



Your Place to Stay Active & Connected

SEPTEMBER/OCTOBER 2024

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

CARIBBEAN CARNIVAL

Wednesday, September 25 at 5:00 pm
Members/Guests \$15



Please join us at Beverly Park to party Jamaican style. We will come together to dance, savor cultural music and indulge in delicious Caribbean food. The Gratitude Steel Band, here for a few nights direct from Jamaica will

share their talents performing with two steel drums. Enjoy great food, great music and great friends!

HALLOWEEN SOCIAL

Thursday, October 31 at 1:00 pm
Cost: Complimentary



Join us in the Next lobby on Halloween for delicious doughnuts and cider and get to know other Next members. (Masks and/or costumes optional.) What a great combination: the beauty of fall in Michigan, Halloween, cider, doughnuts and friends! No Tricks here, just Treats.

Let's celebrate together!

HEALTH EXPO & FLU SHOT CLINIC

Thursday, October 3, from 10:00 am to 1:00 pm

Please join us for this important event featuring vendors providing giveaways! Oakland County Health Department will be providing the high dose Flu shot specifically for seniors, as well as the regular dose shot, also Covid and Pneumonia vaccines. Please remember to bring your identification and insurance cards. Most insurances, including Medicare are accepted. Please call the office to schedule an appointment. Walk-ins are welcome but may have a longer wait.

RESOLVE TO END CHRONIC PAIN

Thursday, October 3, 12:00 pm

While at the Expo, join us for our feature speaker, Aaron Wallace, owner of Balance Your Fitness. Take home priceless strategies and a risk free opportunity to change your life.

A TUSKEGEE AIRMAN'S FIRSTHAND ACCOUNT OF WORLD WAR II Lt. Colonel Harry T. Stewart Jr., Tuskegee Airman and Centenarian

Thursday, October 10, 6:00 pm

Among the last surviving members of the Tuskegee Airmen, Lt. Col. Harry T. Stewart, Jr. will share his story of joining the U.S. Army Air Corps and receiving his wings when he was 19. During World War II, he flew 43 combat missions as a fighter pilot targeting parts of Germany, Austria and France. He received a Distinguished Flying Cross for destroying three German aircraft and is one of only four Tuskegee Airmen to have earned three aerial victories in a single day of combat. One memorable moment was when he and his teammates won the first place trophy during the "Top Gun" fighter gunnery competition. Join us for this once in a life time lecture.





HAPPENINGS AT NEXT

A MODERN WANDER THROUGH THE ANCIENT MAYAN WORLD Jim Craft, Traveler

Thursday, September 5 at 1:00 pm

Cost: Complimentary members / \$5 guests

This is largely a story of a neophyte exploring the remnants of a great civilization. Over the past ten years, Jim Craft has taken a number of trips into the Yucatan and Central America. It has evolved into a great interest in the ancient Mayan world. The objective of this talk is not only to provide insight into this 3,000-year-old culture, but also to inspire travel. The Mayan world is very reachable and much can be seen in relative luxury, but it is also possible to get well off the beaten track. Either way, visitors can experience a society about which, much is unknown but, thanks to modern technology, much will be learned in the coming years.

TRIVIA TIME! with Tricia Olevnick

Mondays, September 9 and October 7 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.

SPANISH CONVERSATION FOR COGNITIVE WELL-BEING Instructor, Carla Bartlett

Wednesdays, September 11 through October 16
3:30 to 4:30 pm

Cost: 6-week series: \$120 members / \$125 guests

This course is open to students who have completed earlier sessions with Señora Bartlett, as well as those individuals who have had some exposure to the Spanish language in the past. The class is designed to provide a stimulating and engaging environment for individuals interested in learning Spanish while promoting cognitive health. Through interactive conversation activities, this course aims to enhance mental agility, memory and linguistic skills, all while fostering social connections and cultural understanding. In this course, participants will explore daily conversational topics. Your instructor, Señora Carla Bartlett, will guide you through various activities and exercises designed to challenge your brain, improve language proficiency and keep your cognitive abilities sharp. Señora Bartlett is a native Spanish speaker and fluent in Italian. She currently teaches high school Spanish.

SENIOR LIFE ADVISOR COUNCIL

Thursday, September 12 at 11:00 am

Register by September 10

Cost: Complimentary - members / \$5 guests

A distinguished team of trusted advisors will address your questions and offer essential resources and solutions important to the 50+ community. Professional advisors will offer information about: Independent Living/Assisted Living/Memory Care, Financials, Medicare, Funeral Planning, Moving, Care Transition, Organizing, Rehabilitation, PT and OT, Home Health Care, Private Duty, Hospice, Power of Attorney, Law, Estate Planning and Respite. Complimentary snacks and beverages will be provided. Join us!

PREPARING FOR HOME DOWNSIZING AND AN UPCOMING MOVE

Steffanie Porter, Home Organizing and Move Management Specialist with TidySmart

Tuesday, September 17 at 1:00 pm

Cost: Complimentary members / \$5 guests

Planning to move soon? Ready to downsize? Join us for some valuable tips from move management professionals from TidySmart Organizing Solutions. Learn how to prepare your home and household items for a smaller space, including how to narrow down what you take and what you don't. Gain insight into an effective moving plan. Understand the estate sale process and what to do with the items you won't be taking with you. At the conclusion of the program, you can have an item appraised as part of TidySmart's "Antique Roadshow".

GETTING HEALTHY/STAYING HEALTHY

Aaron Wallace, Owner, Balance Your Fitness

Wednesday, September 18 at 12:30 pm

Cost: Complimentary members / \$5 guests

We live in a germ-filled world. Our bodies are designed to heal themselves, when we give them the tools they need. Learn how to boost your immune system to better enable your body to naturally protect you from illness. This class will arm you with the knowledge you need to treat and prevent setbacks in your health.

THE HISTORY OF COSTUME JEWELRY

Leslie Krukowski, Black Dog Vintage, LLC

Tuesday, September 24 at 11:00 am

Cost: Complimentary members / \$5 guests

Join us as Leslie Krukowski takes us through a brief history of costume jewelry, dating back to the 1700s. She will also bring in some of her personal vintage pieces and explain the process and tools she uses to identify and date costume jewelry. Attendees are invited to bring one or two of their own pieces of costume jewelry to have them evaluated by Leslie in front of the entire group. Leslie Krukowski grew up in Southfield and has always been interested in vintage jewelry and clothing. In high school, she used to buy vintage '50s dresses and wear them with denim jackets decorated with vintage brooches. (She was THAT kid!) Over the years, her collections have grown and she buys and sells online. This past year, she took an early retirement to pursue her love for vintage jewelry, full time.

