



Your Place to Stay Active & Connected

SEPTEMBER/OCTOBER 2023

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 excited to continue our cultural series with an in-depth look at the United Kingdom! Look for entertainers, amazing speakers, movies, cuisine and travel opportunities featured throughout September and October!



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

THE HISTORY OF BREXIT

Frank Cardimen, Professor of Business - Oakland University

Thursday, September 7 at 6:00 pm

Cost: Complimentary members / \$5 guests

Oakland University's

Professor Cardimen will provide a complete history of BREXIT, the UK leaving the European Union with detailed results and current conditions. Was this a good strategy and exit for the UK — and was it a good exit for the European Union? Generously sponsored by Pomeroy Senior Living.



OKTOBERFEST AT BEVERLY PARK

Thursday, September 14 at 5:00 pm

Cost: \$18 members / guests

Please register by Friday, September 8



Enjoy classic Rock 'n' Roll performed by our local favorite, the six-piece rock band The AnTekes. Enjoy delicious brats, sauerkraut, potato salad and streusel along with a cold one! Looking forward to another fun evening! In the event of inclement weather, Oktoberfest will be at Midvale. Kindly sponsored by The Big Night Out, American House Stone, and American House Elmwood.

"YE OLDE ENGLISH LANGUAGE, OR IS IT?"

Dr. Brett Griffiths, Ph. D., English Instructor - Schoolcraft College

Wednesday, September 27 at 1:00 pm

Cost: Complimentary members / \$5 guests

This presentation will provide a brief overview of the historical origins and quirky eccentricities of the language we have come to know as English. Together, we will explore some of the Germanic and French influences on our language, as well as some of the ways the colonies in the British Empire have shaped and/or extended the dialect through loanwords and variations in pronunciations. We will also identify new words in English and maybe even create some of our own. Dr. Griffiths is a full-time English instructor at Schoolcraft College and has published academic work in peer-reviewed scholarly journals and books.



CELTIC CONCERT: An Evening of Scottish Pipes & Drums

Tuesday, October 3 at 6:15 pm

Cost: Complimentary members / \$5 guests

Grab your finest kilt or Harris Tweed and join us for a wee bit of Celtic fun with Terrence J. Bradley, owner/operator of Bagpipe Music Unlimited and bagpiper and percussionist, and Megan Neuendorf, engineer by day, but Highland Drummer, Celtic Fiddler and banjo player by night. They will perform

a selection of Traditional Marches, Piobaireachd (classical music of the Great Highland bagpipe) and even a few banjo tunes. You don't want to miss this!



EXPLORE THE UK

THURSDAY EVENING SPEAKER SERIES @ NEXT

Kindly sponsored by Pomeroy Senior Living. For additional lectures during September and October, see page 7.

THE AMERICAN REVOLUTION

Bruce Zellers, Professor - Oakland University

Thursday, October 5 at 6:00 pm

Cost: Complimentary members / \$5 guests



For 150 years, England's North American colonies lived in harmony with their mother country. There were tensions, but no serious thoughts of independence. However, English attitudes and policies changed after 1760 and the expats on this continent gradually came to believe that only

independence would serve their needs and protect their interests. The American Revolution came.

WILLIAM SHAKESPEARE IN CONTEXT

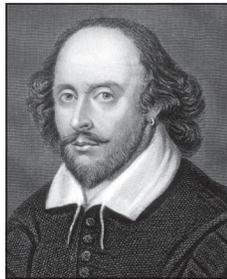
Bernadette Kelly, B.A., M.A., Ph.D. Candidate

- Wayne State University

Thursday, October 12 at 6:00 pm

Cost: Complimentary members / \$5 guests

Nearly 400 years ago today, Shakespeare's First Folio was published. Arguably the most famous author of his period, his 37 plays, 150+ sonnets and poems continue to entertain audiences. While we don't know much about Shakespeare's personal life, the Bard's oeuvre holds insight into both England's popular culture and aristocratic entertainment. As a low-born actor who worked until he could buy himself a title, his writing appealed to those from all walks of life. This presentation will introduce Shakespeare and provide an overview of the time period, including those who influenced his work. And we will dive into the theatrical world discussing The Globe and Blackfriars Theater, the places most Shakespeare plays were performed. We will also explore why Shakespeare is a valuable part of the literary canon by examining various themes that famously transcend time.



ROBERT BURNS & THE NATION OF SCOTLAND

Sean Farrell Moran, Ph.D., Associate Professor,

Modern British & Irish History - Oakland University

Thursday, October 19 at 6:00 pm

Cost: Complimentary members / \$5 guests

The national poet of Scotland, Robert Burns, has come to symbolize Scottish national identity. We will explore the history of what it means to be a Scot and Burn's critical role in defining that identity.

CHILDREN OF THE DRAGON:

Welsh & British History

John Ellis, Ph.D., Associate Professor of History - University of Michigan, Flint

Thursday, October 26 at 6:00 pm

Cost: Complimentary members / \$5 guests

This presentation provides an overview of Welsh and British culture, history and nationalism. We will examine the language, customs, politics, festivals, music and art. Wales is primarily represented by the symbol of the red Welsh dragon. While sharing many customs with the other nations of the United Kingdom, Wales also has its own distinction — which we will learn about.

MORE LECTURES EXPLORING THE UK

AN INTRODUCTION TO HERALDRY

Derek Blount, Vice President - Oakland County Genealogical Society

Thursday, September 14 at 1:00 pm

Cost: Complimentary members / \$5 guests

This program will give a general introduction to the art and history of Heraldry. The origin and design of coats of arms, as well as the granting of arms, will be discussed. Derek will show the primary forms used in the design of arms and how they relate to their owner. If you have a family coat of arms you'd like to share, feel free to bring it to the presentation.

SHAKESPEARE'S WOMEN

Lisa Kander, Ph.D. - Wayne State University

Thursday, September 21 at 12:00 pm

Cost: Complimentary members / \$5 guests

Shakespeare's work, along with many other classics of Western literature, has been criticized for misogynistic representation of women. Are Lady Macbeth, Rosalind, Juliet, Viola and Kate now hopelessly outdated and offensive characters — or might Shakespeare's theatrical genius overcome the stereotypes of the bygone era? Using examples of Shakespeare's women from comedy and tragedy, we'll explore the possible answers to these questions. Kindly sponsored by The Avalon of Bloomfield Township.

AGATHA CHRISTIE - QUEEN OF MYSTERY

Peggi Tabor, Ph. D., Agatha Christie fan, SOAR contributor

Tuesday, October 17 at 1:30 pm

Cost: Complimentary members / \$5 guests

Explore the life and work of Agatha Christie. Included in the discussion will be a look at events from her very interesting life that informed her huge body of work. We will hear about her mysterious 11-day disappearance and take a peek at some of Ms. Christie's most famous protagonists and the celebrities who played them on stage and screen. Generously sponsored by American House Stone and American House Elmwood.

