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JULY/AUGUST 2025

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JOIN US FOR THE GOLF CLASSIC TO BENEFIT NEXT!

Friday, September 12, 2025

1:00 P.M. – Check-in and Putting Contest begins, Silent Auction opens

Start: 2:00 pm - Scramble Shotgun start

Cost per person is \$125 and includes nine holes of golf, cart rental, dinner, and evening activities. Dinner and evening activities only tickets are available for \$30.

Wear your best casino-worthy attire and try your luck at nine holes of golf with various contests and prizes! Enjoy appetizers, drinks, dinner, and a silent auction to round out the evening. All friends of Next are welcome to join us for this fun event. Registration begins July 7, 2025 on the Next Website and in the Next front office.



HOT WHEELS ON MIDVALE!

Tuesday, August 12 from 11:30 am to 2:00 pm

Cost: Complimentary members / \$5 Guests

Join us as we once again transform the Next parking lot into a showcase for classic cars, muscle cars and other unique vehicles, including the Book Bike from The Baldwin Public Library. Mingle with the owners and hear stories about their “babies”. Enjoy a Coney dog, a bag of chips and a Coke while you “cruise” the parking lot. Just be sure not to spill anything on those classic gems! Also, if you or someone you know has a car you would like 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.

GREAT LAKES TAIKO CENTER – TRADITIONAL JAPANESE DRUMMING CONCERT

Tuesday, July 15 at 6:00 pm

Cost: Members complimentary/\$5 Guests

Come to Next and experience the powerful rhythms and inspiring performance of traditional Japanese drumming. Great



Lakes Taiko Center is an arts & culture collective in Southeast Michigan that celebrates the empowering art of Japanese Taiko Drumming through education and performances. Taiko is rooted in the ancestral wisdom and cultural history of Japanese music traditions, and continues to grow today as a global cultural arts movement that amplifies imagination, uplifts spirits, and builds community. The concert will be held outdoors if the weather permits. This program is generously sponsored by Arden Courts.

POLYNESIAN DANCE PERFORMANCE

Tuesday, August 19 at 6:00 pm

Cost: Complimentary members / \$5 Guests

Join us at Next for an evening of traditional Polynesian dance! Polynesian Dancers of Michigan - Hālau Kuikanani – is a Polynesian performance group



and hula school under the direction of Kumu Hula Kauī Dalire-Boyd. The Polynesian Dancers of Michigan train with Polynesian culture experts including a Kumu Hula (master Hula instructor) in Hawaii to bring you the most authentic Polynesian dance show in the Midwest. The show will feature traditional music, costumes and choreography. The audience will also have an opportunity to learn some simple steps and participate at the end of the show. This performance will be held outdoors if the weather permits. This program is generously sponsored by American House, Village at Bloomfield.



KINTSUGI DEMONSTRATION WITH AKI MOTOYAMA

Tuesday, July 1 at 1:00 pm

Cost: Complimentary members / \$5 guests



Delve into the Japanese art of Kintsugi (in Japanese, it means golden joinery or golden repair) with artist Aki Motoyama. Kintsugi is the Japanese art of repairing broken pottery by mending the areas of breakage with urushi

lacquer dusted or mixed with a powdered metal. Aki Motoyama is a Kintsugi artist based in Japan. Born in Tokyo, Aki developed a passion for arts and crafts at a young age and became deeply interested in traditional Japanese crafts after moving to the United States. She earned her BFA degree from the U of M School of Arts and Design and her Master of Design degree from Domus Academy in Milan, Italy. Aki honed her skills in Kintsugi and Makie techniques under the guidance of several esteemed artists. Her work has been exhibited in galleries across Tokyo.

DETOXING YOUR BODY AND HOME

Aaron Wallace, Owner, Balance Your Fitness

Wednesday, July 9 at 12:30 pm

Cost: Complimentary members / \$5 guests

Sick of feeling run down all the time? Feeling like your home might be toxic? Struggling with chronic disease that makes your life difficult? Learn how to detoxify your body and home with simple and easy solutions that fit right into your life! Aaron returns to Next with some alternatives to conventional health care.

MUSIC ON THE PATIO

Tom Birchler, Vocalist and Guitarist

Thursday, July 10 at 1:00 pm

Cost: Complimentary members / \$5 guests



Join us for a lively musical performance by Tom Birchler who will engage and entertain with 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. Everything he sings is fun, familiar and heartfelt. His humorous banter and light-hearted, easy-going style welcome everyone to sing along! A great way to spend a summer afternoon at Next!

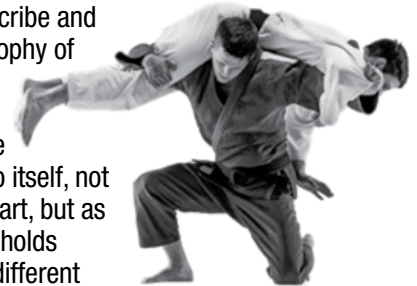
THE ART OF JUDO

Michael Milicia, Student of Saito-dojo

Tuesday, July 22 at 11:00 am

Cost: Complimentary members / \$5 guests

This presentation will describe and explore the art and philosophy of Judo. Michael will trace Judo's history and evolution and will delve into the meaning of the word Judo itself, not just as a sport or martial art, but as a guiding philosophy that holds different significance for different people. He will also touch on how the principles of Judo resonate with and parallel other major philosophical traditions throughout history, and how its practice can benefit followers of different faiths. Finally, Michael will describe the core techniques that define judo as a martial art; this portion will be accompanied by a live demonstration. Michael is presently an undergraduate Philosophy student at Oakland University and intends to apply to the International Budo University in Japan for a one-year study abroad program next year to advance his knowledge of judo.



BINGO 2.0

Sealina Moore, Host

Wednesdays, July 23 and August 27 at 3:00 pm

Cost: Complimentary members / \$5 guests



There is Bingo and now, there is Bingo 2.0 with Sealina Moore. We are shaking things up a bit by offering a

different Bingo experience each month. In July, we'll give a nod to an American summertime tradition with Backyard BBQ Bingo. In August, Bingo 2.0 will take on a Fabulous 50s theme and we'll be calling numbers in less traditional ways. There will be snacks, socializing, decorations and prizes each month. Give it a try! (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.

WORKING WITH—NOT AGAINST—YOUR GARDEN

Louise Sloan, Advanced Extension Master

Gardener

Thursday, July 24 at 1:00 pm

Cost: Complimentary members / \$5 guests

Learn ways to avoid those pesky situations that lead to frustrations in your garden. Louise Sloan, an Advanced



Extension Master Gardener, will share information that can make gardening a joy and not a chore. You'll leave the class with resources that will help you and your garden grow for this season and many more to come. Louise has been an Extension Master Gardener since 2018. She is a Navy veteran, wife, mom, and doesn't sit still very much. When not in the garden, she quilts and enjoys a good book.

