



Your Place to Stay Active & Connected

JANUARY/FEBRUARY 2024

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

Join Next as we continue our cultural series in January and for the next several months with a closer look at Indigenous People.

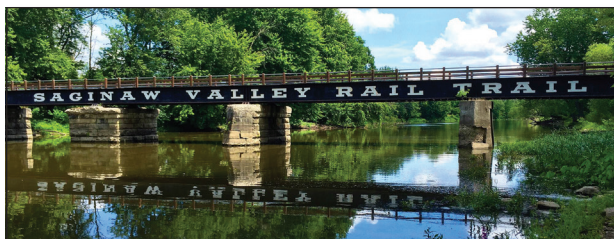


SHARING AMERICAN INDIAN CULTURAL HISTORY FROM THE GREAT LAKES NATIONS **Sue Franklin - Executive Director of South East Michigan Indians**

Thursday, January 4 at 6:00 pm

Cost: Complimentary members / \$5 guests

Ms. Franklin, member of the Sault Ste. Marie Tribe of Chippewa Indians and member of the Thames First Nations will discuss the Anishinabe Tribes in Michigan, Urban Services and Child and Family Services — exploring the importance of education, services and protection of youth.



THE SAGINAW TRAIL & INDIGENOUS PEOPLE OF OAKLAND COUNTY

Leslie Pielack, Birmingham Museum Director

Thursday, January 11 at 11:00 am

Cost: Complimentary members / \$5 guests

When white settlement came to southeast Michigan in the early 1800s, the only land route into the wilderness of Oakland County was the Saginaw Indian Trail (now Woodward Avenue). The primary Indigenous tribes who used the trail were known as the Three Fires Alliance, consisting of the Odawa (Ottawa), Ojibwe (Chippewa) and the Potawatomi. Join Birmingham Museum Director and author Leslie Pielack for a look at the history of the trail, the Indigenous people of the area and the impact of white settlement on the Native Americans in Lower Michigan.



NATIVE AMERICAN DANCE & CULTURAL PROGRAM

Reg Pettibone
Ho-Chuck Nation
Member & Champion
Powwow Dancer

Thursday, January 25
at 6:00 pm

Cost: Complimentary
members / \$5 guests

Reg Pettibone is a full blooded Native American from the Ho-Chunk Nation and a champion powwow dancer throughout the United States and Canada. Reg, along with his family, will present the audiences with traditional dances,

songs and stories, giving a better understanding of true native culture. This is a very educational and entertaining event — a must see for everyone!

BASKET TRADITIONS OF GREAT LAKES (ANISHINABEG) TRIBES

Donna Casaceli, Museum Specialist & Archivist, Birmingham Museum

Tuesday, January 30
at 1:30 pm

Cost: Complimentary
members / \$5 guests

Tied closely to the local ecosystem, indigenous baskets carry cultural significance

in both their ceremonial and utilitarian use. Join Donna Casaceli for a talk on the traditional basket-making techniques of the Odawa, Ojibwe, and Potawatomi, tribes of the Anishinaabeg Nation. Traditional-made baskets of the three tribes will be on display at the presentation.





Happy New Year!

Connect with Next! Announcing a Special Week for members and their friends.

We are excited to present a week of possibilities from January 22 through January 26 with no fees for the offerings below! Try that class you have been thinking about, play a new game, learn a new skill, or enjoy a luncheon with friends.

This will be a week to remember so please introduce your friends and family to Next.
If they join Next, you will both receive \$10.00 off your membership!

FITNESS CLASSES

Full class descriptions can be found on pages 8 and 9.

Pickleball Skills and Drills

Tuesday, January 23 and Wednesday, January 24
from 1:30 to 2:30 pm

Join licensed Pickleball instructor Tom Wehner for a Skills and Drills Clinic cover some of the basic skills of this very popular game. All levels welcome!

New! LeBlast® Chair Fitness with Karen Lutz

Monday, January 22 from 3:30 to 4:15 pm

A fun workout based on the dances seen on "Dancing with the Stars," combining all aspects of physical fitness.

Flow Yoga with Caryn Ciagne

Wednesday, January 24 from 9:15 to 10:00 am

A slow yet strong flow practice suitable for all who may be interested in expanding their yoga practice.

Tai Chi for Beginners with Cheryl Goodwin

Wednesday, January 24 from 2:30 to 3:30 pm

Improve your physical health, increase circulation, improves your balance, and promote a calm state of mind in this class suitable for all levels.

Low Impact Aerobics

Thursday, January 25 from 9:00 to 10:00 am

Start your day in a low-impact way! We'll get things warmed up with some small movements and stretching, then transition into some basic moves to get our heart rates up.

LEARN A NEW GAME

Maj Jongg

Thursday, January 25 from 1:00 to 3:00 pm

Join Rakki Hoff, experienced Maj Jongg teacher, as she provides an introductory lesson and gives an overview of this popular game.

Canasta

Wednesday, January 24 from 10:00 am to 12:00 noon

Join Karen Flack for a beginner lesson of this fun card game.

LEARN A NEW SKILL

Calligraphy

Friday, January 26 from 10:00 to 11:00 am

Join Beth Johnson for a lesson in simple calligraphy and take your handwriting to the next level!

Photography

Tuesday, January 23 from 10:00 to 12:00 noon

Ed Morykwas and others from the Photography Club will share some of their amazing work and offer a few pointers to make your photos look their best.

DINE WITH FRIENDS

Soup's On!

Thursday, January 25 at 12:00 noon - Register by January 23

Please join us for a light meal to wrap up our special week of complimentary events and classes! Enjoy a simple lunch of soup, rustic bread and a beverage. Generously sponsored by American House Stone and Elmwood.

ENJOY A NATIVE AMERICAN PERFORMANCE

Native Dance & Cultural Program

Thursday, January 25 at 6:00 pm

Reg Pettibone, HoChuck Nation Member and Champion Powwow Dancer, will perform at Next.

PLUS, OTHER GREAT PROGRAMS TO CHECK OUT!

Women's Roundtable - Tuesday, January 23 at 11:00 am

Play Chess - Tuesday, January 23 at 1:00 pm

Men's Roundtable - Wednesday, January 24 at 9:00 am

Streaming: Miss Americana - Taylor Swift

Documentary - Wednesday, January 24 at 1:00 pm

Film Night - Your Place or Mine

(Comedy) - Wednesday, January 24 at 5:00 pm

Chess Lessons - Thursday, January 25 at 4:00 pm

Please register.

Current Events - Friday, January 26 at 12:00 noon



HAPPENINGS AT NEXT

SPANISH CONVERSATION FOR COGNITIVE WELL-BEING

Wednesdays, January 10 through February 14
from 3:30 to 4:30 pm

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

This course is designed to provide a stimulating and engaging environment for individuals interested in learning Spanish while promoting cognitive health. Through interactive conversation activities, this course aims to enhance mental agility, memory and linguistic skills, all while fostering social connections and cultural understanding. In this 6-week course, participants will explore daily conversational topics. Your instructor, Señora Bartlett, will guide you through various activities and exercises designed to challenge your brain, improve language proficiency and keep your cognitive abilities sharp. Señora Carla Bartlett is a native Spanish speaker and also fluent in Italian. She has been teaching for over 30 years at the high school and Adult Education levels. She holds a B.A. from U of M-Ann Arbor and a MASTERS Art of Teaching.

LEARNING TO REMEMBER: STEPS TO TAKE TOWARD HEALTHIER BRAIN & COGNITIVE FUNCTION

**Dr. Kelsey Canada, Ph.D., Postdoctoral Research Fellow,
Institute of Gerontology, Wayne State University**

Thursday, January 18 at 1:00 pm

Cost: Complimentary members / \$5 guests

We all want to have sharp minds in day-to-day life! Join us for a presentation on how to promote cognitive health. Dr. Canada's presentation will provide a brief overview of how the brain supports memory and provide steps we can take to keep our brain (and memory function) healthy. We will discuss different types of memory, why our memory can fail us (where did those keys go!), and approaches to help us remember. Dr. Canada is a NIH-funded postdoctoral fellow in the Healthy Brain Aging Lab at Wayne State University. She has published academic work in peer-reviewed scholarly journals and presented internationally. Kindly sponsored by Bank of Ann Arbor.

