the overall Dutch emphasis on realistically depicting everyday existence spurred the popularity of genre works and landscapes. We will learn how the Dutch Republic thrived during their "Golden Age".



**SPONSORED BY POMEROY LIVING**  
**Senior Living Communities**

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



**February 2 - THE ECONOMY IN MICHIGAN  
& THE US: INFLATION, HOUSING MARKET  
& A RECESSION**

**Professor Man Jin**  
**Professor of Economics,**  
**Oakland University**

What's the current state of the economy in the US and Michigan? Are we now in a recession or not? Why has inflation increased in the last two years? Is the labor market still strong right now? What's happening in the housing market? What is the Federal Reserve and why are they so powerful? Can the government and the Federal Reserve do anything to reduce the impact of a recession? Join Professor Man Jin to get answers to these questions and many others about the health of the economy.



**February 16 - THE ONE, THE ONLY...  
JOHN U. BACON VISITS NEXT!**

**John U. Bacon - Best Selling**  
**Author, Television Personality,**  
**Corporate Speaker, Leadership**  
**Consultant and Professor**

Join us for this special event.  
See front cover for details.



**February 9 - THE HISTORY OF COUNTRY BLUES  
WITH LIVE GUITAR PERFORMANCE**

**Leonardo Gianola - Musician,**  
**National Reso-Phonic Guitar**  
**Co. Endorsement**

This will be a unique and historical musical journey with the history and an acoustic performance on a metal guitar in open tunings. Not many people do what "Leonardo Blues" does! He will start with the beginning of Blues and a timeline narrative and demonstration. He will share some of the first recorded Blues songs and continue with the evolution of Blues through the 1930s — including how these songs influenced post-war music. Leonardo has been performing and teaching workshops in the Detroit area for more than 20 years. "Not many people do what we do." — Rev. Robert B. Jones, July 19, 2021



**February 23 - RUSSIA'S  
WAR ON UKRAINE,  
ONE YEAR ON**

**Aaron Retish, B.A., M.A.,**  
**Ph.D., Associate Professor,**  
**Wayne State University**

February 24 marks the one year anniversary of Russia's invasion of Ukraine. Aaron Retish returns to Next to share his expertise and perspectives on the War. After living in Russia and studying Russia's foreign affairs, he returns to talk about Russia's buildup to what has become the largest land war in Europe since WWII and how Ukrainians thwarted Russia's military advances. He will also share what might come next in Ukraine and in Russia.



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





## FITNESS OFFERINGS

### **TOTAL HEALTH WORKS - BRAIN & BODY with Pam Smith**

Tuesdays and Thursdays at 10:00 am

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

This class focuses on functional exercise with an emphasis on brainwork — challenging individuals cognitively, as well as physically. Participants will work on things like memory, multi-tasking and sequencing, as well as strengthening, cardio, core and balance work. This class is for people of all ability levels. Pam Smith is a certified personal and group trainer through The American Council on Exercise.

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

Mondays from 9:15 to 10:15 am

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

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

### **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.

### **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.

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

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

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

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

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

Tuesdays from 4:00 to 5:00 pm

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

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

### **AGELESS YOGA with Karen Lutz**

Wednesdays at 1:00 pm

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

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

### **MINDFULNESS & MEDITATION with Karen Lutz**

Wednesdays at 2:15 pm - Sessions last 30 to 60 minutes

Cost: Complimentary - Donations to Next appreciated.

Begin or deepen your meditation practice in a safe, welcoming environment.

### **WEDNESDAY FLOW YOGA with Caryn Ciagne**

Wednesdays from 9:15 to 10:15 am

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

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.

### **FRIDAY FITNESS with Caryn Ciagne**

Fridays from 9:15 to 10:00 am

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

Let's get moving! We'll move around the Seaholm track together (weather permitting) and utilize the fence, benches and other props for stretches and strength work. If Mother Nature doesn't cooperate, we will have the class indoors. Either way, we will incorporate stretching, balance and strengthening. Park and check-in at Next.

### **TAI CHI FOR HEALTH**

Fridays from 10:00 to 11:00 am

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

Cost 1 drop-in class: \$10

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

## **YOGA-INSPIRED STABILITY** **with KAREN LUTZ - NEW!**

Free Demo Thursday, January 5 from 3:00 to 4:00 pm  
Class begins Thursday, January 12 from 3:00 to 4:00 pm  
Cost 10 drop-in classes: \$100 members / \$110 guests

Stretch, strengthen and stabilize with this new yoga-inspired ball class led by Karen Lutz, E-RYT. You will have the option of working with a chair or yoga mat. All levels are welcome and we'll just have fun! Bring your yoga mat and any props you like to use.

