



Your Place to Stay Active & Connected

NOVEMBER/DECEMBER 2022

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



We are grateful to have Stuart Jeffares as the sponsor of The Next Big Night Out and invite you to join us for these exciting events! Thank you, Stuart, for your generous sponsorship.

THE UNFORGETTABLES!

Tuesday, November 15 at 6:00 pm
Cost: Complimentary members / \$5 guests

The Unforgettables are an Energetic Acapella Trio singing great songs from the past. They have been entertaining audiences throughout the US for more than 15 years...reminiscent of the Andrews Sisters, with updates!



AN EVENING OF BEAUTIFUL HARP MUSIC

Tuesday, December 6 at 6:00 pm - St. Nicholas Day!
Cost: Complimentary members / \$5 guests



Claude Pellerin, owner and chef of the popular Birmingham restaurant, The French Lady returns to Next on St. Nicholas Day to share her talents as a classically trained harpist — performing internationally and whose career has spanned decades! In addition to being talented and hardworking, she is one of the most selfless people you could ever meet and always goes out of her way to make people feel welcome. This is a holiday harp performance that you won't want to miss!



FESTIVAL OF TREES

Tuesday, November 22
Bus leaves at 10:00 am, returns about 12:30 pm
Cost: \$15 members
\$20 guests (transportation)
plus \$5 admission at the door



Save the date to Unwrap the MAGIC of the Holidays! Festival of Trees is the largest special event fundraiser and the 38th annual benefit for the Children's Hospital of Michigan Foundation. Funds raised support pediatric research initiatives. This festive event in November draws thousands of visitors and has become a holiday tradition for people all over southeast Michigan. The festival will once again take place at the Ford Community & Performing Arts Center in Dearborn. View magnificent tree displays, gift shop, Santa and MORE!

HOLIDAY TRADITIONS POTLUCK LUNCH

Tuesday, December 13 at 12:00 noon
Cost: Complimentary

members only
Registration required
by Monday, December 5



It's back! 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). Good food is all the sweeter when shared with good friends. Kindly sponsored by American House Stone.

See page 2 for more Holiday Happenings!



MORE HOLIDAY HAPPENINGS

HOLIDAY BUFFET AT HENRY FORD COLLEGE CULINARY SCHOOL

Wednesday, November 16 - Registration required
Bus departs Next at 11:15 am, returns about 2:15 pm
Cost: \$10 members / \$15 guests (transportation only)

Savor this delicious Holiday Buffet skillfully prepared and served by HFCC students. The menu draws its inspiration from local farms and markets, focusing on exceptional ingredients at the peak of their season. The restaurant provides a fast-paced, realistic environment to practice the crafts of cooking, baking, pastry and guest service. This buffet is the perfect kick-start, for your taste buds, to the holiday season! Come as you are, and participate in the education of the next generation of Detroit's great chefs. Your lunch and tip is to be paid for individually and is approximately \$18.00 per person. Bon Appetite!

THE IMMERSIVE NUTCRACKER:

A Winter Miracle at Lighthouse ArtSpace Detroit

Thursday, December 8
Bus leaves at 12:00 pm,
returns about 2:45 pm
(1:00 pm show time)
Cost: \$50 members
\$55 guests



Magical! Enchanting! Unforgettable! Treat yourself — and do not miss this ultimate holiday immersive experience! For nearly 130 years *The Nutcracker* has enchanted people around the world. Now you can experience the timeless holiday tale like you never have before — brought to life on a majestic scale! You will be enchanted by Peter Ilyich Tchaikovsky's sweeping music, including iconic selections like "March of the Toys" and "The Dance of the Sugar Plum Fairy" as they are immersed in festive holiday wonder! The Immersive Nutcracker: A Winter Miracle — an unforgettable holiday EXTRAVAGANZA!

NEW! HOLIDAY BASKET WEAVING: Wreath or Candy Cane

Friday, December 9
from 10:00 am to 2:00 pm
Cost: \$35 member / \$40 guest

Join Kathy McMinn, owner of The Basket Sampler in Milford, and choose to create either a wreath or candy cane for your festive holiday decor. They are woven over a wire form, which makes for a relaxing class. There will be several colors to choose from, if you make the wreath in a neutral color it can be decorated for any season! No experience is needed for this class.



HOLIDAY SHOPPING AT DETROIT MARKETS AT CADILLAC SQUARE

Wednesday, December 14
Bus leaves at 10:00 am,
returns about 1:45 pm
Cost: \$10 members
\$15 guests

Dress warm and "Shop till you Drop" at the "pop-ups" at Cadillac Square Holiday

Market. Glass huts with rotating vendors let you shop retail, small and local, for food, clothing, home goods, crafts, gifts and more! Detroit has really pulled out all of the stops to put visitors in the holiday spirit! The tree will be lit and Campus Martius skating rink a buzz! Grab a coffee or hot cocoa and enjoy the city in all its glory this special time of year. Once downtown, we will have two hours to explore the market, and soak in all of the surrounding Holiday splendor!



New 2022-2023 Season DETROIT SYMPHONY ORCHESTRA Friday Morning Coffee Concerts

Bus departs Next at 9:45 am,
returns about 1:30 pm
Cost: \$65 members / \$70 guests
Please pre-register, space is limited.

Friday, December 16 - HOME FOR THE HOLIDAYS

Thrill to the spectacle of the season and share Detroit's favorite holiday musical tradition with family and friends. Michelle Merrill returns to lead the DSO in a sparkling celebration with carols and classics that sells out year after year.

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 cancelled trips \$5 or less, a credit will be given.
- Participants needing special accommodations must have a registered companion.



CULTURAL SERIES - LEARN, EXPLORE & STUDY...FOCUS ON INDIA

Join Next as we take an up-close look at India.

BASIC BELIEFS OF HINDUISM

Chandru Acharya, Member - Faith-based Security Advisory Council, DHS and Board Member - India League of American-Michigan Chapter

Thursday, November 17 at 6:00 pm
Cost: Complimentary members
\$5 guests

If you have been fascinated by the world of Yoga, Karma, Dharma and Ahimsa, this is a great opportunity to explore more.

Take a deep dive into the rich and pluralistic traditions from India. Mr. Acharya presents an overview about Dharmic traditions of India and introduces you to Hindu Philosophy and the civilizational foundations of ancient India. We will learn about Hindu traditions and culture. Kindly sponsored by Anthology of Farmington Hills.



