



Your Place to Stay Active & Connected

NOVEMBER/DECEMBER 2018

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enriching the lives of the 50+
population of Birmingham,
Bingham Farms, Beverly Hills,
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2121 Midvale Street • Birmingham, Michigan 48009-1509 • 248-203-5270 • www.BirminghamNext.org

Celebrate the Holidays at Next!



ANNUAL HOLIDAY SHOPPING AT NEXT with BPS Adult Transition Program

Tuesday, November 13 from 12:00 noon to 5:00 pm

Mark your calendars for our Annual Holiday Sale featuring one of a kind treasures, generously donated by Next members and Birmingham Public School's Adult Transition Center students! Picture cozy knitted accessories, beautiful paintings, fragrant soaps and one-of-a-kind pallet signs for unique gift giving at great prices! Proceeds will benefit both organizations!

HOLIDAY CARD MAKING

Thursday, November 29 from 10:00 am to 12:00 noon

Cost: \$30 members / \$35 non-members

Lori Rothschild from Paper Source is back! This time join Lori to create four festive Holiday cards using rubber stamps, heat embossing and glitter! Beginner and advanced crafters welcome. All materials will be provided.

AN EVENING OF HOLIDAY MUSIC

Tuesday, December 4 from 6:30 to 7:30 pm

Cost: Complimentary members / \$5 non-members

Come and enjoy a delightful evening of Christmas, Chanukah and other holiday songs to get you in a festive mood. Accomplished pianist, Carla Likich will play all the holiday favorites you know and (might) love to sing. This will be a delightful evening for all! Light refreshments will be served. Generously sponsored by All Seasons of Birmingham.



HOLIDAY TRADITIONS POTLUCK

Wednesday, December 12 at 12:00 noon

Cost: Complimentary (members only)

Registration REQUIRED by Monday, December 3

Please join us for a potluck meal to celebrate the season! Prepare a dish to share with your fellow Next members. International and holiday favorites are encouraged, but not necessary. You must bring a homemade dish for 8 people (main dish, side dish or dessert) to participate. Entertainment provided by Greenfield Elementary School Honors Choir, directed by Mr. Jay Smith. Kindly sponsored by Baldwin House.

ROYAL PARK HOTEL: Holiday Afternoon Royal Tea

Thursday, December 13 - Registration required

Bus departs Next at 12:30 pm, returns at 4:00 pm

Cost: \$65 members / \$70 non-members

Every tea is an event at Royal Park Hotel in Rochester. A festive opportunity to enjoy the journey of an English-style afternoon high tea, served with meticulous attention to detail. Embrace the simple pleasures and linger over Mighty Leaf loose leaf teas, artful tea sandwiches, fresh-baked scones, hot hors d'oeuvres, and delectable petite pastries. Come ring in the holidays amidst beautiful decorations and a Chambord Kir Royale or sparkling cider toast. Cheers!



CHRISTMAS TRADITIONS AROUND THE WORLD

Tuesday, December 18 at 6:00 pm

Cost: Complimentary members / \$5 non-members

Michelle Feneberg is a South African who has lived in 5 countries on 4 continents. She has interviewed people all over the world about how they celebrate the Christmas holiday. Please join us as we learn of the celebrations from places in Europe, the Americas and Africa. Discover diverse traditions to get you in the holiday spirit! Generously sponsored by Senior Health Shop.

Holiday Hours - Closed November 22, 23, 24 & December 24, 25, 26 - Closes at 4:00 pm December 27, 28



MORE HOLIDAY HAPPENINGS AT NEXT

SOMERSET COLLECTION HOLIDAY SHOPPING

Tuesday, November 27 - Registration required
Bus departs at 10:00 am, returns about 1:00 pm
Cost: \$12 members / \$15 non-members

Seize this opportunity to do some holiday shopping! Leave the driving and the parking to us. For two and a half hours, shop, lunch if you like and enjoy the beautiful Somerset Collection decorations. Enjoy a \$10 Somerset gift card and a complimentary box of chocolates available for pick up at Godiva Chocolatier. This trip is limited to fourteen people and participants must ride the Next bus!

CLASSIC CHRISTMAS AT THE BUHL ESTATE

Monday, December 3 - Pre-register by November 14
Bus departs Next at 10:00 am, returns at 3:00 pm
Cost: \$50 members / \$55 non-members

Immerse yourself in the Holiday spirit as we travel back in time, with music by the **Twelfth Night Singers** in an elegant historical setting at **Addison Oaks**. Enjoy a festive lunch buffet and beautiful seasonal decorations during an educational tour. Dress warm as the building is drafty. Trip offered by Oakland County Parks.

HOLIDAY PINECONE PAINTING

Tuesday, December 4 from 4:00 to 5:00 pm
Cost: \$5 members / \$7 non-members

Join Next's own **Bev Singer** to create some easy holiday décor using natural pinecones. Make a lovely centerpiece or ornament with your pinecone creations. All materials provided.

BONSTELLE THEATRE - WSU A CHRISTMAS CAROL

Wednesday, December 5 - Registration required
Bus departs Next at 1:00 pm, returns about 4:00 pm
Cost: \$30 members / \$35 non-members

A Detroit family tradition, now in its third joyous year! Join Ebenezer Scrooge on a ghostly adventure in Dickens' classic story. When the miserly old Scrooge is visited by his former business partner, now deceased, he begins a journey into the past, present and future to learn the true meaning of Christmas. 75 minutes, no intermission.

ESSENTIAL OILS FOR THE HOLIDAYS

Wednesday, December 12 at 9:30 am
Cost: \$15 members / \$20 non-members
Registration required by Monday, December 3 to guarantee your take home items.

Join us for this fun-filled workshop making simple gifts to share during the holidays. Included will be bath salts, body scrub, room/car fresheners and more. We will make three simple gifts and teach participants how to make more at home.

WHAT DO BUNCHING, DONOR ADVISED FUNDS & MINIMUM DISTRIBUTIONS HAVE IN COMMON?



December 4 at 11:00 am - Complimentary
Presented by Ed Pugh, Attorney with over 40 years of estate planning experience, and Rob MacGregor, Leave a Legacy Southeast Michigan

Charitable giving is its own reward, but reaping the tax benefits is a nice perk! This seminar will help you understand how to maximize the tax benefits of charitable giving in light of the 2018 tax reform changes. For charitable donors who aren't ready to let go of previous tax advantages, there are still several ways around the new rules. Learn about "bunching", donor advised funds, charitable gift annuities, or required minimum distributions from an IRA. These are just a few of the more common options, but there are more, and each one offers opportunities and benefits to meet a donor's goals. Join us for this informative seminar to determine which one, or combination, meet your needs before the end of 2018!

DETROIT SYMPHONY ORCHESTRA MORNING COFFEE CONCERT: Home for the Holidays

Friday, December 21
Bus departs Next at 9:00 am, returns about 1:00 pm
Cost: \$60 members / \$66 non-members
Please pre-register, space is limited.

Share Detroit's favorite holiday musical tradition with family and friends. Lawrence Loh leads a sparkling celebration with carols and classics. And YES, there will be a Santa Claus!