VOTE YES ON PROP 1



SUPPORT SENIORS

The City of Birmingham

WHY DO WE NEED A SENIOR MILLAGE?

Birmingham has purchased the YMCA building to provide a permanent home for senior services, with NEXT as the service provider and to —

- Support operations and planning for growth of our senior community
- Fund the first steps to make the building suitable for senior services
- Provide dedicated funding for senior services

WHY DOES NEXT HAVE TO MOVE?

- Next membership has increased 150% in the last ten years
- Birmingham senior population is projected to grow to 30% by 2045
- There is no available room to expand at Midvale where Next currently resides

WHY SHOULD YOU VOTE YES ON PROP 1?

- It will help to keep Birmingham as a "Senior Friendly" community
- To retain a large and growing population vital to Birmingham property values and business economy
- And because supporting seniors is what caring communities do!

WHAT WILL THIS COST ME?

- Approximately \$96/year for the average residential taxpayer
- The increase will be largely offset by a decrease in debt service millage.

Please find more information on the City of Birmingham's website and Citizens Supporting Seniors advocacy group's website at www.citizensupportingseniors.org.

Join us to learn more about Prop 1 - The Birmingham Senior Millage on September 13th at 1:00 pm at Next.

JOIN US AT NEXT & BEYOND CELEBRATING THE UK

The United Kingdom is prevalent in many metropolitan areas — and our area is no different. *(final copy to come)*

CORKTOWN: Lunch at McShanes Irish Pub & Whiskey Bar plus Shopping at Eldorado General Store & All Things Marketplace

Thursday, September 21

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

Cost: \$15 members / \$20 guests (Transportation ONLY)

Enjoy lunch on your own at McShanes Irish Pub & Whiskey Bar. Word around town is that they do a great Fish & Chips! After lunch take a stroll down Michigan Avenue and hit the local Corktown shopping store destinations at Eldorado General Store and All Things Marketplace. Lunch AND shopping — who's in?

A TASTE OF THE UK

Tuesday, October 10 at 12:00 noon

Please register by Thursday, October 5

Cost: \$5 members / \$8 guests

Oyez, oyez, oyez! We hereby invite all townspeople to a lunch fit for a king! Well, ok, maybe not fit for a king, but fine and somewhat authentic, nonetheless. As part of our focus on The United Kingdom, we will be serving Shepherd's Pie, Irish Soda Bread and a pudding of some sort, promptly at noon. God Bless the King! Kindly sponsored by Samaritas Senior Living of Bloomfield Hills.

AUSTENTATIOUS TEA TALK

Barbara Gulley, Barb's Tea Service

Thursday, October 26

Tea at 12:30 pm; Speaker at 1:00 pm

Cost: Complimentary members / \$5 guests

Barbara Gulley returns to Next to discuss Jane Austen's life in England's Regency period: her novels, family, homes and tea. Barbara will share photos of her own visits to Jane Austen's homes in Chawton, Bath and Winchester, as well as places where Ms. Austen socialized and shopped in Bath and London. She will also cover the importance of tea in Jane's daily life and in some of her novels. Prior to the Tea Talk, we will have a tea service, including tea, of course, and a proper sweet treat. Fascinators and frilly hats welcome. Graciously sponsored by Cedarbrook of Bloomfield Hills.



EXPLORE THE UNITED KINGDOM THROUGH STREAMING & FILMS

STREAMING @ NEXT

Take a closer look at Great Britain's Royalty with the BBC (British Broadcasting Company's) Royal Family Documentaries.

BORN TO BE THE KING

Documentary

Wednesday, September 6 at 1:00 pm

Cost: Complimentary members / \$5 guests

As Prince Charles, he was the longest serving heir apparent in history. After the death of his beloved mother, Queen Elizabeth II, Charles finally ascended to the throne as King Charles III. But, what sort of monarch will he become? In this BBC royal family documentary, those who know him well discuss his personality, what he achieved as Prince of Wales and how he will adapt to the role as Britain's new king.

Length: 1 hour 58 minutes

PRINCESS MARGARET: QUEEN OF MUSTIQUE

Documentary

Wednesday, September 20 at 1:00 pm

Cost: Complimentary members / \$5 guests

Scandalous affairs, X-rated party games, a rumored rock star lover and even an alleged bank robbery. Queen Elizabeth's sister, Princess Margaret loved the Caribbean Island of Mustique. But her time there was mired in controversy. With archive footage, insider testimony and expert interviews this royal family documentary reveals what the original royal party girl really got up to on her Caribbean hideaway.

Length: 52 minutes

SECRETS OF ROYAL TRAVEL

Documentary

Wednesday, October 11 at 1:00 pm

Cost: Complimentary members / \$5 guests

The British Royal Family are the most well-travelled monarchy in history. The Queen alone had been around the world 42 times, clocking up over one million air miles. This series tells the inside story of the monarchy on the move, taking us inside some of the most famous and yet secretive transport in the world.

The conveyance of royalty, whether to Balmoral or Buffalo, by steam or by jet, has always had its own mysterious traditions and protocols. This will open the door to the private world of the Royal Train and the Royal Flight. With exclusive insight from the people responsible for looking after the Queen and her family as they traveled Britain and the globe, this remarkable archive of unexpected stories offers a rare insight into the Royals. Join us as we climb on board the world's most exclusive locomotive and take to the skies for the five-star luxury of the Queen's Flight.

Length: 1 hour 30 minutes

DIANA'S DECADES - 70s, 80s & 90s

Documentary - 2020

Wednesday, October 25 at 1:00 pm

Cost: Complimentary members / \$5 guests

This series looks at how Princess Diana encapsulated the spirit of the age and inspired profound social change. Princess Diana was an icon who both captured and transformed the spirit of the times. Following how this thoroughly modern princess emerged from the spirit of the 1970s and helped transform not just the Royal Family, but Britain itself.

Length: 2 hours

FEATURE FILMS

See more Featured Films during September/October on page 14.

THE YOUNG VICTORIA

Wednesday, September 13 at 5:00 pm

Cost: Complimentary members / \$5 guests

As the only legitimate heir of England's King William, teenage Victoria (Emily Blunt) gets caught up in the political machinations of her own family. Victoria's mother (Miranda Richardson) wants her to sign a regency order, while her Belgian uncle schemes to arrange a marriage between the future monarch and Prince Albert (Rupert Friend), the man who will become the love of her life.

