



Your Place to Stay Active & Connected

NOVEMBER/DECEMBER 2020

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

ENTERTAINMENT SERIES AT NEXT!

These events will be held in the Next gymnasium where there is ample room for social distancing while you enjoy these amazing entertainers!

Magic Funny Side Up with Jason Abbott

Tuesday, November 17 at 6:00 pm

Cost: Complimentary members / \$5 guests



One part magician three parts comedian, Jason Abbott entertains audiences nationwide with his hilarious brand of comedy and magic. He has performed for many celebrities, hundreds of colleges and top companies nationwide. The secret of Jason's success is his rapport with the audience and combining

fresh, original magic with quick wit and outrageous situational comedy! Kindly sponsored by Lourdes Senior Community.

Holiday Musical Revue with Chris Ayotte

Wednesday, December 16 at 12:30 pm

Cost: Complimentary members / \$5 guests



Chris Ayotte, entertainer, celebrity impersonator and radio talk show host returns to Next to perform holiday songs and get you into a festive mood! Chris has entertained at a variety of venues across the country with his fun-loving style of comedy and distinct voice. He is especially recognized for his vocal likeness to Elvis and for his ability to

recreate many celebrities. Those who have heard Chris call him "one of the best!". Generously sponsored by Samaritas Senior Living of Bloomfield Hills.



ANTARCTICA at Next and via Zoom

Tuesday, November 10 at 1:30 pm

Cost: Complimentary members / \$5 non-members

Get ready to learn about one of the most remote places on the globe, Antarctica! Join Reid Beyerlein as he describes his expedition with National Geographic through wonderful wildlife and amazing ice formations. Hear about the penguin colony found by a satellite in space with over 1.5 million penguins! Crossing the dreaded Drake Passage was unbelievable. This expedition was the journey of a lifetime!

THE ERIE CANAL at Next

Thursday, December 10 at 12:00 noon

Cost: Complimentary members / \$5 guests

Join Gary Rembisz, Historian as he shares his wealth of knowledge about this mammoth project connecting New York City and the Atlantic Ocean to the Great Lakes. There was much opposition and the project was ridiculed, nicknamed "Clinton's folly" after then New York Governor Clinton. Clinton received \$7 million for construction in 1817 opening the door to the construction and ultimate success of the Erie Canal.

ZUMBA GOLD! NEW!

Thursdays beginning November 5 at 10:00 am

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

Cost 1 drop-in class: \$10

Shake it at your own pace! This is the dance party for the young at heart. Join certified Zumba Gold® instructor, LaLa Breton, for a low impact, fun session of great moves and great music.



HAPPENINGS AT NEXT

NEXT SAFETY PROTOCOLS

- Frequent and thorough cleaning/disinfecting daily, multiple hand sanitizer stations throughout the building.
- Masks must be worn upon entering the building and through all general membership areas at all times.
- You may enter through the east door or go directly to the Next courtyard where you will be logged in with your name, phone number and a no-touch temperature check. After answering a few questions and using the hand sanitizer, you are on your way.
- Please maintain 6-feet social distancing at all times.
- We encourage you to register for classes and programs on the website or feel free to call the office with registration and credit card information.
- Participation in classes and presentations will be dictated by room size based on proper social distancing guidelines.
- We will utilize the outdoors, weather permitting to support social distancing requirements.
- Café food is available. The refrigerator has been relocated — please go to the office with your food choice and we will retrieve it for you. No outside food intended for sharing will be allowed in the building.
- Bottled water will be available free of charge. There will be no coffee service at this time.
- We will be slowly introducing programs that we can offer safely, but other programs will need to be suspended until a later date.

MUSICAL MATINEES

We may not be able to attend the theater, so we are bringing the theater to Next! Join us for an afternoon of entertainment as we watch some of the most popular musicals to date — from rock and roll concerts to vintage holiday musicals and everything in between.

SPRINGSTEEN ON BROADWAY

Tuesday, November 24 at 12:00 noon

Cost: Complimentary members / \$5 guests

Never in rock and roll history has there been a production like *Springsteen on Broadway*. Following a busy 2016 which opened with him touring a revival of "The River" with the E-Street Band and concluded with the publication of his autobiography *Born to Run*, Springsteen decided to stay in one place for 2017 — New York City, to be specific. There he began a residency at the Walter Kerr Theatre in October 2017, performing a show based on his memoir. *Springsteen on Broadway* turned out to be a runaway success, staying on Broadway through December 15, 2018.



HOLIDAY INN

Tuesday, December 8 at 12:00 noon

Cost: Complimentary members / \$5 guests

In this Irving Berlin musical, Jim (Bing Crosby) and Lila are members of a performing trio who plan to quit and run a country hotel. When Lila says she has fallen in love with the dancer in the act, Ted (Fred Astaire), Jim leaves town with a broken heart. After turning the inn into a holidays-only live entertainment venue, Jim winds up booking — and falling for — Linda (Marjorie Reynolds). But when Ted shows up at the place after being dumped by Lila, he too sets his sights on beautiful Linda.



TRIVIA TIME! at Next

Mondays, November 9 and December 14
from 4:00 to 6:00 pm

Cost: Complimentary members / \$5 guests

Enjoy an afternoon of trivia with a professional trivia host. Teams of four will enjoy friendly competition with a chance to win bragging rights. Generously sponsored by Affordable HomeCare.

