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JULY/AUGUST 2022

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We are excited to
have Stuart Jeffares as
the 2022 sponsor of
The Next Big Night Out!
We will be hosting
some exciting special
entertainment events!
Thank you, Stuart, for your
generous sponsorship.

TRUE BLUE ROCK BAND PERFORMS AT NEXT!

Tuesday, July 19 at 6:00 pm

Rain date: Tuesday, July 26 at 6:00 pm

Cost: Complimentary members / \$5 guests

True Blue is an Oakland County based classic rock cover band specializing in music from the '60s and '70s. The band has been performing together for nearly 15 years, reviving a passion for the music they performed live decades ago. Enjoy classics from The Beatles, Van Morrison, The Rolling Stones, The Moody Blues, Neil Young, Tom Petty, Bob Seger and many others.



THE MUSIC OF ITALY CONCERT!

Carrie Grignano, B.A. of Vocal Music - Actress, Singer & Language & Culture Enthusiast

Tuesday, August 2 at 6:00 pm

Cost: Complimentary members / \$5 guests



Join Carrie Grignano to enjoy The Music of Italy! Carrie's love of music and pride in her Sicilian heritage brings her to Next. She has performed in the United States, Canada and South Korea and for this event will perform a mix of traditional, classical and modern songs from the Sicilian and Italian cultures!



*Join us as we
Celebrate Italy*

**...through the arts, music,
food, architecture and film...**

**...then lascia che la vita sorprenda!
(Let life surprise you!)**

Details on page 4.

HOT WHEELS ON MIDVALE!

With special guest, Automotive Expert John McElroy from WWJ's Automotive Insight

Thursday, August 11 from 11:00 am to 2:00 pm

Cost: \$5 members / \$8 guests

Join us as we transform our Next parking lot into a showcase for classic cars, muscle cars and other unique vehicles. Mingle with the owners, and swap stories with John McElroy about your first set of wheels or your favorite car from the past.



Enjoy White Castle sliders and a bag of chips while you "cruise" the parking lot. Just be sure not to spill anything on those classic gems! If you have a car you would like to display at the show, contact Pam Hall at 248-203-5280 or phall@birmingham.k12.mi.us. Kindly sponsored by James Danley & Associates.

HOT DOGS AT NEXT!

Fridays, July 29 and August 26 at 12:00 noon

Cost: Complimentary members / \$5 guests

Let's kick off the weekend with a hot dog picnic in the courtyard. Relax and enjoy an afternoon with your Next friends. Grab a hot dog, chips and a beverage — a delicious combo for a great afternoon in the good ol' summertime! August event generously sponsored by Pomeroy Rochester Independent and Assisted Living.

Please see page 13 to participate in the Next community survey.



HAPPENINGS AT NEXT

HISTORY OF DETROIT

Local Historian Robert E. Sullivan, Jr.

History of Detroit Architecture

Wednesday, July 6 at 10:30 am

Cost: Complimentary members / \$5 guests

This presentation will explore the history of Downtown skyscrapers, historic churches, Old City Hall, Michigan Central Train Station, Masonic Temple, historic houses and more, as well as famous Detroit architects, including Albert Kahn.

History of Detroit Hospitality & Leisure

Wednesday, August 17 at 10:30 am

Cost: Complimentary members / \$5 guests

In this presentation, Mr. Sullivan will examine the great Detroit hotels, restaurants, amusement and entertainment venues, including Bob-Lo, cruising Woodward, the DSO, Paradise Valley music, jazz and blues, Motown, actors from Detroit and more.

INSIDE THE U.S. SECRET SERVICE

Thursday, July 7 at 2:00 pm

Cost: Complimentary members / \$5 guests

Former U.S. Secret Service agent Radford Jones will provide a brief history of the U.S. Secret Service and his experiences while protecting six presidents, including his time on the Kennedy White House Detail. He will discuss incidents and historical events that occurred during his assignments. Archived photographs will be shown during his PowerPoint presentation.



TRIVIA TIME!

Mondays, July 11 and August 8 at 3:00 pm

Cost: Complimentary members / \$5 guests

Enjoy an afternoon of trivia with Tricia Olvenick, professional trivia host. Teams of four will enjoy friendly competition with a chance to win bragging rights.

DOWNSIZING: Getting Past "Just Thinking About It"

Jo Golda, Jo's Organizing

Tuesday, July 12 at 11:00 am

Cost: Complimentary members / \$5 guests



Have you been asking yourself any of these questions recently? "Is it time to move? Can my home be modified so I can stay? Should I start downsizing? What do I want to keep? Where can I donate what I don't want? Should I organize an Estate Sale?" Organizing expert Jo Golda will help you jump start your downsizing project with practical advice. Watch out Marie Kondo!

RESOLVE TO END YOUR CHRONIC PAIN

Aaron Wallace, Owner, Balance Your Fitness

Wednesday, July 13 at 12:30 pm

Cost: Complimentary members / \$5 guests

Have you been struggling with unceasing pain in your back? Do your knees ache going up stairs? Have you tried therapies, chiropractic or even pills or surgery with no relief? Learn the secrets to getting to the root cause of your pain. Take home priceless strategies and a risk-free opportunity to change your life.

INTRODUCTION TO AMERICAN SIGN LANGUAGE

Lamarr Paige, BS, MAPM

Thursdays, July 14, 21, 28 and August 4 from 1:00 to 2:00 pm

Cost: 4-week class: \$35 members / \$40 guests

Looking to keep your mind sharp, your fingers nimble and learn a beautiful new language at the same time? Join instructor, Lamarr Paige as she teaches the fundamentals of this visual second language. Learn some basic ASL signs and learn to communicate in a whole new way! Lamarr encourages participants to sign up with their middle school or high school child or grandchild. It's a great way to learn something new together this summer!

FAMILY GENEALOGY

Derek Blount, V.P., Oakland County Genealogical Society

They Came by Sail and Steam

Thursday, July 21 at 2:00 pm

Cost: Complimentary members / \$5 guests

Mr. Blount returns to Next to help us discover our roots. In this session he will discuss where to find immigration and naturalization records and the information needed to locate those records. Examples will be provided.

Connecting the Points on your Family's Genealogical Map

Thursday, August 18 at 2:00 pm

Cost: Complimentary members / \$5 guests

In this presentation, Mr. Blount will review the modes of transportation and routes used across the nation and across time, and how both apply to your family's genealogical map. In a nutshell, he'll help you discover, "How did my ancestors get here from there?"

TUESDAY JAZZ

Tuesdays at 2:30 pm

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

AN AFTERNOON OF BEAUTIFUL HARP MUSIC

Tuesday, July 26 at 1:00 pm
Cost: Complimentary members
\$5 guests

Xavier Choussat, an enterprising sophomore at Seaholm High School, has been playing the harp for the past three years. He will play several pieces including those by Ludovico Einaudi and Pearl Chertok, covering musical genres from traditional Irish to modern classical, and even a bit of jazz. We invite all music fans to join us for an hour of beautiful entertainment.