SONGS YOU LOVE BY VANESSA CARR

Thursday, September 26 at 1:00 pm

Cost: Complimentary members / \$5 guests

Vanessa Carr is a world-class entertainer, noted for her dynamic musical performances. As a singer and dancer recognized for her emotional interpretations, humorous renditions, captivating story-telling and genuine connection to audiences, Vanessa sparks joy in the hearts of her listeners. Her ever-growing repertoire includes a variety of genres including Broadway show tunes, rock n' roll, music of The Great American Songbook, opera, international favorites and soulful standards.



HAPPENINGS AT NEXT

EMILY DICKINSON'S LETTER TO THE WORLD

Jane Eberwein, author, retired Professor from OU

Tuesday, October 1 at 1:00 pm

Cost: Complimentary members / \$5 guests

In this introduction to America's most recognized woman poet, who is also paradoxically our patron saint of unacknowledged genius, we'll focus on the 1862 self-introduction Dickinson mailed to writer-editor-Abolitionist Thomas Wentworth Higginson. (Handout provided.) We'll consider her distinctive literary characteristics and consider the still-debated question of whether she intended to publish her poems. Jane Eberwein retired as Distinguished Professor Emerita from Oakland University. She is the author of Dickinson: Strategies of Limitation, editor of An Emily Dickinson Encyclopedia, co-editor of Reading Emily Dickinson's Letters and Dickinson in Her Own Time.

AN AFTERNOON CONCERT OF MOVIE MELODIES

Kelly And Darryl Roenicke, Violin and Piano Duo

Tuesday, October 8 at 1:30 pm

Cost: Complimentary members / \$5 guests

Join Kelly and Darryl for an afternoon of favorite songs from the stage and screen. Come hear this violin and piano duo perform songs from Schindler's List, Ladies in Lavender, Swing Kids, Porgy and Bess, Cinema Paradiso and many more!

THE WONDERS OF MICHIGAN NATURE JUST OUTSIDE YOUR WINDOWS

Jeremy Caverly, Owner, Backyard Birds of Bloomfield Hills

Thursday, October 10 at 1:00 pm

Cost: Complimentary members / \$5 guests

Explore the joys of feeding wild birds. Jeremy Caverly, and his wife Diana, are the owners of Backyard Birds of Bloomfield Hills. Having grown up along the shores of Charlotte Harbor and the Gulf of Mexico in southwest Florida, Jeremy brings his lifelong appreciation for wildlife to the Great Lakes Region, promoting the hobby of wild bird feeding. Whether you're an avid birder or just looking to attract feathered friends to your backyard oasis, you will enjoy Jeremy's expert tips and advice. Join us!

HAMTRAMCK THEN AND NOW

Greg Kowalski, Executive Director, Hamtramck Historical Museum

Tuesday, October 15 at 1:00 pm (Rescheduled from July)

Cost: Complimentary members / \$5 guests

This program takes an in-depth look at how Hamtramck transformed from a farming village to an industrial city in the space of 10 years and became the fastest growing town in the nation in 1915. Greg Kowalski was born in Hamtramck in 1950 and has lived there ever since. Since 2013, he has been the executive director of the Hamtramck Historical Museum. He is author of 13 books, including 11 on Hamtramck and two on Detroit.

PRESCRIPTION DRUG DISPOSAL

Nadli Arabo, MPH: Oakland County Health Division

Tuesday, October 22 at 1:00 pm Cost: Complimentary

Nadli Arabo, Oakland County Health Educator, will share how to dispose of medications safely and properly. Learn which stores in Oakland County accept medications and provide safe medication disposal kiosks. Nadli will also talk about opioids, the Opioid Crisis, statistics on opioid misuse in Oakland County and how to access Narcan and Fentanyl/Xylazine testing strips.

NAVIGATING AGING WITH LAUGHTER

Mildred Matlock, Storyteller, Humorist

Thursday, October 24 at 1:00 pm

Cost: Complimentary members / \$5 guests

If laughter is the best medicine, why just talk about laughing? Let's do it! If after listening to Mildred's real-life stories your funny bone is tickled and you can't catch your breath, attribute it to the invigorating intervention of laughing out loud. While there's no giggle guarantee, Mildred does her best to kindle a few chuckles and chortles. Mildred has been the keynoter of Wayne State University Institute of Gerontology's annual conference, "Art of Aging Successfully."

EXERCISES TO HELP PREVENT FALLS AND IMPROVE BALANCE

Raj Thangamuthu, Physical Therapist and Owner of Empower Physical Therapy

Tuesday, October 29 at 1:00 pm

Cost: Complimentary members / \$5 guests

Fact: One of every three persons age 65 and older falls each year. Fact: Falls are the leading cause of injury and accidental death in those over the age of 85. Join Raj as he takes us through a variety of exercises to help improve our balance and help reduce the chance of falls. Raj is passionate about working with people to improve balance and coordination as they age. Wear comfortable clothing and good shoes!



HEALTH & WELLNESS SERIES

HENRY FORD HEALTH

We are excited to partner with Henry Ford Health for the 2024 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.

SKIN HEALTH

Dr. Karin Roszell, MD

Thursday, September 19 at 2:00 pm

Cost: Complimentary members / \$5 guests

According to the American Academy of Dermatology, nearly one in five adults are unaware that you can get sunburned during the winter, and even fewer protect themselves from the sun before common outdoor activities in cold weather. One in seven Americans are unaware that the sun's UV rays are reflected by snow, water, and sand. Join Henry Ford Health Dr. Karin Roszell, MD, as she discusses overall skin health, including skin cancers and signs to watch for, and ways to take care of skin and protect from skin cancer development.

THE IMPORTANCE OF SLEEP

Ashley Houghteling, Nurse Practitioner

Thursday, October 17 at 12:00 pm

Cost: Complimentary members / \$5 guests

According to the National Council on Aging, an estimated 75% of older U.S. adults experience the effects of poor sleep. Join Henry Ford Health Nurse Practitioner Ashley Houghteling, as she discusses the science and stages of sleep, the benefits of sleep and good sleep hygiene practices, with tips to improve sleep quality and quantity. A light lunch will be served.

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FITNESS OFFERINGS

PARTNER YOGA WORKSHOP WITH KAREN LUTZ

Monday, October 7 from 4:30 to 6:00 pm

Cost: \$30 per couple

This yoga practice allows two people to relate to one another through assisted poses. From stretching your levels of trust to strengthening your communication, partner yoga can have a positive effect on your relationship that extends far beyond the physical. Partner yoga can be done with anyone – a friend, sibling, parent, spouse, or partner. Previous yoga experience is not necessary but a yoga mat is.

CARDIO DANCE WITH KAREN LUTZ – New!