A VIRTUAL TOUR OF JAPAN **Shunki Lucas, Personal Travel Consultant**

Tuesday, July 29 at 2:00 pm

Cost: Complimentary members / \$5 guests

This virtual tour is perfect for first-time visitors to Japan. We'll explore Tokyo's vibrant blend of tradition and modernity, the breathtaking beauty of Mt. Fuji, the cultural richness of Kyoto, the historic significance of Nara—with its world-renowned oldest wooden structure—and the inspiring history of Hiroshima. Guided by someone born and raised in Japan, you'll receive insider tips and cultural insights to make your future trip smooth and unforgettable. Whether you're planning to visit or are simply curious, join us and discover the heart of Japan. Your guide for this virtual tour is Shunki Lucas. He was born and raised in Japan and relocated to Michigan two years ago. With a lifelong passion for travel and cultural exchange, he's had the privilege of visiting over 70 countries, gaining a broad perspective and deep appreciation for global diversity. After moving to the United States, he discovered a strong interest in Japan among those he met, which inspired him to launch his own travel agency.



MUSICAL DANCES & DREAMS WITH QUINTET CANTABILE

Wednesday, July 30 at 1:00 pm

Cost: Complimentary members / \$5 guests

Quintet Cantabile returns to Next with a program of rhythms, beauty and joy. This instrumental ensemble, with flute, oboe, clarinet, bassoon and horn, brings together the "core" wind instruments from a symphony orchestra. Each of the instruments has its own "musical voice" which provides opportunities for varied musical expression. This program will include music from varied eras and cultures. Of particular note are the "original" quintet pieces by Shostakovich, Alexandra Molnar-Suhajda, and Eric Ewazen. The concert will also include "toe-tapping"

favorites, including the "March of the Siamese Children" from "The King and I" and "Puttin' On the Ritz" by Irving Berlin. Pure Joy! Kindly sponsored by Rose Senior Living.

TRIVIA TIME! with Tricia Olevnick

Mondays, June 30 and August 4 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.

SENIOR LIFE ADVISOR COUNCIL

Tuesday, August 5 at 11:00 am Please register by July 29

Cost: Complimentary members / \$5 guests

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

SOCIAL ENTREPRENEURSHIP IN ACTION

Coleman Yoakum, Micah 6 Community

Thursday, August 14 at 11:00 am

Cost: Complimentary members / \$5 guests

Coleman Yoakum is a social entrepreneur and Executive Director of Micah 6 Community, a 501©3 non-profit organization serving Pontiac. After college in Arkansas, he and five friends moved to Pontiac with the goal of helping to stabilize and revitalize a hard-hit neighborhood. Their organization manages community gardens, summer youth programs, and they are renovating Webster Elementary School, a historic building that has been empty for 10 years. Once completed, the building will become a community center that will be home to over a dozen non-profit groups that serve the Pontiac community. Join us to hear this inspiring and hopeful story.

COFFEE AND CONVERSATION WITH THE NEW BEVERLY HILLS VILLAGE MANAGER

Warren Rothe, Beverly Hills Village Manager

Tuesday, August 19 at 11:00 am

Cost: Complimentary members / \$5 guests

Join Next in welcoming newly appointed Village Manager, Warren Rothe. Warren will share a little bit of his background, provide an overview of what is happening in the Village, discuss upcoming projects, and leave plenty of time for your questions.



HAPPENINGS AT NEXT

Please Register!

ICE CREAM SUNDAE SOCIAL

Thursday, August 21 at 1:00 pm

Cost: Complimentary members / \$5 guests



What do we all scream for?

Ice cream, of course!

Especially, on a hot August afternoon. We'll be dishing up the ice cream and then you can top it off with a variety of goodies, including sauces, sprinkles and a cherry for good measure! We will also have

some Japanese mochi samples for you to try – in celebration of our Japanese cultural series. Be sure to register so we know how much ice cream to buy! See you there!

JAPANESE WASHI TAPE WORKSHOP

Beverly Singer and Pam Hall, Instructors

Date Tuesday, July 15 at 2:00 pm

Cost: Complimentary members / \$5 guests

Join us for some fun and creativity using Japanese Washi tape, a type of decorative, low-tack masking tape made from traditional

Japanese paper (washi). It's known for its wide variety of colors, patterns, and textures, and its ability to be easily torn by hand, repositioned, and removed without residue. We'll be making bookmarks and notecards which you can make and then give away as gifts! What a great way to spend a warm summer day – inside, where it's cool – doing crafts and chatting with friends!

FUNCTIONAL EXERCISE FOR EVERY DAY LIFE

Raj Thangamuthu, Physical Therapist and Owner of Empower Physical Therapy

Date Thursday, August 28 at 1:00 pm

Cost: Complimentary members / \$5 guests

Raj returns to Next with a focus on functional exercise. This type of exercise is designed to develop those muscles that you use every day to do everyday things like bending down to garden, playing basketball with your grandkids or unloading the dishwasher! Raj will take you through some exercises that can help improve stability and mobility and can be done easily and safely at home. Let's do this!



HEALTH & WELLNESS SERIES

Please Register!



We are excited to partner with Henry Ford Health for the 2025 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.

MENTAL HEALTH AND OLDER ADULTS

Zaira Khalid, MD

Thursday, July 17 at 12:00 pm

Cost: Complimentary members / \$5 guests

According to the National Institute of Mental Health, as people age, they may experience certain life changes that impact their mental health, such as coping with a serious illness or losing a loved one. Although many people will adjust to these life changes, some may experience feelings of grief, social isolation, or loneliness. When these feelings persist, they can lead to mental illnesses, such as depression and anxiety. Effective treatment options are available to help older adults manage their mental health and improve their quality of life. Zaira Khalid, MD, a geriatric psychiatrist at the new Henry Ford

Behavioral Health Hospital on the campus of Henry Ford West Bloomfield Hospital, will discuss older adult mental health and answer questions. A light lunch will be served.

THE AGING VOICE AND OTHER THROAT AILMENTS

Glendon Gardner, MD

Thursday, Aug. 7 at 12:00 pm

Cost: Complimentary members / \$5 guests

Glendon Gardner, MD, a senior staff laryngologist in the department of Otolaryngology with Henry Ford Health, will discuss various conditions that affect the throat and voice box as people age. Dr. Gardner conducts research, lectures nationally and internationally, and publishes regularly on topics related to the larynx and voice. A light lunch will be served.

Ask About Our
Veteran Assistance Program



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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.

With the support of a generous grant from the Michigan Humanities, in July and August, Next will continue our Making Connections – Culture Series, with a focus on the culture of Japan. Please enjoy the presentations, movies, and entertainment related to Japan. This exciting study is

funded in part by Michigan Humanities, an affiliate of the National Endowment for the Humanities and the Michigan Art and Culture Council.



