



Your Place to Stay Active & Connected

NOVEMBER/DECEMBER 2017

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

Celebrate the Holidays at Next!



EVERGREEN WREATH MOSAIC CLASS

Monday, November 13
from 1:00 to 3:30 pm
Cost: \$35 members
\$40 non-members
Please pre-register by
Friday, November 3

Make this stunning 6"x 6"

mosaic tile under the direction of talented artist Mary Gilhuly, who will lead you through the creative process using colored pieces of glass and mirror on a blank tile.

ANNUAL HOLIDAY SHOPPING AT NEXT

Monday, November 13 from 9:30 am to 3:00 pm

Our Annual Holiday Sale will be bigger than ever this year featuring Next talented artists, crafters, knitters, quilters, potters and photographers who are donating their one-of-a kind creations, with all proceeds going to Next. In addition, Next authors will be selling their published books with a portion of sales also donated to Next. Like most nonprofits, Next relies heavily on the time, treasures and talents of its members. Don't miss this Holiday Shopping event! It's a wonderful place to purchase the lovely work of our talented members as a holiday gift.

ALL ABOUT CHANUKAH

Monday, December 11 at 1:00 pm

Cost: Complimentary members
\$5 non-members - Pre-register

Learn about the most festive
of the Jewish holidays-Chanukah.

Presenter Marilyn Wolfe, from the Jewish
Community Center, will share the fascinating history
of this holiday including traditions and food. JCC's
Ben Opegeym will provide the music. Sponsored by
Boulevard Heath Center.



AN EVENING OF HOLIDAY MUSIC

Tuesday, December 5 from 6:00 to 7:00 pm

Cost: Complimentary members / \$5 non-members

Pre-register by Monday, December 4

Enjoy a delightful evening of Christmas, Chanukah
and other holiday favorites to get you in a festive mood.
Talented musicians Hannah and Jack Waterstone will
be accompanied by singer Violet Brooks for your listening
enjoyment. This will be a fun delightful evening for all.
Light refreshments will be served.

CHRISTMAS COFFEE & CONCERT

Thursday, December 21 at 10:00 am

Pre-register by Friday, December 15

Join us for 45 delightful minutes of Christmas music, the
perfect mix of classical and contemporary string music!
The Birmingham Musicale String Ensemble, which consists
of 20-25 string players, performs under the direction of
Music Director Tim Nicolai. Following the musical program,
please join us for coffee and holiday pastries. Generously
sponsored by Waltonwood of Royal Oak.

HOLIDAY FILM FEST

Enjoy classic holiday films and treats with friends.

White Christmas

Wednesday, December 27 at 1:00 pm

Singers Bob Wallace (Bing Crosby) and Phil Davis
(Danny Kaye) join a sister act to perform a holiday show
that becomes a fun-filled musical extravaganza!

It's a Wonderful Life

Thursday, December 28 at 1:00 pm

An angel (Lionel Barrymore) is sent to help a desperate
man (James Stewart) appreciate his life and his family,
including wife, Mary (Donna Reed).

The Apartment

Friday, December 29 at 1:00 pm

Satire about the corporate rat race centers on a man (Jack
Lemmon), who lends his apartment to execs for their affairs
until he falls for his boss' latest girlfriend (Shirley MacLaine).





FEATURED PROGRAMS

LIFE TRANSITIONS - NEW Conversation & Companionship

Every Friday morning at 9:00 am
Begins on Friday, November 3
Pre-register in Next Office

Have you experienced a significant transition recently? Perhaps the loss of a spouse or child, divorce or a move? This new group meets weekly to provide a little comfort, and mutual support to one another. Seasoned facilitator **Barbara Clevenger** will join Next members who are looking to connect to others with similar life-changing experiences. Gather for support, advice and companionship.

THE BASICS OF MEDICARE

Monday, November 6 from 6:00 to 7:30 pm
Cost: Complimentary members / \$5 non-members

Turning 65 soon? Already enrolled in Medicare but confused about your choices? If so, attend this educational seminar to learn about your options so that you make the best choices. This Medicare Basics class will cover: Original Medicare (Parts A & B), Medicare Supplements (Part C), Medicare Advantage and Prescriptions (Part D). Additionally, this presentation will include when to enroll, how to avoid life time penalties, and how to get assistance. Come Join **Medicare Expert Art Babian**, of Arthur E. Babian Health Insurance Agency of Beverly Hills, as he helps you prepare for the world of Medicare.

AARP DRIVER SAFETY WORKSHOP

A Classroom Refresher for Drivers 50 & Over
Thursday, November 9 and Friday, November 10 from 10:00 am to 2:30 pm (includes one-half hour lunch break)
Cost: \$18 for AARP members / \$23 non-AARP members
Pre-register by Monday, November 6

In this classroom refresher course, taught by **AARP Certified Instructor Bob Smith**, you'll learn defensive driving techniques, proven safety strategies, how to navigate adverse weather conditions and more. Mr. Smith also covers the use of anti-lock brakes, air bags and safety belts. If you like, bring your own lunch. Some insurance companies offer premium discounts to drivers 50+ who complete an approved eight hour safety course. Consult your insurance company for further details.

As Next grows, so does the popularity of our classes, programs, movies, lectures and trips. To ensure a spot, pre-register as early as possible — with the Next Office or online at BirminghamNext.org. Thanks!

KEEP YOUR VOICE SOUNDING YOUNG

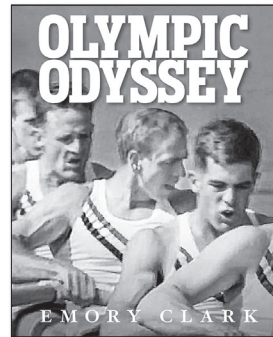
Corinne Barringer M.A., CCC-SLP
Thursday, November 9 at 1:00 pm
Cost: Complimentary members / \$5 non-members
Pre-register by Monday, November 6

Do you like the sound of your voice? This interactive workshop will introduce effective strategies and techniques to care for your voice and keep it sounding young and healthy. Learn the basics of breathing, the importance of posture, voice and speech exercises, and methods that actors and public personalities use. This is not a singing class, but a course to achieve everyday speaking vitality. Join **Corinne Barringer of Barringer Consultants LLC**, a speech and voice coach and communications consultant, to explore ways to keep your voice sounding vibrant! This presentation is sponsored by Cranbrook Financial Partners of Raymond James.

ONE MAN'S STORY OF OLYMPIC GOLD

Tuesday, November 14 at 1:30 pm
Cost: Complimentary members / \$5 non-members

Only a handful of the world's finest athletes have participated in the Olympics, and even fewer have won its highest honor — the Gold Medal. Long-time Lapeer attorney, **Emory Clark**, who rowed in the U.S. eight oared shell in the 1964 Olympic Games in Tokyo, will recount his journey from his first grueling workout to a **Gold Medal Winner**. While Mr. Clark's journey took place more than half a century ago, he tells a timeless tale of youthful ambition together with the intense physical and emotional exertion that turned his dream into reality. His story is augmented with images and artifacts (he'll have the Gold Medal with him!), intimate details and humorous asides, bringing to life a simpler time when Olympic athletes were amateurs and commercialism had yet to tarnish the Games.



PAMPERED CHEF COOKING SHOW & NEXT FUNDRAISER

Tuesday, November 14 from 6:00 to 7:30 pm
Cost: Complimentary - Pre-register by Saturday, November 11

Join **Linda Cavanaugh** from the Pampered Chef for a fun demonstration of innovative quality kitchen tools that make cooking easier and faster! You will find many of the items Linda will be demonstrating handy to simplify your life, whether cooking for one, two or more people! We will be cooking up some recipes and sharing food samples. A portion of the proceeds from items purchased at the show will be donated to Next.