Rated PG 1 hour 45 minutes

DUNKIRK

Wednesday, October 4 at 5:00 pm

Cost: Complimentary members / \$5 guests

In May 1940, Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were safely evacuated.

Rated PG 13 1 hour 46 minutes

THANK YOU FOR YOUR GENEROUS CONTRIBUTIONS TO THE 2023 ANNUAL FUND DRIVE!

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HAPPENINGS AT NEXT

TRIVIA TIME! with Tricia Olevnick

Mondays, September 18 and October 9 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.

THE STORY OF MOTAWI TILEWORKS

Nawal Motawi, Owner and Artistic Director of Motawi Tileworks in Ann Arbor

Tuesday, September 19 at 1:00 pm

Cost: Complimentary members / \$5 guests

You may have seen Motawi tiles in Leon and Lulu's, Gormans, the DIA or in a number of other locations around town. Now you have the opportunity to meet the owner and artistic director of this wonderful company and ceramics studio. Nawal Motawi will tell the story of Motawi Tileworks, including its history, tile design, business philosophy and its use of progressive practices including Toyota's Lean Manufacturing, in its tile-making. Plus, throughout the presentation, you'll see a variety of beautiful tile designs. Motawi Tileworks was recognized by Forbes magazine as a "Small Giant" — a company that chooses to be great instead of big!

SKINCARE FOR MATURE WOMEN

Elizabeth Geck, Licensed Esthetician, Birmingham Walgreens on Woodward

Tuesday, September 26 at 1:00 pm

Cost: Complimentary members / \$5 guests

Join us as licensed esthetician, Elizabeth Geck, discusses skin types and the different skin concerns women may experience as they age. She will talk about the different elements that make up a healthy skincare routine including, cleansers, toners, exfoliators, thermal spring water, treatment balms, serums, moisturizers and more! Participants will be able to sample products with disposable applicators. There will also be samples to take home. Appropriate safety and sanitation practices will be followed throughout Elizabeth's demonstrations. Learn some new beauty secrets from an expert!

MAKING THE MOVE TO SENIOR LIVING

Dr. Farideh Bagne, Owner, President and CEO of Magnolia by the Lakes

Thursday, October 5 at 11:00 am

Cost: Complimentary members / \$5 guests

Thinking about making a move to a senior living community? Join us as Dr. Farideh Bagne gives expert advice on how to choose the right one. She will share things you should know and things you should ask. How to prepare for your move. What you should know about Long-term Care Insurance and Veterans Benefits. Downsizing doesn't have to be scary! A light lunch will be served.

HEALTH EXPO & FLU SHOT CLINIC

Thursday, September 28 from 10:00 am to 1:00 pm

Please join us for this important event featuring 25+ vendors providing information on a variety of health services.

Some will be offering raffles at their table. Bloom Medical of Birmingham will be providing the high dose flu shot specifically for seniors, as well as the regular dose shot.

Please remember to bring your identification and insurance cards. Most insurances, including Medicare are accepted.

Call the office at 248-203-5277 to schedule an appointment.

Walk-ins are welcome but may have a longer wait.

COSMETICS FOR MATURE WOMEN

Elizabeth Geck, Professional Makeup Artist and Licensed Esthetician, Birmingham Walgreens on Woodward

Monday, October 16 at 1:00 pm

Cost: Complimentary members / \$5 guests

Join us as professional makeup artist for over 25 years and licensed esthetician, Elizabeth Geck, discusses makeup for mature women. She will explain the most ideal options based on your skin, as well as challenges with cosmetics as you age. Learn to customize the tried and true techniques you may already know into the trends of today, to modernize a routine that is flattering to YOU! Ideally, you will have already participated in the skincare class from September prior to joining her for this makeup instruction.

POPULAR READS BOOK CLUB

Mondays, September 11 and October 2 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The September book selection is *Hello Beautiful* by Ann Napolitano — and the October selection is *Tom Lake* by Ann Patchet. Register at Next and Baldwin Public Library will provide the book.

NON-FICTION BOOK GROUP via Zoom

Tuesdays, September 12 and October 10 at 10:00 am

Facilitated by Jaclyn Miller, Associate Director Baldwin Public Library. Join us to discuss *South to America* by Imani Perry in September and *Storm in a Teacup* by Helen Czerskit in October. Register at Next and Baldwin Public Library will provide the book.



BIRMINGHAM INFORMATION

BALDWIN LIBRARY CANDIDATE FORUM

League of Women's Voters

Tuesday, September 12 at 6:30 pm

Cost: Complimentary – Community welcome

Join us at Next to learn more about the four candidates running for one of the three seats available on the Baldwin Library Board; Wendy Friedman, Karen Gilbert Rock, Curtis Trimble, and Jennifer Wheeler. This forum will give you the opportunity to see firsthand why each candidate is running and what they hope to contribute to the Baldwin Library and the community.

PROP 1 EXPLAINED

Information on the Birmingham

Senior Millage November 2023

Wednesday, September 13 at 1:00 pm

Cost: Complimentary - open to the community

Gather at Next to learn more about the proposed Senior Millage on the November 7th 2023 Birmingham ballot. This initiative, known as Prop 1, will allow the City of Birmingham to start the preliminary work needed on the YMCA building that will benefit both organizations, Next and the YMCA. Hear from members of the Citizens Supporting Seniors committee working to raise awareness about the importance of the millage and learn how you can get involved.

MEET JANA ECKER

Birmingham's New City Manager

along with Alex Bingham, Birmingham's City Clerk

Wednesday, September 20 1:00 pm

Cost: Complimentary – community welcome

Jana will be here at Next to discuss all things Birmingham — the new Strategic Plan, the new 2040 Plan, sustainability efforts, the new Aging in Place Committee, purchase of the YMCA for the new Next community center, as well as new development projects in the works around town. Please join us as we welcome Jana and congratulate her on her new position!

Alex Bingham, City Clerk for the City of Birmingham, will also be with us to discuss changes to the voting procedures including new this year, early voting, where Oakland County will be piloting this effort for the state of Michigan. Learn where to vote early, how to obtain an absentee ballot and where you can find drop boxes in the city as well as other important considerations.

ADDITIONAL THURSDAY EVENING SPEAKERS

SPEAKER SERIES @NEXT

Sponsored by Pomeroy
— Senior Living —



Cost: Complimentary
members / \$5 guests

Join us on Thursdays
Evenings at 6:00 pm

September 21 - JULIE DAWSON, ARTIST, AUTHOR & PHILANTHROPIST

Julie Dawson

Some of us may know Julie Dawson as a remarkable artist, others may know of the Sillybillies books she authored or Julie's dedication to the World Association of Girl Guides and Girl Scouts or her sorority, Delta Gamma. Julie is a visionary with a purpose! Victor Pytko, Artist and Videographer has created a remarkable 30-minute video that really tells Julie's story. We will view the video, "Art with a Purpose: The Sillybillies" with Julie who will then share her perspectives and insight into "Art with a Purpose" and her personal and financial commitment to changing Hate to Appreciate to Celebrate!



