



Your Place to Stay Active & Connected

JULY/AUGUST 2024

A nonprofit organization enriching the lives of the 50+ population of Birmingham, Bingham Farms, Beverly Hills, Franklin and the surrounding communities since 1978.

2121 Midvale Street • Birmingham, Michigan 48009-1509 • 248-203-5270 • www.BirminghamNext.org

LET'S CELEBRATE NATIONAL CHILI DOG DAY!



Thursday, July 25 at 12:00 pm
Please register by
Tuesday, July 23
Cost: Complimentary members / \$5 guests

What's better than a hot dog on a hot summer day? Why, a hot dog topped with chili, of course! We'll be serving up chili dogs in the courtyard. Come and enjoy the sunshine and the company of your fellow Next members.

AN AFTERNOON OF MUSIC AND AN ICE CREAM SOCIAL Michael Krieger, musician and vocalist

Friday, August 9 at 12:00 pm for ice cream, followed by the concert at 12:30 pm
Cost: Complimentary members / \$5 guests



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

Generously sponsored by Autumn House Bloomfield.

HOT WHEELS ON MIDVALE!

With special guest, John McElroy, president of Blue Sky Productions, host of Autoline and WWJ's Automotive Insight

Tuesday, August 13 from 11:30 am to 2:00 pm

Join us as we transform Next's 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 swap stories with John McElroy about your first set of wheels or your favorite car from the past. Enjoy a little lunch while you "cruise" the parking lot. Just be sure not to spill anything on those classic gems! If you have a vehicle you or someone you know would like to display at the show, contact Pam Hall at 248-203-5280 or phall@birmingham.k12.mi.us.

JOIN US FOR THE GOLF CLASSIC TO BENEFIT NEXT...HAWAIIAN STYLE!

Friday, September 13 at Springdale Golf Course
• 1:00 pm Silent Auction and Registration
• 2:00 pm Shotgun Start

Cost per person: \$125 includes golf, cart, evening activities / \$30 dinner only, evening activities



Golfers, don your Hawaiian attire for an afternoon on the links! The tournament is a scramble format with several contests, followed by Hawaiian appetizers, fun beach

drinks, wine tasting, a Silent Auction and a delicious dinner and awards ceremony! All friends of Next are welcome to join us for the Silent Auction and evening activities. Registration begins July 8 on the Next website and in the Next office.



HAPPENINGS AT NEXT

TRIVIA TIME! with Tricia Olevnick

Mondays, July 8 and August 5 at 3:00 pm
Cost: Complimentary members / \$5 guests

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

HAMTRAMCK THEN AND NOW

Greg Kowalski, Executive Director, Hamtramck Historical Museum

Tuesday, July 9 at 1:00 pm
Cost: Complimentary members / \$5 guests

What was it like to live in Hamtramck in 1890? In 1900? 1910? 1922? 1933? 1945? 1959? This program takes an in-depth look at how Hamtramck transformed from a farming village to an industrial city in the space of 10 years and became the fastest growing town in the nation in 1915. Greg Kowalski was born in Hamtramck in 1950 and has lived there ever since. A graduate of Wayne State University, he spent more than 40 years as a journalist writing for and editing newspapers and magazines, including the Birmingham Eccentric. Since 2013, he has been the executive director of the Hamtramck Historical Museum. He is author of 13 books, including 11 on Hamtramck and two on Detroit.

MEMBER COFFEE: LEARN & CONNECT

Wednesday July 10, 1:00 pm
Cost: Complimentary

Whether you are new to Next or you have been with us for a while, join us for the opportunity to meet other Next members, get an overview of all Next offers and hear updates on our new facility project. We will start with light treats in the lobby followed by a brief presentation, and plenty of time for questions. We look forward to seeing you!



CALLING ALL ANIMAL LOVERS!

**Judy Hoste, Event Manager,
Michigan Animal Rescue League**

Thursday, July 18 at 1:00 pm
Cost: Complimentary members / \$5 guests

The Michigan Animal Rescue League (MARL) has been serving Oakland County and beyond since 1953. As "A Different Breed of Shelter," MARL challenges the stereotypes of traditional shelters. Join us as a representative from MARL talks about animal welfare, adoption, volunteering and the many ways to get involved in support of the animals.

AGING – ARE WE OLD YET?

Tuesday, July 23 at 1:00 pm
Cost: Complimentary members / \$5 guests

Ready for a casual conversation about aging? Join us as Garry Cole, author of the book, *Are We Old Yet?*, shares an optimistic outlook on getting older. He'll talk about healthy and happy aging, the blue zones, the fountain of youth and more. Garry Cole does not profess to be a doctor, scientist, psychiatrist, nutritionist or gerontologist. He's just a guy on the aging journey like the rest of us!

HARPIST XAVIER CHOUSSAT RETURNS TO NEXT!

Thursday, July 25 at 1:00 pm
Cost: Complimentary members / \$5 guests

Xavier Choussat, Seaholm grad and harpist extraordinaire, returns to Next for his final performance before entering university life. He will play several selections on the harp, covering a variety of musical genres! We invite all music lovers to join us, sit back, relax and enjoy an hour of pure bliss.