REMOVING THE MYSTERIES OF PROBATE COURT

Thursday, November 16 from 1:00 to 3:00 pm

Cost: Complimentary

Pre-register in Next Office by Monday, November 13

The Oakland County Probate Court and The Citizens Alliance for the Oakland County Probate and Circuit Courts will be conducting this program. It is designed to educate you so you may make informed decisions regarding your estate planning and understand the probate process. The seminar will include topics such as wills, trusts, and powers of attorney, and provides useful information on how to begin probate proceedings, when to consider use of guardianships and conservatorships, and how "avoiding probate" could cause more harm than good. Panelists will include Jill Koney Daly, Probate Register for the Oakland County Probate Court, and attorney Diana Moak from Pugh, Moak, P.C.

NORMAL AGING VS. DEMENTIA

Tuesday, December 5 at 1:00 pm

Cost: Complimentary

Have you ever lost your car keys and found them in an unusual place, like the refrigerator? Did this make you wonder if you should be concerned? Is forgetting your phone number a normal part of the aging process? Have you gotten lost going to familiar places? Join us for "Normal Aging vs Dementia" for the answers to these questions and many more. Presented by Kathie Shaffer, Certified Dementia Practitioner & Business Development Specialist from Arden Courts Memory Care Communities.

DRY EYE: CAUSES & TREATMENTS

Wednesday, December 6 at 10:00 am

Pre-register by Friday, December 1

Over 30 million Americans have symptoms consistent with dry eye disease. Dr. Phillip Elston, from Michigan Dry Eye Center in Birmingham, will be discussing why dry eye is often improperly diagnosed and treated. He will touch on risk factors, treatment beyond artificial tears, and when you know a thorough workup of your condition is necessary. Don't miss an opportunity to learn more about eye health and get your dry eye questions answered.

SUCCESSFUL BOOMER SUMMIT!

We are grateful that so many attended the Boomer Summit, making it a great success! Amazing speakers shared so many inspiring personal stories and the vendors certainly delivered. We hope you left feeling informed and inspired! We appreciate your support. Thank you! Thank you!



RETIREMENT REIMAGINED

Select Fridays at 1:00 pm

Retirement Reimagined provides facilitation, peer support and resources to assist in creating a purpose-filled and meaningful retirement. Join the thought provoking discussion and meet other retirees. These meetings are open to anyone interested in the Retirement Reimagined group, mentorship, or entrepreneurship. To learn more, contact Next members Kathy Walgren at kwal@comcast.net or Dian Wilkins at dian.wilkins@yahoo.com.

The Holidays are coming! OH NO!

Friday, November 10 at 1:00 pm

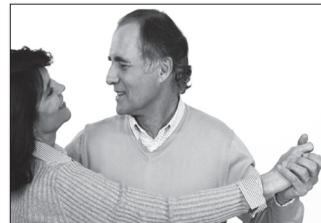
Oftentimes, the holiday season can be accompanied by "holiday stress" or the "holiday blues". The older we get, the more we confront loss: loved ones, cherished traditions, health status, and other significant life changes that contribute to stress. Psychologist Peggy Brunhofer, PhD returns by popular demand to lead this interactive program, which will address strategies to manage and limit "holiday stress" and identify methods to enhance one's well being during the holiday season.

"Strictly Social" Holiday Gathering

Friday, December 8 at 1:00 pm

This is a social event to mingle with fellow retirees. Come enjoy some holiday goodies and join the fun — games and prizes. Greet old friends and make new ones.

BEGINNING BALLROOM DANCE



Session 1: Waltz

Thursdays, January 11, 18, and 25 from 6:30 to 7:30 pm

Cost: 3-week session

\$30 member / \$36 non-member

Pre-registration required

by Monday January 8.

Session 2: Merengue

Thursdays, February 8, 15 and 22 from 6:30 to 7:30 pm

Cost: 3-week session - \$30 member / \$36 non-member

Pre-registration required by Thursday, February 1

Have you always wanted to ballroom dance? Join this group class and learn a different Smooth, Rhythm or Swing dance style each month. Instructor Amy Tranchida brings 38 years of experience, a diverse dance background and a great sense of humor to her classes. She offers tips and techniques to ensure student progress and build life-long learning. No partner necessary. Dress shoes recommended. Please avoid slip-on, backless or tennis shoes.



ART & CREATIVITY

► ADVANCED POTTERY STUDIO

Thursdays from 9:30 am to 12:30 pm

This group of advanced potters works independently. Limited number of participants.

► ANYONE CAN PAINT

Wednesday, November 15 from 9:30 to 11:30 am

Cost: \$28 member / \$33 non-member

Fee includes all supplies

Pre-register by Thursday, November 9

The always popular Steve Wood returns to Next, combining his instruction with humor and encouragement for beginner to intermediate painters. Participants will complete an 11" x 14" painting with the theme "Neighborhood Christmas".

BEGINNING BEADING

Learn to create beautiful jewelry in a variety of beading techniques. Classes require the ability to thread small needles, so bring your reading glasses. **Artisan/Instructor Susan Fraser** has been making and designing jewelry for 15 years, and has exhibited at events throughout Michigan.

Herringbone Bracelet with a Twist

Tuesday, November 14 from 1:00 to 4:00 pm

Cost: \$13 for members / \$15 non-members

(plus a \$15 kit fee payable to instructor)

Please pre-register by Friday, November 10

A bracelet done in herringbone stitch in bronze or dark purple with a sprinkling of glass leaves for interest. You will also learn how to make a beaded toggle closing to complete the design. Kits will provide all materials required.

► DRAWING & WATERCOLOR OPEN STUDIO

Most Wednesdays at 1:00 pm

Join this talented group of artists! They will gladly guide novices. Bring your own materials.

► KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

Enjoy lively discussion and lots of laughs with this group of lovely ladies at this knitting and crocheting studio. Bring your own project and materials or use Next supplies. Tips and ideas shared.

► NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

A great group for quilting, needlepoint, sewing, cross-stitch — if it takes a needle, this is the group for you! Beginners through experts welcome.

ZENTANGLE

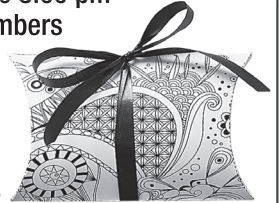
Looking for a way to unwind from stress, focus your thoughts or explore your creative side? If you can draw a line, you can learn Zentangle. It's a Zen-like way of creating an abstract piece of art with easy-to-learn repetitive patterns. **Certified Zentangle instructor Pam Signorelli** has been teaching art for 35 years. No experience necessary.

Tangled Gift Boxes

Tuesday, November 28 from 1:00 to 3:00 pm

Cost: \$15 members / \$18 non-members

First, we'll create a foldable "pillow box" from a template that you can use at home, too. Then, we will add the perfect decorative tangles and learn ways to add bling and color to your work. Please bring your basic Zentangle kit (includes Micron pen 01 and 05, pencil, tortillion blending stump) or you may purchase a kit from instructor in class for \$7.



► PAINTING WITH ACRYLICS & OILS

Beginners through advanced students

10-week class: Tuesdays, January 9 through March 13

from 9:30 am to 12:00 noon

Cost: \$150 member / \$160 non-member

Artist/instructor **Karen Halpern's** class lessons focus on color theory, subject, techniques and design. Individual guidance and personal encouragement will help you develop your own style. Bring a 12"x18" sketch pad, 18"x24" canvas or larger, #2 desk pencil, eraser, and painting supplies to first class.

