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NOVEMBER / DECEMBER 2023

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ESSENTIAL OILS FOR THE HOLIDAYS

Monday, November 13 at 2:00 pm

Cost: \$20 members / \$25 guests

Join us for this fun-filled holiday workshop. We will make a holiday spray and a lavender-scented organza drawer sachet using essential oils, which you can keep for yourself or give away to someone special. In addition, we'll discuss using oils within the home and kitchen and how to take care of ourselves during, what can often be, a stressful holiday season. Caryn Ciagne will also share her favorite peppermint brownie recipe. Yum! Kindly sponsored by American House Stone & Elmwood.

HOLIDAY TRADITIONS POTLUCK LUNCH

Tuesday, December 12 at 12:00 noon

Cost: Complimentary

Registration required by Tuesday, December 5

It's back! Please join us for a potluck meal to celebrate the season! Prepare a dish to share. International and holiday favorites are encouraged, but not necessary. To participate, please bring a homemade dish for eight people — appetizer, side dish or main dish. Dessert will be provided. Good food is all the sweeter when shared with good friends! Graciously sponsored by American House Stone & Elmwood.

JOYFUL MUSIC FOR THE HOLIDAYS

Wednesday, December 13 at 1:00 pm

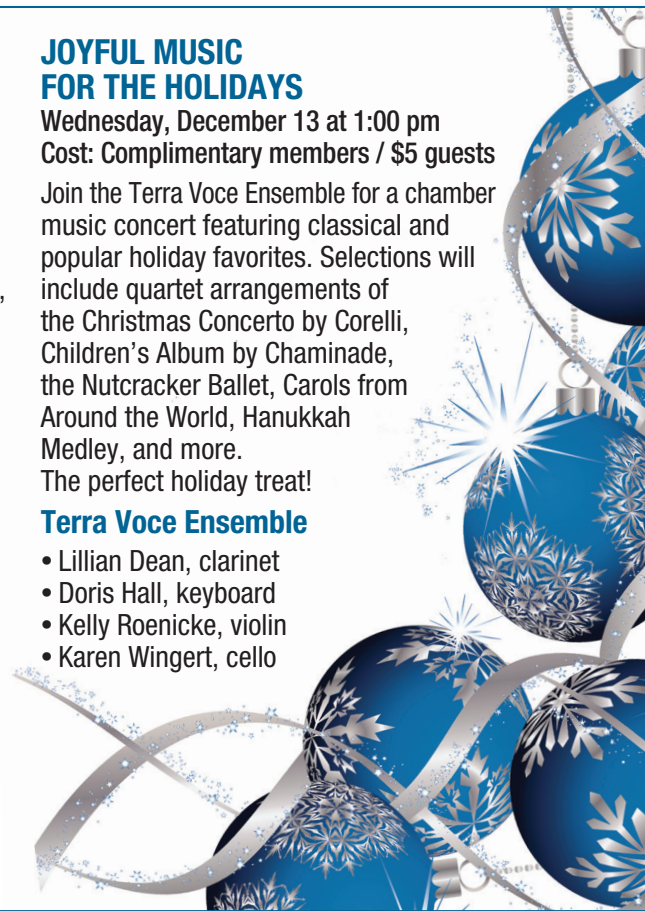
Cost: Complimentary members / \$5 guests

Join the Terra Voce Ensemble for a chamber music concert featuring classical and popular holiday favorites. Selections will include quartet arrangements of the Christmas Concerto by Corelli, Children's Album by Chaminade, the Nutcracker Ballet, Carols from Around the World, Hanukkah Medley, and more.

The perfect holiday treat!

Terra Voce Ensemble

- Lillian Dean, clarinet
- Doris Hall, keyboard
- Kelly Roenicke, violin
- Karen Wingert, cello



LAURIE TENNENT BOTANICALS: Intimate Portraits

Thursday, November 9 at 1:00 pm

Cost: Complimentary members / \$5 guests

Local artist, Laurie Tennent will share her incredible works of botanical art. Laurie, who graduated from the Center for Creative Studies in Detroit, has had her work on exhibit in galleries, museums and botanical garden installations, worldwide. Tennent's deep interest in science and biology led her to work with botanists and master gardeners to discover unique species before photographing the plants in her studio. This year she has planted a cut flower garden with an amazing variety of plants to photograph.

It has been said that "...the viewer of Laurie's work becomes immersed within the intriguing world of plant anatomy." Photographers, gardeners and lovers of nature will not want to miss this program!



HAPPENINGS AT NEXT

TERRIFIED OF THE HOLIDAY MENU? GIVE YOURSELF THE GIFT OF HEALTH

Aaron Wallace, Owner, Balance Your Fitness

Wednesday, November 8 at 12:30 pm

Complimentary members / \$5 guests

Are you terrified of the holiday menu? Would you like to lose weight, improve energy, boost your immune system and get healthy when everyone else is resigned to weight gain? Learn how to boost your metabolism and be healthier and balanced by making smarter choices at your holiday feast!

THE NEXT PHASE OF LIFE

Jim Craft, Career and Retirement Consultant

Tuesday, November 28 at 1:00 pm

Cost: Complimentary members / \$5 guests

A traditional view of life is that it consists of three phases: Education, Career and Family, and Retirement. In this model, retirement is viewed as a period of rest and relaxation — the reward for a long life. Today there is a new phase of life that has snuck in between Career and Retirement. Jim Craft simply refers to it as the Next Phase of Life. While people often recognize that “retirement” has changed, few see it as having become the best opportunity they will ever have to Live Life by Design. Most think about finances and health, but give little thought to what they will actually DO that will make these years as fulfilling as possible. What will you do with thirty years of Saturdays? Don't miss this thought-provoking presentation!

CALLING ALL JIGSAW PUZZLE LOVERS!

Thursday, November 30 at 11:00 am

Teams must register by November 22

Cost: Complimentary

If you love a good jigsaw puzzle and enjoy some friendly competition, you need to grab two or three of your jigsaw-loving friends and sign up for Next's 1st Annual Jigsaw Puzzle Tournament! Teams of two, three or four will try to complete a puzzle within one hour. The team with the greatest portion of the puzzle completed by the end of the hour, wins! If you don't have a team, but would still like to participate, sign up; we'll find a team for you!

CHANGE YOUR LIFE WITH FOOD

**Denise Lovat, Health Coach certified
through the Institute for Integrative Nutrition**

Thursday, December 7 at 12:30 pm

Cost: Complimentary members / \$5 guests

Would you like to end this year on a positive, healthier note? Through a quick quiz and a series of written exercises, Denise will help you begin your health journey before the New Year. She will share 20 tips for small changes you can make today, which lead to big health changes over time. A healthy holiday dessert will be sampled. Join us for this introductory session and Change Your Life With Food!