SECRETS OF THE SOIL

**Lillian Dean, Coordinator, Healthy Gardens Project,
SOCWA**

Tuesday, August 6 at 11:00 am
Cost: Complimentary members / \$5 guests

Join workshop leader, Lillian Dean, as she helps answer some very important questions related to healthy soil: What comprises "healthy soil"? What is the "soil food web"? What can be done with "hard-packed" clay soil or...porous sandy soils? Lillian Dean has 30 years of experience teaching environmental gardening and composting. The SOCWA demonstration gardens are located in Royal Oak and open to the public.

FOLK MUSIC WITH JAN AND JIM!

Thursday, August 15 at 1:00 pm
Cost: Complimentary members / \$5 guests

As members of the folk group, Diamond in the Rust, Jan and Jim take the duo concept and run with it. Performances mesh and interlock, lyrics and melodies interweave in surprising and intriguing ways. Buoyant to poignant, heartfelt to hilarious, they cut a wide swath. They perform great songs and make an everlasting impression! No wonder Jan and Jim have been honored as winners of The Great American Song contest, Mountain NewSong and the Detroit Music Awards.





HAPPENINGS AT NEXT

SWEETWATER JOURNEY

Tuesday, July 16 at 1:00 pm
Complimentary members/guests \$5

Donn Paul Werling presents: Take a Sweetwater Journey into Two Great Stories that tell Michigan's Story – a custom-made mix of interactive folk songs, storytelling, historical role plays and music making that teach the origins of the State of Michigan's historical strengths, achievements and tragedies. Professor Werling taught heritage interpretation for 20 years and is a graduate of MSU and the University of Michigan. This project is also funded in part by Michigan Humanities, an affiliate of the National Endowment for the Humanities and the Michigan Arts and Culture Council.



LEXINGTON STRING QUARTET

Tuesday, July 30 at 6:00 pm
Complimentary members/guests \$5

Let's enjoy a special concert featuring music composed by... The Festival Quartet has been performing since 2011 with Melody Wootton as first violin, Kay DeLuca as second violin, Janine Bradury playing viola and Tim Nicolita as cellist. This promises to be a special summer evening of classical music and complimentary ice cream treats.

VEIN HEALTH SEMINAR Presented by Miller Vein

Thursday, August 22 at 12:00 pm
Please register by Monday, August 19
Cost: Complimentary members / \$5 guests

Do you have the following leg symptoms? Varicose veins. Swelling. Itching. Pain. Restless legs. Ulcers. Spider veins. If so, join us and find out if you have a medical condition that is covered by your insurance. This program will include a vein health presentation, free vein screening and a complimentary lunch.

POTLUCK PICNIC ON THE PATIO

Thursday, August 29 at 12:00 pm

Let's kick off the Labor Day weekend with a party on the patio! To participate, please bring a homemade dish, enough to serve at least 8 – salads, slaw, bruschetta, guacamole and chips, tomatoes from your garden, deviled eggs, fruit, chicken wings... the list is endless! Think summer. Think shareable. It's a potluck, after all! Be sure to let the office know what you'll be bringing, so we don't have a picnic table full of baked beans.



BIRMINGHAM - SUSTAINABILITY & HISTORIC PRESERVATION Nick Dupuis, Planning Director, City of Birmingham

Tuesday, July 30 at 1:00 pm and Tuesday, August 27 at 1:00
Cost: Complimentary members / \$5 guests

Nick Dupuis, Planning Director for the City of Birmingham will update us and seek input on two important plans which will impact Birmingham residents. Please register for one or both of the programs.

July 30 – Sustainability and Climate Action Plan

The City of Birmingham's resident-led Ad Hoc Environmental Sustainability Committee ("ESC") has begun/made progress on drafting the City's first Sustainability and Climate Action Plan. The Committee members feel it is crucial to get feedback from the entire community on the set of goals that the City should aspire to over the next 10 years. These goals are being drafted based on a combination of feedback received from earlier public engagement, a formal climate risk and vulnerability analysis, results of a greenhouse gas inventory, and significant research about what other communities across Michigan and the U.S. are doing.

August 27 - Historic Preservation Master Plan

As a part of the City of Birmingham's Historic District Commission's ("HDC") larger preservation goals, the HDC will be embarking on a process to create an organized, holistic, and long-range approach to historic preservation and develop a Historic Preservation Master Plan. According to the National Parks Service, preservation planning is "the rational, systematic process by which a community develops a vision, goals, and priorities for the preservation of its historic and cultural resources. The community seeks to achieve its vision through its own actions and through influencing the actions of others. Goals and priorities are based on analyses of resource data and community values." The City will be presenting a vision and its overall goals of the plan and is seeking feedback on historic preservation and the challenges of preserving and aging in place.

SPEAKER SERIES @ NEXT

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

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

July 18 – DETROIT BIRD ALLIANCE

Gretchen Abrams, Executive Director – Detroit Bird Alliance



Detroit Bird Alliance, formerly Detroit Audubon, has been working to protect birds

and the environment we share for 85 years. We engage bird enthusiasts with field trips led by expert birders across the metro area, we partner with a wide variety of organizations to provide programming to underserved birding communities, and we work to protect birds with our Detroit Bird City project. The Detroit Bird City initiative restores unused city park land into native flower meadows, creating habitat for birds and pollinators and providing greenspace respites for community members, while requiring less time and maintenance from the city. Detroit Bird Alliance partners with the Detroit Parks and Recreation Department and General Services Department and the US Fish and Wildlife Service to transform underutilized city parks and their neighboring vacant lots into Detroit Bird City parks.

July 25 – STARS IN CARS – TALES FROM HOLLYWOOD!

