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SEPTEMBER/OCTOBER 2026

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SELF-CARE SEPTEMBER



September is recognized as National Self-Care Awareness month – a dedicated time to prioritize mental, emotional, and physical

well-being without guilt. Use the month of September to make self-care a part of your daily routine – practice being good to yourself. Throughout September, Next will offer some special programs focused on mindfulness, keeping your body strong and sound, and building connections with old friends and new.

INTRO TO ZEN AND ITS CORE CONCEPTS

Reverend Kohei, Dharma Gate Zen

Tuesday, September 22 at 1:00 pm

Cost: Complimentary members / \$5 guests



This class will cover the basic development of Zen, what makes it different from other schools of Buddhism, and its basic/core concepts. There will

be many opportunities to ask questions along the way.

SONGS TO LIFT YOUR SPIRIT: AN HOUR OF MUSIC FOR YOUR WELL-BEING

Kelly and Darryl Roenicke

Thursday, September 24 at 1:00 pm

Cost: Complimentary members / \$5 guests

Join Kelly and Darryl as they play beautiful violin and piano melodies in this relaxing and uplifting concert. Songs to Lift Your Spirit will feature the works of Louis Armstrong, Charlie Chaplin, Rachel Portman, Puccini, Bach, and other favorites. Give yourself an hour to enjoy live music on a fall afternoon, and walk away feeling rejuvenated.

DOING HARD THINGS

Beth Regner, Care Coordinator, Schluter & Hughes

Tuesday, September 29 at 1:00 pm

Cost: Complimentary members / \$5 guests

Aging is not a single moment; it's a journey filled with decisions, transitions, and, at times, difficult conversations. The Schluter & Hughes Law Firm is a team that extends beyond traditional legal services. Their Care Coordinators are experienced healthcare professionals who help seniors and their families navigate the often-overwhelming continuum of care. Beth Regner, Care Coordinator, leads this conversation, offering a deeply personal look at what it means to face life's challenges with courage and support. It will be uplifting and motivational!

SOUND BOWL HEALING, MEDITATION & JOURNALING WORKSHOP: A JOURNEY THROUGH THE SEVEN CENTERS OF CREATIVITY

Stephanie Battaglia

Monday September 28 from 5:00 pm to 6:30 pm

Cost: \$48 member/\$58 guest

Relax, recharge, and reconnect with your creative spirit during this unique sound healing journey led by Stephanie Battaglia, Certified Reiki Master/Teacher and Sound Healing Practitioner. Experience the soothing sounds of therapeutic instruments while being guided through a series of calming visualizations designed to inspire creativity, imagination, and self-expression.

Following the sound journey, participants are invited to reflect through journaling, sketching, coloring, or writing, with optional group sharing in a welcoming and supportive environment.

Please Bring: A journal or sketchbook and your favorite coloring or writing materials.





NATIONAL SELF-CARE AWARENESS MONTH

CHRIS & MARTINA: THE FINAL SET

Wednesday, September 9 at 5:00 pm

Cost: Complimentary members / \$5 guests

This inspiring documentary celebrates the legendary rivalry and lifelong friendship between tennis icons Chris Evert and Martina Navratilova. Featuring: Chris Evert, Martina Navratilova, Billie Jean King Rating: TV-14 Running Time: 1 hr. 33 min.

HEARING LOSS AS WE AGE: WHAT YOU NEED TO KNOW

Kristin Hinderliter, Au.D. FAAA, Hinderliter Hearing Services

Thursday, September 10 at 1:00 pm

Cost: Complimentary members / \$5 guests

Did you know 1 in 3 adults between 65 and 74 has some degree of hearing loss, and that number climbs to 90% by age 85? Join audiologist Kristin Hinderliter, Au.D., for an eye-opening look at hearing health as we age. This presentation covers the warning signs of hearing loss, why untreated hearing loss is now linked to the highest modifiable risk of dementia and what today's hearing aids and assistive technology can actually do.

SELF-CARE STRETCH SEMINAR

Aaron Wallace, Owner, Balance Your Fitness

Wednesday, September 16 at 12:30 pm

Cost: Complimentary members / \$5 guests

Are stiffness and soreness bothering you daily? Do you want to learn how to be your own stretching expert? Join us to learn

how you can improve your symptoms using professional level therapies that you can use in the comfort of your own home.

NATURE WALK, SCAVENGER HUNT, AND FOREST BATHING

Wednesday, September 23 at 9:30 a.m

Cost: Complimentary members / \$5 guests

Join us on a nature-inspired journey through Linden Park in Birmingham. We will enjoy the beauty of fall in new and innovative ways. This two-hour experience will include an easy 2-mile hike along Quarton Lake and the Rouge River watershed, a scavenger hunt, and an introduction to the concept of "forest bathing", a growing practice of self-care and wellness.

SOUND BOWLS: AN INTRODUCTION TO SOUND HEALING

Thursday, October 22 from 11:15-12:15 pm

Cost: \$36 member/\$46 guest

Discover the calming and restorative power of sound in this welcoming introduction to crystal singing bowls and sound healing with Stephanie Battaglia, Certified Reiki Master/Teacher and Sound Healing Practitioner. Learn what sound healing is, how therapeutic instruments create soothing vibrations, and how these frequencies may help encourage relaxation, reduce stress, and promote a sense of balance and well-being. This relaxing experience is designed to quiet the mind, ease tension, and leave you feeling refreshed. Suitable for all abilities and can be enjoyed comfortably seated in a chair or on the floor. Feel free to bring a blanket, yoga mat, pillow, or cushion for added comfort.



Tuesday, September 29 – JEFFREY CAVATAIO CONCERT

6 pm; Members: Complimentary, Guests: \$5



Jeffrey Cavataio is a Classy Modern-Day Crooner with an Upbeat Pop Twist. Captivating his audiences

with heartfelt original songs, join us for an evening of music, celebration, and pure entertainment! This performance is funded in part by Michigan Humanities, an affiliate of the National Endowment for the Humanities, and the Michigan Arts and Culture Council. Generously sponsored by American House Stone.

Tuesday, October 27 – MARIACHI NUESTRA TIERRA CONCERT

6 pm; Members: Complimentary, Guests: \$5

The annual traditional Mexican celebration of El Día de los Muertos will take place this year on November 1st and 2nd. What better way to honor loved ones than a traditional mariachi concert? This is a rare opportunity to hear an authentic mariachi band. Join us for an evening of culture, beauty, and music! This program is generously sponsored by Bank of Ann Arbor and Autumn House.





HEALTH & WELLNESS SERIES

**HENRY
FORD
HEALTH**

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.

MIND, BODY, AND SPIRIT: LIFESTYLE MEDICINE AND WELLNESS

Ashley Houghteling, Board Certified Nurse Practitioner

Thursday, September 17 at 12:00 pm

Cost: Complimentary members / \$5 guests

Join Ashley Houghteling for a discussion on lifestyle medicine and healthy aging. This presentation will explore how evidence-based holistic approaches, including nutrition, movement, stress management, sleep, and lifestyle habits, can work alongside traditional medicine to support wellness, reduce inflammation, and improve quality of life for older adults. A light lunch will be served.

UNDERSTANDING OBSTRUCTIVE SLEEP APNEA: HEALTH RISKS AND INNOVATIVE TREATMENTS

Dr. Ravi Shah, Otolaryngologist

Thursday, October 29 at 12:00

Cost: Complimentary members / \$5 guests

Join Dr. Shah, from Henry Ford Health for an educational presentation on obstructive sleep apnea (OSA), a common but often underdiagnosed sleep disorder that affects millions of adults. He will discuss the prevalence of OSA, the signs and symptoms to watch for, and the health risks associated with leaving the condition untreated. A light lunch will be served.

