



Your Place to Stay Active & Connected

NOVEMBER/DECEMBER 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

A DELIGHTFUL MUSICAL JOURNEY FROM MOZART TO MOTOWN The Birmingham Musicale String Ensemble

Thursday, November 14 at 1:00 pm
Cost: Complimentary members / \$5 guests



Join us for an afternoon concert performed by The Birmingham Musicale String Ensemble. They will take us on a musical journey starting with a few light, classical pieces, followed by some wonderful standards, including, "My Sweet Embraceable You" and ending with a tribute to Motown! Formed in 1926, the Birmingham Musicale is a member of the Michigan Federation of Music Clubs. The String Ensemble members combine their dedication to live performance with community service. Presenting both public and private concerts in the greater Birmingham area, they serve a diverse audience. Kindly sponsored by American House Stone and Elmwood.

STREETFICTION 2.0

Thursday, December 5 at 6:00 pm
Cost: Complimentary members / \$5 guests

Streetfiction 2.0 has performed at many tri-county venues and we are fortunate to have them at Next!



Please join Craig Kellstrom on saxophone & flute and Dan Dennison with vocals and guitar for an eclectic range of music from classic jazz, R&B, pop and Latin music.



HOLIDAY TRADITIONS POTLUCK LUNCH

Tuesday, November 19 at 12:00 noon
Cost: Complimentary. Bring a dish to share.
Registration required by Tuesday, November 12

It's back! Please join us for a potluck meal to celebrate the holiday season! Prepare a dish to share. International and holiday favorites are encouraged, but not necessary. To participate, bring a homemade dish for 8 people (main dish, side dish or dessert). Good food is all the sweeter when shared with good friends! Kindly sponsored by American House-Village at Bloomfield.

MICHIGAN CENTRAL STATION TOUR - DETROIT HISTORY TOURS (GUIDED)

Thursday, December 19
Bus departs Next at 1:30 pm, returns about 5:30 pm
Cost: \$45 members / \$50 guests

Discover the rich history and incredible transformation of Michigan Central Station on this 90-minute guided station tour. First opened in



1913, the iconic Beaux-Arts structure once served as Detroit's bustling railway hub until its closure in 1988. Now, as one of the city's most beloved landmarks, the station is undergoing an ambitious restoration led by Ford Motor Company and Michigan Central. Expert guides will bring to life the station's rich history, sharing stories of its grandeur, decline, and rebirth. Marvel at the work of over 3,100 skilled craftspeople, see how innovative technologies like 3D printing are being used, and learn about what's next for Michigan Central. Please be aware that the station is an active construction site. Guests may encounter noise, dust, and limited access to certain areas.



HAPPENINGS AT NEXT

VETERAN (AND SPOUSE) BURIAL BENEFITS **Mike Smela, Advanced Funeral Planner**

Thursday, November 7 at 12:00 pm

Cost: Complimentary members / \$5 guests

As a military veteran, what are my burial benefits? How do they extend to my spouse? Can I choose burial or cremation? Are there differences if I use a national cemetery or a private cemetery? How do I secure my military burial benefits? Join us as Mike Smela from A.J. Desmond & Sons helps us explore this sometimes complicated topic and answers these and other questions, discussing pre-arrangements and helping create the perfect tribute for veterans and their spouses. Lunch will be provided.

GIVE YOURSELF THE GIFT OF HEALTH **Aaron Wallace, Owner, Balance Your Fitness**

Wednesday, November 13 at 12:30 pm

Cost: Complimentary members / \$5 guests

Are you terrified of the holiday menu? Would you like to lose weight, improve energy, boost your immune system and get healthy when everyone else is resigned to weight gain? Learn how to boost your metabolism and be healthier and balanced by making smarter choices at your holiday feast!

YOGA NIDRA WITH CARYN CIAGNE

Monday, November 18 at 2:00 pm

Cost: \$10 members / \$12 guests

Join us for Yoga Nidra - a simple, pose-free way to slow down and recover from stressors in your life. This will be a guided relaxation where you will be resting comfortably on the floor and the goal is to move into a deep state of conscious awareness sleep, which is a deeper state of relaxation with awareness. We will begin with a few guided simple stretches and then it will be all about guided relaxation. Please dress comfortably and bring a yoga mat or beach towel and perhaps a pillow or two to be comfortable lying down.

TURNING PAGES: UPDATES AND EXCITING OFFERINGS AT BALDWIN LIBRARY

Rebekah Craft, Director, Baldwin Public Library

Wednesday, November 20 at 1:30 pm

Cost: Complimentary members / \$5 guests

Join Baldwin Public Library Director Rebekah Craft to learn about updates at the library, including a brief history of the recent addition and the Idea Lab, the new Library of Things, Baldwin's Best Bets book collection, and the Winter Reading Program. Rebekah will also share the benefits of reading, discuss assistive reading options available at the library, and chat about recently published great books that will keep you wanting to turn the page. We will meet in Next's library.

FESTIVE FLOWERS AND FOLIAGE **Lisa Steinkopf, The Houseplant Guru**

Thursday, November 21 at 1:00 pm

Cost: Complimentary members / \$5 guests

We all have received plants at the holidays at one time or another and usually have no clue what to do with them. This program will help you learn to take care of any holiday plants you've been gifted. Poinsettias, cyclamen, amaryllis and Christmas cactus are just some of the plants that will be highlighted. All registered attendees will have a chance to win a festive flowering plant to gift to someone or...to keep themselves!

