



Your Place to Stay Active & Connected

MAY/JUNE 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

JOIN US FOR AN AFTERNOON OF MUSIC AND AN ICE CREAM SOCIAL

Ice Cream Social



Michael Krieger, Musician and Vocalist
Friday, May 17 at 12:30 pm
Cost: Complimentary members / \$5 guests

Join us for a little ice cream treat and socialize with your fellow Next members, then, enjoy a concert with music that spans the decades. Sit back and take in the engaging style of Michael Krieger as he sings and accompanies himself on both the guitar and piano. His program will include some popular favorites, some original tunes and he may even take a few requests from the audience. Generously sponsored by Autumn House Bloomfield.

GARDEN DESIGN WITH POLLINATORS IN MIND

Jan Bills, Certified Landscape Designer, national speaker, advanced master gardener and entrepreneur

Thursday, June 6 at 1:00 pm
Cost: Complimentary members / \$5 guests



Gardening should be our love, not our labor of love! Discover how basic design practices and beneficial pollinators go hand-in-hand. Together we will develop a shift in perspective as we explore how to design with pollinators in mind. After a successful career in the corporate world, Jan Bills made a major life reassessment and followed her heart: She traded in her heels for Wellies and started

the Detroit-area landscape design company Two Women and a Hoe® (twowomenandahoe.com). She is also the author of *Late Bloomer*.

CALLING ALL JIGSAW PUZZLE LOVERS!

Thursday, June 13 at 11:30 am
Teams must register by June 5
Cost: Complimentary

If you love a good jigsaw puzzle and enjoy some friendly competition, you need to grab two or three of your jigsaw-loving friends and sign up for Next's Jigsaw Puzzle



Tournament – Round 2! Teams of two, three or four will try to complete a puzzle within one hour. The team with the greatest portion of the puzzle completed by the end of the hour, wins! If you don't have a team, but would still like to participate, sign up; we'll find a team for you!

HOT DOGS, APPLE PIE & FRIENDS AT NEXT!

Thursday, June 27 at 12:00 pm
Cost: Complimentary members / \$5 guests

Let's start the Fourth of July celebration a little early with a red, white and blue lunch in the courtyard! Join us for a hot dog, chips and a slice of apple pie! Enjoy the sunshine and the company of fellow Next members on



a lazy summer afternoon. Sponsored by American House Stone and Elmwood.

Thank you to everyone who donated to the Empty Bowls Fundraiser benefiting Western Oakland Meals on Wheels in March. A total of \$2000.00 was raised for this well-deserving organization that delivers so much more than just a meal to those in need.



HAPPENINGS AT NEXT

TRIVIA TIME! with Tricia Olevnick

Mondays, May 6 and June 3 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. Generously sponsored by American House Stone and Elmwood.

WHAT'S THE POINT OF EXERCISE?

Aaron Wallace, Owner, Balance Your Fitness

Wednesday, May 8 at 12:30 pm

Cost: Complimentary members / \$5 guests

Are you successfully reaching your fitness goals? Have you tried gyms, classes, trainers and therapists to relieve pain, reduce weight, improve flexibility and get stronger and healthier without results? Learn the science behind reaching your goals safer, faster and easier than you've ever felt possible.

REGINA CARTER & STEVIE WONDER: SPARKED BY THE MOTOR CITY

Rochelle Forester, Learning in Retirement speaker

Thursday, May 9 at 1:00 pm

Cost: Complimentary members / \$5 guests

The Motor City has inspired countless icons of the modern musical world. Whether hearing the musical fluidity of the innovative jazz violinist, Regina Carter, or watching Little Stevie Wonder mature into the musical brilliance we recognize today, Detroit has been an incubator and inspiration for musical ideas. This program will explore these award-winning artists to find their common ground and discover how the pulse of Detroit drove their musical language. Rochelle Rosenthal Forester has had a lifelong love of music, theater and performance. A member of Actors Equity and SAG, she frequently performed at The Attic Theater, JET Theater and Michigan Opera. Now retired, she enjoys researching and sharing her love of learning with others.

SPRING INTO ACTION!

Raj Thangamuthu, Physical Therapist and Owner of Empower Physical Therapy

Tuesday, May 14 at 12:00 pm

Cost: Complimentary members / \$5 guests

It's May! How's that spring cleaning coming? Raj will help us get ready for the reaching and bending and lifting that comes with cleaning and de-cluttering. He'll show us how to use good body mechanics when pulling and pushing different objects – all with the goal of not hurting ourselves and being able to enjoy all that the upcoming warmer months have to offer. Let's do this!

TOWARD A DEMENTIA-FRIENDLY COMMUNITY

Jim Mangi, Founder and Director of Dementia-Friendly Saline, Volunteer Community Educator for the Alzheimer's Association and a Care Partner

Tuesday, May 21 at 1:00 pm

Cost: Complimentary members / \$5 guests

This talk will address the growing problem of dementia, along with positive information about dealing with it. Mr. Mangi will talk about the condition called "dementia", and brain diseases that cause it, such as Alzheimer's Disease. He will present typical dementia warning signs and what to do if they appear. He will also discuss evidence-based risk reduction strategies and emerging medical treatments. He will present easy, practical techniques that individuals, businesses and other organizations can adopt to make it less difficult for persons with dementia to shop, dine and enjoy all a community has to offer.