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TRIVIA TIME! with Tricia Olevnick

Mondays, September 14 and October 5 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!

ADVANCED SPANISH CONVERSATION FOR COGNITIVE WELL-BEING with SEÑORA BARTLETT

Wednesdays at 4:00 pm beginning September 9

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

This course 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. Recommended for individuals who have had some exposure to the Spanish language in the past.

PEACE OF MIND SEMINAR

Mike Smela, A.J. Desmond & Sons

Tuesday, September 15 at 12:00 pm

Cost: Complimentary members / \$5 guests

You are invited to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us for a light meal — and learn more about pre-arrangements, veteran benefits, cremation, burials and more.

ROAD SONGS INSPIRED BY ROUTE 66 Stu Johnson, Music Lover and Aficionado

Tuesday, October 6 at 1:00 pm

Cost: Complimentary members / \$5 guests

Route 66 is celebrating its official 100th anniversary this year. To many of us, "Route 66" is one of the most iconic and popular songs ever. Using the premise that there really is only one Route 66 song, this presentation is going to include other "road" songs inspired by "Route 66" We'll listen to and watch videos of Maybelline, Born to be Wild, and Ventura Highway. And look for a few surprises!

HOW TO BE A BETTER COMMUNICATOR IN EVERYDAY SITUATIONS

John DePlanche, President, DePlanche Group®

Wednesdays, October 7, 14, 21 and 28 from 11:00 am to 12:30 pm

Cost: 4-week series – \$80 members / \$90 guests

This series of courses is for anyone who is looking to be a better communicator with family, friends, community

organizations you may be involved with and even...your adversaries. John DePlanche will take you through four separate classes, each touching on different aspects of communication. Participant discussion and interaction are welcome and encouraged.

October 7 On-Track Listening ®

Listening is becoming a lost art. Learn active listening skills which are the key to positive communication.

October 14 Give Me 5

Recognize the characteristics that make people unique. Learn how to interact with them in ways that maximize success. Develop skills that enhance dealing with challenging personalities.

October 21 Was He Wearing a Seatbelt?

When others around you experience life's transitions, know the best ways to communicate with them.

October 28 When You Are Weakest, You Become the Strongest

Learn from your mistakes. Move on to new successes by learning from your experiences.

THE ART OF CONSERVATION

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

Thursday, October 8 at 1:00 pm (*Re-scheduled from Aug. 25*)

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 was formerly paintings conservator at the Palazzo Pitti, Florence, Italy where she completed her training. A perfect experience for those who appreciate art and for those who want to learn more about art!

MYSTERIOUS MICHIGAN

Amberrose Hammond, Researcher and Author

Tuesday, October 13 at 2:00 pm

Cost: Complimentary members / \$5 guests

Explore Michigan's ghostly lore, legends, haunted history and strange creatures. Researcher and author Amberrose Hammond returns to Next to take you on a fun journey into the mysterious and supernatural past of the Great Lakes state. She will surely get us all in the Halloween spirit!

BEVERLY HILLS CANDIDATE FORUM

Wednesday, September 9th at 6:00 pm

Please join us for this important and informative evening. There are seven candidates from the community running for the four



HAPPENINGS AT NEXT

available seats on the Beverly Hills Council this November. Next will host a question and answer panel forum where you, the resident, can hear directly from each candidate before the election. Questions will be generated from the audience. Community welcome.

SENSITIVITY TRAINING ON OLDER ADULT SENSORY CHANGES

Tracey Proghovnick Edelstein, LMSW, CSA, CDP

Tuesday, October 20 at 1:00 pm

Cost: Complimentary members / \$5 guests

Join Tracey Proghovnick Edelstein for an interactive program focusing on how sensory loss affects us holistically. We will experience various forms of vision, hearing, touch, taste and smell exercises that those experiencing these changes go through. We will talk about sensory loss as it relates to aging and cognitive changes. Tracey has been with Jewish Senior Life for almost 30 years and is currently the Community Outreach and Education Coordinator for The Jewish Senior Life Residences in Oak Park and West Bloomfield.

PRIMER ON IMPROVISATIONAL COMEDY

Sue Durso, Member of the Resident Company at Go Comedy Theater in Ferndale

Tuesday, October 27 from 3:00 – 5:00 pm

Cost: Complimentary members / \$5 guests

Come explore the basics of Improvisational Comedy. This workshop will provide a practical introduction to improv comedy. During this program we will use fun techniques and lively exercises that will leave the participants with a basic understanding of the principles of Improvisational comedy while having fun doing it! Improv offers many benefits for the practitioner, including greater confidence in public speaking and social situations, heightened creativity, and creative camaraderie.

TRICKS, TREATS AND BINGO 2.0 AT NEXT!

Wednesday, October 28 at 2:30 pm

Cost: Complimentary members / \$5 guests

Join us for a Halloween Social featuring cider and doughnuts from Franklin Cider Mill, pumpkin decorating and a costume contest! Yes, we want you to dress up! It can be as simple as a crazy witch's hat or as extravagant as a favorite character. And then, at 3:00, for those who are up for a game or two, we'll play Halloween Bingo 2.0 with our host, Sealina Moore from Guiding Light Care Angels.



**Monday, September 14, 2026
Springdale Golf Course**

Support Next by joining in some wild western fun! This event includes contests, prizes, cocktail reception, a catered barbecue dinner, raffle games, and a silent auction especially curated for golfers. And don't forget the large silent auction in the halls of Next the weeks before the Golf Classic. Anyone who prefers not to golf is welcome to join us for the silent auction and dinner! Registration is currently open on the Next website and in the Next front office.

Can't come but want to support? Ask at the front office about available sponsorships and donations!

All proceeds will benefit Next and the community that we serve.

Did you know?
UNTREATED HEARING LOSS CAN CAUSE HEALTH PROBLEMS



Untreated hearing loss in older adults can lead to social isolation, depression, dementia, falls, inability to work or travel, and reduced physical activity.

Prevention and early detection of hearing loss are important.

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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.

SEPTEMBER 3 – HURRICANES AND SOCIETY

Thomas Bianchette, Oakland University

Each year hurricanes wreak havoc on coastal communities, causing catastrophic losses of human life, habitat destruction, property losses, and costing billions of dollars annually across the globe. Thomas Bianchette is a professor in the Environmental Sciences program, and founded the Coastal Hazard and Environmental Reconstruction Lab at Oakland University. Come to Next to learn about the impact of hurricanes on society, and how scientists can apply innovative methods to find evidence of ancient hurricanes in sediment archives. This lecture is the first in a series of lectures on sustainability in partnership with Oakland University. This program is generously sponsored by Jewish Senior Life.

SEPTEMBER 24 – BEAVERS AND WATERSHED SUSTAINABILITY

Thomas Raffel, Oakland University

As we continue suffering habitat destruction and loss across the globe, who are the heroes working to protect our local watersheds? Some of them might be surprisingly small and furry! Thomas Raffel is a professor of biology and ecology at Oakland University. His lecture will cover important information on the original dam builders, and how their tireless efforts reshape, create, and maintain critical ecosystems. As our planet suffers more environmental destruction, awareness of the role of native wildlife becomes ever more crucial. This lecture is the second in a series of lectures on sustainability in partnership with Oakland University. This program is generously sponsored by One You Love Homecare.