We are excited to have Stuart Jeffares as the 2023 sponsor of The Next Big Night Out!

THE ED BLACK JAZZ BAND

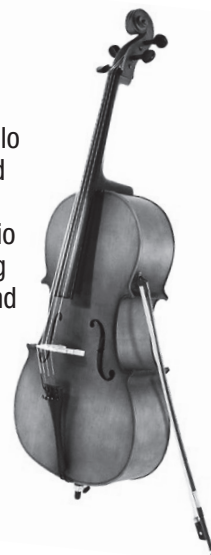
Tuesday, November 14 at 6:00 pm

Led by bass player, Dick Wiggington, this group of talented jazz musicians has played together for several years. Known for their Tuesday afternoon jam sessions at Next, they will get together to create a great sound for our listening pleasure!

JOIN US FOR A BEAUTIFUL CELLO CONCERT

Wednesday, December 6 at 6:00 pm

Let's gather to enjoy a truly amazing cello concert with Mauricio Bantanzo! Trained at the Catholic University of Chile with a Residency at Carnegie Mellon, Mauricio has performed all over the world, including the Kennedy Center, Chilean Embassy and as a soloist with the Catholic University of America Orchestra. He also played with the rock cello group Primitivity during its residency at Strathmore. Mauricio will share an exciting variety of music with different dimensions all designed to provide beauty and wonder to us all!



YOGA NIDRA WITH CARYN CIAGNE

Monday, December 18 at 2:00 pm

Cost: \$10 members / \$12 guests

Join us for Yoga Nidra — a simple, pose-free way to slow down and recover from stressors in your life. This will be a guided relaxation where you will be resting comfortably on the floor and the goal is to move into a deep state of conscious awareness sleep, which is a deeper state of relaxation with awareness. We will begin with a few guided simple stretches and then it will be all about guided relaxation. Please dress comfortably and bring a yoga mat or beach towel and perhaps a pillow or two to be comfortable lying down.

TAKE A DEEP BREATH AND...EXERCISE!

Raj Thangamuthu, Physical Therapist and Owner of Empower Physical Therapy

Tuesday, December 19 at 1:00 pm

Cost: Complimentary members / \$5 guests

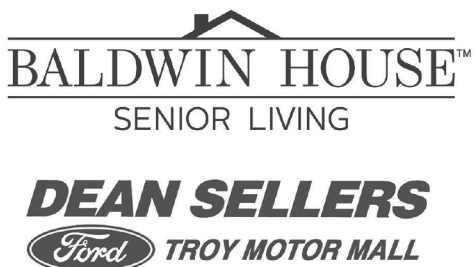
Let's face it. The holidays can be a little stressful and sometimes we store all that stress in our necks, shoulders and upper back, often resulting in pain. Join Raj as he takes us through several stretches and strengthening exercises that you can do at home to relieve some of that pressure and tension and truly ENJOY the season!



Thank you to our Sponsors!



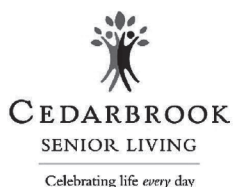
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SPEAKER SERIES @ NEXT

We are grateful to Pomeroy Living for their ongoing support and partnership!

November 2 - THE NATURE CONSERVANCY

**Helen Taylor - Michigan State Director,
The Nature Conservancy**

The Nature Conservancy strives to make the highest possible impact

The Nature Conservancy



on the climate and biodiversity crises between now and 2030 by developing breakthrough ideas, amplifying local leaders and influencing policy. This massive undertaking, involves countless partners, communities, funders, governments and businesses. With a grounding in rigorous science, learn how The Nature Conservancy takes innovative conservation approaches from idea to impact.

November 9 - THE WAR MEMORIAL

Maria Miller, MBA - President and CEO

As The War Memorial embarks on our 75th year as a community non-profit organization, the Memorial is filled with a reenergized determination to be a regional driver of arts, learning,

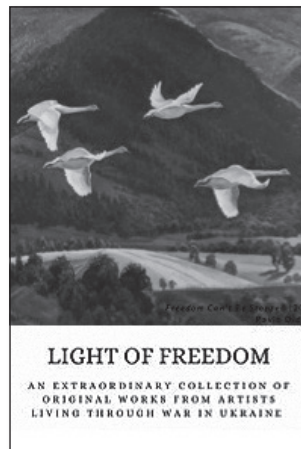


patriotism, hospitality and connectivity. Situated on the grounds of the historic Alger Estate in Grosse Pointe Farms, the Memorial serves more than 250,000 individuals and over 3,000 functions each year. Honoring the legacy and embarking on an exciting future makes The War Memorial a unique, dynamic and thought-provoking hub for southeast Michigan with a mission to be patriotic, cultural and a community leader. Join Maria Miller and hear her vision and plans for this important landmark!

November 16 - LIGHT OF FREEDOM

Diane Cancro, Former Peace Corp Volunteer and Light of Freedom Coordinator

You may have noticed the art from Ukraine that has been installed at Next! Thanks to Diane Cancro who coordinated a collection of original artworks by artists continuing to create in Ukraine, despite an on going war. The artists range in age from four to sixty-four. The Ukrainian art pieces have been shipped over the past year, a few at a time. Some pieces are for sale with donations going to DetroitHelpsKiev (under the fiduciary of Southeast Michigan Returned Peace Corps Volunteers Organization: SemiRPVC) to fund medical aid and provide medical supplies. Join us to hear the story of this inspiring project.



November 30 - WOMEN OF THE WATCH

Anna Marck, Michigan History Storyteller, Theatre Performer and Climate Activist

Join Anna Marck for music, laughter and storytelling. The play follows Anna as she relives hilarious family trips to lighthouses in Michigan, which leads to a discovery of several spectacular stories of various female lighthouse keepers of the Great Lakes. As she steps into these brave women's shoes, she uncovers the tragedy of the hardships they faced and the beauty of their spirits.



**SPONSORED BY POMEROY LIVING
Senior Living Communities**

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



**December 7 - J.R. ROSENWALD
& SEARS AND ROEBUCK**

**Susan Goren Kalisky, B.A.,
M.Ed., MLIS - Volunteer Reference
Librarian, Baldwin Public Library**

J.R. Rosenwald epitomizes the American rags to riches story. A first generation American, he rose to the presidency of Sears and Roebuck and became a very wealthy man. How he chose to spend his money is really quite remarkable and because he did not want his name attached to his good works, few know of him. This presentation will explore his early life, his contributions to public education for African American children in the South and his support of art and culture.