VERTIGO

**Raj Thangamuthu, Physical Therapist/Owner,
Empower Physical Therapy**

Wednesday, August 3 at 12:00 noon
Cost: Complimentary members / \$5 guests

This seminar will discuss an innovative treatment approach for dizziness, vertigo and unsteadiness. Attendees will gain an understanding of the differences between the three conditions, as well as the treatments that we use to address them. Participants will also learn how to recognize other serious conditions that may produce symptoms of dizziness and vertigo — and will learn appropriate steps that should be taken to manage these conditions. We welcome all who are interested in these topics and strongly encourage even those that have experienced chronic dizziness and vertigo to attend, as treatment techniques can even be beneficial in these situations.

LAUGHTER & LOITERING IN THE LOBBY AT NEXT

Wednesday, August 10 at 11:00 am
Cost: Complimentary members / \$5 guests



Join us for lemonade and lemon bars. Laugh and loiter awhile in the lobby and café area. If you have a friend who isn't yet a Next member, bring them along and introduce them to everything that Next has to offer! Then, invite them to join!



Join us on Friday, September 9 at Springdale Golf Course

Golfers, enjoy an afternoon on the links! The tournament is a scramble format with several contests, followed by appetizers, wine tasting and Silent Auction bidding. Then enjoy a delicious dinner and awards ceremony!

All friends of Next who may not be golfing are welcome to join us for the Silent Auction and evening activities.

Registration begins July 5 on the Next website and in the Next office.

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1:00 pm Silent Auction and Registration
2:00 pm Shotgun Start

Cost per person: \$100 includes golf,
cart, dinner and evening activities

\$25 dinner, evening activities only

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We are also very excited for the larger Silent Auction that will take place in the hallways of Next the week before the Golf Classic. Look for more details as the date gets closer.

If you would like to donate an item to support Next in the silent auction and help make the auction even more special, please contact the office.

Auction item ideas: tickets, gift cards,
services, or special and unique items —
all are very appreciated!



CULTURAL SERIES - ITALY

Enjoy the culture of Italy at Next with a myriad of events exploring Italy and all of its beauty!

LOTSA PASTA!

Tuesday, July 12 at 12:00 noon

Cost: \$5 members / \$8 guests

Let's get together and celebrate Italy with a tasty Italian-style lunch! Join us in the courtyard for Salvatore Scallopini's pasta, antipasto salad and Italian music with fellow Next members. Buon appetito! Generously sponsored by Optalis Health & Rehabilitation.

SPEAKER SERIES

Explore two of Italy's most famous museums with Art Historian Wendy Evans.

Uffizi Museum

Thursday, July 21

Vatican Museum

Thursday, August 4

More info can be found on the next page.

THE CULTURE OF ARCHITECTURE:

The Intimate Urbanism of Italian Cities

Gretchen Wilkins, MA, PhD - Head of Architecture at Cranbrook Academy of Art

Wednesday, July 27 at 1:00 pm

Cost: Complimentary members / \$5 guests

Architecture is the practice of designing and curating the series of interconnected spaces within which we live our lives. From the scale of the room, to the building, to the city, architecture considers the spaces, materials and programs that knit together our collective 'urban fabric'. Some of the best examples of this are in Italian cities, where architecture both produces and embodies the intimate culture of its place, at nearly every scale. This talk will look at the relationship between architecture and culture through the lens of Italian urbanism.

FILM SCREENINGS

Enjoy two wonderful films featuring the culture and beauty of Italy.

Under the Tuscan Sun

Wednesday, July 27

Three Coins in the Fountain

Wednesday, August 10

See Feature Films on page 7 for details.

BOBBY & GIADA IN ITALY: 4-Part Streaming Series

Every Thursday afternoon in August at 1:30 pm

Cost: Complimentary members / \$5 guests

Chefs Bobby Flay and Giada De Laurentiis spend a month in Rome and Tuscany, soaking up history, revisiting favorite places and savoring the dishes that make Italy a go-to destination for global cuisine. Vacation vicariously through Bobby and Giada every Thursday afternoon on the big screen at Next.

THE MUSIC OF ITALY with Carrie Grignano

Tuesday, August 2

Carrie's love of music and pride in her Sicilian heritage brings her to Next. See the front cover for details.



"MUSICAL BOUQUET" CONCERT IN THE COURTYARD

Tuesday, August 9 at 1:00 pm

Cost: Complimentary members / \$5 guests

The Windscape Trio returns to Next with an Italian music concert. The repertoire will include Italian opera arias for wind trio, Baroque, Italian dance and Rossini's William Tell Overture. The Windscape Trio includes Jennie Spenner, flute; Lillian Dean, clarinet; Walter Dean, bassoon and Michele Prud'homme, host. Delicious Italian ice treats will be provided! Kindly sponsored by American House Stone.

THE ART OF GLASSBLOWING

Albert Young, BFA, MFA, Owner of Michigan Hot Glass Workshop & Professor at College for Creative Studies

Thursday, September 15 at 6:00 pm

Cost: Complimentary members / \$5 guests

Albert Young has been operating an independent glass studio and school since 1983 and has been a pivotal member of the Detroit areas glass community. Albert owns Michigan Hot Glass Workshop, Michigan's oldest independent glass blowing school. He teaches all levels of glass blowing and creative thinking. His sculptures can be seen around the world and at The Habitat Gallery in Royal Oak.

THE ARCHITECTURE OF ITALY

Donna Voronovich, R.A., Lecturer, Oakland University

Thursday, September 22 at 6:00 pm

Cost: Complimentary members / \$5 guests

This presentation will give you a taste of the architectural treasures of Italy, as we take a tour through the history of Italian architecture from prehistoric times through the most magnificent period of the Baroque. Italian architects designed with a sense of purpose and intention; to fulfill functional needs while exuding drama, power, longevity and magnificence in every sense of the word. These buildings and their contexts, whether it be a Baroque piazza or a sleeping Tuscan hill town, allow us to admire and appreciate some of the greatest achievements of humankind.

SPEAKER SERIES @NEXT



ANTHOLOGY
OF FARMINGTON HILLS

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

SPONSORED BY ANTHOLOGY OF FARMINGTON HILLS

Since many speakers are taking time off, you will notice a lighter schedule for the summer.

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

Explore two of Italy's most famous museums with Art Historian, Wendy Evans.

July 21 - UFFIZI MUSEUM - FLORENCE!

Wendy Evans, Art Historian

Where better to see Italian art than in the Uffizi which houses the museum collection begun by the Medici in a magnificent building in the heart of Florence, the center of the Renaissance. The collection boasts masterpieces by artists like Botticelli, Leonardo da Vinci and Caravaggio. Art Historian Wendy Evans will explore some well known and some not so well known paintings. They should bring back fond memories of art familiar to you and give ideas of what to look for on future visits. For more about her see www.art-talks.org.



August 4 - VATICAN MUSEUMS - ROME!

Wendy Evans, Art Historian

Founded by Pope Julius II in the sixth century, Vatican Museums inside the Vatican City boasts some of the world's most important art — from famous ancient sculptures like the Laocoon to Michelangelo's Sistine Chapel Ceiling and Raphael's Transfiguration. The buildings themselves are spectacular too. With some 20,000 artworks on display there's plenty to choose from! Wendy Evans will discuss some of her favorites!



