

NOVEMBER/DECEMBER 2019

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!

AWARD WINNING SHEILA LANDIS!

Wednesday, December 18 at 12:00 noon Cost: Complimentary members / \$5 non-members

A regular at Detroit's Cliff Bells, Sheila Landis has a voice that exudes vitality and excitement. One of the area's finest vocalists, Landis has been chosen as "Outstanding Jazz



Vocalist" seven times! Spirited accompaniment is provided by 7-string guitarist, Rick Matle. You are invited to sing along with one of Detroit's most talented vocalist! Kindly sponsored by Pomeroy Living.

TUESDAY MUSICALE OF GREATER PONTIAC HANDBELL ENSEMBLE PERFORMANCE

Tuesday, December 3 at 10:30 am
Cost: Complimentary members / \$5 non-members

Established in 1923, this talented 12-member handbell choir joins us for a morning of beautiful and inspirational music! You will hear five octaves of handbells! Tuesday Musicale is a non-profit and one of the oldest continuing cultural organizations in the area supporting the community through various efforts, including delightful shows like this one. Generously sponsored by Home Instead Senior Care.



HOLIDAY TRADITIONS POTLUCK

Wednesday, December 11 at 12:30 noon Cost: Complimentary (members only) Registration required by Monday, December 2

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. To participate, bring a homemade dish for 8 people (main dish, side dish or dessert). Entertainment by Greenfield Elementary School Honors Choir, directed by Mr. Jay Smith. Kindly sponsored by Baldwin House.

HOLIDAY TEA PARTY

Thursday, December 5 at 12:30 pm Cost: \$5 members / \$10 non-members

Tea is best when experienced with friends! Please join us to celebrate the anniversary of the Boston Tea Party for this very special event featuring a variety of delicious teas, served in lovely teacups, accompanied by delectable sweets. This is a wonderful



opportunity to relax and enjoy the holiday season. Also, enjoy an interesting documentary about Tea, presented by the History Channel and Modern Marvel! Generously sponsored by Arden Courts of Bingham Farms.

A STORYTELLING CHRISTMAS with Pam Dawson

Tuesday, December 17 at 1:00 pm Cost: Complimentary members / \$5 non-members

You may remember her as the remarkable Mary Todd Lincoln. This time, Pam Dawson returns to Next with her dynamic Christmas program featuring many delightful stories about this special holiday. The stories she will share are not ordinary, but are meant to celebrate, entertain, and awaken the soul and imagination and brighten the holiday season! Generously sponsored by Samaritas Senior Living of Bloomfield Hills.

THE MORE YOU KNOW

GETTING TO KNOW DETROIT

DETROIT FOOD: Coney Dogs to Farmers Markets

Wednesday, November 6 at 12:00 pm

Cost: Complimentary members / \$5 non-members

The infamous images of Detroit's crumbling buildings, abandoned homes and weed-choked parks are known worldwide. Seldom shown are the city's thriving food ways, quietly rebuilding neighborhoods block by block with urban farms, locally made fare, new restaurants and an innovative, homegrown spirit that is attracting entrepreneurs and culinary enthusiasts from across the nation. Old neighborhoods are coming back to life with the smell of simmering soup, the crunch of new pickles and the aroma of an all-day barbecue. Magnificent Art Deco clubs and speakeasies painstakingly restored to their former beauty are busy serving great local food. Author Bill Loomis goes behind the graffiti and ruins to explore how the passion for eating well is proving essential to Detroit's comeback. Kindly sponsored by Dr. Julie A. Fattore, DDS, and her team at Your Dental Wellness.

○ DETROIT: An Illustrated Timeline

Wednesday, December 4 at 12:30 pm Cost: Complimentary members / \$5 non-members

Local author Paul Vachon joins us to share his latest book about Detroit History. *Detroit: An Illustrated Timeline* takes us back three centuries — a time when Detroit was simply an outpost for the French to take advantage of the fur trade while keeping the British at bay. Mr. Vachon will point out the key events and noteworthy turning points in Detroit's long journey — some of which are little known! Generously sponsored by the Neptune Society.



TED TALKS AT NEXT: Be inspired!

Thursdays at 10:30 am IDEAS WORTH SPREADING Cost: Complimentary - Members only

What is a TED talk? A TED talk is a presentation at the main TED (technology, entertainment, design) conference or one of its many satellite events around the world. Since the first conference in 1984. TED has broadened its perspective to include talks on many scientific, cultural, political and academic topics.

Join fellow Next members to explore some of the most popular and inspiring Ted Talks to date. We will view the talk, then spend time discussing its influence for us and our society. Come once or come every time!

November 7 The brain changing benefits of exercise.

November 21 Who are you, really? The puzzle of personality.

December 12 Want to be happy? Be grateful.

NEXT HOLIDAY SAL

Monday, November 18 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. Like most non profits, 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.

TRIVIA TIME!

Mondays, November 11 and December 9 from 4:00 to 6:00 pm Cost: Complimentary members / \$5 non-members

Enjoy an evening of trivia in a lively, interactive guiz-like atmosphere with a professional and entertaining trivia host! Teams of four can enjoy a little friendly competition with a chance to win bragging rights! Pizza provided! Generously sponsored by Chester Street Residence.

RETIREMENT 101

Thursday, November 14 at 12:00 noon Cost: Complimentary members / \$5 non-members

Please join us for an informational, upbeat, and unique take on retirement planning with Justin Pippert, Managing Partner at TriFound. As a firm that practices Holistic Financial Planning, TriFound is well versed in the common pitfalls of retirement. With education, attention to detail, and a comprehensive plan most of these pitfalls can be avoided. Come and join us at Next for a fun exploration of your Retirement Journey.

PROTECTING SENIORS IN THE MODERN AGE

Thursday, December 12 at 1:00 pm Cost: Complimentary members / \$5 non-members

Presented by Collin D. Dickey, Attorney with Rutkowski Law Firm, join us to learn about the developments in technology that have opened numerous doors for unsavory individuals looking to scam or harm America's seniors. The number of financial scams targeting the 50+ community has sharply increased over the last several years. From telemarketing swindles to funeral fraud, learn how to protect yourself and your family from being taken advantage of. Hear what to keep an eye out for and how to guard against these scams in the future.



FIRST FRIDAYS WITH MARI MANOOGIAN

Fridays, November 1 and December 6 at 10:30 am Cost: Complimentary members / \$5 non-members

Join us for an informal conversation with Representative Mari Manoogian and the opportunity to share which issues are most important to you.

BIRMINGHAM FIRE DEPARTMENT

Wednesday, November 13 at 12:00 pm Cost: Complimentary members / \$5 non-members

Paul Wells, Fire Chief, joins us with an update on the happenings in his department. Paul will discuss general services of the Birmingham FD, as well as specific programs for those over 50.