September 28 - DETROIT PUBLIC LIBRARY

Susan Goren Kalisy, B.A., M.Ed., MLIS – Volunteer Reference Librarian – Baldwin Public Library



The Woodward Avenue Detroit Public Library is one of Detroit's finest gems. Noted architect Cass Gilbert designed the magnificent structure and hired the finest artists and artisans of the day to work with him on this project. This presentation will explore the physical building, as well as the murals, paintings, iron work and Pewabic tile installations. Included is information about the 1963 addition and the impressive artists who contributed at that time.



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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.

DRAWING WORKSHOP

● Part Two: Advanced Drawing

Tuesdays, September 5 through September 26
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.

WATERCOLOR PAINTING WORKSHOP

Wednesdays, September 13 through November 8
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, September 7 through November 2
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, 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.

FIRED AND FUSED: Glass Creations Workshop

Friday, September 15 and/or October 20
from 11:00 am to 1:00 pm

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

Join us for a fun experience working with fused glass with Helen Agius-Andreae, artist, instructor and owner of Fired and Fused glass creations! 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 vase. 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! All tools and materials will be provided.

PALETTE & BRUSH

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.

PHOTOGRAPHY CLUB

Thursdays, September 14 and October 12
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.

PHOTO RETOUCH WORKSHOP

Wednesdays, September 27 and October 4
from 10:00 am to 12:00 noon
Cost: \$50 members / \$55 guests

Join artist/instructor Mark Downing and learn techniques of digital photo retouching. Re-touch your photos using free open source software to alter/create various aspects of digital images and improve their overall presentation. You will learn how to touchup digital photos — removing blemishes, imperfections, and people, and enrichen color and details. Turn photos into works of art by replacing backgrounds, adding people and other objects, and creating composite photos to tell a vacation story in a single print. The classes will be held in the computer lab. Reference photos will be used to teach basics of touchup. Or, bring your own photos on a thumb drive and follow along with the instructions applied to the reference photos. Each class will cover unique techniques so you will have an opportunity to learn many of the GIMP features. Please contact Mark Downing with any questions at mdowning@comcast.net.

DIGITAL ART (PAINTING) WORKSHOP

Wednesdays, October 11, 18 from 10:00 am to 12:00 noon
Cost: \$50 members / \$55 guests

Join artist/instructor Mark Downing and explore the world of Digital Art. Digital art is any artwork that draws upon digital technology as an essential part of its creative process. In this workshop you will learn how to use software to create your very own original works of art. You will grasp how digital brushes work; how to use a variety of techniques to paint different layers of your art; how to use digital effects to manipulate your paintings; how to use reference photos in the digital world, and how to convert photos into artistic impressions. Each class will start with a reference photo and students will use 3 to 10 brushes and other effects to paint new/original artwork. Each class will use unique brushes so you have an opportunity to learn many of the brushes through the series of classes. Software installation classes will be scheduled as needed to assist in installation on your own computer. Please contact Mark Downing with any questions at mdowning@comcast.net.

ONLINE PRINTING WORKSHOP

Wednesday, October 25 from 10:00 am to 12:00 noon
Cost: \$25 members / \$30 guests

Join artist/ instructor Mark Downing in printing your works of art and photos on canvas, glass, metal and other medium using online print services. We will look at three services, the materials offered, and the steps required to prepare your art for printing. During the class you will be using the free open source application GIMP to perform the simple steps to prepare your art to be printed. Bring your own art on a thumb drive so you can follow along in the class. Please contact Mark Downing with any questions at mdowning@comcast.net.

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!

OPEN ART STUDIO

Wednesdays from 2:00 pm

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

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

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: \$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.

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

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: \$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.

Please join us for
the Golf Classic
to Benefit Next

Friday, September 8

Shotgun start at 2:00 pm

...and don't miss your

opportunity to bid on many sought

after and unique items during the silent auction in the hallways of Next the week before the Golf Classic and on the day of the tournament at Springdale Golf Course.

More information can be found on the Next website.



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: \$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.

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.

TAI CHI FOR HEALTH with Cheryl Goodwin Beginner Class

Wednesdays from 2:30 to 3:30 pm

(No class September 20 or 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.

TAI CHI FOR HEALTH with Cheryl Goodwin Intermediate Class

Fridays from 10:00 to 11:00 am

(No class September 22 or 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.

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!

TENNIS LEAGUE - MIXED DOUBLES

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

Resumes Wednesday, September 6 and Friday, September 8

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.
Resumes September 14

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 FORD 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.

ORTHOPEDIC ISSUES AS WE AGE

Tuesday, September 12 at 1:00 pm

Cost: Complimentary / \$5 guests

Is that turned ankle appointment worthy? What steps can you take to manage your arthritis symptoms? How has technology changed hip and knee replacement surgeries? Join us as Orthopedic Surgeon, Dr. Robert Wier answers these questions and more about your muscles, joints and bones. A light lunch will be served.

VASCULAR HEALTH

Tuesday, October 24 at 1:00 pm

Cost: Complimentary / \$5 guests

We all know that our body changes as we age, but did you know our veins and arteries change as well? Join Vascular Surgeon Dr. Tamer Boules as he explains how to plan for vascular health changes including abdominal aortic aneurysms, peripheral arterial disease and leg circulatory problems, strokes, mini strokes and more! A light lunch will be served.



DAY TRIPS



JULIE DAWSON ART TOUR: Home/Gallery/Studios/Gardens

Wednesday, September 6
from 1:00 to 4:00 pm

Bus leaves at 12:45 pm, returns
about 4:15 pm

Cost: \$10 members / \$15 guests

Birmingham watercolor artist, author, designer, and photographer, Julie Dawson, invites you into her world of art, travels and flowers. She uses her home and gardens as her studio and gallery. Her art is inspired by extensive, independent travels in 101 countries, painting her favorite memories of animals, flowers and children. Julie has also written and illustrated 6 children's books, creates complex personalized watercolor kaleidoscopes, and a coffee table photography book about bells and her travels. She has developed a line of products with her art, and creates designs for use in clothing, household goods, and paper products. Gather with friends and spend three fun, lovely hours with Julie touring her home, gallery, studios, and gardens.