HOLIDAY FILM FEST

Enjoy classic holiday films and treats with friends.
Cost: Complimentary

Scrooged - Thursday, December 27 at 1:00 pm

In this modern take on "A Christmas Carol," Frank Cross (**Bill Murray**) is an executive whose ambition has driven away the love of his life. After firing a staff member on Christmas Eve, Frank is visited by ghosts who give him a chance to re-evaluate. Rated PG13 1 hour 41 minutes

Spanglish - Friday, December 28 at 1:00 pm

Mexican immigrant and single mother Flor Moreno (**Paz Vega**) finds housekeeping work with Deborah (**Téa Leoni**) and John Clasky (**Adam Sandler**), a well-off couple with two children of their own. When Flor admits she can't handle the schedule because of her daughter, Cristina (**Shelbie Bruce**), they move into the Clasky home. Cultures clash and tensions run high as they struggle to share space while raising their children on their own. Rated PG13 2 hours 11 minutes

SPEAKER S E R I E S

bank^{of}
ann arbor

helps

Premier Speaker Series Every Thursday at 6:00 pm

Cost: Complimentary members / \$5 non-members

November 1 - BURNED-OVER DISTRICT: MIGRATION TO MICHIGAN

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

Michigan settlers in the early 1800s came primarily from western New York, an area known as the Burned-Over District. The District was the epicenter of religious revivals and social and political reform that led to the Second Great Awakening and greatly impacted the course of American History. The close connection between Michigan and the Burned-Over District greatly influenced our state, altering religious practices and planting the seeds for reform.

November 8 - AMERICA'S JERUSALEM: CONFLICT, PEACEMAKING & NATIONAL IDENTITY

**Don Matthews, Associate Professor
at Oakland University**

President Trump's decision to move the U.S. Embassy in Israel to Jerusalem amounts to a statement of a new American policy toward the Israeli-Palestinian conflict. The groundwork for this policy shift, however, was laid during the administrations of Presidents Bill Clinton and George W. Bush. This presentation explores the consequences of moving the embassy and the history of the American attachment to Jerusalem.

November 15 - RELIGIOUS EXTREMISTS

**Gus Mondalek, Religious Scholar
& International Affairs Expert**

Join Gus for a structured question and answer session discussing the relationship between religious extremists and terrorism — its origins and its expansion in the modern age.

November 22 - NO SPEAKER HAPPY THANKSGIVING!

November 29 - DETROIT CITY CHESS CLUB

Kevin Fite, Founder, Mentor & Former Teacher

Fite has been teaching kids how to play chess for more than a decade after founding the Detroit City Chess Club. The Chess Club is the largest chess club in the city and likely the biggest scholastic club statewide, earning national recognition. For the students, chess has opened a world of possibilities that many of them would not have otherwise.

December 6 - COMPARATIVE WORLD RELIGIONS

**Gus Mondalek, Religious Scholar
& International Affairs Expert**

Gus will lead a discussion regarding the main world religions from a political, philosophical, and comparative point of view with emphasis on the Islam's origin and history.

December 13 - ALCOHOL USE & ABUSE: A PSYCHOLOGIST'S CLINICAL VIEWPOINT

**Jordan Braciszewski, Ph.D.
Clinical Psychologist & Researcher**

Knowing the facts about alcohol use — particularly hazardous alcohol use — allows us to examine our own behavior and the behavior of our loved ones so that we can hopefully identify and prevent problems from occurring. His talk will focus on three major themes: the current landscape of alcohol use, the biopsychosocial model of alcohol addiction and current treatment and prevention solutions for alcohol misuse.

December 20 - WORLD WAR II & POW CAMPS IN MICHIGAN

**Gregory Sumner, Professor,
University of Detroit-Mercy**

During World War II, Michigan became a temporary home to six thousand German and Italian POWs. At a time of home front labor shortages, they picked fruit in Berrien County, harvested sugar beets in the Thumb, cut pulpwood in the UP and maintained parks and other public spaces in Detroit. The work programs were not flawless and all of the prisoners were not cooperative, but many of the men established enduring friendships with their captors. Learn the stories of these detainees and the Americans who embodied our highest ideals, even amid a global war.

December 27 - NO SPEAKER HAPPY HOLIDAYS!



UNIQUE OFFERINGS

MATINEE MOVIES

Tuesdays at 1:00 pm - Cost: Complimentary

Come spend the afternoon revisiting some "old favorites" that will certainly warm your heart and make you SMILE.

Scent of a Woman
November 6

Love Actually
December 4

Serendipity
December 18

EXERCISE: COGNITIVE CANDY FOR THE BRAIN!

Neurons That Fire Together Wire Together!

Thursday, November 8 at 11:00 am

Cost: Complimentary members / \$5 non-members

Join Kathy Housey, "Brains and Balance" instructor, as she presents the latest findings on the aging brain. In this second lecture Kathy will present the vital connection between exercise and increased brain capacity. Kathy offers exercises for different ability levels and will discuss aspects of balance alongside aerobic exercise. Generously sponsored by Waltonwood Royal Oak.

INTO NO MAN'S LAND

Monday, November 12 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Next is honored to welcome author, speaker, educator, mediator, and Holocaust survivor Irene Miller. Her memoir, *Into No Man's Land* is an inspiring story of perseverance and triumph over circumstance, and serves her mission to give a face to this dark chapter of human history. Irene will take you on a journey little written about. When this presentation is over you will wonder how a child with this background grew up to become a positive, creative, accomplished woman with a joy of living and love to share.

HOW TO STAY IN THE DRIVER'S SEAT OF LIFE:

Effective Patient Advocacy from the Passenger Seat

Thursday, November 15 at 12:00 noon

Cost: Complimentary members / \$5 non-members

How do you ensure that your life will continue to steer in the right direction when you are not well enough to hold onto the wheel? The key to staying in the driver's seat is to make sure you have the right person sitting next to you in the passenger seat. This fun session will provide tips and tricks to improve the effectiveness of your family, friends and caregiver to advocate on your behalf. Please invite your current or potential advocates! Presented by Hospice of Michigan's CS Pimm, MSW, MPA, MM.

TRIVIA NIGHT?

Monday, November 19 from 4:00 to 6:00 pm

Cost: Complimentary members / \$5 non-members

Trivia Night returns! Enjoy an evening of trivia in a lively, interactive quiz-like atmosphere! Teams of four can enjoy a little friendly competition with a chance to win bragging rights! Pizza provided! Kindly sponsored by Hospice of Michigan.

MISS AMERICA COMES TO NEXT!

Tuesday, November 20 at 1:00 pm

Cost: Complimentary members
\$5 non-members

Michigan's own Kirsten Haglund served as Miss America 2008 and is an international women's empowerment speaker and president of the Kirsten Haglund Foundation.

A regular commentator on women's health, politics, social issues and entertainment, she appears frequently on television and radio. Kirsten will share her passion as a tireless advocate for increased awareness of eating disorders, having overcome a battle with anorexia as a young ballet dancer. Kindly sponsored by Oak Street Health. Here she comes...



ROCK & ROLL: How It Came To Be

Tuesday, November 27 at 12:00 noon

Cost: Complimentary members / \$5 non-members

Join Henry Feinberg, local musician and instructor of music at Oakland Community College, for an informative and entertaining journey through the history of Rock and Roll. From the late 1940s to the mid 1950s, you will hear many artists and all will entertain you!

INTRODUCTION TO ESSENTIAL OILS:

What are they and how do you use them?