THE BHARATIYA TEMPLE TOUR

Thursday, December 1

Bus leaves at 10:30 am, returns about 12:45 pm
Cost: \$10 members / \$15 guests

A Hindu temple, or mandir or koil, is a house, seat and body of divinity for Hindus. It is a structure designed to bring human beings and gods together through worship, sacrifice and devotion. A temple incorporates all elements of the Hindu cosmos — presenting the good, the evil and the human, as well as the elements of the Hindu sense of cyclic time and the essence of life. For almost 45 years the Bharatiya Temple of Metropolitan Detroit, in Troy, has been the center for Hindu culture and worship in Michigan. Experience an informative and inspirational guided tour of this magnificent sanctuary. Visitors will meet in the temple's rotunda and, as is custom, remove their footwear before entering the sacred area where deities are worshipped. Do not miss this opportunity to learn more about the Hindu community and its culture, and one of the oldest religions in the world.

MUSIC OF INDIA CONCERT

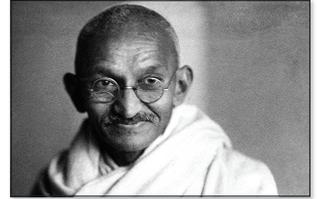
Performance by Panchaveena
Tuesday, December 13 at 6:00 pm
Cost: \$5 members / \$8 guests



Join us for an evening of enchanting Indian music performed by Panchaveena. (Panchaveena means 5 veenas.) As their name suggests, they are a group of 5 students who have been studying and playing the veena instrument for the past six years. The veena is believed to have a meditative sound — capable of taking the performer and listener on a spiritual journey. Come and experience this beautiful classical string instrument played by Bhargavi Swamynatha, Usha Vemuri, Srihari Hebbar, Geeta Vemuri and Hasini Bhogi. Generously sponsored by Empower Physical Therapy.

SALT MARCH: THEN & NOW

Gail Presbey, Professor of Philosophy U of D Mercy
Thursday, December 8 at 6:00 pm
Cost: Complimentary members
\$5 guests



Professor Presbey will present a photographic overview of the religious diversity of contemporary India, based on her travels. Then she will lead us back in time, to 1930, to Gandhi's Salt March, describing his march, the path, the goals he had in mind, the participants. She will share how a key goal was to unify the people of different religions of India as well as goals of religious reform and social justice. She will look at recent commemorations of the Salt March, asking questions of how the lessons of the Salt March are appropriated today. She will share her own experience on the 75th anniversary of the Salt March, marching with others along the original route. She will refer to recent commemorative marches and museums at Dandi, asking the question, would Gandhi approve of the millions of dollars (rupees) being spent on these commemorative activities? Generously sponsored by Anthology of Farmington Hills.

INDIA'S ROLE IN THE WORLD

Gus Mondalek - Religious & International Scholar
Thursday, December 15 at 6:00 pm

Cost: Complimentary members
\$5 guests

India is one of the world's fastest growing economies — and is now the world's second-most populous country with over one billion people. India is also a nuclear power and has a large military force, using its economic and political clout to expand its influence around the world. Yet India still struggles with poverty and other challenges of a developing economy. India is also the largest and most diverse democracy, yet hesitates to promote these values abroad. In this presentation, we will look at the geopolitical position of India to better understand their ambitions and their role in the IndoPacific, and on the world stage, ambitions that are still debated among India's own leaders. We will also examine the India-American bilateral cooperation and assess the future of India-American relations. Join us for this far-reaching presentation focused on this complex nation filled with contradictions. Kindly sponsored by Anthology of Farmington Hills.



EXPLORE MORE OF INDIA'S CULTURE THROUGH THESE FILMS

November 2 - SLUMDOG MILLIONAIRE
November 16 - MONSOON WEDDING

See page 11 for more information.



HAPPENINGS AT NEXT

HISTORY OF DETROIT

Local Historian Robert E. Sullivan, Jr.

► Detroit Ethnic Groups, Civil Rights & Labor Unions

Wednesday, November 2 at 11:00 am

Cost: Complimentary members / \$5 guests

This presentation will discuss European immigration to Detroit, Irish/Jewish/Arab/Chinese/African-American communities, Rosa Parks, MLK's "I Have a Dream" speech in Detroit, Viola Liuzzo, Focus: HOPE and labor unions, including the UAW and Teamsters.

► Detroit Sports History I: Detroit Tigers, Tiger Stadium & Negro Leagues

Wednesday, December 7 at 11:00 am

Cost: Complimentary members / \$5 guests

Mr. Sullivan will examine the fascinating history of the Detroit Tigers, historic Tiger Stadium and the Negro Leagues in Detroit. With vintage photos of Tiger Stadium unique to this lecture and you will not see them anywhere else.

EASY-TO-PREPARE COMFORT FOOD BROUGHT TO YOU BY TRADER JOE'S

Friday, November 4 at 1:30 pm

Cost: Complimentary
Registration required

by Tuesday, November 1



As the winter months approach, are you looking for easy-to-prepare comfort food? How about new ideas for cooking for just one or two people? Pam Smith, Trader Joe's crew member, will bring us a wealth of ideas for warm and quick winter dishes, using healthy ingredients. Pam will share tasty samples and unique recipes!

TRIVIA TIME!

Mondays, November 7 and December 5 at 3:00 pm

Cost: Complimentary members / \$5 guests

Enjoy an afternoon of trivia with Tricia Olevnick, professional trivia host. Teams of four will enjoy friendly competition with a chance to win bragging rights.

DE-STRESSING THE MIND AND BODY

Aaron Wallace, Owner - Balance Your Fitness

Wednesday, November 9 at 12:30 pm

Cost: Complimentary members / \$5 guests

Are you at your wits end? Feeling frazzled and overwhelmed — especially during this holiday season? Is stress causing you health problems? In this workshop you'll learn how to release stress in your life. We will show you several techniques that can help you relieve your stress and increase your energy!

CONVERSATION WITH BIRMINGHAM POLICE CHIEF MARK CLEMENCE

Thursday, December 1 at 1:00 pm - Cost: Complimentary

Police Chief Mark Clemence has served Birmingham for over 26 years and will retire in December at the end of the year. Please join us for this special wrap up as he reflects back on his career in Birmingham, discusses current concerns and offers a look into the future. Let's also thank Chief Clemence for his exemplary service, and send him off with a small celebration and special treats.

BEHIND THE SCENES TOUR OF BALDWIN PUBLIC LIBRARY

Thursday, November 10

Bus leaves Next at 9:45 am, returns about 11:15 am

Cost: Complimentary members/ \$5 guests

Join Library Director and facilitator of Next's Popular Reads Book Club Rebekah Craft and learn more about Baldwin Public Library's 40,000-square-foot facility. You will visit staff areas, learn how items are added to the collection, and hear about new programs and services.