SPANISH CONVERSATION FOR COGNITIVE WELL-BEING -- SESSION 3

Wednesdays, April 17 through May 22

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 Senora 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, Senora Carla Bartlett, will guide you through various activities and exercises designed to challenge your brain, improve language proficiency and keep your cognitive abilities sharp. Senora Bartlett is a native Spanish speaker and fluent in Italian. She currently teaches high school Spanish.

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!



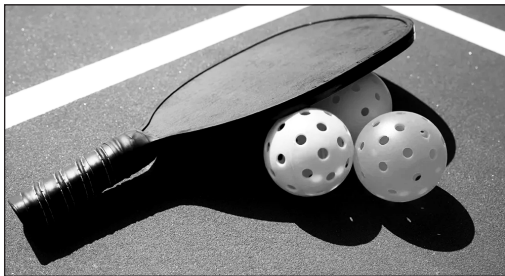
HAPPENINGS AT NEXT

ATTENTION ALL PICKLEBALLERS!

Doug Johnson and Sara Schuster of Foundation Manual Physical Therapy and Performance, Royal Oak

Thursday, May 23 at 11:00 am

Cost: Complimentary members / \$5 guests



Pickleball injuries are on the rise. Learn the most common injuries players experience and ways to prevent

them. Then, participate in a Functional Movement Screen (7 specific movements) to help identify areas that make you susceptible to injury. Learn tips, exercises and stretches/mobilizations to help improve those areas.

THE ED BLACK JAZZ BAND

Tuesday, June 18 at 6 pm

Cost: complimentary members/guests \$5.00

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

AN AFTERNOON CONCERT OF MOVIE MELODIES

Kelly and Darryl Roenicke, Violin and Piano Duo

Thursday, June 20 at 2:00 pm

Cost: Complimentary members/ \$5 guests

Kelly and Darryl will perform many favorite film themes on the violin and piano for this family-friendly program. Come hear music from The Sound of Music, The Hobbit, Harry Potter, Schindler's List, plus many other well-known songs.

A VISIT TO EASTERN EUROPE -WORLD WAR II HOLOCAUST SITES AND ISSUES

Robert E. Sullivan, Jr., Attorney and a former adjunct professor of history at Macomb Community College

Tuesday, June 25 at 11:00 am

Cost: Complimentary members/ \$5 guests

Over the past year and a half, Mr. Sullivan has delivered 16 lectures at NEXT on the History of Detroit. Last September, he visited Eastern Europe. In this presentation, he will discuss and show pictures from his visit to the Auschwitz-Birkenau Nazi death camp in Poland. This is where the Anne Frank Family, St. Maximilian Kolbe, and St. Edith Stein once resided. During World War II, the Nazis murdered an estimated 12-17 million Jews, Roman Catholics, Romanis (Gypsies), POWs, physically

and mentally handi-capped individuals, political opponents, Jehovah's Witnesses, gays, trade unionists, and other groups. Mr. Sullivan will also highlight other places he visited, including the Warsaw Ghetto Uprising site, and Dohany Street Synagogue, in Budapest, site of a mass grave of more



than 2,000 Jews who died from Nazi abuse. Also discussed will be the heroic roles of Raoul Wallenberg, a University of Michigan graduate, who helped save the lives of thousands of Jews, and of Polish diplomat, Jan Karski, who told the disbelieving world of the then ongoing Holocaust. He will also discuss the animosity between Hitler and Pope Pius XII, and the competing plots to assassinate each of them.

INTRODUCTION TO ESSENTIAL OILS WITH CARYN CIAGNE

Monday, May 20 at 2:00 pm

Cost: see below

Join us to learn about the basics of using essential oils for personal self-care and within your home. We will focus on three basic oils: lemon, lavender and peppermint and expand to cover participants' specific health concerns and oil options to support their needs.

Participants will have two registration options: A) Includes an essential oil trio - 5 ml each of lemon, lavender and peppermint. \$40 members / \$45 guests OR...

B) To attend for informational purposes only, the cost is \$10 members / \$15 guests.

All participants will create a customized oil spray to enjoy at home.

YOGA NIDRA WITH CARYN CIAGNE

Wednesday, June 19 at 2:00 pm

Cost: \$10 members/ \$12 guests

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

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.

May 2 – REGENERATION - BLACK CINEMA, 1898-1971

Elliot Wilhelm, Curator- Detroit Institute of Arts



This presentation honors the legacy of African American filmmakers and actors from the dawn of cinema, through the golden age, and into the aftermath of the Civil Rights Movement. Inspired by and named after an independent 1923 all-Black-cast movie, *Regeneration* seeks to revive lost or forgotten films, film-makers, and performers for a contemporary audience. *Regeneration* highlights the agency many Black artists asserted in their respective crafts despite challenges of systemic racism, revealing their tenacity, immense talent, and unwavering commitment to creative expression. In May, Next will offer a trip to the DIA to see this exciting exhibit.

May 9 – ACTUALLY, AMERICA IS GETTING BETTER!

Gus Mondalek,
International Affairs Expert



Societies do not decline when they are amid disruption or change, but when they lose energy. America has an abundance of energy! Join us to discuss the new research that shows America is getting better, not worse.

May 16 - AND THEN THE GREAT WAR CAME: THE ORIGINS OF WW1

Bruce Zellers – Professor – Oakland University

By 1900, many Europeans had come to believe that a major war among the great powers was inevitable. It probably was.