Mondays from 3:30 to 4:15 pm (Starting September 9)

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

Join Karen for this new class that will keep you moving with easy-to-follow dance patterns. No partner or dance experience needed. You'll move to a variety of music genres to get your heart rate up. And use weights to help build muscle and strength. Wear comfortable shoes. First class free! Let's have fun!

LOW IMPACT AEROBICS with Taylor Glaspie

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.

STRETCH & RELAX with Caryn Ciagne

Mondays from 9:30 to 10:30 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 with minimal standing. A chair can be close by for extra support.

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: \$100 members / \$110 guests

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.

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.

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 while promoting a feeling of relaxation and calm.

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 traditional standing, seated and supine postures to strengthen and improve balance. Please bring a yoga mat, water, yoga blocks, strap and an optional towel.

BALANCED YOGA FOR WELLNESS with Karen Lutz Wednesdays at 1:00 pm

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

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.

TAI CHI FOR HEALTH with Cheryl Goodwin

Cheryl Goodwin, Tai Chi for Health Institute certified instructor

Tai Chi is an internal (soft) style martial art that has been shown by scientific studies to improve one's physical health with increased circulation, improved balance, and promotes a calm state of mind. Tai Chi is especially good for those with mobility issues as it can be done effectively seated. Tai Chi is appropriate for all ages, body types and abilities.

Beginner Class

Wednesdays from 2:30 to 3:30 pm

No Class September 18 and 25

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

Cost: 1 drop-in class: \$10

Intermediate Class

Fridays from 10:00 to 11:00 am

No class September 20 and 27

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

Cost: 1 drop-in class: \$10



FITNESS OFFERINGS

CARDIO BALL DRUMMING – NEW!

With Joy Simpson and Lisa Dresner Wais, Certified Drums Alive Instructors

Wednesdays from 11:00 am to 12:00 pm

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

Unleash the power of a healthier you as you revitalize your fitness journey with our exhilarating workout class. Cardio drumming engages the entire body, offering an enjoyable and active experience that promotes both physical and mental well-being. Participants have the option of standing or sitting in a chair.

FRIDAY FITNESS with Caryn Ciagne

Fridays from 9:15 to 10:15 am

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

Get moving! Meet in the gym. Walk and talk. Try out some fancy footwork: lunges, side steps, walking backwards and more all to promote strength, flexibility, balance and community. Let's have some Friday fun!

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 tqwehner@cs.com for lessons!

TENNIS - MIXED DOUBLES

Wednesdays and Fridays from 1:30 to 3:30 pm starting September 4 and 6

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 1:00 pm - 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. No need to register, just drop in. For more information call or text Janice Borsenik at 248-644-0986.



ART & CREATIVITY

FIRED AND FUSED – GLASS CREATIONS WORKSHOPS

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

Join us for a fun experience working with fused glass! Our workshops are designed for beginners or advanced fusers who want to take their skills to the next level.

Pieces need to be fired and slumped in a kiln and will be ready for pick-up within two weeks after the workshop. No experience necessary. All tools and material will be provided.

FUSED GLASS WORKSHOP

Friday, September 20 from 10:00 am to 12:00 pm

Cost: \$70 members / \$75 guests

In this workshop you will choose to create an 8" plate, bowl or votive holder or a 4"x12" tray or decorative piece. If you have never created a fused glass project we will introduce you to glass fusing and cutting techniques. You will learn how to cut and nip colorful pieces of glass that you will stack on a base piece of glass to create your unique design. If you have already taken one of our workshops you can challenge yourself to try different techniques. Come with a design idea in mind or get inspiration from one of our many samples.

FUSED GLASS CHARCUTERIE BOARDS

Friday, October 18 from 10:00 am to 12:30 pm

Cost: \$80 members / \$85 guests

In this workshop you will create an 8"x12" Charcuterie Board. If you have never created a fused glass project we will introduce you to glass fusing and cutting techniques. You will learn how to cut and nip colorful pieces of glass that you will stack on a base piece of glass to create your unique design. If you have already taken one of our workshops you can challenge yourself to try different techniques. Come with a design idea in mind or get inspiration from one of our many samples.



COSTUME JEWELRY DONATIONS

It's that time once again. Time to clean out your jewelry chest! We welcome all types of jewelry: rings, necklaces, earrings, bracelets, pins and brooches.

These donated items will then take center stage for our third "highly coveted" jewelry sale.

All proceeds will benefit Next.

Remember one person's donation is another person's treasure! Date of sale to be determined.



NEW! THE WONDERFUL WORLD OF WATERCOLOR

Tuesdays, September 10 through November 5 from 10:00 am to 12:30 pm

Cost: 9-week series: \$165 members/\$170 guests

Come join Artist/Instructor Kay Sulfaro in the amazing world of watercolor. You will enjoy and play in the rich world of color—whether brilliant, bold, subtle, or delicate. You will learn the effects one color has on another and how to create your own customized ones. Class projects will explore fundamental watercolor techniques. They will also allow you to experiment with specialized materials and approaches. Come and explore as you play with color. Skill Level: Beginner to Experienced. Materials list will be available at the front desk upon registering.

CALLIGRAPHY WITH PEN & INK

Fridays, September 27 and October 4 from 10:00 am to 12:00 noon

Cost: \$45 members / \$50 guests

Learn the art of Italic lettering with instructor Beth Johnson of Beth Johnson Creations. Beth has been teaching calligraphy for over 20 years, and has her own greeting card business! Enjoy the art of Calligraphy using pen and ink. Beth will provide step by step instruction, give tips, hints, and tricks on how to make these beautiful, and exquisite letters. Holiday card sending season is right around the corner! Materials list will be available at the front desk upon registering.

BEGINNER BASKET WEAVING

Wednesday, September 11 from 1:00 pm to 5:00 pm
or Wednesday, October 16 from 1:00 to 5:00 pm

Cost: \$50 members / \$55 guests

Next welcomes Deborah VanderLinde, PhD, aka “The Basketmak’r”. Deborah is a veteran basket weaver and instructor. She is the author of three “The Basketmak’r” pattern books and was the founding publisher of the nationally distributed quarterly, “Just Patterns: The Idea Magazine for Basketmakers.” Retired from a career as a music educator at Oakland University, Deborah enjoys introducing others to the creative process and craftsmanship in basketry by teaching classes throughout SE Michigan. Join Deb in her fun beginner’s class where you will be introduced to or review basic weaving techniques. In these classes you will construct a square market basket: this easy to weave basket features larger weavers and an oak D-handle. Cane lasher makes finishing the rim a breeze! Classic size perfect for holiday decorating or gift giving. Measures: 8” x 8” x 8”. All materials are included. These classes have a maximum of 6 participants for optimal instruction, and acknowledging that everyone moves at their own pace, we have allotted 4 hours for completion. FYI...take

the opportunity to sign up for one (or both) of these beginner’s classes to learn the FUNdamentals. Look forward to Wine baskets in November, and Mini Market baskets in December!