July 17 – EXPLORING THE MUSIC OF EAST AFRICA & SOUTHERN AFRICA

Mark Stone - Associate Professor, School of Theater, Music & Dance, Oakland University, Coordinator of World Music and Percussion and Composer

Professor Stone will provide a unique opportunity to hear and experience the beautiful music of the kalimba, as well as share kalimba traditions from Uganda and South Africa. The kalimba is a popular



instrument in both countries, performed in a wide range of social contexts. Stone studied Ugandan music as a graduate student at Makerere University in Uganda, and is currently a Ph.D. candidate at the University of South Africa. He has worked with many celebrated musicians in both countries, including Haruna Walusimbi (Uganda) and Dizu Plaatjies (South Africa). Stone's program will explore the background of kalimba traditions and include musical demonstrations.

July 24 – CURRENT EVENTS IN INTERNATIONAL NEWS – A BREAK DOWN OF HEADLINES

Gus Mondalek, International Affairs Expert



Join international affairs and politics expert Gus Mondalek for an in depth look at multiple international news headlines from different regions of the world. Gus Mondalek will draw upon

his vast knowledge and experience in international affairs to provide an understanding of global happenings that reaches far beyond the headlines. Attendees will come away with an advanced comprehension of news stories from around the globe. This program is generously sponsored by American House Village at Bloomfield.



July 31 – SAKURA INSTRUMENTAL PERFORMANCE GROUP

Experience the beauty and learn the cultural traditions behind the folk music and dances of Japan. Named after the Japanese word for cherry blossom, Sakura is an instrumental and performance group that celebrates traditional Japanese music and dance. Sakura will teach participants about the music and instruments, and also provide instruction on the dancing style known as Bon Odori. This program is generously sponsored by American House Stone and Bank of Ann Arbor.

August 7 – BEHIND THE SCENES: ENRICHING THE LIVES OF ANIMALS AT THE DETROIT ZOO

Grace Fuller, Ph.D., Senior Director of Animal Welfare and Research at the Detroit Zoological Society's Center for Zoo Animal Welfare

Did you know that an international jewel of zoo animal welfare exists right here in Royal Oak, Michigan? The Detroit Zoological



Society is a globally recognized champion for the well-being of wildlife. In addition to providing the utmost care and enrichment to exhibit animals, the Detroit Zoo has also given

SPEAKER SERIES @ NEXT

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sanctuary to tens of thousands of animals in peril all over the world. Animal care professionals across the globe look to the Detroit Zoo as the experts in animal welfare best practices and policy. Dr. Grace Fuller, Senior Director of Animal Welfare and Research at the Detroit Zoological Society, and leader of the DZS's Center for Zoo Animal Welfare will provide an in depth and cutting edge look at what the Detroit Zoo is doing to enrich the lives of the wildlife in its care and ensure that each animal thrives.

August 14 – HIDDEN HEROES: THE LIFE AND WORK OF WILDLIFE REHABILITATORS IN MICHIGAN

Keirstie Carducci, Licensed Michigan Wildlife Rehabilitator, Founder and Director of Out-Back Wildlife Rehab Center



Every year hundreds of thousands of tiny dramas unfold in Michigan as wildlife are hit by cars, inadvertently relocated, injured, or trapped. This is especially true when wildlife mothers can't

return to the babies they had been caring for. Who steps in to rescue, rehabilitate, and raise the orphans? Licensed wildlife rehabilitator Keirstie Carducci has been spending sleepless nights responding to wildlife emergencies, bottle feeding countless orphaned wildlife, and releasing rehabilitated animals back into the wild for decades. Her vast experience has helped to inform veterinarians on how best to take care of wildlife in peril, and her amazing stories drew the attention of the Detroit Free Press, which did an entire article just about her in 2023. A true Michigan hero, Keirstie will come to Next to tell her stories of success and heartbreak in the life of a licensed wildlife rehabilitator. This program is generously sponsored by Bank of Ann Arbor.

August 21 – THE LIFE AND THOUGHT OF H. ODERA ORUKA: PURSUING JUSTICE IN AFRICA Gail Presbey, Professor of Philosophy and Chair of the Philosophy Department, University of Detroit, Mercy

Henry Odera Oruka was one of the most influential figures in 20th century African philosophy.

During the early years of the decolonization of African countries, as universities worked to redefine themselves, Odera drove changes to curricula and research.

A tireless advocate for democracy and human rights in Africa, he repeatedly intervened in the political debates of his time. The narrative unfolds from the personal to the global, from Africa to the world, and from African philosophy to the wider field of philosophy.



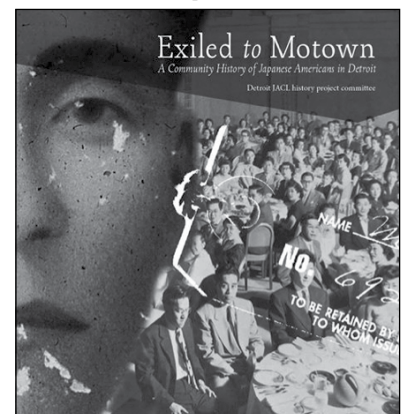
August 28 – EXILED TO MOTOWN

Ann O'Neill, President of the Japanese American Citizens League (JACL), Detroit, and Mary Kamidoi, JACL Treasurer and Camp Survivor

You've heard the story of Japanese American incarceration during World War II. But do you know what happened next?

Shortly after arriving in the camps, the United States government set into motion its plans for resettling Japanese Americans elsewhere.

Even before the end of the war, Japanese Americans were hired out of the camps into labor and industrial and secretarial jobs in Chicago and Detroit. Exiled to Motown is a collection of oral histories of the settlement and persistence of the Japanese American community in Detroit and how it continues to change and flourish as we eye the third decade of the 21st century.





FITNESS OFFERINGS

STRENGTH TRAINING with Laura Karmanos – NEW!

Tuesdays and Thursdays, 10:00 to 11:00 am – First class free.
Cost: 10 drop-in classes \$100 members / \$110 guests

You may have heard it in the news or from one of our program presenters 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. We will use light weights and Pilates balls and we'll work on form throughout the classes. 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).

BARRE BALANCE with Karen Lutz – NEW!

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.

LOW IMPACT AEROBICS with Laura Karmanos – New Instructor!

Tuesdays and Thursdays from 9:00 to 10:00 am
Cost: 10 drop-in classes: \$80 members / \$90 guests

Start your day in a low-impact way! We'll get things warmed up with some small movements and stretching, then transition into some basic moves to get our heart rates up. We'll add in some strength, balance, seated and standing core work — then end the session with a cool down and more stretching. This class is for anyone who is looking for a great workout without impacting their joints. In these classes you will have the opportunity to get stronger, move longer and be ready for life by implementing strength, cardio, mental as well as physical balance training. 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).

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.

YOGA FOR WELL BEING with Karen Lutz

Tuesdays from 4:00 to 5:00 pm
Cost: 10 drop-in classes: \$100 members / \$110 guests
All levels are welcome to learn gentle, adaptable yoga moves that help improve your breathing practices, core strength, balance and flexibility.