The powers were in the grip of an unstable mix of ambition and fear. However, they expected a short conflict; tragically, they were wrong.



May 23 - THE HISTORY OF HAMAS IN GAZA

Rabbi Mark Miller,
Senior Rabbi, Temple Beth El



The stories and images from Israel and Gaza since October 7 are horrific. In order to understand this current war, we will explore not only the founding of Hamas in the 1980s, but the root causes that created this conflict long before the State of Israel was born in 1948.

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the Activities tab in the Speakers category.

June 6 - MEDICINAL AND AROMATIC PLANTS

Examining cultural use and isolation of essential components

Marilee Benore, Professor of Biology & Biochemistry and Chair of Behavioral and Biological Sciences Program – University of Michigan



Aromatic and medicinal plants are critical components of medications, food and

perfumes. The medicinal properties of plants have been utilized for millennia, and half of our current drugs were originally derived from plant extracts. Increasing use of alternative medications and natural products have driven interest and research on natural products. This presentation will include information on our program, in which students learn to isolate and characterize oils and other compounds and describe our visits to some medicinal gardens in Europe. All your senses will be used during this presentation!



June 13 – A POLAR BEAR, A HYPNOTIST AND A GHOST RIVER: A SLIGHTLY UNCONVENTIONAL LOOK AT THE HISTORY OF WOODWARD AVENUE

Carol Bacak-Egbo – Historian, Archaeologist, Educator – Oakland County Historical Commission

Woodward Avenue is jam-packed with history! Even a short section of it can lead a historian to discover amazing stories about fascinating people. A perfect example of this is Woodward Avenue between 11 Mile and 13 Mile.

ARTIFICIAL INTELLIGENCE

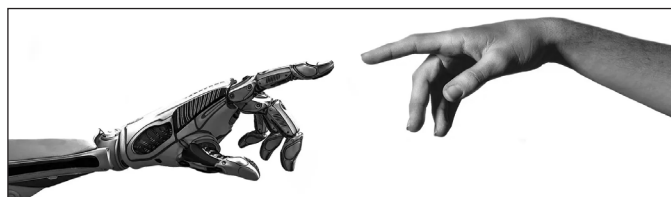
JUST LIKE US. BUT BETTER.

June 20 – ARTIFICIAL INTELLIGENCE

Gus Mondalek, International Affairs Expert

Join us for an enlightening presentation on Artificial Intelligence. Gus will explain how Artificial intelligence is a constellation of many different technologies working together to enable machines to sense, comprehend, act and learn with human-like levels of intelligence. He will explain that everyone's definition of AI is different because Artificial Intelligence isn't just one thing.

June 27 – CONCERNS ABOUT ARTIFICIAL INTELLIGENCE



Fritz McDonald – Associate Professor of Philosophy – Oakland University

Artificial Intelligence has existed since the 1950s yet there is a great deal of recent interest in AI due to the release of products like OpenAI's, ChatGPT and Google's Gemini. What is new about AI? What has not changed? Why, at all, should we be concerned about the use of AI. We will discuss this and also some potential risks of Artificial Intelligence.



HEALTH & WELLNESS SERIES



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.

COMMON UROLOGY CONDITIONS AS WE AGE

Dr. Marcus Jamil, MD, Chief of Urology at Henry Ford West Bloomfield Hospital

Thursday, May 16 at 12:00 pm

Cost: Complimentary members / \$5 guests

Dr. Jamil will discuss urological conditions that affect both men and women. For women, he will cover urinary urgency, frequency, and incontinence. For men, he will discuss prostate cancer screening and systems and management of an enlarged prostate. Come prepared to learn and ask questions! Light lunch provided.

FALL PREVENTION

Nicole Matthews Papelian BSN, RN, Injury Prevention Coordinator

Tuesday, June 11 at 12:00 pm

Cost: Complimentary members / \$5 guests

Is there a right way to fall? What would you do if you fell at home and no one was around? The risk of falling – and fall-related problems – rises with age. However, many falls can be prevented. Learn strategies on how to prepare for this possible situation, and hear tips on how to prevent falls from happening in the first place. Light lunch provided.

Please join us in thanking our guests and sponsors who made Birmingham's Big Night Out truly a community celebration! Next is grateful for your support!



Bank of Ann Arbor

Baldwin Public Library

Mosher Dolan
Mooney QDRO PLC
Dr. Ryan Abboud
The Goddard School
Premium Pet Supply
Chaldean Community Foundation
SMART
The Villages of Franklin,
Bingham Farms & Beverly Hills
Cedarbrook Senior Living
Bloom Pediatrics
Market Square
Downtown Magazine
Phoenicia Restaurant
Sidecar-Slice-Shift Restaurants
Craig Ryan Fine Clothing

Churchill's Cigar Bar

HRC Engineering Consultants

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Kathy Mechigian
Tom & Gretchen Anderson
Brady's Tavern
Birmingham Metropolitan
Women's Club
Body in Balance Massage
Saroki Architecture
Hershey Insurance Group
MI United Credit Union
Marcia & Steve Wilkinson
Jeffery Campbell
Tallulah Bistro

LaStrada Italian Kitchen

Roberts Restaurants
Platinum MotorCars
The French Lady
Sue's Hallmark
Thomas Ryan
Toast Restaurant
Health Quest
Jason's Outdoor Services
Kelly Building Co.
Mount-N-Repair
The Detroit Symphony
Bakehouse 46
Woodberry Wine
The Godfrey Hotel
Tiffany Florist
Daxton



FITNESS OFFERINGS

LaBlast® FITNESS with Karen Lutz

Mondays from 3:30 to 4:15 pm

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

A fun workout based on the dances seen on “Dancing with the Stars,” combining all aspects of physical fitness. No partner needed! Dance to a variety of music genres; some dances with small weights. No dance experience needed! Wear comfortable and flexible shoes. Karen is a Certified LaBlast® instructor.