SENIOR COMPASS PANEL

Thursday, November 10 at 11:30 am

Cost: Complimentary members / \$5 guests

Have a question regarding the journey of aging? The Senior Compass panel will help you navigate as you make decisions for yourself and your loved ones. The advisors will offer education, guidance, personal and professional experience and resources to assist you. The esteemed panel of professionals includes a certified Senior Advisor & Placement Consultant, a Financial Planner, an Elder Law and VA Attorney, a licensed Medicare/Medicaid specialist, a Funeral Advisor, a licensed Senior Realtor, a licensed Homecare Provider and a licensed Hospice Provider. Join us for this informative presentation along with a Q and A session. A complimentary Honey Baked box lunch will be provided.

SING-A-LONG with the children of ECC

Tuesday, November 15 at 11:30 am - Cost: Complimentary

Join us for a sing-a-long with the children of Birmingham's Early Childhood Center (ECC). Enjoy the wonder of young and young-at-heart voices singing childhood favorites, together, in perfect or not-so-perfect harmony. All are welcome!

REDUCE. REUSE. RECYCLE!

Tuesday, December 6 at 2:00 pm

Cost: Complimentary members / \$5 guests

We all know recycling is the right thing to do but knowing what materials to recycle can oftentimes be puzzling. Learn the skill of proper recycling and have your most intriguing recycling questions answered by environmental educator, Sarah Archer. Archer's firm, Iris Waste Diversion Specialists, is under contract to SOCRRA to educate residents about how to properly recycle and reduce waste.

SPEAKER SERIES @NEXT

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



ANTHOLOGY
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SPONSORED BY ANTHOLOGY OF FARMINGTON HILLS

November 3 - A TRAVELOGUE IN JAZZ: AROUND THE WORLD IN 60 MINUTES

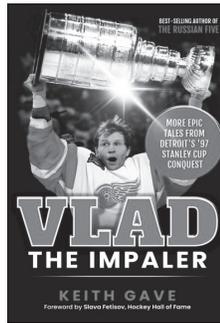
Stuart Johnson, Speaker - International Association of Jazz Record Collectors Convention

Stuart Johnson will highlight various songs that include the name of the country, a city or a famous attraction in the song title. Stuart will share songs representing India, the focus of our cultural study here at Next, Ireland, Scotland, France, Arabia and Brazil to name a few. This will be an evening full of beautiful music from around the world!

November 10 - VLAD THE IMPALER

Keith Gave, Journalist & Author

Keith Gave, former sports reporter for the Detroit Free Press returns to Next to pick up where the international best-selling book, *The Russian Five* left off. Keith will share memorable, untold stories and anecdotes from the 1997 Red Wings Stanley Cup championship season. Keith will focus on Vladimir Konstantinov also known as Vlad the Impaler and his many contribu-



tions. Keith will also introduce us to his recently released book, *A Miracle of Their Own*, the amazing story of Team USA women's hockey upsetting Canada's team and igniting what may be considered to be the greatest rivalry in all of sports! Proceeds from *Vlad The Impaler* will be earmarked for the Vladimir Konstantinov Special Needs Trust. #Believe

November 24 - No Lecture HAPPY THANKSGIVING!

December 1 - THE POLITICAL CRISIS OF THE GILDED AGE

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

The political crisis of the gilded age leads to an important question: Was political life reformed during this time when our nation was changing? At the end of the 19th century American politics were paradoxical: They were both popular and corrupt. Dirty tricks and outright violence were common. Votes were literally bought and sold. However, reform came and American elections were transformed. Join us as Professor Zellers explains this important time in our country's history.



See the Cultural Series on page 3 for more great Thursday evening speakers.



DETROIT SYMPHONY ORCHESTRA Friday Morning Coffee Concerts

Bus departs Next at 9:45 am,
returns about 1:30 pm
Cost: \$65 members / \$70 guests
Please pre-register, space is limited.

Friday, November 18 - SCI-FI SPECTACULAR: Star Wars, Star Trek, & Beyond

Travel to new worlds, distant galaxies, and back to the future with music from your favorite sci-fi movies including *Star Wars*, *Star Trek*, *2001: A Space Odyssey*, *Alien* and more.

Friday, January 6 - TWIST & SHOUT: The Music of the Beatles - A Symphonic Experience

Twist & Shout celebrates The Beatles in America, beginning with their 1964 appearance on the Ed Sullivan Show and following their journey across the country as Beatlemania won the hearts of Americans everywhere.

THANK YOU FOR SUPPORTING NEXT!

MEMORIALS

Phyllis Clark in memory of Faith Corey

GOODS & SERVICES

David Hocker and Annette Reich.

INDIVIDUAL

Joel and Judy Adelman, Dorothy Brenner, Donald and Patti Brundirks, Nancy Buck, William and Rose Ann Callaghan, Teresa Hartle, Marie Matice, Bob and Ann Parker, Patti Peacock, Kathy Strettar, David and Linda Underdown.

Our condolences to the family and friends of...

Carol Holton, Richard Selander and Paul Wheeler.

We are thinking of you... Bill Connolly, Moussa Hanna, Gail Strosberg and Norma Sula.



HEALTH SERIES

HENRY FORD HEALTH

We are excited to have Henry Ford as the 2022 Health Series sponsor! Henry Ford Health is committed to improving the health and wellness of the Michigan community by improving people's lives through excellence in the science and art of health care and healing. As the Health Series Sponsor, Henry Ford Health will share the expertise of their physicians, nurses and other providers with Next members.

VASCULAR DISEASE IN OLDER ADULTS

Dr. Paul Corcoran, Henry Ford Health Vascular Surgeon
Wednesday, November 16 at 1:00 pm
Cost: Complimentary members / \$5 guests

Vascular disease is a common condition especially amongst older adult populations. Learn from Henry Ford Health vascular surgeon Dr. Paul Corcoran the warning signs you should be aware of that affect the vascular system. He will share prevention tips and information to keep you healthy.

MANAGING THE SEASONAL BLUES

Chris Nixon, Director of Maplegrove, Henry Ford Health
Thursday, December 15 at 1:00 pm
Cost: Complimentary members / \$5 guests

As winter months approach, so can conditions such as seasonal affective disorder (SAD) and other cognitions from season changes and decreased ability to socialize. Hear from a Henry Ford Health expert in mental health and wellness on how to ensure you feel your best mentally, renew your energy levels and make yourself feel less moody.