CHAIR YOGA & MEDITATION with Caryn Ciagne

Tuesdays and Thursdays from 1:30 to 2:30 pm
Cost: 10 drop-in classes: \$100 members / \$110 guests
Utilizing a chair to sit and to stand beside for support, we will gently stretch and breathe our way into our body. Through this gentle practice, we will release tension and tightness, increase flexibility, strength, body awareness, range of motion and balance, while promoting a feeling of relaxation and calm.

WEDNESDAY FLOW YOGA with Caryn Ciagne

Wednesdays from 9:15 to 10:15 am
Cost: 10 drop-in classes: \$100 members / \$110 guests
A slow yet strong flow practice suitable for all who may be interested in expanding their yoga practice. This class will explore 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: \$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.



FITNESS OFFERINGS

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

(Friday class is new!)

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

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

Cost: 1 drop-in class: \$10

For those wanting to go deeper into the form described above, Cheryl is offering this Intermediate Tai Chi class.

CARDIO DANCE WITH KAREN LUTZ

Thursdays from 3:30 to 4:15 pm

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

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

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!

PICKLEBALL

Cost: Complimentary members only

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

Open Play: Monday through Thursday from 4:30 to 7:30 pm

Interested in learning how to play one of the fastest growing and most popular sports? Contact Pickleball Professional Tom Wehner at (248) 885-1203 or tgwehner@cs.com for lessons!

TENNIS - MIXED DOUBLES

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

Currently on hiatus until September.

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

BOWLING LEAGUE

Currently on hiatus until September.

Thursdays at 1:00 pm - Cost: \$11 for 3 games.

Members only.

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

PLEASE NOTE:

A drop-in fitness class series card can be used at your convenience but must be used 1 year after purchase.



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THE LIBRARY STREET COLLECTIVE & LUNCH AT SAHARA RESTAURANT & GRILL IN THE DISTRICT DETROIT

Thursday, July 10

Bus departs next at 11:00 am, returns about 2:15 pm

Cost \$20 members / \$25 guests

Library Street Collective is a dynamic art space dedicated to fostering connections between Detroit's local creative community and the international art scene. The gallery showcases compelling exhibitions and actively supports nonprofit initiatives and important causes within the city. At Library Street Collective, you'll find a commitment to elevating art and culture through impactful community engagement and innovative public projects. The gallery's efforts are designed to inspire and involve both residents and visitors, enhancing Detroit's cultural landscape. Take approximately 45 minutes to check out this marvelous space and the current exhibitions. Lunch first, on your own in the District Detroit area at Sahara Restaurant & Grill.

GROSSE POINTE WAR MEMORIAL - "HISTORY HANG WITH BETSY" & LUNCH AT THE JAGGED FORK

Thursday, July 17 - Please join the Wait list by calling the office

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

Cost: \$30 members / \$35 guests



The War Memorial, also known as the Russell A. Alger Jr. House and as the Moorings was dedicated to the memory of veterans and soldiers of World War II. The War

Memorial has a rich history steeped with trials and tribulations that have made this place not only a magical one to visit, but a wondrous and magnificent story to learn. From humble beginnings as a family home, a transition into a museum, then ultimately to the facility it is today. This building has seen influential political figures, famous inventors, and titans of US industry come through the doors. With all they legacy-filled history in these walls, including a few art heists, the story of The War Memorial is truly one-of-a-kind. Join in-house historian, Betsy Alexander, as she walks you through the historic Alger House and explains the different rooms and historical significance. Lunch on your own after the tour at The Jagged Fork.

STERLINGFEST ARTS & MUSIC FAIR

Thursday, July 24

Bus leaves Next At 10:30 am, returns about 1:45 pm

Cost \$20 members / \$25 guests

Sterlingfest Arts & Music Fair, is a three-day celebration featuring live entertainment, a carnival, an arts & crafts fair, delicious food, and family-friendly fun at Dodge Park in the heart of Sterling Heights. You will have two hours to spend at what has become the region's favorite art and music festival.

EASTERN MARKET - TUESDAY AT THE MARKET

Thursday, July 31

Bus departs Next at 10:00 am, returns about 12:30 pm

Cost: \$20 members / \$25 guests



Gather together around the goal of becoming healthier, wealthier, and happier. Tuesday Market is perfect for stocking up on fresh produce, baked goods, and meats. Here's your

opportunity for a fairly quick trip down and back to shop and retrieve a bounty of abundant and deliciously fresh summer goods. We will drop you off, don't forget your recyclable bags.

LEGASEA AQUARIUM / REPTARIUM & LUNCH AT SAVORY GRILL

Wednesday, August 6 - MUST BE REGISTERED BY JULY 22

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

Cost: \$45 members / \$50 guests

Dive into WONDER at the all-NEW Legasea Aquarium & Reptarium, Michigan's favorite hands-on, 30,000 square foot interactive indoor aquarium and zoo! Take 1 ½ hours to "plunge" into this aquatic institution.

The incredibly friendly, knowledgeable, and welcoming staff coupled with hands-on interactions with the amazing animals and fascinating creatures make this a truly unforgettable experience! They are not just a zoo, they are founder Brian Barczyk's dream (honoring his legacy) come true. Brian's mission went far beyond a fervent passion for reptiles and wildlife: he was a true advocate for sparking curiosity, respect, and understanding towards all facets of nature. SEA YOU SOON! Lunch on your own after at the Savory Grill.





DAY TRIPS

Please Register!

ROCHESTER BRUNCH HOUSE & PAINT CREEK CENTER FOR THE ARTS

Thursday, August 14

Bus departs Next at 10:00 am, returns about 2:15 pm

Cost: \$25 members / \$30 guests



Enjoy brunch on your own first at the fabulous Rochester Brunch House. This restaurant offers a little bit of everything in a unique setting. Their organic, fresh and creative meals paired with their light and charming atmosphere make for the perfect brunch experience. After brunch we will check out the current contemporary art gallery exhibitions featuring emerging and established Michigan resident artists at Paint Creek Center for the Arts. The gallery at PCCA is comprised of a 1,600 square foot exhibit space. We will also explore their Art Market where over 35 artists are featured, with over 1,000 pieces available to view and purchase. Inventory is ever-changing, but most often include original drawings and paintings, prints (drawing, painting, screen printing and photography), ceramic pottery, jewelry, glass, soaps, handbags and wearable art, cards and keepsakes, pillows, candles and more!

THE VILLAGE OF ROCHESTER HILLS SHOPPING & LUNCH AT KRUSE & MUER IN THE VILLAGE

Thursday, August 21

Bus departs Next at 11:00 am, returns about 2:45 pm

Cost: \$20 members / \$25 guests

Coined the unofficial "downtown" of Rochester Hills, The Village of Rochester Hills is a 375,000 square foot outdoor retail and lifestyle center. You will have approximately 1 hour and 15 minutes to enjoy the open air space, get your "steps" in, and explore the shops. The Village, co-anchored by Whole Foods and Von Maur boasts an outstanding mix of notable retailers and standout stores like Sephora, lululemon, Barnes & Noble, Williams Sonoma, Pottery Barn, EVEREVE, Banana Republic, Sundance Catalog, Chico's, and White House | Black Market, just to name a few. The center features a walkable, pedestrian-friendly streetscape, beautiful fountain and firepit, lush gardens and an outdoor park that is home to signature events and community activities. Lunch on your own first at Kruse & Muer, dishing seafood, American fare & signature hot bread. Happy Lunch & Shopping Day!