Wednesday, November 7 at 9:30 am

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

Caryn Ciagne will introduce you to the world of essential oils, highlighting some of the most popular and widely used oils. Learn how to add essential oil use to your daily health and wellness routines. Participants will sample oils and will have a choice to take home. Participants who register by October 31 are guaranteed a take home item.

ESSENTIAL OILS FOR MOOD MANAGEMENT

Wednesday, November 28 at 9:30 am

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

Managing emotional health has become a top concern for individuals and families. Many of us feel overwhelmed by sadness, anxiety, or stress. Others are blocked by grief, fear or anger. Essential oils can provide safe, natural support. This make and take workshop will offer suggestions for finding the right combinations to fit your needs. Register by November 14 to guarantee your take home item.

ESSENTIAL OILS FOR THE HOLIDAYS

Wednesday, December 12 at 9:30 am

See page 2 for details.

MUSICAL EXTRAVAGANZA

Tuesday, December 11 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Enjoy an hour-long sentimental journey of music, singing, laughter and smiles with **Daniel Bergen, pianist and singer**. Dan's passion for music and entertaining is evident as he performs a variety of songs, written by some of the most gifted composers from Ragtime, Pop, Broadway, Jazz, and the Blues. The list goes on and on. Generously sponsored by Oak Street Health.

MARY TODD LINCOLN: The White House Years

Thursday, December 13 at 11:00 am

Cost: Complimentary members / \$5 non-members

Pam Dawson, amazing storyteller and impersonator is returning to Next by popular demand! This time, we will learn about Mary Todd Lincoln's years in The White House as President Lincoln's First Lady. This is a first person presentation that will fascinate the audience by making history come alive. Kindly sponsored by preplanwithus.com.



HEALTH SERIES

ANXIETY & DEPRESSION: You Can Feel Better Howard R. Belkin, M.D.

Wednesday, November 7 at 1:00 pm

Cost: Complimentary members / \$5 non-members

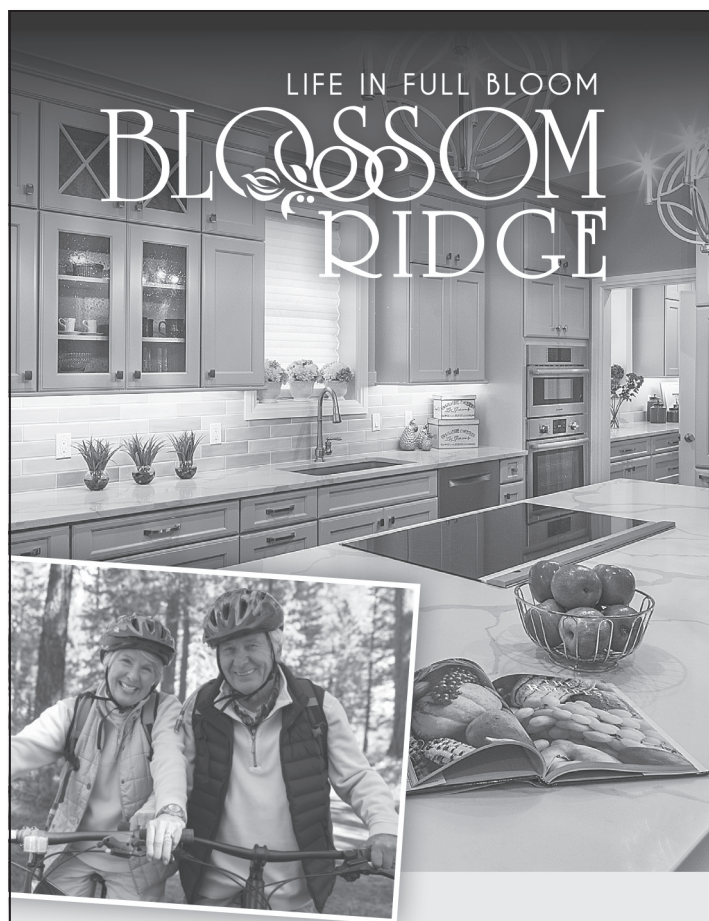
Anxiety and depression have become two of the most common causes of disability as people age. Mood symptoms can rob retirees of the happy retirement for which they have worked their entire lives. It is important to recognize the symptoms of these conditions at an early stage in order to possibly seek treatment that may prevent them from escalating into severe illness. Howard R. Belkin, M.D. is a psychiatrist and psychotherapist who practices in Birmingham, Michigan. He has appeared on many television and radio shows discussing various topics related to psychiatry, psychology, and popular culture.

MAKING MEANINGFUL CONNECTIONS DURING THE HOLIDAY SEASON & THROUGHOUT THE YEAR! Kelly Scheer, Blossom Collection President

Friday, November 30 at 1:00 pm

Cost: Complimentary members / \$5 non-members

The holidays are a joyous time of year — friends, family and so much fun, right? For many of us, the season can bring an emotional overload, anxiety, pressure and for some older adults, loneliness and isolation. Learn how to help yourself through this trying time, with laughter, love and the golden rule of friendship and community!



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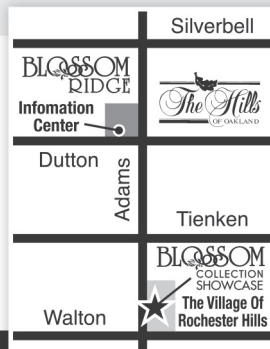
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Visit the Blossom Collection
Showcase at The Village of
Rochester Hills or the Blossom
Ridge Information Center located
at the corner of Adams and Dutton
Roads in Oakland Township.





INVIGORATE YOUR BODY

🕒 FIT PARK AT NEXT!

The Next Fit Park offers members another great way to stay active and connected! The Fit Park is available for your use all day, every day! Utilize seven pieces of low impact resistance equipment designed to promote flexibility, balance and strength.

🕒 CORE STRENGTH & FOUNDATION TRAINING

Wednesdays, November 7, 14, 28 and
December 5, 12, 19 from 5:30 to 6:15 pm

Cost 6-class series: \$90 members / \$95 non-members

Thursdays, November 8, 15, 29 and
December 6, 13 from 2:30 to 3:15 pm

Cost 5-class series: \$75 members / \$80 non-members

A strong, flexible core underpins almost everything we do and provides a sturdy central link between the upper and lower body. Whether you are looking to tighten your abs, prevent back injury, or add power to daily pursuits, this class will make you a stronger YOU! Lori Harbour, Certified AFAA instructor, will introduce **Foundation Method™** techniques as part of this class. Please bring a yoga mat if you have one.

🕒 ADVANCED BEGINNER LINE DANCING

Mondays, November 19, 26 and
December 3, 10, 17 from 10:00 to 10:50 am

Cost 5-week series: \$35 members / \$40 non-members

Christine Stewart has been teaching line dancing for 13 years. She loves her work and invites you to join her in exercising body and mind as you move to different types of music and learn new steps and dances. Please bring a water bottle and wear comfortable shoes.

🕒 BALANCE & STABILITY

Tuesdays from 11:30 am to 12:15 pm

Series 1: November 13, 20, 27

Cost 3-class series: \$45 member / \$50 non-member

Series 2: December 4, 11, 18

Cost 3-class series: \$45 member / \$50 non-member

Join Lori Harbour, Certified AFAA instructor and Older Adult Specialist, to develop greater balance and stability. With this class, you will recognize improvements in coordination, mobility and posture. This will result in fewer injuries and greater stability as you age, which can help prevent falls and keep you strong and independent. Must be comfortable standing from seated position and standing in 5 minute increments. Please wear comfortable shoes and bring water.