SENIOR DAY AT THE DETROIT ZOO

Wednesday, September 13

Bus leaves Next at 9:45 am, returns about 1:15 pm

Cost: \$10 members / \$15 guests

The Detroit Zoo is home to 125 acres of expansive habitats that house more than 2,600 animals in the heart of our magnificent city. Known as being the first US zoo to feature barless habitats, the Detroit Zoo is an internationally recognized leader in animal welfare, conservation and sustainability. If you are 62 and older, YOU are invited to enjoy a special day at the Detroit Zoo. Senior Day features live entertainment, tram tours, bingo, habitat chats and a senior resource area. We will spend 3 hours taking in "Vitamin Z" (and hopefully Vitamin D). Join us, take a walk on the wild side, and get inspired with engaging, meaningful, and memorable experiences that encourage appreciation and stewardship of nature! Also a great opportunity to get your steps in and grab a bite to eat if you choose. Remember — PLEASE DON'T FEED THE ANIMALS! Here's looking at ZOO!

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.

OLD MARINERS' CHURCH: Tour & Lunch at Sinbad's Wednesday, September 27

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

Cost: \$25 members / \$30 guests

Mariners' Church of Detroit was founded in 1842 by Julia Ann Anderson, at a time when Michigan had only been a state for five years. The church was created as a non-denominational, independent parish



with a focus on providing a free place of worship for sailors, and maritime travelers of the Great Lakes. Originally at the foot of Woodward Avenue, Mariners' moved its building to its current location in 1955. Mariners' has long served the Detroit community in a variety of ways, including two Sunday services, a noon-time Thursday service, Sunday School, weekly Bible studies, and several outreach programs for the community. Mariners' parishioners come from varied Christian backgrounds — yet all come together to worship at this "House of Prayer for All People", listed on the National Register of Historic Places in 1971. The church grounds contain a bronze sculpture of George Washington wearing the apron of a master mason by Donald De Lue. Take an hour long docent led tour. Please note there are several sets of stairs both outside and inside the church. There isn't a parking lot, so the bus will be dropping off and picking up on Jefferson Avenue. After the tour enjoy lunch on your own at Sinbad's. Sinbad's since 1949 is celebrating 73 years of providing Detroit with a one of a kind dining experience at the Detroit River.

THE PURPLE DOOR TEA ROOM

Thursday, October 12

Bus departs Next at 11:40 am, returns about 2:20 pm

Cost: \$55 members / \$60 guests

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



**DETROIT SYMPHONY ORCHESTRA
Friday Morning Coffee Concerts**

Bus departs Next at 9:45 am,
returns about 1:30 pm
Please pre-register, space is limited.

**Friday, October 6 - LET'S GROOVE TONIGHT:
MOTOWN & THE PHILLY SOUND**

Cost: \$65 members / \$70 guests

Detroit's Motown defined an era. Not to be outdone, Philadelphia created its own essential listening. Philly Sound hits like Ain't No Stoppin' Us Now, You'll Never Find Another Love Like Mine, and You Make Me Feel Brand New, face off with Motown classics, including What's Going On, I Heard It Through the Grapevine, I'm Coming Out and more.

**Friday, October 20 - KORINGOLD'S VIOLIN
CONCERTO (CLASSICAL)**

Cost: \$40 members / \$45 guests

Violinist Clara-Jumi Kang is an artist "as ready to caress as to attack" (The strad). In her DSO debut, she takes command in Koringold's gorgeously cinematic concerto. We hear new "feisty, Energy-packed" music (The Guardian) by composer Arlene Sierra, and Zemlinsky's programmatic adventure takes us through the fairytale dramas of Hans Christian Anderson's original Little Mermaid.

Friday, October 27 - LATIN FIRE

Cost: \$65 members / \$70 guests

Latin Fire is a passion-filled celebration of Latin-American orchestral hits, matched with the firework virtuosity of acclaimed Costa Rican trumpeter Jose Sibaja and Mexican vocalist Monica Abrego. Enjoy a sizzling-hot program featuring Tico-Tico no Fuba, Besame Mucho, Granada, Carmen Suite, and Brasil.

**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.

THE SOLANUS CASEY CENTER

Wednesday, October 18

Bus leaves Next at 9:15 am, returns about 1:00 pm

Cost: \$25 members / \$30 guests

The Solanus Casey Center opened in 2002 and is a pilgrimage place and spiritual oasis on Detroit's east side near the Islandview neighborhood and contains the tomb of Father Solanus Casey. Born in 1870, Casey joined the Capuchin Franciscan friars, a religious order within the Roman Catholic Church. He worked in Detroit from 1924 to 1945 and would counsel and pray with people going through hard times. Father Solanus helped found the Capuchin Soup Kitchen during the Great Depression, to provide food for the city's less fortunate, and still is in operation today. We welcome you to learn more about Fr. Solanus, his cause for sainthood, and the center that is devoted to his spirit and holiness. The award-winning center strives to be a place of pilgrimage, healing, reconciliation and peace. Experience an hour-and-a-half docent led tour of the center. A little extra time has been allotted for the on-site "On the Rise" bakery and café, and to browse the gift shop if you choose. The Café offers sandwiches, soups, coffee and beverages, as well as baked goods.

**IMANI IMMERSIVE GALLERY
& LUNCH AT THE EMORY**

Thursday, October 26

Bus departs Next at 11:15 am, returns about 2:20 pm

Cost: \$35 members / \$40 guests

PREPARE TO BE IMMERSED! A new immersive art gallery has opened in downtown Ferndale, offering visitors a unique experience. The Imani Immersive Gallery, features a state-of-the-art 360 projection mapped room that is filled with custom designed digital artworks and a collection of audio and visual sensations. Immersive art experiences harness technologies, and digital projection to enable viewers to enter the work of art and become a protagonist within it. The Imani Gallery will feature rotating exhibits/attractions allowing for new experiences and repeat visits. On our visit you will escape to an African Safari! Submerge yourself in this interactive fun-filled artistic outlet for people of all ages to enjoy. After the "safari" enjoy lunch on your own at the Emory, an Eco-minded American eatery with locally sourced fare, reclaimed-hardwood furnishings and a chic bar.

FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

September 6 - SILVER LININGS PLAYBOOK

After losing his job and wife, and spending time in a mental institution, Pat Solatano (Bradley Cooper) winds up living with his parents (Robert De Niro, Jacki Weaver). Things get complicated when Pat meets Tiffany (Jennifer Lawrence).
Rated R 2 hours 2 minutes

September 20 - SWEET HOME ALABAMA

New York fashion designer Melanie (Reese Witherspoon) is engaged to the city's most eligible bachelor. But the redneck husband she married in high school, Jake (Josh Lucas), refuses to divorce her. Melanie sneaks back home to Alabama to confront her past.
Rated PG 13 1 hour 48 minutes

September 27 - UNKNOWN: CAVE OF BONES

Journey to South Africa's Cradle of Mankind, where Paleo-anthropologist Lee Berger has found the world's oldest graveyard. If Lee and his team can prove that this ancient, ape-like creature practiced complex burial rituals, it will change everything we know about evolution and the origins of belief.
Rated TV PG 1 hour 33 minutes

October 11 - LOVE WEDDING REPEAT

While trying to make his sister's wedding day go smoothly, Jack finds himself juggling an angry ex-girlfriend, an uninvited guest with a secret, a misplaced sleep sedative, and the girl who got away in alternate versions of the same day.
Rated TV MA 1 hour 40 minutes

October 18 - DEAD POETS SOCIETY

A new English teacher, John Keating (Robin Williams), is introduced to an all-boys preparatory school. He uses unorthodox methods to reach out to his students, where they learn to break out of their shells, pursue their dreams and seize the day.
Rated PG 2 hours 8 minutes

October 25 - MONA LISA SMILE

Katherine Watson (Julia Roberts) is hired to teach art history at the prestigious all-female Wellesley College, in 1953. Determined to confront the outdated mores, Katherine inspires her students to challenge the lives they are expected to lead.
Rated PG 13 1 hour 57 minutes

See page 4 for more films celebrating the UK



ENRICHMENT

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, September 7, 21 and October 5, 19
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's email 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.



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HEALTH & NUTRITION

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Mondays, September 11 and October 2

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, September 11 and October 9 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, September 20 and October 9

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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HEALTH EXPO & FLU SHOT CLINIC

Thursday, September 28 from 10:00 am to 1:00 pm
 Please join us for this important event featuring 25+ vendors providing information on a variety of health services. Some will be offering raffles at their table. Bloom Medical of Birmingham will be providing the high dose flu shot specifically for seniors, as well as the regular dose shot. Please remember to bring your identification and insurance cards. Most insurances, including Medicare are accepted. Call the office at 248-203-5277 to schedule an appointment. Walk-ins are welcome but may have a longer wait.



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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.

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.



Sunrise of Bloomfield

Wednesday, September 20 - Bus departs at 11:00 am

A fun and vibrant community located in a quiet Bloomfield Hills neighborhood. Sit on the beautiful wraparound porch, look into the fun and engaging activities offered, plan an outing to the nearby shopping centers, restaurants, parks, or enjoy the exceptional dining experience at Sunrise. Various floor plans are available to fit your needs and your lifestyle. Remember this is hassle-free living which features housekeeping, transportation, and other amenities!!!

Samaritas Senior Living of Bloomfield Hills

Wednesday, October 18 - Bus departs at 11:00 am

An extraordinary senior living community!! Located on seven acres of beautifully landscaped and tranquil woodlands. Enjoy peaceful strolls on the walking path and relax in the gazebo next to a koi pond. Make use of the Wellness Center, weekly workout classes, and other various amenities. Featuring one and two bedroom apartments which can be adapted to your needs. Also, Assisted Living is available with homelike settings of studio and one bedroom apartments. The wonderful location offers great walking areas, shopping and restaurants.

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.

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EUCHRE

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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.

Please contact the Next office at 238-203-5270, if you have an interest in taking Mah Jongg lessons in November/December.

CANASTA

Tuesdays and Thursdays from 12:00 noon to 2:00 pm

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.

BINGO

Monday, September 18 and October 2, 16 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 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.

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.

BIRMINGHAM STAMP CLUB

Tuesdays, September 5, 19 and October 3, 17 at 5:30 pm

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

COIN CLUB

Wednesdays, September 20, and October 18 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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PLAN GIVING

Pat Meyers, The Meyers Family Foundation
A special thank you to Pat for her generous and sustaining gift to Next.

MEMORIALS

Robin Adams in memory of Marilyn Popyk Cantin
The Myerson Family in memory of Lynn Hill.
In Memory of Ed Pugh: Bob and Pat Koenigsknecht, Mary Letscher, Thomas and Mary Jane Russell, Colin and Jackie Stewart, Sally Teague and Sylvia Whitmer.

GOODS & SERVICES

Sue Leydorf, Kristin Lumsten and Cindi Mosher.

INDIVIDUAL

Christine Bookmyer, Catherine Briggs, Susan Davis, Judy Martens, Jackie Rossi, 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

Our condolences to the family

and friends of... Jim Brown, Sharon Finnie, John Flatter, Mary Lyle, Marilyn Popyk Cantin Terry Robidoux, and Stevan Simich.

Our thoughts are with you... Eileen Buck, Nancy Balog, Bob Borgon, Lee Carleton, Cindy Hind, and Dolores Lane.

MEET OUR NEWEST MEMBERS

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

Harry and Nubia Ash, Caroline Ashleigh, Sandy Berman, Peggy Brenton, Chrissy DiGiovanni, Susan Dodenhoff, Luba Doty, Janet Gibb, Raymond and Diane Howard, Larry and Miriam Imerman, Pat Judd, Rose Lehnerer, John and Kris Martin, Marianne Martz, Donal and Eleni O’Leary, Veronica Parrottino, Barbara Rosko, Annette Ryska, Ives Sedell, Ayaz and Doris Sheikh, Margaret Sherk, Richard and Irene Soble, Gayle Sokolsky, Gary and Mary Straffon, Patricia Stuart, and Bayron Warner.

WELCOME BACK

We are excited to catch up with those members who are reconnecting with Next: Christopher and Catherine Caminsky, Genevieve Finley, Helga McCann, Aida Meizlish, Sheila Robidoux, Arthur Stuart, Marianne Winters, and Dawn Zemke.