► 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.

► PHOTOGRAPHY CLUB

Third Tuesdays, November 21 and December 19

from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 non-members

The Next Photography Club seeks to bring together people who have an interest in photography and wish to advance their skill, regardless of prior experience or type of camera. **Chuck Green** will be available to "coach" members, and is also available for one-on-one Photoshop lessons at Next. Contact Chuck at 248-647-0477 or chazgreen@wowway.com.

► STUDIO ART CLASS

10-week class: Thursdays, January 11

through March 15 from 1:00 to 3:30 pm

Cost: \$150 member / \$160 non-member

Bring your own art project to class and artist/instructor **Karen Halpern** will assist you to develop your ideas in the medium you choose and offer direction for advancement. You choose the style, subject and medium — and remember to bring your supplies.



NEXT NOTES

THANK YOU!

Next hosted another great Flu Shot Clinic and Health Expo! Thank you to all our great vendors who joined us for this exciting day. Thank you to the nurses from Henry Ford Health Systems for providing the flu shots, and the volunteers who helped in the set-up and breakdown of this huge undertaking. Most of all, we want to thank the over 250 attendees for coming out to get your shot and visit with all of our incredible vendors. We can't wait to do it again next year.

TAX-AIDE VOLUNTEERS NEEDED FOR 2018

The AARP Tax-Aide Program is a national volunteer program sponsored by the IRS and the AARP Foundation, in partnership with Community Centers. Volunteers are now being recruited to provide free tax preparation services to low and moderate income seniors. This will require volunteering at Next a minimum of 40 hours for the season, generally one day per week. Tax preparation occurs on Tuesdays, between February 6 and April 10, 2018. Volunteers receive free training in tax law and form preparation, starting the first week of January. If interested, please contact Anita MacSorley at amacsorley@gmail.com or 248-682-4155. Volunteers are also needed for additional locations.

ARTIST'S DISPLAY

The beautiful artwork and photography displayed in our lobby represents the creative work of the Oil & Acrylic Class, Studio Art Class, Palette & Brush Group and Photography Group. Beginning in November, our photographers will display recent examples of their work in Next's arts programs. Enjoy continued creative displays!

NEXT LIBRARY...BOOKS & MORE

Did you know that Next has its own library in Room 2? The shelves are full of reference materials, nonfiction and fiction titles. There are also puzzles and games. The library runs on the honor system; feel free to help yourself and return your items when you're ready. And don't forget the Baldwin Library kiosk in the front lobby includes more current titles and movies on DVDs. Next users can also request items from the Baldwin Library to be delivered to the Next lobby for easy pick up. Call the Library at 248-554-4650 by Wednesday to request your items — and they will be available at Next on Thursday afternoon. In addition, book donations are appreciated and can be dropped off in the Next office. Thank you!

BALDWIN LIBRARY 90TH ANNIVERSARY

BOOKS & BITES

 SPEAKEASY 

NOVEMBER 10 2017

PURCHASE TICKETS AT:

WWW.BALDWINLIB.ORG/BOOKSANDBITES

SHAKERS: \$75 each. BOOMERS: \$65 (ages 65-89). FREE for ages 90+

GET ALL DOLLED UP • SIP & GET STUFFED • GAME TABLES & AUCTION ITEMS

ALL PROCEEDS BENEFIT THE YOUTH SERVICES RENOVATION.

FEATURE FILMS

Every Wednesday Evening @ 5:30pm

Cost: Complimentary members / \$5 non-members



Dinner & A Classic,
generously sponsored by
The Jeffares Group, is
taking the holidays off.

*Many thanks to Woodward Hills for providing
Next with Movies and Popcorn*

November 1 - THE BUTLER

After leaving the South as a young man and finding employment at an elite hotel in Washington, D.C., Cecil Gaines (**Forest Whitaker**) gets the opportunity of a lifetime when he is hired as a butler at the White House. Over the course of three decades, Cecil has a front-row seat to history and the inner workings of the Oval Office. However, his commitment to his "First Family" leads to tension at home, alienating his wife (Oprah Winfrey) and causing conflict with his anti-establishment son. Rated PG -13 2 hours 15 minutes

November 8 - GOING IN STYLE

Lifelong buddies Willie (**Morgan Freeman**), Joe (**Michael Caine**) and Albert (**Alan Arkin**) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money. Rated PG-13 1 hour 36 minutes

November 15 - ESCANABA IN DA MOONLIGHT

Escanaba in da Moonlight is a 2001 movie starring **Jeff Daniels**. It is a comedy about hunting and hunting traditions and is set and filmed in the Escanaba, Michigan area. The movie is the film adaptation of the play of the same name, which premiered at Jeff Daniels' Purple Rose Theatre in Chelsea, Michigan. Rated PG-13 1 hour 32 minutes

November 29 - FUNNY GIRL

Dessert (Not Dinner) & A Classic 5:30 pm

In this bittersweet, classic musical drama, the vibrant and beautiful young Fanny Brice (**Barbra Streisand**) starts out as a bit player on the New York City vaudeville stage, but works her way up to stardom on Broadway. Valued for her vocal and comedic talents by the renowned theater impresario Florenz Ziegfeld (**Walter Pidgeon**), Fanny thrives, but her relationship with her suave, imprisoned businessman husband, Nick Arnstein (**Omar Sharif**), is another story.



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December 6 - SAVING MR. BANKS

Spurred on by a promise he made to his daughters, Walt Disney (**Tom Hanks**) embarks on what would become a 20-year quest to obtain the movie rights to "Mary Poppins." The author, P.L. Travers (**Emma Thompson**), proves to be an uncompromising curmudgeon who has no intention of letting her beloved characters become mangled in the Hollywood machine. However, when the books stop selling and she finds herself in need of money, Travers reluctantly agrees to consider Disney's proposition. Rated PG-13 2 hours 6 minutes

December 13 - WONDER WOMAN

Before she was Wonder Woman (**Gal Gadot**), she was Diana, princess of the Amazons, trained to be an unconquerable warrior. Raised on a sheltered island paradise, Diana meets an American pilot (**Chris Pine**) who tells her about the massive conflict that's raging in the outside world. Convinced that she can stop the threat, Diana leaves her home for the first time. Fighting alongside men in a war to end all wars, she finally discovers her full powers and true destiny. Rated PG-13 2 hours 21 minutes

December 20 - CHRISTMAS VACATION

As the holidays approach, Clark Griswold (**Chevy Chase**) wants to have a perfect family Christmas, so he pesters his wife, Ellen (**Beverly D'Angelo**), and children, as he tries to make sure everything is in line, including the tree and house decorations. However, things go awry quickly. His hick cousin, Eddie (**Randy Quaid**), and his family show up unplanned and start living in their camper on the Griswold property. Even worse, Clark's employers renege on the holiday bonus he needs. This movie is sure to lift your spirits! Christmas cookies will be served. Rated PG-13 1 hour 37 minutes

There will not be a movie on:
November 22 - HAPPY THANKSGIVING!
December 27 - HAPPY HOLIDAYS!

SPEAKER S E R I E S

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Premier Speaker Series Every Thursday at 6:00 pm
Cost: Complimentary members / \$5 non-members

November 2 - LITTLE KNOWN STORIES FROM AMERICAN HISTORY

James Glenn, B.A., M.A.