STUDIO ART

Thursdays, September 12 through November 14 from 1:00 pm to 3:30 pm No class October 3

Cost: 9- week series: \$161 members / \$171 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.

PHOTOGRAPHY CLUB

Thursdays, September 12 and October 10 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 information, contact the clubs email at- info@birminghamphotoclub.org

KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

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

NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

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

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.

POTTERY OPEN STUDIO

Thursdays from 9:30 am to 12:30 pm

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

SPEAKER SERIES @ NEXT

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

Please Note: Speakers can now be found under
the Activities tab in the Speakers category.

September 5 – PICTURING AMERICA Wendy Evans – Art Historian

America's art tells America's story - the optimism, struggles, humor and pain. We'll explore how people from the earliest inhabitants to today have pictured the history and landscape of the country reflecting its ideas and ideals. Images will range from realistic paintings of John Singleton Copley to modern abstractions by Jackson Pollock, from the innocent America captured by Norman Rockwell in his early work to the struggles of Black Americans seen in his late paintings and those of Black artists like Jacob Lawrence, and from inspiring views of unspoiled country by Thomas Cole to the lonely cities of Edward Hopper. These artists, and others whose work we'll see, help to build our picture of America.

September 12 – No lecture

September 19 – THE SUPREME COURT IN AMERICAN LIFE

Robert A. Sedler, J.D. – Former Constitutional Law Professor at WSU, Author

This will be an interactive discussion of recent Supreme Court decisions and the direction of the Court. There will also be a review of doctrine and precedent that seems to be well-settled. An important part of the presentation will be questions and comments from the audience.



September 26 – THE TRIUMPHS AND TRAGEDIES OF CHARLES LINDBERGH

Professor Bruce Zellers - Professor, Oakland U



Charles Lindbergh's life followed an extraordinary arc. Flying solo across the Atlantic in the 1920s, he became the epitome of American daring and bravery. In the early 1930s, with the kidnapping and

death of his son, Lindbergh became an icon of parental suffering. Then, in the late 1930s and early 1940s, as Lindbergh seemed to become an apologist for Nazism, he was widely reviled. In his final years, he sought but never achieved, redemption.

October 3 – GRACE CENTERS OF HOPE Mark Cunningham - Director of Donor Relations & Dorothy Burt - Dispatcher

Established in 1942, Grace Centers of Hope offer long-term life skills programs for those afflicted by homelessness, chemical dependency and abuse in southeast Michigan. GCH provides help and hope to those in need without any government funding. GCH offers the community and teaches accountability which is so critical for long-term success.



October 17 – RUSSIA - UKRAINE WAR ASSESSMENT

Aaron Retish, B.A., M.A., Ph.D., Associate Professor, Wayne State University

Aaron Retish returns to Next to share his expertise and perspectives on the War. After living in Russia and studying Russia's foreign affairs, he returns to talk about Russia's buildup to what has become the largest land war in Europe since WWII. He will also share what might come next in Ukraine and in Russia.



October 24 – MAGIC MUSHROOMS (PSILOCYBIN): A MEDICAL BREAKTHROUGH OR SOCIETAL DISASTER? Peggi Tabor, MBA, MS.C., Ph.D., Certified Integrated Wellness Coach

This talk explores the use of psilocybin (commonly termed "magic mushrooms") in current clinical trials for relief from drug-resistant depression, PTSD, alcohol and nicotine addiction and more. The history of its use in spiritual practices, as a recreational drug, and as a clinical therapy will be reviewed. Legalization of this substance raises both medical and societal challenges. This talk will arm the listener with the facts with which to make their own decisions.

October 31 – COWS AT THE OPERA HOUSE AND OTHER MUSEUM MYSTERIES DIA Docent

A mystery is defined as something unexplained or inexplicable, or a person or thing having qualities that arouse curiosity or speculation. The many mysteries of the DIA include stories and images, newly discovered meanings and issues of authenticity.



COMMUNITY CHAMPIONS

Community champions support the overall success of the community. They take on additional activities in support of the community. These Community Champions have gone above and beyond to support Next with their partnerships and donations.

We are hoping that Next members will support our partners with your patronage at their businesses. Each month, we'll focus on Community Champions and when you do go to the restaurant or retail store, say thanks and let them know you're from Next!

SEPTEMBER

Tiffany Florist

784 S. Old Woodward Avenue
Birmingham 48009
248-646-0333
www.tiffanyflorist.net



Tiffany Florist has been a landmark in Birmingham since 1973. We are a real brick and mortar florist. Tiffany Florist receives fresh flowers daily from around the world. We have been serving this area for many years and are known for high

quality, long lasting flowers and a 100% satisfaction guarantee. We only carry premium roses and flowers that are known for their long vase life. Tiffany Florist is very happy to be the only Haddonstone representative in Michigan!

BAKEHOUSE 46

250 W. Maple Street
Birmingham 48009
248-593-1903
www.bakehouse46.com



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at BAKEHOUSE 46. Our Birmingham location offers a warm and social ambiance, perfect for enjoying a cup of coffee and engaging in conversations with friends and family. From freshly baked pastries and sandwiches to exceptional baked good, our offerings are the perfect indulgence for any occasion. Visit us today and experience the ultimate BAKEHOUSE 46 experience.

OCTOBER

Churchill's Bistro & Cigar Bar

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248-647-4555
www.churchillscigarbar.com



Our roots began as a small family-owned tobacco shop in downtown Birmingham. Today, we strive to give our customers that same individualized service. Churchill's is a home away from home, and we treat you like

family. Churchill's has become a popular dining spot known for its excellent food, outstanding service and comprehensive bar featuring a large selection of premium and rare spirits. We have one of the most extensive humidors in the area, featuring many rare and hard-to-find cigars as well as cigars for any budget. Churchill's offers a unique dining experience with its stylish décor and welcoming ambiance that only exists in a few places worldwide. We can't wait for you to visit and begin our long-lasting friendship.

Daxton Hotel

298 S. Old Woodward Avenue
Birmingham 48009
248-283-4200
www.daxtonhotel.com



DAXTON

the culinary creativity of Madam and Café Dax, marked by seasonal ingredients and global flavors. Also, raise a glass at Geode Bar & Lounge. Slide up to the slick black marble bar under a lustrous geodesic dome to enjoy craft-made cocktails, rare and flavorful wines and appetizing lounge fare! Daxton Hotel is truly a Birmingham gem!