CRASH COURSE IN JEWISH HISTORY 1: Ancient History at Next via YouTube

Wednesday, November 18 at 12:00 noon

Cost: Complimentary - All community members welcome

Dr. Abramson, Dean of Touro College and a specialist in Jewish History and Thought presents a four-lecture tour through Jewish history from earliest times to the present. Dr. Abramson delivered his lecture in September, 2019. Next will continue the series in the New Year and follow with a community dialogue.

MUSEUM SECRETS SERIES at Next

Thursdays at 12:00 noon

Cost: Complimentary - Members only

Come with us to the world's greatest museums to uncover secrets dark and strange. Museum Secrets combines surprising revelations about things we all recognize with amazing revelations about things we've never seen before. In every episode, this National Geographic series takes us to a new museum.

Metropolitan Museum of Art, New York **November 19**

From the mystery of a king's madness to a silver chalice some think is the Holy Grail, discover the secrets inside the Metropolitan Museum. One of the world's largest collections of art features galleries filled with tragedy, madness and murder.

Imperial War Museum, London **December 3**

The Imperial War Museum tells the story of Britain at War, from World War I to the present, through a collection of 10 million items — from guns to planes to medals to cyanide pills — at five locations in England visited by over two million people every year.

FORGOTTEN HARVEST at Next

Wednesday, December 2 at 11:30 am

Cost: Complimentary members / \$5 guests

For 30 years, Forgotten Harvest has fought two problems: hunger and food waste. Hank Wolf-Rodriguez, Community Engagement Coordinator, will share all that Forgotten Harvest, along with numerous partner agencies, does for the local community. Learn what you can do to be a part of this local organization.

CRAFT CLASSES AT NEXT

Tuesdays from 11:00 am to 12:00 pm

Join Program Coordinator Jolee Hentgen for an array of craft classes that just might provide you with beautiful items to use as gifts for friends and family during the holiday season.

Pumpkin Succulent Centerpiece

November 10

**Cost: \$20 members
\$25 guests**

Add a modern twist to a pumpkin for a gorgeous fall display. Fill a faux pumpkin with a variety of succulents to create a stunning fall centerpiece. With proper care succulents can last for weeks or months, giving you a pretty arrangement all season long. This simple fall craft is reusable and makes a great hostess gift!



Pomanders with Oranges & Cloves Ornaments **November 24 - Cost: \$10 members / \$15 guests**

Adorn your dinner table with these festive and fragrant decorations. Pomander is an anglicized version of the French "pomme d'ambre," meaning amber apple; a decorative ball that held perfumes and incense. Making orange and clove studded pomander balls is a perfect wintertime project that will add a wonderful festive atmosphere and scent to your home. As the fruit dries, they release a lovely citrus and spice fragrance. Pomanders make beautiful centerpieces, gifts for friends, tree ornaments, and air fresheners.

Pinecone Pom Pom Ornaments

December 8 - Cost: \$10 members / \$15 guests

Who doesn't love homemade Christmas decorations? They're so full of personal meaning, and a great way to spend some fun time crafting with friends. Pinecone Pom Pom holiday ornaments are an elegant way to add a rustic look to your holiday decorations. We will brighten things up with colored poms and also create an "icy" version using only white! You could even add them grouped together, in a bowl for a festive centerpiece or as an "accessory" on a beautifully wrapped gift.

Hot Chocolate Mix Gift Jars

December 15 - Cost: \$15 members / \$20 guests

What better way to spread hot chocolate cheer than with homemade hot chocolate mix in a jar? This mix comes together quickly and easily and makes a delicious and comforting cup of hot cocoa. Hot chocolate mix in a jar makes the perfect holiday gift for friends, neighbors, and don't forget the mail person! We will assemble 3 mini jars in class.



INVIGORATE YOUR BODY

LINE DANCING! JOIN THE FUN!

Mondays from 10:15 am to 12:00 noon

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

Cost 1 drop-in class: \$10

Dance Instructor, Christine Stewart invites you to join her in exercising body and mind by learning new steps and line dances as you move to different types of music. Eight student minimum.

TAI CHI

Fridays from 10:00 to 11:00 am

Cost 10 classes: \$80 members / \$90 guests

Cost 1 drop-in class: \$10

Certified Washu and Tai Chi Teacher Han Hoong Wang has been teaching for over 30 years. To her, the pursuit of knowledge, understanding and excellence in Tai Chi Chuan is a life-long journey.

LIMBER UP

Mondays, Wednesdays and Fridays at 10:00 am

Cost: Complimentary

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

SLOW FLOW YOGA at Next and via Zoom

Tuesdays and Thursdays from 10:00 to 10:50 pm

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

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.

CHAIR YOGA at home via Zoom

Mondays and Wednesdays from 1:00 to 2:00 pm

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

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.

MAT YOGA at home via Zoom

Tuesdays and Thursdays from 4:00 to 5:00 pm

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

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.

MINDFULNESS & MEDITATION at home via Zoom

Wednesdays at 2:30 pm - Sessions last 30 to 60 minutes

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.

NEW FITNESS OFFERINGS

at Next with Caryn Ciagne

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

Caryn Ciagne, Concierge Wellness Coach and owner of CC Yoga, discovered yoga to reduce stress and anxiety. She continues to enjoy yoga and its myriad of benefits and looks forward to sharing what she has learned!