Next recommends that you consult your doctor before participating in any exercise program.

Go Ahead and Take a Vacation!



*The best way to take care of your loved one is to
Take Care of Yourself!*

Whether you are going on vacation or have obligations that take you out of town, our **Memory Care Respite Suites** provide all the comforts of home in a secure environment. Our engaging programming and sincere desire to honor those who reside with us, gives each resident the opportunity to continue "celebrating life every day."



CEDARBROOK
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CedarbrookofBloomfieldHills.com




🕒 SMALL GROUP PERSONAL TRAINING SERIES

Tuesdays from 2:00 to 3:00 pm

Series 1: November 6, 13, 20, 27

Cost 4-class series: \$60 members / \$65 non-members

Series 2: December 4, 11, 18

Cost 3-class series: \$45 members / \$50 non-members

Need a little personal help in reaching your fitness goals, but still enjoy a group class? This group of highly motivated members, along with AFAA certified instructor, Lori Harbour, will help you improve your health, strength, energy and stamina in a fun and lively environment. Parts of the class may be held outside, weather permitting. (4 student minimum, 6 student maximum)

🕒 PICKLEBALL AT NEXT

Cost: Complimentary (members only)

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

Mondays through Thursdays from 4:30 to 8:00 pm

Saturdays from 9:00 to 2:00 pm

Please note schedule change. Only the 1st Saturday of each month from 9:00 to 10:30 am is set aside for true beginners skills and drills mini-clinic.

🕒 AGEBUSTERS

Tuesdays and Thursdays at 9:00 am

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

Tuesdays: Lori Harbor, AFAA certified teacher leads this fun class focusing on endurance, including low impact aerobic moves to music and strength training. Please bring a mat and water.

Thursdays: Shelley Rubinstein, AFAA certified teacher leads this circuit class, with no aerobics. Please bring a mat and water.

🕒 BARRE CLASS

Saturdays from 11:10 to 12:00 noon

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

Space is limited.

Karen Lutz, E-RYT, will teach both seated and standing barre in this class. We will use the barre or chair to move into gentle stretches, gain flexibility and strength in balance positions. Move with your own range of motion, and at your own pace.

🕒 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.

🕒 TAI CHI

Tuesdays from 9:30 to 11:00 am

and Fridays from 10:00 to 11:30 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.

🕒 PING PONG

Wednesdays from 9:30 to 11:30 am - Cost: Complimentary

All are welcome to drop in at Next for a game of ping pong!

🕒 CHAIR YOGA

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

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

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

🕒 SLOW FLOW YOGA

Tuesdays and Thursdays from 1:00 to 1:50 pm

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

Yoga instructor, Jan Chaney will bring strength and balance into your life. Let your breath guide you through a series of postures. All levels welcome. Bring a mat, towel and water to class.

🕒 MAT YOGA

Tuesdays and Thursdays from 4:30 to 5:30 pm

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

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

🕒 YOGA FOR WELL BEING

Saturdays from 10:10 to 11:00 am

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

Yoga instructor, Karen Lutz, E-RYT, will teach you how to link your breathing to your movements as you flow through the postures. Feel your body expand and become stronger. You must be able to transition up and down on a yoga mat. All levels welcome.

🕒 BOWLING LEAGUE

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

Cost: \$7 fee includes 3 games, shoes and coffee

Join Next bowlers at Hartfield Lanes at 3490 West 12 Mile in Berkley, 248-543-9338. New bowlers more than welcome! Contact Jeff Getchell for details at Jeffrey.Getchell.NEXT. Bowling@gmail.com.

🕒 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. All are welcome to join as regular league players or subs. Contact David Young at davidmpyoung@gmail.com for additional information.

🕒 VOLLEYBALL CO-ED LEAGUE

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

All levels are welcome to drop-in at Birmingham First United Methodist Church Christian Life Center. Contact Brenda Shufelt at 248-644-1689 for more information.

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



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Patricia Burling
Branch Manager

Bloomfield Hills | 248.737.4242
4140 W. Maple Rd.

Ania Dworzecki
Branch Manager

Beverly Hills | 248.647.5900
32800 Southfield Rd.

FEATURE FILMS



Every Wednesday Evening @ 5:30 pm
 Cost: Complimentary members / \$5 non-members
*Thanks to Woodward Hills for providing
 Next with movies and popcorn.*



Last Wednesdays @ 5:00pm

November 7 - THE HUNDRED-FOOT JOURNEY

Hassan Kadam (**Manish Dayal**) is an extraordinarily talented and largely self-taught culinary novice. When he and his family are displaced from their native India and settle in a quaint French village, they decide to open an Indian eatery. However, Madame Mallory (**Helen Mirren**), the proprietress of an acclaimed restaurant just 100 feet away, strongly objects. War erupts between the two establishments, until Mallory recognizes Kadam's impressive epicurean gifts and takes him under her wing.

Rated PG 2 hours 4 minutes

November 14 - THE PRODUCERS

Failing producer Max Bialystock (**Nathan Lane**) and his accountant, Leo Bloom (**Matthew Broderick**), scam a group of elderly women out of their nest eggs by convincing them to invest in a horrendously offensive Third Reich-themed musical secretly intended to bomb the moment it opens. But when high-brow Broadway audiences mistakenly assume "Springtime for Hitler" is a satire, Bialystock finds himself with the critical acclaim that has long eluded him — and the biggest hit of his career.

Rated PG 2 hours 15 minutes

November 21 - THE BLUES BROTHERS

► **Special Holiday Time at 1:00 pm** ◄

After the release of Jake Blues (**John Belushi**) from prison, he and brother Elwood (**Dan Aykroyd**) go to visit "The Penguin", the last of the nuns who raised them in a boarding school. They learn the Archdiocese will stop supporting the school and will sell the place to the Education Authority. The only way to keep the place open is if the \$5000 tax on the property is paid within 11 days. The Blues Brothers want to help, and decide to put their blues band back together and raise the money by staging a big gig. As they set off on their "mission from God" they seem to make more enemies along the way. Will they manage to come up with the money in time?

Rated R 1 hour 53 minutes

November 28 - LAURA

Dinner & A Classic at 5:00 pm

In one of the most celebrated 1940s film noirs, Manhattan detective Mark McPherson (**Dana Andrews**) investigates the murder of Madison Avenue executive Laura Hunt (**Gene Tierney**)

in her fashionable apartment. On the trail of her murderer, McPherson quizzes Laura's arrogant best friend, gossip columnist Waldo Lydecker (**Clifton Webb**) and her comparatively mild fiancé, Shelby Carpenter (**Vincent Price**). As the detective grows obsessed with the case, he finds himself falling in love with the dead woman.

Not rated 1 hour 28 minutes

December 5 - MY COUSIN RACHEL

Philip (**Sam Claflin**) is a young Englishman who finds his cousin Ambrose dead after traveling to Florence, Italy. He vows revenge against Ambrose's missing wife Rachel (**Rachel Weisz**), blaming her for his untimely demise. When Philip meets Rachel for the first time, his mood suddenly changes as he finds himself falling for her seductive charm and beauty. As his obsession for her grows, Rachel now hatches a scheme to win back her late husband's estate from the unsuspecting Philip.