David Summers, B.A. – formerly Delorean and General Motors Designer and retired from Chrysler - Electric Vehicle program, Shows and Events and Product Placement



David Summers will share his dynamic backstories and anecdotes of his career as head of Product Placement for Fiat Chrysler Auto.

Originally from England, David came to the Motor City and had a wonderful and interesting automotive career. When he was promoted to Chrysler's Product Placement, he split his time between Auburn Hills and Hollywood where he was involved in over 50 movies including *The Fast and the Furious*, more than 40 TV Series and over 100 Music Videos, including the award winning *"See You Again"* video featuring Paul Walker

and Vin Diesel. He's also worked with Mark Wahlberg, Seth McFarland, Ben Affleck, Meghan Trainor, Pit Bull and many others.

August 8 – THE WHARTON CENTER – Eric Olmscheid, Executive Director

michigan state university
whartoncenter
for performing arts

Wharton Center inspires the mind and moves the soul! Whether you sit in one of their seats, support one of their programs or aspire to perform on one of their stages, Wharton's purpose is to make life more meaningful through experiencing the performing arts. The Wharton Center engages the community through dynamic programming, education and outreach. And we strive for a world where stories shine a light on our common dreams, our struggles and our shared sense of humanity to infuse our lives with connection and meaning. Join Eric Olmscheid as he shares his vision for this Michigan treasure!

August 22 – THE MICHIGAN DEPARTMENT OF NATURAL RESOURCES

Kevin Frailey, DNR Education Services Manager – Department of Natural Resources



Kevin Frailey from the Michigan Department of Natural Resources, will be joining us to share his experiences with the DNR. The



Education Services Manager for the past 17 years, Kevin brings a perspective about Michigan's conservation history, achievements, and future challenges. Photos, video and even a participatory activity will compliment his presentation. Come listen to Kevin and you will understand why he says he has the "Best" job in Michigan. Receiving Michigan's highest honor in environmental education in 2018, the Bill Stapp Award, is among one of Kevin's career highlights.



COMMUNITY CHAMPIONS

Community champions support the overall success of the community. They take on additional activities in support of the community. These Community Champions have gone above and beyond to support Next with their partnerships and donations.

We are hoping that Next members will support our partners with your patronage at their businesses. Each month, we'll focus on Community Champions and when you do go to the restaurant or retail store, say thanks and let them know you're from Next!

JULY

La Strada Italian Kitchen and Bar

243 East Merrill Street
Birmingham 48009
248-480-0492
www.lastradaitaliankitchen.com



La Strada
Italian Kitchen & Bar
by Zharko Palushaj

La Strada Italian Kitchen and Bar is an authentic Italian Restaurant opened by

Restaurateur and Chef Zharko Palushaj in 2015. He developed his concept in 2013 when he was named Restaurateur of the Year by Hour magazine. The menu features top quality Italian and European products, a variety of aged and fresh cheeses, salamis, pizzas, freshly made pasta, seafood from all over the world. La Strada also includes top quality American beef and poultry, classic desserts and gelato.

As our Chef-Owner's philosophy states, "Old World meets New World, where quality meets preparation and European style service meets expectations of the guests". Passion, quality, attention to details, and most importantly dedication to his wonderful guests make La Strada a world of its own.

Craig Ryan Fine Clothing for Men and Women

147 Pierce
Birmingham 48009
248-731-3343
www.craigryan.com

CRAIG RYAN

fine clothing for men & women

Enjoy the best shopping experience all around! That is the Craig Ryan Experience! Craig Ryan Fine

Clothing for Men and Women has personalized service to make you look and feel your best. Craig Ryan has a passion for perfection and a great selection of the best clothing to fit your personal style! They also have the best tailor around to ensure the quality and fit of your garments is perfect!

AUGUST

Brady's Tavern

31231 Southfield Road
Beverly Hills 48025
248-642-6422
www.bradytavern.com/



Brady's Tavern is Your Beverly Hills Community Restaurant, serving the community since 1990. Brady's offers a horse-shoe bar and a cozy comfortable vibe. As you look through the menu, consider trying our smoked goods: ribs,

wings and pulled pork, our popular small plate offerings, 1/2 pound fresh burgers (put Brady's on the map!), chili, salads and comfort sandwiches. All of Brady's food is delicious with daily fresh preparation.

The restaurant opens at noon Monday-Saturday, closed Sunday. Brady's offers entertainment most Fridays and Trivia on Saturdays. Brady's Tavern looks forward to serving you!

Premier Pet Supply

31215 Southfield Road
Beverly Hills, MI 48025
248-647-4310
www.premierpetsupply.com



Ray Hesano opened the doors of Premier Pet Supply in the summer of 1992. Bringing with him years of experience in the grocery business, Ray saw the chance to provide the same clean stores, top-notch service and products to our four-legged friends. Seizing the opportunity, Premier Pet

Supply began its journey of offering quality foods, treats and supplements for all types of pets.



HEALTH & WELLNESS SERIES

HENRY FORD HEALTH

We are excited to partner with Henry Ford Health for the 2024 Health & Wellness Series! Henry Ford Health is committed to improving the health and wellness of the Michigan community by improving people's lives through excellence in the science and art of health care and healing. As the Health & Wellness Series Partner, Henry Ford Health will share the expertise of their physicians, nurses and other providers directly with Next members.