REBOOT YOUR LIFE FOR BETTER HEALTH: RETURN TO NATURE'S BLUEPRINT

Aaron Wallace, Owner, Balance Your Fitness

Wednesday, February 7 at 12:30 pm

Cost: Complimentary members / \$5 guests

Are you or someone you know gluten or lactose intolerant; battling with your weight; experiencing digestive issues or struggling with chronic pain? Learn how to turn back the hands of time. Aaron will share a holistic approach to empower your body's natural healing abilities.

CABARET COMES TO NEXT!

Thursday, February 15 at 1:00 pm

Cost: Complimentary members
/ \$5 guests



Top off Valentine's Day with a dessert of French songs. Join us to be transported to Paris by Claudia Hommel, a marvelous cabaret singer. "An excellent actress, she can set a mood with a turn of her head or the look in her eyes," says the report from Ravinia Festival. Accompanied by Stefan Kukurugya, one of Metro Detroit's favorite pianists, Paris-born Claudia was raised in Detroit and now hails from Chicago. NPR's Broadway Revisited promises you will be rewarded by her "bilingual program ranging from the serious to the jazzy." Author of Playboy Guide to Jazz, Neil Tesser expounds: "Claudia Hommel plays the role of chanteuse-boulevardiere to the hilt — and she offers an unspoken guarantee that you'll think you paid for the afternoon in euros."

www.cabaret-paree.com

Generously sponsored by Cedarbrook Senior Living of Bloomfield Hills.

THE SCIENCE OF HAPPINESS

Peggi Tabor, Ph. D., SOAR Contributor

Thursday, February 8 at 1:00 pm

Cost: Complimentary members / \$5 guests

Dr. Tabor will share some recent studies on understanding happiness. What causes it? What limits our experience of it? What are the neural correlates of happiness and how can we develop and expand them? Participants will leave this talk with a tool kit of both psychological and physiological behaviors designed to increase and maintain their experience of happiness.

Kindly sponsored by Bank of Ann Arbor

ESSENTIAL OILS FOR MOOD MANAGEMENT

Monday, February 12 at 2:00 pm

Cost: \$20 members / \$25 guests

Scientists and psychologists have studied emotions for hundreds of years. Despite their confusing nature, it's clear our emotions can directly influence well-being and quality of life. While attempting to control every emotion you feel is a fruitless and frustrating effort, you can choose how you respond. Using Essential Oils can help create an uplifting, energizing environment, or a grounded, peaceful atmosphere. In this workshop, Caryn Ciagne will offer suggestions for finding the right combination of oils to meet your needs and balance your mood. Participants will make and take home an essential oil spray or roller to support their emotions or to gift a friend or loved one.



HAPPENINGS AT NEXT



NEW! DREAM CATCHERS

Thursday, February 1
from 10:00 am to 11:00 am
Cost: \$20 members / \$25 guests

In conjunction with our Native American Culture series, join Next staff members Pam Hall and Jolee Hentgen and make your very own Dream Catcher. The Dream Catcher Legend: The Ojibwa (Chippewa) believe that night is full of both good and bad dreams. When a dream

catcher is hung above the place where you sleep it moves freely in the night air and catches the dreams as they drift by. The good dreams, knowing their way, pass through the opening in the center of the webbing while the bad dreams, not knowing the way, are caught in the webbing and destroyed at the first light of the morning sun. There are many variants to the dream catcher legend, some which say both the good and bad dreams are captured and some which say the good dreams slide down the feather to those sleeping below. Although the Ojibwa are credited as the first people to use Dream Catchers many other Tribes and Native peoples have adopted Dream Catchers into their culture. Even though the designs and legends of Dream Catchers differ slightly, the underlying meaning and symbolism is universal and is carried across cultures and language barriers.

"HEARTS & FLOWERS" CHAMBER MUSIC CONCERT

Tuesday, February 13 at 1:00 pm
Cost: Complimentary members / \$5 guests

The Windscape Trio invites you to a concert featuring trios for flute, clarinet and bassoon. The concert will include compositions of varied styles including Classical era, Romantic era, American traditional and contemporary. With the "Hearts and Flowers" theme in mind, opera arias arranged specifically for wind trio will be performed. Your heart will sing to the familiar melodies from "Rigoletto", "Madame Butterfly" and "Carmen". The Windscape Trio includes Jennie Spenner, flute; Lillian Dean, clarinet; and Walter Dean, bassoon. Michele Prud'homme will narrate. Kindly sponsored by Woodward Hills - An Optalis Health & Rehabilitation Center.



FIREKEEPER'S DAUGHTER

We are excited to be working with Michigan Humanities and their literary selection of Angeline Boulley's *Firekeeper's Daughter*. We will host a variety of programs to learn more about indigenous communities and the the issues that plague them. In this case, the author chose to fictionalize a tribe facing issues in the real of what Angeline Boulley's actual tribe, the Sault Ste. Marie Tribe of Chippewa Indians might experience.

GREAT MICHIGAN READS

Next has received copies of *Firekeeper's Daughter* by Angeline Boulley from Michigan Humanities, Michigan Arts & Culture Council and Baldwin Public Library.



Please stop by the office and check out a copy. The novel is a beautifully written and well-researched work that will help readers understand how the conflicts of the past have shaped indigenous cultures and their commitment to move forward today.

HANDWRITING: LANDSCAPE OF THE MIND

Ruth Holmes, CDE, Handwriting Examiner

Tuesday, February 20 at 1:00 pm
Cost: Complimentary members / \$5 guests

Unique as fingerprints, handwriting is energy captured on paper. Interpreted, it is an important projective technique used by individuals, therapists, teachers and businesses to recognize talents and abilities. Documented with remarkable examples, this graphic, informative and significant lecture explores the origins of handwriting revealing many insights into personality, including childhood trauma, individual identity and performance potential. Join us for this captivating lecture! Generously sponsored by American House Stone and Elmwood

KEEP YOURSELF STRONG WHEN IT'S COLD OUTSIDE!

Raj Thangamuthu, Physical Therapist & Owner
Empower Physical Therapy

Thursday, February 29 at 12:00 pm
Cost: Complimentary members / \$5 guests

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



ART & CREATIVITY

We are excited to present more art classes at Next to ignite your creativity! Please join us to learn some new techniques and develop your artistic flair.

INTRODUCTION TO CALLIGRAPHY

Friday, January 26 from 10:00 am to 11:00 am

Cost: Complimentary members / guests

Join instructor Beth Johnson of Beth Johnson Creations in an introduction to calligraphy, the art of beautiful writing. Beth has been teaching calligraphy for over 20 years and has her own Greeting card business. Beth will demonstrate letterforms and show samples of her greeting cards.

STUDIO ART

Thursdays, January 11 through March 7 from 1:00 to 3:30 pm

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

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

WATERCOLOR PAINTING WORKSHOP

Wednesdays, January 10 through March 6
from 2:00 pm to 4:00 pm

Cost: 9-week class: \$126 members / \$136 guests

Minimum of 4 students

Join noted Bloomfield Hills artist Karen Halpern as she presents a new subject to paint each week, with directions, examples and inspiration. Learn about color theory, good design and painting techniques. Work at your own level, with support and guidance from the instructor. All levels welcome. A materials list is available in the Next Office.

PHOTOGRAPHY CLUB

Thursdays, January 11 and February 8
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.

KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

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

FIRE AND FUSED: Glass Creations Workshop

Join Helen Agius-Andreae artist/instructor and owner of Fired and Fused glass creations for a fun experience working with fused glass.

You will be instructed on how to arrange and stack colorful pieces of glass on a base piece of compatible glass to create your own design. Come prepared with a design in mind or get inspiration from one of our samples. Pieces will then be fused in a kiln and will be ready for pick-up approximately two weeks after the class. No experience necessary! All tools and materials will be provided.

Eight-Inch Functional Plate or Bowl

Friday, January 12 from 11:00 am to 1:00 pm

Cost: \$70 members / \$75 guests

In this workshop you will be introduced to the art of Fused Glass and glass cutting techniques to complete an 8" plate or bowl.

Charcuterie Board

Friday, February 16 from 11:00 am to 1:30 pm

Cost: \$80 members / \$85 guests

In this workshop you will be introduced to the art of Fused Glass and glass cutting techniques to complete a unique Charcuterie Board.

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.