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. This class is for anyone who is looking for a great workout without impacting their joints. In these 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 9:30 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 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: \$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. 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.

WEDNESDAY FLOW YOGA with Caryn Ciagne

Wednesdays from 9:15 to 10:15 am

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

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

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.

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.

BOWLING LEAGUE

Next Bowling League – Resumes in September

Thursdays @ 10:00 am All levels welcome

Country Lanes at 30250 West Nine Mile Road Farmington Hills



MORE FITNESS OFFERINGS

TAI CHI FOR HEALTH with Cheryl Goodwin

► Beginner Class

Wednesdays from 2:30 to 3:30 pm

No class June 19 and 26

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

Cost: 1 drop-in class: \$10

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

► Intermediate Class

Fridays from 10:00 to 11:00 am

No class June 21 and 28

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.

CARDIO BALL DRUMMING – NEW! with Joy Simpson and Lisa Dresner Wais

Free Demo Wednesday, May 15 at 11:00 am

Class begins Wednesday, June 5 at 11:00 am

Ongoing 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. Join us for a free one-hour demo of fun, fitness, and health and then sign up for ongoing classes! You are guaranteed to energize your body with the lively beats and rhythmic tunes. Participants have the option of standing or sitting in a chair. Workout attire is recommended however, a smile is required. Remember to bring water. Joy and Lisa are both trained and certified Drums Alive instructors.

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

(Last days of the season: May 8 and 10.

League resumes in September.)

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.

Interested in PERSONAL TRAINING?

- 30+ years in the Health & Wellness field, including 20 years as Personal Trainer
- Certifications - National Academy Sports Medicine and American Council on Exercise, Specialization: Older Adults
- Home, online, gym or outdoors
- Much lower rates than Fitness Centers
- No contract
- FREE Consultation
- FREE First Session



Dan Hysong,
Certified Personal Trainer

Busy Working Out, LLC

248-229-1620 • busyworkingout.com



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.

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.

NEW! 8" PLATE, BOWL OR VOTIVE HOLDER

Friday, May 10 from 11:00 am to 1:00 pm
Cost: \$75 members / \$80 guests



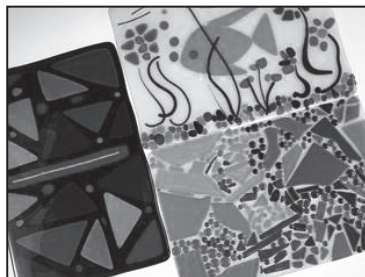
Join us for a fun experience working with fused glass! You will be introduced to the art of Fused Glass and glass cutting techniques to

complete an 8" plate or bowl or votive holder. You will be instructed on how to arrange and stack colorful pieces of glass on a base piece of compatible glass to create your own design. Come prepared with a design in mind or get inspiration from one of our samples. 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.

CHARCUTERIE BOARD

Friday, June 7 from 11:00 am to 1:30 pm
Cost: \$80 members / \$85 guests

Get ready for summer entertaining by creating your own 8"x12" fused glass charcuterie board! You will be instructed on how to arrange and stack colorful pieces of glass on a base piece of compatible glass to create your own design.



Come prepared with a design in mind or get inspiration from one of our samples. Pieces will then be fused 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.

PHOTOGRAPHY CLUB

Thursdays, May 9 and June 13 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.



DAY TRIPS



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, May 17

DISCO FEVER

Get to Orchestra Hall and get down with the DSO, featuring an onstage dance off and non-stop hits, including "That's the Way (I Like It)", "It's Raining Men", "We Are Family", "I Will Survive", "Stayin' Alive", "The Hustle", "Hot Stuff", and more! It's time to boogie with the best!

Friday, July 26

MUSIC OF ELVIS WITH FRANKIE MORENO

Get ready for Frankie Moreno to leave you "All Shook Up" as he becomes King for a night with the Detroit Symphony Orchestra. As a singer, songwriter, and showman, Frankie Moreno will perform a thrilling tribute to the music and legacy of Elvis Presley. Having won "Headliner of the Year" five times in a row, Moreno's dynamic style, paired with the power of the Detroit Symphony Orchestra, is guaranteed to leave a lasting impression. Don't miss this powerful celebration of the King of Rock!

SAINT HYACINTH ROMAN CATHOLIC CHURCH TOUR & LUNCH AT THE IVANHOE CAFÉ HOME OF THE POLISH YACHT CLUB

Thursday, May 23

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 eastside of Detroit.

Enjoy a 45 minute guided tour of this magnificent sanctuary. Following the tour, lunch on your own at the Ivanhoe Café. The Ivanhoe Café, Detroit, celebrating over 100 family owned years, is home to the world famous Polish Yacht Club, and has a homey ambiance and a simple menu with seafood, salads and sandwiches.