'TIS THE SEASON FOR FRAUD

Viktoria Blair, Community Bank Manager, Independent Bank

Michael Zelle, VP Financial Investigations Manager

Tuesday, December 3 at 1:00 pm

Cost: Complimentary members / \$5 guests

Join us for a fraud prevention seminar. You will learn what you need to be on guard for, how to protect yourself and steps to take if, despite your best efforts, you experience fraud. You will walk away from this program with some helpful prevention tips to put you a step ahead of fraudsters.

MAKE FOOD NOT WASTE

Danielle Todd, Executive Director

Thursday, December 5 at 1:00 pm

Cost: Complimentary members / \$5 guests

Make Food Not Waste is an organization that is leading the charge to keep food out of landfills and combat climate change by creating lasting solutions to food waste. Through education, food upcycling, and strategic advocacy, they help communities reduce waste to make a substantial impact on the environment. By converting surplus food into nutritious meals and championing food conservation. Danielle Todd founded Make Food Not Waste in 2017. Since then, the organization has become a leading voice for food waste reduction in the state of Michigan.

ESSENTIAL OILS WITH CARYN CIAGNE

Monday, December 9 at 2:00 pm

Cost: See below

Join us to learn about the basics of using essential oils for personal self-care and within your home. We will focus on three basic oils: lemon, lavender and peppermint and expand to cover participants' specific health concerns and oil options to support their needs. Participants will have two registration options:

A) Includes an essential oil trio - 5ml each of lemon, lavender and peppermint. \$43 members / \$48 guests OR...

B) To attend for informational purposes only, the cost is \$13 members / \$18 guests.

All participants will create a customized oil spray to enjoy at home.



HAPPENINGS AT NEXT

AN INSIDE LOOK AT GONE WITH THE WIND (GWTW) Kathleen Maraccio, GWTW Researcher, Collector and Enthusiast

Tuesday, December 10 at 1:00 pm

Cost: Complimentary members / \$5 guests

Join us to learn how author Margaret Mitchell came to write her bestselling (and only) novel, *Gone With The Wind*, and how it was turned into the 1939 Oscar-winning film produced by David O. Selznick. A display of vintage and contemporary memorabilia will accompany the presentation and will be available for viewing 30 minutes before the program begins.

Kathleen Maraccio holds a B.A. in English and Anthropology and an M.S. in Library Science, both from Wayne State University. Now retired, she worked for Cengage Learning (formerly Gale Research) for nearly 39 years. In 2012, she received the inaugural "Windie of the Year" award by the Marietta *Gone With The Wind* Museum for sharing her love of *Gone With The Wind* with fellow GWTW enthusiasts and classic film fans. Generously sponsored by American House Stone and Elmwood.

IT'S A WRAP PARTY!

Tuesday, December 17 at 11:00 am

Cost: Complimentary. Next members only

You bring the gifts and we'll provide the paper, tape, scissors, fun embellishments and creative hands and minds to make your packages special. Festive music and cozy refreshments will make it a party! Celebrate the season and finish your wrapping among friends and Next staff.

CARDIO DANCE WITH KAREN LUTZ – New!

Mondays from 3:30 to 4:15 pm

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

Join Karen for this new class that will keep you moving with easy-to-follow dance patterns. No partner or dance experience needed. You'll move to a variety of music genres to get your heart rate up. And use weights to help build muscle and strength. Wear comfortable shoes. First class free! Let's have fun!



COMMUNITY CHAMPIONS

November

ROSE SENIOR LIVING

28800 West Eleven Mile Rd • Farmington Hills
248-522-2460 • www.RoseSeniorLiving.com

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 everyday. 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 under the same roof. Now that's a retirement life you can love – and that's the singular version of senior living Edward Rose and Sons brings to every one of our communities.



PHOENICIA RESTAURANT

588 S. Old Woodward Ave • Birmingham 48009
248-644-3122 • www.phoeniciabirmingham.com

PHOENICIA

Experience Lebanese Fare in Detroit! For more than 50 years, Chickpea Hospitality's flagship restaurant has charmed diners with refined Lebanese-American fare served in upscale, white linen digs. Operated by Sameer Eid and his family since 1971, the original Highland Park restaurant relocated to the Detroit suburb of Birmingham a decade later, where it evolved to become the crown jewel of Middle Eastern dining in Michigan that we know and love today.

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December

BANK OF ANN ARBOR

33583 Woodward Ave. • Birmingham 48009
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Bank of Ann Arbor is a full service bank offering exceptional services in many vectors including Personal Banking, Business Banking, Home Loans and Wealth and Investing opportunities

provided by dedicated professionals.

One of Bank of Ann Arbor's missions is to give back to our communities through service, donations of time, talent and treasure. Each year BOAA supports more than 200 non-profit organizations and charities throughout Washtenaw, Oakland and Western Wayne County.

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SPEAKER SERIES @ NEXT

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

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

November 7 – MOVERS, SHAKERS AND MUSIC MAKERS: A TRIBUTE TO SIX MICHIGAN WOMEN WHO CHANGED HISTORY

Anna Kamryn Marck – Playwright, Performer



Myra K. Wolfgang, labor union organizer. Grace Lee Boggs, philosopher and activist. Laura Smith Haviland, abolitionist and conductor on the underground railroad and others. Featuring “This Little Light of Mine,” and “Oh! What a Beautiful City,” this

show will leave you inspired by the legacy of women activists in Michigan and hopeful about building a better world right in your own backyard.