Daxton Hotel offers the finest services to ensure your art-forward stay is truly exceptional with fine details and artistic touches around every corner. When you stay at Daxton, prepare to delight in



NEW SEASON!
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.
Cost: \$65 members / \$70 guests

Friday, October 11
RHAPSODY IN BLUE (CLASSICAL)

Shakespeare inspired many thrilling orchestral odes. Music Director Jader Bignamini leads dances from Bernstein's West Side Story and Tchaikovsky's Romeo & Juliet Fantasy Overture, two starkly different takes on star-crossed lovers. Moved by Othello and Macbeth, Coleridge-Taylor and Verdi created dramatic masterworks of their own. In his DSO debut, pianist Wayne Marshall performs Gershwin's breakout hit Rhapsody in Blue.

Friday, October 25
MUSIC OF THE KNIGHTS

They are music's royalty- Sir Andrew Lloyd Webber, Sir Elton John, and Sir Paul McCartney. Experience the crown jewels of Broadway and pop at Orchestra Hall, featuring "Can You Feel the Love Tonight," "Circle of Life," "Phantom of the Opera," "Yesterday," "Memory," "Hey Jude," and more.

Friday, November 15
UNDER THE STREETLAMP

Former cast members from the hit musical Jersey Boys match tight harmonies and slick dance moves with old-school hits by The Drifters, Roy Orbison, Nat King Cole, The Beach Boys, and The Beatles, plus a show-stopping celebration of Frankie Valli and the Four Seasons.

We have decided to run second trips for the trips that were so popular with large wait lists in May/June

THE BELT ALLEY & MOOTZ PIZZERIA #2

Wednesday, September 18
Bus departs Next at 10:30 am, returns about 1:15 pm
Cost: \$15 members / \$20 guests

The Belt is a culturally redefined alley in Detroit that is home to murals and installations by local, national, and international artists. The project is an example of our growing interest in reimagining underutilized spaces throughout the city. This formerly desolate alley has transformed into one of the most

dynamic pedestrian-friendly public spaces in the country. It's located between Broadway and Library St. and connects Gratiot Ave. to Grand River, and the is filled with amazing artistic works from more than a dozen different artists. You can spend hours eating, drinking and looking at the art in and around The Belt, so if you're looking to kick-start your creative mind, here's how you can do it! Lunch following, on your own, at Mootz Pizzeria & Bar. Mootz is one of the best pizza restaurants in Detroit, and they serve old fashioned pies with a ton of flavor. On top of pizza, they have a wide variety of appetizers, salads, and desserts. You can't miss the garlic knots, or the meatballs.

ST. HYACINTH AND THE IVANHOE CAFÉ #2

Thursday, September 19
Bus departs Next at 9:50 am, returns about 1:30 pm
Cost: \$20 members / \$25 guests

The first Polish immigrants came to Detroit during the 1840's. In 1872, 70 Polish families lived in the city. By 1907 when St. Hyacinth Church was founded, Detroit Poles numbered over 60,000 and the majority lived in the vicinity known as Poletown. In 1907 St. Hyacinth was established as the second parish to derive from Poletown's original Roman Catholic Church, St. Albertus. It was named after a thirteenth century Polish Dominican. On May 25, 1924, parishioners dedicated/consecrated this Romanesque Revival and Byzantine style church, designed by Detroit architects Donaldson and Meier. Today St. Hyacinth is considered the most active of all of Poletown's Catholic parishes, and continues to remain a stronghold for Polonia and a true gem on the east side of Detroit. Enjoy a 45 minute guided tour of this magnificent sanctuary. Following the tour, enjoy a family style lunch on your own (\$21 per person) at the Ivanhoe Café. The lunch includes perch, potato pancakes, pierogis, grilled kielbasa, french fries, and slaw. The Ivanhoe Café, Detroit, celebrating over 100 family owned years, is home to the world famous Polish Yacht Club.

ST. JOHN ARMENIAN APOSTOLIC ORTHODOX CHURCH - SANCTUARY / MUSEUM TOUR & LUNCHEON

Wednesday, September 25 (Please register by September 10)
Bus departs Next at 9:15 am, returns about 2:30 pm
Cost: \$45 members / \$50 guests

"The Church with the Golden Dome", has invited us to experience their traditions, learn about their community, and this ancient culture. The church that started in Detroit, recently celebrated its 85th anniversary with Very Reverend Father Aren Jebejian. Father Garabed Kochakian, Master of Armenian Art and Architecture will guide a mesmerizing tour of the sanctuary, musically accompanied by Sacred Music Director



DAY TRIPS

Rubik Mailian. Tour the Alex and Marie Manoogian museum, the largest Armenian museum in North America with Lucy Ardash, Director. Models will be showcasing authentic costumes from the 13th to 19th century, as part of their “Heritage Collection”. Armenian relics from this museum were recently shared at the Metropolitan Museum of Art in New York. After the tour, savor a traditional Armenian buffet luncheon. This trip is always a favorite, and fills up quickly, don’t miss your opportunity!

JOHN K. KING BOOKS & LOS GALANES LUNCH #2

Thursday, October 3

Bus departs Next at 10:00 am, returns about 1:30 pm

Cost: \$15 members / \$ 20 guests

John K. King Used & Rare Books hardly needs an introduction to any readers in Metro Detroit. Located in a former four-story factory at Lafayette and the Lodge Expressway for thirty years, the million-book collection is the biggest in Michigan and among the largest in the United States. John King Books has long been popular destination for local bibliophiles as well as tourists, and boasts four floors containing over a million titles of used and rare books. You will have 1 and ½ hours to browse the bookstore as you choose. Maps of the building will be provided on the day of the trip. After enjoy lunch on your own at one of Mexicantown’s anchor restaurants, Los Galanes. Los Galanes offers a full menu of authentic dishes, all accompanied by warm tortillas made right in the front window.

FRANKLIN CIDER MILL

Wednesday, October 9

Bus departs Next at 11:00 am, returns about 12:30 pm

Cost: \$10 member / \$15 guests

It’s that time of year once again. The season that we all know and love so well as Michigander’s. The harvest air is crisp, apples are abundant, and nothing sounds better than fresh cider and warm donut’s! This calls for a trip to Franklin Cider Mill. While we are there you can pick up traditional baked goods, nuts, preserves, jams/jellies, the highly sought after Stakish honey, and possibly even a caramel apple. “Keep the Doctor away” with a ½ peck or a bushel of Michigan Honey Crisp, Crimson Crisp, Cortland, Empire, and Mackintosh. Leaves are falling, Autumn is calling!