OCTOBER 1 – THE PERILS OF ARTIFICIAL INTELLIGENCE

John Richter

AI poses significant risks of widespread job displacement, deepening socio economic inequality, facilitating malicious activities like deepfakes and automated cyberattacks, and the potential for the loss of human autonomy as society becomes increasingly dependent on opaque, unaccountable systems. That sentence was written by AI! AI is here to stay and will profoundly influence many aspects of our lives. Come to Next and learn about the risks AI poses and what could be done to avoid them with lecturer John Richter, who previously spoke at Next on the impact of data centers. This program is generously sponsored by American House Stone.

These presentations are funded in part by Michigan Humanities, an affiliate of the National Endowment for the Humanities, and the Michigan Arts and Culture Council.



SEPTEMBER 10 – WOMEN AND LIBERTY IN THE POST- REVOLUTIONARY ERA

Erin Dwyer, Oakland University

This is the second of a series of four lectures curated by Oakland University to present different topics on the history of the United States in celebration of the 250th anniversary. Professor Erin Dwyer of Oakland University's History Department will delve into the status of women's liberty in the post-Revolutionary War era. It was a period of change both in our country's history and in the lives of the women who lived through it. This program is generously sponsored by Bank of Ann Arbor.

SEPTEMBER 17 - HOW FOREIGN AID WON THE AMERICAN REVOLUTION

Nick DiPucchio, Oakland University

Third of a series of four lectures curated by Oakland University to present different topics on the history of the United States in celebration of the 250th anniversary. Professor Nick DiPucchio of Oakland University's History Department will explore foreign interests in the American Revolution, and how those interests manifested in material assistance to secure an American victory. This fascinating topic will shed light on the global interests that culminated in the birth of a nation. Generously sponsored by American House Stone.

OCTOBER 15 – ELECTION PREVIEW

Dave Dulio, Oakland University

The midterm elections are soon to be upon us! Join Dave Dulio, Distinguished Professor of Political Science and Director of the Center for Civic Engagement at Oakland University at Next to get an in-depth look at the candidates and voting issues at stake in the upcoming elections. Professor Dulio teaches courses on campaigns and elections, congress, political parties, groups, and other areas of American politics. He has published eleven books, with two of his most recent being Michigan Government, Politics and Policy and Campaigns from the Ground Up. This is the final lecture of a series of four lectures curated by Oakland University to pre-sent different topics in celebration of the 250th anniversary of the United States. This program is generously sponsored by American House Stone.

SPEAKER SERIES @ NEXT

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

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tab in the Speakers category on the NEXT website.

OCTOBER 8 – SITUATION REPORT: GLOBAL CONFLICT UPDATE WITH GUS MONDALEK

In an ever-changing geo-political landscape, reliable information becomes increasingly important. With multiple conflicts around the globe, keeping up with the latest developments can become an insurmountable task. Come to Next to hear from international affairs expert Gus Mondalek, who will provide a current report on conflicts and political developments around the world, with a focus on the Middle East. This program is generously sponsored by Quality Homecare.

OCTOBER 22 – TRICKS AND TREATS IN ART Wendy Evans

Spooks and scares, tricks and treats are part of the fun of Halloween and of this presentation. Join Wendy Evans, art

historian, to experience and explore the “tricks” artists use to bring you their “treats.” But there will be plenty of spooks and scares too, so prepare to be terrified! This program is generously sponsored by American House Stone.

OCTOBER 29 – UNDERSTANDING FASCISM

**Seán Farrell Moran, Ph.D., Adjunct Professor,
American University**

Defining fascism has been a notoriously difficult task for historians and political scientists. This lecture will examine the historical roots of fascism as an ideology and how it developed in Europe in the early 20th century, in an attempt to define what it is, why it came to be, and what it is not. Dr. Moran has taught courses in intellectual history and political ideologies for over 45 years. This program is generously sponsored by American House Stone.

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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. 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 are provided. Contact Ron Jirovec for more information at ronjirovec@gmail.com

FUNCTIONAL STRETCHING 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 method 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. This class is for anyone who is looking for a great workout without impacting their joints. No class September 1 and 3.

STRENGTH TRAINING with Laura Karmanos

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

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

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. No class September 1 and 3.

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: \$120 members / \$130 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).

BALANCED YOGA FOR WELLNESS with Karen Lutz

Wednesdays at 1:00 pm

Cost: 10 drop-in classes: \$120 members / \$130 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.



FITNESS OFFERINGS

Try something new. First class is always free

TAI CHI FOR HEALTH with Cheryl Goodwin

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 increase circulation, improve balance, and promote a calm state of mind. These classes, are appropriate for all ages, body types and abilities.

Beginner Class – Tai Chi for Arthritis

Wednesdays from 1:30 to 2:30 pm

The movement of Tai Chi reduces inflammation, thereby reducing discomfort. Also recommended for those with Parkinson's disease.

Beginner Class – Tai Chi for Diabetes

Fridays from 11:00 am to 12:00 pm

Tai Chi is a gentle way to help control your sugar levels. Benefits include better cardiovascular health, peripheral circulation, reduced tension and anxiety. Tai Chi combats peripheral neuropathy by improving mobility and balance.

Intermediate Class

Fridays from 10:00 to 11:00 am

For those wanting to go deeper into the forms described above, Cheryl offers 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!

BOOT CAMP with Lynda Scott

Wednesdays, 8:30 - 9:30 am

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

Don't let the name scare you! Lynda Scott, 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. Wake up your body...in a good way!

BALANCE AT THE BARRE with Karen Lutz

Fridays from 1:00 to 1:50 pm

Cost: 10 drop-in classes: \$120 members / \$130 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 pm;

Tuesday -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 CLINICS

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.

TENNIS - MIXED DOUBLES

Wednesdays and Fridays from 1:30 to 3:30 pm – Beginning September 2 and 4

Next members enjoy indoor play at the Birmingham Racquet Club as a regular league player or sub. Always looking for new players. If you are interested, please contact David Young at davidmpyoung@gmail.com or (248) 229-5015.

BOWLING LEAGUE

Thursdays at 1:00 pm – Beginning September 10

Cost: \$11 for 3 games. Members only.

All levels welcome for bowling and camaraderie at Country Lanes at 30250 West Nine Mile Road, Farmington Hills. No need to register, just drop in. For more information call or text Janice Borsenik at (248) 644-0986.



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DAY TRIPS

Must Register!

SENIOR DAY AT THE ZOO

Wednesday September 9

Bus departs Next at 10:30 am and returns at 2:00 pm

Cost: \$10 members | \$20 guests

Join your friends at Birmingham Next for a fun-filled trip to the Detroit Zoo Senior Day! Guests (aged 62+) will enjoy a relaxing day exploring the zoo, special senior activities, and an exclusive early look at the brand-new Erb Discovery Trails. General Zoo admission is included, giving visitors access to hundreds of amazing animals and exhibits.

FROM COLLECTION TO COURSE: A CREATIVE CRANBROOK ART EXPERIENCE

Thursday September 10

Bus departs Next at 9:15 am and returns approx. 1:15 pm

Cost: \$33 member/\$43 guest

Enjoy a fun and creative morning at the beautiful Cranbrook Art Museum! Begin with an exclusive introduction to the artist-designed mini-golf course led by Lyla Catellier, one of the course's designers. After trying your hand at a few holes, take a break to relax and enjoy refreshments or early lunch on your own at FIKA Café. The experience continues with a guided tour of Labyrinth/Laboratory: Selections from the Cranbrook Collection, featuring highlights from the museum's permanent collection and an introduction to additional exhibitions currently on view. Following the tour, you'll have time to explore the galleries and museum at your own pace before departing at your leisure.