MICHIGAN STATE FAIR

Thursday, August 28

Bus departs Next at 9:15 am, returns about 3:00 pm

Cost: \$25 members / \$30 guests

On Honored Citizens' Day, all individuals age 62 and older will enjoy complementary Free Fair Only Admission to the State Fair. This includes: door prizes and drawings, special senior day vendors, giveaways, entertainment, and contests all held in the air conditioned legacy ballroom at Suburban Collection Showplace. You will have two hours of exclusive senior programming, on this opening day, and two hours to explore the fair. This allows you to enter and view all of the indoor exhibits, livestock, agriculture, home arts displays, farmers market and all demonstrations. In addition, you can experience the long running tradition of the C.F. Burger Creamery Butter Cow, Guernsey's Endless Cup of Chocolate Milk – plus all the entertainment and performance groups throughout the fair (this does not entitle you to ride carnival rides, or enter the BMX/FMX performance area). Come on down, grab a friend and kick off Labor Day weekend 2025!

HANA'S GARDEN & LUNCH AT RED KNAPPS AMERICAN GRILL

Thursday, September 4

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

Cost: \$20 members / \$25 guests

Hana St. Juliana Memorial Fund broke ground for Hana's Garden in spring 2023. Hana means "Flower" in Japanese, and this garden is a



perfect first project to honor her memory. What began as an idea to establish a small garden space to highlight Hana's inner and outer beauty and radiance, has grown into a plan to establish a beautiful, architectural masterpiece of life, light, love and flowers to celebrate the lives of all four victims of the Oxford school shooting. The garden is divided into four sections, one for each of the teens. We will visit and take a leisurely stroll through the garden, highlighting perennials and native flowers, bushes, trees, and a water feature. This is your opportunity to LIVE, LAUGH, AND LOVE..... Like Hana, and to honor the four students lost. Lunch on your own following at Red Knapps American Grill in Oxford.



ART & CREATIVITY

We are excited to present more art classes at Next to ignite your creativity! Please join us to learn some new techniques and develop your artistic flair.

STUDIO ART CLASS ON TUESDAYS

Tuesdays, September 9 through November 11 –

No class – September 23

From 1:00 – 3:30 pm

Cost: 9 Week Series: \$165 members/ \$170 guests

The class purpose is to broaden the knowledge and growth of each student's skills in their chosen medium. Most preferred mediums are acrylics, oils, watercolors, or collage/mixed medium. The students and Karen work together to develop student's subjects and carry the project forward. Karen is excited to explore fresh ideas and viewpoints of the students various art backgrounds to recharge our creative juices. We look forward to sharing concepts to continue enriching our visual statements.

Students are required to have prior basic instruction in the medium they will use in class. Bring your materials and what you plan to work on to class. If you work upright, plan to bring your own lightweight portable easel.

STUDIO ART CLASS – THURSDAYS

Thursdays, September 11 through November 6

From 1:00 – 3:30 pm

Cost: 9 Week series: \$165 members/ \$170 guests

Join this class using materials which you have experience with and have had basic instruction. Bring your own subject, reference material, and the supplies you typically work with. Karen Halpern will foster critical thinking and make suggestions to guide you as you develop your own project. Karen's focus is to inspire the artist's viewpoint, and develop their skills and knowledge. General materials used are acrylics, oils, watercolors or collage/mixed media. Returning students, plan to start a fresh piece of work for the semester. If you work upright, plan to bring your own lightweight portable easel.

PHOTOGRAPHY CLUB

Thursdays, July 10 and August 14 from

10:00 am to 12:00 noon

Cost: Complimentary members / \$5 guests

The Next Photography Club seeks to bring people together who have an interest in photography. They maintain their own website and take monthly photo trips. For information, contact the clubs email at- info@birminghamphotoclub.org

KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

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

NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

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

PALETTE & BRUSH CLUB - On Summer Hiatus

Thursdays from 9:30 am to 12:30 pm

The group is currently at capacity; however, if you are interested in joining the club, please contact paletteandbrush.org.

POTTERY OPEN STUDIO

Thursdays from 9:30 am to 12:30 pm

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



CARDS, TILES, COLLECTORS

SHANGHAI RUMMY

Tuesdays at 1:00 pm

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

MAH JONGG

Mondays from 1:00 to 4:00 pm

Fridays from 1:00 to 3:00 pm

Come with your own Mah Jongg table partner or stop by the office to sign up if you would like to play. You must be able to play independently. If you are interested in joining a group, contact the Next office.

EUCHRE

Wednesdays from 10:00 am to 12:00 noon

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

DOUBLE DECK PINOCHLE

Wednesdays from 10:00 am to 12:00 noon

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

CANASTA

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

Cost: Complimentary members / \$5 guests

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

PINOCHLE...Come and join the fun!

Mondays, Wednesdays and Fridays from 1:00 to 3:00 pm

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

SOCKI

Tuesdays from 12:30 to 3:00 pm

Socki is a card game for 2-8 players that plays like an open-faced gin rummy with a few unique twists. Join this group for a fun and exciting game that is easy to learn.

BINGO

Monday, July 7, 21 and August 4, 18 at 1:00 pm

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

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

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

BRIDGE...for everyone at every level!

DUPLICATE BRIDGE - Mondays from 11:15 am to 2:30 pm

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

PARTNERS BRIDGE - Tuesdays from 12:30 to 3:30 pm

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

DUPLICATE BRIDGE - Fridays from 11:00 to 2:00 pm

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

CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

CHESS LESSONS

Thursdays from 4:00 to 5:00 pm

Cost: Complimentary members / \$5 guests

Interested in learning the game of chess? Join members of the Chess Club to learn this game! For additional information, please contact Chris Dow at 248-647-0728.

CHESS CLUB

Thursdays from 5:00 to 7:00 pm

Cost: Complimentary members / \$5 guests

BIRMINGHAM STAMP CLUB

Tuesdays, July 1 and 15 and August 5, 19 at 5:30 pm

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

COIN CLUB

For information contact Robert Beuter at 248-646-9657.

COMPUTER LAB & LESSONS

Cost for all computer instruction: \$5 for one hour and \$20 for 5 one-hour sessions. Members only.

We offer one-on-one computer instruction on one of our many computers by one of our talented instructors. Please contact the Next office to schedule an appointment and purchase your computer card. The Computer Lab will be available during Next business hours.



HEALTH & NUTRITION

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Monday, June 30th, and August 4th,
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

The group will not be meeting for the summer months of July and August. They will resume in September.

