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This July, Camp Next is bringing back the joy, creativity, and carefree fun of summer camp—with a grown-up twist! Throughout the month, you'll find special programs inspired by classic camp experiences, from arts and crafts to games, workshops, social gatherings, and nostalgic activities designed just for adults. Join us as we relive favorite camp memories, make new friends, and create unforgettable summer moments together!

BOOT CAMP at Camp Next with Lynda Scott

Wednesdays, July 8 – August 26 (8 classes)
from 9:00 – 10:00 am

Cost: \$80 members / \$90 guests

Don't let the name scare you! Lynda Scott, former Birmingham Y instructor and current fitness instructor at Next, will get you moving every Wednesday morning in the gym with a little cardio, infused with some strength training, capped off with some good, solid stretches at the end. Sign up for this limited, 8-week boot camp and wake up your body...in a good way!



SING-A-LONG ON THE PATIO

Tom Birchler, Vocalist and Guitarist

Thursday, July 9 at 12:30

Cost: Complimentary members / \$5 guests

Tom Birchler returns to Next for a lively musical performance which will include a variety of music, from American Songbook classics to rock n' roll hits from Elvis. He'll also mix in songs from popular artists like the Beatles and James Taylor, as well as some Motown greats. In celebration of our country's



Semiquincentennial, you can be sure Tom will work some patriotic favorites into the mix! And, in keeping with our Camp Next theme, he'll even throw in some campfire favorites. Everything Tom sings is fun, familiar and heartfelt. His humorous banter and light-hearted, easy-going style welcome everyone to sing along!

NATURE WALK AND SCAVENGER HUNT IN LINDEN PARK

Tuesday, July 14 from 9:00 to 10:30 am

(Rain day: Tuesday, July 21) Cost: Complimentary

Meet your Camp Next counselors at the pier on Quarton Lake, then we'll head south into Linden Park where we'll commune with nature and explore! We'll hand out small notebooks where you can jot down interesting things along the trail. And, to make things even more fun, we'll do a scavenger hunt! Distance: 1.9 miles, round trip. Hiking level: Easy. Water will be provided. Camp attire encouraged! Bring a small backpack for your phones, notebook, water, etc. We're starting promptly at 9:00! If it rains, we'll try it again on Tuesday, July 21. Same time. Same place. Maps available in the Next office when you register.



LUNCH IN THE GREAT OUT OF DOORS

Thursday, July 23 at 12:00 pm Cost: \$5 guests



Grab your friends and join us for lunch at Camp Next. We'll serve up some camp favorites, including hot dogs, s'mores, gorp and bug juice! We'll have games and a couple of relay races for those who really want to re-live those good ol' days at summer camp. Generously sponsored by American House Village at Bloomfield.



CAMP NEXT

WATERCOLOR STUDIO: CAMP NEXT **A 4-Week Summer Watercolor Series**

Wednesdays | July 8, July 15, July 22 & July 29
1:00 PM–3:30 PM

Cost: \$100 Members | \$110 guests

Spend your summer creating, exploring, and growing as an artist in Watercolor Studio: CAMP NEXT — a four-week creative journey designed for beginners and continuing artistic campers alike. Guided by instructor Tracey Ladd, MFA.

Each week features a new camp inspired theme and artistic focus:

Week One: Flowers & Botanicals

Explore delicate layering, color mixing, and expressive brushwork.

Week Two: Landscapes

Learn composition, atmosphere, and depth using value and color temperature.

Week Three: Waterscapes

Experiment with reflections, transparency, soft edges, and layered washes.

Week Four: Horses & Animals

Discover approaches to structure, gesture, and expression.

CAMP NEXT ARTS & CRAFTS WORKSHOP

Monday, July 13 at 1:00 pm–4:00 pm

Cost: \$60 member/\$70 guest

Led by Rachel Rose, Master of Art in Teaching and BFA in Ceramics, this workshop welcomes all skill levels and focuses on creativity, connection, and playful self-expression. Move through four creative stations to design lanyard key chains and learn the lanyard skill, create vibrant tie-dye creations including a dishtowel, weave classic friendship bracelets, and paint your own unique rocks to take home. All supplies will be included.

ECO ART FOR SELF COMPASSION ART THERAPY WORKSHOP

Monday, July 20 at 5:00 PM–7:00 PM

Cost: \$45 member/\$55 guest

Join Board Certified Registered Art Therapist SM Taylor Beardsall, for this unique and meditative art therapy class! Using natural and organic materials, you'll craft a Strength Stick. The process is meditative, unhurried, and surprisingly moving. No art experience necessary! All materials, including sticks are provided.



BRACELET MAKING WORKSHOP

Monday, July 27 at 5 PM–6 PM

Cost: \$25 per member/\$35 per guest

Create a custom beaded bracelet using high quality gem stone beads with Lauren Northrop from Next. Learn how to design and create your own unique bracelet and hide the knot using decorative beads for a professional finish.



CREATE YOUR OWN VISION BOARD AT CAMP NEXT

Tuesday, July 28 at 11:30 am

Cost: Complimentary members / \$5 guests

Join your Camp Next Arts & Crafts counselors as we each create our own unique vision board. It might be a board built around Family or Personal Goals, a Bucket List or Home Improvements, Self-Love or Travel. We'll provide magazines, stickers, white boards and glue sticks. Bring your own photos if that fits your vision board theme.

FILMS AT CAMP NEXT

THE GREAT OUTDOORS

July 15, 5:00 PM Cost: Complimentary members / \$5 guests

Celebrate summer with this classic comedy about a family vacation that takes an unforgettable turn when relatives unexpectedly arrive at a peaceful lakeside getaway. Starring Dan Aykroyd, John Candy, and Stephanie Faracy. Rated PG, 1 hour 31 minutes

DADDY DAY CAMP

July 22, 5:00 PM Cost: Complimentary members / \$5 guests

Summer camp season is in full swing in this family comedy as a group of well-meaning dads take over a struggling camp and attempt to create the ultimate summer experience. Starring Cuba Gooding Jr., Lochlyn Munro, and Richard Gant. Rated PG, 1 hour 33 minutes



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HEALTH & WELLNESS SERIES



We are excited to partner with Henry Ford Health for the 2026 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.

COOKING CLASS: A TASTE OF SUMMER

Henry Ford West Bloomfield

Thursday, July 16

Bus departs Next at 2:00 pm, returns about 6:00 pm

Cost: \$25 members / \$30 guests

Experience the fresh and flavorful tastes of summer as chef Shawn Davis demonstrates how to prepare several seasonal dishes. (The menu is still in development!) This is a hands-on cooking demonstration. Participants will taste recipes and take home samples cooked in class.

BREATHE EASY, LIVE BETTER

Jason Pagaduan, Manager, Respiratory Therapy team
at Henry Ford W. Bloomfield

Thursday, August 20 at 12:00 pm

Cost: Complimentary members / \$5 guests

Discover practical ways to support lung health, try some gentle breathing exercises, and get clear guidance on when shortness of breath is normal and when it's time to see a doctor. Presented by Jason Pagaduan, Manager of the Respiratory Therapy team at Henry Ford West Bloomfield Hospital, along with other Respiratory Therapy experts. A light lunch will be served.

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TRIVIA TIME! with Tricia Olevnick

Mondays, July 13 and August 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. Try it out! Challenge your brain!