Rated PG13 1 hour 46 minutes

December 12 - THE LAST MOVIE STAR

Burt Reynolds, in one of his last movie roles, plays an aging actor Vic Edwards, who is no longer the toast of Hollywood, but hasn't lost his desire for the spotlight. Edwards agrees to accept an award at a film festival, but when he finds it's a low-rent affair he slips away and begins a journey into his past.

Rated R 1 hour 43 minutes

December 19 - THE MAN WHO INVENTED CHRISTMAS

In 1843 London, author Charles Dickens (**Dan Stevens**) finds himself in financial trouble after writing three unsuccessful novels in a row. Desperate for a hit, Dickens relies on real-life inspiration and his vivid imagination to bring Ebenezer Scrooge, Tiny Tim and other classic characters to life in "A Christmas Carol," forever changing the holiday season into the celebration known today.

Rated PG 1 hour 44 minutes

December 26 - NO MOVIE HAPPY HOLIDAYS!

Be Advantaged



Stuart Jeffares
can be your advantage.

- NEXT Board Member & Volunteer
- Associate Broker, MBA
- Top 5% of Realtors Nationally
- Licensed Residential Builder
- Certified Master Gardener
- Qualified Staging Professional
- Real Estate Lecturer & Columnist
- Birmingham Planning Board Member
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ART & CREATIVITY

🕒 PHOTOGRAPHY CLUB

Tuesdays, November 20 and December 18
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 248-762-4345 or chazgreen@wowway.com.

🕒 PAINTING WITH ACRYLICS & OILS

Tuesdays, January 8 through March 12
from 9:30 am to 12:00 noon

Cost 10-week class: \$160 members / \$170 non-members

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" x 18" sketch pad, 18" x 24" canvas or larger, #2 desk pencil, eraser, and painting supplies to first class. Beginners through advanced students welcome!

🕒 STUDIO ART CLASS

Thursdays, January 10 through March 14
from 1:00 to 3:30 pm

Cost 10-week class: \$160 members / \$170 non-members

Instructor **Karen Halpern** will foster critical thinking and assist you to advance in an individualized way. Work on a piece of art of your choice. Students should have prior class experience working with the medium they plan to use in class.

🕒 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.

🕒 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 STUDIO

Advanced Studio: Thursdays from 9:30 am to 12:30 pm
Open Pottery Studio: Saturdays at 9:00 am to 2:00 pm

Enjoy the open studio to develop your pottery projects! Beginners through experts welcome! Potters work independently.

FELTING CLASSES

Cost: \$25 members / \$30 non-members

Artist and instructor, **Pam Signorelli** teaches the unique art of felting. It's simple in concept, yet looks complex in execution, and the results are elaborate sculptures made completely out of wool. All materials will be provided.

ACORNS

Tuesday, December 4 from 1:00 to 3:00 pm

In this class you will be introduced to a wet felting technique — and create lovely red acorns hanging ornaments out of roving wool. Make as many as you have time for!

PENGUINS

Tuesday, January 8 from 1:00 to 3:00 pm

In this needle felting class you will learn to sculpt an adorable penguin out of roving wool. Needle felting is easy to learn, and this class is for all skill levels. You will be surprised at what you can create with a barbed needle and some wool.



🕒 ZENTANGLE EMBOSSING TECHNIQUE

Tuesday, November 13 from 1:00 to 3:00 pm

Cost: \$23 members / \$26 non-members - Materials provided.

Learn a new technique of working with an embossing tool on paper then adding the pencil to create shading and drama.

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DAY TRIPS

BIRMINGHAM FIRE DEPARTMENT CHESTERFIELD STATION TOUR & HOLIDAY MARKET

Monday, November 5 - Pre-register by November 1
Bus departs Next at 9:15 am, returns by 11:00 am
Cost: \$10 members / \$15 non-members

Join us for a guided tour of the new, state-of-the-art Chesterfield Firehouse. After the tour, we will cross the street for a visit to Holiday Market. We will tour the store and hear about the wonderful services and prepared food offerings. Then we'll head back to Next with a sampling of some of the market's favorites in individual to-go boxes.

FEDERAL RESERVE BANK OF CHICAGO DETROIT BRANCH TOUR & DIME STORE DETROIT FOR LUNCH

Tuesday, November 13 - Registration required
Bus departs Next 10:15 am, returns about 2:00 pm
Cost: \$5 members / \$8 non-members

"SHOW US THE MONEY"! Take a one-hour guided tour of the Federal Reserve Bank of Chicago Detroit Branch. The tour includes a discussion of the Federal Reserve System and a direct view into the cash department, which disburses currency to area banks. All visitors must show a government issued photo identification prior to entering the branch. Following the tour lunch will be at **Dime Store Detroit**, an American Brunch Bar inside the Chrysler House, specializing in breakfast and lunch. The menu is full of scratch-made traditional favorites and creative combinations, in a casual friendly environment. Lunch is not included in trip cost.

PuppetART AT THE DETROIT PUPPET THEATRE & LUNCH AT NOMAD GRILL

Wednesday, November 14 - Registration required
Bus departs at 11:00 am, returns about 3:00 pm
Cost: \$35 members / \$40 non-members

Founded in 1998 by European trained artists, PuppetART established its home in the heart of Detroit's theater district to promote puppetry as a crossroad of all art forms and a reflection of human diversity. Now in Southfield, it is composed of a museum, a studio, and a theater. This trip includes a guided tour of the museum by founder and artistic director Igor Gozman. The museum is home to rotating exhibits of puppets from around the world, as well as puppets related to the history of puppetry in the city of Detroit. The second part of the trip is into the theatre to experience a performance of **Sleeping Beauty** as this classic fairy tale comes to life as a marionette ballet. Happy ending guaranteed! Lunch first at **Nomad Grill** (not included in ticket price).



DETROIT SYMPHONY ORCHESTRA MORNING COFFEE CONCERTS

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

Friday, November 30 - Warner Bros. presents: Bugs Bunny at the Symphony II

Celebrating the world's most beloved Looney Tunes and their legendary stars projected on the big screen with original scores played live by the DSO.

Friday, December 21 - Home for the Holidays

Please see page 2 for details.

Friday, January 18 - Vegas and the Rat Pack

They brought "cool" to the Vegas strip, and casinos that could add Frank, Dean, and Sammy to their marquees. Place your bets on the songs and music immortalized by the original Rat Pack, as well as contemporaries including Nat King Cole, Rosemary Clooney, and more!

PALAZZO DI BOCCE

Monday, November 19 - Registration required
Bus departs Next at 11:30 am, returns at 3:30 pm
Cost: \$35 members / \$40 non-members

Bocce, anyone? Join your fellow Nexters for a delicious lunch at the popular Palazzo di Bocce in Auburn Hills. After lunch, we will enjoy time playing bocce ball, the Italian bowling game that traces its roots back to the Roman Empire. Please wear comfortable, flat soled shoes.

See Holiday Happenings on pages 1 and 2 for information on trips to Royal Park Hotel, Somerset Mall, Bonstelle Theater, Buhl Estate and Detroit Symphony Orchestra Concert!

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

SENIOR MEN'S CLUB OF BIRMINGHAM CHRISTMAS PARTY

Tuesday, December 11 at 5:30 pm
Cost: \$55 per person

The Senior Men's Club of Birmingham has invited members of Next to join them at their Annual Christmas Party at the San Marino Club on Big Beaver. The evening includes dinner, dancing and holiday music with a singalong. Tickets available on our website (credit cards) and in the office (checks).