The South Oakland County Parkinson's Support Group, sponsored by the Michigan Parkinson's Foundation, is a group of people who meet to learn more about Parkinson's disease and the services available. This group brings together people with a common bond. So many people say, "And I thought I was the only one with this problem." Come for camaraderie, support, and learn from each other. Groups include people with PD, care partners, friends, families and health professionals. Facilitated by the Michigan Parkinson's Foundation staff. For more information call 248-419-7170.

YOUNGER ONSET DEMENTIA & ALZHEIMER'S CAREGIVER SUPPORT GROUP

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.

HEALTH EXPO & FLU SHOT CLINIC

Save The Date!

Tuesday, October 7th, from 10:00 am to 1:00 pm

Please join us for this important event. Oakland County Health Department will be providing the high dose Flu shot specifically for seniors, as well as the regular dose shot, and Pneumonia.

Please remember to bring your identification and insurance cards. Most insurances, including Medicare are accepted. Please call the office to schedule an appointment. Walk-ins are welcome but may have a longer wait.

MEALS ON WHEELS

To get information on this program, call Western Oakland Meals on Wheels at 248-223-9160.

We are looking for additional volunteers to help package and deliver meals. So, if you're available, please call Judy Murrell at 248-203-5281.

Your help is needed and would be appreciated!

MEDICAL EQUIPMENT LOANS

Our loan closet contains wheelchairs, walkers, canes, bath benches, shower stools and commodes available for up to 3 months — and transport wheelchairs for 3 weeks — at no charge to members of Next. Guests pay a \$20 fee per item. Simply call to reserve the equipment you need.

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.

LOW VISION SUPPORT GROUP – NEW!

Henry Ford Health Detroit Institute of Ophthalmology

The group will not be meeting during the months of July and August. The meetings will resume September 17th, from 1:00 – 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.



UNTREATED HEARING LOSS CAN CAUSE HEALTH PROBLEMS

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SUPPORT SERVICES

INFORMATION ABOUT COMMUNITY RESOURCES

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

TRANSPORTATION

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

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 HOUSING TOURS

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



**TOUR THE JAMES,
INDEPENDENT SENIOR LIVING
Ferndale, MI**
Thursday, August 7th
Bus departs at 11:00 am

This architectural gem offers a list of robust amenities and a perfect proximity to downtown Ferndale.

Exquisite finishes throughout the Luxurious Studio, One and Two bedroom Apartment Homes. Fully-Equipped Kitchens, beautiful large stunning window, luxury plank flooring.

Professional On-Site Management and In-House Third Party Care Company.

This Historic Building has been redesigned and restored for luxury senior living.

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.

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.

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.



ENRICHMENT

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

Mondays, July 7 and August 4 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The July book selection is *Wild Dark Shore* by Charlotte McConaghy, and *Mina's Matchbox* by Yoko Ogawa in August. Register at Next — and Baldwin Public Library will provide the book.

NON-FICTION BOOK GROUP (via Zoom)

Tuesday, July 8 and August 12 at 10:00 am.

Facilitated by Jaclyn Miller, Associate Director of the Baldwin Public Library, join us to discuss *Wild Girls* by Tyra Miles in July, and *Brave the Wild River* by Melissa L. Sevigny in August. Register at Next and Baldwin Public Library will provide the book.

WOMEN'S ROUNDTABLE

Tuesdays at 11:00 am

Join us to get to know other women here at Next. This group will give women the opportunity to gather in the spirit of friendship and camaraderie.

MEN'S ROUNDTABLE

Wednesdays at 9:00 am

Men of Next gather together for an opportunity to enjoy each other's company.

WRITER'S CORNER

Thursdays, July 17 and August 7, 21
from 9:30 am to 11:30 am

Join a diverse group of Next members who share a common interest in writing. For additional information, contact facilitator Bob Erlandson's email at rferlandson@gmail.com.

CURRENT EVENTS DISCUSSION GROUP

Fridays at 12:00 noon

With so much going on in the world today, it can be difficult to keep up with it all. Come join other members in this casual discussion group about current events.

TUESDAY JAZZ CLUB

Tuesdays from 3:00 pm to 4:30 pm

Did you know that we have a jazz band that practices at Next? The Ed Black Jazz Band! They love having an audience — so feel free to drop in and enjoy some great tunes!



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FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

July 2 – THE TWO POPES

Behind Vatican walls, Pope Benedict (Anthony Hopkins) and the future Pope Francis (Johnathan Pryce) must face their pasts and find common ground in order to forge a



new path for the Catholic Church. Rated PG13 2 hours 5 minutes

July 9 – YOU'RE CORDIALLY INVITED

Margot (Reese Witherspoon) a woman planning her sister's ideal wedding and Jim (Will Ferrell) the father of a bride-to-be discover their destination weddings at a remote resort are double-booked. When both parties decide to share the small venue, chaos ensues and disaster awaits. Rated R 1 hour 49 minutes

July 16 – OUR SOULS AT NIGHT



Addie Moore (Jane Fonda) and Louis Waters (Robert Redford), a widow and widower, have lived next door to each other for years. When Addie tries to make a connection with

her neighbor, the two begin sleeping in bed together platonically, with the innocent goal of alleviating their shared loneliness. As their relationship deepens, however, they each deal with grief and loss, and a real romance begins to blossom.

Not Rated (Romance) 1 hour 43 minutes

July 23 – KINDA PREGNANT

When Lainy's (Amy Schumer) plan to settle down and start a family falls apart, she puts on a fake baby bump, tells a lie - and accidentally falls for her dream guy Josh (Will Forte). Rated R 1 hour 37 minutes

July 30 – HERE

A generational story about families and the special place they inhabit, sharing in love, loss, laughter, and life. Starring Tom Hanks, Robin Wright and Paul Bettany.

Rated PG13 1 hour 44 minutes



August 6 – MR. SMITH GOES TO WASHINGTON

When the idealistic young Jefferson Smith (James Stewart) winds up appointed to the United States Senate, he gains the mentorship of Senator Joseph Paine (Claude Rains). However, Paine isn't as noble as his reputation would indicate, and he becomes involved in a scheme to discredit Smith, who wants to build a boys' campsite where a more lucrative project could go. Determined to stand up against Paine and his corrupt peers, Smith takes his case to the Senate floor.

Not Rated 2 hours 9 minutes



August 13 – MARIA

Famed opera singer Maria Callas (Angelina Jolie) retreats to Paris in the 1970s after a glamorous yet tumultuous life in the public eye. Rated R 2 hours 4 minutes



August 20 – CONCLAVE

Cardinal Lawrence (Ralph Finnes) has one of the world's most secretive and ancient events, participating in the selection of a new pope. Surrounded by powerful religious leaders in the halls of the Vatican, he soon uncovers a trail of deep secrets that could shake the very foundation of the Roman Catholic Church. Also starring John Lithgow, Stanley Tucci and Isabella Rossellini. Rated PG 2 hours

August 27 – THE FOUR SEASONS



Jack (Alan Alda) and Kate (Carol Burnett) traditionally go on vacation with their friends every new season. Old friend Nick (Len Cariou) surprises everyone when he arrives not with his wife, Anne (Sandy Dennis), but with his new girlfriend, the much younger Ginny (Bess Armstrong). The group -- all of which had grown to be good friends with Anne -- must come to terms with this unexpected development. Ultimately, they learn to accept Nick's decision, and work to

welcome Ginny as a friend. Rated PG 1 hour 47 minutes



STREAMING @ NEXT!