NEXT TOWN HALL

Wednesday, November 20 at 1:00 pm Cost: Complimentary members / \$5 non-members

Please join Next staff and Board members for an informative meeting on all things Next. Listen to the chair of the Joint Senior Service Commission working to address future needs of the area's 50-plus residents. Budgets, funding and programs will be addressed with time for your questions.

SELF-AWARENESS & SELF-DEFENSE

Officer Casey Pederson, Birmingham Police Tuesday, December 10 from 1:00 to 3:00 pm Cost: Complimentary members / \$10 non-members Class size is limited to 14 people, so register early.

This class is being repeated due to popular demand and focuses on safety in all aspects of life. Learn the value of awareness and how that will help prevent you becoming a victim. Learn about current issues, crimes and scams and conflict resolution tactics. Street-smart skills will be taught in a safe training environment.



SENIOR MEN'S CLUB OF BIRMINGHAM HOLIDAY PARTY

Tuesday, December 10 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 Holiday Party at the San Marino Club on Big Beaver. The evening includes dinner, dancing, and holiday music with a sing-along. Tickets are available on the Next website (credit cards) and in the Next office (checks).

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

Thursday, December 12 at 12:00 noon

Cost: Complimentary - Register ASAP! Limited availability.

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

Wednesday, December 25 at 11:00 am Cost: Complimentary

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 Wednesday, December 18.



HEALTH SERIES Thank you Bank of Ann Arbor, 2019 Health Series Sponsor!

VOICE DISORDERS: Hoarseness, Cough, Tickle & More!

Thursday, November 21 at 1:00 pm Cost: Complimentary members / \$5 non-members

Vocal clarity is important for clear communication and self-confidence. Voice disorders affect 47% of Americans over 65. These issues can lead to concerns with overall health, frequent physician visits and social limitations. Dr. David P. Schleimer, board certified Otolaryngologist practicing in Bloomfield Hills, will identify problem conditions and teach voice-care strategies. Join in a discussion about this very important health concern and ways to maintain overall health and quality of life.

NUTRITION CONCERNS FOR OLDER ADULTS

Thursday, December 19 at 1:00 pm Cost: Complimentary members / \$5 non-members

Lisa Lewis, Registered Dietician with St. Joe's Mercy Hospital, will discuss the many nutritional concerns we have as we age. It's hard to know what we should eat to meet our needs when we have specific health issues. Ideal weight, protein, sodium intake, changing taste buds and many other topics will be addressed. Lisa will offer recommendations to create a healthy nutritional plan for your lifestyle and health needs. Maintaining a healthy nutritional plan for you is a great way to stay healthy!

AND THE SURVEY SAYS...

Thank you for taking part in the 2019 Next Member Survey! We received a lot of great feedback and many good suggestions. Here is an overview of the more than 425 surveys completed:

- How did you hear about Next?
 65% of respondents learned about Next from a friend or current Next member. Keep spreading the word!
- Why did you join Next?
 More than half of the respondents initially joined
 Next because of the speaker presentations followed closely by the desire to meet new friends.
- Why do you like being a member?
 Almost 80% percent of respondents like being a member of Next because of the programs offered followed by the location and the staff, both at 70%.
- What do you think of the programs at Next?
 The program quality and variety received strong, positive feedback, as well as member care.

Would you recommend Next?

More than 83% of respondents are very likely to recommend Next to a friend and another 16% are likely to recommend Next. Thank you for the vote of confidence!

Many of your suggestions have already been addressed as you will see when you look through this newsletter; different program start times, subtitles on the movies, changes in the Holiday Sale, more day trips and more room in the building for cozy conversations.

Other suggestions that are a little more involved and in need of long-term planning, are being addressed by the Joint Senior Service Commission study currently underway among the four municipalities we serve as well The Birmingham Public Schools.

With the goal of continued improvement, we sincerely appreciate your input!

CREATE A LASTING LEGACY...

YOUR GIFT MAKES A DIFFERENCE

There are many ways to create a lasting legacy for the charltable organizations that have made a positive impact on your life or the life of a loved one. Gifts through your estate, through real estate or stocks, life insurance or personal property, as well as donor advised funds are all ways to meet your charitable giving goals.

A very popular way is through an IRA direct distribution. Once you reach 70-1/2 years of age, you are required to take a minimum distribution from your IRA and you may be able to take advantage of this important incentive for charitable giving.

You may make cash gifts from your IRA directly to a charity without having to include the IRA distribution in your taxable income. An IRA charitable rollover allows you to direct all or part of your required distribution directly to a charitable organization, including Next.

Keep in mind the following when using a distribution from your IRA:

- You are eligible if you are 70-1/2 or older.
- The amount distributed is excluded from your taxable come (up to \$100,000).
- The distribution must be made directly from your IRA to the charity and can never pass through your bank account.

Consider using your individual account (IRA) to achieve your charitable giving goals in 2019. As you plan for yourself, your family, and your charitable causes, keep in mind that while tax laws change, an IRA distribution maybe the appropriate tool to utilize. Next can help you plan to make your charitable giving as tax-efficient and impactful as possible. If you would like more information, please contact Ed Pugh, Next Board member and estate attorney, for assistance in making a qualified distribution at 248-644-7222.

Thank You to our 2019 Sponsors for helping make Next a Success!

We are grateful for the partnership and support of all of our sponsors. Please remember to support the program, annual, event and Health Expo & Flu Shot Clinic sponsors and businesses that partner with Next!

















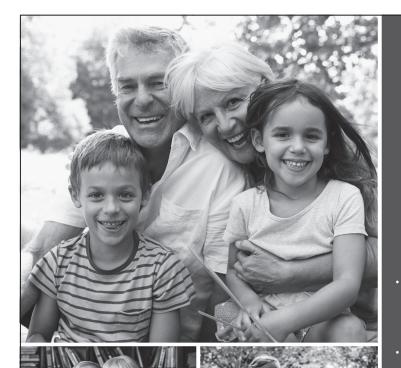




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SPEAKER s e r i e s

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







Thank you to Stuart Jeffares and Max Broock Realtors for sponsoring the 2019 Speaker Series!

November 7 - SECRET DETROIT Karen Dybis, Author, Reporter and Historian

Detroit is known for its automotive heritage, Motown and America's first mile of concrete highway. But this city on the river has more than 300 years of history and most of it is easy to experience if you know where to look. There's picturesque Alfred Brush Ford Park that once stored nuclear missiles among its playgrounds and fishing spots. Then there are incredible landmarks like Detroit's massive salt mines and a monument to urban graffiti known as the Dequindre Cut, as well as a Quonset hut community with a yoga studio and Airbnb. Michigan native, newspaper reporter and author Karen Dybis joins us to talk about Secret Detroit and the thrilling journey she took to uncover some fascinating hidden details about the Motor City.