August 18 - MICHIGAN WOMEN IN & AROUND THE LABOR MOVEMENT, 1930-1960

**Daniel Clark, Ph.D., Professor Oakland University
Department of History**

Women were instrumental in the rise of unionization in Michigan and were involved in various labor conflicts during the middle of the twentieth century. In addition, many women who worked for wages were not heavily involved in their unions but simply tried to hold jobs to help support themselves and their families. Dr. Daniel Clark provides an overview of these experiences and also looks at the lives of women who were autoworkers during this period.



August 25 - A REMARKABLE ENTREPRENEUR

**Ken Johnson, Inventor, Entrepreneur
& Motivational Speaker**

Ken Johnson grew up in Detroit. In 1977, at the young age of 18, he started working at Ford Motor Company's River Rouge Plant as a welder. One year later, he started a game manufacturing company in his parents' basement, producing games he invented. His first big success came in 1982, when he invented the well-known Phase 10 card game. Five years later, Ken licensed the manufacturing and distribution rights of Phase 10 and began receiving royalties from the worldwide sales. Today, Phase 10 is produced by Mattel, sold in over 30 countries and remains the second best selling card game in the world. In 2012, he was nominated for a TAGIE Award — the Oscar Award of the toy and game industry. In 2013, he founded "The Inventors Academy." The Academy is a free online community designed to provide simple education, resources and community to both new and experienced inventors. He is author of *The Simple Plan: Six Easy Ways to Make Millions From Your Ideas*.





HEALTH SERIES

**HENRY
FORD
HEALTH**

We are excited to have Henry Ford West Bloomfield as the 2022 Health Series sponsor! Henry Ford Health System 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 Series Sponsor, Henry Ford will share the expertise of their physicians, nurses and other providers with Next members.

MAINTAINING GOOD EYE HEALTH for Eyes at Every Stage of Life

Wednesday, July 20 at 12:00 pm

Cost: Complimentary members/ \$5 guests

As you age, your risk for certain eye diseases can significantly increase. By protecting not only your eyes, but your overall health, you can lower your risk for these diseases and make sure you're seeing your best. Join Dr. Anna Santillan, Optometrist, as she shares tips for maintaining healthy vision throughout your lifetime.

CARDIOVASCULAR DISEASE & PREVENTION

Tuesday, August 23 at 10:30 am

Cost: Complimentary members/ \$5 guests

With Cardiovascular disease as the leading cause of death worldwide, it's now more important than ever to identify and manage heart disease risk factors. Join internist and medical expert, Lucienne Zenieh M.D. as she shares how genetics, age and physical inactivity can all play a role in cardiovascular health, as well as preventative care habits to keep your heart healthy.



ENRICHMENT

POPULAR READS BOOK CLUB via Zoom

Mondays, July 11 and August 1 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The July book selection is *The Island of Missing Trees* by Elif Shafak — and the August book selection is *The Swimmers* by Julie Otsuka. Register at Next — and Baldwin Public Library will provide the book.

NON-FICTION BOOK GROUP via Zoom

Tuesdays, July 12 and August 9 at 10:00 am

Facilitated by Mick Howey, Adult Services Librarian, join us to discuss *Invisible Women* by Caroline Criado Perez in July and *The Address Book* by Deidre Mask 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 7, 21 and August 4, 18 from 9:30 am to 11:00 am

Join Next members who love to share their common interest in writing. Read your material and get constructive feedback. The meetings will take place in person at Next. For more information, contact Sara Burnside at 248-649-1813.

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.

FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

July 6 - *FORD vs. FERRARI*

American automotive designer Carroll Shelby (Matt Damon) and fearless British race car driver Ken Miles (Christian Bale) battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete against the race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966.

Rated PG 13 - 2 hours 22 minutes

July 13 - *MARRY ME*

Pop superstar Kat Valdez (Jennifer Lopez) is about to get married before an audience of her loyal fans. However, seconds before the ceremony, she learns about her fiancé's cheating ways and has a meltdown on stage. In a moment of inspired insanity, Kat locks eyes with a total stranger in the crowd and marries him on the spot. As forces conspire to separate the unlikely newlyweds, they must soon decide if two people from such different worlds can find true love together.

Rated PG 13 - 1 hour 52 minutes

July 20 - *BEHIND THE CANDELABRA*

Behind the Candelabra is based on the hard to believe but true story of one of the most popular and flamboyant stars of the 1950s and 60s, who went by just one name: Liberace. World-famous pianist Liberace (Michael Douglas) takes much-younger Scott Thorson (Matt Damon) as a lover, but the relationship deteriorates when Liberace takes other bedmates and Thorson becomes addicted to drugs.

Rated TV-MA - 1 hour 58 minutes

July 27 - *UNDER THE TUSCAN SUN*

When Frances Mayes (Diane Lane) learns her husband is cheating on her from a writer whom she gave a bad review, her life is turned upside down. In an attempt to bring her out of a deep depression, her best friend, Patti (Sandra Oh), encourages Frances to take a tour of Italy. During the trip, the new divorcee impulsively decides to purchase a rural Tuscan villa and struggles to start her life anew amid colorful local characters, including the handsome Marcello (Raoul Bova).

Rated PG 13 - 1 hour 53 minutes

August 3 - *KING RICHARD*

Armed with a clear vision and a brazen, 78-page plan, Richard Williams (Will Smith) is determined to write his two daughters, Venus and Serena, into history. Training on tennis courts in Compton, Calif., Richard shapes the girls' unyielding commitment and keen intuition. Together, the Williams family defies

seemingly insurmountable odds and the prevailing expectations laid before them.

Rated PG 13 - 2 hours 24 minutes

August 10 - *THREE COINS IN THE FOUNTAIN*

Three hopeful American secretaries visiting Italy — newcomer Maria (Maggie McNamara), romance-seeking Anita (Jean Peters) and the more mature Frances (Dorothy McGuire) — fling their coins into Rome's Trevi Fountain, each making a wish. Soon, Maria is pursued by a dashing prince (Louis Jourdan), Anita finds herself involved with a forbidden coworker (Rossano Brazzi), and Frances receives a surprising proposal from her boss (Clifton Webb). All three women vow to one day return to Rome.

Rated Approved - 1 hour 42 minutes

August 17 - *AND SO IT GOES*

Nobody likes real-estate agent Oren Little (Michael Douglas), and he prefers it that way. He's deliberately mean to anyone who crosses his path and wants nothing more than to sell one final house and retire. Oren's life turns upside-down when his estranged son drops off a granddaughter (Sterling Jerins) he didn't know existed. Oren has no idea how to take care of a child, so he pawns the girl off on his neighbor, Leah (Diane Keaton) — but he learns how to open his heart eventually.

Rated PG 13 - 1 hour 34 minutes

August 24 - *MOGAMBO*

Victor Marswell (Clark Gable) is a big-game hunter in Kenya. After Eloise Kelly (Ava Gardner) is stood up by a friend there, she falls in with Marswell. Shortly thereafter, the Nordleys (Grace Kelly, Donald Sinden) arrive for a gorilla safari. Mrs. Nordley, disillusioned with her husband, takes a liking to Marswell, and the two have a brief affair. Kelly grows jealous, and the two women engage in a battle of wills over the hunter — while Mr. Nordley remains oblivious to it all.