BINGO 2.0

Sealina Moore, Host

Wednesdays, July 29 and August 26 at 3:00 pm

Cost: Complimentary members / \$5 guests

Join us for Bingo 2.0 where we offer a different Bingo experience each month. In July, play Camp Next Bingo, where you'll look for summer camp songs being played on your bingo cards instead of numbers or pictures. In August, we'll be calling numbers in less traditional ways! Join us! (Please note: this does not replace the Monday Bingo that takes place here at Next on a regular basis.) Generously sponsored by Guiding Light Care Angels.

SUMMER SERENADE CHAMBER MUSIC CONCERT

Thursday, July 30 at 1:00 pm

Cost: Complimentary members / \$5 guests

The Windscape Trio (flute, clarinet, bassoon) and the Motor City Saxophone Quartet will share the stage for a colorful and varied "Summer Serenade" concert. Music will include pieces from classical, popular and jazz traditions. The Windscape Trio: Lillian Dean, clarinet; Jennie Spenser, flute; Walter Dean, bassoon. Motor City Saxophone Quartet: Greg Smith, Craig Schley, JP Moore and Lynne Henry.

CLIMATE CHANGE. SIMPLE. SERIOUS. SOLVABLE.

Chris Edwards, Meteorologist

THE GREENING OF DETROIT

Lionel Bradford, CEO, The Greening of Detroit

Tuesday, August 4 at 1:00 pm

Cost: Complimentary members / \$5 guests

This program begins with meteorologist, Chris Edwards, who will talk about climate trends and local effects that the Detroit area is likely to see in the near future. His presentation is informative, accessible and grounded in science, while emphasizing realistic actions and solutions. Chris's program will be followed by a presentation from The Greening of Detroit CEO, Lionel Bradford, who will discuss the organization's environmental and community programs, including tree planting, workforce development and youth engagement, all targeted on efforts to expand Detroit's urban canopy. His presentation highlights ways individuals can become involved with The Greening of Detroit on different levels. Together, the presentations are designed to inform, engage, and inspire practical local action.

THE PSYCHOLOGY OF SIBLINGS

Dr. Jeffrey London, SOAR lecturer

Thursday, August 6 at 2:00 pm

Cost: Complimentary members / \$5 guests

Siblings are often our longest-lasting relationships, shaping who we are from childhood through later life. In this insightful program, Dr. London explores the evolving role of siblings across the life span. Topics include the impact of birth order, the value of positive sibling bonds, and common myths and truths about these complex relationships. London will also address challenges within blended families and offer practical tips for managing sibling conflicts. This program is co-sponsored by SOAR LLI. During the program, you will hear information about SOAR.

HOT WHEELS ON MIDVALE – SWAN SONG

Tuesday, August 11 from 11:30 am to 1:30 pm

Cost: Complimentary

Join us for the last Hot Wheels on Midvale car show event. For the last time, we will transform the Next parking lot on Midvale into a showcase for classic cars, muscle cars and other unique vehicles. Enjoy a light lunch, while you "cruise" the parking lot. Just be sure not to spill anything on those classic gems! In 2027, we'll be in our new home at 400 E. Lincoln and maybe, just maybe, we'll be able to continue this car show tradition, a little closer to Woodward Avenue. If you, or someone you know, has a car to display at the show, contact Pam Hall at 248-203-5280 or phall@birmingham.k12.mi.us. Generously sponsored by Schluter & Hughes Law Firm.

WITH LIBERTY AND JUSTICE FOR ALL

Ryan Mondalek, Political Analyst

Thursday, August 13 at 1:00 pm

Cost: Complimentary members / \$5 guests

Join Ryan Mondalek as he takes us through a history and overview of American Rights - the core individual liberties and judicial protections that safeguard us from government overreach. Join us for this timely discussion.

THE FARM AT TRINITY HEALTH – WHO KNEW?

Maureen MacLean, Operations Coordinator, The Farm at Trinity Health

Tuesday, August 18 at 1:00 pm

Cost: Complimentary members / \$5 guests

Join us for an inspiring and interactive introduction to The Farm at Trinity Health! Located on Woodward in Pontiac, the 1.3-acre urban farm has a rich history and a meaningful mission at the heart of the community. Discover how the farm was created, why it matters and the wide range of programs they offer to support health, education and connection. To wrap things up, roll up your sleeves and take part in a special hands-on growing experience you won't want to miss.



HAPPENINGS AT NEXT

THE ART OF CONSERVATION

Barbara Heller, Director and Conservator - Special Projects, Detroit Institute of Arts

Tuesday, August 25 at 1:00 pm

Cost: Complimentary members / \$5 guests

Barbara Heller's presentation, "The Art of Conservation", will delve into the ongoing scientific and scholarly research that lies at the heart of the Detroit Institute of Arts (DIA) Conservation and Curatorial activities. Barbara Heller has worked at the DIA since 1976. Hired as paintings conservator, she was promoted to chief conservator in 1985 and assumed her current position in 2009.

ENTERTAINMENT AT NEXT

MICHAEL JENKINS

Tuesday, July 28 at 6:00 p.m.

Members: Complimentary / Guests: \$5

Last summer, guitarist Michael Jenkins treated Next to an unforgettable acoustic and electric guitar concert that had the audience on their feet dancing. With years of performance experience, Michael brings a dynamic blend of musical styles including Soul, Rhythm & Blues, Latin Rock, Classic Rock, Jazz, Top 40 favorites, and his own original music. Inspired by legendary artists such as Wes Montgomery and other notable favorites, Michael creates the perfect musical atmosphere with smooth jazz grooves, soulful melodies, and high-energy guitar performances. Spend a summer evening at Next enjoying great friends, favorite hits, and outstanding live guitar music featuring jazz, rock, soul, and more. It's the perfect soundtrack for a memorable summer! This program is generously sponsored by Classic Homecare and One You Love Homecare Oakland Central.

MAURISSA ROSE CONCERT

Tuesday, August 25 at 6:00 p.m.

Members: Complimentary / Guests: \$5

Combine a heavy dose of soul, a dash of sexiness and a sprinkle of sultry, and you'll get the undeniably powerful voice that R&B songstress Maurissa Rose commands. You may recognize her unmistakable voice from the magical duet she sang with R&B Motown recording artist, KEM on the hit single "If It's Love" on his "Intimacy" album. But Detroit's got talent, and this independent artist is a major force from the Motor City. Featured on Tyler Perry's "Madea's Family Reunion" movie soundtrack, her distinctive voice was showcased in one of the most memorable scenes in the movie with Boris Kodjoe. Generously sponsored by Quality Home Care.



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SPEAKER SERIES @ NEXT

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

Please Note: Speakers are found under the Activities tab in the Speakers category on the NEXT website.



The United States of America is celebrating 250 years in 2026! Oakland University is partnering with Next to bring you programming that will deepen and enhance our understanding of the United States' development as a nation over the past two and a half centuries. Organized by David Dulio, Distinguished Professor of Political Science, this series will explore different topics relating to the history of the United States with Oakland University faculty. Join us for this special lecture series as we learn and celebrate our nation's 250th anniversary! The first in this series of lectures will be presented by Todd Estes of Oakland University on July 9 at 6:00 p.m. This lecture series is funded in part by Michigan Humanities, an affiliate of the National Endowment for the Humanities, and the Michigan Arts and Culture Council.



July 9 – HOW THE REVOLUTIONARY WAR WAS LOST AND WON

Todd Estes, Professor of History at Oakland University

Take an in-depth dive into the Revolutionary War, and its impact on the evolution of the United States with Oakland University



History Professor Todd Estes. Estes has taught at OU since 1995 and was named a Distinguished Lecturer by the Organization of American Historians (OAH) in 2009. This program is generously sponsored by Bank of Ann Arbor.