**December 14 - CHRISTIANS OF THE
NEAR EAST: PERSECUTION, ETHNOCIDE &
DECLINE IN IRAQ, EGYPT & THE LEVANT**

**Tareq Ramadan, B.A., M.A., Ph.D. - Adjunct
Professor, Wayne State University and Arab America
Foundation's 40 under 40 Award Recipient**

The Near East is the geographic birthplace of Christianity and remains home to some of the world's oldest Christian communities such as the Copts, Maronites and Assyrians, while also home to much of the world's broader Christian denominational diversity, which includes ethno-religious groups like the Chaldeans, Syriacs and others. Today, Christian communities are facing uncertain futures in places like Iraq, Egypt, Syria, Palestine and even Lebanon. Political instability, cratering economies, internecine conflict and religious persecution have led to an increase in Christian emigration and more recently, even genocide and ethnocide in some places. State policies that target Christians, specifically, as well as the repressive acts of quasi-state and non-state actors have led to physical displacement, social dislocation and by extension, demographic declines of the ancient and indigenous Christians of the region.



**December 21 - HOLIDAY TRADITIONS
AROUND THE WORLD: MONSTERS, SANTA
& WATER-GODDESSES**

Michelle Feneberg

Join international speaker Michelle Feneberg for this festive holiday themed talk. Michelle has lived in five countries and will be our "tour guide" as we take a multicultural trip around the world. We'll roam the dark streets of Bavaria and face the Perchten Monsters frightening away the evil winter spirits. We will continue past Sweden and meet little St. Lucia bringing light into the dark winter and we will end in sunny Brazil as the people present offerings of perfume and flowers to the Water-goddess Lemanja in the hope that their wishes for the New Year are granted. Along the way we will see how Hanukkah and Kwanzaa are celebrated, meet Saint Nicholas and laugh at the downright nutty Shepherd Boy tradition in Catalonia, Spain.



**WHAT A YEAR OF
AMAZING SPEAKERS!**

**Look forward to even
more prominent speakers
at Next in 2024!**

Please Note: Speakers can be found on the Next website under the Activities tab in the Speakers category.



ART & CREATIVITY

We are excited to present more art classes at Next to ignite your creativity! Please join us to learn some new techniques and develop your artistic flair.

INTRODUCTION TO CALLIGRAPHY

Fridays, November 10 and 17 from 9:00 to 11:00 am

Cost: 2-week series: \$40 members / \$45 guests

Learn the art of Italic lettering. Instructor Beth Johnson will provide step-by-step instruction on how to make these beautiful letters. The finale will result in your making a beautiful card to take home, while gaining expertise! Beth has been teaching calligraphy for over 20 years and has her own Greeting card business, Beth Johnson Creations. All materials are included.

DRAWING WORKSHOP

● Part Two: Advanced Drawing

Tuesdays, November 14 through December 5
from 10:00 am to 12:00 noon

Cost 4-week series: \$50 members / \$55 guests

Join artist, instructor and facilitator of the 100-day project, Kay Sulfaro in Part Two of her drawing workshop series. In part two Kay will begin with a "brush up" from Part One. This workshop will take the techniques learned in the first workshop and move into drawing with ink and incorporating the use of color! Ask for supply list at Next.

ACRYLICS & OIL PAINTING

Tuesdays November 14 through December 19
from 12:00 noon to 3:00 pm

Cost: 6 week series: \$180 members / \$200 guests

Ready to dust off your paints and learn something new in painting? Or, want to learn the basics of acrylic and oil from scratch? Look no further. Next welcomes back mixed media artist/instructor Marat Paransky. His studio practice includes sculpture, painting, drawing, photography and other media. This class covers a wide range of acrylic and oil painting topics — from choosing the right surface and getting started with your composition, to understanding how color works, and eventually to experimenting with techniques and materials. All experience levels are welcome. There will be demos and discussions about artists in class. Students will need to purchase their own supplies and to have them for the first class — the provided supplies list will be available at the front office, upon registration. Also, please have an idea and some pictures/photos from which to work, beginning with the first class.

PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm

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



FIRED AND FUSED: Glass Creations Workshop

Join Helen Agius-Andreae artist/instructor and owner of Fired and Fused glass creations for a fun experience working with fused glass.

Two Holiday Ornaments

Friday, November 10 from 11:00 am to 1:00 pm

Cost per class: \$55 members / \$60 guests

In this workshop you will be introduced to the art of Fused Glass by using simple cutting and stacking techniques to create TWO unique, festive ornaments. You will be instructed on how to arrange and stack colorful pieces of glass on a base piece of compatible glass to design your own or choose to assemble one of several designs using pre-cut pieces of glass. Pieces will then be fused and slumped in a kiln and will be ready for pick-up approximately two weeks after the class. No experience necessary. All tools and materials will be provided.

Six-Inch Dish, Bowl or Votive Candle Holder

Friday, December 1 from 11:00 am to 1:00 pm

Cost per class: \$55 members / \$60 guests

In this workshop you will be introduced to the art of Fused Glass and glass cutting techniques and make a one of a kind masterpiece. Choose between a 6" dish, bowl, or votive holder. You will be instructed on how to arrange and stack colorful pieces of glass on a base piece of compatible glass to create your unique design. Pieces will then be fused and slumped in a kiln and will be ready for pick-up approximately two weeks after the class. No experience necessary, and the season for gift giving is almost here! All tools and materials will be provided.

PHOTOGRAPHY CLUB

Thursdays, November 9 and December 14
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.

HOLIDAY CARD MAKING WORKSHOP

Friday, December 8 from 9:00 to 11:30 am

Cost: \$35 members / \$40 guests

Join Beth Johnson, owner of Beth Johnson Creations, and embrace the spirit of the season. Beth will teach a variety of different greeting card making techniques for you to make FIVE different festive Holiday cards. We will have fun with, die-cutting, stenciling, and an assortment of crafty and artistic methods. Material fee of \$5.00 to be paid to instructor on day of class.

WATERCOLOR PAINTING WORKSHOP

Wednesdays, January 10 through March 6

from 2:00 to 4:00 pm

Cost: 9-week class: \$126 members / \$136 guests

Minimum of 4 students

Join noted Bloomfield Hills artist Karen Halpern as she presents a new subject to paint each week, with directions, examples and inspiration. Learn about color theory, good design and painting techniques. Work at your own level, with support and guidance from the instructor. All levels welcome. A materials list is available in the Next Office.

STUDIO ART

Thursdays, January 11 through March 7

from 1:00 to 3:30 pm

Cost: 9-week class: \$158 members / \$168 guests

Join this class using materials which you already have experience with and have had basic instruction. Bring your own subject, reference material, and the supplies you typically work with. Instructor Karen Halpern will foster critical thinking and make suggestions to guide you as you develop your own project. Her goal is to broaden your viewpoint, and develop your skills and knowledge. Students generally use the following materials — acrylics, oils and watercolor or collage/mixed media. If you work upright, bring your own lightweight portable easel. Returning students, plan to start a fresh piece of work this semester.