ENRICHMENT

POPULAR READS BOOK CLUB via Zoom

Mondays, November 7 and December 5 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The November book selection is *Lessons in Chemistry* by Bonnie Garmus — and the December selection is *Trust* by Hernan Diaz. Register at Next and Baldwin Public Library will provide the book.

NON-FICTION BOOK GROUP via Zoom

Tuesdays, November 8 via Zoom? and December 13 at 10:00 am

Facilitated by Mick Howey, Adult Services Librarian, join us to discuss *Entangled Life* by Merlin Sheldrake in November, and *Owls of the Eastern Ice* by Jonathan C. Slaght in December. Register at Next and Baldwin Public Library will provide the book.

TUESDAY JAZZ

Tuesdays at 2:30 pm

Did you know that we have a jazz band that practices at Next? The Ed Black Jazz Band! They love having an audience — so feel free to drop in and enjoy some great tunes!

WOMEN'S ROUNDTABLE

Tuesdays at 11:30 am - New time!

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

MEN'S ROUNDTABLE

Wednesdays at 9:00 am

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

WRITER'S CORNER

Thursdays, November 3, 17 and December 1, 15 at 9:30 am
The group is back to meeting in person at Next!

Join Next members who love to gather and share their common interest in writing. Read your material and get constructive feedback. For additional information contact Sara Burnside at 248-649-1813.

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.

SENIOR MEN'S CLUB HOLIDAY PARTY

Tuesday, December 13 at 5:30 pm - Cost: \$65 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 and in the Next office.



ART & CREATIVITY

NEW! INTRO TO CALLIGRAPHY & CARD MAKING

Friday, December 2 from 9:00 am to 12:00 noon

Cost: \$35 member / \$40 guest

Learn the art of beautiful writing! Join Beth Johnson, owner of Beth Johnson Creations, and learn step-by-step instruction on how to write beautiful letters in a simple way!! She will also teach different card-making techniques for you to make three different Holiday cards. We will have fun with embossing, die-cutting and stenciling. Material fee of \$5 paid to instructor on day of class.

PHOTOGRAPHY CLUB

Thursdays, November 10 and December 8 from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 guests

The Next Photography Club seeks to bring people together who have an interest in photography. They maintain their own website and take monthly photo trips. For additional information, please email info@birminghamphotoclub.org.

PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm

The group is currently at capacity; however, if you are interested in joining the club, please contact paletteandbrush.org.

KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

Enjoy lively discussion with this group of lovely ladies. Tips and ideas shared!

NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

A great group for quilting, needlepoint, sewing and cross-stitch! All levels welcome!

POLICY REMINDERS

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

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

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

STUDIO ART

Thursdays, November 3, 10, 17 and December 1, 8, 15, 22 (No class November 24) from 1:00 to 3:30 pm

Cost: 7-week class: \$140 members / \$148 guests

Not for beginning students. Work with materials you are already familiar with via prior class instruction.

Students will choose a piece of art to work on and use materials they are experienced with such as acrylics, oils, watercolors or collage. Instructor Karen Halpern will foster critical thinking and make suggestions to guide students as they advance with the individualized project. Karen's goal is to broaden students' viewpoints and develop skills and knowledge. Students should bring your own subject, reference material, supplies and a lightweight portable easel, if you work upright. Returning students, plan to start a fresh piece of work this semester. Limited to 12 students.

WATERCOLOR PAINTING WORKSHOP

Wednesdays, November 2, 9, 16, 30 and December 7, 14, 21, 28 from 2:00 to 4:00 pm (No class November 23)

Cost: 8-week class: \$116 members / \$124 guests

Noted Michigan artist and popular watercolor instructor, Karen Halpern, will teach lessons that provide fundamentals, stretch your abilities, broaden your skills, and encourage your creative thinking. Color mixing, color theory, design and painting techniques, will guide you as you develop your art. Each student will work at their own level of ability, in a supportive setting with individual attention. Supply list is available in the Next office and all supplies should be brought to the first class. Beginners through advanced students will paint varied subjects in assorted styles.

POTTERY OPEN STUDIO

Thursdays from 10:00 am to 12:30 pm

Enjoy the Open Studio to develop your beautiful pottery projects.

OPEN ART STUDIO

Wednesdays from 2:00 to 4:00 pm

Join fellow Next members for camaraderie and enjoy the creative synergies that come from being with other talented artists.



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FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

November 2 - *SLUMDOG MILLIONAIRE*

As 18-year-old Jamal Malik (Dev Patel) answers questions on the Indian version of "Who Wants to Be a Millionaire," flashbacks show how he got there. Jamal scrapes by with small jobs until landing a spot on the game show.

Rated R - 1 hour 56 minutes

November 9 - *MARCH OF THE PENGUINS*

In the Antarctic, every March since the beginning of time, the quest begins to find the perfect mate and start a family. This courtship will begin with a long journey. They risk starvation and attack by dangerous predators, under the harshest conditions on earth, all to find true love.

Rated G - 1 hour 20 minutes

November 16 - *MONSOON WEDDING*

A stressed father, a bride-to-be with a secret, a smitten event planner, and relatives from around the world create much ado about the preparations for an arranged marriage in India. The four-day arrangements and celebrations will see clumsy organization, family parties and drama, dangers to the happy end of the wedding, lots of music, and even a new romance for wedding planner Dubey with the housemaid Alice.

Rated R - 1 hour 54 minutes

November 23 - No Film

HAPPY THANKSGIVING!

November 30 - *YOU'VE GOT MAIL*

Book superstore magnate, Joe Fox (Tom Hanks) and independent book shop owner Kathleen Kelly (Meg Ryan) fall in love in the anonymity of the Internet both blissfully unaware that he's trying to put her out of business.

Rated PG - 1 hour 59 minutes

December 7 - *MIDNIGHT IN PARIS*

Gil Pender (Owen Wilson) is a screenwriter and aspiring novelist. Vacationing in Paris he encounters some of the Jazz Age's icons of art and literature.

Rated PG 13 - 1 hour 34 minutes

December 14 - *THE BLIND SIDE*

Michael Oher (Quinton Aaron), a homeless black teen, has drifted in and out of the school system for years. Then Leigh Anne Tuohy (Sandra Bullock) and her husband, Sean (Tim McGraw), take him in. The Tuohys eventually become Michael's legal guardians, transforming both his life and theirs.

Rated PG 13 - 2 hours 9 minutes

December 21 - *THE RUSSIAN FIVE*

In the late 1980s, the Detroit Red Wings worked to finally break their decades long Stanley Cup drought by extracting players from the Soviet Union and, in the process, changed the way North American hockey is played. *The Russian Five* tells the triumphant true tale of the Iron Curtain invasion that led to the Detroit Red Wings' Stanley Cup glory.