JULY 2 – LIFE IN SYRIA UNDER ASSAD Shadia Martini, Syria native, University Professor



The capture of Syria's capital, Damascus, in 2024 marked the end of the Assad family's rule, which began in 1971. The impact of both the Assad regime and its overthrow on the

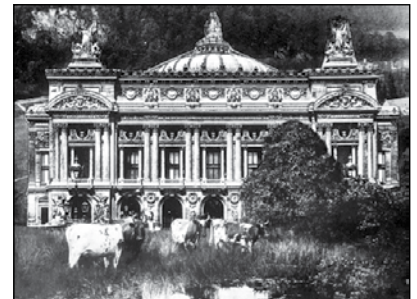
people of Syria has been an important international news topic leading up to and following its collapse. Come to Next to hear first-hand from Shadia Martini, a local business owner who was born in Syria, taught at the University of Aleppo, and worked as a reporter for Syria Channel 2 Metro-Detroit. She will share an insider's story of growing up in Syria during the Assad regime and the impact that Syria's government has on its people.

JULY 16 – COWS AT THE OPERA HOUSE AND OTHER MUSEUM MYSTERIES

Leslie Ward, DIA

Leslie Ward will be visiting Next from the Detroit Institute of Arts for an intriguing lecture on museum mysteries. This lecture is sure to entertain and delight, as well as provide curated knowledge on museum history and art. This program is generously

sponsored by Home Helpers of Troy.



July 23 – BATS AND THEIR IMPORTANCE IN OUR LOCAL ECOSYSTEM

Christina Funk, Stage Nature Center

Most people don't realize that their daily lives are impacted by the work that bats do at night – feeding on insects in our local neighborhoods. Far safer and more effective than mosquito sprays, bats are the ultimate good neighbor: quiet, helpful, and highly unlikely to carry



SPEAKER SERIES @ NEXT

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

Please Note: Speakers are found under the Activities
tab in the Speakers category on the NEXT website.

rabies. Come to Next and learn from Christina Funk of the Stage Nature Center about bats, why they're so important to ecological health, and why their populations are in decline. This important program is generously sponsored by American House Stone.

July 30 - FURS, FORTS AND A RAID BY THE SPANISH: A GLIMPSE AT "MICHIGAN" DURING THE REVOLUTIONARY PERIOD

Carol Bacak-Egbo – Oakland County Historian

Not yet a state, the land that would come to be known in 1837 as Michigan played host to its share of intrigue and



significance during the revolutionary period. This territory, which was home to Indigenous People for thousands of years, was the scene of fur trading, fort building, and changing loyalties. Join us at Next to hear from Oakland County historian Carol Bacak-Egbo explain what was happening in our state during this tumultuous period in history. Generously sponsored by Story Point Senior Living.

August 6 – HUMAN TRAFFICKING

Cindy Brown, Chief of the Trafficking Division at the Oakland County Prosecutor's Office

Cindy Brown is the chief of the Trafficking Division at the Oakland County Prosecutor's Office. She has held this



position for the past 5 of her 25-year career as a prosecutor. Ms. Brown is a member of the Oakland County Commissioner's Human Trafficking Prevention Task Force. Join us at Next to see how Oakland County is working to address the pervasive problem of human trafficking.

August 13 – EPIC STAINED GLASS OF METRO DETROIT

Dale Carlson, Architectural Historian

Author, photographer and architectural historian Dale A. Carlson was born and raised along the north-eastern shores of Lake Michigan where he developed a fascination with the city of Detroit. He will take his audience on a journey of beauty and inspiration as we learn about stained glass installations in the metro Detroit area and our local communities. This program is generously sponsored by American House Stone.



August 27 – A JOURNEY WITH DEMENTIA

Jim Mangi, Advocate and Nonprofit Founder



Jim Mangi is a Vietnam veteran, an environmental scientist, and the founder and owner of a nationwide, award-winning federal government consulting firm. None of this prepared him for his seventeen-year retirement career as a caregiver for his wife, who was diagnosed with Younger Onset Alzheimer's disease. Jim turned this

difficult journey into a passion – founding a non-profit and working tirelessly to improve the lives and protect the dignity of people living with dementia. In 2024 he received the Governor's Service Award for his work. Jim now seeks to help the increasing number of other persons in Michigan who are dealing with dementia. Come and hear Jim's inspiring story first-hand, and learn how you can play a role in making the world a better place for those living with dementia.



FITNESS OFFERINGS

Try something new. First class is always free

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: \$120 members / \$130 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.

TABLE TENNIS

Mondays from 2:30 to 3:30 pm

Cost: Complimentary, members only

Participants take turns rotating so everyone can play! Balls and paddles will be supplied. Who will be the next Marty Supreme? Contact Ron Jirovec for more information at ronjirovec@gmail.com

STRETCH with Lynda Scott

Tuesdays and Thursdays, 9:00 - 10:00 am

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

The Active Isolated Stretch (AIS) technique is used in this class. This therapeutic technique involves holding specific muscle stretches for only a couple seconds to increase flexibility and range of motion.

LET'S KEEP MOVING with Lynda Scott

Tuesdays and Thursdays, 10:00 - 11:00 am

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

This class will have you moving to music through a variety of exercises intended to improve strength, range of motion and daily living skills. You'll use weights, elastic tubing handles and balls for resistance. Chairs can be used for seating or standing support.

LOW IMPACT AEROBICS with Laura Karmanos

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

Cost: 10 drop-in classes: \$100 members / \$110 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. Laura has been teaching group fitness and personal training for decades and specializes in strength and mobility training for all levels, including older adults. She is certified through The National Academy of Sports Medicine (NASM).

STRENGTH TRAINING with Laura Karmanos

Tuesdays and Thursdays from 10:00 to 11:00 am

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

You may have heard it in the news or from one of our program planners here at Next: Strength Training is important for everyone, but especially for older adults like us! This full body strength class will help increase strength, improve balance and mobility and help you maintain muscle and bone mass. This class is beginner friendly and uses light weights, Pilates balls, bands and other equipment.

CHAIR YOGA & MEDITATION with Caryn Ciagne

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

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

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

YOGA FOR WELL BEING with Karen Lutz

Tuesdays from 4:00 to 5:00 pm

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

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

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 anyone 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 and a towel (optional).



FITNESS OFFERINGS

Try something new. First class is always free

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

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.

Beginner Class

Wednesdays from 1:30 to 2:30 pm and Fridays from 11:00 am to 12:00 pm No class 7/22 and 7/24

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 7/24

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.

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! Wall sits and stretches. All to promote strength, flexibility, balance and community. Bring water and wear comfortable shoes. Let's have some Friday fun!

BARRE BALANCE with Karen Lutz

Fridays from 1:00 to 1:50 pm – First class free.

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

A low impact practice at the barre improving muscle tone, balance, flexibility and strength. Work with optional weights and stretch bands. All levels are welcome as we move at our own pace. Enjoy ballet and yoga inspired movements both dynamic as well as holding.

PICKLEBALL

Cost: Complimentary members only

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

Open Play: Monday from 5:30 to 7:30, Tuesday 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!

PICKLEBALL CLINIC

Cost: \$10 per session

Monday from 4:30 – 5:30 pm

Interested in learning how to play one of the fastest-growing and most popular sports around? Or hone your skills a bit? Tom Wehner, Pickleball Professional, will be holding a clinic every Monday night for up to 8 people per clinic – Beginner and Advanced. You must register and pay for each clinic through the Next office (248-203-5280) or online at www.birminghamnext.com

TENNIS - MIXED DOUBLES & BOWLING LEAGUE

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DAY TRIPS

Must Register!