DIA REGENERATION EXHIBIT & MELODIES AT THE MUSEUM CONCERT

Thursday, May 30

Bus departs Next at 10:30 am, returns about 2:30 pm
Cost: \$15 members / \$20 guests



This trip to the DIA has a primary focus on the Regeneration Exhibit and a special Motown Tribute concert. Regeneration: Black Cinema 1898 – 1971 honors the legacy of African American filmmakers and actors from the dawn of cinema, through the golden age, and into the aftermath of the Civil Rights Movement. Regeneration includes historical photographs, costumes, props, posters, and interactive elements specifically designed for this exhibition and juxtaposed with significant contemporary artworks. Regeneration highlights the agency many Black artists asserted in their respective crafts despite challenges of systematic racism, revealing their tenacity, immense talent, and unwavering commitment to creative expression. You will have two hours to experience this dynamic exhibit (quite possibly sneak in café time if you wish) and then at 1:00 pm enjoy a special live, melodies at the museum performance. Enjoy a Motown Tribute with G-Note 7: performing Motown classics from the 1960s and 1970s in the Detroit Film Theatre. You will also receive to-go cookies and bottled water for the bus ride back. This trip is "What's Going On" (Marvin Gaye)!

THE BELT ALLEY & MOOTZ PIZZERIA

Thursday, June 6

Bus departs Next at 10:30 am, returns about 1:45 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.

JOHN K. KING BOOKS & LOS GALANES LUNCH

Wednesday, June 12

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.

ROYAL EAGLE FINE DINING - ROYAL HIGH TEA

Thursday, June 20

Bus departs Next at 10:15 am, returns about 1:45 pm

Cost: \$65 members / \$70 guests

In the tradition of the Grand and Elegant Courts of medieval Europe the Royal Eagle in Harper Woods offers a seven-course Tea luncheon, featuring an exotic selection of luncheon foods: homemade borscht soup, finger sandwiches, elegant house made refined desserts, as well as a selection of loose leaf tea varieties from around the globe. The Royal Eagle Fine Dining is a unique restaurant experience that focuses on providing an unforgettable experience with their delicious food and warm hospitality. Their mission is to provide an exquisite and innovative dining experience while giving back to the community. Guests are welcome to walk the grounds of the monastery, and enjoy the beautiful gardens after lunch. Please note modest dress code: No shorts or capri pants, dresses/skirts must be below the knee, no low-cut blouses or bare shoulders. This is a very popular trip, we are so excited to be able to offer it again. This exquisite experience is not to be missed!

MICHIGAN DESIGN CENTER "AGING IN PLACE" DESIGNER-LED TOUR

Thursday, August 8

Bus departs Next at 9:40 am, returns about 12:45 pm

Cost: \$ 10 members / \$15 guests



Join us for a designer-led tour at MDC focused on solutions to enhance your forever home. During this tour we'll explore various design strategies and resources to help you maintain independence and enhance your quality of life. This event is designed to provide valuable insights and practical tips for

navigating the challenges of aging gracefully. Lunch in the MDC Café, on your own, after the tour.

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.

FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

May 1 – MONEYBALL

One of the best baseball movies ever made was adapted from the 2003 book by Michael Lewis, which recounts the management of the 2002 season of the Oakland Athletics, and how they changed the way the game is run by bringing analytics into the mix. Brad Pitt gives one of his best performances as general manager Billy Beane, a man who knew he would have to find a new way to evaluate talent if the A's were going to compete. This is a rich, smart, riveting movie that's extra-interesting given what the Oakland franchise is going through in 2024. Rated PG13 2 hours 13 minutes

May 8 – MY BEST FRIEND'S WEDDING

A rule about '90s rom-coms: If Julia Roberts is in it, it's going to be good. This is absolutely the case with My Best Friend's Wedding, a rom-com with a cheeky concept. In the film, Roberts stars as Julianne Potter, a 28-year-old woman who falls in love with her childhood friend, Michael O'Neil (Dermot Mulroney). Years earlier, they decided that if they were both single at 28, they'd marry each other. Now, as an almost 28-year-old, Julianne thinks it's silly—but when Michael calls with news of his engagement to a younger woman, jealousy creeps in. Rated PG13 1 hour 45 minutes

May 15 – YESTERDAY

Jack Malik (Himesh Patel) is a struggling singer-songwriter in an English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie (Lily James). After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation with a little help from his agent.

Rated PG13 1 hour and 56 minutes

May 22 – WHAT WE LEAVE BEHIND

Director Iliana Sosa recounts her grandfather's, Julian Morenos', final trips between Mexico and Texas as he overcame hardships to provide for his family. After a lifetime of bus rides to the US to visit his children, Julian quietly starts building a house in rural Mexico. In filming his work, his granddaughter crafts a personal and poetic love letter to him and his homeland. Rated TVPG - Documentary 1 hour 10 minutes

May 29 – DUMPLIN

Willowdean ("Dumplin'"), the plus-size teenage daughter of a former beauty queen, Rosie Dickson (Jennifer Aniston), signs

up for her Mom's Miss Teen Bluebonnet pageant as a protest that escalates when other contestants follow her footsteps, revolutionizing the pageant and their small Texas town. Rated PG13 1 hour 50 minutes