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!

POTTERY OPEN STUDIO

Thursdays from 9:30 am to 12:30 pm

Enjoy this independent open studio to develop your beautiful pottery projects.



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FITNESS OFFERINGS

LOW IMPACT AEROBICS with Teri Keller - NEW!

Mondays and Thursdays from 9:00 to 10:00 am

(No class December 28 and January 4)

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

Start your day in a low-impact way! We'll get things warmed up with some small movements and stretching, then transition into some basic moves to get our heart rates up. We'll add in some strength, balance, seated and standing core work — then end the session with a cool down and more stretching. This class is for anyone who is looking for a great workout without impacting their joints. Teri is a NETA Certified Personal Trainer, Yoga and Group Exercise Instructor, specializing in functional fitness and longevity training, as well as making fitness fun! In Teri's classes you will have the opportunity to get stronger, move longer and be ready for life by implementing strength, cardio, mental as well as physical balance training.

STRETCH & RELAX with Caryn Ciagne

Mondays from 9:15 to 10:15 am

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

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.

LINE DANCING with Christine Stewart

Mondays from 10:15 am to 12:00 noon

(No class November 6 and 13)

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.

CHAIR YOGA & MEDITATION with Caryn Ciagne

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

YOGA FOR WELL BEING 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.

BALANCED YOGA FOR WELLNESS with Karen Lutz

Wednesdays at 1:00 pm

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

Experience improved flexibility, strength and balance with Karen Lutz, E-RYT. Learn to focus on breathing with gentle stretching and adaptive yoga movements both seated with the option to stand with the support of a chair.

WEDNESDAY FLOW YOGA with Caryn Ciagne

Wednesdays from 9:15 to 10:15 am

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

TAI CHI FOR HEALTH with Cheryl Goodwin

► Beginner Class

Wednesdays from 2:30 to 3:30 pm

(No class December 20 and 27)

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.

► Intermediate Class

Fridays from 10:00 to 11:00 am

(No class December 22 and 29)

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

Cost: 1 drop-in class: \$10

For those wanting to go deeper into the form described above, Cheryl is offering this Intermediate Tai Chi class.

YOGA-INSPIRED STABILITY with Karen Lutz

Thursdays from 3:00 to 4:00 pm

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

Stretch, strengthen and stabilize with this yoga-inspired ball class led by Karen Lutz, E-RYT. You will have the option of working with a chair or yoga mat. All levels are welcome and we'll just have fun! Bring your yoga mat and any props you like to use.

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.

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 Pickleball Professional Tom Wehner at (248) 885-1203 or tgwehner@cs.com for lessons!



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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: \$11 for 3 games. 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.



HEALTH & WELLNESS SERIES

**HENRY
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HEALTH**

We are excited to partner with Henry Ford Health for the 2023 Health & Wellness Series! 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 & Wellness Series Partner, Henry Ford Health will share the expertise of their physicians, nurses and other providers directly with Next members.

NAVIGATING MEDICARE'S ENROLLMENT PROCESS

Elizabeth Robinson, Medicare Outreach
Developer at HAP

Tuesday, November 14 at 1:00 pm

Cost: Complimentary members / \$5 guests

Are you overwhelmed by Medicare's annual enrollment process? Not sure which plan makes the most sense for you? HAP's Medical Outreach Developer, Elizabeth Robinson, is here to help you make sense of Medicare and avoid common insurance scams. Come with questions!

MAINTAINING GOOD EYE HEALTH: EYES AT EVERY STAGE OF LIFE

Dr. Anna Santillan and Dr. Darlene Kim

Tuesday, December 5 at 12:00 pm

Cost: complimentary members / \$5 guests

As you age, your risk for certain eye diseases can significantly increase. By protecting not only your eyes, but your overall health, you can lower your risk for these diseases and make sure you're seeing your best. Join Dr. Anna Santillan and Dr. Darlene Kim, optometrists from Henry Ford Health as they share tips for maintaining healthy vision throughout your lifetime.



DAY TRIPS

MISSION BBQ - LUNCH

Wednesday, November 8

Bus leaves at 11:30 am, returns about 1:00 pm

Cost: \$10 members / \$15 guests (Transportation Only)

Back by popular demand, this “hot” lunch spot has been requested, so we are running it again! Founded by two friends passionate about BBQ, patriotic for Our Country, set across this great land from Texas to Kansas City, the Carolinas to St. Louis to discover the secrets of great American BBQ. Their mission is to serve authentic, mouth-watering all American food made from the freshest ingredients, and to serve it in a patriotic dining room filled with tributes to those who’ve made Our Country great! Enjoy lunch on your own and help Bill and Newt complete their Mission! They do what they do for the love of our soldiers, firefighters, police officers, first responders—all our loved ones in service. May you always be surrounded by good friends and great barbeque!

HAMTRAMCK HISTORICAL MUSEUM

The Polish Art Center & Lunch at the Polish Village Café

Wednesday, November 15

Bus leaves at 10:00 am, returns about 2:00 pm

Cost: \$25 members / \$30 guests

Spend the day in Hamtramck! Begin with a docent led tour of the Hamtramck Historical Museum. The museum curator Greg Kowalski will graciously walk us through the collection supplying interpretation and local color. A must see for those of us with Polish American roots. This museum is designed to be more than just a repository and display venue for historical items. It is to be a living entity focused on the present and future, as well as the city’s great past. Next door to the museum is The Polish Art Center, one of the country’s premier emporiums of Polish cultural and traditional goods. Shop the vast array of apparel, jewelry, folk art, food, holiday, home and garden, media, AND Polish stoneware! After the Art Center, take a trip to the past and experience a tribute to tradition, savor lunch on your own at The Polish Village Café. There’s a treasure tucked away on Yemens Street in Hamtramck, a restaurant that has been quietly serving traditional Polish fare for decades. Best bet for the first visit to the Polish Village is to order the Polish plate, which brings a sampling of the menu: stuffed cabbage, one pierogi, kielbasa, sauerkraut, and mashed potatoes and gravy, all on one plate. Smacznego (Buon Appetit)!



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.

ROYAL OAK MARKET: Art Fair Edition & Lunch at Jim Brady's

Thursday, November 16

Bus leaves at 11:00 am, returns about 2:15 pm

Cost: \$10 members / \$15 guests

The Royal Oak Market-Art Fair Edition, now in its 8th year, is produced by The Guild of Artists and Artisans and will take place indoors at the Royal Oak Farmer’s Market. This jury-selected event will feature 60 artists! Take an hour to peruse ceramics, jewelry, glass, painting, mixed media, fiber/fabric, photography, wood, leather, drawing, digital art, metals and more! In addition to wonderful Fine Art, fairgoers will enjoy live entertainment, food vendors, several adult beverage offerings, and free admission which makes it a fun and festive place to get a head start in purchasing a gift of fine “design” for someone special for the holidays. After the fair we will head to Jim Brady’s for lunch on your own. A story 60 years in the making, Jim Brady’s Detroit is homage to the legendary original location at 7 mile and Greenfield. Sticking with tradition they are serving World Class Food and Drinks using local products and companies.