November 14 – THE MIDDLE EAST SITUATION Gus Mondalek, International Affairs Expert

Gus will present an in-depth analysis of the complex geo-political dynamics affecting the middle-east region today. He will discuss escalating conflicts, the humanitarian impact, political dynamics including the roles of various regional and international actors, such as Iran's influence on Hezbollah and the responses from the United States and other global powers.

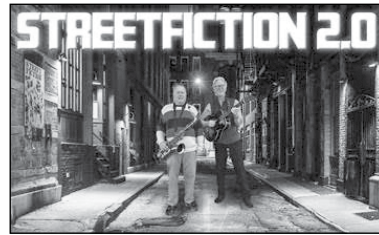


November 21 – THE DETROIT LIONS AND THE EARLY NFL Jeremy Dimmick, Manager of Collections, Detroit Historical Society

The story of the Lions catching on in Detroit doubles as the story of professional football finding its place in American popular culture. Before the Portsmouth Spartans relocated to Detroit and donned the Honolulu Blue in 1934, several pro football teams tried and failed to gain a foothold in the city. What made the Lions different? This presentation examines the instability of the infant NFL, and how the Lions (and professional football) won the hearts of Detroiters to become the institution they are today tracking the team from its small town roots, through its golden age in the 1950's and into the present.

November 28 – No lecture - Happy Thanksgiving!

December 5 – STREETFICTION 2.0 Craig Kellstrom and Dan Dennison



Craig and Dan give us an eclectic range of music from classic jazz, R&B, pop and Latin music. See front page for more info.

December 12 – ANNIE LEIBOVITZ: CAPTURING CELEBRITY Wendy Evans, Art Historian

Photographer Annie Leibovitz has produced some of the most iconic and memorable images of the last 40 years. We'll explore a rich variety of images from this celebrated artist including her most famous covers for Rolling Stone and several photos from her book “Women”.



December 19 – THOSE WHO LEFT AND THOSE LEFT BEHIND: CIVIL WAR -CONNECTIONS TO OAKLAND COUNTY PARKS Carol Bacak - Egbo, Oakland County Historian



The Civil War remains a watershed moment in our history...a time when things changed and would never be the same again. Come hear stories of how the War affected people, how at the time, called our parklands home.

December 26 – No lecture – Happy Holidays!



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.

VISION LOSS AND EYE HEALTH

Dr. Lylas Mogk, MD and Anne Riddering, PhD

Tuesday, November 5 at 12:00 pm

Cost: Complimentary members / \$5 guests

Vision Loss and Eye Health (Tuesday, Nov. 5, 12-1 p.m.)

Join Dr. Lylas Mogk, MD, and Anne Riddering, PhD, of Henry Ford Health for a presentation about major diseases causing vision loss (i.e., macular degeneration, glaucoma, diabetic retinopathy and stroke), the pattern of loss each causes, the impact on function of each, depression, vision loss, and what to do to keep as much vision as possible with each diagnosis. The presentation will include vision rehabilitation and strategies for continuing to live fully with vision loss. A light lunch will be served.

WOMEN'S HEALTH

Dr. John Leahy, OB/GYN

Thursday, December 12 at 12:00 pm

Cost: Complimentary members / \$5 guests

As a senior woman, do you still need to see a gynecologist? That will be the focus of this women's health presentation by Dr. John Leahy, an OB-GYN with Henry Ford Health. In the discussion, Dr. Leahy will cover recommended screening guidelines for annual gynecological exams and breast health and screening, as well as causes for concern. A light lunch will be served.



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FITNESS OFFERINGS

LOW IMPACT AEROBICS with Taylor Glaspie

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 9:30 to 10:30 am

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

Caryn will guide you through a 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: \$100 members / \$110 guests

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.

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.

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.

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 traditional standing, seated and supine postures to strengthen and improve balance. Please bring a yoga mat, water and a towel (optional).

BALANCED YOGA FOR WELLNESS with Karen Lutz

Wednesdays at 1:00 pm

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

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

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 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.

Beginner Class

Wednesdays from 2:30 to 3:30 pm

No Class December 25 and January 1

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

Cost: 1 drop-in class: \$10

Intermediate Class

Fridays from 10:00 to 11:00 am

No Class November 29 and December 27

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.

FRIDAY FITNESS with Caryn Ciagne

Fridays from 9:15 to 10:15 am

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

Get moving! Meet in the gym. Walk and talk. Try out some fancy footwork: lunges, side steps, walking backwards and more! Wall sits and stretches. All to promote strength, flexibility, balance and community. Bring water and wear comfortable shoes. Let's have some Friday fun!

CARDIO DANCE WITH KAREN LUTZ – New Offering!

Mondays from 3:30 to 4:15 pm

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

No partner or dance experience needed. You'll move to a variety of music genres to get your heart rate up. And use weights to help build muscle and strength. Wear comfortable shoes. First class free! Let's have fun!



FITNESS OFFERINGS

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 - 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 davidmpong@gmail.com or 248-229-5015.

BOWLING LEAGUE

Thursdays at 1:00 pm - 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.. No need to register, just drop in. For more information call or text Janice Borsenik at 248-644-0986.