GEORGIA O'KEEFFE: ARCHITECTURE EXHIBITION AT THE DIA

Wednesday September 16

Bus Departs Next at 12:15 pm and returns approxi. 3:45 pm

Cost: \$30 members / \$40 guest

Travel by deluxe motorcoach to the Detroit Institute of Arts for a captivating afternoon exploring Georgia O'Keeffe: Architecture, a groundbreaking exhibition featuring approximately 35 architectural paintings created between the 1920s and 1960s. This special exhibition showcases her striking interpretations of New York City's soaring skyscrapers, rustic Midwestern barns, and the distinctive adobe architecture of New Mexico. After viewing the exhibition, enjoy free time to explore the DIA's renowned permanent collections.

Please Note: Per the Detroit Institute of Arts, this trip requires a minimum of 25 participants in order for transportation to be provided. Invite your friends and family—we hope they'll join us!

FUELED, FIRED & FUSED IN FARMINGTON: A DAY TRIP TO ODYSSEUS COFFEE AND FIRED & FUSED

Thursday September 17

Bus departs next at 9:15 am and returns approximately at 2:15 pm

Cost: \$45 member/\$55 guest

Spend the day with your friends from Next in beautiful downtown Farmington! We'll begin at the brand-new Odysseus Coffee, a cozy Greek café featuring traditional favorites. After coffee, we'll head to Fired & Fused Glass Creations for a hands-on fused glass workshop. Learn the basics of glass fusing and cutting as you create your own unique project. No experience is necessary—beginners are welcome!

**Please bring cash or a credit card for purchases at Odysseus Coffee and for any optional project upgrades or additions at Fired & Fused.*

THE HISTORY OF TOLLGATE: A HANDS-ON FARM & NATURE HIKING EXPERIENCE & PICNIC LUNCH*

Thursday September 24

Bus departs next at 11:45 am, returns approx. 3:45 pm

Cost: \$30 member/\$40 guest

Step back in time and discover the rich history of Tollgate Farm during this engaging and interactive afternoon program. Participants will enjoy a picnic lunch then rotate through four unique experiences showcasing the farm's agricultural heritage, natural environment, and working landscape. The four experiences include: Tollgate Farm Tour & History, Animal Barn Tour, Forest Forensics Hike, Following the Veggie Trail.

Important: This program is considered highly active and requires participants to be comfortable walking for extended periods outdoors.

**Picnic Lunch-You must bring your own picnic lunch and drinks. There is not food service available for sale at the farm.*

HARVEST ADVENTURE: LUNCH, WINE & MICHIGAN COUNTRYSIDE CHARM WITH BIANCO TOURS

Wednesday September 30

Depart Next at 10:30 am, return approximately 4:45 pm

Cost: \$130 members/\$140 guests

Enjoy a relaxing day trip aboard a deluxe motorcoach or luxury van for a true fall Harvest Adventure. Our first stop is the beautifully restored White Horse Inn in Metamora, one of Michigan's most historic dining destinations, where you'll enjoy a delicious included lunch with your choice of entrée. After lunch, we'll visit Westview Orchards & Winery in Washington Township. Take a scenic 30-minute wagon ride through the orchards, receive a complimentary bag of seasonal fruit to take



DAY TRIPS

Must Register!

home, and explore the charming farm market. We'll also visit the winery's stunning wine bar, where participants can enjoy a tasting of up to three wines while taking in the beautiful countryside views. A perfect day of history, great food, orchard fun, and Michigan hospitality! Must be registered by September 16.

DETROIT SYMPHONY ORCHESTRA FRIDAY MORNING COFFEE CONCERTS: VIVA LAS VEGAS WITH FRANKIE MORENO

Friday, October 2

Bus departs Next at 9:15 am, returns about 1:30 pm

Cost: \$57 members / \$67 guests

From the Golden Age of the Rat Pack and Elvis to the mega-stars of today, Las Vegas is home to the greatest acts on Earth! Five-time Las Vegas Headliner of the Year Frankie Moreno, his band and dancer Lacey Schwimmer join the DSO for an electrifying celebration of the music of the Strip!

BIRMINGHAM'S HISTORIC TREASURED MUSEUMS & BROOKLYN PIZZA LUNCH

Wednesday October 14

Bus Departs Next at 9:30 am return to Next approx. 1:15 pm

Cost: \$10 members/\$20 guest

Discover the people, places, and stories that shaped Birmingham on this docent-led tour of two local landmarks. Explore the Allen House Museum's special exhibits. Then visit the historic Hunter House Museum, the oldest home in Oakland County, where you'll step back in time and learn about the families who lived there over nearly 150 years. Following the tours, enjoy lunch on your own at Brooklyn Pizza, a longtime Birmingham favorite.

SACRED SPACES: MANRESA JESUIT RETREAT HOUSE: 100TH ANNIVERSARY WALKING TOUR & EXPERIENCE

Tuesday October 20

Bus departs Next at 9:30 am and returns approx. 12 pm

Cost: \$15 members/\$25 guest

Join us for a special guided visit to Manresa Jesuit Retreat House as it celebrates 100 years of service and reflection. This walking tour will include both indoor and outdoor exploration of the retreat house and its grounds. Participants will visit the main chapel, library, private retreat chapels, and select interior spaces, along with outdoor highlights such as the Stations of the Cross, prayer labyrinth, and paved walking paths through the scenic landscape. Following the tour, enjoy a relaxed coffee break and a Q&A session with Executive Director Sr. Linda Sevcik, SM, offering a unique opportunity to learn more about the history and mission of this remarkable retreat center.

FROM APPLE TO CIDER PICNIC LUNCH* AT MSU TOLLGATE FARMS & FRANKLIN CIDER MILL*

Thursday October 22

Bus departs Next at 11:45 am, returns approx. 3:45 pm

Cost: \$25 member/\$35 guest

Join us for a fall-themed day exploring the journey from apple orchard to cider mill! We begin at the farm with a hands-on experience learning about apple tree grafting, to discover how new apple varieties are created. From there, enjoy a scenic wagon ride, sample a variety of fresh-picked apples while watching a cider press demonstration. The experience continues with a visit to the animal barn for an interactive opportunity to learn about farm animals. On the way home, we will head to the iconic Franklin Cider Mill, where participants can enjoy or purchase treats on your own. Program is moderately active.

**Picnic Lunch-You must bring your own picnic lunch and drinks. There is not food service available for sale at the farm.*

**Franklin Cider Mill-You will be able to make your own selections at the Cider Mill, so please bring cash or a credit card for your purchases.*

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ART & CREATIVITY

FOUR-WEEK DRAWING STUDIO: TUESDAYS

September Session: September 8 through September 29

October Session: October 6 through October 27

10:00 am - 12:00 pm. Supply list in the Next office

Cost: \$100 members/\$110 guests

This engaging four-week Drawing Studio class is designed for beginners and continuing artists alike. Students will explore essential drawing principles. Through guided exercises and creative projects, participants will learn how to observe more carefully, draw with greater confidence, and bring depth and realism to their artwork. Each four-week session is designed as a complete, standalone class, so participants may register for September, October, or both sessions to continue developing their skills. Instructor: Tracey Ladd, MFA

FOUR-WEEK MIXED MEDIA STUDIO: TUESDAYS

Session 1: September 8 through September 29

Session 2: October 6 through October 27

1:00 pm - 3:30 pm. Supply list in the Next office

Cost: \$115 members/\$125 guests

Join us in this exciting four-week Mixed Media Studio class where imagination and experimentation come together through layered, expressive artwork. Perfect for artists of all skill levels. Students will learn techniques for layering, composition, color harmony, and creative expression while exploring both abstract and realistic styles. Each four-week session is designed as a complete, standalone class, so participants may register for September, October, or both sessions to continue developing their skills. Instructor: Tracey Ladd, MFA