## **PICKLEBALL**

Cost: Complimentary members only

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

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

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

## **OPEN GYM**

Mondays, Tuesdays and Thursdays from 8:30 to 9:30 am

Please feel free to use the gymnasium for walking or self-directed exercise. We will have hand weights available for your use.

## **TENNIS LEAGUE - MIXED DOUBLES**

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

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

## **BOWLING LEAGUE**

Thursdays at 10:00 am

Cost: \$10 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. For more information call or text Jamie Olivarez at 517-214-4049.



# Care beyond the Hospital

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## DAY TRIPS

### THE HENRY FORD MUSEUM

Thursday, January 12

Must be registered by Friday, January 6

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

Cost: \$50 member / \$55 guests

Step into a world where past innovations fuel the imagination of generations to come. A vibrant exploration of genius in all its forms, Henry Ford Museum of American Innovation allows you to experience the strides of America's greatest minds while fully immersing yourself in their stories. Step inside the bus where Rosa Parks took a stand by taking a seat. Play pilot as you explore flight innovations, starting with the Wright brothers' achievements, or make yourself at home inside Buckminster Fuller's circular Dymaxion House. Put yourself in the place of the movers and shakers who blazed the trail to where we stand today. This self-guided tour will allow 3 hours total in the museum to experience as you wish.



### CRANBROOK INSTITUTE OF SCIENCE MUSEUM

Wednesday, January 18

Must be registered by Friday, January 13

Bus departs Next at 10:00 am, returns about 12:30 pm

Cost: \$15 members / 20 guests

Learn about the natural world around you! Discover the wonder of the natural world and develop a better understanding of the ways in which science impacts our lives each day at Cranbrook Institute of Science. This trip is a two-hour self-guided visit to explore the museum and grab a bite at Reflections Café if you choose. Interactive exhibits, a world-class collection of objects and artifacts, a planetarium and observatory, and superior changing exhibitions offer something for everyone. Stand beneath (Sue) a T.rex, feel a mastodon's fur, or touch a meteorite. The Institute of Science continues to play a significant role in building a scientifically literate public. Please let the Next front desk know if you are a member of Cranbrook upon registering.

#### 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.

### CRANBROOK ART MUSEUM

Wednesday, February 8

Must be registered by Friday, February 3

Bus departs Next at 10:00 am, returns about 12:00 pm

Cost: \$15 members / \$20 guests

Cranbrook Art Museum is situated on a lush, 319-acre campus of world-renowned architecture, sculpture, and gardens. Described by architecture critic Wolf von Eckardt as "the most enchanted and enchanting setting in America," in 1989 it was designated a National Historic Landmark. The Art Museum features year-round, changing exhibitions of modern and contemporary art and design. Cranbrook Art Museum presents and collects the art, architecture, craft, and design of the twentieth- and twenty-first centuries with a special focus on the achievements of artists from Cranbrook Academy of Art and Detroit. Their mission is to connect, drive conversations and inspire us as individuals, cultures, and communities. Enjoy a one and a half hour self-guided tour of this magnificent museum at the heart of a landmark campus of exceptional design that serves as a destination for visitors from down the street and around the world. Please let the Next front desk know if you are a member of Cranbrook upon registering like we have in the Cranbrook Institute of Science Museum.

### SEAFOOD BUFFET AT HENRY FORD COLLEGE CULINARY SCHOOL

Wednesday, February 15

Bus departs Next at 10:30 am, returns about 1:30 pm

Cost: \$10 members / \$15 guests (Transportation only)

ENOUGH SAID! Buffet is approximately \$17.00 per person to be paid for individually.

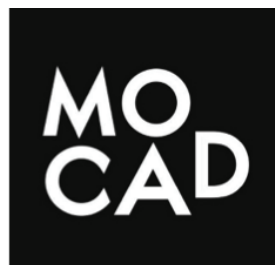
### MUSEUM OF CONTEMPORARY ART DETROIT (MOCAD)

Thursday, February 16

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

Cost: \$10 members / \$15 guests

The Museum of Contemporary Art Detroit (MOCAD) is a non-collecting contemporary art museum located in Detroit, and is housed in a 22,000-square-foot building, a converted former auto dealership designed by architect Andrew Zago. The architecture of the building is left intentionally raw and unfinished. MOCAD is where adventurous minds encounter the best in contemporary visual, literary, music, and performing arts. A responsive center for diverse audiences, MOCAD presents art that contextualizes, interprets, educates and expands culture, pushing us to the edges of contemporary experience. Take an hour and a half to tour on your own and enjoy a pastry and or light refreshment in the Mocad Café, if you choose.