Jim Glenn presents unusual and interesting historical facts about people and events from the 18th, 19th and 20th centuries. You'll be surprised to hear American history stories few people have heard. For example, FDR narrowly escaped death four times — an assassination attempt, polio disease, a torpedo barely missing a ship he was on and a nearby bombing. You'll be astounded by what you'll hear and learn!

November 9 - SOCIETY & EDUCATION

Professor Ike McKinnon, B.A., M.S., Ph.D.

Join Ike McKinnon, Professor at UD-Mercy, former Deputy Mayor and Chief of Police of Detroit as he discusses Society and Education; a class he has taught at University of Detroit Mercy. "What is happening in American society and its schools that prompts a widely held belief that our schools are not measuring up to our society's expectations?" Professor McKinnon will analyze why public education is attacked by the media, politicians and citizens and strategies for supporting schools in the future.

November 16 - FROM WILDERNESS TO THE HEIGHTS - TRANSFORMATION OF THE UNIVERSITY OF MICHIGAN (1852 - 1900)

**Professor Francis X. Blouin, Information
and History, U-M College of LSA**

Professor Fran Blouin chairs the President's Advisory Committee for the University Bicentennial being celebrated in 2017. She will discuss how a remote territorial university founded in 1817 and reestablished in Ann Arbor in 1837 would, by 1900, be considered one of the most important universities in the nation. Professor Blouin tells a remarkable story of extraordinarily new ideas and the power of those ideas to transform all of higher education.

There will not be a speaker on:

November 23 - HAPPY THANKSGIVING!

December 28 - HAPPY HOLIDAYS!

November 30 - THROUGH THE FIRE

1967 REBELLION, Part 1 of 2

Jamon Jordan, Black Scroll Society

Jamon Jordan, President of the Detroit Branch of the Association for the Study of African American Life and History and founder of the Black Scroll Network History & Tours returns to take us through the history of the 1967 Rebellion. Part 1 will talk about the events and circumstance that led up to the '67 Rebellion.

December 7 - 1967 REBELLION, Part 2 of 2

Jamon Jordan, Black Scroll Society

Jamon Jordan, returns to describe five days of the Rebellion, "where, when and how" of those days and the legacy of the Rebellion in Detroit. How does the '67 Rebellion stand in history and what can we learn.

December 14 - SHARING AMERICAN INDIAN CULTURAL HISTORY

FROM THE GREAT LAKES NATIONS

**Euphemia "Sue" Franklin, Executive Director
of South Eastern Michigan Indians, Inc.**

Ms. Franklin, tribal member of the Sault Ste. Marie Tribe of Chippewa Indians and her husband, Chris Franklin, tribal member of the Oneida of the Thames First Nations will discuss the Anishinabe Tribes here in Michigan and Urban American issues including historical trauma, elder services and child and family services. The importance of education, comprehensive services and protection of children and youth will be discussed and explored.

December 21 - TELEVISION & THE PRESIDENCY, EISENHOWER TO REAGAN

Professor Bruce Zellers, B.A., M.A. - Oakland University

The president has always been a focus of the press, receiving a disproportionate share of the media. As this attention increased dramatically over time, Americans came to rely on evening news programs as their main source of information about the president. How well did television portray the President during the Eisenhower to Reagan years? Did television networks serve the public? Professor Zellers will discuss how the presidents used the media beginning with President Eisenhower in the 1950's and also reflect on this issue under the current administration.



DAY TRIPS

COOKING DEMO: THE ART OF MINDFUL LIVING & LUNCH

Wednesday, November 8

Bus departs Next at 9:15 am, returns about 1:30 pm

Cost: \$32 members / \$37 non-members

Join the Henry Ford Hospital, West Bloomfield, culinary team for healthy yet delicious cooking demonstrations, in their state-of-the-art kitchen, where the food is truly worth savoring. A Vita wellness center expert will lead meditation exercises and eating-with-intention techniques. Incorporating holistic methods, such as the power of intention, guided imagery, and mindful eating will leave you with a new sense of focus and joy for the moment. Receive an \$8.00 voucher to enjoy lunch in the cafeteria before leaving.

LUNCH BUNCH

Enjoy lunch at delicious restaurants in our surrounding area.

Bus departs Next at 11:15 am, returns about 1:00 pm

Cost: \$5 members / \$8 non-members - Participants are responsible for lunch and gratuity

Thursday, November 16
Salvatore Scalopini
Birmingham

Tuesday, December 12
Grape Leaves
Troy

► CULTURALLY DIVERSE OUTINGS CONTINUE!

Our Greater Detroit Community is rich in its many diverse cultures. Join Next as we tour a few of them. Please note, there is a considerable amount of walking on all of these tours. Please pre-register, as space is limited.

Holocaust Memorial Center

Tuesday, November 14

Bus departs Next at 9:15 am, returns about 1:00 pm

Cost: \$26 member / \$31 non-member

First enjoy a continental breakfast at 8:30 am at Next. While at the Holocaust Memorial Center Zekelman Family Campus, take a 90 minute, docent-led tour as well as additional time with a Holocaust survivor. Please note both photography and videography is prohibited.

National Shrine of the Little Flower

Monday, December 4

Bus departs Next at 11:15 am, returns about 3:00 pm

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

First enjoy lunch on your own at Crispelli's, then take a docent-led tour of National Shrine of the Little Flower. In 1998, the United States Bishops' Conference declared the site a National Shrine, one of only five in the country.

AFTERNOON TEA AT THE TOWNSEND

Thursday, November 30

Bus departs Next at 11:45 am, returns about 2:10 pm

Cost: \$55 members / \$65 non-members

Join us for an English tradition where afternoon tea is served as a social, relaxing and unique experience. Fine, loose rolled teas are enhanced with satisfying fare that will make your mouth water. Classical music, Waterford chandeliers and mahogany wood provide a charming backdrop for this celebration.

SOMERSET SHOPPING & LUNCH

Wednesday, December 6

Bus departs Next at 9:45 am, returns about 2:00 pm

Cost: \$10 members / \$15 non-members

Enjoy the festive atmosphere at The Somerset Collection while you shop, walk and get into the holiday spirit. Meet up for lunch on your own at Brio Tuscan Grille before heading back to Next.

NORTH AMERICAN INTERNATIONAL AUTO SHOW

Tuesday, January 23 - Please pre-register

Bus departs Next at 10:00 am, returns about 3:30 pm

Transportation cost: \$15 member / \$20 non-members

Auto Show tickets at the door \$7 - Lunch on your own

Discover the latest debuts by the world's leading automotive brands and experience your favorite makes and models at the 2018 North American International Auto Show. Leave the hassle and expense of driving and parking to the Next driver.

MEADOWBROOK THEATRE

presents **Nana's Naughty Knickers**

Wednesday, January 31

The event is nearly full, please call Next Office to check availability and to be added to the waiting list.

HIGH TEA AT THE WHITNEY

Thursday, February 22

Bus departs Next at 1:15 pm, returns about 4:00 pm

Cost: \$60 member / \$65 non-members - Please pre-register

Tea service at The Whitney transforms you to a time when mid-day was meant for relaxing. Put on a beautiful hat, leave your cares behind and enjoy the lifestyle over tea, scones, a soup and salad duet, finger sandwiches and pastries. Trip offered in partnership with Bloomfield Township Senior Services.

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 those trips \$5 and under, a credit will be given.
- Participants needing special accommodations must have a registered companion.

HOLIDAY OUTINGS



DETROIT SYMPHONY ORCHESTRA MORNING COFFEE CONCERTS

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

Friday, December 15 - Home for the Holidays

Share Detroit's favorite holiday musical tradition with family and friends and marvel in the spectacle of the season. (The event is nearly full, please call Next office to check availability and to be added to the waiting list.)