FOUR-WEEK WATERCOLOR STUDIO: WEDNESDAYS

Session 1: September 9 through September 30

Session 2: October 7 through October 28

1 pm - 3:30 pm. Supply list in the Next office

Cost: \$115 members/\$125 guests

In this welcoming Watercolor Studio designed for beginners and continuing artists alike, students will develop a strong understanding of essential watercolor techniques and materials. Each four-week session is designed as a complete, standalone class, so participants may register for September, October, or both sessions to continue developing their skills. Instructor: Tracey Ladd, MFA

ACRYLIC PAINTING EXPLORATION WORKSHOP WITH TRACEY LADD, MFA

Monday, September 21 from 5 pm - 7 pm

Cost: \$30 member/\$40 guest

In this engaging Fine Arts workshop designed for beginners and developing artists alike, students will explore essential acrylic techniques including color selection, blending, shading, washes, brush application, and the use of various painting mediums to create texture and visual interest. Participants will complete a finished take-home painting. All supplies included.

BLUEBERRY MUFFIN BASKET WORKSHOP

Deb VanderLinde

Wednesday, September 23 from 1:00 pm - 5:00 PM

Cost: \$55 member/\$65 guest

Create a charming handcrafted basket inspired by a classic blueberry muffin basket in this hands-on workshop. This beginner-friendly class will guide you through the weaving process step-by-step, resulting in a finished basket measuring approximately 6.5" in diameter and 5" tall. All materials are included. No prior basket-weaving experience required. Space is limited—register early!



FLOWER PAINTING WORKSHOP WITH NORTHVILLE ART HOUSE: FRIEDA KAHLO & GEORGIA O'KEEFFE

Monday, October 5 from 4:00 pm - 6:00 pm

Cost: \$20 member/\$30 guest

Join us in welcoming the Northville Art House to Next for a closer look at 20th century artists Georgia O'Keeffe and Frida Kahlo. We will start this workshop with an art presentation, learning more about their early lives, their equally famous husbands, and their prolific artistic careers. After viewing images of their floral paintings (9 in x 12 in), participants will then create their very own floral painting inspired by the style of Georgia O'Keeffe herself. All supplies will be provided.

COLOR THEORY FOR ALL MEDIUMS WORKSHOP WITH TRACEY LADD, MFA

Monday, October 12 from 5:00 pm - 7:00 pm

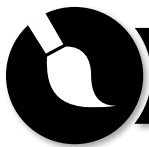
Cost: \$30 member/\$40 guest

Build a stronger understanding of color and learn how to make your artwork more vibrant, balanced, and visually effective in this exciting Color Theory workshop for all artistic mediums. Students will explore color relationships through hands-on mixing exercises focused on creating secondary and tertiary colors while learning about value, chroma, intensity, and complementary color combinations. Each student will complete a colorful take-home reference project designed to support future artistic growth. *Bring your own painting supplies or utilize the included watercolor supplies.*

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.



ART & CREATIVITY

KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

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

DRAWING ON THE RIGHT SIDE OF THE BRAIN: TWO PART WORKSHOP

Part 1: Monday October 19 5:00 pm - 7:00 pm

Part 2: Monday October 26 5:00 pm - 7:00 pm

Cost: \$60 member/\$70 guest for both sessions

Unlock your inner artist and discover how drawing is a skill anyone can learn. Based on the groundbreaking theories of Dr. Betty Edwards and her classic bestseller, *Drawing on the Right Side of the Brain*, this class focuses on the art of "learning to see."

Through specific exercises designed to shift your perspective, you'll discover how to draw what you actually see, resulting in more accurate and successful drawings. Your talented instructor for this course is Ann Marie Curley, a local artist specializing in both fine and fiber arts. No prior drawing experience is necessary—perfect for beginners! All essentials are provided, though you are welcome to bring your own favorite drawing tools (and enthusiasm!)

BASKET MAKING WORKSHOP: WHIMSICAL UTENSIL BASKET Deb VanderLinde

Wednesday October 28, 1:00 pm - 4:00 pm

Cost: \$60 member/\$70 guest

Create a charming and functional basket perfect for holding utensils, craft supplies, flowers, or kitchen essentials. Some color choices will be available, allowing you to make the basket your own with a finished size of approximately 5" diameter x 6.5" tall.



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, September 10 and October 8 from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 guests

Next Photography Club 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!


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BEGINNER CANASTA LESSONS

Tuesdays from 9:30 am to 11:30 am

Dates: September 29, October 6, October 13 and 20

Cost for 4-week series: \$90 member/\$100 guest

Join experienced instructor Ann Podolsky for this welcoming beginner-friendly class designed for those who are new to the game or those who like to strengthen their skills. In this class the rules, gameplay fundamentals, and proven strategies will be shared that will help you become a more successful player. Canasta is easy to learn, engaging to play, and a wonderful way to meet new people and enjoy time with friends.

MAHJ 101: BEGINNER AMERICAN MAHJONG

Wednesdays from 1:00 pm-3:00 pm

Dates: September 16, 23, 30

Cost for 3-week series: \$75 members/\$85 guests

Join Modern Mahj Michigan instructors here at Next for a fun, beginner-friendly introduction to American Mahjong! In this three-part series, you'll learn the basics of the game, including tile recognition, how to read the National Mah Jongg League (NMJL) card, the Charleston, gameplay, strategy, and etiquette. Official NMJL playing cards will be available for purchase for \$15 but is not required for the class.

BINGO

Monday September 21 and October 5, 19 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, September 1 and 15, October 6 and 20 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: Connie Dugger 248-312-8204, Farris Kalil, 248-535-7279, Irv Feldman.

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

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!

DOUBLE DECK PINOCHLE (ALL LEVELS)

Wednesdays from 10:00 am to 12:00 noon

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

COIN CLUB

September 16, October 21 at 6:00 pm

Facilitator Contact: Robert Beuter, 248-646-9657.

EUCHRE (ALL LEVELS)

Wednesdays from 10:00 am to 12:00 noon

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.

MAHJ & MINGLING: OPEN PLAY

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

Cost: Complimentary for members/\$5 for guests

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. Registration strongly encouraged, but not required. Bring your own Mahj tiles, mats & cards.

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 is based on gin rummy.

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.

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

Lessons are available for Next Members only.

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.

Please contact the Next office to schedule a lesson.



SUPPORT SERVICES

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Mondays, September 14 and October 5, 11:00 am to 12:00 pm

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 \$30.00. Please call the Next office for more information or to place your order.

PARKINSON'S SUPPORT GROUP

Mondays, September 14th and October 12, 5:30 to 7 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. For more information call 248-419-7170.

LOW VISION SUPPORT GROUP

HFH Detroit Institute of Ophthalmology

Wednesdays, September 16 and October 21, 1:00 to 2:30 pm
Free to Members and Future Members

This support group provides a comfortable environment to discuss the challenges of living fully with visual impairment. The group meets monthly to discuss their successes and challenges in daily life. Speakers on appropriate topics present occasionally as well. Many friendships have developed within the group. On occasion, the group takes day trips and attends parties. All of this is made possible by the fund-raising of the Friends of Vision and grants. Please feel free to call Ashley Livshiz (Support Group Coordinator) with any questions. Office: 313-936-1969/ Mobile: 313-909-8724.

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 appreciated!

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.

DEMENTIA CAREGIVER SUPPORT GROUP Hosted by Arden Courts Bingham Farms

Tuesdays, September 8 and October 13, 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.