Complimentary for Next members. \$5 guests

THE BIRTH OF SAKÉ

Tuesday, July 8 at 10:30 am

The Birth of Saké is an award winning cinematic documentary that tells the story of what it takes to make world-class saké at Yoshida Brewery, a 144-year-old family-owned small brewery in northern Japan. The workers at Yoshida Brewery are an eclectic cast of characters who must live and work together for a six-month period through the brutal winter. In a world where most mass produced goods are heavily automated, a small group of manual laborers must brave unusual working conditions to preserve a 2000-year-old tradition that we have come to know as saké.

Length: 1 hour 34 minutes.

BIRDERS

Tuesday, July 22 at 10:30 am

A diverse number of migratory birds travel thousands of miles back and forth across the US-Mexico border each year. They have no regard for man-made laws and barriers. Dedicated birders on both sides of the border, and all sides of the political spectrum, share a passion for these creatures and for their perilous journey. This short documentary celebrates those who observe, record, monitor and fight for the rights and habitats of these migratory species.

Length 37 minutes.

KOSHIEEN: JAPAN'S FIELD OF DREAMS

Tuesday, August 5 at 10:30 am

Filmmaker Ema Ryan Yamazaki follows a coach and his team as they try to win Japan's national high school baseball championship. Baseball is life for players in the annual Koshien, Japan's wildly popular national high school baseball championship, whose alumni include MLB stars Shohei Ohtani and Hideki Matsui. But for Coach Mizutani and his team, cleaning the grounds and greeting guests are just as important as honing baseball skills. Like Jiro Dreams Of Sushi, Koshien is an intriguing journey to the heart of Japan.

Length: 1 hour, 33 minutes.

Federer: Twelve Final Days

Tuesday, August 19 at 10:30 am

Originally a home video never intended for public viewing, this film captures the final chapter in Roger Federer's legendary tennis career. This documentary spans Federer's entire career, giving a behind the scenes perspective to his outstanding legacy with a focus on the last two weeks leading up to his retirement. The footage features Roger, his family, and his three main rivals: Rafael Nadal, Novak Djokovic, and Andy Murray.

Length 1 hour, 27 minutes.



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Contact us to find out how to become a
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LESSONS FROM GERIATRICIAN LOUISE ARONSON'S PULITZER PRIZE NOMINATED BESTSELLING BOOK, *ELDERHOOD*

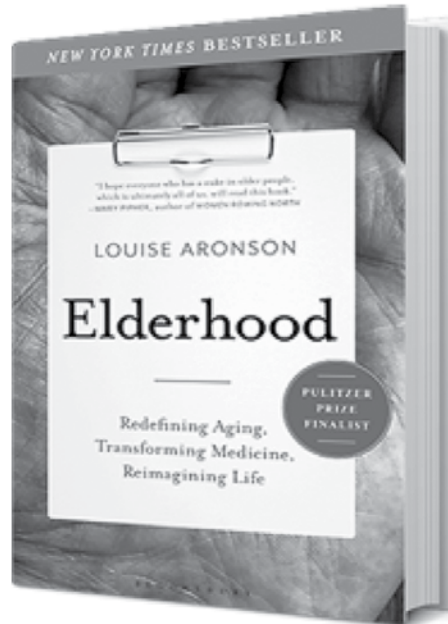
Lesson One.

Aging Isn't a Problem to Fix—It's a Life Stage to Embrace: The idea that aging is merely a decline, a medical condition to be "treated" shows how society regards normal aging, turning natural changes into diagnoses. Society has bought into the myth that youth is peak life, but aging isn't a lesser version of yourself but a transition into a rich, complex phase.

Lesson Two.

Medicine Fails the Elderly—And We've Normalized It: Doctors often dismiss older patients' symptoms as "just aging," and undertreat pain, or overprescribe medications without considering their full impact. Hearing stories of elderly patients misdiagnosed or rushed through appointments illustrates how much we accept subpar care for the aged. This lesson is a call to demand better—for our future selves and our loved ones.

Lesson Three. The "Successful Aging" Myth Is Harmful: Valuing only health and productivity excludes those with chronic illness or disability. Why do we equate worth with physical ability? This lesson is a reminder that dignity isn't tied to independence—it's tied to respect.



Lesson Four. Dementia Doesn't Erase Personhood: One of the most moving sections was the discussion of dementia. Not romanticized, but opposes the idea that people with cognitive decline lose their humanity. Through stories of patients who still find joy, connection, and meaning.

Lesson Five. The Importance of Narrative Medicine: In treating elders, it isn't just about labs and prescriptions—it's about listening to their stories. A patient's history, fears, and desires matter just as much as their blood pressure.

Lesson Six. We Need to Redefine "Quality of Life": Society often assumes older people don't want aggressive treatments or new experiences. Instead, let people define their own quality of life. This lesson is a push to ask, not assume.

Lesson Seven. Caregiving Is a Societal Responsibility: The emotional and physical toll on caregivers—often women, often unpaid—is heartbreaking. We need to call for systemic change: better support, policies, and recognition.

Lesson Eight. Elderhood Is an Opportunity for Reinvention: Perhaps the most hopeful takeaway: aging doesn't have to be a winding down—it can be a time of growth, new passions, and deeper relationships.



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Nancy Buck in memory of Ann Clark

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Meyers Family Foundation Fund

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Connie Romanelli.

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David and Linda Underdown, and
Marlene Yospy.

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Our condolences to the family and friends of...

Linda Allen Tanner

We are thinking of you...

Christine Burnard,
Dorothy Pfeifer, and
Dorothy Sullivan.

WELCOME BACK

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

Timothy Carleton, Kathy Carney, Debra Cox, Sue Glazier, Anne Honhart, Rita Lauer, and David Smyk.