POTTERY OPEN STUDIO

Thursdays from 9:30 am to 12:30 pm

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

SPEAKER SERIES @ NEXT

Join us on Thursdays Evenings at 6:00 pm

Cost: Complimentary members / \$5 guests

January 11 - HISTORY OF PONTIAC

Mike McGuinness, Executive Director - Oakland County Pioneer and Historical Society

Our neighboring city of Pontiac, the county seat of Oakland County for over 200 years, has a rich and fascinating history. Join us for a stimulating presentation on the story of Pontiac, Michigan with rarely seen images from Pontiac's past. Oakland County's Historical Society runs the Oakland History Center in Pontiac, which saves and shares our local past; they're also caretakers for the Governor Moses Wisner national historic home located there. Mike McGuinness has been Executive Director since 2019, serves as Pontiac City Council President, and previously led the Pontiac School Board and Arts Commission



January 18 - JOHN FITZGERALD KENNEDY

Bruce Zellers, Professor - Oakland University

John F. Kennedy has been the most popular United States President, serving from 1961 to 1963. At 43, he is the youngest President elected to the office and also the youngest President to die. His popularity rested on the values and experiences he shared with other Americans of that era; he was a veteran who understood the aspirations of his era. He knew that Americans would respond to the idealism of the Peace Corps, the technical challenges of a moon flight, and ultimately the desire for racial justice.



February 1 - REGIONAL CONFLICT IN THE MIDDLE EAST

Gus Mondalek - International Affairs Expert

Turmoil and violence rocked the Middle East throughout October. Following the October 7 Hamas attack on southern Israel, Israeli forces launched an unprecedented air campaign against the Gaza Strip. Cross-border shelling was also reported along Israel's northern border with Syria. Yemen's Houthis fired cruise missiles towards Israel, though none landed inside Israel. Elsewhere, the United States is sending additional warships, aircraft and troops closer to Israel as a message of deterrence. Join this presentation to learn more about this region and possibilities for peace and resolution.

IDENTITY AND CONFLICT IN THE MIDDLE EAST



February 8 - HOW AFRICANS BECAME AFRICAN-AMERICANS

DeWitt S. Dykes - Professor Emeritus, Oakland University

Persons forcibly kidnapped for a 3,000-mile stretch of West Africa and enslaved in North America came from a wide variety of different ethnic groups with distinctive traditions. They formed new families and established common values, traditions and a group identity. They used the term "African" in the 1770s, "colored" and "negro" in the 1830s, "colored," "Negro," and "Afro-American" in the 1900's. "Black" and "African American" became the dominant terms after the 1970s.

February 15 - OAKLAND COUNTY REVIEW FROM SHERIFF BOUCHARD

**Sheriff Michael Bouchard
Oakland County**

Next is delighted welcome Sheriff Bouchard back to Next! He will provide an update on the opioid crisis, new technologies the police force is using and the rise in residential break-ins. There will be a Question and Answer period when Next members learn more about issues facing Oakland County and initiatives to keep our County the crown jewel of Michigan.



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

February 22 - MICHIGAN DIARIES

Betsy Sneller, B.A., M.A., Ph.D., Associate Professor of Sociolinguistics, Michigan State University

In a sense, we are all recovering from the trauma of living through a global pandemic. Michigan Diaries is a research project to document changes in the lives and language of Michiganders, while fostering an inclusive community and a sense of connection in a time when neither are easy to experience. Michigan Diaries provides an opportunity for diarists to confidentially share their true selves, while also contributing their stories to a larger historical archive of life during and after the pandemic.



February 29 - WATERWAYS, TRAILS, ARTIFACTS & WILD RICE: INDIGENOUS CONNECTIONS TO OAKLAND COUNTY

Carol Bacak-Egbo, Historian, Archaeologist, Educator Oakland County Historical Commission

Indigenous People had a presence in Oakland County long before log cabins and mills were built by non-Indigenous newcomers. But, what evidence do we have that they were here?



In this presentation, you'll learn how the trails they traveled on, the waterways they used and some of the artifacts they left behind can help answer that question.



Your New Home Awaits!

The warm, welcoming feeling of home and family. It's what you notice first at Rose Senior Living Farmington Hills, and—you can be sure—it's what you'll experience every day.

Our independent living features exceptional services and amenities, maintenance-free living, wonderful dining, and comfortable spaces to gather with friends and family. Plus, the gracious, helping hand of assisted living and memory care is available whenever you need it, all on one campus. Now that's a retirement life you can love—and that's the singular vision of senior living Edward Rose and Sons brings to every one of our communities.

Our Leasing Center is now open!

Call (248) 850-1351 to make your appointment.

Contact us to find out how to become a
Founders Club Member!



Independent Living | Assisted Living | Memory Care
28800 West Eleven Mile Road • Farmington Hills, MI 48336
FarmingtonHills.RoseSeniorLiving.com | (248) 850-1351

Managed by Life Care Services®



#1 in Customer Satisfaction
among Independent Senior Living
Communities, 5 Years in a row



#1 in Customer Satisfaction
among Assisted Living/
Memory Care Communities

Life Care Services is the
**most awarded
company in the history**
of the J.D. Power U.S. Senior Living
Satisfaction Study.

Life Care Services has won more awards than any other company in the J.D. Power U.S. Senior Living Satisfaction Studies from 2018-2022. Visit jdpower.com/awards for more information.



FITNESS OFFERINGS

LaBlast® CHAIR FITNESS with Karen Lutz - NEW!

Free Demo Monday, January 8 from 3:30 to 4:15 pm

Ongoing Mondays from 3:30 to 4:15 pm

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

A fun workout based on the dances seen on "Dancing with the Stars," combining all aspects of physical fitness. No partner needed! Dance to a variety of music genres; some dances with small weights. No dance experience needed! Wear comfortable and flexible shoes. Karen is a Certified LaBlast® instructor.

LOW IMPACT AEROBICS

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

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

Start your day in a low-impact way! We'll get things warmed up with some small movements and stretching, then transition into some basic moves to get our heart rates up. We'll add in some strength, balance, seated and standing core work — then end the session with a cool down and more stretching. This class is for anyone who is looking for a great workout without impacting their joints. In these classes you will have the opportunity to get stronger, move longer and be ready for life by implementing strength, cardio, mental as well as physical balance training.

STRETCH & RELAX with Caryn Ciagne

Mondays from 9:15 to 10:15 am

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

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

LIMBER UP

Mondays, Wednesdays and Fridays at 10:00 am

Cost: Complimentary

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

LINE DANCING with Christine Stewart

Mondays from 10:15 am to 12:00 noon

Cost 10 drop-in classes: \$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.

CHAIR YOGA & MEDITATION with Caryn Ciagne

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

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

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

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.

BALANCED YOGA FOR WELLNESS with Karen Lutz

Wednesdays at 1:00 pm

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

Experience improved flexibility, strength and balance with Karen Lutz, E-RYT. Learn to focus on breathing with gentle stretching and adaptive yoga movements both seated with the option to stand with the support of a chair.

TAI CHI FOR HEALTH with Cheryl Goodwin

► Beginner Class

Wednesdays from 2:30 to 3:30 pm

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

Cost: 1 drop-in class: \$10

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.

► Intermediate Class

Fridays from 10:00 to 11:00 am

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

Cost: 1 drop-in class: \$10

For those wanting to go deeper into the form described above, Cheryl is offering this Intermediate Tai Chi class.

WEDNESDAY FLOW YOGA with Caryn Ciagne

Wednesdays from 9:15 to 10:15 am

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

A slow yet strong flow practice suitable for all who may be interested in expanding their yoga practice. This class will explore 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.

PICKLEBALL

Cost: Complimentary members only

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

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

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

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 or 248-229-5015.

BOWLING LEAGUE

Thursdays at 10:00 am - Cost: \$11 for 3 games. Members only.

All levels welcome for bowling and camaraderie at Country Lanes at 30250 West Nine Mile Road, Farmington Hills. 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.



FROM THE CITY OF BIRMINGHAM

Efforts are underway to help Birmingham seniors age in place. Your feedback will help the City develop an action plan to improve the health, safety and welfare of older adults in Birmingham. The Ad Hoc Aging in Place

Committee created a survey for residents of all ages, available to submit online at engage.bhamgov.org/aginginplace or by clicking the QR Code.

Interested in PERSONAL TRAINING?