Rated Passed - 1 hour 56 minutes

August 31 - *WE BOUGHT A ZOO*

Following his wife's untimely death, Los Angeles journalist Benjamin Mee (Matt Damon) decides to make a fresh start by quitting his job and moving his children (Colin Ford, Maggie Elizabeth Jones) to an 18-acre property containing the Rosemoor Wildlife Park. Though closed for years, Rosemoor is still home to many animals, cared for by Kelly Foster (Scarlett Johansson) and her small staff. Mee opens his heart and his checkbook as he, Kelly and the others work to renovate and reopen the zoo.

Rated PG - 2 hours 4 minutes



FITNESS OFFERINGS

DRUMS ALIVE® GOLDEN BEATS

with Meida Olliviera

Wednesdays from 9:00 to 10:00 am

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

Cost 1 drop-in class: \$10

When we drum and dance we are having FUN! This, in return, releases endorphins and releases negative feelings. The rhythmic patterns of the drum increase synchronization of brain wave activity, which provides feelings of euphoria and improved mental awareness and self-acceptance. Golden Beats® is specially designed for the senior population. Those with limited mobility may be seated.

STRETCH & RELAX with Caryn Ciagne

Mondays from 9:15 to 10:00 am

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

LINE DANCING! JOIN THE FUN!

Mondays from 10:15 am to 12:00 noon

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

Cost 1 drop-in class: \$10

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.

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.

CHAIR YOGA & MEDITATION with Caryn Ciagne

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

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

MAT YOGA 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 with Karen Lutz

Wednesdays at 1:00 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.

MINDFULNESS & MEDITATION with Karen Lutz

Wednesdays at 2:15 pm - Sessions last 30 to 60 minutes

Cost: Complimentary - Donations to Next appreciated.

Begin or deepen your meditation practice in a safe, welcoming environment.

WEDNESDAY FLOW YOGA with Caryn Ciagne

Wednesdays from 9:15 to 10:15 am

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

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

FRIDAY FITNESS with Caryn Ciagne

Fridays from 9:15 to 10:00 am

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

Let's get moving! We'll move around the Seaholm track together (weather permitting) and utilize the fence and benches and other props for stretches and strength work. If Mother Nature doesn't cooperate, we will have the class indoors. Either way, we will incorporate stretching, balance and strengthening. Park and check-in at Next.

TAI CHI FOR HEALTH

Fridays from 10:00 to 11:00 am

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

Cost 1 drop-in class: \$10

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

BOWLING LEAGUE - SUMMER SCHEDULE

Thursdays at 12:00 noon

Cost: \$10 for 3 games - Members only

All levels welcome for bowling and camaraderie at Country Lanes at 30250 West Nine Mile Road, Farmington Hills. Cost includes three games, shoes and coffee. No need to register, just drop in. Contact Bob Borgon at 248-388-1191 for more information.

TENNIS LEAGUE - MIXED DOUBLES

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

Currently on Summer Hiatus. The group will resume in September. (Date TBD)

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 davidmptyoung@gmail.com or 248-229-5015.

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 Tom Wehner, Pickleball Professional at (248) 885-1203 or tgwehner@cs.com for lessons!

OPEN GYM

Mondays, Tuesdays and Thursdays from 8:30 to 9:30 am

Please feel free to use the gymnasium for walking or self-directed exercise. We will have hand weights available for your use.

THE SHERIDAN AT BIRMINGHAM

a Senior Lifestyle community

LIVE LIFE *easier*

At The Sheridan, you get the best of all worlds - worry-free living and a community filled with friendship and support. With housekeeping, fine dining and a rich calendar of activities included, everything we do is designed to make your life easier and more fulfilling.

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DAY TRIPS

BEYOND VAN GOGH: Immersive Experience

Thursday, July 7

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

Cost: \$65 members

\$70 guests

Experience an imaginative and immersive presentation crafted for our unique times by world renowned audiovisual designers.

Beyond Van Gogh uses cutting-edge projection technology to create an engaging journey into the world of Van Gogh. Using his dreams, his thoughts and his words to drive the experience as a narrative, we move along projection swathed walls wrapped in light, color, and shapes that swirl, dance and refocus into flowers, cafes and landscapes. Masterpieces, now freed from frames, come alive, appear and disappear, flow across multi-surfaces, the minutia of details titillating our heightened senses. Through his own words set to a symphonic score, we may come to a new appreciation of this tortured artist's stunning work. Beyond Van Gogh is an amazing walk-through exhibition, and a completely new way of encountering art. Don't miss this opportunity before it is gone for good!



TROY GARDEN WALK & MIDSUMMER ARTS & CRAFTS BOUTIQUE & PLANT SALE

Wednesday, July 13

Bus leaves Next at 9:30 am, returns about 1:00 pm

Cost: \$15 members / \$20 guests (transportation)

\$15 for tickets day of the event to be paid for individually upon arrival at the Historic Village - CASH ONLY

This year's annual Troy Garden Walk, "Kaleidoscope of Gardens", will feature a thirteenth year of plein air artists painting in the gardens. We will visit (and take in the SUN) at Sunshine for the Soul, embrace a sense of CALM at Those Who Take Care of Us, TIPTOE through Garden of the Pinks, EXPLORE at Paths to the Lake, REFRESH at



The Most Perfect Refreshment, and REVIVE at To Nurture a Garden. Your ticket provides free admission to the Midsummer Arts & Crafts Boutique & Plant Sale. We will allow ample time prior to the journey to browse and pick up treasures. Next will be providing transportation to each of the gardens. Trip will run rain or shine, please dress accordingly.

Oudolf | Garden | Detroit

LOUDOLF GARDENS OF BELLE ISLE & ANNA SCRIPTS WHITCOMB CONSERVATORY

Thursday, July 28

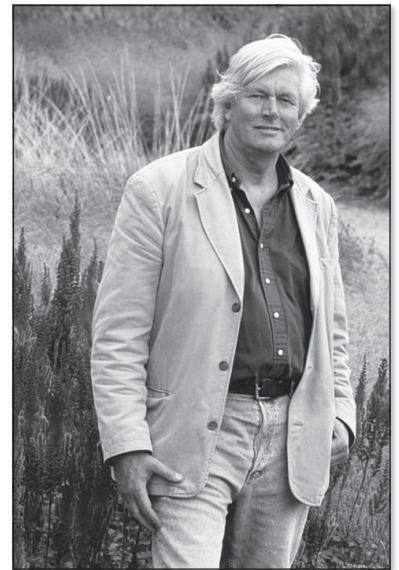
Bus leaves Next at 9:15 am, returns about 12:45 pm

Cost: \$15 members / \$20 guests

The Oudolf Gardens of Belle Isle designed by perennial garden master, Piet Oudolf opened to the public on August 28, 2021. His work at the High Line in New York City and Lurie Garden in Chicago are major successes. What began as a love letter from Detroit, sent to Oudolf has become a reality after more than five years of hard work and perseverance.