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	1
<p style="text-align: center;">Closed for Labor Day!</p>	<p>10:00 Drawing Workshop Part Two: Advanced</p> <p>11:00 Womens Roundtable</p> <p>12:00 Canasta</p> <p>12:30 Socki</p> <p>Partners Bridge</p> <p>1:00 Chess -Join the Fun!</p> <p>1:30 Chair Yoga & Meditation</p> <p>2:30 Tuesday Jazz</p> <p>4:00 Yoga for Well Being</p> <p>4:30 Pickleball</p> <p>5:30 Stamp Club</p>	<p style="text-align: center;">Julie Dawson Art Tour</p> <p>9:00 Men's Roundtable</p> <p>9:15 Wednesday Flow Yoga</p> <p>10:00 Needle Arts Open Studio</p> <p>Limber Up</p> <p>Euchre</p> <p>1:00 Streaming: Born to be King</p> <p>Balanced Yoga for Wellness</p> <p>Pinochle</p> <p>1:30 Tennis League Mixed Doubles</p> <p>2:00 Open Art Studio</p> <p>2:30 Tai Chi for Health: Beginner Class</p> <p>4:30 Pickleball</p> <p>5:00 Movie: Silver Linings Playbook</p>	<p>9:00 Low Impact Aerobics</p> <p>9:30 Palette & Brush Club</p> <p>Pottery Open Studio</p> <p>Writer's Corner</p> <p>Canasta</p> <p>12:30 Pickleball</p> <p>1:00 Studio Art</p> <p>1:30 Chair Yoga & Meditation</p> <p>3:00 Yoga-Inspired Stability</p> <p>4:00 Chess Lessons</p> <p>4:30 Pickleball</p> <p>5:00 Chess Club</p> <p>6:00 Lecture: The History of Brexit</p>	<p style="text-align: center;">Closed for Labor Day!</p>
11	12	13	14	15
<p>9:00 Low Impact Aerobics</p> <p>9:15 Stretch & Relax</p> <p>10:00 Knitting & Crocheting</p> <p>Limber Up</p> <p>10:15 Line Dancing</p> <p>11:00 Blood Pressure & Oxygen Clinic</p> <p>11:15 Duplicate Bridge</p> <p>12:30 Pickleball</p> <p>1:00 Popular Reads Book Club</p> <p>Mah Jongg</p> <p>Pinochle</p> <p>4:30 Pickleball</p> <p>5:30 Parkinson's Support Group</p>	<p>10:00 Non-Fiction Book Club</p> <p>Drawing Workshop Part Two: Advanced</p> <p>11:00 Womens Roundtable</p> <p>12:00 Canasta</p> <p>12:30 Socki</p> <p>Partners Bridge</p> <p>1:00 Orthopedic Issues As We Age</p> <p>Chess -Join the Fun!</p> <p>Chair Yoga & Meditation</p> <p>2:30 Tuesday Jazz</p> <p>4:00 Yoga for Well Being</p> <p>4:30 Pickleball</p> <p>6:30 Baldwin Library Candidate Forum</p>	<p style="text-align: center;">Senior Day at Detroit Zoo</p> <p>9:00 Men's Roundtable</p> <p>9:15 Wednesday Flow Yoga</p> <p>10:00 Needle Arts Open Studio</p> <p>Limber Up</p> <p>Euchre</p> <p>1:00 Proposal 1 Explained</p> <p>Balanced Yoga for Wellness</p> <p>Pinochle</p> <p>1:30 Tennis League Mixed Doubles</p> <p>2:00 Watercolor Workshop</p> <p>Open Art Studio</p> <p>2:30 Tai Chi for Health: Beginner Class</p> <p>4:30 Pickleball</p> <p>5:00 Movie: The Young Victoria</p>	<p style="text-align: center;">Oktoberfest at Beverly Park</p> <p>9:00 Low Impact Aerobics</p> <p>9:30 Palette & Brush Club</p> <p>Pottery Open Studio</p> <p>Photography Club</p> <p>Bowling League</p> <p>12:00 Canasta</p> <p>12:30 Pickleball</p> <p>1:00 Lecture: An Introduction to Heraldry</p> <p>Studio Art</p> <p>1:30 Chair Yoga & Meditation</p> <p>3:00 Yoga-Inspired Stability</p> <p>4:00 Chess Lessons</p> <p>4:30 Pickleball</p> <p>5:00 Next Oktoberfest at Beverly Park</p> <p>Chess Club</p>	<p>9:15 Friday Fitness</p> <p>10:00 Limber Up</p> <p>Tai Chi for Health: Intermediate Class</p> <p>Fired & Fused Glass Creations</p> <p>11:00 Duplicate Bridge</p> <p>12:00 Current Events</p> <p>12:30 Pickleball</p> <p>1:00 Mah Jongg</p> <p>Pinochle</p> <p>1:30 Tennis League Mixed Doubles</p>
18	19	20	21	22
<p>9:00 Low Impact Aerobics</p> <p>9:15 Stretch & Relax</p> <p>10:00 Knitting & Crocheting</p> <p>Limber Up</p> <p>10:15 Line Dancing</p> <p>11:15 Duplicate Bridge</p> <p>12:30 Pickleball</p> <p>1:00 Mah Jongg</p> <p>Pinochle</p> <p>Bingo</p> <p>3:00 Trivia Time!</p> <p>4:30 Pickleball</p>	<p>10:00 Drawing Workshop Part Two: Advanced</p> <p>11:00 Womens Roundtable</p> <p>12:00 Canasta</p> <p>12:30 Socki</p> <p>Partners Bridge</p> <p>1:00 The Story of Motawi Tileworks</p> <p>Chess -Join the Fun!</p> <p>Chair Yoga & Meditation</p> <p>2:30 Tuesday Jazz</p> <p>4:00 Yoga for Well Being</p> <p>4:30 Pickleball</p> <p>5:30 Stamp Club</p>	<p style="text-align: center;">Sunrise-Bloomfield Housing Tour</p> <p>9:00 Men's Roundtable</p> <p>9:15 Wednesday Flow Yoga</p> <p>10:00 Needle Arts Open Studio</p> <p>Limber Up</p> <p>Euchre</p> <p>1:00 Streaming: Princess Margaret: Queen of Mustique</p> <p>Meet Jana Ecker</p> <p>Balanced Yoga for Wellness</p> <p>Pinochle</p> <p>1:30 Tennis League Mixed Doubles</p> <p>2:00 Watercolor Workshop</p> <p>Open Art Studio</p> <p>4:30 Pickleball</p> <p>5:00 Movie: Sweet Home Alabama</p> <p>5:30 Dementia Caregiver Support Group</p> <p>6:00 Coin Club Resumes</p>	<p style="text-align: center;">Corktown Lunch at McShanes & Shopping</p> <p>9:00 Low Impact Aerobics</p> <p>9:30 Palette & Brush Club</p> <p>Pottery Open Studio</p> <p>Writer's Corner</p> <p>Bowling League</p> <p>10:00 Lecture: Shakespeare's Women</p> <p>Canasta</p> <p>12:30 Pickleball</p> <p>1:00 Studio Art</p> <p>1:30 Chair Yoga & Meditation</p> <p>3:00 Yoga-Inspired Stability</p> <p>4:00 Chess Lessons</p> <p>4:30 Pickleball</p> <p>5:00 Chess Club</p> <p>6:00 Lecture: Julie Dawson Artist, Author, Philanthropist</p>	<p>9:15 Friday Fitness</p> <p>10:00 Limber Up</p> <p>11:00 Duplicate Bridge</p> <p>12:00 Current Events</p> <p>12:30 Pickleball</p> <p>1:00 Mah Jongg</p> <p>Pinochle</p> <p>1:30 Tennis League Mixed Doubles</p>
25	26	27	28	29