CARDIOVASCULAR HEALTH

Dr. Raed Alnajjar, Associate Medical Director,
Heart & Vascular Service Line
Thursday, July 11 at 12:00 pm
Cost: Complimentary members / \$5 guests

According to the American Heart Association, cardiovascular disease has been the leading cause of death in the U.S. for the past 100 years, yet most Americans don't know it. Join Dr. Raed Alnajjar as he discusses prevention and management of heart and vascular-related conditions including coronary artery disease, valvular heart disease, and aortic aneurysms and disease. Additionally, Dr. Alnajjar will talk about lung cancer screening, prevention and management. Light lunch provided.

COMMON UROLOGY CONDITIONS AS WE AGE

Dr. Marcus Jamil, MD, Chief of Urology at
Henry Ford West Bloomfield Hospital
Tuesday, August 20 at 1:00 pm
Cost: Complimentary members / \$5 guests

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

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**THE BALDWIN
ON CHESTER**



FITNESS OFFERINGS

LaBlast® FITNESS with Karen Lutz

Mondays from 3:30 to 4:15 pm - Resumes in September
Cost 10 drop-in classes: \$100 members / \$110 guests

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

LOW IMPACT AEROBICS with Taylor Glaspie

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

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

STRETCH & RELAX with Caryn Ciagne

Mondays from 9:30 to 10:30 am
Cost: \$10 drop-in classes: \$100 members / \$110 guests

Caryn will guide you through gentle stretch class exploring longer holds and slow range of motion along with a focus on breathing to promote relaxation. We will explore postures on your back, hands and knees, stomach and seated. There will be minimal standing. A chair can be close by for extra support. Focus on increased flexibility, core strength, balance and mindfulness for greater comfort and calm in one's body and presence.

LIMBER UP

Mondays, Wednesdays and Fridays at 10:00 am
Cost: Complimentary

This chair-based stretching and fitness video class is all about keeping limber and enjoying the company of good friends.

LINE DANCING with Christine Stewart

Mondays from 10:15 am to 12:00 noon
Cost 10 drop-in classes: \$100 members / \$110 guests

Dance Instructor, Christine Stewart invites you to join her in exercising body and mind by learning new steps and line dances as you move to different types of music.

YOGA FOR WELL BEING with Karen Lutz

Tuesdays from 4:00 to 5:00 pm
Cost 10 drop-in classes: \$100 members / \$110 guests

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

CHAIR YOGA & MEDITATION with Caryn Ciagne

Tuesdays and Thursdays from 1:30 to 2:30 pm
Cost 10 drop-in classes: \$100 members / \$110 guests

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

WEDNESDAY FLOW YOGA with Caryn Ciagne

Wednesdays from 9:15 to 10:15 am
Cost 10 drop-in classes: \$100 members / \$110 guests

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

BALANCED YOGA FOR WELLNESS with Karen Lutz

Wednesdays at 1:00 pm
Cost 10 drop-in classes: \$100 members / \$110 guests

Experience improved flexibility, strength and balance with Karen Lutz, E-RYT. Learn to focus on breathing with gentle stretching and adaptive yoga movements both seated with the option to stand with the support of a chair.

CARDIO BALL DRUMMING – NEW!

With Joy Simpson and Lisa Dresner Wais

Wednesdays from 11:00 am to 12:00 pm –
No class July 10, July 24 and August 21
Cost: 10 drop-in classes: \$100 members / \$110 guests

Unleash the power of a healthier you as you revitalize your fitness journey with our exhilarating workout class. Cardio drumming engages the entire body, offering an enjoyable and active experience that promotes both physical and mental well-being. You are guaranteed to energize your body with the lively beats and rhythmic tunes. Participants have the option of standing or sitting in a chair.

Workout attire is recommended however, a smile is required. Remember to bring water. Joy and Lisa are both trained and certified Drums Alive instructors.



MORE FITNESS OFFERINGS

TAI CHI FOR HEALTH with Cheryl Goodwin

► Beginner Class

Wednesdays from 2:30 to 3:30 pm

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.

► 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.

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 LEAGUE - MIXED DOUBLES

Wednesdays and Fridays from 1:30 to 3:30 pm (League resumes in September.)

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

BOWLING LEAGUE – All levels welcome

Thursdays @ 10:00 am – (League resumes in September)

Country Lanes at 30250 West Nine Mile Road, Farmington Hills



ART & CREATIVITY

BEGINNING AND INTERMEDIATE DRAWING WORKSHOP

Tuesdays July 16 – August 20 from 10:00 am to 12:00 noon

Cost: 6 week series: \$90 members / \$95 guests

Discover drawing abilities you don't realize you have! This workshop can accommodate beginners, as well as those who would like to build strong skills and increase confidence. You will practice skill-building exercises from Drawing on the Right Side of the Brain. These exercises will help you steadily build skills. You will gradually gain confidence in your abilities. Surprise yourself in this workshop and have fun with Kay along the way. Level 1- Begin.....Level 2 – Build confidence

NEW! BEGINNER BASKET WEAVING

Thursday, July 25 from 1:00 pm to 5:00 pm

or Thursday, August 1 from 1:00 to 5:00 pm

Cost: \$50 members / \$55 guests

Next welcomes Deborah VanderLinde, PhD, aka "The Basketmaker". Deborah is a veteran basket weaver and instructor.



She is the author of three "The Basketmaker" pattern books and was the founding publisher of the nationally distributed quarterly, "Just Patterns: The Idea Magazine for Basketmakers."