Join us for a guided tour of the entire herculean project starting with a simple wish, to the completion of this magnificent public garden. It has been said, a public garden designed by Piet Oudolf, arguable the world's best garden designer, is a gift to the community that will keep on giving for generations. We will spend an hour in the Oudolf Gardens, and wrap up with a self-guided "splendor" stroll through the Anna Scripts Whitcomb Conservatory's exotic and rare collection of plants from around the world.

The Conservatory is the oldest continually-running in the United States, and is divided into various "houses". The Palm House includes tropical trees and palms, the Cactus house, succulents and cactus, the sunken Fernery. The Tropical House is food providing-plants, including bananas, oranges, figs — and the Show House has changing displays of flowering plants. Whether an anthophilous or floraphile — botanist, plantaholic, or simply a lover of gardens and nature, this morning on Belle Isle is sure to please. In light of the Oudolf gardens being a non-profit, a \$5 donation is requested.



FEET ON THE STREET TOURS

We are repeating these popular trips to accommodate more members!

Corktown

Thursday, August 11

Bus leaves Next at 9:30 am,
returns about 1:00 pm

Cost: \$45 members / \$50 guests

We are so excited to announce
the return of Feet On The Street Tours!

Corktown has been in the news a lot lately as one of the most up-and-coming neighborhoods in the country, let alone the Detroit region. It's a place that is on the rebound and has a definite sense of identity and community. The area has a long history as Detroit's oldest neighborhood, with "1834" emblazoned proudly on the signs. Join Linda Yellin for a narrated van/walking tour of Historic Corktown. Explore Detroit's oldest neighborhood, history, sites, "the corner" — Michigan Avenue and Trumbull — formerly the location of Old Tiger Stadium, now high-end apartments and condos. Experience the Michigan Central train station, lovingly being restored by Ford Motor Company-Campus for electric vehicles research and development. All aboard for a tour rich in history of our beloved city. Trip will run rain or shine, please dress accordingly.



Detroit Riverfront

Thursday, August 18

Bus leaves Next
at 9:30 am, returns
about 1:00 pm

Cost: \$45 members / \$50 guests

The Detroit Riverwalk was recently crowned as Best Riverwalk in the 2021 USA TODAY 10 Best Readers' Choice! The Riverwalk is a great place to stroll and witness the "renaissance" with spectacular views of the city, and Windsor right across the river. For our second Feet on the Street tour, join Linda Yellin and experience and enjoy the new vibrant developments along the Riverfront: gardens, expanding parks, walking/bike trails, and tons of greenspace. Learn about empty warehouses soon to be clubs, restaurants, and new housing, the energy is contagious! You will also hear of all of the exciting programs and events sponsored by the Detroit Riverfront Conservancy. Such an excellent way to get some exercise, and take in some city views, both impressive and beautiful. This tour will be both van use and walking, and will run rain or shine, please dress accordingly.



VAN HOOSEN FARM

Thursday, August 25

Bus leaves Next at 9:30 am, returns about 12:30 pm

Cost: \$20 members / \$25 guests

The Rochester Hills Museum at Van Hoosen Farm is surrounded by 16 acres of rolling park grounds located in Stoney Creek Village. We will experience a guided tour of the Farmhouse, Red House and the Dairy Barn all of which originally belonged to the Taylor and Van Hoosen families dating back to 1823. Listed on the National Register of Historic Places, the Van Hoosen Farmhouse allows you to experience the glory of the past with a fascinating trip back in time. The City of Rochester Hills received the Red House as a gift from Michigan State University in December 1996. Since then, the building, which is on the National Register of Historic Places, has had a complete restoration, and is furnished with period furnishings of the late 1800s. The 1927 Van Hoosen Dairy Barn is the largest and most important building remaining on the Van Hoosen Farm. Built by Dr. Sarah Van Hoosen Jones in 1927. The building housed Dr. Jones' entire dairy processing operation. This included milking, bottling, and the making of butter and ice cream. Enjoy permanent exhibits that enhance understanding of the past, collected and preserved, on the rich history of the greater Rochester area.



DAY TRIP & OVERNIGHT TRAVEL POLICIES

- Registration is not complete until payment is received.
- Once tickets have been purchased, refunds will only be given if we are able to fill your spot or trip is cancelled.
- For cancelled trips \$5 or less, a credit will be given.
- Participants needing special accommodations must have a registered companion.



ART & CREATIVITY

NEW!!! BASKET WEAVING – ROLL BASKET

Friday, September 9 from 10:00 am to 2:00 pm

Cost: \$40 member / \$45 guest

Next welcomes Kathy McMinn, owner of The Basket Sampler in Milford. Join Kathy in learning the art of basket weaving. In this class you will make this colorful, fun “storage” basket perfect for rolls — or whatever suits your fancy! It will be woven with natural and dyed reed, with many color choices available. Finish it off with leather handles, also in a choice of colors. We are allowing four hours for the class as each individual works at their own pace. Beginners welcome. All materials will be supplied.



It will be woven with natural and dyed reed, with many color choices available. Finish it off with leather handles, also in a choice of colors. We are allowing four hours for the class as each individual works at their own pace. Beginners welcome. All materials will be supplied.

WATERCOLOR PAINTING WORKSHOP

Wednesdays, July 13 through August 31

from 10:00 am to 12:00 noon

Cost 8-week class: \$116 members / \$124 guests

Noted Michigan Artist and popular watercolor instructor, Karen Halpern, will teach lessons that provide fundamentals, stretch your abilities, broaden your skills, and encourage your creative thinking. Beginners through advanced students will paint varied subjects in assorted styles. Color mixing, color theory, design and painting techniques, will guide you as you develop your art. Each student will work at their own level of ability, in a supportive setting with individual attention. The supply list is available in the Next office and all supplies should be brought to the first class.

STUDIO ART

Thursdays, July 7 through August 25 from 1:00 to 3:30 pm

Cost 8-week class: \$124 members / \$166 guests

Students will choose a piece of art to work on and use materials they are experienced with such as acrylics, oils, watercolors or collage. Instructor Karen Halpern will foster critical thinking and make suggestions to guide students as they advance with the individualized project. Karen's goal is to broaden students' viewpoints and develop skills and knowledge. Students should bring your own subject, reference material, supplies and a lightweight portable easel, if you work upright. Returning students, plan to start a fresh piece of work this semester. Class size is limited to 12 students.

PHOTOGRAPHY CLUB

Thursdays, July 21 and August 18 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 additional information, please email info@birminghamphotoclub.org.

PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm

Currently on Summer Hiatus. The group will resume on September 8.

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

KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

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

OPEN ART STUDIO

Tuesdays from 1:00 to 4:00 pm

Join fellow Next members for camaraderie and enjoy the creative synergies that come from being with other talented artists.

NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

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

POTTERY OPEN STUDIO

Thursdays from 10:00 am to 12:30 pm

Enjoy the Open Studio to develop your beautiful pottery projects.



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PLEASE CUT FORM ON DOTTED LINE & RETURN TO NEXT BY MAIL OR BY DROPPING YOUR SURVEY OFF IN THE OFFICE.



MEMBER & NON-MEMBER SURVEY ON NEXT

Next is a welcoming non-profit 50+ community center serving Birmingham, Beverly Hills, Franklin, Bingham Farms and the surrounding communities.