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JOIN US FOR A FREE FRAUD PREVENTION SEMINAR!

Date: December 3, 2024

Time: 1-2 pm

Location: 2121 Midvale St.
Birmingham, MI 48009

Be Independent 





ACRYLIC & OIL PAINTING

Mondays November 4 through December 9 from 12:00 pm to 3:00 pm

Cost: 6 week series: \$110 members / \$115 guests

Ready to dust off your paints and learn something new in painting? Or, want to learn the basics of acrylic and oil from scratch? Look no further. Next welcomes back mixed media artist/instructor Marat Paransky. His studio practice includes sculpture, painting, drawing, photography and other media. This class covers a wide range of acrylic and oil painting topics: from choosing the right surface and getting started with your composition, to understanding how color works, and eventually to experimenting with techniques and materials. All experience levels are welcome. There will be demos and discussions about artists in class. Students will need to purchase their own supplies and to have them for the first class--the provided supplies list will be available at the front office, upon registration. Also, please have an idea and some pictures/photos from which to work, beginning with the first class.

STUDIO ART

Thursdays, December 5 through December 19 from 1:00 pm – 3:30 pm

Cost: 3 week series: \$43 members / \$47 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, 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.



BASKET MAKING CLASSES

Join Deborah VanderLinde, PhD, aka “The Basketmak’r” constructing a wine basket and mini market baskets. Deborah is a veteran basket weaver and instructor. She is the author of three “The Basketmak’r” pattern books and was the founding publisher of the nationally distributed quarterly, “Just Patterns: The Idea Magazine for Basketmakers.” Retired from a career as a music educator at Oakland University, Deborah enjoys introducing others to the creative process and craftsmanship in basketry by teaching classes throughout SE Michigan. Join Deb in these fun holiday themed classes where you will be introduced to or review basic weaving techniques.

WINE BASKET

Wednesday, November 20, from 1:00 pm – 5:00 pm

Cost: \$65 members / \$70 guests

This sturdy basket features a wood D handle with two decorative weaving options. Holds two wine bottles. Measures: 8.5” L x 5.5” W x 9” tall + handle

MINI MARKET BASKETS

Wednesday, December 11, from 1:00 pm – 5:00 pm

Cost: \$35 members / \$40 guests

Make one mini market basket with D handles in this class. This basket is perfect as a teacher, hostess, gift card or Secret Santa gift. Measures: 6” L x 2.5”W x 2.5” tall + handle. If you would like stay to make a second basket, or take the kit home. The second kit is available to purchase, paid directly to the instructor for \$15.00 (cash or venmo only please).

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.

POTTERY OPEN STUDIO

Thursdays from 9:30 am to 12:30 pm

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



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DAY TRIPS

FORD HOUSE AUTUMN LANDSCAPE GUIDED TOUR & LUNCH AT THE CONTINENTAL

Thursday, November 7

Bus departs Next at 9:00 am, returns about 2:00 pm

Cost: \$45 members / \$50 guests

Immerse yourself in the breathtaking symphony of colors at Ford House's Autumn Landscape Guided Tour! Join us for a captivating 50-minute tour exploring the enchanting landscapes meticulously crafted by renowned architect Albert Kahn and visionary landscape designer Jens Jensen. Don't miss your chance to witness the magic of autumn unfold on this exclusive tour—a captivating ode to nature's artistry and human ingenuity. After your guided tour, enjoy lunch on your own at The Continental. When you dine at The Continental at Ford House, inside the Visitor Center, you'll experience an extraordinary meal while looking out on a fantastic view of Lake St. Clair. Wrap up this magnificent day with a little time saved for The Shop.

HENRY FORD COLLEGE CULINARY RESTAURANT (5101) HOLIDAY BUFFET

Wednesday, November 13

Bus departs Next at 11:15 am, returns about 2:15 pm

Cost: \$15 members / \$20 guests

Savor this delicious Holiday Buffet skillfully prepared and served by HFCC students. The menu draws its inspiration from local farms and markets, focusing on exceptional ingredients at the peak of their season. This buffet is the perfect kick start to the holiday season! 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 and is approximately \$21.95 per person (this does not include tax or tip). Bon Appetite!

ROYAL OAK MARKET – ART FAIR EDITION

Thursday, November 21

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

Cost: \$15 members / \$20 guests



The Royal Oak Market- Art Fair Edition, now in its 9th year is produced by The Guild of Artists and Artisans and will take place indoors at the Royal Oak Farmer's Market. This jury selected event will feature 60 artists! In addition to wonderful Fine Art, fairgoers will enjoy live

entertainment, food vendors, several adult beverage offerings, and free admission which makes it a fun and festive place to get a head start in purchasing a gift of fine "design" for someone special for the holidays.

MEADOWBROOK HOLIDAY HOUSE TOUR AND LUNCH AT LOCCINO ITALIAN GRILL

Wednesday, December 4

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

Cost: \$40 members / \$45 guests



For more than 50 years, Meadow Brook Hall has delivered a breathtaking holiday experience – transporting visitors through the historic mansion decked in shimmering wonder and splendor. Perhaps the most beloved part is the Holiday House Walk: a self-guided indoor tour featuring incomparable holiday sights and decorations inside one of America's "castles", the 110-room, 88,000-square-foot estate, featuring more than 50 magnificent trees, flickering fireplaces, dazzling trimmings, and lights galore! Don't miss the 10-foot tall Poinsettia tree created by 150 live plants. Visit the Holiday Shop to explore the wide range of merchandise, including unique holiday décor and ornaments, beautiful gifts, specialty items, Made-in-Michigan products, wine and more. Lunch, on your own, following at Loccino Italian Grill and Bar.