November 14 - THE BUSINESS OF HIGHER EDUCATION

Michael A. Mazzeo, Dean and Professor of Finance, School of Business, Oakland University

Education is the key to prosperity. Balancing increasing demands and dwindling state funding due to rising competition for limited resources, Michigan's public universities deliver market-responsive, innovative and quality higher education programs. Extreme demands on the state budget pit funding higher education directly against other priorities such as fixing the roads. This discussion focuses on the business of higher education, rising tuition rates, the rapid decline of college-bound students, and the return on investment of a college-educated workforce.

November 21 - INCARCERATION: TRENDS & ISSUES Oakland County Sheriff Michael Bouchard

Sheriff Bouchard will address issues surrounding incarceration in Oakland County and the State of Michigan. Sheriff will discuss financial aspects of imprisonment including issues of insurance and privatization of services. He will discuss the innovative programming in the Oakland County Jail regarding mental health and opioid use as well as legislation Oakland County has helped to pass related to jails.

November 28 - No Lecture HAPPY THANKSGIVING!

December 5 - THIS PLACE MATTERS Ron Campbell, Preservation Architect, Oakland County

Based on a program started by the National Trust for Historic Preservation to spotlight the historic sites that played a role in peoples' lives, Oakland County's Planning Department has been inspired to spotlight our own special places. From the nationally significant to the personally priceless, these are places and structures in Oakland County that makes us unique and holds special meaning. Become an armchair traveler to places in Oakland you might never knew existed — and hear the stories rarely told. A perfect way to prep your knowledge of local history as Oakland's Bicentennial nears.

December 12 - PEOPLE & PRIMATES Dorothy A. Nelson, Ph.D., Professor of Anthropology, Oakland University

Our closest relatives in the animal world belong to the order Primates. This order of mammals includes monkeys, apes and people, as well as the prosimians. The presentation will provide an overview of the order Primates, with more detail about selected primates' behavior and ecology. The study of primates provides a window into some of our human behaviors. You may begin to see yourself in the ring-tailed lemurs, macaques, gorillas and chimpanzees when you visit the zoo!

December 19 - THE MASONS Four Former Masters of Lodge #44

Join Carl Censoni, Bob Hall, Dave Husk and Jack Palmer, former Birmingham Lodge #44 Mason Masters, as they share their expertise and insights about the Masons and Freemasonry. Learn the history of this fraternal organization tracing back to the 14th century. These members will discuss the doctrine and what Masonry, as a charitable organization, does for individuals and for the community.

December 26 – No Speaker HAPPY HOLIDAYS!

We have updated our website! All speakers and afternoon presentations can now be found under the Activities tab in the Speakers category.



PROTECT Your Assets

Against the
High Cost of
Long-Term Care,
Creditors and
Lawsuits

You've worked hard to get where you are today. Unfortunately, your assets are vulnerable to a wide range of threats. We can craft a comprehensive plan to protect your assets against:

- Nursing home costs, which average over \$110,000 annually in Michigan and will rise dramatically in the future
- Creditors
- Lawsuits, divorce, and even your children if they are not ready to manage an inheritance

If you or your spouse must enter a nursing home, we can also protect the well spouse's assets.

To learn more about how we can protect the lifestyle you've worked so hard to achieve, we invite you to attend one of our complimentary planning workshops, hosted by Birmingham resident and Attorney, Collin Dickey. We look forward to meeting you in person.





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Offices in Bloomfield Hills & Rochester

INVIGORATE YOUR BODY

PRE-REGISTRATION IS IMPORTANT!

- Pre-registration for fitness classes helps prevent cancellation of classes so please register as early as possible.
- ◆ Strength & Balance and Small Group Personal Training must have 4 people registered in order to run each week, drop-ins included. Please register in the Next office or by phone at least 48 hours prior to the start of class.

STRENGTH & BALANCE

Tuesdays from 11:30 am to 12:15 pm Series 1: November 5, 12, 19, 26

Cost 4-class series: \$40 members / \$45 non-members

Series 2: December 3, 10, 17

Cost 3-class series: \$30 members / \$35 non-members Drop-in option: \$50 members only, 4 drop-in sessions

Join Lori Harbour, Certified AFAA instructor and Older Adult Specialist, to develop greater strength 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.

SMALL GROUP PERSONAL TRAINING

Thursdays from 2:00 to 3:00 pm Series 1: November 7, 14, 21 Series 2: December 5, 12, 19

Cost 3-class series: \$45 members / \$55 non-members Drop-in option: \$54 members only, 4 drop-in sessions

Need a little personal help in reaching your fitness goals, but still enjoy a group class? This group of highly motivated members, along with Lori Harbour, Certified AFAA Instructor and NTEA Certified Personal Trainer, will help you improve your health, strength, energy and stamina in a fun and lively environment. 4 student minimum, 6 student maximum!



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JOIN THE FUN! LINE DANCING

Mondays from 10:00 am to 12:00 noon

Series 1: November 4, 11, 18, 25

Cost 4-week series: \$28 members / \$33 non-members

Series 2: December 2, 9, 16

Cost 3-week series: \$21 members / \$26 non-members Cost 10 drop-in classes: \$80 members / \$90 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. We must have 8 people registered to run these classes.

LIMBER UP

Mondays, Wednesdays and Fridays at 9:00 am Cost: Complimentary

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

AGEBUSTERS

Tuesdays and Thursdays at 9:00 am

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

Tuesdays: Lori Harbour, Certified AFAA Instructor, 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.

TAI CHI

Tuesdays from 9:45 to 11:15 am / 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. This class is a progressive practice through the many movements of Tai Chi. If you are new to Tai Chi, please call the Next office to find out when the instructor will be starting a new cycle with beginner movements.

BARRE CLASS

Saturdays from 11:10 am to 12:00 noon No class December 28

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

Karen Lutz, E-RYT, will lead seated and standing barre to gain strength and move into stretches. Move at your own pace and range of motion. Space is limited.

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 No class December 26

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. Please bring a yoga mat and water.

YOGA FOR WELL BEING

Saturdays from 10:10 to 11:00 am No class November 30 or December 28

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.

MINDFULNESS & MEDITATION

Wednesdays from 3:00 to 4:00 pm

Cost: Complimentary - Donations to Next appreciated.

Begin or deepen your meditation practice in a safe, welcoming environment with Karen Lutz, E-RYT, All Next members are welcome. Attend once or as often as you like.