June 5 – THE SECRET DARE TO DREAM

Miranda Wells (Katie Holmes) is a hardworking young widow who's struggling to raise three children on her own. A powerful storm soon brings a devastating challenge and a mysterious man, Bray Johnson (Josh Lucas), into her life. In just a few short days, Bray's presence reignites the family's spirit - but he carries a secret that could change everything. Rated PG 1 hour 47 minutes

June 12 – THE IMITATION GAME

In 1939, newly created British intelligence agency MI6 recruits Cambridge mathematics alumnus Alan Turing (Benedict Cumberbatch) to crack Nazi codes, including Enigma -- which cryptanalysts had thought unbreakable. Turing's team, including Joan Clarke (Keira Knightley), analyze Enigma messages while he builds a machine to decipher them. Turing and team finally succeed and become heroes, but in 1952, the quiet genius encounters disgrace when authorities reveal he is gay and send him to prison. Rated PG13 1 hour 54 minutes

June 19 – WHIPLASH

Andrew Neiman (Miles Teller) is an ambitious young jazz drummer, in pursuit of rising to the top of his elite music conservatory. Terence Fletcher (J.K. Simmons, Native Michigan-der), an instructor known for his terrifying teaching methods, discovers Andrew and transfers the aspiring drummer into the top jazz ensemble, forever changing the young man's life. But Andrew's passion to achieve perfection quickly spirals into obsession, as his ruthless teacher pushes him to the brink of his ability and his sanity. Rated R 1 hour 46 minutes

June 26 – THE GREATEST NIGHT IN POP

On January 25th 1985, dozens of music's and the "era's" most popular musicians gathered in Los Angeles to record "We Are the World", a charity single for African famine relief. Setting egos aside, the team goes behind the scenes of the event to see how all of the artists came together and collaborated on a song that would make history. Lionel Ritchie, Michael Jackson, Stevie Wonder, Bruce Springsteen, Huey Lewis, Tina Turner and more! PG13 - Documentary 1 hour 36 minutes



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, May 6, 20 and June 3, 17 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.

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.

BRIDGE...for everyone at every level!

Duplicate Bridge - Mondays from 11:15 am to 2:45 pm

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

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

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

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

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

BIRMINGHAM STAMP CLUB

Tuesdays, May 7, 21 and June 4, 18 at 5:30 pm

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

COIN CLUB

Wednesdays, May 15 and June 19 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.



ENRICHMENT

POPULAR READS BOOK CLUB BACK AT NEXT IN PERSON (AND VIA ZOOM)

Mondays, May 6 and June 3 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The May book selection is *North Woods* by Daniel Mason – and the June selection is *The Berry Pickers* by Amanda Peters. Register at Next — and Baldwin Public Library will provide the book.

NON-FICTION BOOK GROUP (via Zoom)

Tuesdays, May 14 and June 11 at 10:00 am

Facilitated by Jaclyn Miller, Associate Director of the Baldwin Public Library, join us to discuss *The Fisherman & the Dragon* by Stephen Johnson May, and *Everything I Learned, I learned in a Chinese Restaurant I* by Curtis Chin in June. 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, May 2, 16 and June 6, 20
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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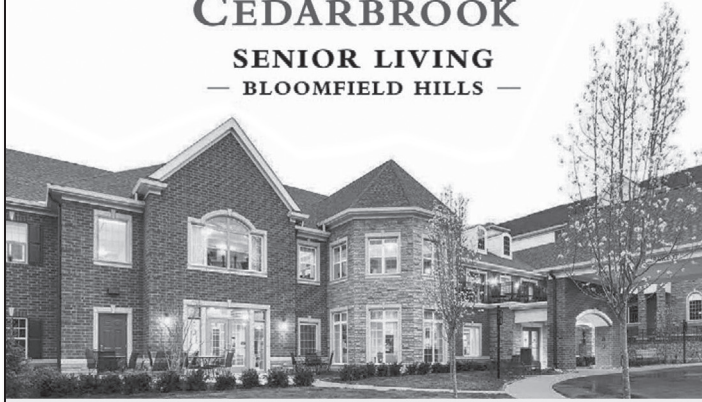


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STREAMING @ NEXT

THE SOUND OF 007 – Documentary

Wednesday, May 8 at 11:00 am

Cost: Complimentary members / \$5 guests

Revolving around an iconic franchise like the James Bond series, The Sound of 007 allows the viewer to explore the history behind some of the most memorable movie theme songs. The Sound of 007 is a journey for the senses, traveling through generations of music including the “No Time to Die” award winning song from Billie Eilish. This documentary also features interviews from the actors of the franchise, including Daniel Craig. Length: 1 hour 28 minutes

DIOR AND I – Documentary

Wednesday, May 22 at 11:00 am

Cost: Complimentary members / \$5 guests

Following the creation of Raf Simon’s collection as the new artistic director at the iconic brand, Dior and I shows both the challenges and triumphs of working in the fascinating, high pressure world of high fashion. This documentary allows us to have an exclusive look at the runways and meet the people who make it all possible! Length: 1 hour 30 minutes

GOOD NIGHT OPPY – Documentary

Wednesday, June 5 at 11:00 am

Cost: Complimentary members / \$5 guests

Angela Bassett narrates Good Night Oppy that reveals the story of strength, smarts and convictions. Good Night Oppy spends time with NASA engineers and scientists as they create the rover named Opportunity, which was sent on a three-month mission to Mars, only to survive for 15 years. Good Night Oppy dives into the far reaches of our solar system with an uplifting message and exciting adventure. Length: 1 hour 45 minutes

JUNETEENTH: FAITH & FREEDOM Documentary

Wednesday, June 19 at 11:00 am

Cost: Complimentary members / \$5 guests

A black man is troubled by the legacy of American slavery and the misuse of Christianity to justify the it. He travels throughout Texas and discovers how the Juneteenth holiday reveals a resilient hope that empowered the formerly enslaved and their descendants to fight for freedom in an often unjust society. Length: 57 minutes



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BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Monday, May 6 and June 3 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

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, May 13 and June 10 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 SUPPORT INFORMATION

Please contact Cindy Beller at 586-453-1909 for additional information.