- 30+ years in the Health & Wellness field, including 20 years as Personal Trainer
- Certifications - National Academy Sports Medicine and American Council on Exercise, Specialization: Older Adults
- Home, online, gym or outdoors
- Much lower rates than Fitness Centers
- No contract
- FREE Consultation
- FREE First Session



Dan Hysong,
Certified Personal Trainer

Busy Working Out, LLC

248-229-1620

busyworkingout.com



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

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

248-419-5010

www.AffordableHomeCare.org



ACCIDENT & PERSONAL CARE | SINCE 1989

Respondents may also complete the survey in print form and return to the Next office. Print copies of the Aging in Place survey can be found in the Next lobby. You do not have to be a resident of Birmingham to participate. All feedback is welcome. Thank you for your time and participation!

Aging in Place Survey





DAY TRIPS

DETROIT INSTITUTE OF ARTS

Thursday, January 11

Bus departs Next at 11:15 am, returns about 3:30 pm

Cost: \$20 members / \$25 guests

The Detroit Institute of Arts has one of the largest and most significant art collections in the United States. With more than 65,000 artworks that date from the earliest civilizations to the present, the museum offers visitors an encounter with human creativity from all over the world. Visit the DIA to immerse yourself in more than 100 galleries, this will be a three hour, self-guided tour of the museum, café, and gift shop to conquer as you wish. At the time of this visit you may also choose to focus on and spend time viewing the Masterpieces of Early Italian Renaissance Bronze Statuettes, Guests of Honor from the Museo Nazionale del Bargello, Florence. Also, don't forget to check out the Native American Exhibit on the lower (street level) near the gift shop!

THE PARADE COMPANY DETROIT STUDIO TOUR & LUNCH AT JIM BRADY'S

Wednesday, January 17 - Must by Registered by January 11

Bus departs Next at 10:45 am, returns about 2:15 pm

Cost: \$35 members / \$40 guests

Discover Detroit's most enchanting hidden attraction. Venture into a magical "ParadeLand" and experience a behind the scenes look at America's Thanksgiving Parade. Learn about the Parade's fascinating history, explore the 200,000 square-foot storyland of floats, and see how their award winning artisans bring them to life. Take a journey through their unique creative kingdom, marvel at the world's largest collection of papier-mâché heads that resemble local icons and famous characters. The Parade Company costume shop warehouses over 3,000 costumes. Designed and created in their Detroit studio these costumes make a colorful array of characters come to life. Take a one-hour guided, walking tour through the 200,000 square-foot studio. The tour is completely indoors. Please dress for the weather as it is the same inside the building — if it's cold outside, it's cold inside. Pictures are encouraged. After the tour we will head to Jim Brady's for lunch on your own. A story 60 years in the making, Jim Brady's Detroit is a homage to the legendary original location at 7 mile and Greenfield. Sticking with tradition they are serving World Class Food and Drinks using local products and companies.

UNDERGROUND RAILROAD LIVING MUSEUM TOUR AT THE HISTORIC FIRST CONGRESSIONAL CHURCH OF DETROIT

Thursday, January 25

Bus departs Next at 9:50 am, returns about 1:30 pm

Cost: \$50 members / \$55 guests

The Underground Railroad Living Museum Flight to Freedom Tour is a "storytelling" re-enactment of the original Underground Railroad passage that operated between 1840 and 1863. On the tour visitors will be shackled with wrist bands at the entrance and begin their journey by entering through the "Door of No Return," on Goree Island in Africa. As this journey begins, visitors transform into passengers on the Underground Railroad and are led to Freedom by a conductor. Passengers hide from bounty hunters, cross the Ohio "Deep" river, take retreat in a safe house in Indiana which is owned by Abolitionist Levi Coffin. Finally, passengers move to "Midnight," the code name for Detroit and take safe haven at the First Congregational Church of Detroit before moving on to Canada and "Freedom." The tour is 90 minutes and includes "Grannie's hot lunch." ALL ABOARD!

ST. FLORIAN CHURCH TOUR & LUNCH AT POLONIA

Wednesday, February 7

Bus departs Next at 10:00 am, returns about 1:30 pm

Cost: \$25 members / \$30 guests

St. Florian Church, founded in 1907, raises eight stories above ground and recalls the great cathedrals of Europe. The front of the church features a broad Gothic Arch flanked by twin spires notable for the impression that give of lightness and delicateness. The brickwork is also exceptionally impressive with a variety of horizontal bands. The stained glass windows, including the huge Rose window in the rear of the church, were made in Reading, Pennsylvania. The giant pipe organ was built in Detroit. The main altar and side altars, including one for Our Lady of Czestochowa, are decorated with real gold leaf. The altar windows depict five famous Polish saints — Casimir, Florian, Hedwig, Hyacinth and Stanislaus. Join Greg Kowalski (Hamtramck Historical Museum) for an hour long guided tour. In addition to the Polish population, St. Florian Parish now serves many nationalities including Albanian, Asian and others of multiethnic American descent. St. Florian's Church is an impressive memorial left by the original Polish immigrants who once lived in the Hamtramck area in great numbers. Lunch on your own following at Polonia. A dimly lit cozy eatery in Hamtramck, serving homestyle Polish & Eastern European fare amid festive old-world decor.



DETROIT SYMPHONY ORCHESTRA Friday Morning Coffee Concerts

Bus departs Next at 9:15 am,
returns about 1:30 pm
Please pre-register, space is limited.

Thursday, February 8 - Lush Life: Duke Ellington & Billy Strayhorn

Cost: \$65 members / \$70 guests

Duke Ellington and Billy Strayhorn, musical companions for nearly 30 years, wrote some of the most beloved jazz standards of all time — Take the A Train, Satin Doll, Caravan, an adaptation of Tchaikovsky's Nutcracker, and more. Hear their works, and experience their prolific collaborative genius, live at Orchestra Hall.

Friday, March 8 - Red Carpet Film Scores

Cost: \$65 members / \$70 guests

Lights, camera, action — music! Films depend on the depth of the orchestra to turn images on a screen into moments that stay with us forever. Experience some of the most memorable scores in cinema, by Academy Award-winning composers, through the unforgettable sound of the DSO.

HENRY FORD CULINARY SCHOOL RESTAURANT (5101) SHRIMP & SOUL SEAFOOD BUFFET

Wednesday, February 14

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

Cost: \$15 members / \$20 guests (Transportation Only)

It's that time again, this "down-home" cooking buffet is always a favorite. The 5101 restaurant provides a fastpaced, realistic environment to practice the crafts of cooking, baking, pastry and guest service. Come as you are, and participate in the education of the next generation of Detroit's great chefs. Your lunch and tip is to be paid for individually/on your own and is approximately \$20.00 per person.

DAY TRIP & OVERNIGHT TRAVEL POLICIES

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

DETROIT HISTORICAL MUSEUM & LUNCH AT BABO DETROIT

Thursday, February 15

Bus departs Next at 10:00 am, returns about 2:30 pm

Cost: \$25 members / \$30 guests

The Detroit Historical Museum in the city's Cultural Center Historic District in Midtown Detroit chronicles the history of the Detroit area from cobblestone streets, 19th century stores, the auto assembly line, toy trains, fur trading from the 18th century, and so much more! Enjoy a 2-1/2 hour self-guided tour of the museum. Experience their signature permanent installations that showcase more than 300 years of the city's rich history. We will stop for lunch on your own after the museum at Babo, Detroit. An homage to owner Kris Lelcay's father, "babo" (slang for "dad" in Albanian) is a gourmet, all-day diner in Midtown Detroit featuring creative, artisanal takes on comfort food classics.

**Because we had long wait lists for Day Trips to the
Pewabic Museum and the Hamtramck Historical
Museum, we are offering these trips once again!**

PEWABIC MUSEUM & GIFT SHOP & LUNCH AT VICENTES CUBAN CUISINE

Thursday, February 22

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

Cost: \$20 members / \$25 guests

Founded in 1903, Pewabic is one of the oldest continually operating potteries in the country. Working out of their National Historic Landmark studio on Detroit's east side, Pewabic is preserving a tradition of handcraftsmanship that has enriched lives for generations. Known for its iridescent glazes, some of which grace notable buildings such as the Shedd Aquarium and Basilica of the National Shrine of the Immaculate Conception. Pewabic today is an active working pottery, architectural tile studio, ceramic arts education center and vibrant cultural destination. We will visit the in-house museum that showcases "Pewabic: Detroit's Pottery" documenting the pottery's past while celebrating the present. Enjoy views of never-before-seen work from their archives, unreleased glaze experiments from the present, and more! Visit the store to shop handcrafted tiles and pottery along with the work of 30 other artists. Then, have lunch on your own at Vicentes Cuban Cuisine, created in 2005 to give Detroit's palette an authentic taste of Cuba! Their recipes have been handed down through generations of the Vazquez family. The romantic milieu of Havana effortlessly transports you with extraordinary scents of exotic dishes and the rhythmic sounds of salsa music. Their menu is filled with nothing but the finest Cuban cuisine and signature cocktails, all of which fuse this trendy part of Detroit with plenty of Cuban soul.