## DETROIT PUBLIC THEATRE: THE PECULIAR PATRIOT

Wednesday, February 22

Must be registered by Friday, February 10

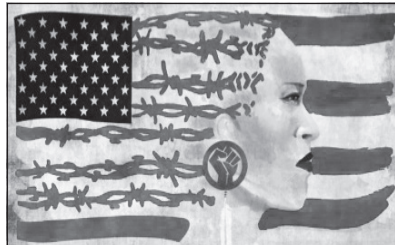
Bus departs Next at 1:10 pm, returns about 4:15 pm

Cost: \$50 members / \$55 guests

Take in an afternoon performance of *The Peculiar Patriot* at the nationally recognized Detroit Public Theatre in its new building in the heart of Midtown. Inspired by her decades-long work with prison populations, including on the notorious Rikers Island. Liza Jessie Peterson's timely and urgent one-person show unpacks the human impact of mass incarceration in America.

*"An absorbing theatrical experience, that allows you to experience laughter, anger, inspiration, and hope all in one."*

— *Broadway World*



Fearlessly funny, smart and provocative, *The Peculiar Patriot* traces the migration of systematic injustice from the plantation to the prison yard. Written and performed by the incomparable Ms. Peterson — the tour de force solo piece is an important, comedic, and profound investigative look into America's criminal justice system.

## MOTOWN MUSEUM

Tuesday, February 28

Register by Sunday, February 5

Bus departs Next at 10:30 am, returns about 1:15 pm

Cost: \$ 35 members / \$ 40 guests

Motown Museum is the ongoing heartbeat of the Motown legacy — a global tourist destination for music and history fans that celebrates the authentic story of Motown from its humble beginnings, to its emergence as the "Sound of Young America" and beyond. "The Little House That Rocked The World" transports you into an era of musical magic. From the moment you step on the plaza, you'll be immersed in the Motown sound and will experience a profound sense of history. On your interactive tour, a personable guide will share captivating stories, fascinating anecdotes, and interesting history that all took place within the space you stand. You'll experience curated exhibits, the actual apartment Berry Gordy lived in with his family during the label's earliest days, the retro style offices of Hitsville USA and, of course, Studio A — the legendary recording studio where Motown artists recorded some of the greatest songs of all time from 1959 to 1972.



## DETROIT SYMPHONY ORCHESTRA

### Friday Morning Coffee Concerts

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

Cost: \$65 members / \$70 guests

Please pre-register, space is limited.

### Friday, January 6 - TWIST & SHOUT: THE MUSIC OF THE BEATLES — A SYMPHONIC EXPERIENCE

Twist & Shout celebrates The Beatles in America, beginning with their 1964 appearance on the Ed Sullivan Show and following their journey across the country as Beatlemania won the hearts of Americans everywhere.

### Friday, February 10 - FRANK & THE GREAT LADIES OF SONG

Broadway brass meets old-school class in a fresh take on songbook classics with award-winning vocalists Capathia Jenkins and Tony DeSare. Enrico Lopez-Yanez leads the DSO in a panoply of hits.

### Friday, March 10 - SONDHEIM & BEYOND

Join the DSO in a joyous celebration of the life and work of Stephen Sondheim, including favorites from Broadway legends and selected collaborators like Stephen Schwartz, Julie Stein, Jerry Herman, Andrew Lloyd Webber, Leonard Bernstein and more.



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## ART & CREATIVITY

### PHOTOGRAPHY CLUB

Thursdays, January 12 and February 9  
from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 guests

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

### KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

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

### NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

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

### PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm

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

### POTTERY OPEN STUDIO

Thursdays from 10:00 am to 12:30 pm

Enjoy the Open Studio to develop your beautiful pottery projects.

### OPEN ART STUDIO

Wednesdays from 2:00 to 4:00 pm - New Day and Time!

Join fellow Next members for camaraderie and enjoy the creative synergies that come from being with other talented artists.

### STUDIO ART

Thursdays, January 5 through March 2  
from 1:00 to 3:30 pm

Cost: 9-week class: \$158 members / \$168 guests

**Not for beginning students. Work with materials you are already familiar with via prior class instruction.**

Students will choose a piece of art to work on and use materials they are experienced with such as acrylics, oils, watercolors or collage. Instructor Karen Halpern will foster critical thinking and make suggestions to guide students as they advance with the individualized project. Karen's goal is to broaden students' viewpoints and develop skills and knowledge. Students should bring your own subject, reference material, supplies and a lightweight portable easel, if you work upright. Returning students, plan to start a fresh piece of work this semester. Limited to 12 students.