Friday, March 9 - Blockbuster Broadway

You'll find musical hits behind every Broadway blockbuster. An acclaimed cast of Broadway artists perform show-stopping songs you love from the great musicals.

Friday, May 18 - The Doo Wop Project

Follow the evolution of Doo Wop from tight harmonies sung on street corners to today's biggest hits.

ANNUAL CHRISTMAS DINNER DANCE

Senior Men's Club of Birmingham

Tuesday, December 12 at 5:30 pm - Cost: \$50

The Senior Men's Club invites Next members to join them for their holiday celebration at the San Marino Club in Troy. The evening includes cocktail hour, dinner and musical entertainment. There will be a cash bar and dancing. Reserve your seats in the Next office.

ANNUAL SENIOR CITIZEN'S CHRISTMAS LUNCHEON Salvation Army Royal Oak

Thursday, December 14 at 12:00 noon

Cost: Complimentary - Request tickets ASAP

Enjoy a free and festive luncheon at the Salvation Army Royal Oak Citadel. This yearly luncheon is always a great way to start your holiday season. Please contact the Next office for tickets.

CHRISTMAS DAY BRUNCH

Christ Church Cranbrook in Bloomfield Hills

December 25 at 11:00 am

Christ Church Cranbrook is hosting their Christmas Day Brunch immediately following the 10:00 service, which all are invited to attend. Please RSVP by December 20 for this special event by calling the church at 248-644-5210.

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kcutler@comcast.net



Kathi Jones-Cutler

*I am a Senior Real Estate Specialist
and a member of Next who
proudly serves on the Next board.*

Call me at 248.345.7775
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ENRICHMENT

🕒 CURRENT EVENTS DISCUSSION GROUP

Every Friday at 12:00 noon

With everything 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 — from what's going on in Michigan to what is happening around the globe. A variety of opinions make for more engaging conversations. All viewpoints welcomed and encouraged to participate. This is a drop in, non-facilitated group dialogue.

🕒 MEN'S BREAKFAST

Drop-in every Wednesday at 9:00 am - Cost: Complimentary

Men of Next, gather together to discuss the week's events, weekend plans, sports or whatever's on your mind! No agenda, no mandatory attendance, or pre-planned topics — just an opportunity to gather and enjoy each other's company. We will provide a light breakfast and coffee, you provide the conversation.

🕒 POPULAR READS BOOK CLUB

Monday, November 20 at 1:00 pm

Rebekah Craft, Associate Director of the Baldwin Public Library, leads book discussions of popular and award-winning books several times throughout the year. The November book selection is *Castle*, by Jessica Shattuck. When you register at Next, you'll be given a copy of the book, provided by Baldwin Public Library.

DO YOU HAVE AN HOUR TO SHARE WITH A YOUNG STUDENT?

Tuesdays from 1:30 to 2:30 pm and

Thursdays from 9:30 to 10:30 am

Pre-registration in the Next office required

A bus from Next will take interested members to Greenfield Elementary where you will be teamed up with students for activities such as: reader workshops, writer's workshops, editing, listening to students read, math, science, and much more. Teachers in each class will show you what to do and be there to assist if needed. You may drive yourself if you prefer. No experience necessary.

🕒 WRITER'S CORNER

1st and 3rd Thursdays from 9:30 to 11:00 am

Join Next members who love to gather and share their common interest in writing. Members of this group enjoy writing poetry, memoirs, social commentary, short stories and novels. Read your material and get constructive feedback. Contact facilitator Sara Burnside at 248-649-1813 for additional information.

As the needs of our community continue to grow, supporting independence is our first priority

Next not only provides a warm and welcoming place to gather with friends, but for those who need a little more assistance, Next also offers transportation to area doctors, Meals on Wheels, Medicare support, tax preparation, medical equipment loans, and referrals for in-home services.

You can make a difference in the life of a senior right in your own neighborhood. Please give to the Share the Spirit Fund Drive being mailed home in November. To donate now or anytime, visit our website. www.BirminghamNext.org



Looking for more ways to give?

DONATE stocks or mutual funds. You can claim an income tax charitable donation and eliminate any capital gains tax.

REMEMBER Next in your estate planning. This is a popular gift because it is easy and flexible. Even a small amount, like 5% can have a big impact.

NAME Next as a beneficiary of your retirement account or life insurance policy. After your lifetime, whatever amount or percentage you designate to Next, transfers to help your senior neighbors.



CARDS, TILES & COLLECTOR'S CLUBS

♣ B-I-N-G-O

1st and 3rd Fridays, November 3, 17
and December 1, 15 at 1:00 pm

Eight games of regular bingo are played. The cost to play is \$2 per card. Non-members welcome for a \$2 admission fee.

♣ MAH JONGG

Mondays from 10:30 am to 12:30 pm and 12:30 to 2:30 pm

This group is looking for substitute players only. Contact Sandy Moore at xsandy16@yahoo.com if interested in subbing.

BRIDGE...for everyone at every level!

Beginning Bridge Instruction - Instructor: Al Rosie
Mondays from 10:00 am to 12:00 noon

Duplicate Bridge - Facilitator: Al Rosie
Mondays from 12:15 to 3:15 pm

Partners Bridge - Tuesdays from 2:30 to 6:00 pm
Partner required. Experienced players, please.

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

♣ CARDS...come and join the fun!

If you have never played these games, or need a bit of a refresher, the friendly players here at Next will be glad to get you up to speed. This group of enthusiastic players welcomes both seasoned players and those new to the games. For additional information, contact Ed Schouten at edward.schouten@gmail.com.

Pinochle

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

Euchre

Tuesdays from 12:00 noon to 3:00 pm

Hearts

Thursdays from 12:00 noon to 3:00 pm

♣ BIRMINGHAM STAMP CLUB

1st and 3rd Tuesdays at 6:00 pm
Contact Ken Rusch at (248) 968-3505

♣ COIN CLUB

3rd Wednesdays at 7:00 pm
For information contact Robert Beuter at (248) 646-9657



COMPUTER LAB & CLASSES

♣ COMPUTER LAB

The lab is open during center hours for members.

♣ ONE-ON-ONE COMPUTER INSTRUCTION

We offer one-on-one computer instruction, on one of our many computers, by one of our talented instructors.

♣ NAVIGATING YOUR IPAD, IPHONE, TABLET & MORE

Our one-on-one instruction goes far beyond just computers. Our instructors can show you how to use any current technology. Whether you want to use an iPod, iPhone, Tablet, Android device, or Kindle, we can teach you how.

Cost for all computer instruction: \$5 for one hour / \$20 for 5 one-hour sessions. Please contact the Next office to schedule an appointment. Members only.

TURN YOUR CHRISTMAS CARD LIST INTO MAILING LABELS!

One-on-one sessions can be scheduled from mid-November thru mid-December during the following times:

Thursday, November 16 or 30 at 2:00, 3:00 or 4:00 pm
OR Thursday, December 7 or 14 at 2:00, 3:00 or 4:00 pm

Cost: \$5 per session, members only

By appointment only - Pre-registration required

In this 60-minute session, Next computer instructor, Tina Franco provides one-on-one instruction on how to make Christmas card labels using Microsoft Excel and Word (Mail Merge). If your mailing list is ready and you have already purchased labels, bring them with you — we may be able to print them during the session. Class prerequisite: proficiency in both Excel and Word.