Not Rated - 1 hour 42 minutes

HOLIDAY FILM FEST

Films begin at 1:00 pm

Cost: Complimentary

Tuesday, December 27

CHRISTMAS IN CONNECTICUT

In this comedy, a food writer has lied about being the perfect housewife, and now must work to cover her deception. Starring Dennis Morgan, Barbara Stanwyck and Sydney Greenstone.

Not rated - 1 hour and 41 minutes

Wednesday, December 28

IT HAPPENED ON 5th AVENUE

A vagabond moves into a NYC mansion while the owner is wintering down South, opening the doors to a number of unfortunates, including the vacationer's daughter, whom the squatter mistakes for a runaway. Lighthearted comedy starring Charles Ruggles, Victor Moore, Don DeFore and Gale Storm.

Not Rated - 1 hour 56 minutes

Thursday, December 29

NEW YEAR'S EVE

Intertwining stories promise love, hope, forgiveness, second chances and more for a number of New Yorkers on the celebrated night. Starring Jon Bon Jovi, Katherine Heigl, Ashton Kutcher, Halle Berry, and Robert De Niro.

Rated PG13 - 1 hour 58 minutes



Thank you to our Sponsors!



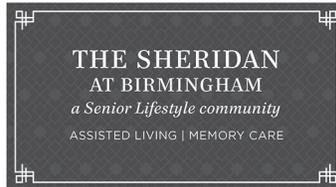
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FITNESS OFFERINGS

TOTAL HEALTH WORKS - BRAIN & BODY with Pam Smith

Tuesdays and Thursdays at 10:00 am

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

This class focuses on functional exercise with an emphasis on brainwork — challenging individuals cognitively, as well as physically. Participants will work on things like memory, multi-tasking and sequencing, as well as strengthening, cardio, core and balance work. This class is for people of all ability levels. Pam Smith is a certified personal and group trainer through The American Council on Exercise.

STRETCH & RELAX with Caryn Ciagne

Mondays from 9:15 to 10:00 am

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

Caryn will guide you through gentle stretch class exploring longer holds and slow range of motion along with a focus on breathing to promote relaxation. We will explore postures on your back, hands and knees, stomach and seated. There will be minimal standing. A chair can be close by for extra support. Focus on increased flexibility, core strength, balance and mindfulness for greater comfort and calm in one's body and presence.

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.

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.

CHAIR YOGA & MEDITATION with Caryn Ciagne

Tuesdays and Thursdays from 1:30 to 2:30 pm

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

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

MAT YOGA with Karen Lutz

Tuesdays from 4:00 to 5:00 pm

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

All levels are welcome to learn gentle, adaptable yoga moves that help improve your breathing practices, core strength, balance and flexibility.

AGELESS YOGA with Karen Lutz

Wednesdays at 1:00 pm

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

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

MINDFULNESS & MEDITATION with Karen Lutz

Wednesdays at 2:15 pm - Sessions last 30 to 60 minutes

Cost: Complimentary - Donations to Next appreciated.

Begin or deepen your meditation practice in a safe, welcoming environment.

WEDNESDAY FLOW YOGA with Caryn Ciagne

Wednesdays from 9:15 to 10:15 am

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

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.

FRIDAY FITNESS with Caryn Ciagne

Fridays from 9:15 to 10:00 am

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

Let's get moving! We'll move around the Seaholm track together (weather permitting) and utilize the fence, benches and other props for stretches and strength work. If Mother Nature doesn't cooperate, we will have the class indoors. Either way, we will incorporate stretching, balance and strengthening. Park and check-in at Next.

TAI CHI FOR HEALTH

Fridays from 10:00 to 11:00 am

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

Cost 1 drop-in class: \$10

Tai Chi is an internal (soft) style martial art that has been shown by scientific studies to improve one's physical health. It increases circulation, improves balance, and promotes a calm state of mind. Tai Chi for Health concentrates on improving your physical being through exercise while increasing your concentration and relaxation at the same time. Tai Chi is especially good for those with mobility issues as it can be done effectively seated. This class, taught by Cheryl Goodwin, Tai Chi for Health Institute certified instructor, is appropriate for all ages, body types and abilities. Cheryl is certified in the areas of Tai Chi for Arthritis, Tai Chi for Fall Prevention, and Seated Tai Chi.

PICKLEBALL

Cost: Complimentary members only

Open Play: Monday, Thursday, Friday from 12:30 to 3:00 pm

Open Play: Monday through Thursday from 4:30 to 7:30 pm

Interested in learning how to play one of the fastest growing and most popular sports? Contact Tom Wehner, Pickleball Professional at (248) 885-1203 or tgwehner@cs.com for lessons!

OPEN GYM

Mondays, Tuesdays and Thursdays from 8:30 to 9:30 am

Please feel free to use the gymnasium for walking or self-directed exercise. We will have hand weights available for your use.

TENNIS LEAGUE - MIXED DOUBLES

Wednesdays and Fridays from 1:30 to 3:30 pm

Next members enjoy indoor play at the Birmingham Racquet Club as a regular league player or sub. Always looking for new players. If you are interested, please contact David Young at davidmpyoung@gmail.com or 248-229-5015.

BOWLING LEAGUE

Thursdays at 10:00 am

Cost: \$10 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. For more information call or text Jamie Olivarez at 517-214-4049.



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MAH JONGG LESSONS

Wednesdays November 9, 16, 30, and December 7
(No class November 23) from 2:00 to 4:00 pm
Cost: 4-week series - \$35 members / \$40 guests

Learn the challenging table game of Mah Jongg, which originated in China many years ago and has become very popular today. Taught by experienced Mah Jongg teacher, Rackeline Hoff, it is a game of both luck and strategy that is played with a colorful set of tiles. Participants must bring with them a 2022 National Mah Jongg card or purchase one from the instructor for \$9 on the first day of class.

MAH JONGG

Mondays from 1:00 to 4:00 pm
and Fridays from 1:00 to 3:00 pm

Come with your own Mah Jongg table partner or stop by the office to sign up if you would like to play. You must be able to play independently. If you are interested in joining a group, contact the Next office.

NEW! CANASTA LESSONS

Wednesdays, November 2, 9, 16, 30 and December 7
(No class November 23) from 9:00 to 11:00 am
Registration required - 8 person maximum for class
Cost: 5-week series - \$5 members / \$8 guests

Canasta is a unique card game in several ways: each card has a scoring value that is most often not the numerical value of the card; some cards have special uses; and suits are not relevant. This game involves melding, adding to melds, and the right to take the whole discard pile. 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

Tuesdays from 12:00 noon to 2:00 pm
Cost: Complimentary members / \$5 guests

Join fellow Next members to play Canasta. Play this unique and fun card game with a few competitive Next friends!