KIRK IN THE HILLS TOUR AND LUNCH AT THE MOOSE PRESERVE

Thursday, December 12

Bus departs Next at 9:35 am, returns about 1:15 pm

Cost: \$20 members / \$25 guests



We will visit and take a one and a half hour docent led tour of Kirk in the Hills, the dream and vision of Col. Edwin S. George. Col. George, a Detroit businessman, gifted his home and estate (Cedarholm) in 1947, intending the Kirk to

be a community church, serving the area. View the Pewabic ceramic tile, Marshall Fredrick's Sculptures, and the tower, which houses the world's largest carillon of 77 bells. The Gothic design Church was patterned after the once famous 13th century Melrose Abbey in Scotland, and is one of the last truly Gothic structures built in America. Lunch on your own after at The Moose Preserve.



DAY TRIPS

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. Cost: \$65 members / \$70 guests



Friday, December 6

ELLINGTON & THE NUTCRACKER (Classical)

Music Director Jader Bignamini gets us into the holiday spirit with not one, but two Nutcrackers. Tchaikovsky's ballet music is a beloved favorite, and Duke Ellington really makes it swing. Grammy Award nominee Carlos Simon puts dance at the heart of celebration and guest soloist Ray Chen's "joy in music making is palpable" (Los Angeles Times) throughout Barber's Violin Concerto.

Friday, December 13

HOME FOR THE HOLIDAYS

\$75 members/ \$80 guests

Gather the family for one of the best holiday traditions in Detroit! The DSO and special guests play all your favorites inside warm and wonderful Orchestra Hall. Make the season bright and create memories of a lifetime everyone can share.

2024 ANNUAL FUND DRIVE

Thank you to our generous donors during the Spring Fund Drive. Your contributions allow Next to continue offering programs and support services to our community. Thank you – Thank you!

Judy & Joel Adelman	Chizuko & Michael Donovan	Kathleen & Art Luz	Susan Sadley
Margaret Alberts	Nena and Mark Downing	Julie & John Mandich	Ev Schwartz
Donald Baldwin	Carolyn Dreer	Sarah May	Brenda Shufelt
Nancy Balog	Peggy Dufault	Elaine McLain	Mary Lou Siefken
Donna Barion	Nancy Duffy	Falding McLogan	Stoll Family Foundation
Gloria Baykian	Carol Edwards	Laura Miller	Karen Street
Toby & Harley Berger	Marilyn Elliott	Patricia Naski	Kathy Strettar
Anne Bernardini	Muffy Ernster	Karen Nettler	Susan & Rick Strong
Jan & Jon Bird	Gloria & Ray Finocchio	Julie Oldani	Sally Teague
Christine Blackwell	Janet Francis	Pat Olson	Joan Topping
Rose Boyll	Lydia & Gene Francis	David Peterson	Nancy Trowl
Linda Buchanan	Dennys Grady	Dorothy Pfeifer	Linda & David Underdown
Nancy Buck	Susan and Rick Gwizdz	Thomas Pongratz	Judith & Henry Velleman
Christine Burnard	Jody Harrington	Patricia Pooler	Mary & Bill Weatherston
Karen & Matthew Capaldi	Myrna Hitchman	Sharon Pugh	Joanne Weaver
Debra Carleton	Laura & Brad Host	Eileen Pulker	Jeff Weisswasser
John Corey	Patricia Hubert	Karen Purslow & Joe Pallischeck	Dick Wigginton
Sandy Debicki	Elaine Hudson	Lynn & J. Patrick Quigley	Joanne Wilberding
Marjorie Decapite	Dan Hughes/OPTIMIdeas, LLC	Marsha Rafferty	Andrea Wilkins
Char DeVero	Joe Kado	Cynthia Ranzilla	Marcia & Steve Wilkinson
Julie & Jim Delaney	Donna & Mark Kelly	John Reiners	Marva Williams
Judy & Bruce Dobras	Pat & Bob Koenigsknecht	Jay Reynolds	Uwe Wolff-Beckert
Lynn Doelle	Michele & Don Kramer	Pam Rijnovean	Marlene Yospyn
Sharon & Bill Donnelly	Shirley Labrenz	Susan & David Rugenstein	Christine & Vaughn Zecma

FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

November 6 – THE MIRACLE CLUB

Set in 1967, The Miracle Club is a heartwarming film that follows the story of three generations of close friends, Lily (Maggie Smith), Eileen (Kathy Bates), and Dolly (Agnes O'Casey) of Ballygar, a hard-knocks community in Dublin, who have one tantalizing dream: to win a pilgrimage to the sacred French town of Lourdes, that place of miracles that draws millions of visitors each year. The women set out on the journey that they hope will change their lives. Old wounds are reopened along the way, forcing the women to confront their pasts even as they travel in search of a miracle.