Monday Yoga Strong

Mondays from 9:00 to 10:00 am

Beginning with a yoga warm-up and ending with a cool down, we will add strengthening moves to basic yoga postures. Suitable for all who are open to variety and challenges. Please bring a yoga mat, water bottle for hydration and an optional towel. Weights are optional, bring your own or borrow our sanitized weights.

Wednesday Flow Yoga

Wednesdays from 9:00 to 10:00 am

A slow yet strong flow practice suitable for all who may be interested in expanding their yoga practice. This class will explore sun salutations, traditional standing, seated and supine postures to strengthen, improve balance, stretch and calm one's presence. Please bring a yoga mat, water, yoga blocks, strap and an optional towel.

Chair Yoga & Meditation

Tuesdays and Thursdays from 12:00 to 1:00 pm

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

Agebusters

Tuesdays at 9:00 am

Exercising to music, this fun class focuses on low impact aerobic moves building endurance and strength.

TENNIS LEAGUE - MIXED DOUBLES

Wednesdays from 2:30 to 4:00 pm / Fridays from 2:00 to 4:00 pm

Next members enjoy indoor play at the Birmingham Racquet Club as a regular league player or sub. Contact David Young at davidmpyoung@gmail.com for information.

BOWLING LEAGUE

Fridays at 10:00 am - Cost: \$7 - Members only

All levels welcome for bowling and camaraderie at Country Lanes at 30250 West Nine Mile Road, Farmington Hills. Cost includes three games, shoes and coffee. No need to register, just drop in. Contact Margie Janks for details at 248-646-0271.

PICKLEBALL

Cost: Complimentary - Members only

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

Tuesdays through Thursdays from 4:00 to 7:00 pm

FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

November 11 - JANE

Using a trove of never-before-seen footage, this documentary tells the story of Jane Goodall's early exploitation and research in Tanzania, focusing on her ground-breaking field work, her relationship with her cameraman and husband, Hugo van Lawick and the chimpanzees that were the subject of her study.

Rated PG 1 hour 30 minutes

November 18 - ALL THAT HEAVEN ALLOWS

This 1955 film is predicated on a May-December romance. In this case, attractive widow Cary Scott (Jane Wyman) is considerably older than the man, handsome gardener-landscaper Ron Kirby (Rock Hudson). Throwing conventional behavior to the winds and facing social ostracism, Cary pursues her romance with Ron, who is unjustly perceived as a fortune-hunter by her friends and family — especially her priggish brother.

Not Rated 1 hour 29 minutes

December 2 - JOJO RABBIT

Jojo is a lonely German boy who discovers that his single mother is hiding a Jewish girl in their attic. Aided only by his imaginary friend, Adolf Hitler, Jojo must confront his blind nationalism as World War II continues to rage on.

Rated PG13 1 hour 48 minutes

December 9 - MARRIAGE STORY

Nominated for Best Picture, this film is an incisive and compassionate look at a marriage breaking up and a family staying together. A stage director (Adam Driver) and his actor wife

(Scarlett Johansson) struggle through a grueling, coast-to-coast divorce that pushes them to their personal and creative extremes. The film also stars Laura Dern who won the Academy Award for Best Actress in a Supporting Role as a divorce attorney. Rated R 2 hours 17 minutes

December 16 - WHAT ABOUT BOB?

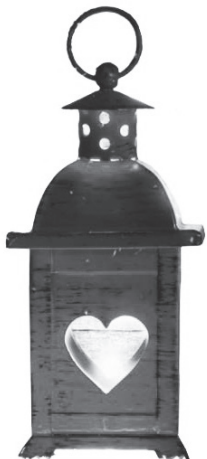
Before going on vacation, self-involved psychiatrist Dr. Leo Marvin (Richard Dreyfuss) has the misfortune of taking on a new patient, Bob Wiley (Bill Murray). An exemplar of neediness and a compendium of phobias, Bob follows Marvin to his family's country house. Dr. Marvin tries to get him to leave; the trouble is, everyone loves Bob! As his oblivious patient makes himself at home, Dr. Marvin loses his professional composure and before long may be ready for therapy himself!

Rated PG 1 hour 39 minutes

December 30 - TO CATCH A THIEF at 2:00 pm **Please note special time!**

Notorious cat burglar, John Robie (Cary Grant) has long since retired to tend vineyards on the French Riviera. When a series of robberies is committed in his style, John must clear his name. Armed with a list of people who own the most expensive jewels currently in the area, John begins following the first owner, young Francie (Grace Kelly). When her jewels are stolen, Francie suspects John, destroying their tentative romance. John goes on the lam to catch the thief and clear his own name.

Rated PG 1 hour 46 minutes



Your Gift Makes A Difference!

Pat Meyers chose to leave a legacy to Next! Last month, as part of her planned giving initiative, Pat made a generous gift to support an organization she cares deeply about. She wanted to make a difference in her community and contribute to the sustainability of Next for critical needs like transportation, Meals on Wheels, and continued outreach, as well as the wide variety of programming Next offers. All would be difficult to maintain without the support of thoughtful donors. Thank you Pat Meyers and the Meyers Family Foundation!

As the holiday season approaches, please consider making Next part of your year-end giving. As a 501 (c) (3) nonprofit that receives little taxpayer support, and none through a bond or millage, Next relies on a diverse revenue stream such as membership dues, sponsorships and fundraisers in order to support day-to-day operations. Philanthropy is key to keeping our programs and services growing and thriving while ensuring accessibility to all who want to participate.