PINOCHLE...come and join the fun!

Mondays, Wednesdays and Fridays from 12:00 noon to 2:00 pm
All skill levels welcome. For additional information, contact Ed Schouten at edward.schouten@gmail.com.

SOCKI

Tuesdays from 1:00 to 3:00 pm - New time!

Socki is a card game for 2-8 players that plays like an open-faced gin rummy with a few unique twists. Join this group for a fun and exciting game that is easy to learn.

BINGO

Mondays, November 7, 21 and December 5, 19 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. Kindly sponsored by All Seasons.

BRIDGE...for everyone at every level!

Duplicate Bridge - Mondays from 11:15 am to 2:30 pm
Facilitator Al Rosie

Partners Bridge - Tuesdays from 12:30 to 3:30 pm
Come with your partner. Experienced players, please.

Duplicate Bridge - Fridays from 11:00 to 2:00 pm
For additional information, contact Facilitator Irv Feldman at 248-828-5346.

CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

CHESS LESSONS

Thursdays from 4:00 to 5:00 pm
Cost: Complimentary members / \$5 guests

Interested in learning the game of chess? Join members of the Chess Club to learn this game! For additional information, please contact Chris Dow at 248-647-0728.

CHESS CLUB

Thursdays from 5:00 to 7:00 pm
Cost: Complimentary members / \$5 guests

Seeking to bring together people who have an interest in chess, fellow Next members Chris Dow and Bruce Dobras will be teaching tactics and positioning. For additional information, please contact Chris Dow at 248-647-0728.

BIRMINGHAM STAMP CLUB

Tuesdays, November 1, 15 and December 6, 20 at 5:30 pm
For information contact Ken Rusch at 248-968-3505.

COIN CLUB

Wednesday, November 16 and December 21 at 6:00 pm
For information contact Robert Beuter at 248-646-9657.

COMPUTER LAB & LESSONS

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

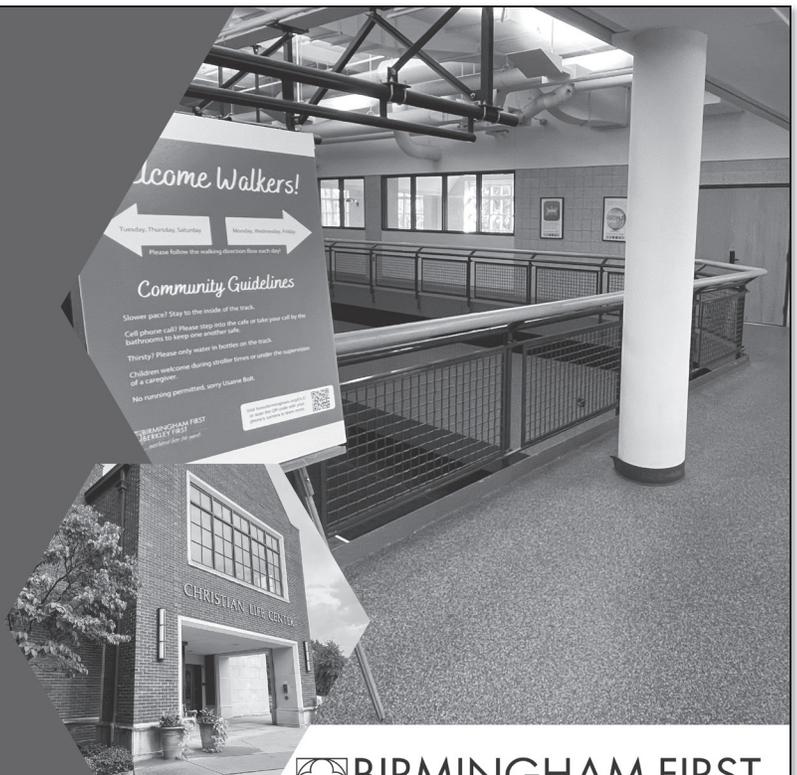
We offer one-on-one computer instruction on one of our many computers or your laptop by one of our talented instructors. Please contact the Next office to schedule an appointment and purchase your computer card. The Computer Lab is open for independent use during Next business hours.

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HEALTH & NUTRITION

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Mondays, November 7 and December 5
from 11:00 am to 12:00 noon

Cost: Complimentary - No appointment is required.

A trained healthcare professional will screen your blood pressure and blood oxygen levels.

MEDICARE/MEDICAID GUIDANCE

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

VISION ENRICHMENT SUPPORT GROUP

This support group will resume in the future. Please call the Next office at 248-203-5270 for additional information.

NUTRITION SUPPORT

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

PARKINSON'S SUPPORT GROUP

Mondays, November 14 and December 12 at 5:30 pm

The South Oakland County Parkinson's Support Group, sponsored by the Michigan Parkinson's Foundation, is a group of people who meet to learn more about Parkinson's disease and the services available. This group brings together people with a common bond. So many people say, "And I thought I was the only one with this problem." Come for camaraderie, support, and learn from each other. Groups include people with PD, care partners, friends, families and health professionals. Facilitated by the Michigan Parkinson's Foundation staff. For more information call 248-419-7170.

YOUNGER ONSET DEMENTIA & ALZHEIMER'S CAREGIVER SUPPORT GROUP

Wednesdays, November 16 and December 21
from 5:30 to 7:00 pm

This group is for spouses, children, parents or siblings who care for an individual under the age of 65 years, who has been diagnosed with Alzheimer's disease or any other progressive dementia. This group creates a safe, confidential, supportive environment and offers a chance for participants to share words of encouragement and help each other develop coping skills and learn to solve problems. Please contact Cindy Beller at 586-453-1909 for additional information. Presented by the Michigan Chapter of the Alzheimer's Association.

MEALS ON WHEELS

To get information on this program, call Western Oakland Meals on Wheels at 248-223-9160. We are looking for additional volunteers to help package and deliver meals. So, if you're available, please call Judy Murrell at 248-203-5281. Your help is needed and would be appreciated!

MEDICAL EQUIPMENT LOANS

Our loan closet contains wheelchairs, walkers, canes, bath benches, shower stools and commodes available for up to 3 months — and transport wheelchairs for 3 weeks — at no charge to members of Next. Guests pay a \$20 fee per item. Simply call to reserve the equipment you need.

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.

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.