We are reaching out to the community, both members and non-members of Next, to learn how to better serve you now and in the future. Thank you for taking part in this brief, five minute survey. We value your participation and your time.

This survey is available through the Next eblasts and is on the homepage of our website. Please fill out this page only if you have not taken the survey on-line.

1. I am a member of Next. ☐ Yes ☐ No
2. I live in: ☐ Birmingham ☐ Beverly Hills
☐ Franklin ☐ Bingham Farms
☐ Other
3. My age is: ☐ 50 or younger ☐ 51 to 65
☐ 66 to 75 ☐ 76 to 85
☐ 86 or older

*If you are a member of Next,
feel free to skip to question #10.*

4. For non-members, are you familiar with Next and, if so, what is your impression of Next?

Comments

5. If yes, how did you become familiar with Next?

- ☐ Friend ☐ Current Next Member
☐ Municipal Newsletters ☐ Birmingham Public Schools Newspapers
☐ Internet ☐ Live nearby
☐ Other (please specify)

6. As a non-member, what would entice you to join Next?

- ☐ Meet new friends and socializing
☐ Attend lectures and presentations
☐ Join fitness classes
☐ Join a sports team or sports group
☐ Play Pickleball
☐ Join creative art classes
☐ Participate in day trips
☐ Enjoy inter-generational activities
☐ Take computer lessons/use the computer lab
☐ Play cards and games (i.e. Chess, Trivia, Bridge, Mah Jongg, Pinochle)
☐ Join discussion groups/book clubs
☐ Other (please specify)

7. As a non-member, what is your impression of the Midvale building where Next resides and what, if anything would you like to see changed?

Comments

8. As a non-member, are you aware that Next provides support services to all community members over the age of 50, even for non-members?

These services include transportation, Meals On Wheels, home visits, well checks, information and referrals, income qualified home assistance, legal consultation and community housing tours. ☐ Yes ☐ No

Continue survey on back.



MEMBER & NON-MEMBER SURVEY ON NEXT

9. As a non-member, is there anything else you would like to share?

Comments

12. As a current member, I rate the variety and quality of Next programs as:

☐ Excellent ☐ Good ☐ Average ☐ Poor

13. As a current member, what is your impression of the Midvale building where Next resides and what, if anything, would you like to see changed?

Comments

10. As a current member, I originally joined Next to:

- ☐ Meet new friends
- ☐ Attend the lectures and presentations
- ☐ Take fitness classes
- ☐ Take creative art classes
- ☐ Play cards
- ☐ Join a discussion group
- ☐ Participate in day trips
- ☐ Participate in inter-generational programs
- ☐ Take computer lessons/use the computer lab
- ☐ Enjoy the music and entertainment offerings
- ☐ Use support services
- ☐ Other (please specify)

14. Next is a non-profit and relies on a diverse revenue stream to support day-to-day operations. I am willing to support Next through Annual Fund Campaigns, and fundraisers. ☐ Agree ☐ Disagree

15. Please share any additional comments, ideas or concerns you may have about Next.

Comments

11. I like being a member of Next because of:

- ☐ Programming (i.e. speakers, classes, trips, clubs and groups)
- ☐ Fellow members and sense of community
- ☐ Staff and customer care
- ☐ Location and ease of entry
- ☐ Support services
- ☐ Annual membership value
- ☐ Other (please specify)



CARDS, TILES, COLLECTORS

MAH JONGG

Mondays from 10:30 am to 12:30 pm and 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.

AMERICAN MAH JONGG LESSONS

Thursdays, July 7, 14, 21, 28 from 10:00 am to 12:00 noon
Cost: \$35 members / \$40 guests

Learn the challenging table game of Mah Jongg, which originated in China many years ago and has become very popular today. Taught by experienced Mah Jongg teacher, Rackeline Hoff, it is a game of both luck and strategy that is played with a colorful set of tiles. Participants must bring with them a 2022 National Mah Jongg card or purchase one from the instructor for \$9 on the first day of class.

PINOCHLE...come and join the fun!

Mondays, Wednesdays and Fridays from 12:00 noon to 2:00 pm

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

SOCKI

Tuesdays from 12:30 to 2:30 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 18 and August 1, 15 at 1:00 pm

Admission cost: Complimentary members / \$2 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. Refreshments generously donated by All Seasons Birmingham.

BRIDGE...for everyone at every level!

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

Facilitator Al Rosie

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

Come with your partner. Experienced players, please.

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

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

Seeking to bring together people who have an interest in chess, fellow Next members Chris Dow and Bruce Dobras will be teaching tactics and positioning. For additional information, please contact Chris Dow at 248-647-0728.

COMPUTER LAB & LESSONS

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

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

BIRMINGHAM STAMP CLUB

Tuesdays, July 5, 19 and August 2, 16 at 5:30 pm

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

COIN CLUB

Currently on Summer Hiatus. The group will resume on September 21 at 6:00 pm.

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



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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.

ASK THE ATTORNEY

Tuesdays, July 5, and August 2 from 1:00 to 1:45 pm

Local attorney Ed Pugh will be at Next to provide assistance with your legal questions. Please call Next to schedule your complimentary 15-minute appointment. Only available to Next members.

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.

LAWN MOWING & SNOW REMOVAL for Birmingham & Beverly Hills Residents

Lawn mowing and snow removal services are available for income-eligible seniors — and income-eligible disabled residents — in Birmingham and Beverly Hills funded under the Community Development Block Grant Program (CDBG). Enrollment is limited and only available as long as funding is available. Please call Sandi Cassar or Pat Brooks at Next for more information.

FINANCIAL ASSISTANCE

Michigan Seniors Benefits Enrollment Center can help find services and programs to ease the strain of a tough financial situation. All recommendations are based on individual situations. Call 800-347-5297 to discover what may be available.

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.

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.



Care beyond the Hospital

Specializing in short-term rehabilitation, patients at Woodward Hills and Evergreen recover in well-appointed rooms, all while mastering the day-to-day tasks essential for a successful return home. These state-of-the-art facilities, and are recognized for delivering advanced care.

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COMMUNITY HOUSING TOURS

Next arranges Community Housing Tours to local senior living communities.

There are many wonderful options in the area and this is a great opportunity.

Gather information about community housing and enjoy a complimentary lunch. If you have a community you would like to visit, please let Next know.



All Seasons Senior Living - Birmingham

Wednesday July 20 - Bus departs at 11:00 am

All Seasons is uniquely designed to offer today's seniors a world of quality and luxury together with the best travel and residential experience. The courtyards, dining rooms, library, bistro bar, game room, theater, exercise room and dramatic main lounge are sure to impress. Join us for an exclusive tour.

Cedarbrook Bloomfield Hills - Bloomfield Hills

Wednesday August 3 - Bus departs at 11:00 am

This upscale full-service retirement community, found in the heart of Bloomfield hills, is the only Continuing Care Retirement Community in the Birmingham/Bloomfield area. The Independent Living includes gourmet dining, wine cellar, ice-cream parlor, library and deluxe hair salon and spa. Welcome home.