Thank you for your kindness and consideration! Please look for your Share the Spirit fund appeal to be mailed to your home in late November.



THE MORE YOU KNOW



INSIDE THE USS ARIZONA DOCUMENTARY: Pearl Harbor Remembrance Day

Monday, December 7 at 2:00 pm

Cost: Complimentary members / \$5 guests

The USS Arizona has been resting on Pearl Harbor's ocean floor for the past 79 years. For the first time since it was destroyed in 1941, scientists have the technology to take an in-depth look inside the ship. Once considered the pride of its fleet, the Arizona has taken on drastic changes in the shallow waters of the Pearl. This comprehensive search of the USS Arizona sheds light on one of the darkest days in American history. The discoveries made inside the ship are a stark reminder of all those who paid the ultimate price for their country. The film retells personal stories of survivors who lived through Japan's surprise attack on Pearl Harbor. It also brings a survivor who was aboard the Arizona back to see the ship for what might be one last time.

FIRST FRIDAYS WITH MARI MANOOGIAN

Fridays, December 4 at 10:30 am

Cost: Complimentary - All community members welcome.

Join us for an informal conversation and the opportunity to discuss important issues.

TED

IDEAS WORTH SPREADING

TED TALKS AT NEXT: Be inspired at Next and via Zoom

Thursdays at 10:30 am

Cost: Complimentary - Members only

Ted Talks include perspectives on 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 and discuss its influence for our society and ourselves. You're welcome to come once or every time!

November 12 Sleep is your superpower

December 17 Where joy hides and how to find it

SELF-AWARENESS & SELF-DEFENSE

Officer Casey Pederson, Birmingham Police

Monday, November 23 or from 12:00 noon to 2:00 pm

or Monday, December 14 from 12:00 noon to 2:00 pm

Cost: Complimentary members / \$10 guests

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 helps prevent you from becoming a victim. Also learn about current issues, crimes and scams and conflict resolution.



HEALTH SERIES Thank you Bank of Ann Arbor, 2020 Health Series Sponsor!

HEALTHY FEET at Next and via Zoom

Thursday, November 12 at 1:30 pm

Cost: Complimentary - Members only

During this in-person lecture, Dr. Victor Nwosu, DPM, will discuss common foot and ankle conditions that plague us as we age. Topics to be covered include gastrocnemius soleus equinus, heel spurs, plantar fasciitis and bunions. Dr. Nwosu is board certified, fellowship trained, and specializes in pediatric and adult foot and ankle surgery, as well complex wound care. Dr. Nwosu is from the CORE Institute, which has locations in Michigan and Arizona.

WHY AM I SO HUNGRY? Understanding What Your Body Is Telling You via Zoom

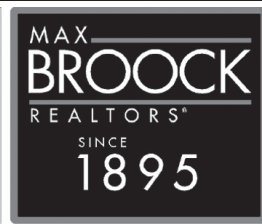
Thursday, December 17 at 1:30 pm

Cost: Complimentary - Members only

There are many reasons why we can feel hungry. In this lecture Gail Posner, a registered dietitian, will discuss these and offer suggestions for you to help control your hunger. Topics will include, hydration, timing of meals, balanced meals (protein, fat, complex carbohydrate, and fiber), sugar, simple carbohydrate, sleep. Also, learn to recognize and HALT (hunger, angry, lonely, tired) triggers that feel like hunger.

THE JEFFARES SPEAKER SERIES

Presented by Stuart Jeffares
at Max Broock Realtors



Thursdays at 6:00 pm / Cost: Complimentary members / \$5 guests

November 5 - US ENTERS WORLD WAR II VIA THE UNDERBELLY OF EUROPE! at Next and via Zoom

**Frank Cardimen, Professor of
Business - Oakland University**

Follow the 45th Division from Africa to
War's end in Germany — 1943 to 1945!

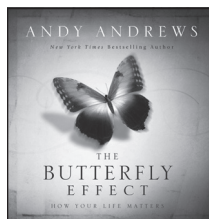
Professor Cardimen returns to lead us through America's
entrance into WWII via Africa, Sicily, Salerno, Naples, Anzio, Rome,
Florence and Southern France all the way through the libera-
tion of Dachau and the end of the war in Munich, presented
through the eyes of our speaker's uncle who served in the 45th
Division 180th Infantry.



November 12 - THE BUTTERFLY EFFECT & HISTORIC PRESERVATION at Next and via Zoom

**Ron Campbell, Preservation
Architect - Oakland County**

You make a difference and everything you
do matters. Small, seemingly inconsequen-
tial acts have the power to change the world.
From the work of MIT Professor Edward
Lorenz and examples from Andy Andrew's
book of the same name comes stories of the spontaneous acts
that have had profound effects in history. Translate that idea
to historic preservation and trace the acts of a few individuals
whose actions have made a difference for future generations.



November 19 - DNA & CRIMINAL JUSTICE at Next and via Zoom

**Donald Shelton, JD, PhD - Director, Criminology
& Criminal Justice Program
- U of M - Dearborn**

DNA evidence can be a "double edged
sword" of DNA with its tremendous powers
to provide incriminating evidence and its
concomitant power to provide exonerating
evidence. With recent advances in DNA tech-
niques (e.g. touch DNA, genetic genealogy, etc.) it has led to con-
victions in both new and cold cases. At the same time, it has
revealed over 2,000 wrongful convictions, many of which were
originally based on supposedly routine forensic science evidence.