Rated PG13 1 hour 47 minutes

November 13 - THE LONG GAME

In 1950's Texas, a veteran-turned-school superintendent (Dennis Quaid) assembled a team of five young Mexican-American caddies from a local country club determined to learn how to play and create their own golf course in the middle of the South Texas desert, to compete for a state championship. Rated R 1 hour 52 minutes

November 20 – FIND ME FALLING

Coming off a flop album and his biggest hit's dwindling popularity, aging rock star John Allman (Harry Connick Jr.) decides to take a break from his career to reclaim his spark. He moves to an isolated cliffside home on the idyllic Mediterranean island of Cyprus, but John's dream of keeping a low profile is derailed when he is routinely confronted by desperate souls, and later faced with even more complicated surprises when an old flame reignites.

Rated Comedy/Romance 1 hour 34 minutes

November 27 – HAPPY THANKSGIVING!

December 4 – HOLIDAY IN THE VINEYARDS

While on a secret job for his mother's wine company, a man falls for the widow whose place he's renting. She is struggling to keep the local vineyard running, but the truth may spoil their yuletide romance. Starring Josh Swickard (Carter Baldwin) and Sol Rodriguez (Valentina Espinoza).

Rated PG 1 hour 47 minutes

December 11 – SOMETHING FROM TIFFANY'S

Nothing compares to the magic and excitement of the holidays in New York City. Rachael and Gary (Zoey Deutch, Ray Nicholson) are happy enough but not quite ready for that big commitment. Ethan and Vanessa (Kendrick Smith Sampson, Shay Mitchell), the perfect picture, are just about to make it official. When a simple mix-up of gifts causes all of their paths to cross, it sets off a series of twists and unexpected discoveries that lead them where they're truly meant to be. Because love – like life – is full of surprises.

Rated PG 1 hour 27 minutes

December 18 – CANDY CANE LANE

Eddie Murphy stars in this holiday comedy adventure about a man on a mission to win his neighborhood's annual Christmas home decoration contest. After Chris (Eddie Murphy) inadvertently makes a deal with a mischievous elf named Pepper (Jillian Bell) to better his chances of winning, she casts a magic spell that brings the 12 Days of Christmas to life, and wreaks havoc on the whole town. At the risk of ruining the holidays for his family, Chris, his wife Carol (Tracee Ellis Ross), and their three children must race against the clock to break Pepper's spell, battle deviously magical characters, and save Christmas for everyone.

Rated PG 1 hour 48 minutes

December 25 – MERRY CHRISTMAS & HAPPY HANUKKAH!



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CARDS, TILES, COLLECTORS

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.

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

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.

BINGO

Monday, November 4, 18 and December 2, 16 at 1:00 pm

Admission cost: \$2 per card for members and guests

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

COIN CLUB

Wednesdays, Resumes January 15

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

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.

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

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.

BIRMINGHAM STAMP CLUB

Tuesdays, November 5, 19 and December 3, 17 at 5:30 pm

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

COMPUTER LAB & LESSONS

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

We offer one-on-one computer instruction on one of our many computers by one of our talented instructors. Please contact the Next office to schedule an appointment and purchase your computer card. The Computer Lab will be available during Next business hours.

TRIVIA TIME! with Tricia Olevnick

Mondays, November 4 and December 2 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.



HEALTH & NUTRITION

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Monday, November 4th and December 2nd 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.

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, November 11th and December 9th at 5:30 pm

The South Oakland County Parkinson's Support Group,

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!

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

At this time, there are no scheduled dates. Please contact Cindy Beller at 586-453-1909 for additional information. Presented by the Michigan Chapter of the Alzheimer's Association.

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.

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.

COMMUNITY HOUSING TOURS

Join us to tour local senior living communities. There are many wonderful options in the area and this is a great opportunity to gather information. You will be picked up and returned to Next and we will enjoy a complimentary lunch as part of the tour! Please call Next at 248-203-5270 to make a reservation if you would like to join us.

**CHRISTMAS AT AMERICAN HOUSE
STONE**

Wednesday, December 11- Bus departs from Next
11:00

Enjoy the beautiful holiday decorations while taking a tour of this independent living community. Offering a variety of floor plans, a maintenance-free lifestyle, stroll the lovely landscaped grounds and gardens, or participate in outings to the local parks and shopping areas and then return for happy hour.

Come kick off the Holidays with Next and American House
Stone!!!



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.

FOUNDATION FOR BIRMINGHAM SENIORS

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

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

LAWN MOWING & SNOW REMOVAL for Birmingham & Beverly Hills Residents

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

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.

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

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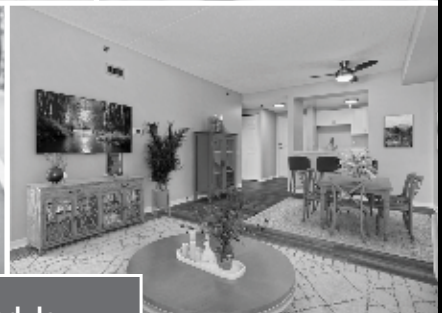
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ENRICHMENT

POPULAR READS BOOK CLUB - BACK AT NEXT IN PERSON! (AND ZOOM)

Mondays, November 4 and December 2 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The November book selection is *Someone Like Us* by Dinaw Mengestu— and in December is the “Favorite Books of the YEAR” lunch! Register at Next — and Baldwin Public Library will provide the book.

NON-FICTION BOOK GROUP (via Zoom)

Tuesday, November 12 at 10:00 am

There is no meeting in December

Facilitated by Jaclyn Miller, Associate Director of the Baldwin Public Library, join us to discuss *Yellow Bird: Oil, Murder, and a Woman’s Search for Justice in Indian Country* by Sierra Crane Murdoch in November. 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, November 7, 21 and

December 5, 19 from 9:30 am to 11:30 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.