### CALLING ALL NEXT ARTISTS! DON'T MISS THIS UNIQUE OPPORTUNITY TO CHALLENGE YOUR CREATIVE SPIRIT

Tuesdays for 15 weeks beginning  
January 17 from 10:00 to 11:30 am  
Cost: Complimentary members only

Next has received a creative arts grant to provide a tuition-free 100-day creative arts project for those who are willing to take the challenge and make the commitment.

The 100-day art workshop will enrich your creative spirit.

Select your own individual project that will offer an opportunity for self-reflection and strengthen your artistic skills through a variety of creative methods. Your project is limited only by your imagination — painting, drawing, ceramics, writing, scrapbooking, even cooking all celebrate creativity.

See page 2 for more details.



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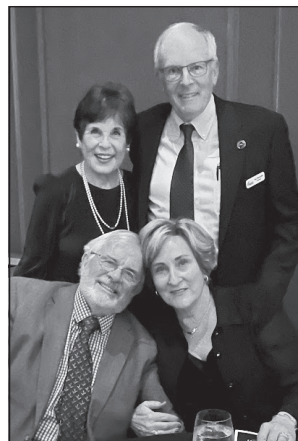
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## CARDS, TILES, COLLECTORS

### **EUCHRE...back at Next!**

Wednesdays from 10:00 am to 12:00 pm

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

### **MAH JONGG**

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

Fridays from 1:00 to 3:00 pm

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

### **CANASTA**

Tuesdays from 12:00 noon to 2:00 pm

Cost: Complimentary members / \$5 guests

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

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

Mondays, Wednesdays and Fridays from 12:00 noon to 2:00 pm

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

### **SOCKI**

Tuesdays from 1:00 to 3:00 pm

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

### **BINGO**

Mondays, January 2, 16 and February 6, 20 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.

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

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

After many years, Al Rosie will no longer facilitate this group — and will now simply enjoy playing. Thank you to Al for your dedication! New group leader is Helen Cook and can be reached at [hc3740@sbcglobal.net](mailto:hc3740@sbcglobal.net).

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

Come with your partner. Experienced players, please.

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

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

### **CHESS...JOIN THE FUN!**

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

### **CHESS LESSONS**

Thursdays from 4:00 to 5:00 pm

Cost: Complimentary members / \$5 guests

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

### **CHESS CLUB**

Thursdays from 5:00 to 7:00 pm

Cost: Complimentary members / \$5 guests

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

### **BIRMINGHAM STAMP CLUB**

Tuesdays, January 3, 17 and February 7, 21 at 5:30 pm

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

### **COIN CLUB**

Wednesday, January 18 and February 15 at 6:00 pm

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

### **COMPUTER LAB & LESSONS**

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

We offer one-on-one computer instruction on one of our many computers or your laptop by one of our talented instructors. Please contact the Next office to schedule an appointment and purchase your computer card. The Computer Lab is open for independent use during Next business hours.

# FEATURE FILMS

**Wednesday Evenings @ 5:00 pm**

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

## **January 4 - HELLO, MY NAME IS DORIS**

With help from her best friend's (Tyne Daly) granddaughter (Isabella Acres), a smitten woman (Sally Field) concocts schemes to get the attention of a younger co-worker (Max Greenfield) in her office.

Rated R 1 hour 30 minutes

## **January 11 - THE BIG SICK**

Kumail is a Pakistani comic, who meets an American graduate student named Emily at one of his stand-up shows. As their relationship blossoms, he soon becomes worried about what his traditional Muslim parents will think of her. When Emily suddenly comes down with an illness that leaves her in a coma, Kumail finds himself developing a bond with her deeply concerned mother and father.

Rated R 2 hours

## **January 18 - FOR RICHER OR POORER**

Brad Sexton (Tim Allen) and his wife, Caroline (Kirstie Alley), are wealthy New Yorkers with both marital and financial problems. The latter issue becomes a pressing matter when they discover that their accountant has embezzled millions and pinned the blame on them. Forced to go on the lam, Brad and Caroline end up in an Amish area of Pennsylvania and decide to pose as members of the religious group to evade the IRS. As the two adapt to the simple Amish lifestyle, they begin to reconnect.