NEW AT NEXT

Next is excited to announce new travel partnerships with Bianco Tours and Distinctively Detroit Tours to expand our trip offerings for members and guests! These new partnerships will allow us to offer even more exciting day trips and experiences aboard deluxe motorcoaches or comfort van, making travel comfortable, social, and memorable for everyone. We would also love your feedback as we continue to grow our travel program! Let us know what types of trips and destinations interest you, including the possibility of overnight and extended domestic. Please send your ideas to: Stacy Goldberg, Next Travel Program Planner,
Email: sgoldberg@birmingham.k12.mi.us
Phone: 248-203-5284

THE RESPECT DETROIT TOUR: EXPLORE ARETHA FRANKLIN'S LIFE & LEGACY

In Partnership with Distinctively Detroit Tours
Thursday, July 16

Bus departs NEXT at 9:20 am and returns approx. 5:30 pm
Cost \$165 member/\$175 guest

Step into the rich musical and cultural legacy of Detroit on the unforgettable RESPECT Detroit tour, a tribute to the Franklin family and the voices that shaped a generation. Guests will visit the historic Rose Estate, explore the legendary New Bethel Baptist Church where music, faith, and civil rights history came together. The day also includes a hearty buffet lunch at Bert's Marketplace in Eastern Market. Then, the experience goes even deeper. Meet Miller London, the first African-American Sales Executive from Motown Records, as he shares firsthand stories from the golden era of Motown. Surrounded by memorabilia and Detroit history murals, you'll gain a rare, personal look into the music that defined a generation. This inspiring journey, on a deluxe motorcoach or van, celebrates Detroit's powerful impact on music, culture, and history.

**Registration deadline for this trip is July 6th, no refund within 2 weeks of departure*

THE ZEKELMAN HOLOCAUST CENTER: DOCENT LED TOUR, NEXT GENERATION SURVIVOR SPEAKER PRESENTATION & EDUCATOR LED TOUR OF SPECIAL TOURING EXHIBIT

Wednesday, July 22

Bus departs NEXT at 11:30 am and returns approx. 4:30 pm
Cost: \$30 members/\$35 guests

Experience a meaningful and thought-provoking day trip to The Zekelman Holocaust Center in Farmington Hills. This educational journey will include a docent-led guided tour through the Center's powerful permanent exhibits. The

60-minute tour is led by an experienced docent who provides historical context and personal insight. Guests will also attend a special "Next Generation Speaker" presentation featuring the child or grandchild of a Holocaust survivor. During this 45-minute talk, speakers share personal family stories of survival, resilience, and remembrance. The tour will conclude with an educator led guided tour of a special touring exhibit. Kosher snacks included.

A DAY IN THE D: GUIDED CITY TOUR OF DETROIT & DIAMOND JACK'S RIVER CRUISE

Thursday July 30

In Partnership with Bianco Tours

Bus departs NEXT at 8:45 am and returns at 4:45 pm

Cost: \$155 members/\$165 guests

Join us for a delightful "Day in the D" as we explore the energy, beauty, and revitalization of downtown Detroit on a deluxe highway motorcoach or van equipped with reclining seats and a restroom! This full-day guided adventure includes a narrated on-and-off Detroit city tour featuring Belle Isle, the stunning new Oudolf Garden Detroit, unique outdoor art installations, and beloved city landmarks. Guests will also enjoy a delicious lunch at Andiamo Riverfront inside the GM Renaissance Center, free time along Detroit's scenic RiverWalk, and then end the tour with a relaxing narrated Diamond Jack's River Cruise (1 hr) showcasing the impressive skylines of Detroit and Windsor from the water. It's the perfect summer getaway filled with sightseeing, history, gardens, dining, and waterfront views.

**Registration deadline for this trip is 7/16/26, no refunds within 2 weeks of departure*

EASTERN MARKET ART & SOUL TOUR: MURALS, MARKETS & MADE-IN-DETROIT CREATIVITY

Wednesday, August 5

In Partnership with Distinctively Detroit Tours

Bus departs NEXT at 9:20 am and returns at 5:30 pm

Cost: \$165 member/\$175 guest

Travel in comfort aboard a deluxe motorcoach or van as we journey to Detroit's historic Eastern Market! This immersive experience begins with an introduction to the rich history and cultural significance of Eastern Market, one of the oldest and most vibrant public market districts in the country. Guests will enjoy a guided 90-minute walking tour through the renowned Murals in the Market collection, where colorful large-scale murals created by local and international artists transform the neighborhood into an outdoor gallery. The tour also includes a special behind-the-scenes visit to CAN Art Handworks, where acclaimed Detroit sculptor Carlos Neilbock shares his artistic journey, creative process, and commitment to entrepreneur-



DAY TRIPS

Must Register!

ship and community impact. Guests will also view the inspiring Unity Bell sculpture and discover how Eastern Market became a hub for artists, makers, and local voices. A delicious included lunch at the famous Frank's Diner rounds out the day with classic Detroit flavor. Blending history, art, storytelling, and local cuisine, this unique tour offers an unforgettable look at the heart and soul of Detroit's creative community.

**Registration deadline for this trip is July 20th, no refunds within 2 weeks of departure*

ART & GARDEN TOUR AT THE HOME OF JULIE DAWSON, LOCAL BIRMINGHAM ARTIST

Thursday August 6

Bus departs next at 12:45 pm and returns at 4:15 pm

Cost: \$10 members/\$15 guest

Step into the colorful world of Birmingham artist Julie Dawson. During this special three-hour Art & Garden Tour, guests will explore Julie's beautiful gardens, tour her home gallery and studios, and hear the fascinating stories behind more than 100 original watercolor paintings inspired by her travels to 101 countries.

PORT HURON DAY TRIP: HURON LADY II EXCURSION BOAT TRIP, LUNCH AT THE VOYAGEUR & NOSTALGIC CANDY SHOP

In Partnership with Bianco Tours

Thursday, August 13

Bus departs: 9:00 AM, returns: 6:00 PM

Cost: \$135 members/\$145 nonmembers

Spend an exciting summer day exploring beautiful Port Huron aboard the Huron Lady II! Travel in comfort on a deluxe motorcoach or van to enjoy a delicious included buffet lunch at The Voyageur overlooking the scenic St. Clair River before boarding a 90-minute narrated cruise featuring views of giant Great Lakes freighters, waterfront homes, the Blue Water Bridge, and Lake Huron. The fun continues with a visit to Sweet Tooth of Marine City, where you'll receive a \$2.50 gift card to enjoy nostalgic candy, handmade chocolates, and ice cream favorites. Join Birmingham Next for a relaxing and memorable day.

ASSUMPTION GROTTO CHURCH PRESENTATION WITH PARISH HISTORIAN/ARCHIVIST AND GUIDED TOUR

Thursday August 20, 2026

Bus departs 9:45 AM and returns to Next at 1:15 pm

Cost: \$30 members/\$40 guest

Join us for a meaningful half-day visit to Assumption Grotto, a historic Catholic parish serving Detroit since the 1830s. Founded by German and French settlers as "St. Mary's in the

Woods," the parish has grown into a beautiful Neo-Gothic church completed in 1929, rich in tradition and devotion. The program includes a brief historical slideshow presentation by the parish historian/archivist, followed by a guided tour of the church and its scenic grounds. Guests will also visit the cherished Assumption Grotto, inspired by the Shrine of Our Lady of Lourdes in France, and have time to browse the gift shop. Coffee and pastries are included.