CHARLES H. WRIGHT MUSEUM OF AFRICAN AMERICAN HISTORY & LUNCH AT JOE LOUIS SOUTHERN KITCHEN

Thursday, October 17

Bus departs Next at 10:30 am, returns about 2:45 pm

Cost: \$35 members / \$40 guests

Founded in 1965, the Charles H. Wright Museum houses over 35,000 artifacts and archival materials and a vision of a world

in which the adversity and achievement of African American history inspire everyone toward greater understanding, acceptance and unity! It is home to the Blanche Coggin Underground Railroad Collection, Harriet Tubman Museum, Coleman A. Young, and Sheffield Collections (a repository of documents of the labor movement in Detroit). Spend two hours on a self-guided, mind opening, life changing exploration and celebration of African American history and culture. View The Ford Freedom Rotunda and the Ring of Genealogy, and experience the museum’s 22,000 square foot, interactive core exhibit And Still We Rise, the largest single exhibition on African American history in existence. Photography is prohibited. After the museum enjoy lunch on your own, at Joe Louis Southern Kitchen. This all-day breakfast and brunch restaurant is a tribute to the world boxing champ, Joe Louis and includes a variety of meals Joe liked Himself. No matter what you order it’s bound to be a knockout!

FEDERAL RESERVE TOUR & LUNCH AT HOPCAT DETROIT

Thursday, October 24

Bus departs Next at 9:50 am, returns about 1:45 pm

Cost: \$20 members / \$25 guests

SHOW US THE MONEY! Take a one hour guided tour of the Federal Reserve Bank of Chicago (Detroit Visitors Branch). The tour includes a discussion of the Federal Reserve System and a direct view into the cash department, which disburses currency to area banks. All visitors must show a government issued photo id prior to entering the branch. Following the tour, enjoy lunch on your own at HopCat, Detroit. NOT LIKE THE BIG CHAINS. There are some things you can expect at every HopCat: friendly faces, craft beer, and comfort food. Make sure to try the renowned OG Cosmik Fries!



FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

September 4 – THE ONLY LIVING BOY IN NEW YORK

Thomas Webb's world soon comes crashing down when he learns that his father (Pierce Brosnan) is having an affair with a beautiful and seductive woman, Johanna (Kate Bekinsale). Determined to break up the relationship, Thomas winds up sleeping with her, launching a chain of events that will change everything that he thinks he knows about his family and himself. Rated R 1 hour 29 minutes

September 11 – LITTLE ITALY

Leo Campo (Hayden Christenson) and Nikki Angioli (Emma Roberts) are the respective son and daughter of rival New York pizzeria owners. Their parents' feud escalates even further when Leo and Nikki's longtime friendship blossoms into romance. Rated R 1 hour 42 minutes

September 18 – UNFROSTED

Unfrosted stars an ensemble cast that includes Seinfeld, Melissa McCarthy, Jim Gaffigan, Max Greenfield, Hugh Grant,

and Amy Schumer. The film is loosely based on the true story of the creation of Pop-Tarts toaster pastries. Rated PG13 1 hour 37 minutes

September 25 – THE DIRTY SOUTH

Sue Parker (Willa Holland) finds herself in a desperate battle to save her family's struggling bar, which is on the brink of collapse due to her father's neglect. When a handsome drifter (Shane West) comes to town, she sees him as the only chance to prevent the business from falling into the hands of a ruthless tycoon (Dermot Mullroney). However, her seemingly simple plan soon leads to larceny and lawlessness, with deadly consequences. Not Rated 1 hour 47 minutes

October 2 – MOTHER OF THE BRIDE

Stunned by her daughter's bombshell wedding announcement, Lana (Brooke Shields) soon faces another shock: the groom's father (Benjamin Bratt) is the man who broke her heart years ago. Rated TVPG 1 hour 28 minutes

October 9 – DAVID ATTENBOROUGH: A LIFE ON OUR PLANET

In his 93 years, Attenborough has visited every continent on the globe, exploring the wild places of the planet and documenting the living world in all its variety and wonder. But during his lifetime, Attenborough has also seen first-hand the monumental scale of humanity's impact on nature. Rated PG 1 hour 23 minutes

October 16 – OLD DADS

When a middle-aged father (Bill Burr) and his two best friends (Bobby Cannivale and Bookeem Woodbine) sell their company to a millennial, they soon find themselves out of step and behind the times as they struggle to navigate a changing world of culture, career and fatherhood. Rated R 1 hour 44 minutes

October 23 – THE MYSTERY OF MARILYN MONROE: THE UNHEARD TAPES

The Mystery of Marilyn Monroe: The Unheard Tapes is a 2022 American documentary film directed by Emma Cooper for Netflix. It is centered on the life and untimely death of American actress and cultural icon Marilyn Monroe and is told through archival footage and unseen interviews with friends of the star. Rated R 1 hour 41 minutes

October 30 – JUDY BLUME FOREVER

Trailblazing author Judy Blume's radical honesty changed the way millions of adolescent readers understood themselves, their sexuality, and what it meant to grow up. Rated 16+ 1 hour 37 minutes



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CARDS, TILES, COLLECTORS

NEW! SHANGHAI RUMMY

Tuesdays at 1:00 pm

Shanghai rum is a Rummy card game, based on gin rummy and a variation of Contract rummy played by 3 to 8 players. It is also known as California rummy. All skill levels welcome. For additional information contact Beverly Sankey at beverlyonline@comcast.net.

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.

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

DOUBLE DECK PINOCHLE

Wednesdays from 10:00 am to 12:00 noon

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

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.

BINGO

Monday, September 16 and October 7, 21 at 1:00 pm

Admission cost: \$2 per card for members and guests

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

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 3, 17 and October 1, 15 at 5:30 pm

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

COIN CLUB

Wednesdays, September 18 and October 16 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 by one of our talented instructors. Please contact the Next office to schedule an appointment and purchase your computer card. The Computer Lab will be available during Next business hours.

Congratulations to the winners of this year's Jigsaw Puzzle Tournament!





HEALTH & NUTRITION

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Monday, September 9th and October 7th 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.

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 9th and October 14th at 5:30 pm
The South Oakland County Parkinson's Support Group,

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!

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. For more information call 248-419-7170.

YOUNGER ONSET DEMENTIA & ALZHEIMER'S CAREGIVER SUPPORT GROUP

At this time, there are no scheduled dates. Please contact Cindy Beller at 586-453-1909 for additional information. Presented by the Michigan Chapter of the Alzheimer's Association.

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.

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.

COMMUNITY HOUSING TOURS

Join us to tour local senior living communities. There are many wonderful options in the area and this is a great opportunity to gather information. You will be picked up and returned to Next and we will enjoy a complimentary lunch as part of the tour! Please call Next at 248-203-5270 to make a reservation if you would like to join us. **Next Tour To Be Announced!!!**



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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 care-givers. 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

Curb-to-curb 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.