PEWABIC MUSEUM & GIFT SHOP & LUNCH AT VICENTES CUBAN CUISINE

Wednesday, November 29

Bus leaves at 9:45 am, returns
about 1:30 pm

Cost: \$20 members / \$25 guests

Founded in 1903, Pewabic is one of the oldest continually operating potteries in the country. Working out of their National Historic Landmark studio on Detroit’s east side, Pewabic is preserving a tradition of handcraftsmanship that has enriched lives for generations. Known for its iridescent glazes, some of which grace notable buildings such as the Shedd Aquarium and Basilica of the National Shrine of the Immaculate Conception. Pewabic today is an active working pottery, architectural tile studio, ceramic arts education center and vibrant cultural destination. We will visit the in-house museum that showcases “Pewabic: Detroit’s Pottery” documenting the pottery’s past while celebrating the present. Enjoy views of never-before-seen work from their archives, unreleased glaze experiments from the present, and more! Visit the store to shop handcrafted tiles and pottery along with the work of 30 other artists. Then, have lunch on your own at Vicentes Cuban Cuisine, created in 2005 to give Detroit’s palette an authentic taste of Cuba! Their recipes have been handed down through generations of the Vazquez family. The romantic milieu of Havana effortlessly transports you with extraordinary scents of exotic dishes and the rhythmic sounds of salsa music. Their menu is filled with nothing but the finest Cuban cuisine and signature cocktails, all of which fuse this trendy part of Detroit with plenty of Cuban soul.





DETROIT SYMPHONY ORCHESTRA Friday Morning Coffee Concerts

Bus departs Next at 9:15 am,
returns about 1:30 pm
Please pre-register, space is limited.

Friday, November 10 - FRENCH PASSIONS & ENDURING DREAMS (CLASSICAL)

Cost: \$40 members / \$45 guests

Celebrated French conductor Fabien Gabel leads orchestral showstoppers direct from France, plus a world premiere by Michigan-born composer James Lee III. Shades of Unbroken Dreams honors the 60th anniversary of Dr. Martin Luther King Jr.'s "I Have a Dream" — a speech he famously delivered in Washington DC in 1963, words that first rang out in Detroit, after a historic march down Woodward Avenue.

Friday, December 15 - HOME FOR THE HOLIDAYS

Cost: \$65 members / \$70 guests

It's one of the most wonderful times of the year! Gather friends and family, one and all, for a celebration of the season featuring your DSO, holiday favorites, and quite possibly, an appearance by Santa Claus.



Thursday, February 8 - LUSH LIFE: DUKE ELLINGTON & BILLY STRAYHORN

Cost: \$65 members / \$70 guests

Duke Ellington and Billy Strayhorn, musical companions for nearly 30 years, wrote some of the most beloved jazz standards of all time — Take the A Train, Satin Doll, Caravan, an adaptation of Tchaikovsky's Nutcracker, and more. Hear their works, and experience their prolific collaborative genius, live at Orchestra Hall.

DETROIT PUBLIC THEATRE'S HOLIDAY CABARET

Wednesday, December 6

Bus leaves at 1:00 pm, returns about 4:30 pm

Cost: \$55 members / \$60 guests

Must be registered by Tuesday, November 7

'Tis the season to join some of DPT's great musical theatre performers and musicians for a festive afternoon of song celebrating life's greatest gifts. Get ready to join us for a jubilant affair filled with everyone's favorite holiday and musical theatre classics. This show will warm your heart when it gets cold, and snowy! So get holly, get jolly, and let's get going! The DPT Holiday Cabaret will be THE celebration of the season and will sell out quickly, PLEASE register by Tuesday, November 7th!!!!

BIRMINGHAM BLOOMFIELD ART CENTER

Holiday Shop & Lunch at Andiamo

Thursday, December 7

Bus leaves at 11:00 am, returns about 1:30 pm

Cost: \$10 members / \$15 guests

It's the most wonderful time of year once again! Browse and shop the amazing artistic creations from 200+ juried artists filling more than 3,000-square feet of gallery space at the BBAC. Exquisite jewelry — ceramics for the table or decoration — scarves of every kind and color — soaps and candles unlike any you've ever seen — ceramic art for everyday use or display — beautiful wood items for the kitchen or dresser — charming toys — prints, paintings and tiles — Judaica — and hundreds of hand-made ornaments sure to become instant family heirlooms. Gifting at its finest, that's for sure! Afterward enjoy a comforting and delicious Italian lunch, on your own at Andiamo. For over 30 years, Detroit restaurateur Joe Vicari has opened restaurants based on three basic principles — fresh, authentic cuisine, impeccable service, and a warm, inviting ambiance. Mangia and Happy Holidays!

HOLY FAMILY CATHOLIC CHURCH Tour & Lunch at Ottava Via

Thursday December 14

Bus leaves at 10:45 am,

returns about 2:15 pm

Cost: \$25 members / \$30 guests

Designed by Edward A. Schilling and Edward C. Van Leyen, the building is 17th century Italian Baroque style, typical of churches built in that era in southern Italy and Sicily. Following the basilican construction plan, the interior has a half dome above the apse. Saints and scenes of the Holy Family are painted on the ceiling. The arched stained glass windows of the lower story date from the original construction and portray several popular Italian saints. Five altars with sculptural depictions of the Virgin Mary represent Italian communities from which the original members immigrated. The left altar is dedicated to Maria di Trapani, while the right altar is dedicated to Maria delle Grazie di Terrasini. Both of these towns are in Sicily. Serving as the mother church of many area residents of Italian descent, Holy Family exists as the oldest surviving traditionally Italian Roman Catholic congregation in Detroit. Tour this vibrant and wonderful parish — then have lunch on your own following the tour at Ottava Via (Corktown). Rustic Italian cuisine, including pizza and panini, served in a stylishly quaint, antiques-adorned space.



FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

November 1 - IT'S COMPLICATED

Jane (Meryl Streep), a successful restaurateur, has been divorced from Jake (Alec Baldwin) for many years, although they remain friends. When an innocent meal together turns into an affair, Jane finds that she is the other woman in the now-remarried Jake's life. Meanwhile, Adam (Steve Martin), an architect hired to remodel her kitchen, is still stinging from his own divorce. He finds himself falling in love with Jane but soon realizes that he has become part of a triangle.
Rated R 2 hours

November 8 - PERSUASION

When Frederick Wentworth (Cosmo Jarvis) — the one who got away — crashes back into Anne Elliot's (Dakota Johnson) life, she must choose between putting the past behind her or listening to her heart when it comes to second chances. Will she seize her second chance at true love?
Rated PG 1 hour 48 minutes

November 15 - MURDER MYSTERY

A New York cop, Nick Spitz (Adam Sandler) and his wife Audrey Spitz (Jennifer Anniston) go on a long awaited European vacation to reinvigorate the spark in their marriage. A chance encounter aboard a yacht leads to them being framed for, and scrambling to solve a baffling murder of an elderly billionaire.
Rated PG 13 1 hour 37 minutes



November 22 - NO FILM HAPPY THANKSGIVING!

November 29 - DOLLY PARTON: HERE I AM

Dolly Parton: Here I Am is a 2019 British biographical documentary film, directed by Francis Whately. The film offers a look into the life and musical career of Dolly Parton, which is told through interviews with friends, companions, and the artist herself.
Documentary 1 hour 30 minutes

December 6 - THE CHRISTMAS CHRONICLES

Siblings Kate (Darby Camp) and Teddy Pierce (Judah Lewis) hatch a scheme to capture Santa Claus (Kurt Russell) on Christmas Eve. When the plan goes awry, the kids join forces with a somewhat jolly Saint Nick and his loyal elves to save the holiday before it's too late.
Rated PG 1 hour 43 minutes

December 13 - MADE YOU LOOK

A woman walks into a New York gallery with a cache of unknown masterworks. Thus begins a story of art world greed, willfulness and high-stakes con. Filmmaker Barry Avrich chronicles the events of the largest art fraud in American history, when Knoedler & Company unwittingly purchased and sold fake works by famed artists.
Documentary 1 hour 34 minutes



December 20 - FALLING FOR CHRISTMAS

A young, newly engaged hotel heiress Sierra Belmont (Lindsay Lohan) has a skiing accident in the days before Christmas. After she is diagnosed with amnesia, she finds herself in the care of the handsome lodge owner (Chord Overstreet) and his daughter. As mayhem and hilarity ensue, Sierra learns the true meaning of love, family, career, and, of course, Christmas.
Not Rated 1 hour 33 minutes

December 27 - NO FILM





ENRICHMENT

POPULAR READS BOOK CLUB

Mondays, November 6 at 1:00 pm

No meeting in December.

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The November book selection is *Calling for a Blanket Dance* by Oscar Hokeah. Register at Next — and Baldwin Public Library will provide the book.

TRIVIA TIME! with Tricia Olevnick

Mondays, November 6 and December 4 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.

NON-FICTION BOOK GROUP via Zoom

Tuesday, November 14 at 10:00 am

No meeting in December.

Facilitated by Jaclyn Miller, Associate Director. Join us to discuss *Finding the Mother Tree* by Suzanne Simard. Register at Next and Baldwin Public Library will provide the book.

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.

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!

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 2, 16 and December 7, 21
from 9:30 am to 11:00 am

Join a diverse group of Next members who share a common interest in writing. For additional information, contact facilitator Bob Erlandson at rferlandson@gmail.com.

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.



STREAMING @ NEXT

IT WAS 50 YEARS AGO TODAY!

THE BEATLES: SGT. PEPPER & BEYOND

Documentary - BBC-2017

Wednesday, November 15 at 1:00 pm

Cost: Complimentary members / \$5 guests

On July 6, 1957 John Lennon met Paul McCartney at a show for Lennon's band, The Quarrymen. Soon, alongside, George Harrison and Ringo Starr, The Beatles would be formed, and musical history would be made. Now, the remaining members of The Quarrymen share their memories from that time.

Length: 1 hour 53 minutes

THE DEEPEST BREATH

Documentary - Netflix 2023

Wednesday, November 29 at 1:00 pm

Cost: Complimentary members / \$5 guests

A free diver trains to break a world record with the help of an expert safety diver. This film follows the paths they took to meet at the pinnacle of the free diving world — documenting the rewards and risks of chasing a dream through ocean depths. "The filming both above and below the water is absolutely stunning," states a viewer.

Length: 1 hour 52 minutes

BENDING THE ARC

Documentary - Netflix 2017

Wednesday, December 6 at 1:00 pm

Cost: Complimentary members / \$5 guests

In the 1980s, three young people barely out of their teens began a movement that would change global health forever. This is their story. Not long ago, public health declared it was impossible to treat poor people suffering from certain diseases. These unstoppable health advocates began training community members as health care workers and treating all people with world-class medicine, forever changing public health. Harvard medical student, Paul Farmer, physician Jim Yong, activist Aphelia Dahl and an international movement began addressing some of the world's most pressing humanitarian crisis.

Length: 1 hour 42 minutes

MY OCTOPUS TEACHER

Best Documentary - Netflix 2020

Wednesday, December 20 at 1:00 pm

Cost: Complimentary members / \$5 guests

In 2018, Craig Foster began free diving near Cape Town, South Africa. The location is exposed to the cold Benguela current of the Atlantic Ocean. He met a curious octopus that captures his attention. The Octopus allows him to see how she sleeps, lives and eats. Foster describes the effect of the relationship, teaching him about the fragility of life. This transfers to Foster creating a deeper bond with his son who is a marine biology student and diver.

Length: 1 hour 25 minutes



CARDS, TILES, COLLECTORS

DOUBLE DECK PINOCHLE - NEW!

Wednesdays from 10:00 am to 12:00 noon

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

EUCHRE

Wednesdays from 10:00 am to 12:00 noon

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

MAH JONGG

Mondays from 1:00 to 4:00 pm

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.

CANASTA

Tuesdays and Thursdays 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 1:00 to 3:00 pm

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

SOCKI

Tuesdays from 12:30 to 3:00 pm

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.



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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

This club seeks 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.

BINGO

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

Admission cost: \$2 per card for members and 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. Gift baskets kindly donated by Comfort Keepers.

BRIDGE...for everyone at every level!

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

Facilitator Helen Cook can be reached at hccook1951@gmail.com.

Partners Bridge - Tuesdays from 12:30 to 3:30 pm

Come with your partner. Experienced players, please. For additional information, facilitators John and Elaine Hretz can be reached at 248-569-2336.

Duplicate Bridge - Fridays from 11:00 to 2:00 pm

For additional information, contact Facilitator Irv Feldman at 248-828-5346.

BIRMINGHAM STAMP CLUB

Tuesdays, November 7, 21 and December 5, 19 at 5:30 pm

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

COIN CLUB

Wednesdays, November 15 and December 20 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 6 and December 4

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 13 and December 11 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 15 and December 20

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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Kindness changes everything...