PICKLEBALL

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 am to 2:00 pm

The 1st Saturday of each month from 9:00 to 10:30 am is set aside for a skills and drills mini-clinic for true beginners.

FIT PARK

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. Instructional video on each piece available. Please contact the Next office for more information.

TENNIS LEAGUE - MIXED DOUBLES

Wednesdays from 2:30 to 4:00 pm 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 information.

BOWLING LEAGUE

Fridays at 10:00 am - No need to register, just drop in! Cost: \$7 fee includes 3 games, shoes and coffee

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

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FEATURE FILMS

Wednesday Evenings @ 5:30 pm | Encore Screening with Subtitles on the following Tuesday at 2:30 pm Cost: Complimentary members / \$5 non-members | Popcorn provided. | Please register!

November 6 @ 5:30 - FRAMING JOHN DELOREAN November 12 @ 2:30 - Encore Screening w/Subtitles

Money, power, politics, drugs, scandal and fast cars. The incredible story of John DeLorean played by Alec Baldwin, is the stuff of a Hollywood screenwriter's dreams. This recounts the extraordinary life and legend of the controversial automaker, tracing his meteoric rise through the ranks of GM, his obsessive quest to build a sports care that would conquer the world and his shocking fall from grace on charges of cocaine trafficking. Interweaving a treasure trove of archival footage with dramatic vignettes starring Alec Baldwin, this is a gripping look at a man who gambled everything in his pursuit of the American Dream. Not Rated 1 hour 49 minutes

November 13 @ 5:30 - HOTEL MUMBAI November 19 @ 2:30 - Encore Screening w/Subtitles

Terror strikes in the heart of Mumbai, India, as members of Lashkar-e-Taiba storm the Taj Mahal Palace Hotel in a series of coordinated attacks throughout the city. Amid the gunfire and mayhem, a brave chef and kitchen worker decide to risk their own lives to try and protect the frightened guests. As the militants continue their assault on the hotel, a desperate couple must do whatever they can to protect their newborn baby. Rated R 2 hours 3 minutes

November 20 @ 5:30 - GAME NIGHT November 26 @ 2:30 - Encore Screening w/Subtitles

Max and Annie's weekly game night gets kicked up a notch when Max's brother Brooks arranges a murder mystery party — complete with fake thugs and federal agents. So when Brooks gets kidnapped, it's all supposed to be part of the game. As the competitors set out to solve the case, they start to learn that neither the game nor Brooks are what they seem to be. The friends soon find themselves in over their heads as each twist leads to another unexpected turn over the course of one chaotic night. Rated R 1 hour 33 minutes

November 27 - NO MOVIE

HAPPY THANKSGIVING!

December 4 @ 5:30 - THE UPSIDE December 10 @ 2:30 - Encore Screening w/Subtitles

Phillip is a wealthy quadriplegic who needs a caretaker to help him with his day-to-day routine in his New York pent-house. He decides to hire Dell, a struggling parolee who's trying to reconnect with his ex and his young son. Despite coming from two different worlds, an unlikely friendship starts to blossom as Dell and Phillip rediscover the joy of living life to the fullest. Rated PG 13 2 hours 3 minutes

December 11 @ 5:30 - WON'T YOU BE MY NEIGHBOR December 17 @ 2:30 - Encore Screening w/Subtitles

Enjoy this heart-warming documentary that examines the life and legacy of Fred Rogers, the beloved host of the popular children's television show Mister Rogers' Neighborhood. This beautiful film celebrates a deeply good man with a great gift. Rated PG 13 1 hour 34 minutes

December 18 @ 5:30 - LITTLE WOMEN December 26 @ 2:30 - Encore Screening w/Subtitles scheduled for Thursday due to Holiday Hours

In this 1994 adaptation of Louisa May Alcott's classic, the March sisters confront growing pains, financial shortages, family tragedies and romantic rivalries in mid-19th century Massachusetts. Jo (Winona Ryder) struggles for independence and sometimes clashes with her beloved mother and her sisters, Meg, Amy and Beth. She also contends with their cranky Aunt March, their impulsive neighbor Laurie (Christian Bale) and a kindly linguistics professor. Friedrich Bhaer. Rated PG 1 hour 58 minutes

December 25 - NO MOVIE **HAPPY HOLIDAYS!**

Dinner & A Classic will return in January! Enjoy the holidays!

ART & CREATIVITY

OUILLING CLASSES

Tuesdays from 1:00 to 3:00 pm

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

Quilling or paper filigree is an art form that involves the use of strips of paper that are rolled, shaped, looped, curled, twisted and glued together to create decorative shapes and designs. Join artist and instructor Pam Signorelli and learn this beautiful art form. Suitable for beginners and all materials will be supplied.

November 5 - Turkeys

Create adorable quilled turkeys that can be used on provided place setting cards, or paper napkin rings. They could also be used with pin backs for greeting cards or gift tags.

December 10 - Holiday Ornaments

Quilled ornaments can be used as a decoration on the tree or ornament stand, as a gift tag, or on the front of a holiday card.



HOLIDAY GIFT TAG CRAFTING

Thursday, December 5 at 3:00 pm Cost: \$5 members / \$7 non-members

Have fun creating your own holiday gift tags using decorative washi tape. Next staff member Bev Singer will be leading this easy to do creative project for gifting. All supplies included.

PHOTOGRAPHY CLUB

Tuesdays, November 19 and December 17 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 NextPhotoClub@gmail.com. Please contact Joyce Harding at joyceharding6@gmail.com, or Ed Morykwas at Ed@riveroftime.net for additional information.

PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm

This group is currently at capacity. If you are interested in joining, 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 Independent potters welcome for Open Studio. Please bring your own materials.

○ KNITTING & CROCHETING OPEN STUDIOMondays at 10:00 am

○ KNITTED CREATIONS FOR SALE

Lovely knitted items in the hallway showcase created by talented Next knitters are available for sale! Please visit the Next Office for purchase information.

• NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

Calling all needle artists! Do you crochet, knit, quilt, sew, needlepoint or embroider? We welcome these and all needle artists to join our weekly group. Drop in as you like and stay as long as you can!

PAINTING WITH ACRYLICS & OILS

Tuesdays, January 7 through March 10 from 9:30 am to 12:00 noon

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

Artist and 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 an 18" x 24" canvas or larger, sketch pad, #2 desk pencil, eraser, and painting supplies to first class. Materials list available in front office.