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A key component of selecting an agent is feeling comfortable with the person who is going to help you find your next home. Whether listing or buying, I listen, guide, and consult, but I will not tell you what to do. I will help empower you in this next phase of your life.

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STREAMING @ NEXT!

AIRBNB NIGHTMARES

Tuesday, November 5 at 11:00 am
Cost: Complimentary members / \$5 guests

Discover what could go wrong when your beloved homes are opened to strangers. Explore the unbelievable stories about nightmare tenants besides the usual tales of dirty rooms and plundered houses. Length: 48 minutes

REAGAN

Tuesday, November 19 at 11:00 am
Cost: Complimentary members / \$5 guests

From his impoverished childhood and Hollywood stardom to his ultimate role as Commander-in-Chief, discover how the events of Ronal Reagan’s life informed the man and shaped a president. Length: 1 hour 27 minutes Rated: PG

FIRE MOUNTAIN-THE ERUPTION AND REBIRTH OF MT. SAINT HELENS

Tuesday, December 3 at 11:00 am
Cost: Complimentary members / \$5 guests

Two hundred and thirty square miles leveled in moments. Captured in rare and spectacular aerial photography with words and pictures of the survivors, witness the terrifying fury of the worst volcanic disaster in American history – Mount St. Helens. Then behold the miraculous natural recovery of the land and the awesome beauty of the volcano nearly two decades after its devastating eruption. Length: 59 minutes

LOOKING FOR MELANIA TRUMP

Tuesday, December 17 at 11:00 am
Cost: Complimentary members / \$5 guests

Melania Trump embodies both the symbol of a modern conservative woman, as well as limitless ambition in pursuit of success. Political journalist Laurence Haim, who has observed Melania for years, reveals essential characteristics of the First Lady that help clarify the mystery that surrounds a woman few people know. Length: 58 minutes



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Next

AS A REMINDER:

- ▶ When the Birmingham schools are closed due to inclement weather, Next will also be closed.

THANK YOU FOR SUPPORTING NEXT!

MEMORIALS

In memory of Jean York
Kay and Jim Bertholdt
Jean Bourget
Tracy and William Souder

GOODS AND SERVICES: Dolores Kornblum, Annette Reich.

INDIVIDUAL / GROUP

Judy and Joel Adelman, Connie Dugger, Anita DeMarco Goor, Sharon and Kenneth Gorski, Peggy Graham, Will Hosler, Diane Hults, Elaine Igno, Dr. Silverenia Kanoyton and Professor DeWitt Dykes, Dolores Kornblum, Pam Rijnovean, Lynn Russell, Christopher Sande, Joanne and Ed Schouten, Nancy Slutsky, Barb and Jim Suhay, Jr., Anne Whitelaw.

MEET OUR NEWEST MEMBERS

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

Lynora Abramson, Patricia and Richard Blair, Andrea Carethers, LaVern Clark, Gloria Cousins, Khokan Das, Thomas Foxen, The Gillespie Family, Debora Hodges, Darlene Kowalski, Emma and Byron Lowe, Anne McNeill, Peter Peterson, Judy Robinson, Jay Sherman, Diane and Chris Slon, Maria and Larry Smith, Janet and Steven Torok, Robyn and Mark Whitelaw, Sandy and Ronald Williamson, Cathy Wise and Nancy Wittstock.

WELCOME BACK

We are excited to catch up with those members who are reconnecting with Next:

Flora Acosta, Sue and Raymond Buratto, Hilda Foxen, Jeffrey Kroon, Diane and Frank Mayer, Mary Power, Lisa and Tom Straith, Jill Underwood and Gail Webster

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.

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 Travicz, Van Driver
Judy Murrell, Meals on Wheels

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.

Our condolences to the family and friends of...

Patricia Jackson, Madeline Simone and Jean York

We are thinking of you...