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ART & CREATIVITY



NEW PROGRAM: THE CREATIVE COLLECTIVE: Art • Crafts • Creativity • Community

Join us Mondays at Next for a welcoming space to create, explore, and connect. The Creative Collective is a weekly workshop series featuring art, crafts, hands-on projects, and opportunities to try something new in a relaxed and social environment. Whether you're a seasoned maker or just looking to get creative, these workshops are all about inspiration, self-expression, and building community—one Monday at a time. Come create and learn with us!

KINDNESS ROCK PAINTING PROJECT WORKSHOP

Monday, August 3, 5-7 PM Cost: \$25 members/\$35 guests

Join us for an uplifting afternoon of creativity, connection, and community as we take part in the worldwide Kindness Rock Project with Instructor Liza Panley. The Kindness Rock Project is a movement embraced by community groups across the globe to spread positivity one small act at a time. In this heartwarming workshop, participants will transform ordinary stones into colorful works of art meant to brighten someone's day. Whether you gift your finished rock to a friend, or leave it along a walking trail, each creation becomes a small reminder that kindness matters. No artistic experience is needed, and all supplies are included.

HENNA WORKSHOP

Monday, August 10, 5 PM-7 PM

Cost: \$30 member/\$40 guests

Come to Next and learn the basics of henna with Lauren Northrop. Henna is an all-natural temporary tattoo body art technique. Despite dating back thousands of years, henna art is wildly popular and trendy in today's culture. In this class, we will cover the history, botany and chemistry of henna. Each participant will receive an organic henna cone during the class, and we will work through beginner design techniques using the cones on paper. There will be enough henna in each cone for participants to take it home and try their own body art!

BOTANICAL PRINT MAKING/GREETING CARD WORKSHOP

Monday, August 17, 2 PM - 5 PM

Cost: \$60 members/\$70 guests

Discover the art of relief printmaking in this relaxed, hands-on three-hour workshop with fine arts educator, Liza Panley. Using soft, easy-to-carve styrofoam plates, participants will explore the beauty of nature by transforming floral and botanical motifs into custom greeting cards. By the end of this workshop, participants will be able to achieve an even print and produce a clean, hand-registered set of matching greeting cards. This workshop is beginner-friendly with no experience necessary. All materials provided.

MEDITATIVE ART MAKING WORKSHOP

Monday August 24, 5 PM - 6:30 PM

Cost: \$35 members/\$45 guests

Join Taylor Beardsall, M.Ed of Solstice Art Therapy, for an art making event that will help you find a sense of calm, ease and peace within yourself. Through guided exercises that will involve a mix of drawing and painting, you will learn how to connect with your intuition and tap into a meditative state. No prior artistic experience is required – just an open mind and a willingness to explore. All art materials will be provided. Get ready to embark on a journey of self-discovery and tranquility.

INTRO TO MACRAME: BRACELETS & KEY CHAIN WORKSHOP

Monday August 31, 1-3 PM Cost: \$35 member/\$45 guest

Discover the art of macramé in this fun and beginner-friendly workshop with Instructor Rachel Rose, Master of Art in Teaching & BFA in Ceramics. Students will learn the basics of simple knotting techniques while creating their own handmade bracelets and keychains, using beads to complement their creations. Leave with beautiful handmade accessories and the confidence to continue exploring macramé at home.

OPEN STUDIOS CREATIVE ARTS OPEN STUDIO

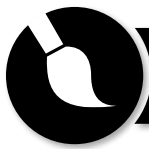
Thursdays, 1:00 PM - 3:30 PM

Elevate your artistic practice in a collaborative environment designed for experienced artists. This revised, uninstructed format focuses on independent work and the fresh perspectives gained from working alongside fellow creatives. If you enjoy the energy of a shared workspace, this open studio offers the freedom to explore your craft at your own pace.

KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

Kick off your week with a morning of creativity and good company.



ART & CREATIVITY

NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

Mid-week is the perfect time to pick up your latest project and join a community of makers! Our Open Studio offers a relaxed space to create together.

PHOTOGRAPHY CLUB

Thursdays, July 9 and August 13 from 10:00 am to 12:00 noon
Cost: Complimentary members / \$5 guests

The Next Photography Club brings together individuals with a shared interest in the art of photography. Members benefit from a collaborative environment, access to the club's dedicated website, and the opportunity to participate in regular off-site photo excursions.

Inquiries: Please reach out to info@birminghamphotoclub.org

POTTERY OPEN STUDIO

Thursdays from 9:30 am to 12:30 pm

Enjoy this independent open studio to develop your beautiful pottery projects. Bring your clay and your creativity! This session is all about camaraderie and the "creative synergies" that happen when makers work side-by-side.

More Time for What *Matters Most*



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CARDS, TILES, COLLECTORS

NEW! MONDAYS MAHJ & MINGLING: OPEN PLAY

Join us on Mondays for Mahj & Mingling, a relaxed and social Mah Jongg gathering designed for both beginners & seasoned players alike! Enjoy friendly, casual open play while connecting and building community through conversation, laughter, and the love of the game. Whether you are brand new to Mahj or have years of experience, there's a seat at the table for you. Registration strongly encouraged, but not required. Bring your own Mahj tiles, mats & cards.

Mondays from 4-6 pm in the Lobby/Activities Room

Cost: Complimentary for members/\$5 for guests

MAH JONGG LESSONS WITH RACKELINE HOFF

Mondays July 27, August 3, August 10 and August 17 from 2 pm-4 pm

Cost: 4-week series: \$100 members/\$110 nonmembers

Learn the challenging game of Mah Jongg, which originated in China many years ago and has become very popular today! Taught by experienced Mah Jongg teacher, Rackeline Hoff, it is a game of strategy, memory and luck that also offers an enjoyable social experience. This 4-week session will teach you how to name the tiles, read the Mah Jongg card, how to play the game, set up the Charleston and have actual supervised and instructional play time. You won't want to miss this hot class that is just starting off with the brand new 2026 card! Students must bring with them a 2026 National Mah Jongg League card or purchase one from the instructor for \$15 on the first day of class.

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.

BINGO

Monday, July 20 and August 3, 17 at 1:00 pm

Cost to play: \$2 per card for members and guests

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

BIRMINGHAM STAMP CLUB

Tuesdays, July 7, July 21 and August 4 and 18 at 5:30 pm

Facilitator Contact: Ken Rusch, 248-968-3505.

BRIDGE (ALL LEVELS)

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

Facilitator Contact: Helen Cook, hccook1951@gmail.com

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

Facilitators, Contact: Irv Feldman, 248-828-5346,

Ferris Knul, 248-535-7279, Connie Dugger 248-312-8204

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

Experienced players please and bring your own partner.

Facilitators, Contact: John & Elaine Hretz, 248-569-2336

COIN CLUB *On Hiatus until September 16*

CANASTA

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

Cost: Complimentary members

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

CHESS OPEN PLAY (ALL LEVELS)

Tuesdays from 1:00 to 3:00 pm

Thursdays from 5:00-7:00 pm

Cost: Complimentary members/\$5 guests

For more information about playing chess at Next, please contact Chris Dow at 248-647-0728.

TECHNOLOGY LAB & LESSONS

Lab Cost: The technology lab is available at no charge to Next members only. **Lessons Cost:** \$5 per lesson and \$20 for a series of 5 lessons (a technology card will be given).

As a valued member of Next, you'll enjoy access to our technology lab and lessons designed to help you build confidence, stay connected, and learn new digital skills in a friendly and supportive environment.