WATERCOLOR PAINTING WORKSHOP

Wednesdays, January 8 through March 11 from 2:00 pm to 4:00 pm

Cost 10-week class: \$140 members / \$150 non-members

Noted Michigan artist and popular watercolor instructor Karen Halpern will provide watercolor classes for both beginning and experienced students. In this 10-week course you will learn basic skills, color mixing, color theory and design painting techniques as you develop your art. Each student will work at their own level of ability in a supportive setting with individualized attention. Supply list available in Next office upon registration.

STUDIO ART CLASS

Thursdays, January 9 through March 12 from 1:00 to 3:30 pm

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

Work on a piece of art of your choice. Bring your own subject, reference material, and the supplies you typically work with. Instructor Karen Halpern will foster critical thinking and make suggestions, as you advance with your individualized project. Her goal is to broaden your viewpoint and develop your skills and knowledge. Students typically work with acrylics, oils, collage, or watercolor. (Prior experience required with instruction in the materials of your choice).



WRITER'S CORNER

Thursdays, November 7, 21 and December 5, 19 from 9:30 to 11:00 am

Join Next members who love to gather and share their common interest in writing. For additional information, contact facilitator Sara Burnside at 248-649-1813.

POPULAR READS BOOK CLUB

Mondays, November 11 and December 9 at 1:00 pm

Rebekah Craft, Associate Director of the Baldwin Public Library, leads book discussions of popular books. The November book selection is *Whiskey When We're Dry* by John Larison and the December selection is *The Lager Queen* of Minnesota by J. Ryan Stradal. Register at Next — and Baldwin Public Library will provide the book!

NON-FICTION BOOK GROUP

Thursdays, November 14 and December 12 at 10:00 am

Facilitated by Baldwin Library professionals, join us to discuss *Musicophilia* by Oliver Sacks in November and *Lab Girl* by Hope Jahren in December. Register at Next and Baldwin Public Library will provide the book.

NEW & PROSPECTIVE MEMBER COFFEE

Wednesday, December 18 at 1:00 am

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

WOMEN'S COFFEE & CONVERSATION

Drop-in every Tuesday at 11:00 am

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

MEN'S BREAKFAST

Drop-in every Wednesday at 9:00 am

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

CURRENT EVENTS DISCUSSION GROUP

Drop-in 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.



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DETROIT PUBLIC LIBRARY

Thursday, November 14 - Registration required Bus leaves Next at 10:15 am, returns about 1:15 pm Cost: \$30 members / \$35 non-members

Enjoy a 90-minute docent-led tour of the Detroit Public Library. The tour highlights the architecture of Cass Gilbert, as well as many works of famed craftsmen and architects. The docent will share with you the history, art and architecture of Detroit's acclaimed Main Library. You will discover the Grand Staircase, the Pewabic fireplace, the Ernie Harwell Room, and other surprises along your one-mile walking journey.



| DETROIT SYMPHONY ORCHESTRA | MORNING COFFEE CONCERTS

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

Friday, December 20 - Home for the Holidays

Share Detroit's favorite holiday musical tradition with family and friends — and thrill to the spectacle of the season. Stuart Chafetz leads a sparkling celebration with carols and classics that sells out year after year. And yes, Virginia, there will be a Santa Claus!

Friday, January 17 - The Vinyl Years: A Classic Rock Songbook

Classic rock's biggest hits come alive in this symphonic tribute to the songs of The Doobie Brothers, Fleetwood Mac, Styx, Kenny Loggins, Linda Ronstadt and more.

Friday, February 28 - From Broadway to Hollywood

Musicals — such as West Side Story, Chicago, The Sound of Music, Les Miserables and more — all became hits both on Broadway and in Hollywood. Enjoy a program of music that has thrilled audiences of the stage and screen, including beloved songs like "My Favorite Things," "I Dreamed a Dream," and "All That Jazz."

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 DAY TRIPS

35th ANNUAL FESTIVAL OF TREES

Tuesday, November 26 - Registration required
Bus leaves Next at 12:30 pm, returns about 3:15 pm
Cost: \$20 members / \$25 non-members

Get inspired on English Gardens Day at the 35th Annual Festival of Trees held at the Ford Community & Performing Arts Center in Dearborn. The Festival of Trees is a display of spectacular holiday trees, tabletop trees, wreaths and other items, benefiting the Children's Hospital of Michigan Foundation. Consider this trip the official start to the holiday, and take in the genuine cheer that comes from doing good!

○ WSU BONSTELLE THEATRE: A Christmas Carol

Wednesday, December 4 - Registration required Bus leaves Next at 12:45 pm, returns about 4:15 pm Cost: \$35 members / \$40 non-members

Scrooge and his ghostly guides are back! The tale follows miserly old Scrooge when he's visited by his former partner, Jacob Marley. Warned that his humbuggery will curse him, Marley sends the Spirits of Christmas Past, Present and Future to help Scrooge reform. Can the spirits inspire him to a greater purpose? Utilizing magical effects and a marvelous set, *A Christmas Carol* will delight everyone.

○ BIRMINGHAM BLOOMFIELD ART CENTER: Holiday Shopping

Wednesday, December 11 - Registration required Bus leaves Next at 10:00 am, returns about 11:30 am Cost: \$5 members / \$8 non-members

The BBAC Holiday Shop is a juried show that has been an annual tradition for nearly four decades. Amazing one-of-a-kind artistic creations from 100+ artists fill more than 3,000-square feet of gallery space. Shop exquisite jewelry, table ceramics, scarves, soaps and candles, ceramic art for everyday use or display, beautiful wood items, charming toys, prints, paintings and tiles, Judaica, and hand-made ornaments sure to become family heirlooms! We'll be back in time for the Next Holidays Tradition Potluck!

○ HOLIDAY WALK: Meadow Brook Hall

Tuesday, December 17 - Registration required Bus departs Next at 10:00 am, returns about 1:15 pm Cost: \$30 members / \$35 non-members

The Holidays shine a little brighter at the Great Estate. Join us as we celebrate Meadow Brook's 48th annual Holiday Walk. Take a self-guided tour through grand manor trimmed in opulent holiday décor. This National Historic Landmark is aglow with over 50 dazzling trees on display including a 10-foot Poinsettia tree displayed on the sun porch! After the tour, follow the wintry path to Knole Cottage and Danny's Cabin.

Wishing you all the hope, wonder, and joy that the season can bring!

DAY TRIPS continued

CULTURALLY DIVERSE OUTINGS

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

• ARAB AMERICAN NATIONAL MUSEUM & LUNCH AT OLLIE'S LEBANESE

Wednesday, November 20 - Registration required Bus leaves Next at 9:00 am, returns about 1:30 pm Cost: \$25 members / \$30 non-members

Experience a 90-minute docent-guided tour of the first and only museum in the United States devoted to Arab American history and culture. Attendees are welcomed in a tiled court-yard with a central fountain and soaring dome. Witness the warmth and hospitality of the Arab culture in a permanent exhibit featuring the civilization and its contributions to science, medicine, mathematics, astronomy, religion and art. At completion of this educational journey, you will leave gaining a new appreciation and respect for a people who came and made an indelible impact upon our country and society. What better way to end this afternoon than a delicious Middle Eastern lunch, on your own, at Ollie's Lebanese Cuisine.