Rated PG13 1 hour 55 minutes

## **January 25 - THE REWRITE**

Once upon a time, screenwriter Keith Michaels (Hugh Grant) was on top of the world — a Golden Globe Award and a hit movie to his name, a beautiful wife and a seemingly inexhaustible supply of wit and charm. But that was fifteen years ago: now, he's divorced, broke, approaching fifty and hasn't written a hit film in years. Luckily, his agent has a job for him — a university in the quiet town of Binghamton is looking for someone to teach a course in screenwriting, and with an empty wallet as his motivation, Keith can't say no. Hoping to give minimal attention to his duties and focus on writing a new script, his attitude slowly begins to turn when he meets Holly (Marisa Tomei) — a single mum who changes his life in more ways than one.

Not Rated 1 hour 47 minutes

## **February 1 - RUDY**

Rudy Ruettiger (Sean Astin) wants to play football at the University of Notre Dame, but has neither the money for tuition nor the grades to qualify for a scholarship. Rudy redoubles his efforts to get out of the steel mill where his father works when his best friend (Christopher Reed) dies in an accident there. Overcoming his dyslexia thanks to his friend and tutor, D-Bob (Jon Favreau), Rudy gains admission to Notre Dame and begins to fight his way onto the school's fabled football team.

Rated PG 1 hour 56 minutes

## **February 8 - FATHER STU**

When an injury ends his amateur boxing career, Stuart Long moves to Los Angeles to find money and fame. While scraping by as a supermarket clerk, he meets Carmen, a Sunday school teacher who seems immune to his bad-boy charm. Determined to win her over, the longtime agnostic starts going to church to impress her. However, a motorcycle accident leaves him wondering if he can use his second chance to help others, leading to the surprising realization that he's meant to be a Catholic priest.

Rated R 2 hours 4 minutes

## **February 15 - WEST SIDE STORY (2021)**

Love at first sight strikes when young Tony spots Maria at a high school dance in 1957 New York City. Their burgeoning romance helps to fuel the fire between the warring Jets and Sharks — two rival gangs vying for control of the streets.

Rated PG 13 2 hours 36 minutes

## **February 22 - THE OTHER BOLEYN GIRL**

King Henry VIII (Eric Bana) lacks an heir. Seeing this as an opportunity for personal gain, the Duke of Norfolk (David Morrissey) and Sir Thomas Boleyn (Mark Rylance) persuade Thomas' daughter Anne (Natalie Portman) to seduce the king. But Henry falls in love with Anne's sister, Mary (Scarlett Johansson), instead. When Mary becomes pregnant, she's confined to bed, charging Anne with keeping the king from straying. But the plan backfires when Anne seeks the king's affections for herself.

Rated PG 13 1 hour 55 minutes



## HEALTH & NUTRITION

### BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Mondays, January 16 and February 6

from 11:00 am to 12:00 noon

Cost: Complimentary - No appointment is required.

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

### MEDICARE/MEDICAID GUIDANCE

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

### VISION ENRICHMENT SUPPORT GROUP

This support group will resume in the future. Please call the Next office at 248-203-5270 for additional information.

### NUTRITION SUPPORT

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

### PARKINSON'S SUPPORT GROUP

Mondays, January 9 and February 13 at 5:30 pm

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

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

Wednesdays, January 18 and February 15

from 5:30 to 7:00 pm

This group is for spouses, children, parents or siblings who care for an individual under the age of 65 years, who has been diagnosed with Alzheimer's disease or any other progressive dementia. This group creates a safe, confidential, supportive environment and offers a chance for participants to share words of encouragement and help each other develop coping skills and learn to solve problems. Please contact Cindy Beller at 586-453-1909 for additional information. Presented by the Michigan Chapter of the Alzheimer's Association.

### MEALS ON WHEELS

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

### 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.

### 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.

### 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.



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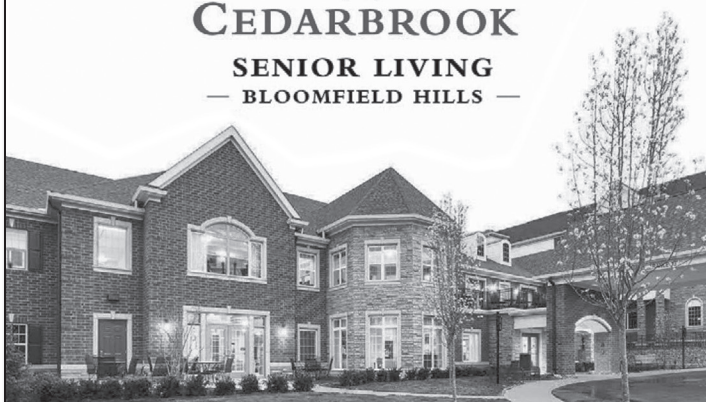
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## SUPPORT SERVICES

### 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. Sandi Cassar and Pat Brooks in Support Services welcome you Monday through Thursday, 9:00 am to 4:00 pm and Friday, 9:00 am to 3:00 pm.