DAY TRIPS continued

HAMTRAMCK HISTORICAL MUSEUM, THE POLISH ART CENTER & LUNCH AT THE POLISH VILLAGE CAFÉ

Wednesday, February 28

Bus leaves at 10:00 am, returns about 2:00 pm

Cost: \$25 members / \$30 guests

Spend the day in Hamtramck! Begin with a docent led tour of the Hamtramck Historical Museum. The museum curator Greg Kowalski will graciously walk us through the collection supplying interpretation and local color. A must see for those of us with Polish American roots. This museum is designed to be more than just a repository and display venue for historical items. It is to be a living entity focused on the present and future as well as the city's great past. Next door to the museum is The Polish Art Center, one of the country's premier emporiums of Polish cultural and traditional goods. Shop the vast array of apparel, jewelry, folk art, food, holiday, home and garden, media, AND Polish stoneware! After the Art Center, take a trip to the past and experience a tribute to tradition, savor lunch on your own at The Polish Village Café. There's a treasure tucked away on Yemens Street in Hamtramck, a restaurant that has been quietly serving traditional Polish fare for decades. Best bet for the first visit to the Polish Village is to order the Polish plate, which brings a sampling of the menu: stuffed cabbage, one pierogi, kielbasa, sauerkraut, and mashed potatoes and gravy, all on one plate. Smacznego (Buon Appetit)!

MICHIGAN DESIGN CENTER & LUNCH IN THE MDC CAFÉ

Thursday, March 14

Bus departs Next at 9:45 am, returns about 12:30 pm

Cost: \$15 members / \$20 guests

Michigan Design Center has been serving designers, architects, builders, and consumers throughout the region since 1977. Their 215,000 square foot, single-story campus is home to more than 30 beautifully-curated showrooms representing more than 1,000 manufacturers. National tenants that maintain anchor positions within the building, along with regionally-owned showrooms representing the finest names in tile, fabric, home furnishings, lighting, kitchens, floor coverings, and accessories. Spend an hour long self-guided tour, browsing the different showrooms while gathering inspiration. The center has also provided the group with a "soft" itinerary of showrooms to visit including Rita O'Brien Interiors, Kravet, Beaver Tile & Stone, Baker McGuire, Italcasa and Lighting Resource Studio. After the tour you will have lunch, on your own, in their on-site restaurant. The MDC Café offers a selection of delicious soups, salads, sandwiches, and entrees to satisfy all palates.



STREAMING @ NEXT

This Streaming Series supports our cultural study of indigenous people with Gather and Rumble, two important documentaries. And you can get to know the one and only Taylor Swift with Miss Americana. Unknown will take us to Egypt where we will see archeological treasures that are more than 4,000 years old! Enjoy the Streaming Series!

GATHER

Documentary - BBC-2017

Wednesday, January 10 at 1:00 pm

Cost: Complimentary members / \$5 guests

Gather is an intimate portrait of the growing movement amongst Native Americans to reclaim their spiritual, political and cultural identities through food sovereignty while battling the trauma of centuries of genocide. Length: 1 hour 14 minutes

MISS AMERICANA - TAYLOR SWIFT

Documentary - Netflix 2023

Wednesday, January 24 at 1:00 pm

Cost: Complimentary members / \$5 guests

Miss Americana follows Swift during a transitional phase in her career, as she wraps up her 2018 tour and began creating her 2019 album Lover, while covering several years of her life. It explores topics such as her past battle with body dysmorphia, her mother's cancer diagnosis, the toxic internet culture, the media scrutiny she faces, her sexual assault trial and decision to go public with her political views. Length: 1 hour 25 minutes

RUMBLE: THE INDIANS WHO ROCKED THE WORLD

Documentary - Netflix 2017

Wednesday, February 7 at 1:00 pm

Cost: Complimentary members / \$5 guests

In this Canadian documentary, the impact of Indigenous musicians in Canada and the US on the development of rock music is discussed. Artists profiled include Jimi Hendrix, Charley Patton, Robbie Robertson and more. Interestingly, the producers also created an exhibit for the Smithsonian National Museum of the American Indian about the indigenous influence on American music. Length: 1 hour 42 minutes

UNKNOWN: THE LOST PYRAMID

Documentary - Netflix 2023

Wednesday, February 21 at 1:00 pm

Cost: Complimentary members / \$5 guests

This film pushes the boundaries of knowledge, ventures into unexplored regions and unlocks the secrets of our world through the stories of remarkable people and places never captured on camera. Here, in the sands of Saqqara, two of the most famous Egyptologists, Dr. Zahi Hawass and his protégé and rival, Dr. Mostafa Waziri race with their teams against the clock to see who will make the biggest discovery. Length: 1 hour 23 minutes

FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

January 3 - A MAN CALLED OTTO

When a lively young family moves in next door, grumpy widower Otto Anderson (Tom Hanks) meets his match in a quick-witted, pregnant woman named Marisol (Mariana Trevino), leading to an unlikely friendship that turns his world upside down.
Rated PG 13 2 hours 6 minutes

January 10 - NYAD

Nyad is a biography of Diana Nyad, played by Annette Bening. The film describes her efforts to swim from Cuba to Florida without a shark cage. The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, Bonnie (Jodie Foster) commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida.
Rated PG 13 2 hours 1 minute

January 17 - STAND BY ME

After learning that a stranger has been accidentally killed near their rural homes, four Oregon boys decide to go see the body. On the way, Gordie Lachance (Wil Wheaton), Vern Tessio (Jerry O'Connell), Chris Chambers (River Phoenix) and Teddy Duchamp (Corey Feldman) encounter a mean junk man and a marsh full of leeches, as they also learn more about one another and their very different home lives. Just a lark at first, the boys' adventure evolves into a defining event in their lives.
Rated R 1 hour 29 minutes

January 24 - YOUR PLACE OR MINE

Debbie (Reese Witherspoon) and Peter (Ashton Kutcher) are best friends and total opposites. She craves routine with her son in LA, but he thrives on change in NY. When they swap houses and lives for a week they discover what they think they want might not be what they really need.
Rated PG 13 1 hour 49 minutes

January 31 - PINOCCHIO

In an Italian village, the wooden puppet Pinocchio (voice Gordon Levitt) is brought to life by the Blue Fairy and seeks the life of adventure while striving to be a real boy. Pinocchio's life is turned upside down when he leaves his father Geppetto (Tom Hanks) to follow the circus.
Rated PG 1 hour 45 minutes

February 7 - INDIAN HORSE

Saul Indian Horse, an Ojibway boy, is torn from his family and committed to a residential school. At the school, Saul is denied the freedom to speak his language or embrace his heritage and is a witness to abuse by the people sworn to protect him. But Saul finds salvation in the unlikelyst of places — the rink. His incredible hockey talents lead him away from the school to bigger and better opportunities, but no matter how far Saul goes, the ghosts of his past are always close behind. Executive Produced by Clint Eastwood, Indian Horse is a survivor's tale.
Not Rated 1 hour 41 minutes

February 14 - LOVE AGAIN

Coping with the loss of her fiancé, Mira Ray (Priyanka Chopra) sends a series of romantic texts to his old cellphone number, not realizing it was reassigned to journalist Rob Burns (Sam Heughan). Rob becomes captivated by the honesty of her words in the beautifully constructed texts. When he's assigned to write a profile of superstar Celine Dion, he enlists her help to figure out how to meet Mira in person — and win her heart.
Rated PG 13 1 hour 44 minutes

February 21 - GATHER

Gather is an intimate portrait of the growing movement amongst Native Americans to reclaim their spiritual, political and cultural identities through food sovereignty, while battling the trauma of centuries of genocide. Gather follows Nephi Craig, a chef from the White Mountain Apache Nation (Arizona), opening an indigenous café as a nutritional recovery clinic; Elsie Dubray, a young scientist from the Cheyenne River Sioux Nation (South Dakota), conducting landmark studies on bison; and the Ancestral Guard, a group of environmental activists from the Yurok Nation (Northern California), trying to save the Klamath river.
Not Rated 1 hour 14 minutes

February 28 - NO HARD FEELINGS

On the brink of losing her childhood home Maddie (Jennifer Lawrence), a desperate woman with financial troubles, agrees to date a wealthy couple's introverted and awkward 19-year-old son Percy, and bring him out of his shell before he leaves for college. However, he proves to be more of a challenge than she expected, and time is running out before she loses it all.
Rated R 1 hour 45 minutes



ENRICHMENT

TRIVIA TIME! with Tricia Olevnick

Mondays, January 8 and February 5 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.