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INVIGORATE YOUR BODY WITH ONGOING FITNESS PROGRAMS

AGEBUSTERS

Tuesdays and Thursdays at 9:00 am

Cost: 10 drop-in classes - \$60 members / \$70 non-members
Please bring a mat and water.

Tuesdays: AFAA certified instructor, Lori Harbour, has 25+ years of leading group exercise experience, and an Older Adult Specialty Certification. This fun class will focus on cardiovascular endurance, including low impact aerobic moves to music, and strength training using weights, bands, and stretching.

Thursdays: Shelley Rubinstein brings over 30 years of experience teaching adult fitness. She is an ACE Certified Group Fitness instructor with an Older Adult Fitness Specialty and has AFAA Personal Training Certification. Thursday's class utilizes a circuit format, with no aerobics.

BOWLING LEAGUE @ HARTFIELD LANES

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

Cost: \$7.00 fee includes 3 games, shoes and coffee

Hartfield Lanes, 3490 W. 12 Mile, Berkley, 248-543-9338.

New bowlers more than welcome! Contact Jeff Getchell for details at Jeffrey.Getchell.NEXT.Bowling@gmail.com.

CHAIR YOGA

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

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

Experience improved flexibility, strength and balance with Karen Lutz, E-YRT. Learn to focus on breathing, as you find greater balance, flexibility, and strength with gentle stretching and adaptive yoga movements both seated and standing with the support of the chair. All standing movements are optional for those who need to remain seated.

LIMBER UP

Mondays, Wednesdays and Fridays at 9:00 am

Cost: Complimentary

This chair-based stretching and fitness class is all about keeping limber and enjoying the company of good friends. Drop-ins always welcome. Stay for coffee and conversation.

MAT PILATES

Mondays and Wednesdays from 10:00 to 10:50 am

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

Sheridan Hainline is a STOTT certified Pilates instructor. The goal of Pilates is optimal musculoskeletal performance, flexibility, endurance and strength without building bulk or risking injury. We will focus on core stability, using pelvic and shoulder girdle stabilization to help create neutral alignment, spinal correction, tension relief and enhanced self-confidence. This results in moving with greater ease, long lean muscles, core strength, stability and improved posture. Please bring a water bottle and mat. Beginners welcome. Participants must be able to get up and down from the floor easily.

MAT YOGA

Tuesdays and Thursdays at 4:30 pm

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

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

PICKLEBALL

Cost: Complimentary members / \$2 non-members

Pickleball is played on a badminton-sized court with paddles and a wiffle ball. Balls and paddles available for use.

Mondays and Thursdays from 12:30 to 2:15 pm

(note change to 12:30 start time)

Mondays through Thursdays from 5:30 to 8:00 pm

Saturdays from 9:00 am to 2:00 pm

Beginner Instruction/Mini-Clinics

1st and 3rd Saturdays from 9:00 to 10:00 am

**Great News!! Pickleball hours will be expanded
December 27 - 30 and January 2 from open to close.**

"SENIOR FIT" EXERCISE CLASS

Mondays, Wednesdays and Fridays at 3:00 pm

Cost: Complimentary (limited spaces)

Class at capacity. To join wait list, please call St. Joseph Mercy Oakland at 248-858-3952.

STANDING BARRE CLASS

Saturdays from 10:00 to 10:50 am

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

Call Next by Thursday before each class to reserve your spot.

In this all standing class, we will use the barre, and move into gentle stretches, gain flexibility and strengthen in balance positions. Move with your own range of motion, and at your own pace. Instructor: Karen Lutz, E-RYT.

SEATED BARRE CLASS

Saturdays from 11:00 to 11:50 am

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

Call Next by Thursday before each class to reserve your spot.

This yoga-inspired barre class will begin seated with gentle stretching, and a focus on breathing. We will move to the barre and continue into gentle stretches, and balance positions.

Instructor: Karen Lutz, E-RYT. The sessions will end seated to wind down the practice with 5 minutes of meditation. First class complimentary.

🕒 SMALL GROUP PERSONAL TRAINING SERIES

Late Fall Series: Tuesdays, November 7, 14, 28
and December 5, 12 (No class November 21)
from 2:00 pm to 3:00 pm

Cost: 5-class series - \$80 members / \$85 non-members
Pre-registration required - Class limited to six participants

Do you need a little personal help in reaching your fitness goals, but still enjoy the energy of a group class? In a small group setting you will have both! This group of highly motivated members, along with **ACE Certified Personal Trainer Sharon Claye**, will help you to improve your health — strength, energy and stamina — in a fun and lively environment. Members select the music they enjoy as they participate in this energizing circuit training program.

🕒 TAI CHI

Tuesdays from 10:30 am to 12:00 noon

Fridays from 10:15 to 11:45 am

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

Accredited instructors teach the Taoist Tai Chi internal arts of health. Benefits include improved circulation, balance and posture, increased strength, flexibility, and reduced stress.

🕒 TENNIS LEAGUE - MIXED DOUBLES

Wednesdays from 2:30 to 4:00 pm

and Fridays from 2:00 to 4:00 pm

Enjoy indoor play at the Birmingham Racquet Club, 2100 E. Lincoln, Birmingham. All are welcome to join as regular league players, or subs. Contact David Young at davidmpyoung@gmail.com for additional information.

HEALTHY LIVING

A recent Swedish study found that exercise is the number one contributor to longevity, adding extra years to your life — even if you don't start exercising until later in life.

But it's not just about adding years to your life, it's about adding life to your years.

Exercise helps you maintain your strength and agility, increases vitality, improves sleep, gives your mental health a boost, and can even help diminish chronic pain.

Exercise can also have a profound effect on the brain, helping prevent memory loss, cognitive decline, and dementia.

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Move in by 1/1/18
New resident only



SUPPORT SERVICES

◆ INFORMATION ABOUT COMMUNITY RESOURCES

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

◆ LET'S HEAR FROM YOU

Support Services often refers its members to reputable companies that provide services such as plumbing, electrical, handyman work, cleaning, etc. for home repair needs. If you have a licensed/insured company to recommend, please call to share your contact. It's a great service to other Next and community members.

◆ MINOR HOME REPAIR for Birmingham & Beverly Hills Residents

Community Development Block Grant Program funds are available to assist low and moderate income residents in Birmingham and Beverly Hills with minor home repairs. Please call Support Services for more information.

◆ FINANCIAL ASSISTANCE

Michigan Seniors Benefits Enrollment Center can help find services and programs to ease the strain of a tough financial situation. Experts are available via a toll-free number to discuss options available for tax credit assistance, food assistance, utility payments, home improvement costs, help with medical premiums and prescription costs. All recommendations are based on individual situations. Call 800-347-5297 to discover what may be available.

◆ ASK THE ATTORNEY

Tuesday, November 7 and December 5 from 1:00 to 1:45 pm
Local attorney, Ed Pugh, will be at Next to provide assistance with your legal questions. Please call Next to schedule your complimentary 15-minute appointment. Members only.

COMMUNITY HOUSING TOURS

Housing Tours of local senior living communities have ended for 2017. Watch for a new 2018 schedule to be announced in the January/February newsletter. We offer tours 6 months a year, January through June, to give you more information on the many wonderful residential options in the area.

◆ 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 front office.

FOUNDATION FOR BIRMINGHAM SENIOR RESIDENTS

Founded in 1983 and administered through Next, the Foundation provides two forms of financial assistance for home repairs to Birmingham senior residents who income-qualify:

- 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.

Please call us for more information.

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

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

◆ 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 Friday. Call at least three days in advance to request a ride. For reservations, please call 248-203-5270.