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.

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!

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.

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.

POMEROY SENIOR LIVING HOUSING TOUR

Monday, May 13- Bus departs at 11:00 am

This is independent living where residents lead an active and carefree lifestyle.

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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

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.

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.

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.

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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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As a lifelong resident of Beverly Hills/Royal Oak/Troy, I can help guide you to everything you need to know—from services, restaurants, entertainment, and more.

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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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 Travicz, Van Driver
Judy Murrell, Meals on Wheels

MEET OUR NEWEST MEMBERS

We continue to spread the word about Next membership and are pleased to introduce you to our newest members: Roy and Deborah Acho, Marilyn Antrim, Lynsey Bernard, Colleen Brault, Joe and Carol Buese, Richard Cantley, Joy Cantor, Jacquelyn Cutright, David and Kathleen Devereaux, Darlene Diavanni, Jonathan and Rose Marie Engman, Barbara Epstein, Barbara Eschner, Jacqueline Esper, Joanne Forbes, Lynda Forte, Noel and Nancy Hargrave-Thomas, Richard and Pam Hawkins, John and Mary Kemp, Jim and Melissa Lopez, Judy Majoros, Anthony Malizia, Brenda Marshall, Adrienne Murdah, Nikolai Rachmaninoff, Rosemary Reed, Becky Sakwa, Philip Schultz, Claudia Scroggins, Martha Sintz, Kelvin and Kelly Squires, Russ and Donna Vorhees and Dave and Sue Welcome.

WELCOME BACK

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

Mark and Kathlene Anderson, Christine Blackwell, Patricia Burnett, Maynard and Debra Maynard, Gwen Prais, Kathleen Roggenbuch, Sally Saunders, and Donna Tafelski

POLICY REMINDERS

- ▶ Please pre-register for all Next programs. It helps us plan for seating, class materials and refreshments. No refunds given after a program or speaker presentation. We are not able to offer classes or programs on a prorated basis.
- ▶ For our new and existing members, the Next Member Policy Handbook is available on our website and in the office. Thank you for adhering to the Next member policies — and for your commitment to making Next the best place to stay active & connected!
- ▶ While Next is unable to endorse any of the products or services of our newsletter sponsors, we appreciate the support of these businesses.

Our condolences to the family and friends of...

Julianne Dichting,
Maria Harris, Bruce MacDonald,
Beverly Winkler and Fred Steiner.

Thinking of You:

Linda Barclay, Patty Kassab, Sue Stoll, Norma Sula.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p style="text-align: center;">1</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 1:00 Balanced Yoga for Wellness 1:00 Firekeeper's Daughter Book Discussion 2:00 Mah Jongg Lessons 2:00 Open Art Studio 2:30 Tai Chi - Beginner 3:30 Spanish Conversation for Cognitive Well-Being 4:30 Pickleball 5:00 Movie: Moneyball</p>	<p style="text-align: center;">2</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 Swing Into Spring Chamber Music Concert 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Regeneration - Black Cinema</p>	<p style="text-align: center;">3</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 Mah Jongg 1:30 Mixed Doubles Tennis League</p>
<p style="text-align: center;">6</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 1:00 Mah Jongg 3:00 Trivia Time! 3:30 LaBlast Fitness 4:30 Pickleball</p>	<p style="text-align: center;">7</p> <p>11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rum 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;">8</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 Streaming - The Sound of 007 12:30 What's the Point of Exercise? 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tennis League - Mixed Doubles 2:00 Open Art Studio 2:30 Tai Chi - Beginner 3:30 Spanish Conversation for Cognitive Well-Being 4:30 Pickleball 5:00 Movie: My Best Friend's Wedding</p>	<p style="text-align: center;">9</p> <p>8:30 Designers' Show House Tour 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 Regina Carter & Stevie Wonder: Sparked By the Motor City 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Actually, America is Getting Better!</p>	<p style="text-align: center;">10</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Fired & Fused 8" project 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle 1:30 Mixed Doubles Tennis League</p>
<p style="text-align: center;">13</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 Pomeroy Senior Living Tour 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle 3:30 LaBlast Fitness 4:30 Pickleball 5:30 Parkinson's Support Group</p>	<p style="text-align: center;">14</p> <p>10:00 Non-Fiction Book Club 11:00 Womens Roundtable 12:00 Spring Into Action! 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rum 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;">15</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 Free Demo: Cardio Ball Drumming 1:00 Balanced Yoga for Wellness 1:00 Pinochle 2:00 Open Art Studio 2:30 Tai Chi Beginner 3:30 Spanish Conversation for Cognitive Well-Being 4:30 Pickleball 5:00 Movie: Yesterday 6:00 Coin Club</p>	<p style="text-align: center;">16</p> <p>9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 12:00 Common Urology Conditions As We Age 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Origins of World War I</p>	<p style="text-align: center;">17</p> <p>9:15 Friday Fitness 9:15 DSO Disco Fever 10:00 Limber Up 10:00 Tai Chi Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 An Afternoon of Music/ Ice Cream Social 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle</p>
<p style="text-align: center;">20</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 Bingo 1:00 Mah Jongg 1:00 Pinochle 2:00 Introduction to Essential Oils 3:30 LaBlast Fitness 4:30 Pickleball</p>	<p style="text-align: center;">21</p> <p>11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Toward a Dementia-Friendly Community 1:00 Chess 1:00 Shanghai Rum 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;">22</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 Streaming Dior and I 1:00 Balanced Yoga for Wellness 1:00 Pinochle 2:00 Open Art Studio 2:30 Tai Chi Beginner 3:30 Spanish Conversation for Cognitive Well-Being 4:30 Pickleball 5:00 Movie: What We Leave Behind</p>	<p style="text-align: center;">23</p> <p>9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 9:50 St. Hyacinth Church Tour & Lunch at the Ivanhoe Cafe 11:00 Attention All Pickleballers! 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The History of Hamas in Gaza</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">CLOSED Happy Memorial Day!</p>
<p style="text-align: center;">27</p> <p style="text-align: center;">CLOSED Happy Memorial Day!</p>	<p style="text-align: center;">28</p> <p>11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rum 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;">29</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 1:00 Balanced Yoga for Wellness 1:00 Pinochle 2:00 Open Art Studio 2:30 Tai Chi Beginner 4:30 Pickleball 5:00 Movie: Dumplin</p>	<p style="text-align: center;">30</p> <p>9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 10:30 DIA Regeneration Exhibit & Melodies at the Museum Concert 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club</p>	<p style="text-align: center;">31</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 Mah Jongg 1:00 Pinochle</p>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</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 Popular Reads 1:00 Mah Jongg 1:00 Pinochle 3:00 Trivia Time! 3:30 LaBlast Fitness 4:30 Pickleball</p>	<p>4</p> <p>11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rum 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>5</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 Streaming: Good Night Oppy 1:00 Balanced Yoga for Wellness 1:00 Pinochle 2:00 Open Art Studio 2:30 Tai Chi Beginner 4:30 Pickleball 5:00 Movie: The Secret Dare to Dream</p>	<p>6</p> <p>9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 10:30 The Belt Alley & Mootz Pizzeria 12:00 Canasta 12:30 Pickleball 1:00 Garden Design With Pollinators in Mind 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Medicinal Plants</p>	<p>7</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi Intermediate 11:00 Fired & Fused Charcuterie Board 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle</p>
<p>10</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 Mah Jongg 1:00 Pinochle 3:30 LaBlast Fitness 4:30 Pickleball 5:30 Parkinson's Support Group</p>	<p>11</p> <p>10:00 Non-Fiction Book Club 11:00 Womens Roundtable 12:00 Fall Prevention 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rum 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball</p>	<p>12</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 10:00 John K. King Books & Los Galanes Lunch 11:00 Cardio Ball Drumming 1:00 Balanced Yoga for Wellness 1:00 Pinochle 2:00 Open Art Studio 2:30 Tai Chi Beginner 4:30 Pickleball 5:00 Movie: The Imitation Game</p>	<p>13</p> <p>9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Photography Club 11:30 Calling All Jigsaw Puzzle Lovers! 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: An Unconventional Look at the History of Woodward Avenue</p>	<p>14</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 Mah Jongg 1:00 Pinochle</p>
<p>17</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 Bingo 1:00 Mah Jongg 1:00 Pinochle 3:30 LaBlast Fitness 4:30 Pickleball</p>	<p>18</p> <p>11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rum 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club 6:00 The Ed Black Jazz Band</p>	<p>19</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 Streaming Juneteenth: Faith & Freedom 11:00 Cardio Ball Drumming 1:00 Balanced Yoga for Wellness 1:00 Pinochle 2:00 Yoga Nidra 2:00 Open Art Studio 4:30 Pickleball 5:00 Movie: Whiplash 6:00 Coin Club</p>	<p>20</p> <p>9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 10:15 Royal Eagle Fine Dining Royal High Tea 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga and Meditation 2:00 An Afternoon Concert of Movie Melodies 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: A.I.</p>	<p>21</p> <p>9:15 Friday Fitness 10:00 Limber Up 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle</p>
<p>24</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 Mah Jongg 1:00 Pinochle 3:30 LaBlast Fitness 4:30 Pickleball</p>	<p>25</p> <p>11:00 A Visit to Eastern Europe 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rum 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball</p>	<p>26</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 2:00 Open Art Studio 4:30 Pickleball 5:00 Movie: The Greatest Night in Pop</p>	<p>27</p> <p>9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 12:00 Hot Dogs, Apple Pie & Friends 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: A.I. Concerns</p>	<p>28</p> <p>9:15 Friday Fitness 10:00 Limber Up 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle</p>



Your Place to Stay Active & Connected

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**JOIN US FOR AN
AFTERNOON OF MUSIC AND AN**

*Ice Cream
Social*



Michael Krieger, musician and vocalist
Friday, May 17 at 12:30 pm
Cost: Complimentary members / \$5 guests

ACTIVITY

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

HOLIDAY HOURS

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

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\$55/year Single Membership
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