DOUBLE DECK PINOCHLE (ALL LEVELS)

Wednesdays from 10:00 am to 12:00 noon

EUCHRE (ALL LEVELS)

Wednesdays from 10:00 am to 12:00 noon

PINOCHLE (ALL LEVELS)

Mondays, Wednesdays and Fridays from 12:00 pm to 3:00 pm

SHANGHAI RUMMY (ALL LEVELS)

Tuesdays at 1:00 pm

Shanghai rummy (also known as California Rummy) is a Rummy card game, based on gin rummy and a variation of contract rummy played by 3 to 8 players.

Facilitator Contact: Beverly Sankey, beverlyonline@comcast.net

SOCKI

Tuesdays from 12:30 pm 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.



SUPPORT SERVICES

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Monday, August 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.

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

This group will not be meeting in July and August. Meetings will resume September 14th.

LOW VISION SUPPORT GROUP

Henry Ford Health Detroit Institute of Ophthalmology

The group will not be meeting in July and August. Meetings will resume on September 16th. Free to Members and Future Members

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.

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.

DEMENTIA CAREGIVER SUPPORT GROUP Hosted by Arden Courts Bingham Farms

Tuesdays, July 14th and August 11th, at 11:00 am
Complimentary for Members and Future Members

Join us for a welcoming, supportive environment where you can share experiences, gain valuable resources, and connect with others who understand what you are going through. Each session is guided by knowledgeable professionals specializing in memory care, providing insight, encouragement, and practical advice. Let us help you feel empowered, informed, and supported in your care giving journey.

GET TECH SUPPORT FROM A TEEN AT NEXT!

Interactive technology sessions with High School Students
Two sessions (come to one or both)

Session 1: Wednesday, July 8 from 10:00-11:00 AM

Social Media and Internet Browsing

Session 2: Wednesday, July 22 from 10:00-11:00 AM

Using YouTube and Google

Bridging generations through technology is a service initiative through the Bloomfield Hills High School National Honor Society Chapter. During this session, participants will be led through an interactive presentation and will receive a guide to take home. After the presentation and Q&A session, participants will have an opportunity to sit down with a teen and get personalized tech support. Bring your phone and have all your technology questions answered by high school students! This program is free of charge.

HOUSING TOUR: CEDARBROOK SENIOR LIVING Bloomfield Hills, MI

Wednesday, July 15 Bus Departs at 11:00 am

Please join us for a tour of a Senior Living Community that provides upscale, private living options for its residents. Cedarbrook features comfortably sized, fully furnished suites, that create a sense of home. Residents can enjoy restaurant style meals, prepared daily by an executive chef and served with linens and fine China. The beautiful grounds and attractive common living areas throughout help make Cedarbrook a welcoming community.





SUPPORT SERVICES

INFORMATION ABOUT COMMUNITY RESOURCES

Support Services are available to Next members, seniors in the community, in-town and out-of-town family members, and caregivers. Come in or call with any questions; we are here to help with resources, information, and referrals in a wide range of areas. Sandi Cassar and Pat Brooks in Support Services welcome you Monday through Thursday, 9:00 am to 4:00 pm and Friday, 9:00 am to 3:00 pm.

THERAPY DOG VISIT

Allyson Holloway and her therapy dog, Maple, will be visiting Next in July and August! During the school year, Allyson and Maple practice their therapy skills at Seaholm High School, but during the summer, to keep those skills active, they will be at Next a couple of times a week. They'll be in Next's lobby accepting lots of hugs and pets and hopefully, bringing all the feels that therapy dogs have a way of bringing out in us. Take a moment to enjoy the simple things in life.

Look for Allyson and Maple on these dates:

July 14, 16, 20, 23, 27 at 12:30-ish

July 29 at 11:00-ish

August 3, 5, 11, 13 at 12:30-ish

ASK THE ATTORNEY

Wednesday, July 8th, and Wednesday August 12th, from 2:00 to 2:45 pm

Local Attorney, Diana Pugh Moak, will be at Next to provide assistance with your legal questions. Please call Next to schedule your complimentary 15-minute appointment. Only available to the Next members. This service be provided the second Wednesday of every month.

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.

LET'S HEAR FROM YOU!

Support Services often refers Next members to reputable companies that provide services for home repairs, such as plumbing, electrical, handyman work, cleaning, etc. If you have a licensed and insured company to recommend, please call to share your contact. It's a great service to other Next and community members.

FOUNDATION FOR BIRMINGHAM SENIORS

The Foundation provides two forms of financial assistance to Birmingham senior residents who income-qualify. Please call us for more information.

- Funding for minor home repairs such as handrail installations, plumbing, roof, electrical work, etc. These funds do not need to be repaid.
- Interest-free loans for major home repairs such as replacing a roof, furnace, windows, etc. These no-interest loans are repaid after the sale of the home.

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.

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.

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.

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.



ENRICHMENT

NEXT BOOK CLUBS IN PARTNERSHIP WITH THE BALDWIN PUBLIC LIBRARY

BOOK CLUBS

NON-FICTION BOOK CLUB (VIRTUAL IN JULY/AUGUST)

Tuesday July 14 and August 11 at 10:00 am

Adult Services Librarian Mick Howey of the Baldwin Public Library leads this discussion of a different nonfiction book on the second Tuesday of every month. The discussions feature a wide range of nonfiction selections, including science, history, and memoir.

July 14 Book: *The Wager: A Tale of Shipwreck, Mutiny and Murder* by David Grann

August 11 Book: *Artificial Intelligence: A Guide for Thinking Humans* by Melanie Mitchell.

To join the virtual discussion and receive a copy of the book as well as the Zoom link, email Mick Howey at mick.howey@baldwinlib.org.

POPULAR READS BOOK CLUB

AT NEXT IN PERSON AND ZOOM OPTION AVAILABLE

Mondays, August 3 at 1:00 pm

Join Rebekah Craft, Director of the Baldwin Public Library, as she leads book discussions of popular and award-winning books on the 1st Monday of every month.

August 3 Book: *Yesteryear* by Caro Claire Burke

To join the discussion club, receive a copy of the book, or receive the Zoom link, email Rebekah Craft at rebekah.craft@baldwinlib.org.

CURRENT EVENTS DISCUSSION GROUP

Fridays at 12:00 noon

In an ever-changing world, keeping up with the news can feel like a full-time job. Why go it alone? Join this casual, member-led discussion group to unpack the week's top stories in a friendly environment.

JAZZ CLUB

Tuesdays from 3:00 pm to 4:30 pm

Did you know we have a jazz band that practices at Next? The Ed Black Jazz Band plays classic rhythms every Tuesday afternoon, and they love having an audience! It's the perfect way to spend a relaxed afternoon immersed in great tunes and local talent.

MEN'S ROUNDTABLE

Wednesdays at 9:00 AM

Start your morning with great conversation and better company. The Men's Roundtable is a dedicated space for the

men of Next to connect, share stories, and enjoy a relaxed atmosphere together. Pull up a chair and join the group.

WOMEN'S ROUNDTABLE

Tuesdays at 11:00 AM

Built on the spirit of friendship and camaraderie, the Women's Roundtable is the perfect place to expand your social circle at Next. Join us for a lively hour of connection and community—it's a wonderful opportunity to meet new faces and catch up with old friends in a welcoming environment.

WRITERS CORNER

Thursdays July 2, 16 and August 6, 20 from 9:30 am - 11:30 am

Connect with a diverse group of fellow Next members who share a passion for the written word. Whether you're polishing a manuscript or just starting a journal, this space is dedicated to the craft of writing and the community of those who practice it. Interested in joining? For more information, please reach out to our facilitator, Bob Erlandson, at rferlandson@gmail.com.