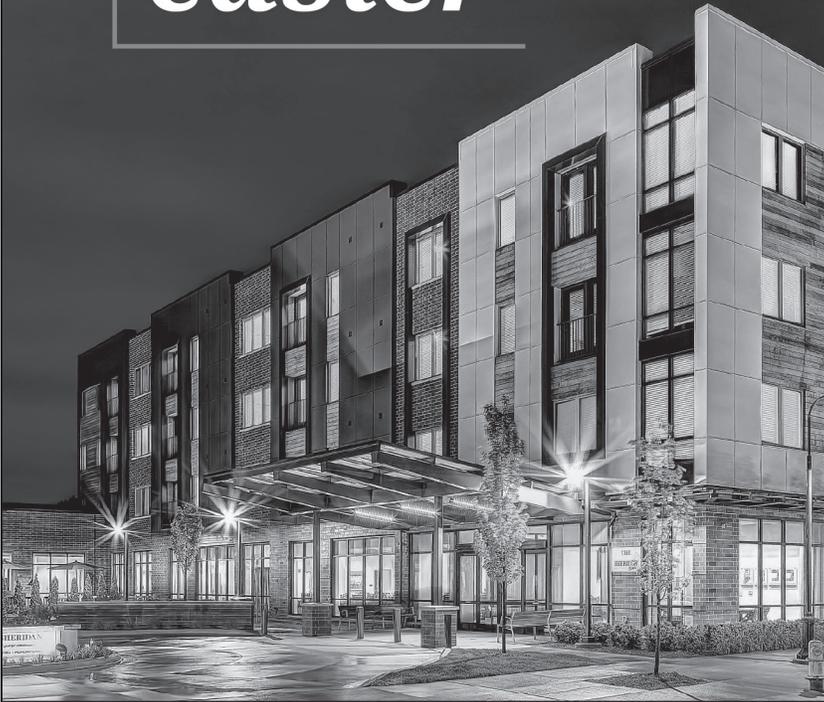
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SUPPORT SERVICES

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. Sandi Cassar and Pat Brooks in Support Services welcome you Monday through Thursday, 9:00 am to 4:00 pm and Friday, 9:00 am to 3:00 pm.

ASK THE ATTORNEY

Tuesdays, November 1 and December 6 from 12:00 to 12:45 pm

Local attorney Ed Pugh will be at Next to provide assistance with your legal questions. Please call Next to schedule your complimentary 15-minute appointment. Only available to Next members.

TRANSPORTATION

Door-to-door transportation service is available for seniors and disabled adults residing in Birmingham, Beverly Hills, Bingham Farms, and Franklin. Our friendly Next drivers will take you to medical, dental, personal appointments, shopping or activities at Next. Transportation hours are 8:30 am to 5:00 pm, Monday through Thursday — and 8:30 am to 2:00 pm on Fridays. For reservations, please call 248-203-5270 at least three working days in advance to request a ride.

LAWN MOWING & SNOW REMOVAL for Birmingham & Beverly Hills Residents

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

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.

PROJECT WARMTH

November 28 to January 3

Join the Next community this holiday season as we collect warm clothing for adults and children in need, as well as blankets and towels for our furry friends in the shelter.

Gloves, mittens, scarves, hats and socks for all ages are much appreciated. Please make sure the items are new. The animal shelter welcomes donations of gently-used or new fleece blankets and towels. All items may be placed in the collection boxes located in the Next lobby. Thank you in advance for your generosity!

FINANCIAL ASSISTANCE

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

MINOR HOME REPAIR for Beverly Hills & Birmingham Residents

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

OAKLAND COUNTY EMERGENCY CELL PHONE PROGRAM

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

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

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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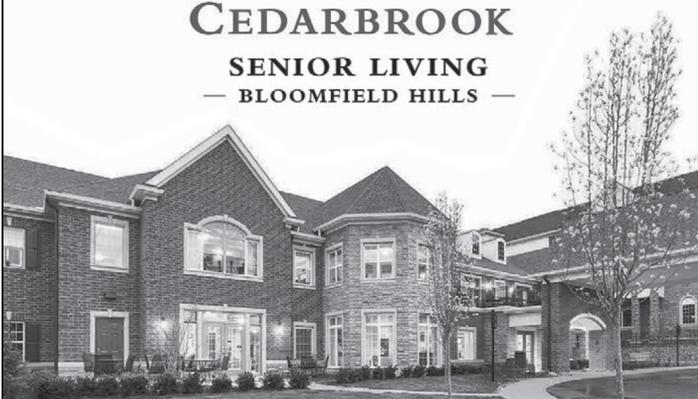
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NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30 Open Gym 10:00 Total Health Works Brain & Body 11:30 Women's Roundtable 12:00 Canasta Ask the Attorney 12:30 Partners Bridge 1:00 Socki Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club	2 9:00 Men's Roundtable Canasta Lessons 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up 11:00 History of Detroit: Ethnic Groups, Civil Rights & Labor Unions 12:00 Pinochle 1:00 Ageless Yoga 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop Open Art Studio 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Slumdog Millionaire	3 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Pottery Studio Total Health Works Brain & Body Bowling League Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: A Travelogue in Jazz Around the World in 60 Minutes	4 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Easy-to Prepare Comfort Food from Trader Joe's Tennis League Mixed Doubles
7 8:30 Open Gym 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:00 Blood Pressure & Oxygen Clinic Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Popular Reads Mah Jongg Bingo 3:00 Trivia Time! 4:30 Pickleball	8 General Election 8:30 Open Gym 10:00 Total Health Works Brain & Body Non-Fiction Book Group 11:30 Women's Roundtable Canasta Pinochle 12:30 Partners Bridge 1:00 Socki Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball	9 9:00 Men's Roundtable Canasta Lessons 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up 12:00 Pinochle 12:30 De-Stressing the Mind & Body 1:00 Ageless Yoga 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop Open Art Studio Mah Jongg Lessons 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: March of the Penguins	10 Behind the Scenes Tour - Baldwin Public Library 8:30 Open Gym 9:30 Palette & Brush 10:00 Photography Club Pottery Studio Total Health Works Brain & Body Bowling League Senior Compass Panel 11:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Vlad the Impaler	11 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League Mixed Doubles
14 8:30 Open Gym 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:30 Pickleball 5:30 Parkinson's Support Group	15 8:30 Open Gym 10:00 Total Health Works Brain & Body Sing-A-Long with Children of ECC Women's Roundtable Canasta 12:00 Pinochle 12:30 Partners Bridge 1:00 Socki Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club 6:00 The Unforgettables	16 Holiday Buffet Schoolcraft Culinary School 9:00 Men's Roundtable Canasta Lessons 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up 12:00 Pinochle 1:00 Vascular Disease in Older Adults Ageless Yoga 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop Open Art Studio Mah Jongg Lessons 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Monsoon Wedding 5:30 Dementia Caregiver Support Group 6:00 Coin Club	17 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Pottery Studio Total Health Works Brain & Body Bowling League Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Basic Beliefs of Hinduism	18 DSO - Sci-Fi Spectacular 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League Mixed Doubles
21 8:30 Open Gym 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg Bingo 4:30 Pickleball	22 Festival of Trees 8:30 Open Gym 10:00 Total Health Works Brain & Body Women's Roundtable Canasta 12:00 Pinochle 12:30 Partners Bridge 1:00 Socki Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball	23 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up 12:00 Pinochle 1:00 Ageless Yoga 1:30 Tennis League Mixed Doubles 2:00 Open Art Studio 2:15 Mindfulness & Meditation Closes at 3:00 pm	24 Closed Happy Thanksgiving!	25 Closed
28 8:30 Open Gym 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:30 Pickleball	29 8:30 Open Gym 10:00 Total Health Works Brain & Body Women's Roundtable Canasta 12:00 Pinochle 12:30 Partners Bridge 1:00 Socki Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball	30 9:00 Men's Roundtable Canasta Lessons 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up 12:00 Pinochle 1:00 Ageless Yoga 1:30 Tennis League Mixed Doubles Mah Jongg Lessons 2:00 Watercolor Workshop Open Art Studio 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: You've Got Mail		