December 3 - LEARN WHAT THREATENS YOUR WATERS at Next and via Zoom

Jim Nash - Oakland Co. Water Resources Commissioner

This presentation will explore per- and
polyfluoroalkyl substances, or PFAS, some-
times known as "the forever chemical"
along with other well-known contaminants,
like lead, copper and the infamous "green
ooze" found on the sides of Interstate
696 last year.



December 10 - BUILDING WALLS: IMMIGRATION RESTRICTION IN AMERICAN HISTORY at Next and via Zoom

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

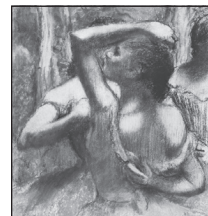
There are many paradoxical things about
the United States, but chief among those
is our attitude toward immigration. On one
hand, we are a nation settled by immigrant
exiles from Europe; on the other hand each new wave of
immigrants provokes anxiety and fear. Politicians are quick to
stir things up: Ben Franklin began his political career attaching
Germans and the Federalists passed the Alien Acts to hinder
French immigration. And so it goes. Thus, efforts by politicians
today to build walls are part of a long tradition. The question
is: why does this tradition exist?



December 17 - ORDINARY PEOPLE BY EXTRA- ORDINARY ARTISTS: DEGAS, RENOIR & FRIENDS via Zoom

Docent - Detroit Institute of Arts

Some of the most important French artists
of the 19th century resisted the elitist
aesthetic of the academic art tradition
by emphasizing the people around them
and the human experience as subject
matter during a transitioning moment in the modernist era.
These are all works on paper by Degas, Renoir, Cezanne and
other well-known painters.



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ART & CREATIVITY

PAINTING CLASSES

through Next offered virtually

Join noted artist Karen Halpern for a variety of painting classes to develop your creative self. Stay tuned for winter class dates for Painting with Acrylics & Oils, Studio Art and her Watercolor Painting Workshops. Karen's class lessons focus on color theory, subject, techniques and design.

PHOTOGRAPHY CLUB via Zoom

Tuesdays, November 17 and December 15

from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 guests

Contact Chuck at 248-762-4345 or info@birminghamphoto-club.org for information on Photoshop lessons or coaching. For Photography Club information, contact Ed Morykwas at Ed@riveroftime.net or Joyce Harding at joyceharding6@gmail.com.

OPEN STUDIOS

Knitting & Crocheting: Mondays at 10:00 am

Needle Arts: Wednesdays at 10:00 am

Advanced Pottery: Thursdays from 10:00 am to 12:30 pm

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ENRICHMENT

POPULAR READS BOOK CLUB via Zoom

Mondays, November 9 and December 14 at 1:00 pm

Rebekah Craft, Associate Director of the Baldwin Public Library, leads book discussions of popular books. The November book is *The Vanishing Half* by Brit Bennett — and the December book selection is *Hamnet* by Maggie O'Farrell. Register at Next — and Baldwin Public Library will provide the book!

NON-FICTION BOOK GROUP via Zoom

Tuesdays, November 3 and December 1 at 10:00 am

Note new day and time!

Facilitated by Baldwin Library professionals, join us to discuss *The Library Book* by Susan Orlean in November — and *The Lost City of the Monkey God* by Douglas Preston in December. Register at Next and Baldwin Public Library will provide the book!

WRITER'S CORNER

Thursdays, November 5, 19 and December 3, 17
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. This group will meet in person, outdoors when weather will allow. For additional information, contact facilitator Sara Burnside at 248-649-1813.

WOMEN'S ROUNDTABLE

Tuesdays at 11:00 am

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

MEN'S ROUNDTABLE

Wednesdays at 9:00 am

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

COMPUTER LAB

Computer Lab will be available during business hours.



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CURRENT EVENTS DISCUSSION GROUP

Fridays at 12:00 noon

With so much going on in the world today, it can be difficult to keep up with it all. Come join other members in this casual discussion group about current events.

CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

BINGO

Fridays, November 6, 20 and December 4, 18 at 1:00 pm

Admission cost: Complimentary members / \$2 guests

Cost to play: \$2 per card for members and guests

Join the fun for eight games of regular Bingo with your fellow Next members and their guests. One-time use Bingo cards and disposable chips will be provided.

BIRMINGHAM STAMP CLUB

Tuesdays, November 17 and December 1, 15

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

COIN CLUB

Monday, November 16

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 Support Services welcome you Monday through Friday, 9:00 am to 4:00 pm.

ASK THE ATTORNEY

Tuesdays, November 10 and December 1 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.

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.

TRANSPORTATION

Door-to-door transportation service is available for seniors and disabled adults residing in Birmingham, Beverly Hills, Bingham Farms and Franklin. Friendly Next drivers will take you to medical, dental, personal appointments, shopping or activities at Next. For reservations, call 248-203-5270 at least three working days in advance to request a ride. Partially funded by The Birmingham Foundation for Senior Residents and Beaumont Health.

MINOR HOME REPAIR for Beverly Hills & Birmingham Residents

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

OAKLAND COUNTY EMERGENCY CELL PHONE PROGRAM

Cell phone distribution: Fridays from 9:00 am to 12:00 noon
Oakland County Sheriff's Office, 1200 N. Telegraph Road,
Building 38E, Pontiac MI 48341

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

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 866-400-9164 to discover what may be available.