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!
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Low Impact Aerobics 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Kintsugi Demonstration 1:00 Shanghai Rummy 1:00 Studio Art 1:00 Chess 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	2 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 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: The Two Popes	3 CLOSED HAPPY 4TH OF JULY!	4 CLOSED HAPPY 4TH OF JULY!
7 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Bingo 1:00 Popular Reads 1:00 Pinochle 1:00 Mah Jongg 3:00 Trivia Time! 4:30 Pickleball	8 9:00 Low Impact Aerobics 10:00 Non-Fiction Book Club 10:00 Strength Training 10:30 Streaming: The Birth of Sake 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Shanghai Rummy 1:00 Chess 1:00 Studio Art Tuesdays 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball	9 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Canasta Lessons 10:00 Double Deck Pinochle 10:00 Euchre 12:30 Detoxing Your Body and Home 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: You're Cordially Invited	10 9:00 Low Impact Aerobics 10:00 Strength Training 10:00 Photography Club 11:00 The Library Street Collective & Lunch at New Sahara 12:00 Canasta 12:30 Pickleball 1:00 Music on the Patio 1:30 Chair Yoga and Meditation 3:30 Cardio Dance 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club	11 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner - New! 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg 1:00 Pinochle
14 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 4:30 Pickleball	15 9:00 Low Impact Aerobics 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Shanghai Rummy 1:00 Studio Art Tuesdays 1:00 Chess 1:30 Chair Yoga and Meditation 2:00 Japanese Washi Tape Wrkshp 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club 6:00 Great Lakes Taiko Canter - Drumming Performance	16 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 1:00 Low Vision Support Group 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tai Chi Beginner 4:30 Pickleball 5:00 Movie: Our Souls at Night	17 9:00 The Grosse Pointe War Memorial & The Jagged Fork 9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 10:00 Strength Training 12:00 Mental Health & Older Adults 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga and Meditation 3:30 Cardio Dance 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Music of East Africa - Lecture by Mark Stone	18 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner - New! 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Barre Balance 1:00 Pinochle 1:00 Mah Jongg
21 9:30 Stretch and Relax 10:00 Knitting & Crocheting 10:00 Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Bingo 1:00 Pinochle 1:00 Mah Jongg 4:30 Pickleball	22 9:00 Low Impact Aerobics 10:00 Strength Training 10:30 Streaming: Birders 11:00 The Art of Judo 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Shanghai Rummy 1:00 Studio Art Tuesdays 1:00 Chess 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball	23 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 1:00 Balanced Yoga for Wellness 1:00 Pinochle 2:30 Tai Chi - Beginner 3:00 Bingo 2.0 4:30 Pickleball 5:00 Movie: Kinda Pregnant	24 9:00 Low Impact Aerobics 9:30 Pottery Studio 10:00 Strength Training 10:30 Sterlingfest Arts & Music Fair 12:00 Canasta 12:30 Pickleball 1:00 Work With Your Garden 1:00 Studio Art - Thursdays 1:30 Chair Yoga and Meditation 3:30 Cardio Dance 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: International News Breakdown with Gus Mondalek	25 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner - New! 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Barre Balance 1:00 Pinochle 1:00 Mah Jongg
28 9:30 Stretch and Relax 10:00 Knitting & Crocheting 10:00 Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 4:30 Pickleball	29 9:00 Low Impact Aerobics 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Shanghai Rummy 1:00 Studio Art - Tuesdays 1:30 Chess 1:30 Chair Yoga and Meditation 2:00 A Virtual Tour of Japan 3:00 Jazz Club 4:00 Yoga For Well Being! 4:30 Pickleball	30 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 1:00 Balanced Yoga for Wellness 1:00 Musical Dances & Dreams 1:00 Pinochle 1:30 Tai Chi - Beginner 3:30 Advanced Beginner Spanish 4:30 Pickleball 5:00 Movie: Here	31 9:00 Low Impact Aerobics 9:30 Pottery Studio 10:00 Strength Training 10:00 Eastern Market - Tuesday Market 12:00 Canasta 12:30 Pickleball 1:00 Studio Art - Thursdays 1:30 Chair Yoga and Meditation 3:30 Cardio Dance 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Performance: Sakura Japanese Instrumental Group	

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tia Chi - Beginner - New! 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Barre Balance 1:00 Pinochle 1:00 Mah Jongg
4 9:30 Stretch & Relax 10:00 Knitting & Crocheting 10:00 Limber Up 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Bingo 1:00 Mah Jongg 1:00 Popular Reads 1:00 Pinochle 3:00 Trivia Time! 4:30 Pickleball	5 9:00 Low Impact Aerobics 10:00 Strength Training 10:30 Streaming: Koshien 11:00 Senior Life Advisor Council 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Shanghai Rummy 1:00 Studio Art Tuesday 1:00 Chess 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	6 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 Legasea Aquarium & Reptarium & Lunch at Savory Grill 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: Mr. Smith Goes to Washington	7 9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Writer's Corner 10:00 Strength Training 11:00 Housing Tour: The James 12:00 The Aging Voice & Other Throat Ailments 12:00 Canasta 12:30 Pickleball 1:00 Studio Art - Thursdays 1:30 Chair Yoga and Meditation 3:30 Cardio Dance 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Animal Welfare at the Detroit Zoo - by Dr. Grace Fuller, DZS	8 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner - New! 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Barre Balance 1:00 Pinochle 1:00 Mah Jongg
11 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle 4:30 Pickleball	12 9:00 Low Impact Aerobics 10:00 Non-Fiction Book Club 10:00 Strength Training 11:00 Womens Roundtable 11:30 Hot Wheels on Midvale! 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Shanghai Rummy 1:00 Chess 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball	13 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 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: Maria	14 9:00 Low Impact Aerobics 9:30 Pottery Studio 10:00 Strength Training 10:00 Photography Club 10:00 The Rochester Brunch House & Paint Creek Center for the Arts 11:00 Social Entrepreneurship in Action 12:00 Canasta 12:30 Pickleball 1:00 Studio Art - Thursdays 1:30 Chair Yoga and Meditation 3:30 Cardio Dance 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Amazing Tales of a MI Wildlife Rehabilitator - Keirstie Carducci	15 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner - New! 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg 1:00 Pinochle
18 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle 1:00 Bingo 4:30 Pickleball	19 9:00 Low Impact Aerobics 10:00 Strength Training 10:30 Streaming: Federer 11:00 Coffee & Conversation with the Village Manager 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Shanghai Rummy 1:00 Chess 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club 6:00 Performance: Polynesian Dancers of Michigan	20 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 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie - Conclave	21 9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 10:00 Strength Training 11:00 The Village of Rochester Hills Shopping & Lunch at Kruse & Muer 12:00 Canasta 12:30 Pickleball 1:00 Ice Cream Sundae Social 1:30 Chair Yoga and Meditation 3:30 Cardio Dance 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Life of Odera Oruka: Pursuing Justice in Africa	22 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner - New! 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg 1:00 Pinochle
25 9:30 Stretch & Relax 10:00 Knitting & Crocheting 10:00 Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 4:30 Pickleball	26 9:00 Low Impact Aerobics 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Shanghai Rummy 1:00 Chess 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball	27 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 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tai Chi - Beginner 3:00 Bingo 2.0 4:30 Pickleball 5:00 Movie - The Four Seasons	28 9:00 Low Impact Aerobics 9:15 Michigan State Fair 9:30 Pottery Studio 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 1:00 Functional Exercise with Raj 1:30 Chair Yoga and Meditation 3:30 Cardio Dance 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Exiled to Motown - Migration of Japanese Americans to Detroit post WWII	29 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner - New! 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg 1:00 Pinochle



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FRIDAY, SEPTEMBER 12, 2025



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