YOUNGER ONSET DEMENTIA & ALZHEIMER'S CAREGIVER SUPPORT GROUP

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

EARLY STAGE MEMORY LOSS SUPPORT GROUP

The Alzheimer's Association offers support groups for people in early stages of Alzheimer's or related dementias. Care partners and family members are welcome to attend the virtual meetings. Please call 800-272-3900 for pre-assessment.



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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.

ASK THE ATTORNEY

Wednesday, September 9, and Wednesday, October 14, 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

Curb-to-Curb transportation service is available for seniors and disabled adults residing in Birmingham, Beverly Hills, Bingham Farms, and Franklin. Our friendly Next drivers will take you to medical, dental, personal appointments, shopping or activities at Next. Transportation hours are 8:30 am to 5:00 pm, Monday through Thursday — and 8:30 am to 2:00 pm on Fridays. For reservations, please call 248-203-5270 at least three working days in advance to request a ride.

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.

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 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. Call Next Support Services for more information.

FOUNDATION FOR BIRMINGHAM SENIORS

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

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

MINOR HOME REPAIR for Beverly Hills & Birmingham Residents

Community Development Block Grant funds are available to assist income-eligible seniors—and income -eligible disabled residents in Birmingham and Beverly Hills with minor home repairs. Please call Next Support Services for more information.

OAKLAND COUNTY EMERGENCY CELL PHONE PROGRAM

Cell phone distribution: Fridays from 9:00 am to 12:00 noon
Oakland County Sheriff's Office, 1200 N. Telegraph Road, Building 38E, Pontiac MI 48341

Providing seniors with a mobile means of getting help in an emergency. For more information, please call 248-975-9700.

COMMUNITY HOUSING TOUR: WALTONWOOD, SENIOR ASSISTED LIVING Royal Oak, MI

Wednesday, September 23, Bus Departs at 11:00 am

A Community designed especially for seniors who need a helping hand. Studio and one-bedroom apartment homes with amenities, including a kitchenette with mini-fridge, along with a walk-in shower. Enjoy the dining room or the 24-hour self-service bistro, library and cozy lounges along with social activities. Also, sit on the grand porch and admire the beautifully landscaped grounds. Centrally located to shopping and medical facilities. Come on a visit with us!





ENRICHMENT

NON-FICTION BOOK CLUB (AT NEXT IN SEPTEMBER/ VIRTUAL OCTOBER)

Tuesday September 15 and October 13 at 10:00 am

Adult Services Librarian Mick Howey of the Baldwin Public Library leads this discussion.

September Book: *The Boys of Riverside: A Deaf Football Team and a Quest for Glory* by Thomas Fuller. October Book: *The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness* by Jonathan Haidt

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

Mondays September 14 and October 5 at 1:00 pm

September Book: *Whistler* by Ann Patchett

October Book: *Kin* by Tayari Jones

All discussions will be held in person at Next, with an option to join via Zoom.

Join Rebekah Craft, Director of the Baldwin Public Library, as she leads book discussions of popular and award-winning books. 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

The Ed Black Jazz Band plays classic rhythms every Tuesday afternoon, and they love having an audience!



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MEN'S ROUNDTABLE

Wednesdays at 9:00 AM

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

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 September 3, 17 and October 1, 15 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!

September 2: MRS. HARRIS GOES TO PARIS

A charming widow dreams of owning a Dior dress, setting off on an unforgettable adventure to Paris that changes lives along the way. Starring: Lesley Manville, Isabelle Huppert, Jason Isaacs
Rating: PG Running Time: 1 hr. 55 min.

September 16: VOICEMAILS FOR ISABELLE

A heartfelt romantic comedy about grief, healing, and an unexpected connection that begins with a wrong phone number. Starring: Zoey Deutch, Nick Robinson, Nick Offerman
Rating: TV-14 Running Time: 1 hr. 58 min.

September 23: JULIE & JULIA

Two women separated by decades find purpose and inspiration through the joy of cooking and the recipes of Julia Child. Starring: Meryl Streep, Amy Adams, Stanley Tucci Rating: PG-13
Running Time: 2 hrs. 3 min.

September 30: REMARKABLY BRIGHT CREATURES

While working nights at a small-town aquarium, a widow bonds with a clever octopus and an adrift young man in this moving drams based on a bestselling novel.
PG13 Running Time 1hr. 53min.

October 7: THE GUERNSEY LITERARY AND POTATO PEEL PIE SOCIETY

A writer forms an unexpected bond with the residents of Guernsey as she uncovers stories of courage, friendship, and resilience following World War II. Starring: Lily James, Michiel Huisman, Penelope Wilton Rating: TV-14 Running Time: 2 hrs. 4 min.

October 14: SKYWALKERS: A LOVE STORY

A daredevil couple risks it all by going where no one has gone before: the top of the world's second-highest skyscraper. They out their love and trust to the test as they perfect a new art for called "skywalking". R Running time 1hr. 36 min.

October 21: THE ELEPHANT WHISPERERS

Documentary follows the remarkable bond between an Indigenous couple in India and an orphaned baby elephant. Featuring: Bomman, Be Ilie, Raghu Rating: G Running Time: 41 min.

October 28: HOCUS POCUS

Three mischievous witch sisters return on Halloween night, bringing magical mayhem and plenty of laughs for all ages. Starring: Bette Midler, Sarah Jessica Parker, Kathy Najimy
Rating: PG Running Time: 1 hr. 36 min.



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STREAMING @ NEXT!

We are changing the streaming format at Next! Once a month, there will be a short streaming documentary followed by a moderated discussion that addresses the topic presented in the film. The discussion leader will present some relevant information and ideas to discuss based on the film and will host an open discussion. Please join us for this fun and interactive new format! The other streaming session each month will be a traditional format with no discussion following.

Grant: Unlikely Hero (Episode 1)

Tuesday, September 8 at 10:30 am

Cost: Complimentary members / \$5 guests

Dramatic reenactments, expert commentary and more tell the story of Ulysses S. Grant, who overcame incredible obstacles to lead the Union to victory. This first episode of a 3-part series focuses on Grant's role as a commander in the American Civil War. This event is a traditional streaming with no discussion following.

Length 1 hour 20 minutes.

Quilters – Short Documentary and Discussion

Tuesday, September 22 at 10:30 am

Cost: Complimentary members / \$5 guests

This award-winning short documentary takes viewers inside a Missouri maximum-security prison where incarcerated men design and sew beautiful, personalized quilts for foster children. Following the film there will be a moderated discussion.

Length of film: 33 minutes plus discussion.

Going Varsity in Mariachi

Tuesday, October 6 at 10:30 am

Cost: Complimentary members / \$5 guests

This feel-good documentary follows a Texas high-school mariachi band and their dedicated coach as they aim for a state championship amid fierce competition. This film is a timely choice for the authentic Mariachi Band Concert Performance coming to Next on October 27! This event is a traditional streaming with no discussion following.

Length 1 hour, 44 minutes.

Lead Me Home – Short Documentary and Discussion

Tuesday, October 20 at 10:30 am

Cost: Complimentary members / \$5 guests

This documentary offers a brief but poignant insight into the struggles behind the homelessness crisis on the West Coast of the United States. As homelessness continues to plague these communities, the humanitarian impact of individual stories shines through. Following the film there will be a moderated discussion.

Length of film: 40 minutes plus discussion.