Retired from a career as a music educator at Oakland University, Deborah enjoys introducing others to the creative

process and craftsmanship in basketry by teaching classes throughout SE Michigan. Join Deb in her fun beginner's class where you will be introduced to or review basic weaving techniques that will include choice of accent color, and handle placement. The sturdy, finished product measures: 6"W x 8"L x 3.5" tall + handle. All materials are included. These classes have a maximum of 6 participants for optimal instruction, and acknowledging that everyone moves at their own pace, we have allotted 4 hours for completion.



STUDIO ART

Thursdays, September 12 from 1:00 pm to 3:30 pm
Cost: 9- week series: \$161 members / \$171 guests

Join this class using materials which you already have experience with and have had basic instruction. Bring your own subject, reference material, and the supplies you typically work with. Instructor Karen Halpern will foster critical thinking and make suggestions to guide you as you develop your own project. Her goal is to broaden your viewpoint, and develop your skills and knowledge. Students generally use the following materials — acrylics, oils, watercolor or collage/mixed media. If you work upright, bring your own lightweight portable easel. Returning students, plan to start a fresh piece of work this semester.

PHOTOGRAPHY CLUB

Thursdays, July 11 & August 8 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

FIRED AND FUSED – GLASS CREATIONS WORKSHOPS

Join Helen Agius - Andreae artist/instructor and owner of Fired and Fused glass creations for a fun experience working with fused glass.

FUN WITH FUSING

Wednesday, July 24 from 2:30 pm to 4:30 pm
Cost: \$70 members / \$75 guests

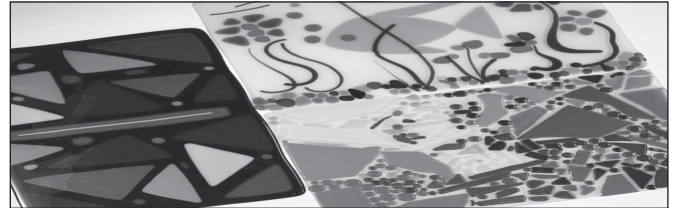


In this workshop choose between an 8" or 4" x 12" base piece of glass. Learn to cut and nip colorful pieces of glass and stack them on a base to create your unique design.

Projects will be slumped into your choice of a variety of shapes. Pieces are fused and slumped in a kiln and ready for pick-up approximately two weeks after the class. No experience necessary. Supplies provided.

FUSED GLASS CHARCUTERIE BOARDS

Wednesday, August 14 from 2:30 pm to 4:30 pm
Cost: \$80 members / \$85 guests



We will introduce you to basic glass fusing and cutting techniques to complete an 8"x12" Charcuterie Board. You will learn how to cut and nip colorful pieces of glass that you will stack on a base piece of glass to create your unique design. No experience necessary. Materials supplied. Pieces will be fused in a kiln and ready for pick-up within two weeks

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

Resumes in September

Thursdays from 9:30 am to 12:30 pm

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

POTTERY OPEN STUDIO

Thursdays from 9:30 am to 12:30 pm

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



DAY TRIPS



DETROIT SYMPHONY ORCHESTRA Friday Morning Coffee Concerts

Bus departs Next at 9:15 am,
returns about 1:30 pm
Please pre-register, space is limited.
Cost: \$65 members / \$70 guests

Friday, July 26

MUSIC OF ELVIS WITH FRANKIE MORENO

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

HELLENIC MUSEUM OF MICHIGAN & LUNCH AT THE GREEK

Thursday, July 11

Bus departs Next at 10:30 am, returns about 2:15 pm
Cost: \$25 members / \$30 guests

Welcome to the Hellenic Museum of Michigan, where ancient traditions and modern stories come to life! As you step through their doors, you are embarking on a journey through time and culture. The museum is dedicated to preserving and promoting the rich heritage of the Greek community in Michigan, showcasing artifacts and art that illustrate the enduring influence of Hellenic culture. Whether you are a history enthusiast, art aficionado, or simply curious about the Greek legacy, we invite you to immerse yourself in a world of mythology, innovation, and timeless beauty. After the museum we will head to Greektown where you will enjoy lunch on your own, at The Greek. The Greek is Downtown Detroit’s newest restaurant, serving delicious, contemporary Greek food, cooked with exceptional ingredients by magnificent chefs delivering a taste of the real Greek culture. Kali Orexi!

DISCOVER THE MAGIC OF DETROIT TOUR & LUNCH AT SUPERGEIL

Thursday, July 18

Bus departs Next at 9:00 am, returns about 3:00 pm
Cost: \$50 members / \$55 guests

Discover the Magic of Detroit: A City of Icons and Innovations with Dildora Damisch, owner of Multilingual Detroit Downtown

Tour Company. Starting at the breathtaking Guardian Building, an Art Deco masterpiece and National Historic Landmark. Wander through downtown Detroit, uncovering its rich history and stunning architecture, from the lively Hart Plaza, to the acclaimed Detroit International Riverfront, voted the best river walk in the U.S. Marvel at Campus Martius Park, hailed as the top public square by USA Today, and discover hidden gems of unique sculptures, buildings, local art galleries, and eateries that only insiders know about. Enjoy exclusive access to historic and new buildings, revealing the dynamic evolution of our beloved city. Join Dildora for an unforgettable exploration of a city reborn, filled with stories, culture, architectural wonders, and surprises! You will also stop during the tour to enjoy lunch, on your own at Supergeil Detroit. This “hot spot” came highly recommended from Dildora. Supergeil’s food harken’s back to simple cooking, the love of hospitality and symbiotic relationships between climate, place and food source. They strive to be what they feel the ideal neighborhood joint should be... honest, friendly, affordable and delicious.