SENIOR CITIZEN'S CHRISTMAS LUNCHEON at the Royal Oak Salvation Army

Thursday, December 13 at 12:00 noon
Cost: Complimentary - Request tickets ASAP

Enjoy a free and festive luncheon at the Salvation Army Royal Oak Citadel. This is a great way to start your holiday season with friends old and new. Please contact the Next office to sign up.



CHRISTMAS DAY BRUNCH at Christ Church Cranbrook in Bloomfield Hills

Tuesday, December 25 at 11:00 am

The brunch, provided by the parishioners, will be held immediately following the 10:00 am service. All are invited to attend. For reservations, please call Christ Church Cranbrook at 248-644-5210 by Thursday, December 20.



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► CURRENT EVENTS DISCUSSION GROUP

Every Friday 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. A variety of opinions makes for more engaging conversations. All viewpoints welcomed. This is a drop-in, non-facilitated group dialogue.

► MEN'S BREAKFAST

Drop-in every Wednesday at 9:00 am

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

Mondays, November 12 and December 10 at 1:00 pm

Calling all readers! Rebekah Craft, Associate Director of the Baldwin Public Library, leads book discussions of popular books. The November book selection is *The Gunners* by Rebecca Kauffman and the December book selection is *A Place for Us* by Fatima Farheen Mirza. Register at Next — and Baldwin Public Library will provide the book!

► 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. Read your material and get constructive feedback. Contact facilitator Sara Burnside at 248-649-1813 for additional information.

► NEW MEMBER COFFEE

Thursday, December 20 at 11:00 am

Join us for coffee and treats to hear about all the great opportunities we offer and learn about our website — while getting to know other new members.

► LIFE TRANSITIONS: Conversation/Companionship

Every Friday at 9:00 am

Have you experienced a significant transition recently? Perhaps the loss of a spouse or child, divorce or a move? Coordinator Maryann Schlie will join Next members who are looking to connect with others with similar life-changing experiences. Gather for support, advice and companionship.



COMPUTER LAB & CLASSES

► COMPUTER LAB

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



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Please register for each session separately.

Session 3: ONLINE SAFETY

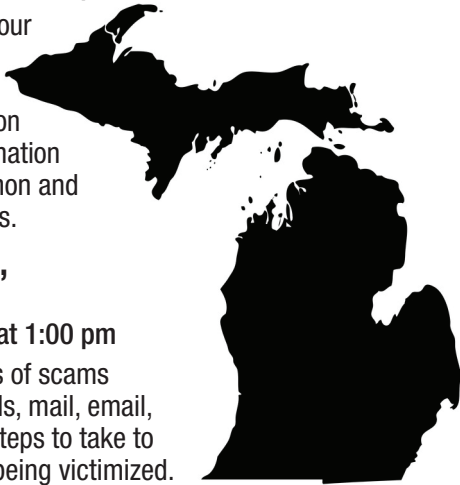
Friday, November 16 at 1:00 pm

Learn how to protect your devices, money, and personal information while online. The session will also provide information on how to avoid common and emerging online scams.

Session 4: PHONE, MAIL & e-SCAMS

Friday, December 14 at 1:00 pm

Learn the telltale signs of scams prevalent in phone calls, mail, email, and texts, along with steps to take to minimize your risk of being victimized.



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► BRIDGE LESSONS

Wednesdays, November 7, 14, 21, 28 from 9:30 to 11:30 am
Cost 4-week series: \$80 member / \$86 non-member

Wednesdays, December 5, 12, and 19 from 9:30 to 11:30 am
Cost 3-week series: \$60 member / \$66 non-member

Wednesdays, January 9, 16, 23, 30

Cost 4-week series: \$80 member / \$86 non-member

Learn techniques that will improve your declarer play. **Silver Life Master Jim Bloom** has years of experience teaching. The book *Play of the Hand in the 21st Century* is required and can be purchased. Beginner and intermediate players welcome.

► BRIDGE...for everyone at every level!

Beginning Bridge Instruction - Instructor: Al Rosie
Mondays from 10:00 to 11:15 am

Duplicate Bridge - Facilitator: Al Rosie
Mondays from 11:30 to 2:30 pm

Partners Bridge - Tuesdays from 2:00 to 5:00 pm
Come with your partner. Experienced players, please.

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

Duplicate Bridge - Facilitator: Irv Feldman
Fridays from 12:30 to 3:30 pm

► PINOCHLE...come and join the fun!

Monday through Friday from 12:00 noon to 3:00 pm

If you have never played pinochle, 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 seasoned players and those new to the game. For additional information, contact Ed Schouten at edward.schouten@gmail.com.

► MAH JONGG

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

Come with your own Mah Jongg table partners or stop by the office to sign up if you are interested in playing. More players always welcome.

► CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

► B-I-N-G-O

1st and 3rd Fridays 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.

► AMERICAN MAH JONGG LESSONS

Fridays, January 11, 18, 25 and February 1, 8
from 1:00 to 4:00 pm

Cost: 5 week series - \$45 members / \$50 non-members
\$9 materials fee paid directly to the instructor, if you need a current Mah Jongg card.

Instructor Judy Shell's Mah Jongg journey began at Next and we are excited to welcome her back (for round two) to share her "addiction" and love of the game! Judy incorporates techniques acquired in her 37 years as an educator, and teaches for beginners and those wanting a review. Learn the rules of the game, how to make a hand, and how to play.

► BIRMINGHAM STAMP CLUB

1st and 3rd Tuesdays at 6:00 pm

No meeting December 18

Contact Ken Rusch at (248) 968-3505

► COIN CLUB

3rd Wednesdays at 7:00 pm - Resumes in January

For information contact Robert Beuter at (248) 646-9657

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SUPPORT SERVICES

► INFORMATION ABOUT COMMUNITY RESOURCES

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

► ASK THE ATTORNEY

Tuesdays, November 6 and December 4 from 1:00 to 1:45 pm
Local attorney, Ed Pugh, will be at Next to provide assistance with your legal questions. Please call Next to schedule your complimentary 15-minute appointment. Only available to Next members.

► TRANSPORTATION

Door-to-door transportation service is available for seniors and disabled adults residing in Birmingham, Beverly Hills, Bingham Farms, and Franklin. Our friendly Next drivers will take you to medical, dental, personal appointments, shopping, or activities at Next. Transportation hours are 8:30 am to 6:00 pm, Monday through Thursday — and hours on Friday are 8:30 am to early afternoon. 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 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.

► HEARING AID & EYEGLASSES DONATIONS & RECYCLING PROGRAM

The Support Services Department always welcomes donations of hearing aids and eyeglasses. Please bring your donations to Support Services or the Next office.



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🍎 MINOR HOME REPAIR for Beverly Hills & Birmingham Residents

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

🍎 VISION ENRICHMENT SUPPORT GROUP Thursdays, November 8 and December 13 from 9:30 to 11:00 am

Facilitated by the Greater Detroit Agency for the Blind and Visually Impaired. Those who are visually challenged — as well as family and caregivers — are welcome to join to discuss issues and to hear speakers.

EARLY STAGE MEMORY LOSS SUPPORT GROUP

The Alzheimer's Association offers support groups for people in early stages of Alzheimer's or related dementias. Caregivers, 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.