### ASK THE ATTORNEY

Tuesdays, January 3 and February 7 from 12:00 to 12:45 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. Our friendly Next drivers will take you to medical, dental, personal appointments, shopping or activities at Next. Transportation hours are 8:30 am to 5:00 pm, Monday through Thursday — and 8:30 am to 2:00 pm on Fridays. For reservations, please call 248-203-5270 at least three working days in advance to request a ride.

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

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

### 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.

### COMMUNITY HOUSING TOURS

Next arranges Community Housing Tours to local senior living communities. There are many wonderful options in the area and this is a great opportunity. Gather information about community housing and enjoy a complimentary lunch. If you have a community you would like to visit, please let Next know.



### Pomeroy Independent Living

Wednesday, January 25 - Bus departs from Next 11:00

Due to increased interest, we are revisiting Pomeroy! Pomeroy offers a complete continuum of care. They embrace a balance of natural surroundings, social spaces and state of the art technology. Come see for yourself. All are welcome.

### FINANCIAL ASSISTANCE

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

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

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

### 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.

### 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.



# *the* Walking Track *at the* Christian Life Center

Free, open to the public weekdays at 8:00 a.m.  
No membership required.

As we expand current hours please check the website for the most up-to-date information. This will include regular CLC hours, holiday closures, and weather closures.

Visit [www.fumcbirmingham.org/CLC](http://www.fumcbirmingham.org/CLC) to learn more.



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Spread the word about what a great place Next is!  
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!

## THANK YOU FOR SUPPORTING NEXT!

### GOODS & SERVICES

Ron and Marilyn Cantin, Annette Reich  
and Greg Weddell.

### INDIVIDUAL

Rosemarie Battey, Alfred Bosley, Marceline Bright,  
Kaki Mammel, Jane Perrin, Renate Reimer, Karen  
Rock, Ed and Joanne Schouten, Paddy Scott,  
and David and Linda Underdown.

## MEET OUR NEWEST MEMBERS

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

Nancy Abboud, Julie Baba, Thomas and Alison Bazil, Janet Brown,  
Louis Cunningham, Gregory Graves, Rodney and Margaret Griffard,  
Cathy Hahn, Lisa Haines, Tom and Pat Hardy, Virginia Heil, Carolyn  
Herman, Mary Hobart, William and Marcia Hochkammer, Jeffrey  
and Rachel Hoomaian, David Levinson, Gerald Lieberman, Ann  
Maguran, Barb Mathews, Peggy Meador, Bill and Diane Rundell,  
Michael Sternfeld, Tom and Lisa Straith, Gary and Linda Wallace,  
Mike and Mary Walosin, Nicole Winters-Smith, Diana Wise,  
Michelle Vanderheyden and Mary Zakrzewski.

## WELCOME BACK

We are excited to catch up with those members who are  
reconnecting with Next: Susan Elliott, Lisa Moore and Steve Stoltz.

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

Frank Ashinger, Pat Dalhin,  
Susan Kenney, John Rhein, Marge Tanney  
and Barbara York.

**Our thoughts are with you...** Elaine Bryant  
and Jon Walgren.

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

Cris Braun, Executive Director  
Kathleen Tillson, Office Supervisor  
Sara Callender, Staff Assistant  
Bev Singer, Staff Assistant  
Susan Gwizdz, Marketing & Communications  
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Sandi Cassar, Support Services  
Pat Brooks, Support Services  
Kim Holmes, Facility Operations  
Calvin Moss, Van Driver  
Judy Murrell, Meals on Wheels

After many years of dedicated driving and  
getting area residents safely around town,  
Virgil Coleman will be turning in his keys.  
We thank you, Virgil, for your service  
and wish you well in retirement!

## POLICY REMINDERS

- Please pre-register for all Next programs. It helps us plan for seating, class materials and refreshments. No refunds given after a program or speaker presentation. We are not able to offer classes or programs on a prorated basis.
- For our new and existing members, the Next Member Policy Handbook is available on our website and in the office. Thank you for adhering to the Next member policies — and for your commitment to making Next the best place to stay active & connected!
- While Next is unable to endorse any of the products or services of our newsletter sponsors, we appreciate the support of these businesses.
- We want to assure you that Next remains vigilant in our COVID safety protocols and we are dedicated to keeping our members and staff safe. Next protocols are guided by the CDC and The Oakland County Health Department.



# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>Closed</b> <b>Happy New Year!</b>	<b>3</b> 8:30 Open Gym 10:00 Total Health Works Brain & Body 11:30 Women's Roundtable 12:00 Canasta Ask the Attorney 12:30 Partners Bridge 1:00 Socki Chess - Join the Fun! 1:30 Chair Yoga & Meditation 4:00 Yoga for Well Being 4:30 Pickleball 5:30 Stamp Club	<b>4</b> 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio Euchre 11:00 Detroit History: Sports II Pinochle 12:00 Ageless Yoga 1:00 Ukraine, Russia & The West 1:30 Tennis League Mixed Doubles 2:00 Open Art Studio 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Hello, My Name is Doris	<b>5</b> 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Pottery Studio 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability Free Demo 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Cryptocurrency, Financial Fraud & Romance	<b>6</b> <b>DSO - Twist &amp; Shout: The Music of the Beatles</b> 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League Mixed Doubles
<b>9</b> 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Popular Reads Book Club Mah Jongg 3:00 Trivia Time! 4:30 Pickleball 5:30 Parkinson's Support Group	<b>10</b> 8:30 Open Gym 10:00 Non-Fiction Book Club Total Health Works Brain & Body 11:30 Women's Roundtable 12:00 Canasta 12:30 Partners Bridge 1:00 Socki Chess - Join the Fun! 1:30 Smart Games & Grins Chair Yoga & Meditation 4:00 Yoga for Well Being 4:30 Pickleball	<b>11</b> 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio Euchre 12:00 Pinochle 1:00 Ageless Yoga 1:30 Tennis League Mixed Doubles 2:00 Open Art Studio 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: The Big Sick	<b>12</b> <b>The Henry Ford Museum</b> 8:30 Open Gym 9:30 Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Photography Club Pottery Studio 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 2:30 Hygge Party 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: MLK, Jr. & the Fight Against Racism	<b>13</b> 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League Mixed Doubles
<b>16</b> 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:00 Blood Pressure & Oxygen Clinic 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Bingo Mah Jongg 4:30 Pickleball	<b>17</b> 8:30 Open Gym 10:00 Total Health Works Brain & Body 100-Day Art Project 11:30 Women's Roundtable 12:00 Canasta 12:30 Partners Bridge 1:00 Socki Chess - Join the Fun! 1:30 Chair Yoga & Meditation 4:00 Yoga for Well Being 4:30 Pickleball 5:30 Stamp Club 6:00 Jeffrey Cavataio Returns to Next!	<b>18</b> <b>Cranbrook Institute of Science Museum</b> 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio Euchre 12:00 Pinochle 1:00 Ageless Yoga 1:30 Immigration & Border Policy Tennis League Mixed Doubles 2:00 Open Art Studio 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: For Richer Or Poorer 5:30 Dementia Caregiver Support Group 6:00 Coin Club	<b>19</b> 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Pottery Studio Total Health Works Brain & Body Bowling League 12:30 Pickleball 1:00 Medication Management Studio Art 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Federal Writers Project	<b>20</b> 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League Mixed Doubles
<b>23</b> 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:30 Pickleball	<b>24</b> 8:30 Open Gym 10:00 Total Health Works Brain & Body 100-Day Art Project 11:30 Women's Roundtable 12:00 Canasta 12:30 Partners Bridge 1:00 Socki Chess - Join the Fun! 1:30 Guardians of MI: Architectural Sculpture of the Pleasant Peninsulas Chair Yoga & Meditation 4:00 Yoga for Well Being 4:30 Pickleball	<b>25</b> <b>Pomeroy Housing Tour</b> 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio Euchre 12:00 Pinochle 1:00 Ageless Yoga 1:30 Tennis League Mixed Doubles 2:00 Open Art Studio 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: The Rewrite	<b>26</b> 8:30 Open Gym 9:30 Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Pottery Studio 12:00 Sliding into 2023 with Delicious Sliders 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Dutch Golden Age	<b>27</b> 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League Mixed Doubles
<b>30</b> 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:30 Pickleball	<b>31</b> 8:30 Open Gym 10:00 Total Health Works Brain & Body 100-Day Art Project 11:30 Women's Roundtable 12:00 Canasta 12:30 Partners Bridge 1:00 Socki Chess - Join the Fun! 1:30 Chair Yoga & Meditation 4:00 Yoga for Well Being 4:30 Pickleball			



# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Euchre Needle Arts Open Studio Detroit History: Hospitals, Universities & Parks 11:00 Pinochle 12:00 Ageless Yoga 1:30 Tennis League Mixed Doubles 2:00 Open Art Studio 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Rudy	<b>2</b> 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Pottery Studio 12:30 Pickleball 1:00 Studio Art Chair Yoga & Meditation 2:00 Birmingham Village Players: Celebrate 100 Years of A Birmingham Gem 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Economy in Michigan and US	<b>3</b> 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League Mixed Doubles
<b>6</b> 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:00 Blood Pressure & Oxygen Clinic 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Popular Reads Book Club Mah Jongg Bingo 3:00 Trivia Time! 4:30 Pickleball	<b>7</b> 8:30 Open Gym 10:00 Non-Fiction Book Club Total Health Works Brain & Body 100-Day Art Project 11:30 Women's Roundtable Canasta Ask the Attorney 12:30 Partners Bridge 1:00 Heart Health Chess - Join the Fun! Socki Chair Yoga & Meditation 4:00 Yoga for Well Being 4:30 Pickleball 5:30 Stamp Club 6:00 Folk Music with Jan & Jim!	<b>8 Cranbrook Art Museum</b> 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Euchre Needle Arts Open Studio Pinochle 12:00 Ageless Yoga 1:00 Cybersecurity: The Quiet War Tennis League Mixed Doubles Open Art Studio 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Father Stu	<b>9</b> 8:30 Open Gym 9:30 Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Photography Club Pottery Studio 12:30 Pickleball 1:00 Studio Art 1:30 Food, Fads & Funky Dishes Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The History of Country Blues with Live Guitar Performance	<b>10 DSO - Frank &amp; The Great Ladies of Song</b> 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Joint Pain Solutions Pickleball 1:00 Mah Jongg 1:30 Tennis League Mixed Doubles
<b>13</b> 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:30 Pickleball 5:30 Parkinson's Support Group	<b>14</b> 8:30 Open Gym 10:00 Total Health Works Brain & Body 100-Day Art Project 11:30 Women's Roundtable Canasta 12:30 Partners Bridge 1:30 Chair Yoga & Meditation Chess - Join the Fun! Socki 2:00 Lotsa Love Concert 4:00 Yoga for Well Being 4:30 Pickleball	<b>15 Seafood Buffet at Henry Ford Culinary School</b> 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Euchre Needle Arts Open Studio Pinochle 12:30 Hidden Payout of Eating Organic 1:00 Ageless Yoga 1:30 Tennis League Mixed Doubles Open Art Studio 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: West Side Story (2021) 5:30 Dementia Caregiver Support Group 6:00 Coin Club	<b>16 Mocad - Museum of Contemporary Art</b> 8:30 Open Gym 9:30 Palette & Brush 9:30 Writer's Corner 10:00 Total Health Works Brain & Body Bowling League Pottery Studio 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The One, The Only, John U. Bacon Visits Next!	<b>17</b> 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League Mixed Doubles
<b>20</b> 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg Bingo 4:30 Pickleball	<b>21</b> 8:30 Open Gym 10:00 Total Health Works Brain & Body Bowling League 100-Day Art Project 11:30 Women's Roundtable Canasta 12:30 Partners Bridge 1:00 Socki Chess - Join the Fun! Chair Yoga & Meditation 1:30 Yoga for Well Being 4:30 Pickleball 5:30 Stamp Club	<b>22 Detroit Public Theatre The Peculiar Patriot</b> 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Euchre Needle Arts Open Studio Pinochle 12:00 Ageless Yoga 1:00 Mexico-Migration, Trafficking & Trade 1:30 Tennis League Mixed Doubles Open Art Studio 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: The Other Boleyn Girl	<b>23</b> 8:30 Open Gym 9:30 Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Pottery Studio 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 2:00 Radio Station CKLW's Glory Years 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Russia's War On Ukraine, One Year On	<b>24</b> 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League Mixed Doubles
<b>27</b> 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:30 Pickleball	<b>28 Motown Museum</b> 8:30 Open Gym 10:00 Total Health Works Brain & Body 100-Day Art Project 11:30 Women's Roundtable Canasta 12:30 Partners Bridge 1:00 Socki Chess - Join the Fun! Chair Yoga & Meditation 1:30 Yoga for Well Being 4:30 Pickleball			



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### Thank you for thinking of Next in your year-end giving!

Your support to our Share the Spirit campaign provides the assistance needed to care for our growing 50 plus community.

If you haven't done so yet, there is always time to give and support your neighbors.

**Thank you for your kindness!**



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### HOURS

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

### HOLIDAY HOURS

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

### MEMBERSHIP DUES

Residents of Birmingham, Bingham Farms, Beverly Hills, and Franklin  
\$55/year Single Membership  
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