HOLOCAUST MEMORIAL CENTER

Tuesday, December 3 - Registration required Bus leaves Next at 9:30 am, returns about 2:15 pm Cost: \$25 members / \$30 non-members

Engage, educate, honor, and be empowered by remembering the Holocaust. We will take a memorable, captivating 90-minute docent-led tour of The Holocaust Memorial Center Zekelman Family Campus. The center is a humbling experience taking you through Jewish practice, the rise of the Nazi party and into the

concentration camps — ending with the Hall of the Righteous. At the end of the tour, one of the most moving aspects of our visit involves interaction with a cherished survivor — bringing to life so much of what is displayed in our museum experience. A delicious snack will be provided on bus ride back.

○ CHARLES WRIGHT MUSEUM OF AFRICAN AMERICAN HISTORY

Wednesday, January 8 - Registration required Bus departs Next at 9:15 am, returns about 12:45 pm Cost: \$25 members / \$30 non-members

Founded in 1965, the Charles H. Wright Museum houses over 35,000 artifacts and archival materials — and a vision of a world in which the adversity and achievement of African American history inspire everyone toward greater understanding, acceptance and unity! It is home to the Blanche Coggin Underground Railroad Collection, Harriet Tubman Museum, Coleman A. Young, and Sheffield Collections (a repository of documents of the labor movement in Detroit). This tour includes a one-hour docent-led, mind-opening, life-changing exploration and celebration of African American history and culture. View The Ford Freedom Rotunda and the Ring of Genealogy. Afterward, take an hour on your own, to experience the museum's 22,000 square foot, interactive core exhibit *And Still We Rise*, the largest single exhibition on African American history in existence. Photography is prohibited.

LOOKING FORWARD

THE PURPLE DOOR TEA ROOM

Tuesday, January 14 - Registration required Bus leaves Next at 11:30 am, returns about 2:30 pm Cost: \$50 members / \$55 non-members

You are invited to relax in the ambience of Afternoon Tea at The Purple Door Tea Room in Ferndale. Elegant and charming surroundings, lovely china, fine linens and silver, the fragrance of fresh flowers and the pleasure of soft music — all selected to make your experience a momentary retreat from the ordinary. We extend a warm invitation to enjoy gracious service and a fine selection of finger sandwiches, soups, salads, and desserts prepared especially for you. Consider this a treat to yourself in the New Year! There's beauty, as you'll see — all because you briefly stopped to sip a cup of tea.

WSU BONSTELLE THEATRE: The Winter's Tale

Wednesday, February 12 - Registration required Bus leaves Next at 1:00 pm, returns about 5:15 pm Cost: \$35 members / \$40 non-members

One of William Shakespeare's most famous and funny stage directions — 'Exit, pursued by a bear' — appears in Act III of The Winter's Tale, a romance, comedy and fairy tale that has entertained audiences for 400 years. The story begins in Sicilia where the king accuses his wife of having an affair with his childhood friend. As his unfounded jealousy consumes him, he puts his wife on trial and abandons their newborn girl, Perdita, in the wild. But as with all fairy tales, the child survives and, now living in Bohemia, she blossoms into a free-spirited young woman. It's there that she meets and falls in love with a young man who may just be the son to her father's former friend. In a magical twist that must be seen to be believed, she might just find the homecoming she'd never expected.



COMPUTER LAB & CLASSES

COMPUTER LAB & LESSONS

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

We offer one-on-one computer instruction on our computers with one of our talented instructors. Please contact the Next office to schedule an appointment and purchase your computer card.

THANK YOU TO OUR COMPUTER LAB VOLUNTEERS

Toby Berger, Tina Franco, Patty Kassab, Vipka (Wibke) Kraemer, Nancy Ladd, John Minni, John Rady, Jr., Jay Reynolds, and Peter Ruseckas.

ACCIDENT & PERSONAL

. CARE

PHOTO EDITING CLASS

Tuesday, November 5 from 6:30 to 7:30 pm Cost: \$5 - Learners of all ages welcome.



Learn to edit photos, apply photo effects, add frames, graphics, and text. Class will take place in the Next computer lab. Presented by Baldwin Public Library.

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CARDS, TILES & COLLECTORS CLUBS

CANASTA LESSONS

Fridays, November 15, 22 and December 6, 13, 20

from 9:30 to 11:30 am

Cost 5-week series: Complimentary

members / \$5 non-members

Registration required - 8 person maximum for class

Canasta is a unique game. Join fellow Next member Karen Falck and learn the objective, how to play, playing as teams, and the other basics of this fast-paced, high-scoring and unpredictable card game. Once mastered you'll have a great way to pass the time with a few competitive friends.

CANASTA

Thursdays at 12:00 noon

Come join the fun playing this unique card game. Must have an understanding of the game.

MAH JONGG

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

Come with your own Mah Jongg table partners or stop by the Next office to sign up if you would like to play. You must be able to play independently.

PINOCHLE...come and join the fun!

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

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

SOCKI

Tuesdays from 12:30 to 2:30 pm

Socki is a card game for 2-8 players that plays like an openfaced gin rummy with a few unique twists. Join facilitator and creator Jenny Deason Copeland for this fun and exciting game that is easy to learn.

NEW! SOCKI TOURNAMENT

Monday, November 18 from 6:00 to 8:00 pm Cost: Complimentary - Registration required - Limit 24

Next is hosting its first Socki tournament. Join Jenny and Charles Copeland, its creators, for a fun and exciting evening of friendly competition in this double deck game! There will be prizes for the lowest scores over two hours of play, and a free set of game cards to the lowest score of the evening. Socki card sets will also be available for purchase at this event.

COIN CLUB

Wednesdays, November 20 and December 18 at 7:00 pm For information contact Robert Beuter at 248-646-9657.

CHESS CLUB

Thursday evenings from 5:00 to 7:00 pm Cost: Complimentary members / \$5 non-members

This club seeks to bring together people who have an interest in chess and wish to advance their skill, regardless of prior experience. All are welcome. For additional information, please contact Chris Dow at 248-647-0728.

CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

BINGO

1st and 3rd Fridays, November 1, 15 and December 6, 20 at 1:00 pm

Admission cost: Complimentary members / \$2 non-members Cost to play: \$2 per card members and non-members

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

BRIDGE LESSONS

Wednesdays from 9:30 to 11:30 am Series 1: November 6, 13, 20, 27

Series 2: January 8, 15, 22, 29

Cost 4-week series: \$80 members / \$86 non-members Please specify beginner or intermediate when registering.

Silver Life Masters Jim and Cheryl Bloom have years of experience teaching both beginning and intermediate players this classic game of strategy. Learn the techniques that will improve your declarer play. *Play of the Hand in the 21st Century* is the required book and can be purchased in class.

BRIDGE...for everyone at every level!

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

Duplicate Bridge - Mondays from 11:30 am to 2:30 pmFacilitator Al Rosie

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

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

Duplicate Bridge - Fridays from 12:30 to 3:30 pm Facilitator Irv Feldman, 248-828-5346

BIRMINGHAM STAMP CLUB

Tuesdays, November 5, 19 and December 3, 17 at 6:00 pm Contact Ken Rusch at 248-968-3505.

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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 12 and December 3 from 2:00 to 2:45 pm - Note new time!

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 8:30 am to 4:30 pm on Friday. For reservations, please call 248-203-5270 at least 3 working days in advance to request a ride. Partially funded by The Birmingham Foundation for Senior Residents and Beaumont Health.

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.

SNOW REMOVAL & LAWN MOWING for Birmingham & Beverly Hills Residents

Snow removal and lawn mowing 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.

PROJECT WARMTH

November 1 to December 2

Join the Next community as we collect warm clothing



this fall for The 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!

FINANCIAL ASSISTANCE

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

MINOR HOME REPAIR for Beverly Hills & Birmingham Residents

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

VISION ENRICHMENT SUPPORT GROUP

Mondays, November 4 and December 2 from 9:00 to 10:00 am

November 4th will be the Inaugural Meeting with Marcie Brink-Chaney as the facilitator. Please bring ideas for speakers and topics to discuss.

OAKLAND COUNTY EMERGENCY CELL PHONE PROGRAM

Cell phone distribution: Fridays from 9:00 am to 12:00 noon at the Oakland County Sheriff's Office at

1200 N. Telegraph Road, Building 38E, Pontiac MI 48341

Providing seniors with a mobile means of getting help in an emergency. For more information, please call 248-975-9700.

LET'S HEAR FROM YOU!

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

HEALTH & NUTRITION

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Mondays, November 4 and December 2 from 10:00 to 11:00 am - Note new day! - 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 fee per item. 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

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 would be welcomed and appreciated!

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.

NUTRITION SUPPORT

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

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 27 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.

HEARING AID & EYEGLASSES DONATIONS & RECYCLING PROGRAM

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

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.

MEDICARE PART D ASSISTANCE DAY

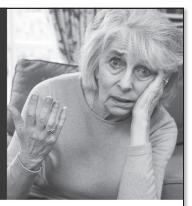
Friday, November 1 from 10:00 am to 3:00 pm

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 for the prescription drug plan. Please call 800-852-7795 to register for an appointment. Call early to reserve your time as appointments fill guickly.



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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:

Judith and Joel Adelman, Audrey and Glenn Albertson, Joan Allison, Kristy Barrett, Ellen Bean, Gregg Bloomfield, Francis Bowler, Mary Branch, Jerine Brown, Monica Camuzzi, Patrick Davey, Karen Dietrich, Mary Dietz, Susan Dodd, Joanne Franklin, Patricia Gates, Christina Hinkle, Joan Hoisington, Carol Hooberman, Laura and Brad Host, Sandy ladipaola, Karen Johnstone, Brian LaFerriere, Dana Rose Marquez, Fran Martin, Michele Martin, Kay McGlynn, Debra and Maynard Metler, Sylvia and Bill Miller, Jerry Mills, Shawn Mobley-Sulich, Mary Jane O'Brien, Jackie Odom, Marilyn Parke, Robert Pennington, Jane Perrin, Phyllis Peters, Don Riha, Patrice Seiler, Jane Sigers, Anne and David Sommerfeld, Sarkis Soultanian, Susan Steigmeyer, Paul Stelt, Mary Ann Wilson, Alma Winkworth, and Christine Wludyka.

Our condolences to the family and friends of... Dr. Robert Ellwood, Jack Frye and Mary Nalbandian

Our thoughts are with you... Maureen Burry, Dorothy Coordes, Donna Kelly, Ardis Kenealy and Mary Tapley

IN MEMORY...

Harold Moore, longtime van driver for Next, passed away Monday, September 23, 2019. Harold will be missed by everyone at Next and his many regular van riders. Please keep Harold's family in your thoughts and prayers.

If you would like to make a donation in memory of Harold or send a card, please find the information below:

Condolence cards may be sent to: Harold Moore's Family c/o Next, 2121 Midvale Street, Birmingham MI 48009

Donations may be made to: Next, 2121 Midvale Street, Birmingham, Michigan 48009 — or St. Peter Claver Catholic Community, 13305 Grove St, Detroit MI 48238

Donations Received through September 30, 2019

Thank you for supporting Next!

MEMORIALS

Thank you to Nancy Norling for the beautiful memorial bench by the Next entrance and gardens donated in memory of her late husband, Dick Norling. Don Brundirks in memory of Dr. Robert Ellwood Alice Lezotte in memory of Mary Nalbandian

INDIVIDUALS

Gloria Baykian, Clara Davis, Nancy Duffy, Teresa Hartle, Jill Klindt, Dottie Marx, Elmer and Mary Mueller, Molly Swart and David Smyk, Susan and John Stoll, David Underdown, Sylvia Whitmer, and Roman Zubar

GOODS & SERVICES

Thank you to our Front Office Volunteers, who greet, support an assist our many members who stop by the office or reach out to Next on the phone.

Kudos to Pat Brooks, Nancy Buck, Patricia Davis, Allison Friedman, Zelma Gottlieb, Dennys Grady, Karen Nettler, Joan Pettigrew, Maureen Schaaf, and Marlene Theriault.

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.
- ▶ While Next is unable to endorse any of the products or services of our newsletter sponsors, we appreciate the support of these businesses.