Your Gift Makes A Difference! Next members Kathy Schein and Pat Meyers both chose to leave a legacy to Next! Recently, as part of their planned giving initiative, Kathy and Pat each made a generous gift to support an organization they care deeply about. Ed Pugh also remembered Next through his estate planning, providing a very thoughtful bequest in his honor. Each wanted to make a difference in the 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 Kathy Schein, Pat Meyers and Ed Pugh!

As the holiday season approaches, please consider joining Pat, Ed and Kathy by making Next part of your year-end giving.

As a 501 (c) (3) nonprofit, Next relies on a diverse revenue stream 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.



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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.

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.

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.

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 27 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.

COMMUNITY HOUSING TOURS

Next arranges Community Housing Tours to local senior living communities.

There are many wonderful options in the area and this is a great opportunity.

Gather information about community housing and enjoy a complimentary lunch. If you have a community you would like to visit, please let Next know.



Waltonwood - Royal Oak

Wednesday, November 8 - Bus departs at 11:00 am

Due to renewed interest we have scheduled a visit to this exceptional assisted living community — featuring a variety of amenities, including exercise, library, craft and hobby room, and many more. Enjoy a wonderful meal in the elegant dining room and then sit on the grand porch overlooking the beautiful landscape grounds. The location lends itself to a worry free lifestyle!

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.

► When using your cell phone at Next, please do not use in speaker mode, as it is disruptive to others.

► Next is happy to supply our members with complimentary coffee — however we do ask that you are careful to avoid spills to help to keep the carpet looking clean. We know accidents happen. If you have a bit of a spill, please alert the staff and we will happily spot clean the area to avoid permanent stains. Thank you!

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

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Hot Dog Fridays



Celtic Concert



Health Expo & Flu Shot Clinic



Sing-a-Long at Beverly Park



Golf Classic to Benefit Next



Next Art Show



Centenarian Bob Kenning and Mark Clemence



Golf Classic to Benefit Next



Spread the word about what a great place Next is!
If you are on Facebook please take a moment to "Like"
Next — *Your Place to Stay Active & Connected*
Help spread the word about what a great place Next is!

THANK YOU FOR SUPPORTING NEXT!

MEMORIALS

Pat Anderson in memory of Ed Pugh

GOODS & SERVICES

Jeff Hill, Ricelli Family
and Greg Weddell.

INDIVIDUAL

Patience Crimmins, Kenneth and
Sharon Gorski, Anne Honhart, Brad and
Laura Host, Mike Matuszewski, Patti Peacock,
Ed and JoAnne Schouten, Mary Slocum,
and David and Linda Underdown.

FROM THE NEXT STAFF - Thank you for making Next a great place to be!

Cris Braun, Executive Director
Kathleen Tillson, Office Supervisor
Sara Callender, Staff Assistant
Bev Singer, Staff Assistant
Susan Gwizdz, Marketing & Communications
Jolee Hentgen, Program Planner
Pam Hall, Program Planner
Sandy Catterall, Financial Administrator
Sandi Cassar, Support Services
Pat Brooks, Support Services
Kim Holmes, Facility Operations
Calvin Moss, Van Driver
Clement Travics, Van Driver
Judy Murrell, Meals on Wheels

MEET OUR NEWEST MEMBERS

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

Tom Allen, Colleen Baldwin, Donald and Denise Baldwin,
Georgia Banyai, Jeff and Erika Barrett, Julie Bergesen, James
and Kathy Carney, Cheryl Carter, Adrian and Mynetta Christie,
Joe and Mary Curran, Lauri Dailey, Barbara Drake, Jeff Erdman,
Hugh Fader, Lisa Flint, Karen Freedland-Berger, Carolyn Jones,
Grace Marie Keane, Patricia Koykka, Nancy Lawrie, Louis and
Nancy Lessem, Mary Anne Malinowski, Deborah McDonald,
Barbara Montgomery, John Moore, Norma Needham, William
Newman and Carolyn Beauvais, Jeff and Mary Olson, Lola Parris,
James and Lizanne Pasquarette, Richard and Nancy Pavy,
Geraldine Phillippi, Julia Piotrowski, Anita Plous, Christopher
and Tricia Pray, Kathleen Roney, Penny Sage, Kegham Tazian,
Barbara Teasdale, Carol Thrasher, Peggy Walcott, Phoebe
White and Vera Yardley.

WELCOME BACK

We are excited to catch up with those members who are
reconnecting with Next: Margaret Burch, Lorraine Dangelo,
Joan Fernane, Pamela Kane and Chauntel Shearer.

We are thinking of you...

Donna Kelly and Kay Sulfaro.

Our condolences to the family and friends of...

Bob Borgon, Dolores
Lane, Maurice Lefford and Stevan Simich.



It is with a heavy heart that we remember
Bob Borgon who passed away in October.
We are very grateful to Bob's many contri-
butions to Next and his advocacy for Next's
mission in Beverly Hills, the community he
loved. Bob was a long time Next Board of
Director, including serving as Board President,
golf league facilitator and golf committee enthusiast working
tirelessly to promote the important fundraiser, the Golf Classic
to Benefit Next. We will truly miss Bob's continued support,
generosity and sense of humor.

INCLEMENT WEATHER

On days with heavy snow or extreme temperatures, please check
for school closings before coming to Next. Next will be closed
when Birmingham Public Schools are closed. You can find school
closing information on the TV, Internet, the BPS or Next website
and Next voicemail.