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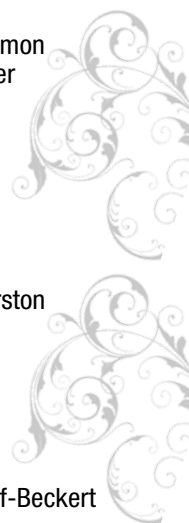
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Frank and Joyce Fercki in memory of Joan Heinicke.

Carol Edwards, Clift and Susan Mathis in memory of Pat Meyers.

INDIVIDUAL:

Patty Abbott, Susan Boyle, Marilyn Elliott, Leslie Gruber, John and Julie Mandich, Marilyn Rowe, Barbara Teasdale, David and Linda Underdown, and Jeffrey Weisswasser.

PLANNED GIVING:

Pat Meyers.

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
Lauren Northrop, Marketing & Communications
Pam Hall, Program Planner
Stacy Goldberg, Program Planner
Sandy Catterall, Financial Administrator
Sandi Cassar, 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:

Katherine Burland, Amanda Cockels, Michael and Marcia Cooney and Amy Cooney, Elizabeth Cote, Tony DiVito, Heidi George, Nancy Haddad, Darby and Eve Hadley, Denise Holiday, Michael Huddlestun, Margaret Hysick, Bruce Jacob, Sharon Kemper, Andrew and Betty Killiany, Suzanne London, Claire Michelini, John and Carolyn Milroy, Luiza and Luiz Nascimento, David and Lori Schechter, Jennifer Smith, Mark and Claudia Sparschu, Jean Steed, Thomas Untiedt, and Carol Young.

WELCOME BACK

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

Lauren Azoni, Larry Garbes, Laurie Kennedy, Susan Learman, Nisreen Murad, and Stephanie Ruseckas.

Spread the word about what a great place Next is!
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Next — Your Place to Stay Active & Connected
Help spread the word about what a great place Next is!

Our condolences to the family and friends of...

Dale Koller, Pat Meyers, Shirley White, George Stern
Lee Pettigrew and Norma Sula.

We are thinking of you....

Prospero Dagbovie, Bruce Dobras, Chris Dow,
Jean Giddens and Cynthia Ranzilla.