Donna Kelly

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles
4 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:00 Acrylic & Oil Painting 12:30 Pickleball 1:00 Popular Reads 1:00 Pinochle 1:00 Bingo 1:00 Mah Jongg 3:30 Cardio Dance - New! 4:30 Pickleball	5 10:00 Wonderful World of Watercolor 11:00 Womens Roundtable 11:00 Streaming: AIRBNB Nightmares 12:00 Vision Loss and Eye Health 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being! 4:30 Pickleball 5:30 Stamp Club	6 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 1:00 Balanced Yoga for Wellness 1:00 Basket Weaving 1:00 Pinochle 1:30 Tennis - Mixed Doubles 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: The Miracle Club	7 9:00 Low Impact Aerobics 9:00 Ford House Autumn Landscape Tour & Lunch at The Continental 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 12:00 Veteran (and spouse) Burial Benefits 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Studio Art- Session 1 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Movers, Shakers & Music Makers: A Tribute to 6 Michigan Women	8 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles
11 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Acrylic & Oil Painting 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 3:30 Cardio Dance - New! 4:30 Pickleball 5:30 Parkinson's Support Group	12 10:00 Non-Fiction Book Club 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rum 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball	13 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:15 Henry Ford Culinary School Restaurant- Holiday Buffet 12:30 Give Yourself the Gift of Health 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tennis - Mixed Doubles 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: The Long Game	14 9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 12:00 Canasta 12:30 Pickleball 1:00 A Delightful Musical Journey 1:00 Bowling League 1:00 Studio Art - Session 1 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Middle East Situation	15 9:15 Friday Fitness 9:15 DSO - Under the Streetlamp 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle 1:30 Tennis - Mixed Doubles
18 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Acrylic & Oil Painting 12:30 Pickleball 1:00 Bingo 1:00 Mah Jongg 1:00 Pinochle 2:00 Yoga Nidra 3:30 Cardio Dance - New! 4:30 Pickleball	19 10:00 Birmingham Bloomfield Newcomers Welcome Coffee 11:00 Streaming: Reagan 11:00 Womens Roundtable 12:00 Holiday Traditions Potluck Lunch 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rum 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	20 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 1:00 Wine Baskets 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Turning Pages: Updates/ Exciting Offerings at Baldwin Library 1:30 Tennis -Mixed Doubles 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Find Me Falling 6:00 Coin Club	21 9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 11:00 Royal Oak Market Art Fair 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Festive Flowers and Foliage 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Detroit Lions & the NFL	22 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle 1:30 Tennis - Mixed Doubles
25 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Acrylic & Oil Painting 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 3:30 Cardio Dance - New! 4:30 Pickleball	26 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rum 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being! 4:30 Pickleball	27 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tennis -Mixed Doubles NEXT CLOSES @ 3 pm	28	29
			Next Closed HAPPY THANKSGIVING!	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:00 Acrylic & Oil Painting 12:30 Pickleball 1:00 Bingo 1:00 Pinochle 1:00 Favorite Books of the Year- Lunch 1:00 Mah Jongg 3:30 Cardio Dance - New! 4:30 Pickleball</p>	<p>3</p> <p>11:00 Streaming: Fire Mountain- The Eruption & Rebirth of Mt. Saint Helens 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 'Tis the Season for Fraud 1:00 Chess 1:00 Shanghai Rum 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club</p>	<p>4</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 10:15 Meadowbrook Holiday House Tour & Lunch at Loccino 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tennis - Mixed Doubles 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: Holiday In The Vineyards</p>	<p>5</p> <p>9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 12:00 Canasta 12:30 Pickleball 1:00 Studio Art- Session 1 1:00 Bowling League 1:00 Make Food Not Waste 1:00 Studio Art - Session 2 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Music: StreetFiction 2.0</p>	<p>6</p> <p>9:15 Friday Fitness 9:15 DSO - Ellington & The Nutcracker 10:00 Limber Up 10:00 Tai Chi Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles</p>
<p>9</p> <p>9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Acrylic & Oil Painting 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 2:00 Essential Oils 3:00 Trivia Time! 3:30 Cardio Dance - New! 4:30 Pickleball 5:30 Parkinson's Support Group</p>	<p>10</p> <p>11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 An Inside Look at Gone With the Wind 1:00 Chess 1:00 Shanghai Rum 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball</p>	<p>11</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Christmas Housing Tour 1:00 Mini Market Baskets 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tennis - Mixed Doubles 2:30 Tai Chi Beginner 4:30 Pickleball 5:00 Movie: Something From Tiffany's</p>	<p>12</p> <p>9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 9:35 Kirk In The Hills Tour & Lunch at The Moose Preserve 12:00 Women's Health 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Studio Art- Session 2 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Annie Leibovitz: Capturing Celebrity</p>	<p>13</p> <p>9:15 Friday Fitness 9:15 DSO - Home For The Holidays 10:00 Limber Up 10:00 Tai Chi Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle 1:30 Tennis - Mixed Doubles</p>
<p>16</p> <p>9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Bingo 1:00 Pinochle 1:00 Mah Jongg 3:30 Cardio Dance - New! 4:30 Pickleball</p>	<p>17</p> <p>11:00 It's a Wrap Party! 11:00 Streaming: Looking for Melania Trump 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rum 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club</p>	<p>18</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 1:00 Balanced Yoga for Wellness 1:00 Basket Weaving 1:00 Pinochle 1:30 Tennis - Mixed Doubles 2:30 Tai Chi Beginner 4:30 Pickleball 5:00 Movie: Candy Cane Lane 6:00 Coin Club</p>	<p>19</p> <p>9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Studio Art- Session 2 1:30 Chair Yoga and Meditation 1:30 Michigan Central Guided Tour 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Civil War Connections to Oakland County Parks</p>	<p>20</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles</p>
<p>23</p> <p>9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 3:30 Cardio Dance - New! 4:30 Pickleball</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate <i>(No class today)</i> 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles</p>
<p>30</p> <p>9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 3:30 Cardio Dance - New! 4:30 Pickleball</p>	<p>31</p>	<p>1</p>		

**Next Closed
MERRY CHRISTMAS
&
HAPPY HANUKKAH!**

**Next Closed
HAPPY NEW YEAR!**



Your Place to Stay Active & Connected

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PROJECT WARMTH



Join the Next community this holiday season as we collect warm clothing for adults and children in need, as well as blankets and towels for our furry friends in the shelter. Gloves, mittens, scarves, hats and socks for all ages are much appreciated. Please make sure the items are new.

The Michigan Animal Rescue League welcomes donations of gently-used or new fleece blankets and towels. All items may be placed in the collection boxes located in the Next lobby. Thank you in advance for your generosity!

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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.

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