◆ 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 the Support Services Department or the front office.

◆ EARLY STAGE MEMORY LOSS SUPPORT GROUP

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

◆ ELDER ABUSE

Elder and vulnerable adult abuse, neglect and exploitation are behaviors committed against an elder or vulnerable adult who is unable to protect himself or herself due to a mental or physical impairment or due to advanced age. If you suspect abuse or neglect, call 855-444-3911 any time day or night. This toll-free phone number allows you to report abuse or neglect of any child or adult. One number. One call. One person can make a difference.



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Evergreen is conveniently located near Beaumont Royal Oak and other area hospitals. Specializing in rehabilitation, patients recover in well-appointed residential environments that emphasize the mastery of day-to-day tasks, essential for a successful return home. As an affiliate of renowned Beaumont Health, this Five-Star rated, state-of-the-art facility features a dedicated team of medical professionals and outstanding therapists, making it the ideal destination for a safe and speedy recovery.

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HEALTH & NUTRITION

► MEDICAL EQUIPMENT LOANS

Cost: Complimentary members

\$20 refundable deposit - non-member

Our loan closet contains wheelchairs, walkers, canes, commodes, bath benches and shower stools available for up to three months at no charge. Simply call to reserve the equipment you need. We also accept donations of above items.

► NUTRITION SUPPORT

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

► BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Wednesdays, November 1 and December 6

from 10:00 to 11:00 am

No appointment is necessary. Free of charge.

A trained healthcare professional will provide free blood pressure and blood oxygen level screenings. Sponsored by Home Care Assistance of Birmingham.

► PODIATRISTS AT NEXT

Wednesdays, November 29 and December 27

from 9:00 to 11:00 am

Call Next to make an appointment

Drs. Robert Adas, DPM, and Larry Wexler, DPM, provide basic foot care — foot exams, toenail trimming, etc. This service is provided for your convenience. Their office is in Huntington Woods. Most services are covered by insurance. Pay podiatrists directly. Appointments are appreciated, but walk-ins are welcome.

► MEALS ON WHEELS

Please call Emerald Foods at 248-689-0001 to enroll in this nutrition program. Additional volunteers are always needed to help deliver meals. If you're available once a week, once a month, or once in awhile to deliver or package meals, please call Judy Murrell at 248-203-5281. Your help is welcome and most appreciated!

► MEDICARE/MEDICAID GUIDANCE

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

► MERLIN VISION READER NOW AT NEXT!

Please visit our computer lab to use our newly donated Merlin Vision Reader which lets people with low vision, macular degeneration, retinitis pigmentosa, glaucoma and cataracts read write and regain their visual independence.

► NURSE ON CALL

This program offers information about health-related resources. Public Health Nurses answer questions regarding communicable diseases, immunizations, prescription assistance, nutrition and more. Call 800-848-5533 or e-mail at noc@oakgov.com.

Memory Café
Hosted by Arden Courts

The Third Wednesday of Every Month
Beginning at 11:00 am

Rusty Bucket Restaurant and Tavern
30450 Telegraph Road
Bingham Farms, MI 48025

Join us each month for coffee and conversation specifically for people with memory loss and their caregivers.

The challenges of living with memory loss can sever social connections at a time when they are needed most. Memory Café is a gathering place where people can relax and enjoy themselves in a safe, supportive, engaging environment to share stories and socialize. Many attendees develop new friendships which help lend support to one another.

There is no charge for this program, but please register by calling (248) 644-8100 or e-mailing BinghamFarms@arden-courts.com

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MEET OUR NEWEST MEMBERS...

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

Gail and George Abraham, Randy Barnett, Marcia Bergemann, Alice Bronston, Nancy Cassell, Martin Fried, Merita and Galen Garst, Diana and Robert Goudie, Karen Guenther, Deborah and Joel Harms, Mary Heston-Powe and Larry Powe, Myrna Hitchman, Eileen Hitz, Joseph Kennedy, Teresa Krause, Anne Kuhnle, Nancy and David Lawrie, Paul Lieberman, Kathleen Lodge, Mary Ann and Steve McDermott, Susan Morison, Barbara Prinzi, Chada Reddy, Janet Rotger, Patricia Seibold, Kris Shields, Barry Silver, Sharon Sullivan, Carol Waddell, John Watts, Denise Williams, and Edna Zawacki

NEW MEMBER COFFEE

Monday, November 13 at 5:30 pm
Please RSVP by Friday, November 10

Join us for coffee, treats and an afternoon with the Next staff. Come hear about all the great classes, programs, and services we offer while getting to know other members. We will cover how to utilize our user-friendly website, and all the benefits of being a member of Next. We can't wait to see you there.

We are thinking of you...

Geraldine and Albert Fortuna and John Slocum

Our condolences to the family of...

Lt. Colonel Lowell Barnett, Larry Galbraith and Robert Hebert

**WE'RE YOUR
FRIENDS AND
NEIGHBORS.**



Member FDIC

Patricia Burling | Bloomfield Hills | 248.737.4242
Branch Manager | 4140 W. Maple Rd.

Ania Dworzecki | Beverly Hills | 248.647.5900
Branch Manager | 32800 Southfield Rd.

Donations Received

through September 30, 2017

Thank you for supporting Next!

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Mr. & Mrs. Robert DeVoe in Memory of Betty Ladewig

GOODS & SERVICES

Tim Brockett, Pam Burkhardt, Wilma Campbell, Phyllis Clark, Jeanne Colburn, Shirley and Phil Gach, Christina Hinkle, Kristen Landman, Carolyn Mart, Pat Meyers, Leslie Michals, Melissa Oudersluys, Janice Pinson, Gloria Scieli, and Judy Stucky

INDIVIDUALS

Nancy Buck, Patricia Eubanks, Beverly and Joe Kado, Paula Keller, Janice and E. Logothetis, Kathi Jones-Cutler, Michelle Mantua, Dr. and Mrs. Daniel Nerad, Next Lincoln Hills Golf League, Sherri Rockensuss, Christine Tvaroha, and Emeline Vassel and Albert Nahra

BAKERS

Jim Bird, Oldham Hanna, Joyce Hargrave-Thomas, Judy Murrell, Genevieve Peters, and Alice Trocke

2017 ANNUAL CAMPAIGN

Jaye Brown, Ann Iverson, Judy and Charles Nave, Ingrid and Stevan Simich, David Underdown, Vassel's Banquet & Hall Catering, and Anne Whitelaw