POPULAR READS BOOK CLUB

At Next in person — and via Zoom

Mondays, January 8 and February 5 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The January book selection is *Absolution* by Alice McDermott — and the February selection is *Let Us Descend* by Jesmyn Ward. Register at Next — and Baldwin Public Library will provide the book.

NON-FICTION BOOK GROUP via Zoom

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

Facilitated by Jaclyn Miller, Associate Director of the Baldwin Public Library. Join us to discuss *The Man Who Broke Capitalism* by David Gelles in January and *Three Girls from Bronzeville* by Dawn Turner. Register at Next and Baldwin Public Library will provide the book.

WOMEN'S ROUNDTABLE

Tuesdays at 11:00 am

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

MEN'S ROUNDTABLE

Wednesdays at 9:00 am

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

WRITER'S CORNER

Thursdays, January 4 and 18 and February 1 and 15
from 9:30 am to 11:00 am

Join a diverse group of Next members who share a common interest in writing. For additional information, contact facilitator Bob Erlandson's email at rferlandson@gmail.com.

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.

TUESDAY JAZZ

Tuesdays at 2:30 pm

Did you know that we have a jazz band that practices at Next? The Ed Black Jazz Band! They love having an audience — so feel free to drop in and enjoy some great tunes!



HEALTH & WELLNESS SERIES

HENRY FORD HEALTH

We are excited to partner with Henry Ford Health for the 2024 Health & Wellness Series!

Henry Ford Health is committed to improving the health and wellness of the Michigan community by improving people's lives through excellence in the science and art of health care and healing. As the Health & Wellness Series Partner, Henry Ford Health will share the expertise of their physicians, nurses and other providers directly with Next members.

COPING WITH THE WINTER BLUES

Chris Nixon, Director, Henry Ford Health's Maplegrove Center

Tuesday, January 9 at 12:00 pm

Cost: Complimentary members / \$5 guests

It is believed that about 5 percent of adults in the US experience some type of seasonal affective disorder (SAD). Do the winter blues have you down? Join Chris Nixon as he discusses winter depression and preventative measures and coping strategies. Light lunch provided.

The February Health Series presentation is being specifically developed for Next.

Stay tuned for more information coming soon.

Henry Ford Medical Center is new in Bloomfield Township and is located just north of Costco at 1961 South Telegraph Road in Bloomfield Township. The beautiful new medical facility offers Adult and Pediatric Primary Care, Women's Health and other specialty practices. A Pharmacy, Lab and Radiology are conveniently on-site. For additional information, please call (248) 319-6210.

Henry Ford Medical Center - Bloomfield Township offers adult and pediatric primary care, women's health, and a variety of specialty services. Pharmacy, lab and radiology are on site.



CARDS, TILES, COLLECTORS

NEW! SHANGHAI RUMMY

Tuesdays at 1:00 pm

Shanghai rum is a rummy card game, based on gin rummy and a variation of Contract rummy played by 3 to 8 players. It is also known as California rummy. All skill levels welcome. For additional information contact Beverly Sankey at beverlyonline@comcast.net

MAH JONGG

Mondays from 1:00 to 4:00 pm

Fridays from 1:00 to 3:00 pm

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

MAH JONGG LESSONS

Wednesdays, February 7 through 28 from 2:00 pm to 4:00 pm

Cost: 4 week series - \$40 members / \$45 guests

Learn the challenging table game of Mah Jongg, which originated in China many years ago and has become very popular today. Taught by experienced Mah Jongg teacher, Rackeline Hoff, it is a game of both luck and strategy that is played with a colorful set of tiles. Participants must bring with them a 2023 National Mah Jongg card or purchase one from the instructor for \$14 on the first day of class.

EUCHRE

Wednesdays from 10:00 am to 12:00 noon

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

DOUBLE DECK PINOCHLE

Wednesdays from 10:00 am to 12:00 noon

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

CANASTA

Tuesdays and Thursdays from 12:00 noon to 2:00 pm

Cost: Complimentary members / \$5 guests

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

PINOCHLE...come and join the fun!

Mondays, Wednesdays and Fridays from 1:00 to 3:00 pm

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

SOCKI

Tuesdays from 12:30 to 3:00 pm

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

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

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

BINGO

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

Admission cost: \$2 per card for members and 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. Kindly sponsored by Comfort Keepers.

BRIDGE...for everyone at every level!

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

Facilitator Helen Cook can be reached at hccook1951@gmail.com.

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

Come with your partner. Experienced players, please. For additional information, facilitators John and Elaine Hretz can be reached at 248-569-2336.

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

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

BIRMINGHAM STAMP CLUB

Tuesdays, January 2, 16 and February 6, 20 at 5:30 pm

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

COIN CLUB

Wednesdays, January 17 and February 21 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.



HEALTH & NUTRITION

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Mondays, January 8 and February 5

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 8 and February 12 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 17 and February 21

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.

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.

ACTIVE, HEALTHY, ENGAGED

BALDWIN HOUSE™
SENIOR LIVING

BIRMINGHAM (248) 260-9858

200 Chester St. | Birmingham, MI 48009

Call to schedule a visit today!

BaldwinHouseSeniors.com





Care beyond the Hospital

Specializing in short-term rehabilitation, we provide post-hospital skilled nursing in comfortable surroundings. We offer state of the art rehabilitation programs and equipment to optimize your recovery. Our experienced clinical and therapy teams provide specialized care to focus on your individualized needs and are committed to your smooth transition home.

 **OPTALIS®**
HEALTH & REHABILITATION
Grounded in Purpose, Guided by Principle

WOODWARD HILLS

AN OPTALIS HEALTH & REHABILITATION CENTER

39312 Woodward Ave.
Bloomfield Hills, MI 48304
248-644-5522

EVERGREEN

AN OPTALIS HEALTH & REHABILITATION CENTER

19933 W. 13 Mile Rd.
Southfield, MI 48076
248-203-9000

GREENFIELD

AN OPTALIS HEALTH & REHABILITATION CENTER

3030 Greenfield Rd.
Royal Oak, MI 48073
248-288-6610

PROMEDICA OAKLAND

925 West South Blvd.
Troy, MI 48065
248-729-4400



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

VACCINATIONS • AVAILABLE PARKING
COMPLIMENTARY SAME-DAY DELIVERY

1744 West Maple Road, Birmingham, MI 48009
P 248.644.5060 F 248.644.5576
info@millspharmacy.com • millspharmacy.com • @millspharmacy @
MON - FRI 9AM - 7PM | SAT 10AM - 5PM | SUN 10AM - 3PM

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



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.

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.

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. We will resume visits in March.



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.



DISABILITY MADE EASY

Providing safe and
quality solutions
for an easier lifestyle!

Ramps • Grab Bars
Barrier-Free Construction

1-855-DME-ASAP
Free Estimates

1729 E 14 Mile Rd
Suite 250
Troy, Michigan 48083
248-569-1580

www.dmeasap.com

FOUNDATION FOR BIRMINGHAM SENIORS

The Foundation provides two forms of financial assistance to Birmingham senior residents who income-qualify. Please call us for more information.

- Funding for minor home repairs such as handrail installations, plumbing, roof, electrical work, etc. These funds do not need to be repaid.
- Interest-free loans for major home repairs such as replacing a roof, furnace, windows, etc. These no-interest loans are repaid after the sale of the home.

FINANCIAL ASSISTANCE

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

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.

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.

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.



UNTREATED HEARING LOSS CAN CAUSE HEALTH PROBLEMS

DID YOU KNOW CERTAIN HEALTH PROBLEMS COULD BE AFFECTED BY YOUR HEARING?