This tour will be a compilation of a considerable amount of walking and bus, and has limited seating. Get out and discover the “Magic of Detroit”!

MSU TOLLGATE FARM GARDEN’S TOUR & BREAKFAST AT THE BREAKFAST CLUB

Wednesday, July 24

Bus departs Next at 9:00 am, returns about 1:15 pm
Cost: \$30 members / \$35 guests

Start the day, and “gear up” with breakfast, on your own, at The Breakfast Club in Farmington. After, we will venture to the MSU Tollgate Farm. The views of rolling farmland available around MSU Tollgate are practically unknown elsewhere in present-day Oakland County. The 160 acre farmstead is currently owned by Michigan State University, College of Agriculture and Natural Resources and the Americana Foundation. MSU Tollgate farm represents a working farm with animals, community gardens, and sustainable agriculture demonstrations. Experience a 1 and ½ hour plus (depending on Q & A) guided tour with Roy Prentice the Farm Manager. Spend some time embracing nature, walk the trails and lanes, view the farm animals from a distance, and enjoy over 20 display gardens, each focusing on a different aspect of horticulture. The farm also has a rich agricultural history in Novi. During the tour, Roy will talk about both the history of the farm and the gardens. Please keep in mind this tour has a lot of walking, stairs, and the terrain in general. This trip is a can’t miss for anthophiles, floraphiles, grower horticulturists, naturalists and simply for plant and nature enthusiasts that just want to embrace the outdoors in Michigan, in July in a beautiful farm setting.



DAY TRIPS

MICHIGAN DESIGN CENTER “AGING IN PLACE” DESIGNER-LED TOUR

Thursday, August 8

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

Cost: \$ 10 members / \$15 guests



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

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

DIAMOND JACK'S RIVER CRUISE

Thursday, August 15

Bus departs Next at 11:30 am, returns about 2:45 pm

Cost: \$40 members / \$45 guests

Experience the best of Detroit's rich history and stunning skyline with Diamond Jack's one-hour sightseeing tour, expertly narrated by their knowledgeable guides. Marvel at the iconic landmarks along the Detroit River as you cruise along the waterway, soaking up the culture and history of the Motor City. With breathtaking views, fascinating insights, and a relaxing atmosphere, this cruise is the perfect way to explore Detroit's unique charm. Soft drinks, beer, wine, chips and candy are available for purchase on board at their snack bar. This tour is handicapped accessible, however there is no wheelchair access for the restrooms. Diamond Jack's has deep roots in the Motor City, is a Pure Michigan company and a proud member of the Detroit community. Their goal is to showcase the city and state we love in a unique way. When you cruise with Diamond Jack's you'll see Detroit from a whole new perspective. Bon voyage!

CRANBROOK ON THE GREEN & ART MUSEUM

Thursday, August 22

Bus departs Next at 9:45 am, returns about 1:15 pm

Cost: \$25 members / \$30 guests

Experience a “hole” new dimension of the historic campus as the creative and interactive art exhibit “Cranbrook on the Green” returns to Cranbrook this summer. Practice and sink a putt at the 10-hole custom, artist designed outdoor miniature golf course on the beautiful grounds of the Art Museum next to the Knoll Walkway and Triton Pool. After playing your round, receive free admission to the Cranbrook Art Museum's

galleries, and grab a drink and snack at Fika cafe in the museum's lower-level lounge. You will have three hours to spend on site and are encouraged to golf, wander the expansive grounds and gardens and enjoy the museum!

ARTS BEATS & EATS

Friday, August 30

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

Cost: \$10 members / \$15 guests

Returning Labor Day Weekend 2024! Soaring Eagle Arts, Beats & Eats in downtown Royal Oak, features a culturally unique presentation of artists, musicians, and food exhibits from the Metro Detroit area and throughout the United States. Leave the driving, and the parking to us. Get dropped off right in the heart of things, and spend a couple of hours “perusing” on this opening day of Oakland County's favorite summer festival. The fair attracts hundreds of thousands for an end of summer celebration of Art, Music, Cuisine & Community not to be missed!

DHARMA GATE ZEN CENTER & LUNCH AT RIDLEY'S BAKERY & CAFE

Thursday, September 12

Bus departs Next at 9:40 am, returns about 12:30 pm

Cost: \$15 members / \$20 guests

Take a 1 hour guided tour of the Dharma Gate Zen Center and Buddhist Temple in Troy. Dharma gates are any form of practice that we undertake to better understand this life, our universe and ourselves a little better. From meditation to self-reflection, being part of a sangha to practicing mindful arts, they all provide an opportunity to penetrate deeper into the truth of this universe around us. Experience temple etiquette, an explanation of what a typical Sunday service looks like, as well as a brief overview of Zen. You will also be provided with a short meditation demonstration and then the time to give it a try, if you choose. The tour will wrap with tea and time for a “questions and answers” chat. May we all be well, happy and peaceful, May no harm come to us, May we all also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life (Buddhist blessing). Following, lunch on your own at Ridley's Bakery & Café.