LAWN MOWING & SNOW REMOVAL for Birmingham & Beverly Hills Residents

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

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.



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ZOOM TIPS & INSTRUCTIONS

Download latest version of the free Zoom Application. Go to <https://zoom.us>. You may be required to set up an account with your email and password.

- ▶ Once registered for a program or class at Next, 1 to 2 days before the class, you will receive an email with the link for the class. For recurring classes, save the email for every class — the meeting ID number/password will not change.
- ▶ Close all other apps/applications/pages on your device.
- ▶ 10 minutes before your class, click on the link from the email you recently received from Next with Zoom information or copy the link into the browser.
- ▶ You may launch directly into the meeting or, if prompted, enter the meeting ID number and the password.
- ▶ If prompted, enable “call using internet audio”.
- ▶ Once on the Zoom page, enable the camera (stop/start video) by clicking on the video camera icon if needed. Enable sound by clicking on the microphone icon; check audio (mute on/off) to your desired setting. Please mute during presentations.
- ▶ Plan on plenty of open space for fitness workouts — and place your device so that your instructor or presenter has a full view of you in the screen. And, enjoy!!



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HEALTH & NUTRITION

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Our loan closet contains wheelchairs, walkers, canes, bath benches, shower stools and commodes available for up to 3 months — and transport wheelchairs for 3 weeks — at no charge to members of Next. Guests pay a \$20 fee per item. Simply call to reserve the equipment you need. We also accept donations of any of the above items. Please make sure they are clean and in good working order. Due to space limitations we cannot always take all items, so please call 248-203-5288 before bringing any items to Next.

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!

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 email noc@oakgov.com.

EARLY STAGE MEMORY LOSS SUPPORT GROUP

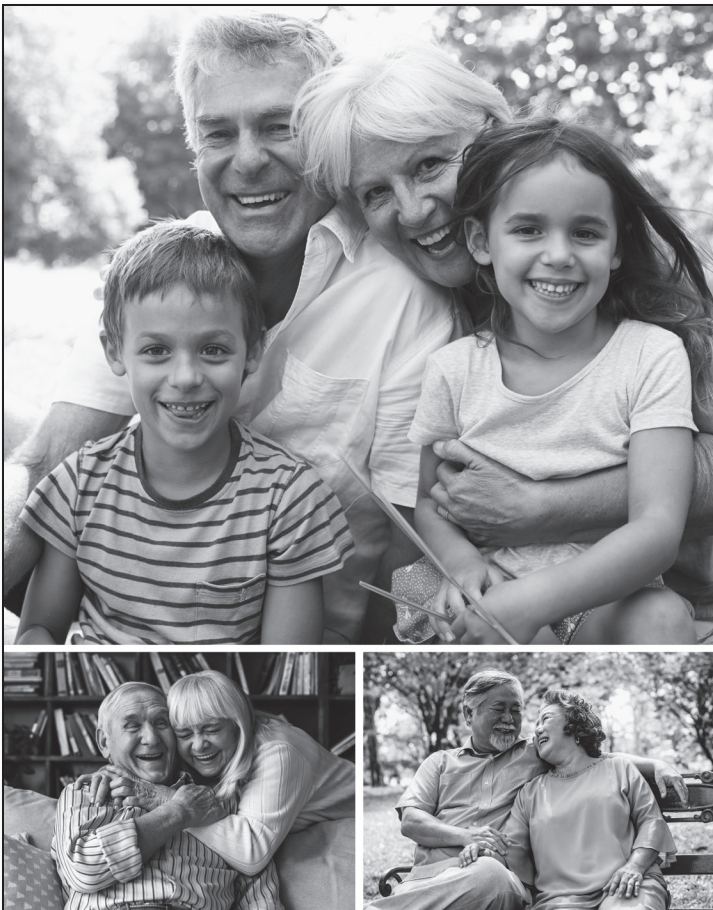
The Alzheimer's Association offers support groups for people in early stages of Alzheimer's or related dementias. Care partners and family members are welcome to attend the virtual meetings. Please call 800-272-3900 for pre-assessment.

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.

VISION ENRICHMENT SUPPORT GROUP

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MEDICARE/MEDICAID GUIDANCE

Are you new to Medicare or considering retirement? The Area Agency on Aging 1-B Medicare Medicaid Assistance Program (MMAP) provides unbiased help with Medicare and Medicaid — at no charge. Please call 800-803-7174 for more information. Counselors can help over the phone or you can make an appointment to meet with a MMAP counselor in person.

MEDICARE PART D OPEN ENROLLMENT IS HERE!

Area Agency on Aging 1-B's Medicare Medicaid Assistance Program will counsel via Zoom or by phone this year due to the pandemic. Making a Zoom or phone appointment is easy — call 1-800-803-7174 to speak to a representative or leave a voice mail and receive a call back. The Medicare Part D Open Enrollment ends on December 7. Medicare Medicaid Assistance Program is committed to providing you with the great service you have come to expect and is looking forward to helping you understand your Medicare options for 2021.