Untreated hearing loss in older adults can lead to social isolation, depression, dementia, falls, inability to work or travel, and reduced physical activity.

Prevention and early detection of hearing loss are important.

Call our office today (248) 430-8425 to schedule a hearing evaluation!



WWW.HINDERLITERHEARING.COM 751 CHESTNUT | SUITE 203 | BIRMINGHAM, MI 48009 (248) 430-8425

Premier Continuum of Care

Independent Living

Assisted Living



Memory Care

Nursing Care

CEDARBROOK

SENIOR LIVING

— BLOOMFIELD HILLS —



Now Offering
Assisted Living "Respite" Suites

Call Today to Schedule Your Tour!
248.629.0132

Luxurious Private Nursing Home Suites

41150 Woodward Ave, Bloomfield Hills | Located just 1/2 Mile North of Long Lake Rd
www.CedarbrookofBloomfieldHills.com

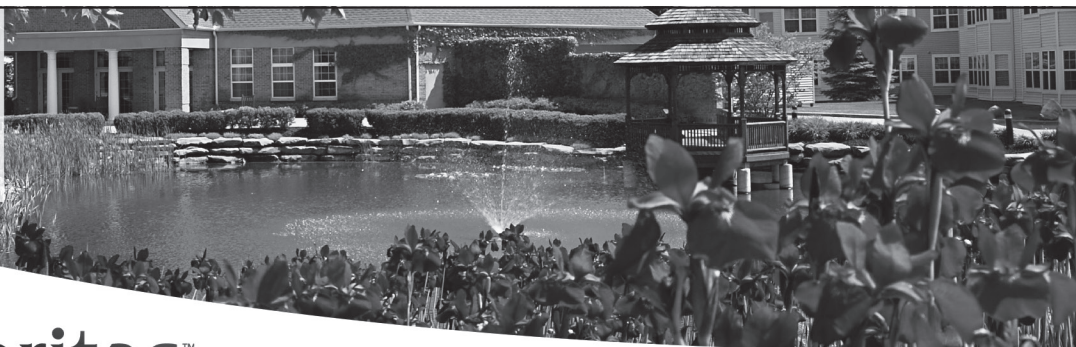


Celebrating Life Every Day™



02321837

Celebrating
20 years of
outstanding
care!



Samaritas™

Senior Living of Bloomfield Hills

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

Life begins at Samaritas
Senior Living of Bloomfield Hills

Independent Living | Thrive | Assisted Living | Respite
6257 TELEGRAPH RD | BLOOMFIELD HILLS, MI 48301
(248) 723-6275 | www.samaritas.org



THE AVALON
OF BLOOMFIELD TOWNSHIP
A GRACE MGMT COMMUNITY

Stay and Rehabilitate with
Powerback
Rehabilitation®

The Avalon of Bloomfield Township is now offering outpatient rehabilitation services including physical, occupational, and speech therapies to families, friends, and our good neighbors.

CALL (248) 282-4088 TO BOOK YOUR RESPITE STAY TODAY!

It's not like home. It *is* home.™

100 West Square Lake Road
Bloomfield Township, MI 48302
(248) 282-4088
www.TheAvalonOfBloomfieldTownship.com

ASSISTED LIVING • MEMORY CARE



INDEPENDENT LIVING



AMERICAN HOUSE VILLAGE AT BLOOMFIELD

**NEW SENIOR LIVING IN
BLOOMFIELD HILLS.**

Ask about our move-in specials!

Our beautiful new community offers the best of both worlds—just minutes from vibrant shopping, restaurants and medical services, and tucked back in quiet, wooded surroundings with scenic wetlands. Schedule a tour, ask about our move-in specials and find the apartment view that works for you!

Call (248) 327-1728 to schedule your tour today!



Scan to
schedule
a tour!

YOUR STORY. TO BE CONTINUED.
AmericanHouse.com



**American
House** 
SENIOR LIVING COMMUNITIES

TOP-NOTCH SERVICE & SOLUTIONS

Backed by our “We Care Guarantee”



Skilled and knowledgeable team

Our expert HVAC technicians and plumbers undergo regular technical training.



Friendly and convenient service

From the first call to post-service follow-through, we strive to make every step easy for you.



Over 6,000 5-star reviews

Our customers continue to rave about our level of customer service.

\$25 OFF*

NEXT members get \$25 off any heating, cooling, plumbing or drain repair.

*No cash value. Restrictions may apply. Not valid with other offers or on prior work.

(248) 876-3775

ThorntonandGrooms.com

• SINCE 1937 •

Thornton & Grooms

HEATING • COOLING • PLUMBING AND MORE

We are your Home Service Professionals.



INCLEMENT WEATHER

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

THANK YOU FOR SUPPORTING NEXT!

MEMORIALS

In Memory of Bob Borgon.
Sarah Bruce c/o Pattengill Elementary School
and Lee and Joan Pettigrew.

FOUNDATIONS/GRANTS:

Mary Roby c/o The Mary Thompson Foundation

GOODS & SERVICES

Racky Hoff and Claudia Scroggins

INDIVIDUAL

Birmingham Bloomfield Coin Club, Tom and Pat Hardy,
Erik Hawkinson, Annis Pratt, David and Linda Underdown,
William and Mary Weatherston

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

Cris Braun, Executive Director
Kathleen Tillson, Office Supervisor
Sara Callender, Staff Assistant
Bev Singer, Staff Assistant
Susan Gwizdz, Marketing & Communications
Jolee Hentgen, Program Planner
Pam Hall, Program Planner
Sandy Catterall, Financial Administrator
Sandi Cassar, Support Services
Pat Brooks, Support Services
Kim Holmes, Facility Operations
Calvin Moss, Van Driver
Clement Travics, Van Driver
Judy Murrell, Meals on Wheels

MEET OUR NEWEST MEMBERS

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

Robert Andreski, Douglas and Janet Ashley, Mary Balardo,
A. Harvey and Kay Bell, IV, Ginny Bergmann, Vincent and Lynn
Borowski, Mary Bowler, Steven Breshgold, Mary Cafferty, Julie
Csernits, Gary Eisele and Carol Kelly, Larry Garbes, Jim and
Annie Glavn, Sue Goldsworth, Harry Goodman, Charles and Princi
Graham, Julie Graham, Jeff and Janice Hausman, Jason and Jan
Horton, Ray and Janet Husband, Larry and Miriam Imerman, Kris
Jones, Farris and Bunny Kalil, Allan and Suzanne Lasser, Richard
and Sharon Ledoux, Marylou Levy, Maureen Marshall, Jocelyn
McCrae, Bob and Amy Melrose, Jack Miller, Sharon Niedermaier,
Cynthia Ranzilla, Matt Roberts, David and Connie Senkin, Judy
Vieux, Dianne Wright.

WELCOME BACK

We are excited to catch up with those members who are
reconnecting with Next: Mindy Fox, Donald and Michele Kramer,
Harry Pevos, Janice Pinson, W. James and Ann Smallwood,
Dru Szczerba and Marianne Winters.

**Our condolences to the family
and friends of...** Elaine Bryant, Dr. Dan Nerad
and Richard Hirneisen.

Our thoughts are with you...

Lydia Francis, Donna Kelly, Crystal Noftz, Jane Perrin,
Sue Smith and Jane Stewart.

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.
- When using your cell phone at Next, please do not use in speaker mode, as it is disruptive to others.
- While Next is unable to endorse any of the products or services of our newsletter sponsors, we appreciate the support of these businesses.