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FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

July 1 – YES DAY

A fun, feel-good family comedy about parents who decide to put aside their usual rules and say “yes” to their children’s requests for one unforgettable day. Starring Jennifer Garner, Édgar Ramírez, and Jenna Ortega. Rated PG, 1 hour 26 minutes

July 8 – THE MAGIC OF BELLE ISLE

A retired novelist seeking peace and solitude escapes to a quiet lakeside community that begins to change his outlook on life. Starring Morgan Freeman, Virginia Madsen, and Madeline Carroll. Rated PG, 1 hour 49 minutes

July 29 – MARTY, LIFE IS SHORT

Martin Short looks back on a life fueled by joy in this documentary with classic clips and interviews and never seen before footage. 1 hour 41 minutes

August 5 – AUDREY (DOCUMENTARY)

A documentary celebrating the extraordinary life, career, and enduring influence of screen icon Audrey Hepburn. Starring Audrey Hepburn. Rated PG, approximately 1 hour 40 minutes

August 12 – THE SIX TRIPLE EIGHT

Based on the true story of the only all-Black, all-female Women’s Army Corps battalion to serve overseas during World War II. Their historic mission shines a light on an often-overlooked chapter in history. Starring Kerry Washington, Ebony Obsidian, and Oprah Winfrey. Rated PG-13, 2 hours 7 minutes

August 19 – LA DOLCE VILLA

When successful businessman Eric travels to Tuscany to convince his daughter not to pour her savings into restoring a crumbling villa, he discovers that Italy has plans of its own—bringing fresh perspective. Starring Scott Foley, Violante Placido, and Maia Reficco. R:TV-14, 1 hour 39 minutes

August 26 – THE SWEDISH CONNECTION

Based on a remarkable but little-known true story, this inspiring World War II drama follows a Swedish government official who quietly becomes an unlikely hero during one of history’s darkest periods. Starring Henrik Dorsin, Sissela Benn, and Jonas Karlsson. Rated PG-13, 1 hour 42 minutes



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STREAMING @ NEXT!

We are changing the streaming format at Next! Each streaming film will be followed two weeks later by a moderated discussion group that addresses the topic presented in the film. The discussion leader will present some relevant information and ideas to discuss based on the film. Join us for the streaming, the talk, or both! You do not need to attend the streaming in order to attend the talk and discussion.

THE LAST KALINGA TATTOO ARTIST

Tuesday, July 14 at 10:30 am

Cost: Complimentary members / \$5 guests

This documentary film takes us to the most remote village in the Philippines where intrepid travelers can find renowned traditional tattoo artist Whang Od. She is the last master of the art of traditional, hand-tapped Filipino tattoos. Length 25 minutes.

MODERATED DISCUSSION: TATTOO ART

Tuesday, July 28 at 10:30 am

Cost: Complimentary members / \$5 guests

Join us at Next for a discussion on tattoo art, which will be partly informed by the documentary, "The Last Kalinga Tattoo Artist" that was streamed at Next on July 14. This talk will not be limited to traditional tattoos, however, and the discussion will be open to all types of tattoo art and opinions thereon!

THE SCIENCE OF HAPPINESS

Tuesday, August 4 at 10:30 am

Cost: Complimentary members / \$5 guests

This film explores the meaning behind the iconic words "life, liberty and the pursuit of happiness" and questions what it means to pursue happiness. Length 52 minutes.

MODERATED DISCUSSION: HAPPINESS AND THE SCIENCE BEHIND IT

Tuesday, August 18 at 10:30 am

Cost: Complimentary members / \$5 guests

This talk will be open to discussing all strategies that people pursue to achieve happiness, as well as exploring what happiness means both subjectively and objectively. Whether or not you watched the documentary, come and spend an hour at Next discussing happiness!

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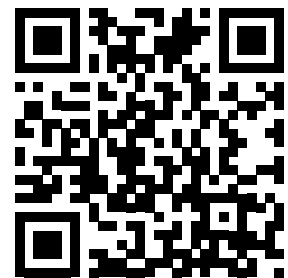
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INDIVIDUAL

Meyers Family Foundation c/o Pat Meyers and William and Wendy White.

MEET OUR NEWEST MEMBERS

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

James Auker and Candice Cuyler-Auker, Beth Brockmann, Phyllis Brown, Marci Burch, Albert and Andrea Butlin, Steven and Krista Conyers, Susan Csernits, Katy Deighan, Carol Devnani, Sheila Dhandha, Marcel and Maureen Dijkers, Vicki Galperin, Chris Gaudette, Martha Hach, Kim and Henry Hagood, Linda Hauschulz, Joan Henderson, Marianne Hilday, Duncan and Mary Beth Jones, Linda Lambert, Elizabeth Lurie, Kathleen McGowan, Ann Kathryn Muenk, Michael Pakulski, Elizabeth Rose, Kathy Sheridan, Nancy Silverman, Patrick Smith, James and Phyllis Ullmer, Jr., Denise Wallace, and Miriam Wettenstein.

WELCOME BACK

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

Daniel Bonbrisco, B. Kay Campbell, James and Margo Campbell, DeWitt Dykes and Silverenia Kanoyton-Dyke, Patricia Hamilton, Mary Jo Johnston, John and Kris Martin, Marsha Percefull, James and Sondra Ragon, G. Brien Ralston, Jerry Stanecki, Barbara Van Eaton, Sandra Vanover, and Jeanette Zwak.

Our condolences to the family and friends of...

John Brice, Dotty Kenny, and Albert Nahra.

We are thinking of you....

John Campbell, Fran Green, Lois Hlavaty, and Gayle Zimmerer.

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

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Kathleen Tillson, Office Supervisor
Sara Callender, Staff Assistant
Bev Singer, Staff Assistant
Pam Hall, Program Planner
Stacy Goldberg, Program Planner
Sandy Catterall, Financial Administrator
Lauren Northrop, Marketing & Communications
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Kim Holmes, Facility Operations
Calvin Moss, Van Driver
Clement Travicz, Van Driver
Judy Murrell, Meals on Wheels

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.