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Resumes Mondays, November 2 and December 7 at 11:00 am

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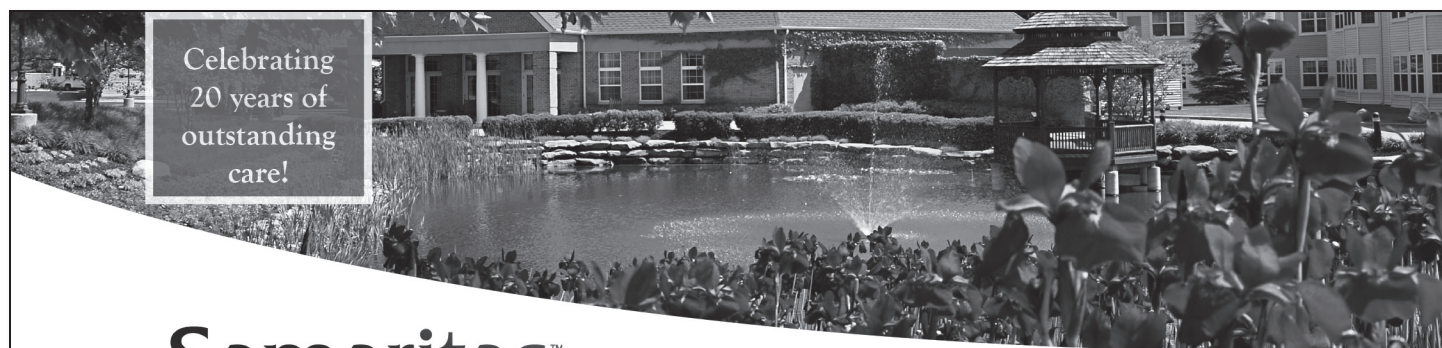
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Marilyn Citron, Patricia Dahlin, Dorothy V. Coordes Trust,
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Michael and Jeanette Mentzer, Pat Meyers, Karen Mitchell,
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Kathy Theodorou and David Underdown.

GOODS & SERVICES

Lauren Bowler, Pat Brooks,
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Mari Ganapathy, Linda Garcia, Ida Gononion,
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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:

Hugh Brennan, Jim and Julie Delaney, Kitty Dillaha, Ellie
Fletcher, Moyra Garretson, David Godlew, Allison Goodwin,
Bonnie Haines, David and Margie Hargrave, Cynthia Link,
David and Kathy MacFarland, Ginny McNamara, Susan
Morison, Charles Pullum, Joseph Shulman, Ira Sklar and
Renee Engelson, Darla Van Hoey, Lawrence Wilhelm
and Kitty Williams.

Our condolences to the family and

friends of... Karen Johnston, Marsha Krinsky,
Karen Rapple and Tom Rowley.

Our thoughts are with you... Charles Copeland,
Gale Cunningham, Kathy Fish-Gilbert, Gayle Murphy,
Kris Shields and Marion Trabucchi.



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

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 12:30 Pickleball 1:00 Chair Yoga	3 10:00 Non-Fiction Book Group via Zoom Closed Election Day!	4 Closed Cleaning Day!	5 9:30 Walking Club Writer's Corner 10:00 Zumba Gold Advanced Pottery Open Studio Slow Flow Yoga 12:00 Chair Yoga & Meditation 12:30 Pickleball 4:00 Mat Yoga Pickleball 6:00 Lecture: US Enters WWII	6 10:00 Bowling League Limber Up Tai Chi 12:00 Current Events 1:00 Bingo 2:00 Tennis League	7
9 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Chair Yoga Popular Reads Book Club 4:00 Trivia Time!	10 9:00 Agebusters 9:30 Walking Club 10:00 Slow Flow Yoga Acrylics & Oils (Virtual) 11:00 Pumpkin Succulent Centerpiece Class Women's Roundtable 12:00 Chair Yoga & Meditation 1:00 Chess Ask the Attorney 1:30 Antarctica 4:00 Mat Yoga Pickleball	11 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 1:00 Chair Yoga 2:00 Watercolor (Virtual) 2:30 Mindfulness & Meditation Tennis League 4:00 Pickleball 5:00 Movie: Jane	12 9:30 Walking Club 10:00 Zumba Gold Advanced Pottery Open Studio Slow Flow Yoga 10:30 Ted Talks 12:00 Chair Yoga & Meditation 12:30 Pickleball 1:30 Healthy Feet 4:00 Mat Yoga Pickleball 6:00 Lecture: The Butterfly Effect & Historic Preservation	13 10:00 Bowling League Limber Up Tai Chi 12:00 Current Events 2:00 Tennis League	14
16 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Chair Yoga 5:00 Coin Club	17 9:00 Agebusters 9:30 Walking Club 10:00 Slow Flow Yoga Acrylics & Oils (Virtual) Photography Club 11:00 Women's Roundtable 12:00 Chair Yoga & Meditation 1:00 Board Meeting Chess 4:00 Mat Yoga Pickleball 5:00 Stamp Club 6:00 Magic Funny Side Up with Jason Abbott	18 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Jewish History 1:00 Chair Yoga 2:00 Watercolor (Virtual) 2:30 Mindfulness & Meditation Tennis League 4:00 Pickleball 5:00 Movie: All That Heaven Allows	19 9:30 Walking Club Writer's Corner 10:00 Zumba Gold Advanced Pottery Open Studio Slow Flow Yoga 12:00 Museum Secrets: Metropolitan Museum of Art, New York Chair Yoga & Meditation 12:30 Pickleball 4:00 Mat Yoga Pickleball 6:00 Lecture: DNA & Criminal Justice	20 10:00 Bowling League Limber Up Tai Chi 12:00 Current Events 1:00 Bingo 2:00 Tennis League	21
23 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:00 Self-Awareness & Self-Defense 12:30 Pickleball 1:00 Chair Yoga	24 9:00 Agebusters 9:30 Walking Club 10:00 Slow Flow Yoga Acrylics & Oils (Virtual) 11:00 Pomanders with Oranges & Cloves Class Women's Roundtable 12:00 Musical Matinee: Springsteen on Broadway Chair Yoga & Meditation 1:00 Chess 4:00 Mat Yoga Pickleball	25 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 1:00 Chair Yoga 2:00 Watercolor (Virtual) 2:30 Mindfulness & Meditation Tennis League 4:00 Pickleball Closing at 5:00 pm for Thanksgiving Holiday	26 Closed Thanksgiving Holiday	27 Closed Thanksgiving Holiday	28
30 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Chair Yoga					