DAY TRIP & OVERNIGHT TRAVEL POLICIES

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

FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

July 3 – NO MOVIE

July 10 – BOOK CLUB: THE NEXT CHAPTER

Four best friends (Diana Keaton, Jane Fonda, Candace Bergen, Mary Steenburgen) take their book club to Italy for the fun girls' trip they never had. When things go off the rails, and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure.

Rated PG13 1 hour 48 minutes

July 17 – HEAL

Scientists and spiritual teachers discuss how thoughts, beliefs, and emotions impact human health and the ability to heal. Take a scientific and spiritual journey to discover that our thoughts, beliefs, and emotions have a huge impact on our health and ability to heal. We have more control over our health and life than we have been taught to believe.

Rated Documentary 1 hour 46 minutes

July 24 – ALWAYS AT THE CARLYLE

The untold stories of the Carlyle, New York's legendary landmark hotel, revealed by celebrity patrons including George Clooney, Sofia Coppola, Tommy Lee Jones, Jeff Goldblum, Anjelica Huston, Wes Anderson, Lenny Kravitz, Naomi Campbell and Jon Hamm. The iconic Carlyle hotel has been an international destination for a particular jet-set as well as a favorite haunt of the most discernible New Yorkers

Rated PG13 1 hour 32 minutes

July 31 – STREIGHT'S: MATZO AND THE AMERICAN DREAM

Streit's: Matzo and the American Dream is the story of the last family owned matzo bakery in America during their final year at their historic New York City factory.

Rated Documentary 1 hour 23 minutes

August 7 – THE HUSTLE

Josephine (Ann Hathaway) is a glamorous, seductive Brit with a penchant for defrauding gullible wealthy men. Into her well-ordered world bursts Penny (Rebel Wilson), an Aussie who is as free-form and fun-loving as Josephine is calculated and cunning. Wilson's talent for physicality and Hathaway's wit are a combustible combination as the pair pull out all the stops to swindle a tech billionaire.

Rated PG13 1 hour 33 minutes

August 14 – HOPE GAP

Grace (Annette Benning) lives an idyllic life in a British seaside town, but her world soon comes crashing down when her husband of 29 years, Edward (Bill Nighy) tells her he's leaving her for another woman. Through stages of shock, disbelief and anger -- and with support from her son -- Grace ultimately regains her footing while learning it's never too late to be happy. Rated PG13 1 hour 40 minutes

August 21 – BEZOS: THE BEGINNING

Chronicling entrepreneur Jeff Bezos' mission to create Amazon, the world's largest e-commerce company, eventually becoming the richest man in the world.

Rated R 1 hour 39 minutes

August 28 – WELCOME TO ME

A mentally unbalanced lottery winner (Kristen Wiig) goes off her medication, buys a talk show and uses it as a platform to broadcast her bizarre opinions on a wide variety of topics.

Rated R 1 hour 27 minutes



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CARDS, TILES, COLLECTORS

NEW! SHANGHAI RUMMY

Tuesdays at 1:00 pm

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

MAH JONGG

Mondays from 1:00 to 4:00 pm

Fridays from 1:00 to 3:00 pm

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

EUCHRE

Wednesdays from 10:00 am to 12:00 noon

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

DOUBLE DECK PINOCHLE

Wednesdays from 10:00 am to 12:00 noon

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

CANASTA

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

Cost: Complimentary members / \$5 guests

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

PINOCHLE...come and join the fun!

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

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

SOCKI

Tuesdays from 12:30 to 3:00 pm

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

BINGO

Monday, July 1, 15 and August 5, 19 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

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

BIRMINGHAM STAMP CLUB

Tuesdays, July 2, 16 and August 6, 20 at 5:30 pm

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

COIN CLUB

Resumes in September at 6:00 pm

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

COMPUTER LAB & LESSONS

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

We offer one-on-one computer instruction on one of our many computers 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, July 8 and August 5 from 11:00 am to 12:00 noon
Cost: Complimentary - No appointment is required.

A trained healthcare professional will screen your blood pressure and blood oxygen levels.

MEDICARE/MEDICAID GUIDANCE

Are you new to Medicare or considering retirement? The Area Agency on Aging 1-B Medicare Medicaid Assistance Program (MMAP) provides unbiased help with Medicare and Medicaid — at no charge. Please call 800-803-7174 for more information. Counselors can help over the phone or you can make an appointment to meet with a MMAP counselor in person.

NUTRITION SUPPORT

Ensure Plus (vanilla or chocolate flavor) is offered at a reduced price with a physician's prescription and application. Please call the Next office for more information or to place your order.

PARKINSON'S SUPPORT GROUP

Mondays, Resumes in September at 5:30 pm

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

YOUNGER ONSET DEMENTIA & ALZHEIMER'S 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.

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.

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!

EARLY STAGE MEMORY LOSS SUPPORT GROUP

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

COMMUNITY HOUSING TOURS

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

THE BRADFORD SENIOR LIVING BLOOMFIELD HILLS

Monday August 12th-
Bus departs at 11:00 am

The Bradford Senior living offers Assisted Living and Memory Care in a welcoming community with a dedicated staff, who are happy to meet their needs. Offering customized care, delicious meals, and plenty of engaging activities and events. The Bradford ensures our residents right at home. Spacious rooms beautiful walking paths, and conveniently located in Bloomfield Hills, The Bradford is where life's great chapter begins.