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 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 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: Yes Day	2 9:00 Low Impact Aerobics <i>-no class</i> 9:00 Stretch class 9:30 Writer's Corner 9:30 Pottery Studio 10:00 Let's Keep Moving 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:30 Pickleball 4:00 Chess Open Play (All levels) 6:00 Lecture: Life in Syria	Next Closed HAPPY 4th of JULY!
Next Closed HAPPY 4th of JULY!	7 9:00 Low Impact Aerobics 9:00 Stretch class 10:00 Let's Keep Moving 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess Open Play 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	8 9:00 Boot Camp 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Teens and Technology 10:00 Double Deck Pinochle 10:00 Euchre 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Watercolor Studio 1:30 Tai Chi - Beginner 2:00 Ask The Attorney 4:30 Pickleball 5:00 Movie: The Magic of Belle Isle	9 9:00 Low Impact Aerobics 9:00 Stretch class 9:30 Pottery Studio 10:00 Let's Keep Moving 10:00 Strength Training 10:00 Photography Club 12:00 Canasta 12:30 Sing-A-Long on the Patio 12:30 Pickleball 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:00 Chess Open Play (All levels) 4:30 Pickleball 6:00 Lecture: Revolutionary War	10 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:00 Barre Balance
13 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Arts & Crafts Workshop 1:00 Mah Jongg 2:30 Table Tennis 3:00 Trivia 4:00 Mahj & Mingle Open Play 4:30 Pickleball Clinic 5:30 Pickleball	14 9:00 Low Impact Aerobics 9:00 Stretch class 9:00 Nature Walk in Linden Park 10:00 Non Fiction Book Club (Virtual) 10:00 Let's Keep Moving 10:00 Strength Training 10:30 Streaming: The Last Kalinga 11:00 Womens Roundtable 11:00 Dementia Caregiver Support Group 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess Open Play 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball	15 9:00 Boot Camp 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 11:00 Cedarbrook Tour 12:00 Pinochle 1:00 Watercolor Studio 1:00 Balanced Yoga for Wellness 1:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: The Great Outdoors	16 9:00 Low Impact Aerobics 9:00 Stretch class 9:20 Respect Detroit Tour 9:30 Writers Corner 9:30 Pottery Studio 10:00 Let's Keep Moving 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 2:00 Cooking Class at Henry Ford West Bloomfield 4:00 Chess Open Play (All levels) 4:30 Pickleball 6:00 Lecture: Museum Mysteries	17 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:00 Barre Balance
20 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Bingo 1:00 Mah Jongg 2:30 Table Tennis 4:00 Mahj & Mingle Open Play 4:30 Pickleball Clinic 5:00 Eco Art for Self Compassion Workshop 5:30 Pickleball	21 9:00 Low Impact Aerobics 9:00 Stretch class 9:00 Nature Walk in Linden Park (RAIN DAY) 10:00 Let's Keep Moving 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess Open Play 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball	22 9:00 Boot Camp 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Teens and Technology 10:00 Double Deck Pinochle 10:00 Euchre 11:30 Holocaust Center Tour 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Watercolor Studio 1:30 Tai Chi - Beginner (no class) 4:30 Pickleball 5:00 Movie: Daddy Day Camp	23 9:00 Low Impact Aerobics 9:00 Stretch class 9:30 Pottery Studio 10:00 Let's Keep Moving 10:00 Strength Training 12:00 Lunch in the Great Out of Doors 12:00 Canasta 12:30 Pickleball 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:00 Chess Open Play (All levels) 4:30 Pickleball 6:00 Lecture: Bats and Our Local Ecosystem	24 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate No class 11:00 Tai Chi - Beginner No class 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg
27 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 2:00 Mah Jongg Lessons 2:30 Table Tennis 4:00 Mahj & Mingle Open Play 4:30 Pickleball Clinic 5:00 Bracelet Making Workshop 5:30 Pickleball	28 9:00 Low Impact Aerobics 9:00 Stretch class 10:00 Let's Keep Moving 10:00 Strength Training 10:30 Moderated Discussion: Tattoos 11:00 Womens Roundtable 11:30 Create Your Own Vision Board 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess Open Play 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 6:00 Concert: Michael Jenkins	29 9:00 Boot Camp 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 12:00 Pinochle 1:00 Watercolor Studio 1:00 Balanced Yoga for Wellness 1:30 Tai Chi - Beginner 3:00 Bingo 2.0 4:30 Pickleball 5:00 Movie: Marty, Life is Short	30 8:45 A Day in The D 9:00 Low Impact Aerobics 9:00 Stretch class 9:30 Pottery Studio 10:00 Let's Keep Moving 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 1:00 Chamber Music Concert 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:00 Chess Open Play (All levels) 4:30 Pickleball 6:00 Lecture: Oakland County History during Revolutionary War	31 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 BP & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Bingo 1:00 Popular Reads Book Club 1:00 Mah Jongg 2:00 Mah Jongg Lessons 2:30 Table Tennis 3:00 Trivia Time 4:00 Mahj & Mingle Open Play 4:30 Pickleball Clinic 5:00 Kindness Rock Project 5:30 Pickleball 5:30 Parkinson's Support Group	4 9:00 Low Impact Aerobics 9:00 Stretch class 10:00 Let's Keep Moving 10:00 Strength Training 10:30 Stream: Science of Happiness 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Climate Change/The Greening of Detroit 1:00 Chess Open Play 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	5 9:00 Boot Camp 9:00 Men's Roundtable 9:15 Flow Yoga 9:20 Eastern Market Art & Soul Tour 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: Audrey	6 9:00 Low Impact Aerobics 9:00 Stretch class 9:30 Writer's Corner 9:30 Pottery Studio 10:00 Let's Keep Moving 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 12:45 Julie Dawson Art & Garden Tour 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 2:00 The Psychology of Siblings 4:00 Chess Open Play 4:30 Pickleball 6:00 Lecture: Oakland County Prosecutor - Human Trafficking	7 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:00 Barre Balance
10 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 2:00 Mah Jongg Lessons 2:30 Table Tennis 4:00 Mahj & Mingle Open Play 4:30 Pickleball Clinic 5:00 Henna 5:30 Pickleball	11 9:00 Low Impact Aerobics 9:00 Stretch class 10:00 Let's Keep Moving 10:00 Non-Fiction Book Club (Virtual) 10:00 Strength Training 11:00 Dementia Caregiver Support 11:00 Womens Roundtable 11:30 Hot Wheels on Midvale 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess Open Play 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball	12 9:00 Boot Camp 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tai Chi - Beginner 2:00 Ask the Attorney 4:30 Pickleball 5:00 Movie: The Six Triple Eight	13 9:00 Low Impact Aerobics 9:00 Stretch class 9:00 Port Huron/Boat Day Trip 9:30 Pottery Studio 10:00 Let's Keep Moving 10:00 Strength Training 10:00 Photography Club 12:00 Canasta 12:30 Pickleball 1:00 With Liberty and Justice For All 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:00 Chess Open Play (All levels) 4:30 Pickleball 6:00 Lecture: Epic Stained Glass of Metro Detroit	14 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:00 Barre Balance
17 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 2:00 Mah Jongg Lessons 2:00 Botanical Print Making Workshop 2:30 Table Tennis 4:00 Mahj & Mingle Open Play 4:30 Pickleball Clinic 5:30 Pickleball	18 9:00 Low Impact Aerobics 9:00 Stretch class 10:00 Let's Keep Moving 10:00 Strength Training 10:30 Moderated Discussion: The Science of Happiness 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Shanghai Rummy 1:00 The Farm at Trinity Health 1:00 Chess Open Play 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	19 9:00 Boot Camp 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Mah Jongg Lessons 1:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: La Dolce Villa	20 9:00 Low Impact Aerobics 9:00 Stretch class 9:30 Writer's Corner 9:30 Pottery Studio 9:45 Assumption Grotto Church 10:00 Strength Training 10:00 Let's Keep Moving 12:00 Breathe Easy, Live Better - Henry Ford Health 12:00 Canasta 12:30 Pickleball 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:00 Chess Open Play (All levels) 4:30 Pickleball	21 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg
24 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 2:30 Table Tennis 4:00 Mahj & Mingle Open Play 4:30 Pickleball Clinic 5:00 Meditative Art Workshop 5:30 Pickleball	25 9:00 Low Impact Aerobics 9:00 Stretch class 10:00 Let's Keep Moving 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess Open Play 1:00 Shanghai Rummy 1:00 The Art of Conservation 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 6:00 Concert: Maurissa Rose	26 9:00 Boot Camp 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tai Chi - Beginner 3:00 Bingo 2.0 4:30 Pickleball 5:00 Movie: The Swedish Connection	27 9:00 Low Impact Aerobics 9:00 Stretch class 9:30 Pottery Studio 10:00 Strength Training 10:00 Let's Keep Moving 12:00 Canasta 12:30 Pickleball 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:00 Chess Open Play (All levels) 4:30 Pickleball 6:00 Lecture: A Journey with Dementia	28 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg
31 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:00 Intro to Macrame Workshop 2:30 Table Tennis 4:00 Mahj & Mingle Open Play 4:30 Pickleball Clinic 5:30 Pickleball				



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