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN NOVEMBER 2023

		1 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up Double Deck Pinochle Euchre 1:00 Balanced Yoga for Wellness Pinochle 1:30 Tennis League Mixed Doubles 2:30 Tai Chi for Health: Beginner Class 4:30 Pickleball 5:00 Film: It's Complicated	2 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Open Studio Writer's Corner 10:00 Bowling League 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga & Meditation Yoga-Inspired Stability 3:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Nature Conservancy	3 9:15 Friday Fitness Limber Up 10:00 Tai Chi for Health: Intermediate Class 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
6 9:00 Low Impact Aerobics 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 11:00 Blood Pressure & Oxygen Clinic 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Popular Reads Book Club Mah Jongg Pinochle Bingo 3:00 Trivia Time! 4:30 Pickleball	7 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge Chess -Join the Fun! 1:00 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball 5:30 Stamp Club	8 Mission BBQ - Lunch Housing Tour Waltonwood - RO 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up Double Deck Pinochle Euchre 12:30 Give yourself the Gift of Health 1:00 Balanced Yoga for Wellness Pinochle 1:30 Tennis League Mixed Doubles 2:30 Tai Chi for Health: Beginner Class 4:30 Pickleball 5:00 Film: Persuasion	9 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Open Studio 10:00 Photography Club Bowling League 12:00 Canasta 12:30 Pickleball 1:00 Laurie Tennent Botanicals: Intimate Portraits 1:30 Chair Yoga & Meditation Yoga-Inspired Stability 3:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The War Memorial	10 DSO - French Passions & Enduring Dreams 9:00 Introduction to Calligraphy 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class 11:00 Fired & Fused Glass Ornament Workshop Duplicate Bridge Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
13 9:00 Low Impact Aerobics 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg Pinochle 2:00 Essential Oils for the Holidays 4:30 Pickleball 5:30 Parkinson's Support Group	14 10:00 Non-Fiction Book Club Drawing Workshop Part Two: Advanced 11:00 Women's Roundtable 12:00 Acrylic & Oil Painting Canasta 12:30 Socki Partners Bridge Navigating Medicare Enrollment Process Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball 6:00 Ed Black Jazz Band	15 Hamtramck Trip 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up Double Deck Pinochle Euchre 1:00 Balanced Yoga for Wellness Streaming: The Beatles: Sgt Pepper & Beyond Pinochle 1:30 Tennis League Mixed Doubles 2:30 Tai Chi for Health: Beginner Class 4:30 Pickleball 5:00 Film: Murder Mystery 5:30 Dementia Caregiver Support Group Coin Club 6:00	16 Royal Oak Mkt Art Fair & Jim Brady's Lunch 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Open Studio Writer's Corner 10:00 Bowling League 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga & Meditation Yoga-Inspired Stability 3:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Light of Freedom	17 9:00 Introduction to Calligraphy 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class Duplicate Bridge 11:00 Current Events 12:00 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
20 9:00 Low Impact Aerobics 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg Pinochle Bingo 4:30 Pickleball	21 10:00 Drawing Workshop Part Two: Advanced 11:00 Women's Roundtable 12:00 Acrylic & Oil Painting Canasta 12:30 Socki Partners Bridge Chess -Join the Fun! 1:00 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball 5:30 Stamp Club	22 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up Double Deck Pinochle Euchre 1:00 Balanced Yoga for Wellness Pinochle 1:30 Tennis League Mixed Doubles 2:30 Tai Chi for Health: Beginner Class Closes at 3:00 pm	23 Closed Happy Thanksgiving!	24 Closed Happy Thanksgiving!
27 Project Warmth Begins 9:00 Low Impact Aerobics 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg Pinochle 4:30 Pickleball	28 10:00 Drawing Workshop Part Two: Advanced 11:00 Women's Roundtable 12:00 Acrylic & Oil Painting Canasta 12:30 Socki Partners Bridge The Next Phase of Life 1:00 Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball	29 Pewabic Museum & Vicentes Lunch 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up Double Deck Pinochle Euchre 1:00 Balanced Yoga for Wellness Streaming: The Deepest Breath Pinochle 1:30 Tennis League Mixed Doubles 2:30 Tai Chi for Health: Beginner Class 4:30 Pickleball 5:00 Film: Dolly Parton: Here I Am	30 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Open Studio 10:00 Bowling League Calling All Jigsaw Puzzle Lovers! 11:00 Canasta 12:00 Pickleball 12:30 Chair Yoga & Meditation Yoga-Inspired Stability 3:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Women of the Watch	

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN DECEMBER 2023

				1 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class 11:00 Fired & Fused Glass Dish, Bowl, Votive Workshop 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
4 9:00 Low Impact Aerobics 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg Pinochle Bingo 3:00 Trivia Time! 4:30 Pickleball	5 10:00 Drawing Workshop Part Two: Advanced 11:00 Women's Roundtable 12:00 Acrylic & Oil Painting Maintaining Good Eye Health Canasta 12:30 Socki Partners Bridge 1:00 Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball 5:30 Stamp Club	6 Detroit Public Theatre's Holiday Cabaret 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up Double Deck Pinochle Euchre 1:00 Balanced Yoga for Wellness Streaming: Bending the Arc Pinochle 1:30 Tennis League Mixed Doubles 2:30 Tai Chi for Health: Beginner Class 4:30 Pickleball 5:00 Film: The Christmas Chronicles 6:00 Beautiful Cello Concert	7 BBAC Holiday Shop & Andiamo Lunch 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Open Studio Writers Corner 10:00 Bowling League 12:00 Canasta 12:30 Change Your Life with Food Pickleball 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: J.R. Rosenwald and Sears & Roebuck	8 9:00 Holiday Card Making Workshop 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
11 9:00 Low Impact Aerobics 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg Pinochle 4:30 Pickleball 5:30 Parkinson's Support Group	12 11:00 Women's Roundtable 12:00 Holiday Traditions Potluck Lunch Acrylic & Oil Painting Canasta 12:30 Socki Partners Bridge 1:00 Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball	13 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up Double Deck Pinochle Euchre 1:00 Joyful Music of the Holidays Balanced Yoga for Wellness Pinochle 1:30 Tennis League Mixed Doubles 2:30 Tai Chi for Health: Beginner Class 4:30 Pickleball 5:00 Film: Made You Look	14 Holy Family Catholic Church Tour & Lunch at Ottawa Via 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Open Studio 10:00 Photography Club Bowling League 12:00 Canasta 12:30 Pickleball Chair Yoga & Meditation 1:30 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Christians of the Near East	15 DSO - Home for the Holidays 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
18 9:00 Low Impact Aerobics 9:15 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg Pinochle Bingo 2:00 Yoga Nidra 4:30 Pickleball	19 11:00 Women's Roundtable 12:00 Acrylic & Oil Painting Canasta 12:30 Socki Partners Bridge 1:00 Take a Deep Breath and...Exercise! Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball 5:30 Stamp Club	20 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up Double Deck Pinochle Euchre 1:00 Balanced Yoga for Wellness Streaming: My Octopus Teacher Pinochle 1:30 Tennis League Mixed Doubles 4:30 Pickleball 5:00 Film: Falling for Christmas 5:30 Dementia Caregiver Support Group 6:00 Coin Club	21 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Open Studio Writer's Corner 10:00 Bowling League 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Holiday Traditions Around the World	22 9:15 Friday Fitness 10:00 Limber Up 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
25 Closed for the Holidays!	26 Closed for the Holidays!	27 Closed for the Holidays!	28 9:30 Palette & Brush Club Pottery Open Studio Bowling League 12:00 Canasta 12:30 Pickleball Chair Yoga & Meditation 1:30 Closes at 3:00 pm	29 9:15 Friday Fitness 10:00 Limber Up 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles



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PROJECT WARMTH

November 27 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!

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HOURS

Monday through Thursday
from 8:30 am to 7:30 pm
Friday
from 8:30 am to 3:00 pm

HOLIDAY HOURS

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

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Residents of Birmingham, Bingham Farms, Beverly Hills, and Franklin
\$55/year Single Membership
\$70/year Family Membership
All Other Communities
\$80/year Single Membership
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