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 The Bharatiya Temple Tour 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Pottery Studio Total Health Works Brain & Body Bowling League 12:30 Pickleball 1:00 Conversation with Birmingham Police Chief Clemence Studio Art 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Political Crisis of the Gilded Age	2 9:00 Intro to Calligraphy & Holiday Card Making 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League Mixed Doubles
5 8:30 Open Gym 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:00 Blood Pressure & Oxygen Clinic 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Bingo Popular Reads Mah Jongg 3:00 Trivia Time! 4:30 Pickleball	6 8:30 Open Gym 10:00 Total Health Works Brain & Body 11:30 Women's Roundtable 12:00 Canasta 12:30 Ask the Attorney Partners Bridge 1:00 Chess -Join the Fun! Socki 1:30 Chair Yoga & Meditation 2:00 Reduce, Reuse, Recycle! 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club 6:00 An Evening of Beautiful Harp Music	7 9:00 Men's Roundtable Canasta Lessons 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:00 History of Detroit: Sports 12:00 Pinochle 1:00 Ageless Yoga 1:30 Tennis League Mixed Doubles Mah Jongg Lessons 2:00 Watercolor Workshop Open Art Studio 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Midnight in Paris	8 Immersive Nutcracker 8:30 Open Gym 9:30 Palette & Brush 10:00 Photography Club Pottery Studio Total Health Works Brain & Body Bowling League 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Salt March Then & Now	9 9:15 Friday Fitness 10:00 Limber Up Tai Chi Holiday Basket Weaving 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League Mixed Doubles
12 8:30 Open Gym 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:30 Pickleball 5:30 Parkinson's Support Group	13 8:30 Open Gym 10:00 Non-Fiction Book Group Total Health Works Brain & Body 11:30 Women's Roundtable 12:00 Holiday Traditions Potluck Lunch Canasta 12:30 Partners Bridge 1:00 Chess -Join the Fun! Socki 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Senior Men's Club Holiday Party 6:00 Music of India Concert	14 Holiday Shopping Cadillac Square 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio Pinochle 1:00 Ageless Yoga 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop Open Art Studio 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: The Blind Side	15 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Pottery Studio Total Health Works Brain & Body Bowling League 12:30 Pickleball 1:00 Managing the Seasonal Blues Studio Art 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: India's Role in the World	16 DSO - Home for the Holidays 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League Mixed Doubles
19 8:30 Open Gym 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg Bingo 4:30 Pickleball	20 8:30 Open Gym 10:00 Total Health Works Brain & Body 11:30 Women's Roundtable 12:00 Canasta 12:30 Partners Bridge 1:00 Chess -Join the Fun! Socki 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club	21 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio Pinochle 1:00 Ageless Yoga 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop Open Art Studio 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: The Russian Five 5:30 Dementia Caregiver Support Group 6:00 Coin Club	22 8:30 Open Gym 9:30 Palette & Brush 10:00 Pottery Studio Total Health Works Brain & Body Bowling League 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation Closes at 3:00 pm	23 <p style="text-align: center;">Closed Happy Holidays!</p>
26 <p style="text-align: center;">Closed Happy Holidays!</p>	27 8:30 Open Gym 10:00 Total Health Works Brain & Body 11:30 Women's Roundtable 12:00 Canasta 12:30 Partners Bridge 1:00 Open Art Studio Holiday Movie: Christmas in Connecticut Socki Chess -Join the Fun! 1:30 Chair Yoga & Meditation Tuesday Jazz Closes at 3:00 pm	28 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio Pinochle 1:00 Ageless Yoga Holiday Movie: It Happened on 5th Avenue 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop 2:15 Mindfulness & Meditation Closes at 3:00 pm	29 8:30 Open Gym 9:30 Palette & Brush 10:00 Pottery Studio Total Health Works Brain & Body Bowling League 12:30 Pickleball 1:00 Holiday Movie: New Year's Eve 1:30 Chair Yoga & Meditation Closes at 3:00 pm	30 <p style="text-align: center;">Closed Happy New Year!</p>



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Share the Spirit

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

Rock Abboud, Dennis Alberts, Lloyd Alpert and Sharon Fine, Bonnie Boak, Bruce and Mary Born, Jean Chandler, Lou Credeur, Connie Dugger, Don and Kay Duncan, Mary Margaret Durfy, Robert and Jane Eberwein, Kimberly Hayes-Hart, Lulu and Elizabeth Hollow, Marshall and Nancy Hunt, Elaine Igno, Art Jack, Joan Janowsky, Maureen Jenkins, Ken and Valerie Johnson, Donna Major, Barbara McNeil, George Miller, Patricia Najt, Sue Owens, Antonina Patanis and Judy Francis, Denise Silver, Kimberly Whitman and Anne Zakrzewski.

WELCOME BACK

Gregg Bloomfield, Marilyn and Allison Goodwin, Fran Martin, George and Eugenia Maynard, Scott Moore and Joan Trusty.

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Monday through Thursday
from 8:30 am to 7:30 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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