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00 Agebusters 9:30 Walking Club 10:00 Slow Flow Yoga Non-Fiction Book Group Acrylics & Oils (Virtual) 11:00 Women's Roundtable 12:00 Chair Yoga & Meditation 1:00 Ask the Attorney Chess 4:00 Mat Yoga Pickleball 5:00 Stamp Club	2 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:30 Forgotten Harvest 1:00 Chair Yoga 2:00 Watercolor (Virtual) 2:30 Mindfulness & Meditation Tennis League 4:00 Pickleball 5:00 Movie: Jojo Rabbit	3 9:30 Walking Club Writer's Corner 10:00 Zumba Gold Advanced Pottery Open Studio Slow Flow Yoga 12:00 Museum Secrets: Imperial War Museum, London Chair Yoga & Meditation 12:30 Pickleball 4:00 Mat Yoga Pickleball 6:00 Lecture: Learn What Threatens Your Waters	4 10:00 Bowling League Limber Up Tai Chi 10:30 Mari Manoogian 12:00 Current Events 1:00 Bingo 2:00 Tennis League	5
7 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 12:30 Pickleball 1:00 Chair Yoga 2:00 Pearl Harbor Documentary	8 9:00 Agebusters 9:30 Walking Club 10:00 Slow Flow Yoga Acrylics & Oils (Virtual) 11:00 Pinecone Pom Pom Ornaments Class Women's Roundtable 12:00 Musical Matinee: Holiday Inn Chair Yoga & Meditation 1:00 Chess 4:00 Mat Yoga Pickleball	9 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio Chair Yoga 2:00 Watercolor (Virtual) 2:30 Mindfulness & Meditation Tennis League 4:00 Pickleball 5:00 Movie: Marriage Story	10 9:30 Walking Club 10:00 Zumba Gold Slow Flow Yoga Advanced Pottery Open Studio 12:00 The Erie Canal Chair Yoga & Meditation 12:30 Pickleball 4:00 Mat Yoga Pickleball 6:00 Lecture: Building Walls: Immigration Restriction in American History	11 10:00 Bowling League Limber Up Tai Chi 12:00 Current Events 2:00 Tennis League	12
14 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:00 Self-Awareness & Self-Defense Pickleball 1:00 Chair Yoga Popular Reads Book Club 4:00 Trivia Time!	15 9:00 Agebusters 9:30 Walking Club 10:00 Slow Flow Yoga Photography Club 11:00 Hot Chocolate Mix Gift Jars Class Women's Roundtable 12:00 Chair Yoga & Meditation 1:00 Chess 4:00 Mat Yoga Pickleball 5:00 Stamp Club	16 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:30 Holiday Musical Revue with Chriss Ayotte Chair Yoga 2:30 Mindfulness & Meditation Tennis League 4:00 Pickleball 5:00 Movie: What About Bob?	17 9:30 Walking Club Writer's Corner 10:00 Zumba Gold Slow Flow Yoga Advanced Pottery Open Studio 10:30 Ted Talks 12:00 Chair Yoga & Meditation 12:30 Pickleball 1:30 Why am I so Hungry? 4:00 Mat Yoga Pickleball 6:00 Lecture: Ordinary People by Extraordinary Artists: Degas, Renoir & Friends	18 10:00 Bowling League Limber Up Tai Chi 12:00 Current Events 1:00 Bingo 2:00 Tennis League	19
21 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Chair Yoga	22 9:00 Agebusters 9:30 Walking Club 10:00 Slow Flow Yoga 11:00 Women's Roundtable 12:00 Chair Yoga & Meditation 1:00 Chess 4:00 Mat Yoga Pickleball	23 Closed Happy Holidays!	24 Closed Happy Holidays!	25 Closed Happy Holidays!	26
28 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Chair Yoga	29 9:00 Agebusters 9:30 Walking Club 10:00 Slow Flow Yoga 11:00 Women's Roundtable 12:00 Chair Yoga & Meditation 1:00 Chess 4:00 Mat Yoga Pickleball	30 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 1:00 Chair Yoga 2:00 Movie: To Catch a Thief 2:30 Mindfulness & Meditation Tennis League 4:00 Pickleball	31 Closed Happy New Year!	1 Closed Happy New Year!	



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Next will be closed
to members on
November 3rd and 4th.



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with a large turnout expected, we will be closed
for member's safety on Tuesday — and again on
Wednesday to allow for a thorough cleaning.

If you need assistance getting to your voting loca-
tion, please call the office to make arrangements.

ACTIVITY

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Wednesday and Thursday
from 9:00 am to 7:00 pm
Friday
from 9:00 am to 3:00 pm

HOLIDAY HOURS

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