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed Happy New Year!	2 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki 1:00 Partners Bridge Shanghai Rum Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball 5:30 Birmingham Stamp Club	3 Project Warmth Ends 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 1:00 Balanced Yoga for Wellness Pinochle 1:30 Tennis League Mixed Doubles Tai Chi for Health: Beginner Class 4:30 Pickleball 5:00 Film: A Man Called Otto	4 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Open Studio Writer's Corner Bowling League 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Sharing American Indian Cultural History	5 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
8 9:00 Low Impact Aerobics 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:00 Blood Pressure & Oxygen Clinic 11:15 Duplicate Bridge Pickleball 1:00 Popular Reads Book Club Mah Jongg Pinochle 3:00 Trivia Time! 3:30 LaBlast® Chair Fitness Free Demo 4:30 Pickleball 5:30 Parkinson's Support Group	9 10:00 Non-Fiction Book Group 11:00 Women's Roundtable 12:00 Coping with the Winter Blues Canasta 12:30 Socki Partners Bridge 1:00 Shanghai Rum Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball	10 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 1:00 Balanced Yoga for Wellness Streaming @ Next: Gather Pinochle 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop 2:30 Tai Chi for Health: Beginner Class 3:30 Spanish Conversation 4:30 Pickleball 5:00 Film: Nyad	11 Detroit Institute of Arts 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Open Studio Photography Club Bowling League 11:00 The Saginaw Trail & Indigenous People of Oakland County 12:00 Canasta 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: History of Pontiac	12 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class 11:00 Fired & Fused Glass Creations Plate or Bowl 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
15 9:00 Low Impact Aerobics 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:00 Duplicate Bridge 11:15 Pickleball 12:30 Mah Jongg Pinochle 1:00 Bingo 3:30 LaBlast® Chair Fitness 4:30 Pickleball	16 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Shanghai Rum Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball 5:30 Birmingham Stamp Club	17 Parade Company Tour & Jim Brady's 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 1:00 Balanced Yoga for Wellness Pinochle 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop 2:30 Tai Chi for Health: Beginner Class 3:30 Spanish Conversation 4:30 Pickleball 5:00 Movie: Stand By Me 5:30 Dementia Caregiver Support Group 6:00 Coin Club	18 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Open Studio Writer's Corner Bowling League 12:00 Canasta 12:30 Pickleball 1:00 Learning to Remember: Steps to Take toward Healthier Brain & Cognitive Function Studio Art Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: JFK	19 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
22	23	24	25 Underground Railroad Living Museum Tour	26
SPECIAL WEEK! CONNECT WITH NEXT!				
9:00 Low Impact Aerobics 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg Pinochle 3:30 LaBlast® Chair Fitness 4:30 Pickleball	10:00 Photography Club 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Shanghai Rum Chess -Join the Fun! 1:30 Pickleball Skills & Drills Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball	9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Canasta Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 1:00 Streaming @ Next: Miss Americana Taylor Swift Balanced Yoga for Wellness Pinochle 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop 2:30 Tai Chi for Health: Beginner Class 3:30 Spanish Conversation 4:30 Pickleball 5:00 Film: Your Place or Mine	9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Open Studio Bowling League Soup's On! 12:00 Canasta Pickleball 1:00 Mah Jongg Studio Art Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Native American Dance & Cultural Program	9:15 Friday Fitness 10:00 Introduction to Calligraphy Limber Up Tai Chi for Health: Intermediate Class 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
29 9:00 Low Impact Aerobics 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg Pinochle 3:30 LaBlast® Chair Fitness 4:30 Pickleball	30 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Shanghai Rum Chess -Join the Fun! Basket Traditions of Great Lakes Tribes Chair Yoga & Meditation 1:30 Tuesday Jazz 2:30 Yoga for Well Being 4:30 Pickleball	31 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 1:00 Balanced Yoga for Wellness Pinochle 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop 2:30 Tai Chi for Health: Beginner Class 3:30 Spanish Conversation 4:30 Pickleball 5:00 Film: Pinocchio		

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Open Studio Writer's Corner Dreamcatcher Class Bowling League 12:00 Canasta 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Regional Conflict in the Middle East	2 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
5 9:00 Low Impact Aerobics 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:00 Blood Pressure & Oxygen Clinic 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Popular Reads Book Club Mah Jongg Pinochle Bingo 3:00 Trivia Time! 3:30 LaBlast® Chair Fitness 4:30 Pickleball	6 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Shanghai Rum Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball 5:30 Birmingham Stamp Club	7 St. Florian Church Tour & Lunch at Polonia 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 12:30 Reboot Your Life for Better Health 1:00 Streaming: The Indians Who Rocked the World Balanced Yoga for Wellness Pinochle 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop Mah Jongg Lessons Tai Chi for Health: Beginner Class 3:30 Spanish Conversation 4:30 Pickleball 5:00 Film: Indian Horse	8 DS0 - Lush Life: Duke Ellington & Billy Strayhorn 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Open Studio 10:00 Photography Club Bowling League 12:00 Canasta 12:30 Pickleball 1:00 The Science of Happiness Studio Art Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: How Africans became African-Americans	9 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
12 9:00 Low Impact Aerobics 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg Pinochle 2:00 Essential Oils for Mood Management 3:30 LaBlast® Chair Fitness 4:30 Pickleball 5:30 Parkinson's Support Group	13 10:00 Non-Fiction Book Group 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Hearts & Flowers Chamber Music Concert Shanghai Rum Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball	14 Henry Ford Culinary School Lunch 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 1:00 Balanced Yoga for Wellness Pinochle 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop Mah Jongg Lessons 2:30 Tai Chi for Health: Beginner Class 3:30 Spanish Conversation 4:30 Pickleball 5:00 Film: Love Again	15 Detroit Historical Museum & Lunch at Babo Detroit 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Open Studio Writers Corner Bowling League 10:00 Canasta 12:00 Pickleball 12:30 Cabaret Comes to Next! Studio Art Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Oakland County Review from Sheriff Bouchard	16 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class 11:00 Fired & Fused Glass Creations Charcuterie Board 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
19 9:00 Low Impact Aerobics 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg Pinochle Bingo 3:30 LaBlast® Chair Fitness 4:30 Pickleball	20 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Handwriting: Landscape of the Mind Shanghai Rum Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball 5:30 Birmingham Stamp Club	21 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 1:00 Streaming @ Next: Unknown: The Lost Pyramid Balanced Yoga for Wellness Pinochle 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop Mah Jongg Lessons 2:30 Tai Chi for Health: Beginner Class 3:30 Spanish Conversation 4:30 Pickleball 5:00 Film: Gather 5:30 Dementia Caregiver Support Group 6:00 Coin Club	22 Pewabic Museum & Lunch at Vicentes Cuban Cuisine 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Open Studio Bowling League 10:00 Canasta 12:00 Pickleball 12:30 Studio Art Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Michigan Diaries	23 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
26 9:00 Low Impact Aerobics 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg Pinochle 3:30 LaBlast® Chair Fitness 4:30 Pickleball	27 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Shanghai Rum Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball	28 Hamtramck Historical Museum, The Polish Art Center & Polish Village Cafe 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 1:00 Balanced Yoga for Wellness Pinochle 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop Mah Jongg Lessons 2:30 Tai Chi for Health: Beginner Class 4:30 Pickleball 5:00 Film: No Hard Feelings	29 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Open Studio Bowling League 10:00 Keep Yourself Strong when It's Cold Outside Canasta 12:30 Pickleball 1:00 Studio Art Chair Yoga & Meditation 1:30 Chess Lessons 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Waterways, Trails, Artifacts & Wild Rice: Indigenous Connections to Oakland County	



Your Place to Stay Active & Connected

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



SAVE THE DATE!
for Birmingham's
Big Night Out
April 4th at
The Daxton!

Featuring the incomparable Mark Randisi
& the Motor City Jazz Orchestra.
Watch for more information to follow.

ACTIVITY	PAGE
Cultural Series — Indigenous People.....	1
Connect with Next — Special Week for members and their friends.....	2
Happenings at Next	3-4
Art & Creativity	5
Speaker Series	6-7
Fitness Offerings.....	8-9
Ad Hoc Aging in Place Survey Info	9
Day Trips	10-12
Streaming @ Next	12
Feature Films.....	13
Enrichment / Health Series.....	14
Cards, Tiles, Collectors	15
Health & Nutrition	16
Support Services	18
Donations / Policy Reminders	21
Calendars	22-23

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

BOARD OF DIRECTORS

Marcia Wilkinson, President
David Underdown, Vice President
Don Brundirks, Treasurer
George Dilgard, Secretary
Jay Reynolds, Past President

BOARD MEMBERS

Christine Allen
Greg Burry
Sandy Debicki
Stuart Jeffares
Bob Koenigsknecht
Julie Mandich
Eileen Pulker
Gordon Rinschler
Lori Soifer
Joe Valentine
W. Douglas Weaver, M.D.
Rock Abboud, Beverly Hills Liaison
Kathy Mechigian, Bingham Farms Liaison
Michael Seltzer, Franklin Liaison

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
\$70/year Family Membership
All Other Communities
\$80/year Single Membership
\$95/year Family Membership

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