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.

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.

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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ENRICHMENT

POPULAR READS BOOK CLUB

Mondays, September 9 and October 7 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The September book selection is *Go As A River* by Shelley Read – and the October selection is *Real Americans* by Rachel Khong. Register at Next — and Baldwin Public Library will provide the book.

NON-FICTION BOOK GROUP (via Zoom)

Tuesdays, September 10 and October 8 at 10:00 am

Facilitated by Jaclyn Miller, Associate Director of the Baldwin Public Library, join us to discuss *Solito: A Memoir* by Javier Zamora September, and *Extremely Online* by Taylor Lorenz in October. 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.

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 5, 19 and October 3, 17 from 9:30 am to 11:30 am

Join a diverse group of Next members who share a common interest in writing. Thanks to Sara Burnside for all of her dedication and leadership over the past years. 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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A key component of selecting an agent is feeling comfortable with the person who is going to help you find your next home. Whether listing or buying, I listen, guide, and consult, but I will not tell you what to do. I will help empower you in this next phase of your life.

From the westernmost part of the Detroit area to the Detroit River, and all the way north of Clarkston, I am knowledgeable about the areas and able to tailor to what you want to do. My job is to listen to you, support you, and make this move as smooth as possible.



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STREAMING @ NEXT!

TILL – BAFTA Film Nominee

Tuesday, September 3 at 11:00 am

Cost: Complimentary members / \$5 guests

In this emotional true story, Mamie Till-Mobley relentlessly pursues justice for her 14 year old son who, in 1955, was lynched while in Mississippi. Length: 2 hours, 10 minutes Rated: PG13

I AM: CELINE DION – Documentary

Tuesday, September 17 at 11:00 am

Cost: Complimentary members / \$5 guests

Directed by Academy Award nominee Irene Taylor, I Am: Celine Dion gives us a raw and honest behind-the-scenes look at the iconic superstar's struggle with a life-altering illness. Serving as a love letter to her fans, this inspirational documentary highlights the music that has guided her life while also showcasing the resilience of the human spirit. Length: 1 hour 42 minutes Rated: PG

JFKs Women – The Scandals Revealed – Documentary

Tuesday, October 1 at 11:00 am

Cost: Complimentary members / \$5 guests

John F. Kennedy was arguably the most charismatic President of the 20th Century and with all that charm came a hidden life of reckless sexual adventure. He had a confirmed affair with Marilyn Monroe and at least five of his endeavors posed a potential threat to national security as some of them were thought to be Soviet spies. Discover the true story of John F. Kennedy's women. Length: 52 minutes

THE BLUE ANGELS – Documentary

Tuesday, October 15 at 11:00 am

Cost: Complimentary members / \$5 guests

The Blue Angels follows the newest class of the storied Navy and Marine Corps flight squadron through intense training and into a season of heart-stopping aerial artistry, and the veterans on the team who, this year, will take their final flights. Length: 1 hour 32 minutes



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Jody Brooks, George and Susan Dilgard, Christopher Doozan and Beata Lamparski, Kristi Hansen, Malcolm and June Hendy, Jim and Diana Mack, Judy Martens, Janet Stenger, Jon and Kathy Walgren, and Dr. W. Douglas Weaver.

PLANNED GIVING

Thank you Pat Meyers for making Next and healthy aging part of your legacy!

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
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Pat Brooks, Support Services
Kim Holmes, Facility Operations
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MEET OUR NEWEST MEMBERS

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

Patricia Bentley, Karen Dudek, Nancy Eisinger, Mike Elledge, Marc and Linda Garrison, Chester and Judith Guillmet, Barbara Hambleton, Samuel Hays, Marsha Hoffert, Jim and Kitty Kenning, Clifford and Anita King, Richard Koslowski and Pamela Stec, Mary Kuvari, Various Menzel, Ram Misra, Alla Molodtsova, Maxine Mondshine, Merrill Peterson, Trudy Quinlan, Chester Stempien, Nan Tuttle, Mafalda Vallone, Michael Zalenko, and Sara Zimmerman.

WELCOME BACK

We are excited to catch up with those members who are reconnecting with Next:

Heather Armbruster, Stuart and Patty Bordman, Julie Busch, Lee Goodyear, Marybeth Grim, Carolyn Herman, Cornelius Koreman, Richard McMains, Susan Rosen and Irene Schmidt.

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

Our condolences to the family and friends of...

Flo Hadley, Charlie Sanders and Robert Babcock

We are thinking of you...

Helen Butler, Pat Klein, Anita Malys, and Bernie Muench.

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>LABOR DAY!</p>	<p>3</p> <p>11:00 Streaming: Till 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being! 4:30 Pickleball 5:30 Stamp Club</p>	<p>4</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Cardio Ball Drumming 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tennis - Mixed Doubles 2:30 Tai Chi Beginner 4:30 Pickleball 5:00 Movie: The Only Living Boy in New York</p>	<p>5</p> <p>9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 12:00 Canasta 12:30 Pickleball 1:00 A Modern Wander Through the Ancient Mayan World 1:00 Bowling 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Picturing America with Wendy Evans</p>	<p>6</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles</p>
<p>9</p> <p>9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Popular Reads 1:00 Pinochle 1:00 Mah Jongg 3:00 Trivia Time! 3:30 Cardio Dance - New! 4:30 Pickleball 5:30 Parkinson's Support Group</p>	<p>10</p> <p>10:00 Non-Fiction Book Club 10:00 Wonderful World of Watercolor 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being! 4:30 Pickleball</p>	<p>11</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Cardio Drumming 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Basket Weaving 1:30 Tennis - Mixed Doubles 2:30 Tai Chi - Beginner 3:30 Spanish Conversation for Cognitive Well-Being 4:30 Pickleball 5:00 Movie: Little Italy</p>	<p>12</p> <p>9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 9:40 Dharma Gate Zen Center & Lunch at Ridley's Bakery & Cafe 10:00 Photography Club 11:00 Senior Life Advisor Council 12:00 Canasta 12:30 Pickleball 1:00 Bowling 1:00 Studio Art- Session 1 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 No Lecture</p>	<p>13</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Pinochle 1:00 Golf Classic to Benefit Next Mah Jongg 1:30 Tennis - Mixed Doubles</p>
<p>16</p> <p>9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Bingo 1:00 Mah Jongg 3:30 Cardio Dance - New! 4:30 Pickleball</p>	<p>17</p> <p>10:00 Wonderful World of Watercolor 11:00 I Am: Celine Dion 11:00 Womens Roundtable 12:00 Importance of Sleep 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Preparing For Home Downsizing and an Upcoming Move 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being! 4:30 Pickleball 5:30 Stamp Club</p>	<p>18</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 10:30 The Belt Alley & Mootz Pizzeria 11:00 Cardio Ball Drumming 12:30 Getting Healthy/Staying Healthy 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tennis - Mixed Doubles 3:30 Spanish Conversation for Cognitive Well-Being 4:30 Pickleball 5:00 Movie: Unfrosted 6:00 Coin Club</p>	<p>19</p> <p>9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 9:50 Saint Hyacinth Church & The Ivanhoe Cafe 12:00 Canasta 12:30 Pickleball 1:00 Studio Art- Session 1 1:00 Bowling 1:30 Chair Yoga and Meditation 2:00 Skin Health 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Supreme Court in American Life</p>	<p>20</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Fired & Fused 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle 1:30 Tennis - Mixed Doubles</p>
<p>23</p> <p>9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 3:30 Cardio Dance - New! 4:30 Pickleball</p>	<p>24</p> <p>10:00 Wonderful World of Watercolor 11:00 The History of Costume Jewelry 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being! 4:30 Pickleball</p>	<p>25</p> <p>9:00 Men's Roundtable 9:15 St. John Armenian Church Tour & Luncheon 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Cardio Drumming 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tennis - Mixed Doubles 3:30 Spanish Conversation for Cognitive Well-Being 4:30 Pickleball 5:00 Caribbean Carnival at Beverly Park 5:00 Movie: The Dirty South</p>	<p>26</p> <p>9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 12:00 Canasta 12:30 Pickleball 1:00 Bowling 1:00 Songs You Love by Vanessa Carr 1:00 Studio Art- Session 1 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Triumphs & Tragedies of Charles Lindbergh</p>	<p>27</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Calligraphy- Pen & Ink 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle 1:30 Tennis - Mixed Doubles</p>
<p>30</p> <p>9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 3:30 Cardio Dance - New! 4:30 Pickleball</p>				