🍎 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.



HEALTH & NUTRITION

🍎 BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Wednesdays, November 7 and December 5
from 10:00 to 11:00 am - Complimentary

A trained healthcare professional will provide blood pressure and blood oxygen level screenings. No appointment is necessary.

🍎 MEDICAL EQUIPMENT LOANS

Our loan closet contains wheelchairs, walkers, canes, commodes, bath benches and shower stools available for up to 3 months at no charge to members of Next. Non-members pay a \$20 deposit per item, which may be refunded when the item(s) are returned in good, clean working order. However, we would be grateful if you donate the deposit (tax deductible) to the program so that we may continue to offer this service. Simply call to reserve the equipment you need. We also accept donations of any of the above items. Please make sure they are clean and in good working order.

🍎 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 a while to deliver or package meals, please call Judy Murrell at 248-203-5281. Your help is welcome and most appreciated!

🍎 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.

🍎 MEDICARE PART D ASSISTANCE DAY

Friday, November 9 from 10:00 am to 3:00 pm

The Area Agency on Aging 1-B is holding their annual Medicare Part D Enrollment Assistance Day at Next. Enrollment can take up to an hour per person. A letter confirming appointments and detailing what to bring will be sent to you. At your appointment, a counselor meets with you to determine the best option. Please call 800-852-7795 to register for an appointment. Call early to reserve your time as appointments fill quickly.

🍎 MEDICARE/MEDICAID GUIDANCE

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

🍎 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 e-mail noc@oakgov.com.

🍎 PODIATRISTS AT NEXT

Wednesday, November 28 from 10:00 to 11:30 am
Call Next to make an appointment

Drs. Robert Adas, DPM, and Larry Wexler, DPM, provide basic foot care. Most services are covered by insurance. Pay podiatrists directly. Appointments are appreciated, but walk-ins are welcome.



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POLICY REMINDERS

► For our new and existing members, the Next Member Policy Handbook is available on our website and in the office. Thank you for adhering to the Next member policies — and for your commitment to making Next the best place to stay active & connected!

► Please pre-register for all Next programs. It helps us plan for seating, class materials and refreshments. No refunds given after a program or speaker presentation. We are not able to offer classes or programs on a prorated basis.

MEET OUR NEWEST MEMBERS...

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

Ralph Bergemann, Harry and Joan Black, Jessie Brown, Patricia Cardellio, Ed Ceswick, Walter and Robin Connolly Jr., Mary Ann Cook, Charles and Jenny Copeland, Larry and Geraldine Cushman, Lynn DaDamio, Lester and Dianne Deel, Neville and Doreen D'Souza, David and Barbara Dursum, Rita Faudman, Irving Feldman, Lionel Finkelstein, Gladys Finneren, Kathleen Fish-Gilbert, Rodney Griffard, Sally Holmes, Stephen and Deborah Kent, Patricia Klein, Susan Lauermann, William and Judith Marin, Susan Marinell, Sue Marx, John McDermott, Marian Medler, Karen Mitchell, Marika Nikolovska, Laurie Pappas, Frances Passmann, Susan Pollack, William Risk, David and Keirsten Schwartz, Pam Siegfried, Betty Singer, Judith Smith, Sue Smith, Charles and Sally Streeter, William Swink Jr., Mary Syed, Karen Tzortzinis, Joan Urbschodt, James and Susan VerHage, Georgia Vitick, Thomas and Ruby Weidner, Lisa Wenzler, David and Marguerite Winer, and Stephanie Zerby

Our thoughts are with you...

Donna Kelly, Richard Norling and John Slocum

Our condolences to the family and friends of...

Ray Brown, Art DeVero, Eugenia Florek and Audrey Selander

Donations Received

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MEMORIAL GIFTS

In memory of Art DeVero - Priscilla Benson, Jim Bird, Maurice Brackenbury, Nancy Buck, Nancy Curnow, Hermine Dervartanian, Dawn Gottschalk, Elaine and John Hretz, Rita Morisette, Maria and Gary Schubert, and Mr. and Mrs. Don Vratana

In memory of Joseph Smith - Patti and Don Brundirks

FOUNDATIONS & GRANTS

The Morgan Stanley Foundation in recognition of John Minni's volunteering in the Next Computer Lab. Thank you for your support.

GOODS & SERVICES

Lori Barnett, Chris Cameron, Ann DeBoer, Allen Einstein, Richard Fowler, Stuart Jeffares, Diane Johns, Pat Meyers, Joe Pallischeck, Anne Suter, and Rene Treves

INDIVIDUALS

Gloria Baykian, Marion Beck, Paul Buckles, Marion Citron, Sandy Debicki, Sean Degen, Catherine and Ronald Haas, Bob Koenigsknecht, Terry Leeser, Karen Lutz, Julie Mandich, Rita Morisette, Cheryl Partridge, Niru Prasad, Ed Pugh, Jay Reynolds, Gordon Rinschler, Brenda Shufelt, Lori Soifer, Mary Stacy, Judith Stucky, David Underdown, Kathy and Jon Walgren, and W. Doug Weaver