<p>9:00 Low Impact Aerobics</p> <p>9:15 Stretch & Relax</p> <p>10:00 Knitting & Crocheting</p> <p>Limber Up</p> <p>10:15 Line Dancing</p> <p>11:15 Duplicate Bridge</p> <p>12:30 Pickleball</p> <p>1:00 Mah Jongg</p> <p>Pinochle</p> <p>4:30 Pickleball</p>	<p>10:00 Drawing Workshop Part Two: Advanced</p> <p>11:00 Womens Roundtable</p> <p>12:00 Canasta</p> <p>12:30 Socki</p> <p>Partners Bridge</p> <p>1:00 Skincare for Mature Women</p> <p>Chess -Join the Fun!</p> <p>Chair Yoga & Meditation</p> <p>2:30 Tuesday Jazz</p> <p>4:00 Yoga for Well Being</p> <p>4:30 Pickleball</p>	<p style="text-align: center;">Old Mariners' Church & Sinbad's</p> <p>9:00 Men's Roundtable</p> <p>9:15 Wednesday Flow Yoga</p> <p>10:00 Photo Retouch Workshop</p> <p>Needle Arts Open Studio</p> <p>Limber Up</p> <p>Euchre</p> <p>1:00 Ye Olde English Language, or is it?</p> <p>Balanced Yoga for Wellness</p> <p>Pinochle</p> <p>1:30 Tennis League Mixed Doubles</p> <p>2:00 Watercolor Workshop</p> <p>Open Art Studio</p> <p>4:30 Pickleball</p> <p>5:00 Movie: Unknown: Cave of Bones</p>	<p style="text-align: center;">Health Expo & Flu Shot Clinic</p> <p>9:00 Low Impact Aerobics</p> <p>9:30 Palette & Brush Club</p> <p>Pottery Open Studio</p> <p>Bowling League</p> <p>10:00 Canasta</p> <p>12:30 Pickleball</p> <p>1:00 Studio Art</p> <p>1:30 Chair Yoga & Meditation</p> <p>3:00 Yoga-Inspired Stability</p> <p>4:00 Chess Lessons</p> <p>4:30 Pickleball</p> <p>5:00 Chess Club</p> <p>6:00 Lecture: The Detroit Public Library</p>	<p>9:15 Friday Fitness</p> <p>10:00 Limber Up</p> <p>11:00 Duplicate Bridge</p> <p>12:00 Current Events</p> <p>12:30 Pickleball</p> <p>1:00 Mah Jongg</p> <p>Pinochle</p> <p>1:30 Tennis League Mixed Doubles</p>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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 Popular Reads Book Club Mah Jongg Pinochle Bingo 4:30 Pickleball	3 11:00 Women's Roundtable 12:00 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 6:15 Celtic Concert: An Evening of Scottish Pipes & Drum Music	4 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Photo Retouch Workshop Needle Arts Open Studio Limber Up Euchre 1:00 Balanced Yoga for Wellness Pinochle 1:30 Tennis League Mixed Doubles Watercolor Workshop Open Art Studio 2:30 Tai Chi for Health: Beginner Class 4:30 Pickleball 5:00 Movie: Dunkirk	5 9:00 Low Impact Aerobics Palette & Brush Club 9:30 Pottery Open Studio Writer's Corner 10:00 Bowling League 11:00 Making the Move to Senior Living 12:00 Canasta 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The American Revolution	6 DSO - Let's Groove Tonight 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
9 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 3:00 Trivia Time! 4:30 Pickleball 5:30 Parkinson's Support Group	10 10:00 Non-Fiction Book Club 11:00 Women's Roundtable 12:00 A Taste of the UK 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	11 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Digital Art (Painting) Workshop Needle Arts Open Studio Limber Up Euchre 1:00 Streaming: Secrets of Royal Travel Balanced Yoga for Wellness Pinochle 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop Open Art Studio 2:30 Tai Chi for Health: Beginner Class 4:30 Pickleball 5:00 Movie: Love Wedding Repeat	12 The Purple Door Tea Room 9:00 Low Impact Aerobics Palette & Brush Club 9:30 Pottery Open Studio Photography Club Bowling League 12:00 Canasta 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: William Shakespeare in Context	13 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
16 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 Cosmetics for Mature Women Mah Jongg Pinochle Bingo 4:30 Pickleball	17 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Chess -Join the Fun! 1:30 Agatha Christie Queen of Mystery Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball 5:30 Stamp Club	18 The Solanus Casey Center Samaritans Housing Tour 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Digital Art (Painting) Workshop Needle Arts Open Studio Limber Up Euchre 1:00 Balanced Yoga for Wellness Pinochle 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop Open Art Studio 2:30 Tai Chi for Health: Beginner Class 4:30 Pickleball 5:00 Movie: Dead Poets Society 5:30 Dementia Caregiver Support Group 6:00 Coin Club	19 9:00 Low Impact Aerobics Palette & Brush Club 9:30 Pottery Open Studio Writer's Corner Bowling League 12:00 Canasta 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Robert Burns & The Nation of Scotland	20 DSO - Koringold's Violin Concerto 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class Fired & Fused Glass Creations Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
23 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	24 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Vascular Health Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga for Well Being 4:30 Pickleball	25 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Online Printing Workshop Needle Arts Open Studio Limber Up Euchre 1:00 Streaming: Diana's Decades - 70s, 80s, 90s Balanced Yoga for Well Being Pinochle 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop Open Art Studio 2:30 Tai Chi for Health: Beginner Class 4:30 Pickleball 5:00 Movie: Mona Lisa Smile	26 Imani Immersive Gallery 9:00 Low Impact Aerobics Palette & Brush Club 9:30 Pottery Open Studio Bowling League 10:20 Austentatious Tea Talk Canasta 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Children of the Dragon: Welsh & British History	27 DSO - Latin Fire 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
30 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	31 11:00 Women's Roundtable 12:00 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			



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**SUPPORT
 SENIORS**

November 7, 2023

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 George Dilgard, Secretary
 Jay Reynolds, Past President

BOARD MEMBERS

Christine Allen
 Greg Burry
 Sandy Debicki
 Stuart Jeffares
 Bob Koenigsknecht
 Julie Mandich
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 Lori Soifer
 Joe Valentine
 W. Douglas Weaver, M.D.
 Rock Abboud, Beverly Hills Liaison
 Kathy Mechigian, Bingham
 Farms Liaison
 Pierre Boutros, Birmingham Liaison
 Michael Seltzer, Franklin Liaison

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.

MEMBERSHIP DUES

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

All Other Communities
 \$80/year Single Membership
 \$95/year Family Membership