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 SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Low Impact Aerobics- <i>no class</i> 9:00 Functional Stretching 10:00 Let's Keep Moving 10:00 Strength Training- <i>no class</i> 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	2 8:30 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 1:30 Tennis-Mixed Doubles 4:30 Pickleball 5:00 Movie: Mrs. Harris Goes to Paris	3 9:00 Low Impact Aerobics- <i>no class</i> 9:00 Functional Stretching class 9:30 Writer's Corner 9:30 Palette & Brush Club 9:30 Pottery Studio 10:00 Let's Keep Moving 10:00 Strength Training- <i>no class</i> 12:00 Canasta 12:30 Pickleball 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:30 Pickleball 5:00 Chess Open Play (All levels) 6:00 Lecture: Hurricanes and Society	4 Next Closed HAPPY LABOR DAY!
7 Next Closed HAPPY LABOR DAY!	8 9:00 Low Impact Aerobics 9:00 Functional Stretching 10:00 September Drawing Studio 10:00 Let's Keep Moving 10:00 Strength Training 10:30 Streaming: Unlikely Hero 11:00 Dementia Support 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 Mixed Media Studio Class 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball	9 8:30 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 10:30 Senior Day at the Zoo Trip 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Watercolor Studio 1:30 Tai Chi - Beginner 1:30 Tennis-Mixed Doubles 2:00 Ask the Attorney 4:00 Advanced Spanish Conversa. 4:30 Pickleball 5:00 Movie: Chris & Martina-The Final Set 6:00 Bev. Hills Candidate Forum	10 9:00 Functional Stretching class 9:00 Low Impact Aerobics 9:15 Cranbrook Art & Mini Golf Trip 9:30 Palette & Brush Club 9:30 Pottery Studio 10:00 Let's Keep Moving 10:00 Strength Training 10:00 Photo Club 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Hearing Loss As We Age 1:30 Chair Yoga and Meditation 4:30 Pickleball 5:00 Chess Open Play (All levels) 6:00 Lecture: Women in the Post-Revolutionary Era	11 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 1:30 Tennis - Mixed Doubles
14 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 Blood Pressure clinic 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Popular Reads Book Club 1:00 Mah Jongg 1:00 Golf Classic 2:30 Table Tennis 3:00 Trivia Time 4:00 Mahj & Mingle Open Play 4:30 Pickleball Clinic 5:30 Pickleball 5:30 Parkinsons Support	15 9:00 Functional Stretching 9:00 Low Impact Aerobics 10:00 Drawing Studio Class 10:00 Let's Keep Moving 10:00 Non Fiction Book Club 10:00 Strength Training 11:00 Womens Roundtable 12:00 Peace of Mind Seminar 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess Open Play 1:00 Shanghai Rummy 1:00 Mixed Media Studio Class 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	16 8:30 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 12:15 Georgia O'Keeffe/DIA Trip 12:30 Self-Care Stretch Seminar 1:00 Watercolor Studio 1:00 Balanced Yoga for Wellness 1:00 Vision Support 1:30 Tai Chi - Beginner 1:30 Tennis-Mixed Doubles 4:00 Advanced Spanish Conversa. 4:30 Pickleball 5:00 Movie: Voicemails for Isabelle 6:00 Coin Club	17 9:00 Functional Stretching class 9:00 Low Impact Aerobics 9:15 Fueled, Fired & Fused Trip 9:30 Writers Corner 9:30 Palette & Brush Club 9:30 Pottery Studio 10:00 Let's Keep Moving 10:00 Strength Training 12:00 Canasta 12:00 Mind, Body and Spirit: Lifestyle Medicine and Wellness 12:30 Pickleball 1:00 Bowling League 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:30 Pickleball 5:00 Chess Open Play (All levels) 6:00 Lecture: How Foreign Aid Won the American Revolution	18 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 1:30 Tennis - Mixed Doubles
21 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 Acrylic Painting Workshop 5:30 Pickleball	22 9:00 Functional Stretching 9:00 Low Impact Aerobics 10:00 Drawing Studio Class 10:00 Let's Keep Moving 10:00 Strength Training 10:30 Streaming/Discussion: Quilters 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Intro to Zen and Concepts 1:00 Chess Open Play 1:00 Shanghai Rummy 1:00 Mixed Media Studio Class 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball	23 8:30 Boot Camp 9:00 Men's Roundtable 9:15 Flow Yoga 9:30 Nature Walk 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 11:00 Tour Waltonwood 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Mahj 101: Mahjong Lessons 1:00 Watercolor Studio 1:00 Muffin Basket Workshop 1:30 Tai Chi - Beginner 1:30 Tennis-Mixed Doubles 4:30 Pickleball 4:00 Advanced Spanish Conversa. 5:00 Movie: Julie & Julia	24 9:00 Functional Stretching class 9:00 Low Impact Aerobics 9:30 Palette & Brush Club 9:30 Pottery Studio 10:00 Let's Keep Moving 10:00 Strength Training 11:45 MSU History of Tollgate Farms & Picnic Lunch 12:00 Canasta 12:30 Pickleball 1:00 Hour of Music For Well-Being 1:00 Bowling League 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:30 Pickleball 5:00 Chess Open Play (All levels) 6:00 Lecture: Watershed Sustainability and Beavers	25 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 1:30 Tennis - Mixed Doubles
28 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 2:30 Table Tennis 4:00 Mahj & Mingle Open Play 4:30 Pickleball Clinic 5:00 Sound Bowl Healing, Meditation & Journaling Workshop 5:30 Pickleball	29 9:00 Functional Stretching 9:00 Low Impact Aerobics 9:30 Beginner Canasta Lessons 10:00 Drawing Studio 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 Doing Hard Things 1:00 Chess Open Play 1:00 Shanghai Rummy 1:00 Mixed Media Studio Class 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 6:00 Concert: Jeffrey Cavataio	30 8:30 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 10:30 Bianco Trip: Harvest Adventure 12:00 Pinochle 1:00 Mahj 101: Mahjong Lessons 1:00 Watercolor Studio 1:00 Balanced Yoga for Wellness 1:30 Tennis-Mixed Doubles 1:30 Tai Chi - Beginner 4:00 Advanced Spanish Conversa. 4:30 Pickleball 5:00 Movie: Remarkably Bright Creatures		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Low Impact Aerobics 9:00 Functional Stretching class 9:30 Writer's Corner 9:30 Palette & Brush Club 9:30 Pottery Studio 10:00 Flu Shot Clinic 10:00 Let's Keep Moving 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:30 Pickleball 5:00 Chess Open Play (all levels) 6:00 Perils of Artificial Intelligence	2 9:15 Friday Fitness 9:15 DSO Trip: Viva Las Vegas 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 1:30 Tennis - Mixed Doubles
5 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 Blood Pressure Clinic 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Bingo 1:00 Mah Jongg 1:00 Popular Reads Book Club (In Person at Next/Virtual Option) 2:30 Table Tennis 3:00 Trivia Time! 4:00 Northville Art House Lecture & Workshop (Kahlo/O'Keefe) 4:00 Mahj & Mingle Open Play 4:30 Pickleball Clinic 5:30 Pickleball	6 9:00 Low Impact Aerobics 9:00 Functional Stretching class 9:30 Beginner Canasta Lessons 10:00 Let's Keep Moving 10:00 October Drawing Studio Class 10:00 Strength Training 10:30 Streaming: Varsity in Mariachi 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess Open Play 1:00 Road Songs Inspired By Route 66 1:00 Shanghai Rummy 1:00 Mixed Media Studio 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball	7 8:30 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 Be a Better Communicator in Everyday Situations 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Watercolor Studio Class 1:30 Tai Chi - Beginner 1:30 Tennis - Mixed Doubles 4:00 Advanced Spanish Conversa. 4:30 Pickleball 5:00 Movie: The Guernsey Literary and Potato Peel Pie Society	8 9:00 Functional Stretching class 9:00 Low Impact Aerobics 9:30 Palette & Brush Club 9:30 Pottery Studio 10:00 Let's Keep Moving 10:00 Strength Training 10:00 Photo Club 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 The Art of Conservation 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:30 Pickleball 5:00 Chess Open Play (All levels) 6:00 Geopolitical Status Report with Gus Mondalek	9 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 1:30 Tennis - Mixed Doubles
12 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 Color Theory for All Mediums Workshop 5:30 Pickleball 5:30 Parkinsons Support	13 9:00 Low Impact Aerobics 9:00 Functional Stretching class 9:30 Beginner Canasta Lessons 10:00 October Drawing Studio Class 10:00 Let's Keep Moving 10:00 Strength Training 10:00 Non-Fiction Book Club (Virtual) 11:00 Dementia Support 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Shanghai Rummy 1:00 Chess Open Play 1:00 Mixed Media Studio 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball	14 8:30 Boot Camp 9:00 Men's Roundtable 9:15 Flow Yoga 9:30 Bham Museums & Brooklyn Pizza Lunch Trip 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 11:00 Be a Better Communicator 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Watercolor Studio Class 1:30 Tai Chi 1:30 Tennis - Mixed Doubles 2:00 Ask the Attorney 4:00 Advanced Spanish Conversa. 4:30 Pickleball 5:00 Movie: Skywalkers Love Story	15 9:00 Functional Stretching class 9:30 Writer's Corner 9:30 Palette & Brush Club 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 1:00 Bowling 1:30 Chair Yoga and Meditation 4:30 Pickleball 5:00 Chess Open Play (All levels) 6:00 Lecture: 2026 Election Preview	16 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 1:30 Tennis - Mixed Doubles
19 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 Bingo 1:00 Mah Jongg 2:30 Table Tennis 4:00 Mahj & Mingle Open Play 4:30 Pickleball Clinic 5:00 Drawing on the Right Side of the Brain Workshop (Part 1) 5:30 Pickleball	20 9:00 Functional Stretching class 9:00 Low Impact Aerobics 9:30 Beginner Canasta Lessons 9:30 Manresa Jesuit Retreat House 10:00 October Drawing Studio Class 10:00 Let's Keep Moving 10:00 Strength Training 10:30 Streaming: Lead Me Home 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 Sensitivity Training on Older Adult Sensory Changes 1:00 Mixed Media Studio 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	21 8:30 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 Be a Better Communicator 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Watercolor Studio Class 1:00 Low Vision Support 1:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: The Elephant Whisperers 6:00 Coin Club	22 9:00 Low Impact Aerobics 9:00 Functional Stretching class 9:30 Palette & Brush Club 9:30 Pottery Studio 10:00 Strength Training 10:00 Let's Keep Moving 11:15 Introduction to Sound Bowls & Healing 11:45 From Apple to Cider Trip: MSU Tollgate Farms & Franklin Cider Mill 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:30 Pickleball 5:00 Chess Open Play (All levels) 6:00 Lecture: Tricks and Treats in Art with Wendy Evans	23 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 1:30 Tennis - Mixed Doubles
26 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 Drawing on the Right Side of the Brain (Part 2) 5:30 Pickleball	27 9:00 Functional Stretching class 9:00 Low Impact Aerobics 10:00 October Drawing Studio 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 Mixed Media Class 1:30 Chair Yoga and Meditation 3:00 Jazz Club 3:00 Primer on Improv Comedy 4:00 Yoga For Well Being 4:30 Pickleball 6:00 Concert: Mariachi Band	28 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 Be a Better Communicator 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Watercolor Studio Class 1:00 Basket Making Workshop 1:30 Tai Chi - Beginner 1:30 Tennis - Mixed Doubles 4:30 Pickleball 5:00 Movie:Hocus Pocus	29 9:00 Functional Stretching class 9:00 Low Impact Aerobics 9:30 Palette & Brush Club 9:30 Pottery Studio 10:00 Strength Training 10:00 Let's Keep Moving 12:00 Info: Obstructive Sleep Apnea 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Creative Arts 1:30 Chair Yoga and Meditation 4:30 Pickleball 5:00 Chess Open Play (All levels) 6:00 Lecture: Understanding Fascism	30 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 1:30 Tennis - Mixed Doubles



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HEALTH+ SAFE THE DATE! EXPO & FLU SHOT CLINIC

Thursday, October 1st, from 10:00am to 1:00pm
Oakland County Health Department will be providing the high dose Flu shot specifically for seniors, or the regular dose shot, Covid 19, Measles booster, Tetanus, Shingles & Pneumonia. Dozens of vendors on hand with information and products specifically for seniors, many with raffles and prizes! *Please* bring your identification & insurance cards. Most insurances, including Medicare, are accepted. *Call* (248) 203-5270 to schedule an appointment. Walk-ins welcome but may have a longer wait.

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Next does not discriminate on the basis of disability in admission or access to its programs, activities or services as required by Title II of the American Disabilities Act of 1990 and is an Equal Opportunity Provider and Employer.

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HOURS

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

HOLIDAY HOURS

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

MEMBERSHIP DUES

Residents of Birmingham, Bingham Farms, Beverly Hills, and Franklin
\$65/year Single Membership
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Sign up for programs, classes, membership or make a donation to Next by logging on to BirminghamNext.org