NEXT — VOI	JR PLACE TO	STAV ACTIV	F & CONNEC	TED IN NOVI	EMRER 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1 Project Warmth 11/1 to 12/2 9:00 Limber Up 10:00 Bowling Tai Chi 10:30 Mari Manoogian 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Bingo 2:00 Tennis League 10:00 am to 3:00 pm Medicare Part D AAA 1-B	SATURDAY 2 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
9:00 Limber Up Vision Support 10:00 Blood Pressure Beginning Bridge Knit & Crochet Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Chess Quilling: Turkey Placecards 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club 6:30 Photo Editing Class	9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Needle Arts Open Studio 12:00 Detroit Food: Coney Dogs to Farmer's Market Wednesday Bridge Pinochle 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Framing John DeLorean	7 9:00 Agebusters 9:30 Writer's Corner Pottery Studio Palette & Brush 10:30 Ted Talks 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Secret Detroit	Assistance 8 9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 2:00 Tennis League	9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
9:00 Limber Up 10:00 Beginning Bridge Knit & Crochet Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Popular Reads Mah Jongg 1:30 Chair Yoga 4:00 Trivia 4:30 Pickleball	8:00 am to 8:00 pm Election Day 12 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 HAP Medicare Socki Free Play 1:00 Slow Flow Yoga Chess 2:00 Ask the Attorney Partners Bridge 2:30 Movie with Subtitles: Framing John DeLorean 4:30 Mat Yoga Pickleball	9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Needle Arts Open Studio 12:00 B'ham Fire Department Wednesday Bridge Pinochle 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Hotel Mumbai	14 Detroit Public Library 9:00 Agebusters 9:30 Pottery Studio Palette & Brush 10:00 Non-Fiction Book Group 12:00 Retirement 101 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: The Business of Higher Education	9:00 Limber Up 9:30 Canasta Lessons 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Bingo 2:00 Tennis League	9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
18 Holiday Sale 9:30 am to 3:00 pm 9:00 Limber Up 10:00 Beginning Bridge Knit & Crochet Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball 6:00 League of Women Voters Socki Tournament	9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 10:00 Photography Club 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Board Meeting Chess 2:00 Partners Bridge 2:30 Movie with Subtitles: Hotel Mumbai 4:30 Mat Yoga Pickleball 6:00 Stamp Club	20 Arab American Museum & Lunch - Ollie's 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Needle Arts Open Studio 12:00 Wednesday Bridge Pinochle 1:00 Next Town Hall 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Game Night 7:00 Coin Club	9:00 Agebusters 9:30 Writer's Corner Pottery Studio Palette & Brush 10:30 Ted Talks 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Chronic Cough & Hoarseness Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: The Issue of Incarceration	22 DSO - The Paul Simon Songbook 9:00 Limber Up 9:30 Canasta Lessons 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 2:00 Tennis League	9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
9:00 Limber Up 10:00 Beginning Bridge Knit & Crochet Line Dancing 11:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	26 Festival of Trees 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 2:30 Movie with Subtitles: Game Night 4:30 Mat Yoga Pickleball	9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Needle Arts 10:00 Podiatrists Needle Arts Open Studio 12:00 Wednesday Bridge Pinochle 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation Closing at 5:00 pm for the Thanksgiving Holiday	28 Closed for Thanksgiving Holiday	29 Closed for Thanksgiving Holiday	30 Closed for Thanksgiving Holiday

	UR PLACE TO				
9:00 Limber Up Vision Support 10:00 Blood Pressure Beginning Bridge Knit & Crochet Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	TUESDAY 3 Holocaust Memorial Center 9:00 Agebusters 9:45 Tai Chi 10:30 Handbell Ensemble 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Chess 2:00 Ask the Attorney Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club	WEDNESDAY 4 Bonstelle: A Christmas Carol 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Open Studio 12:00 Wednesday Bridge Pinochle 12:30 Detroit: An Illustrated Timeline 1:30 Chair Yoga 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: The Upside	5 9:00 Agebusters 9:30 Writer's Corner Pottery Studio Palette & Brush 12:00 Canasta 12:30 Holiday Tea Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 3:00 Holiday Gift Tag Crafting 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: This Place Matters	9:00 Limber Up 9:30 Canasta Lessons 10:00 Bowling Tai Chi 10:30 Mari Manoogian 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Bingo 2:00 Tennis League	7 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
9 Classic Christmas Glen Oaks 9:00 Limber Up 10:00 Beginning Bridge Knit & Crochet Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Popular Reads Mah Jongg 1:30 Chair Yoga 4:00 Trivia 4:30 Pickleball	9:00 Agebusters 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Self-Awareness & Self-Defense Slow Flow Yoga Chess Quilling: Holiday Ornaments 2:00 Partners Bridge 2:30 Movie with Subtitles: The Upside 4:30 Mat Yoga Pickleball	11 BBAC Holiday Shop 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Open Studio 12:00 Wednesday Bridge Pinochle 12:30 Holiday Potluck 1:30 Chair Yoga 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Won't You Be My Neighbor	9:00 Agebusters 9:30 Pottery Studio Palette & Brush 10:00 Non-Fiction Book Group 10:30 Ted Talks 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Protecting Seniors in the Modern Age 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: People & Primates	9:00 Limber Up 9:30 Canasta Lessons 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 2:00 Tennis League	9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
9:00 Limber Up 10:00 Beginning Bridge Knit & Crochet Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball 6:00 League of Women Voters	17 Meadow Brook Holiday Walk 9:00 Agebusters 9:45 Tai Chi 10:00 Photography Club 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga A Storytelling Christmas Chess 2:00 Partners Bridge 2:30 Movie with Subtitles: Won't You Be My Neighbor 4:30 Mat Yoga Pickleball 7:00 Stamp Club	9:00 Limber Up Men's Breakfast 10:00 Needle Arts Open Studio 12:00 Sheila Landis Jazz Wednesday Bridge Pinochle 1:00 New & Prospective Member Coffee 1:30 Chair Yoga 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Little Women 7:00 Coin Club	9:00 Agebusters 9:30 Writer's Corner Pottery Studio Palette & Brush 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Nutrition Concerns 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: The Masons	20 DSO - Home for the Holidays 9:00 Limber Up 9:30 Canasta Lessons 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Bingo 2:00 Tennis League	9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
23 Closed Happy Holidays!	24 Closed Happy Holidays!	25 Closed Happy Holidays!	26 9:00 Agebusters 9:30 Pottery Studio Palette & Brush 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga 2:00 NO Small Group Personal Training 2:30 Movie with Subtitles: Little Women 4:30 NO Mat Yoga 5:00 Chess Club Closing at 5:30	9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 2:00 Tennis League	9:00 Open Pottery Pickleball
30 Closed Happy New Year!	31 Closed Happy New Year!	January 1 Closed Happy New Year!	-		

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Time to clean out your jewelry box! Donate your costume jewelry anytime to the Next office and it will be part of the Next Costume Jewelry Sale in the spring. We welcome all types of jewelry: rings, necklaces, earrings, bracelets, pins and brooches! All proceeds will benefit Next! And unsold pieces will be used in an upcoming creative class on repurposing jewelry. Remember — one person's donation is another person's treasure!

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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

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

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