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: center;">1</p> <p>10:00 Wonderful World of Watercolor Streaming: JFK's Women - The Scandals Revealed 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Emily Dickinson's Letter to the World 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being! 4:30 Pickleball 5:30 Stamp Club</p>	<p style="text-align: center;">2</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Cardio Ball Drumming 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tennis - Mixed Doubles 2:30 Tai Chi - Beginner 3:30 Spanish Conversation for Cognitive Well-Being 4:30 Pickleball 5:00 Movie: Mother of the Bride</p>	<p style="text-align: center;">3</p> <p>9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Health Expo & Flu Shot Clinic 10:00 John K. King Books & Los Galanes lunch 12:00 Canasta 12:00 Resolve to End Chronic Pain 12:00 Speaker & Flu Shots 12:30 Pickleball 1:00 Studio Art- Session 1 1:00 Bowling League 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Grace Centers of Hope</p>	<p style="text-align: center;">4</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi Intermediate 10:00 Calligraphy - Pen & Ink 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle 1:30 Tennis - Mixed Doubles</p>
<p style="text-align: center;">7</p> <p>9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Bingo 1:00 Pinochle 1:00 Popular Reads Book Club 1:00 Mah Jongg 3:00 Trivia Time! 3:30 Cardio Dance - New! 4:30 Partner Yoga Workshop 4:30 Pickleball</p>	<p style="text-align: center;">8</p> <p>10:00 Wonderful World of Watercolor 10:00 Non-Fiction Book Club 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:30 An Afternoon Concert of Movie Melodies 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball</p>	<p style="text-align: center;">9</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Cardio Ball Drumming 11:00 Franklin Cider Mill 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tennis - Mixed Doubles 2:30 Tai Chi Beginner 3:30 Spanish Conversation for Cognitive Well-Being 4:30 Pickleball 5:00 Movie: David Attenborough: A Life On Our Planet</p>	<p style="text-align: center;">10</p> <p>9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Photography Club 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 The Wonders of Michigan Nature Just Outside Your Windows 1:00 Studio Art- Session 1 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Tuskegee Airman's Account of WWII</p>	<p style="text-align: center;">11</p> <p>9:15 Friday Fitness 9:15 DSO - Rhapsody in Blue 10:00 Limber Up 10:00 Tai Chi Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle 1:30 Tennis - Mixed Doubles</p>
<p style="text-align: center;">14</p> <p>9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 3:30 Cardio Dance - New! 4:30 Pickleball 5:30 Parkinson's Support Group</p>	<p style="text-align: center;">15</p> <p>10:00 Wonderful World of Watercolor 11:00 The Blue Angels 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Hamtramck Then and Now 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club</p>	<p style="text-align: center;">16</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Cardio Ball Drumming 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Basket Weaving 1:30 Tennis - Mixed Doubles 2:30 Tai Chi Beginner 3:30 Spanish Conversation for Cognitive Well-Being 4:30 Pickleball 5:00 Movie: Old Dads 6:00 Coin Club</p>	<p style="text-align: center;">17</p> <p>9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 10:30 Charles H. Wright Museum & Joe Louis Southern Kitchen 12:00 Importance of Sleep 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Studio Art- Session 1 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Russia - Ukraine War Assessment</p>	<p style="text-align: center;">18</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 10:00 Fired & Fused 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Bingo 1:00 Mah Jongg 1:00 Pinochle 1:30 Tennis - Mixed Doubles</p>
<p style="text-align: center;">21</p> <p>9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Bingo 1:00 Mah Jongg 3:30 Cardio Dance - New! 4:30 Pickleball</p>	<p style="text-align: center;">22</p> <p>10:00 Wonderful World of Watercolor 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Prescription Drug Disposal 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball</p>	<p style="text-align: center;">23</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Cardio Ball Drumming 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tennis - Mixed Doubles 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: The Mystery of Marilyn Monroe: The Unheard Tapes</p>	<p style="text-align: center;">24</p> <p>9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 9:50 Federal Reserve Tour & Hopcat Lunch 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Navigating Aging with Laughter 1:00 Studio Art- Session 1 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Magic Mushrooms: Breakthrough or Disaster</p>	<p style="text-align: center;">25</p> <p>9:15 Friday Fitness 9:15 DSO - Music of the Knights 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles</p>
<p style="text-align: center;">28</p> <p>9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 3:30 Cardio Dance - New! 4:30 Pickleball</p>	<p style="text-align: center;">29</p> <p>10:00 Wonderful World of Watercolor 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Exercises to Help Prevent Falls and Improve Balance 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball</p>	<p style="text-align: center;">30</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Cardio Ball Drumming 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tennis - Mixed Doubles 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: Judy Blume Forever</p>	<p style="text-align: center;">31</p> <p>9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Halloween Social 1:00 Studio Art- Session 1 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Cows at the Opera House</p>	



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ACTIVITY

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