FOUNDATION FOR BIRMINGHAM SENIORS

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

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

OAKLAND COUNTY EMERGENCY CELL PHONE PROGRAM

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

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

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Mondays, July 11 and August 1 from 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.

PARKINSON'S SUPPORT GROUP

Mondays, July 11 and August 8 at 6:00 pm

The South Oakland County Parkinson's Support Group, sponsored by the Michigan Parkinson's Foundation, is a group of people who meet to learn more about Parkinson's disease and the services available. This group brings together people with a common bond. So many people say, "And I thought I was the only one with this problem." Come for camaraderie, support, and learn from each other. Groups include people with PD, care partners, friends, families and health professionals. Facilitated by the Michigan Parkinson's Foundation staff and Steve McMahon, an individual who has Parkinson's. For more information call 248-433-1011.

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.

HEARING AID & EYEGLASSES DONATIONS & RECYCLING PROGRAM

The Support Services Department always welcomes donations of hearing aids and eyeglasses for the Lions Club program. Please bring your donations to Support Services or the Next office.

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.

NURSE ON CALL

This program offers information about health-related resources. Oakland County Health Department public health nurses answer questions regarding communicable diseases, immunizations, prescription assistance, nutrition and more. Call 800-848-5533 or email noc@oakgov.com.

EARLY STAGE MEMORY LOSS SUPPORT GROUP

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

MEALS ON WHEELS

To get information on this program, call Oakland Meals on Wheels at 248-689-0001. 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!

YOUNGER ONSET DEMENTIA & ALZHEIMER'S CAREGIVER SUPPORT GROUP

Wednesdays, July 20 and August 17 from 5:30 to 7:00 pm

This group is for spouses, children, parents or siblings who care for an individual under the age of 65 years, who has been diagnosed with Alzheimer's disease or any other progressive dementia. This group creates a safe, confidential, supportive environment and offers a chance for participants to share words of encouragement and help each other develop coping skills and learn to solve problems. Please contact Cindy Beller at 586-453-1909 for additional information. Presented by the Michigan Chapter of the Alzheimer's Association.

VISION ENRICHMENT SUPPORT GROUP

This support group will resume in the future. Please call the Next office at 248-203-5270 for additional information.

MEDICARE/MEDICAID GUIDANCE

Are you new to Medicare or considering retirement? The Area Agency on Aging 1-B Medicare Medicaid Assistance Program (MMAAP) 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 MMAAP counselor in person.



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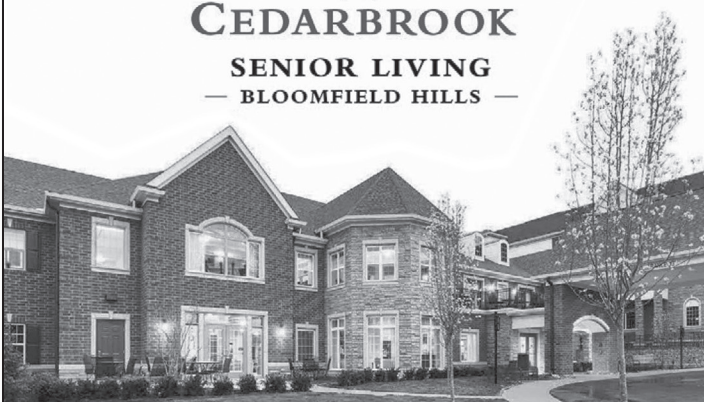
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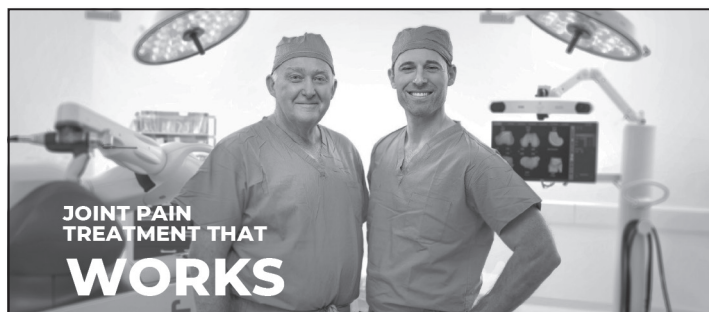
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THANK YOU FOR SUPPORTING NEXT!

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Charles and Judy Nave
in memory of Clive Catchpole

The following individuals have made donations in memory of
Chuck Mentzer — Dottie Brenner, Flowers Family Foundations
c/o Michael Flowers, Stephen and Dora Higbie, Raymond and
Diane Hodges, Dennis and Rosemary Madigan.

GOODS & SERVICES

Marianne Donahue and Kathy Schein

INDIVIDUALS

Helen Cook, Alice Trocke, David Underdown,
Barbara Van Dusen, Tony York

FROM THE NEXT STAFF

**Thank you for making Next
a great place to be!**

Cris Braun, Executive Director
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Sara Callender, Staff Assistant
Bev Singer, Staff Assistant
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Sandi Cassar, Support Services
Pat Brooks, Support Services
Kim Holmes, Facility Operations
Virgil Colman, Van Driver
Calvin Moss, Van Driver
Fletcher Reliford, 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:

Thomas and Lauren Azoni, Larry Baker, Linda Barclay, Phyllis
Blaquiere, Mignon Brown, Barbara Comer, Jessica Cooper, Carol
Devnani, Marsha Fischel, William Fullmer, Aleta Hawkins, Marion
Hawkins, Eddy Katkowsky and Janet Adler, Dale and Terri Koller,
Cornelius Koreman, Dawne Lamb, Mary Sue Lanigan, Donald Lucas,
Joyce MacDonald, Charlene Mady, Karen Max, Nancy McKendrick,
Angela McTindal, Mehul and Claire Mehta, Victoria Middleton,
Haruko Minato, Marty Moran, Marianne Morrow, Patricia Naski,
Bernie and Cathy Polen, Renate Reimer, Rob Rich, Jacalyn Simon,
Connie Smendzuik, Patricia Solomon, Dominic Teramana, Diane
Wearing, Susan West.

WELCOME BACK

We are excited to catch up with those members who are recon-
necting with Next — Kathleen Boettcher, Paula Carnovale, Wendy
Leary, Gwendolyn Norwood, Myron and Vicki Rubin, Shanda Rumble,
Gary Saltzgiver and Elaine Hazel, Gerald and Anita Smokevitch,
James and Joanne Umphrey, David Weatherup.

**Our condolences to the family and
friends of...** Beverly Kado and Al Scafuri.

Our thoughts are with you... Joan Duncan

POLICY REMINDERS

- We want to assure you that Next remains vigilant in our COVID safety protocols and we are dedicated to keeping our members and staff safe. You are encouraged to wear a mask at Next regardless of your vaccination status. Next protocols are guided by the CDC and The Oakland County Health Department.
- 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!
- 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.
- While Next is unable to endorse any of the products or services of our newsletter sponsors, we appreciate the support of these businesses.