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NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:00 Agebusters 9:30 Writers Corner Advanced Pottery Studio Palette & Brush 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 4:30 Mat Yoga Pickleball 6:00 Lecture: Migration to Michigan	2 DSO Cirque de la Symphonie 9:00 Limber Up Life Transitions 10:00 Tai chi Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 1:00 Bingo 2:00 Tennis	3 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
5 Chesterfield Fire Station 9:00 Limber Up 10:00 Line Dancing Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga 4:30 Pickleball	6 The Parade Company Trip 9:00 Agebusters 9:30 Tai Chi Painting with Acrylics & Oils 12:00 Pinochle 1:00 Ask the Attorney Slow Flow Yoga Chess Matinee Movie: Scent of a Woman 2:00 Small Group Personal Training Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club	7 9:00 Limber Up Men's Breakfast 9:30 Introduction to Essential Oils Bridge Lessons Ping Pong 10:00 Blood Pressure Needle Arts 12:00 Pinochle Party Bridge 1:00 You Can Feel Better Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis 4:30 Pickleball 5:30 Core Strength & Foundation Movie: The 100-Ft Journey	8 9:00 Agebusters Vision Enrichment Advanced Pottery Studio Palette & Brush 11:00 Kathy Housey: Cognitive Candy for the Brain 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:30 Core Strength & Foundation 4:30 Mat Yoga Pickleball 6:00 Lecture: America's Jerusalem	9 9:00 Limber Up Life Transitions 10:00 Tai chi Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 2:00 Tennis Medicare Part D Assistance	10 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
12 9:00 Limber Up 10:00 Line Dancing Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:00 Popular Reads Irene Miller: Holocaust Survivor 1:30 Chair Yoga 4:30 Pickleball	13 Federal Reserve & Dime Store 9:00 Agebusters 9:30 Tai Chi Painting with Acrylics & Oils 11:30 Balance & Stability 12:00 Pinochle 1:00 Slow Flow Yoga Board Meeting Chess Zentangle: Embossing 2:00 Small Group Personal Training Partners Bridge 4:30 Mat Yoga Pickleball 12:00 noon to 5:00 pm Next Holiday Sale	14 PuppetART Detroit Puppet Theatre 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons Ping Pong 10:00 Needle Arts 12:00 Pinochle Party Bridge 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis 4:30 Pickleball 5:30 Core Strength & Foundation Movie: The Producers	15 9:00 Agebusters 9:30 Writers Corner Advanced Pottery Studio Palette & Brush 12:00 Patient Advocacy Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:30 Core Strength & Foundation 4:30 Mat Yoga Pickleball 6:00 Lecture: Religious Extremists	16 9:00 Limber Up Life Transitions 10:00 Tai Chi Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 1:00 Consumer Education #3: On-Line Safety Bingo 2:00 Tennis	17 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
19 Bocce Ball at Palazzo di Bocce 9:00 Limber Up 10:00 Line Dancing Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga 4:00 Trivia Time 4:30 Pickleball	20 9:00 Agebusters 9:30 Tai Chi Painting with Acrylics Photography Club 10:00 Balance & Stability 11:30 Pinochle 1:00 Slow Flow Yoga Miss America Comes To Next Chess 2:00 Small Group Personal Training Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club	21 Closes at 3:00 pm 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons Ping Pong 10:00 Needle Arts 12:00 Pinochle Party Bridge 1:00 Drawing & Watercolor Movie: The Blues Brothers 1:30 Chair Yoga 2:30 Tennis	22 Closed Happy Thanksgiving	23 Closed Happy Thanksgiving	24 Closed Happy Thanksgiving
26 9:00 Limber Up 10:00 Line Dancing Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga 4:30 Pickleball	27 Somerset Holiday Shopping 9:00 Agebusters 9:30 Tai Chi Painting with Acrylics & Oils 11:30 Balance & Stability 12:00 History of Rock & Roll Pinochle 1:00 Slow Flow Yoga Chess 2:00 Small Group Personal Training Partners Bridge 4:30 Mat Yoga Pickleball	28 9:00 Limber Up Men's Breakfast 9:30 Essential Oils for Mood Mgmt Bridge Lessons Ping Pong 10:00 Podiatrists Needle Arts 12:00 Pinochle Party Bridge 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis 4:30 Pickleball 5:00 Dinner & A Classic: Laura 5:30 Core Strength & Foundation	29 9:00 Agebusters Advanced Pottery Studio Palette & Brush 10:00 Holiday Card Making Class 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:30 Core Strength & Foundation 4:30 Mat Yoga Pickleball 6:00 Lecture: Detroit City Chess Club	30 DSO Bugs Bunny at the Symphony II 9:00 Limber Up Life Transitions 10:00 Tai Chi Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 1:00 Connections during the Holidays & Throughout the Year 2:00 Tennis	

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
3 Classic Christmas Buhl Estate 9:00 Limber Up 10:00 Line Dancing Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga 4:30 Pickleball	4 9:00 Agebusters 9:30 Tai Chi 11:30 Balance & Stability 12:00 Pinochle 1:00 Ask the Attorney Slow Flow Yoga Chess Felting: Acorns Matinee Movie: Love Actually 2:00 Small Group Personal Training Partners Bridge 4:00 Holiday Pinecone Painting 4:30 Mat Yoga Pickleball 6:00 Stamp Club 6:30 Holiday Concert	5 Bonstelle Theatre WSU-Dickens' A Christmas Carol 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons Ping Pong 10:00 Blood Pressure Needle Arts 12:00 Pinochle Party Bridge 1:00 Drawing & Watercolor Chair Yoga 2:30 Tennis 4:30 Pickleball 5:30 Core Strength & Foundation Movie: My Cousin Rachel	6 9:00 Agebusters 9:30 Writer's Corner Advanced Pottery Studio Palette & Brush 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga 2:30 Core Strength & Foundation 4:30 Mat Yoga Pickleball 6:00 Lecture: World Religions	7 9:00 Limber Up Life Transitions 10:00 Tai Chi Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 1:00 Bingo 2:00 Tennis	8 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
10 9:00 Limber Up 10:00 Line Dancing Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:00 Popular Reads 1:30 Chair Yoga 4:30 Pickleball	11 9:00 Agebusters 9:30 Tai Chi 11:30 Balance & Stability 12:00 Pinochle 1:00 Dan Bergan: Pianist & Singer Slow Flow Yoga Chess 2:00 Small Group Personal Training Partners Bridge 4:30 Mat Yoga Pickleball	12 9:00 Limber Up Men's Breakfast 9:30 Essential Oils for the Holidays Bridge Lessons Ping Pong 10:00 Needle Arts 12:00 Holiday Traditions Pottluck Pinochle Party Bridge 1:00 Drawing & Watercolor Chair Yoga 2:30 Tennis 4:30 Pickleball 5:30 Core Strength & Foundation Movie: The Last Movie Star	13 Royal Park Hotel - Holiday Afternoon Tea 9:00 Agebusters Vision Enrichment Advanced Pottery Studio Palette & Brush 11:00 Mary Todd Lincoln 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga 2:30 Core Strength & Foundation 4:30 Mat Yoga Pickleball 6:00 Lecture: Alcohol Use & Abuse	14 9:00 Limber Up Life Transitions 10:00 Tai Chi Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 1:00 Consumer Education #4: Phone, Mail & Email Scams 2:00 Tennis	15 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
17 9:00 Limber Up 10:00 Line Dancing Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga 4:30 Pickleball	18 9:00 Agebusters 9:30 Tai Chi 10:00 Photography Club 11:30 Balance & Stability 12:00 Pinochle 1:00 Slow Flow Yoga Chess Matinee Movie: Serendipity 2:00 Small Group Personal Training Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Christmas Traditions Around the World NO Stamp Club	19 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons Ping Pong 10:00 Needle Arts 12:00 Pinochle Party Bridge 1:00 Drawing & Watercolor Chair Yoga 2:30 Tennis 4:30 Pickleball 5:30 Core Strength & Foundation Movie: The Man Who Invented Christmas	20 9:00 Agebusters 9:30 Writer's Corner Advanced Pottery Studio Palette & Brush 11:00 New Member Coffee 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga 4:30 Mat Yoga Pickleball 6:00 Lecture: World War II POW Camps in Michigan	21 DSO Home for the Holidays 9:00 Limber Up Life Transitions 10:00 Tai Chi Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 1:00 Bingo 2:00 Tennis	22 9:00 Open Pottery Studio Pickleball 10:10 NO Yoga for Well Being 11:10 NO Barre Class
24 Closed Merry Christmas	25 Closed Merry Christmas	26 Closed Merry Christmas	27 Closes at 4:00 pm 9:00 Agebusters 9:30 Advanced Pottery Studio Palette & Brush 12:00 Pinochle 12:30 Pickleball 1:00 Holiday Movie: Scrooged Slow Flow Yoga	28 Closes at 4:00 pm 9:00 Limber Up Life Transitions 10:00 Tai Chi Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 1:00 Holiday Movie: Spanglish 2:00 Tennis	29 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
31 Closed Happy New Year	January 1 Closed Happy New Year	January 2 Regular Hours Resume			



Your Place to Stay Active & Connected

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PROJECT WARMTH

November 1 through December 3

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 much appreciated.

Please make sure the items are new and place them in the collection box located in our lobby.

Thank you
in advance
for your
generosity!



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HOURS

Monday through Thursday
from 8:30 am to 8:00 pm
Friday
from 8:30 am to 5:00 pm
Saturday
from 9:00 am to 2:00 pm

HOLIDAY HOURS

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

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