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NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:00 Limber Up Men's Breakfast 9:30 Bridge Lesson 10:00 Needle Arts Mat Pilates Blood Pressure 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Movie - The Butler Pickleball	2 MI Science Center 9:00 Agebusters 9:30 Advanced Pottery Writer's Corner Palette & Brush Inter-Gen Fun 12:00 Hearts 12:30 Pickleball 1:00 Studio Art Class 1:30 Back Clinic 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - Little Known Stories from American History	3 9:00 Life Transitions Limber Up 10:00 Medicare Enrollment Bowling League 10:15 Tai Chi 12:00 Pinochle Current Events 1:00 Bingo 2:00 Tennis League 3:00 Senior Fit	4 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
6 9:00 Limber Up 10:00 Birthday Coffee Beginning Bridge Knitting Mat Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge 12:30 Pickleball Mah Jongg 1:00 Popular Reads 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball 6:30 Medicare Basics	7 Election 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre 1:00 Ask the Attorney 1:30 Inter-Gen Fun 2:00 SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:30 Pickleball 6:00 Stamp Club Keyboard Lessons	8 Henry Ford Cooking Trip 9:00 Limber Up Men's Breakfast 9:30 Bridge Lesson 10:00 Needle Arts Mat Pilates Blood Pressure 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Movie - Going In Style Pickleball	9 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush Inter-Gen Fun 10:00 AARP Driver Safety 12:00 Hearts 12:30 Pickleball 1:00 Young Voice Studio Art Class 1:30 Back Clinic 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - Society & Education	10 9:00 Life Transitions Limber Up 10:00 AARP Driver Safety Bowling League 10:15 Tai Chi 12:00 Pinochle Current Events 1:00 Retirement Reimagined: Holidays are coming! Oh No! 2:00 Tennis League 3:00 Senior Fit	11 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
13 Holiday Shopping 9:30 to 3:00 9:00 Limber Up 10:00 Beginning Bridge Knitting Mat Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge 12:30 Pickleball Mah Jongg 1:00 Wreath Mosaic Class 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball New Member Coffee	14 Holocaust Memorial 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre 1:00 Beginning Beading Class: Herringbone 1:30 Olympic Gold Rower Inter-Gen Fun 2:00 SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:30 Pickleball 6:00 Pampered Chef Fundraiser	15 9:00 Limber up Men's Breakfast 9:30 Anyone Can Paint 10:00 Needle Arts Mat Pilates 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Movie - Escanaba in da Moonlight Pickleball 7:00 Coin Club	16 Lunch Bunch 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush Writer's Corner Inter-Gen Fun 12:00 Hearts 12:30 Pickleball 1:00 Mysteries of Probate Court Studio Art Class 1:30 Back Clinic 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - History of U of M	17 9:00 Life Transitions 10:00 Bowling League 10:15 Tai Chi 12:00 Pinochle Current Events 1:00 Bingo 2:00 Tennis League 3:00 Senior Fit	18 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
20 9:00 Limber Up 10:00 Beginning Bridge Knitting Mat Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge 12:30 Pickleball Mah Jongg 1:00 Popular Reads 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	21 9:00 Agebusters 9:30 Painting Class 10:00 Photo Club 10:30 Tai Chi 12:00 Euchre 1:00 Board Meeting 1:30 Inter-Gen Fun 2:00 No SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:30 Pickleball 6:00 Stamp Club	22 9:00 Limber Up Men's Breakfast 10:00 Needle Arts NO Mat Pilates 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Pickleball 6:00 Stamp Club 7:00 Coin Club Next Closes at 3:00 pm	23 HAPPY THANKSGIVING Next Closed	24 Next Closed	24 Next Closed
27 9:00 Limber Up 10:00 Beginning Bridge Knitting Mat Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge 12:30 Pickleball Mah Jongg 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	28 9:00 Agebusters 10:30 Tai Chi 12:00 Euchre 1:00 Zentangle 1:30 Inter-Gen Fun 2:00 SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:30 Pickleball	29 9:00 Limber up Men's Breakfast Podiatrists 10:00 Needle Arts Mat Pilates 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Dessert & A Classic - Funny Girl Pickleball	30 Townsend Tea 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush Inter-Gen Fun 12:00 Hearts 12:30 Pickleball 1:00 Studio Art Class Back Clinic 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - 1967 Rebellion		

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:00 Life Transitions Limber Up 10:00 Bowling League 10:15 Tai Chi 12:00 Pinochle Current Events 1:00 Bingo 2:00 Tennis League 3:00 Senior Fit	2 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
4 Shrine Tour 9:00 Limber Up 10:00 Beginning Bridge Knitting Mat Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge 12:30 Mah Jongg Pickleball 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	5 9:00 Agebusters 10:30 Tai Chi 12:00 Euchre 1:00 Normal Aging vs Dementia Ask the Attorney 1:30 Inter-Gen Fun 2:00 SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:30 Pickleball 6:00 Holiday Music Stamp Club	6 Somerset 9:00 Limber Up Men's Breakfast 10:00 Dry Eyes Needle Arts Mat Pilates Blood Pressure 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Movie - Saving Mr. Banks Pickleball	7 9:00 Agebusters 9:30 Inter-Gen Fun Advanced Pottery Palette & Brush Writer's Corner 12:00 Hearts 12:30 Pickleball 1:30 Back Clinic 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture – Part 2 1967 Rebellion Stamp Club	8 9:00 Life Transitions 10:00 Bowling League 10:15 Tai Chi 12:00 Pinochle Current Events 1:00 Retirement Reimagined 2:00 Tennis League 3:00 Senior Fit	9 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
11 9:00 Limber Up 10:00 Beginning Bridge Knitting Mat Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge 12:30 Mah Jongg Pickleball 1:00 History of Chanukah 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	12 Lunch Bunch 9:00 Agebusters 10:30 Tai Chi 12:00 Euchre 1:30 Inter-Gen Fun 2:00 SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:30 Pickleball	13 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Mat Pilates 12:00 Bridge Pinochle Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Movie - Wonder Woman Pickleball	14 9:00 Agebusters 9:30 Inter-Gen Fun Advanced Pottery Palette & Brush 12:00 Hearts 12:30 Pickleball 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - Sharing American Indian Cultural History from the Great Lakes Nations	15 DSO 9:00 Life Transitions 10:00 Bowling League 10:15 Tai Chi 12:00 Pinochle Current Events 1:00 Bingo 2:00 Tennis League 3:00 Senior Fit	16 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
18 9:00 Limber Up 10:00 Beginning Bridge Knitting Mat Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge 12:30 Mah Jongg Pickleball 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	19 9:00 Agebusters 10:00 Photo Club 10:30 Tai Chi 12:00 Euchre 1:00 Board Meeting 1:30 Inter-Gen Fun 2:30 Partners Bridge 4:30 Mat Yoga 5:30 Pickleball 6:00 Stamp Club	20 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Mat Pilates 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Movie - Christmas Vacation Pickleball 7:00 Coin Club	21 9:00 Agebusters 9:30 Inter-Gen Fun Advanced Pottery Writer's Corner 10:00 Christmas Coffee & Concert 12:00 Hearts 12:30 Pickleball 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - TV & The Presidency, Eisenhower to Reagan	22 9:00 Life Transitions 10:00 Bowling League 10:15 Tai Chi 12:00 Pinochle Current Events 2:00 Tennis League 3:00 Senior Fit	23 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
25 Next Closed	26 Next Closed	27 9:00 Limber Up Men's Breakfast 10:00 Podiatrist 10:00 Needle Arts 12:00 Bridge Pinochle 1:00 Holiday Film Fest - White Christmas Drawing & Watercolor 1:30 Chair Yoga HOLIDAY HOURS 8:30 am to 4:00 pm	28 9:00 Agebusters 9:30 Advanced Pottery 12:00 Hearts 12:30 Pickleball 1:00 Holiday Film Fest - It's A Wonderful Life 4:30 NO Mat Yoga HOLIDAY HOURS 8:30 am to 4:00 pm	29 9:00 Life Transitions 10:15 Tai Chi 12:00 Pinochle Current Events 1:00 Holiday Film Fest - The Apartment HOLIDAY HOURS 8:30 am to 4:00 pm	30 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class



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PROJECT WARMTH

Join the Next community as we collect warm clothing for **Lighthouse of Oakland County**. Gloves, mittens, scarves, hats, and socks for adults and children are all welcome.

Please make sure the items are new and place them in the collection box located in the Next lobby starting on Wednesday, November 1.

Thank you
in advance
for your
generosity!



ACTIVITY

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