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN JULY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Closed for Independence Day
4 Closed for Independence Day	5 8:30 Open Gym 11:00 Women's Roundtable 12:30 Socki Partners Bridge 1:00 Ask the Attorney Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club	6 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 10:30 History of Detroit Architecture 12:00 Pinochle 1:00 Chair Yoga 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Ford vs. Ferrari	7 Beyond Van Gogh 8:30 Open Gym 9:30 Writer's Corner 10:00 Pottery Studio Mah Jongg Lessons 12:00 Bowling 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 2:00 Inside the U.S. Secret Service 4:30 Pickleball 5:00 Chess Club 6:00 No Lecture	8 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg
11 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:00 Blood Pressure & Oxygen Clinic 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Popular Reads Mah Jongg 3:00 Trivia Time! 4:30 Pickleball 6:00 Parkinson's Support Group	12 8:30 Open Gym 10:00 Non-Fiction Book Club 11:00 Downsizing Women's Roundtable 12:00 Lotsa Pasta! 12:30 Socki Partners Bridge 1:00 Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball	13 Troy Garden Walk 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Watercolor Workshop Needle Arts Open Studio 12:00 Pinochle 12:30 End Your Chronic Pain 1:00 Chair Yoga 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Marry Me	14 Riverfront Tour 8:30 Open Gym 10:00 Pottery Studio Mah Jongg Lessons 12:00 Bowling 12:30 Pickleball 1:00 American Sign Language Class Studio Art 1:30 Chair Yoga & Meditation 4:30 Pickleball 5:00 Chess Club 6:00 No Lecture	15 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg
18 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg Bingo 4:30 Pickleball	19 8:30 Open Gym 11:00 Women's Roundtable 12:30 Socki Partners Bridge 1:00 Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club 6:00 True Blue Rock Band Performs!	20 Housing Tour All Seasons Senior Living 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Watercolor Workshop Needle Arts Open Studio 12:00 Maintaining Good Eye Health Pinochle 1:00 Chair Yoga 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Behind The Candelabra 5:30 Dementia Caregiver Support Group	21 8:30 Open Gym 9:30 Writer's Corner 10:00 Photography Club Pottery Studio Mah Jongg Lessons 12:00 Bowling 12:30 Pickleball 1:00 American Sign Language Class Studio Art 1:30 Chair Yoga & Meditation 2:00 Family Genealogy 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Uffizi Museum	22 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg
25 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:30 Pickleball	26 8:30 Open Gym 11:00 Women's Roundtable 12:30 Socki Partners Bridge 1:00 Afternoon of Harp Music Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball	27 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Watercolor Workshop Needle Arts Open Studio 12:00 Pinochle 1:00 Italian Architecture: Intimate Urbanism Chair Yoga 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Under The Tuscan Sun	28 Oudolf Gardens Belle Isle 8:30 Open Gym 10:00 Pottery Studio Mah Jongg Lessons 12:00 Bowling 12:30 Pickleball 1:00 American Sign Language Class Studio Art 1:30 Chair Yoga & Meditation 4:30 Pickleball 5:00 Chess Club 6:00 No Lecture	29 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge 12:00 Hot Dogs at Next! Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:00 Blood Pressure & Oxygen Clinic 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Popular Reads Mah Jongg Bingo 4:30 Pickleball	2 8:30 Open Gym 11:00 Women's Roundtable 12:30 Socki Partners Bridge 1:00 Ask the Attorney Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club 6:00 The Music of Italy Concert! Election Day	3 Housing Tour Cedarbrook 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Watercolor Workshop Needle Arts Open Studio 12:00 Vertigo Pinochle 1:00 Chair Yoga 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: King Richard	4 8:30 Open Gym 9:30 Writer's Corner 10:00 Pottery Studio 12:00 Bowling 12:30 Pickleball 1:00 American Sign Language Class Studio Art 1:30 Bobby & Giada in Italy Chair Yoga & Meditation 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Vatican Museums - Rome!	5 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg
8 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 3:00 Trivia Time! 4:30 Pickleball 6:00 Parkinson's Support Group	9 8:30 Open Gym 10:00 Non-Fiction Book Club 11:00 Women's Roundtable 12:30 Socki Partners Bridge 1:00 Musical Bouquet Concert - Courtyard Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball	10 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Watercolor Workshop Needle Arts Open Studio 11:00 Laughter & Loitering in the Next Lobby 12:00 Pinochle 1:00 Chair Yoga 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Three Coins in the Fountain	11 Feet On The Street Tour - Corktown 8:30 Open Gym 10:00 Pottery Studio 11:00 Hot Wheels on Midvale! 12:00 Bowling 12:30 Pickleball 1:00 Studio Art 1:30 Bobby & Giada in Italy Chair Yoga & Meditation 4:30 Pickleball 5:00 Chess Club 6:00 No Lecture	12 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg
15 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg Bingo 4:30 Pickleball	16 8:30 Open Gym 11:00 Women's Roundtable 12:30 Socki Partners Bridge 1:00 Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club	17 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Watercolor Workshop Needle Arts Open Studio 10:30 History of Detroit Hospitality & Leisure 12:00 Pinochle 1:00 Chair Yoga 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: And So It Goes 5:30 Dementia Caregiver Support Group	18 Feet On The Street Tour - Riverfront 8:30 Open Gym 9:30 Writer's Corner 10:00 Photography Club Pottery Studio 12:00 Bowling 12:30 Pickleball 1:00 Studio Art 1:30 Bobby & Giada in Italy Chair Yoga & Meditation 2:00 Family Genealogy 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Michigan Women In & Around the Labor Movement	19 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg
22 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:30 Pickleball	23 8:30 Open Gym 10:30 Cardiovascular Disease & Prevention 11:00 Women's Roundtable 12:30 Socki Partners Bridge 1:00 Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball	24 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Watercolor Workshop Needle Arts Open Studio 12:00 Pinochle 1:00 Chair Yoga 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Mogambo	25 Van Hoosen Farm Museum 8:30 Open Gym 10:00 Pottery Studio 12:00 Bowling 12:30 Pickleball 1:00 Studio Art 1:30 Bobby & Giada in Italy Chair Yoga & Meditation 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: A Remarkable Entrepreneur	26 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge 12:00 Hot Dogs at Next! Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg
29 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Open Art Studio Mah Jongg 4:30 Pickleball	30 8:30 Open Gym 11:00 Women's Roundtable 12:30 Socki Partners Bridge 1:00 Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball	31 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Watercolor Workshop Needle Arts Open Studio 12:00 Pinochle 1:00 Chair Yoga 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: We Bought A Zoo		



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HEALTH EXPO & FLU SHOT CLINIC

Thursday, October 6 from 10:00 am to 1:00 pm

Please join us for this important event featuring vendors providing giveaways! Oakland County Health Department will be providing the high dose flu shot specifically for seniors, as well as the regular dose shot.

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.

ACTIVITY

PAGE

The Next Big Night Out / Celebrate Italy	
Hot Wheels on Midvale!	
Hot Dogs at Next!.....	1
Happenings at Next	2-3
Cultural Series - Italy	4
Speaker Series	5
Health Series / Enrichment	6
Feature Films.....	7
Fitness Offerings.....	8-9
Day Trips.....	10-11
Art & Creativity	12
Survey on Next	13-14
Cards, Tiles, Collectors.....	15
Support Services	16-17
Health & Nutrition	19
Donations / Policy Reminders.....	21
Calendars	22-23

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

HOLIDAY HOURS

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

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