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SUPPORT SERVICES

INFORMATION ABOUT COMMUNITY RESOURCES

Support Services are available to Next members, seniors in the community, in-town and out-of-town family members, and care-givers. Come in or call with any questions; we are here to help with resources, information, and referrals in a wide range of areas.

Sandi Cassar and Pat Brooks in Support Services welcome you Monday through Thursday, 9:00 am to 4:00 pm and Friday, 9:00 am to 3:00 pm.

TRANSPORTATION

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

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.

LET'S HEAR FROM YOU!

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

FINANCIAL ASSISTANCE

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

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.

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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ENRICHMENT

POPULAR READS BOOK CLUB

Mondays, July 1 and August 5 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The July book selection is *The Great Divide* by Cristina Henrique – and the August selection is *James* by Percival Everett. Register at Next — and Baldwin Public Library will provide the book.

NON-FICTION BOOK GROUP (via Zoom)

Tuesdays, July 9 and August 13 at 10:00 am

Facilitated by Jaclyn Miller, Associate Director of the Baldwin Public Library, join us to discuss *River of Gods* by Candice Millard in July, and *The Barbizon: the hotel that set women free* by Paulina Bren 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 18 and August 1, 15
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.

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STREAMING @ NEXT

**BEATLES, HIPPIES AND HELLS ANGELS:
INSIDE THE CRAZY WORLD OF APPLE –
Documentary**

Wednesday, July 10 at 11:00 am

Cost: Complimentary members / \$5 guests



In 1966 the Beatles faced a problem: they were the most famous band ever, but their tax bills would bankrupt them. Their answer was to invest in a new company, Apple Corps. It was one of the most colorful, outlandish and chaotic companies that ever existed. The idea was to spread the values of the Hippie movement around the world. But things will go wrong if you take acid at the office.

Length: 2 hours, 32 minutes

EASTWOOD – Documentary

Wednesday, July 24 at 11:00 am

Cost: Complimentary members / \$5 guests

Learn about the life of Hollywood legend Clint Eastwood, an iconic actor, film director, composer, sex symbol and producer who has secured his place in cinema history.

Length: 48 minutes

LUCY AND DESI – Documentary

Wednesday, August 7 at 11:00 am

Cost: Complimentary members / \$5 guests

From director, Amy Poehler, Lucy and Desi explores the unlikely partnership and enduring legacy of one of the most prolific power couples in entertainment history. Lucille Ball and Desi Arnaz risked everything to be together.

Length: 1 hour 42 minutes

FRIDA – Documentary

Wednesday, August 21 at 11:00 am

Cost: Complimentary members / \$5 guests



An intimately and magical journey through the life, heart and mind of iconic artist Frida Kahlo. Told through her own words for the very first time – drawn from her diary, revealing letters, essays and print interviews – and brought vividly to life by lyrical animation inspired by her unforgettable artwork.

Length: 1 hour 27 minutes



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MEMORIAL

Joan Pettigrew in memory of Julianne Dichting.
David and Linda Underdown in memory of
Bruce MacDonald

FOUNDATIONS/GRANTS:

Meyers Family Foundation c/o
Pat Meyers.

GOODS & SERVICES

Annette Reich and Stuart Sherman.

INDIVIDUAL / GROUP

Jeanne Brooks, Christine Burnard, Patricia Davis,
Joan Duncan, Muffy Ernster, Negar Farhi, Kathy Franco,
Debbie Gorga, Karen Mitchell, Renate Reimer,
Carol Rosenblum, Terri Selik, Daniel Shane, Asha Shetty.

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

Cris Braun, Executive Director
Kathleen Tillson, Office Supervisor
Sara Callender, Staff Assistant
Bev Singer, Staff Assistant
Susan Gwizdz, Marketing & Communications
Jolee Hentgen, Program Planner
Pam Hall, Program Planner
Sandy Catterall, Financial Administrator
Sandi Cassar, Support Services
Pat Brooks, Support Services
Kim Holmes, Facility Operations
Calvin Moss, Van Driver
Clement Travics, 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:

Patricia Allsteadt, Mary Bader, Julia Blakeslee, Mary Ellen Carey, Richard Close, Andrew and Laura Craig, Mary Kay Cubera, Linda DuFresne, Zoynia Ernst, Anita Flory, Pat Harrison, Toby Jones, Nicole Kassab, Renate Klass, Kathryn Krajicek, Cathy Kye, Jim and Susan Lamphere, Matthew Mason, Marie Molnar, Marilyn Nix, Molly O’Neill-Close, Julie O’Reilly, Nancy Ormond, Michael and Beth O’Rourke, Rosemary Reed, Sue Smith, Poonam Sripada, Valerie Sun, Michael Truan, Rene Urbas, Sandra Vanover, Mary Jo Wall, Patrick and Deborah Wheelock, Dave Wilson.

WELCOME BACK

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

Susan Blanchette, Barbara Chudik, Dorian Collins, Robin Connolly, Franco and Silvia De Vecchi, Carol Eaton, Jeffrey Fox, David and Maria Goike, Steven Gregerson, Joan Janowsky, Marcelle Khuri, Kathy Anne Minns, Stephen Schutte, Judith Siegel, Ursula Sulzer, Donald and Mary Vratana, David Weatherup, James and Ann Willhite.

POLICY REMINDERS

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

Our condolences to the family and friends of...

Evie Wheat.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00 Low Impact Aerobics 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 Bingo 1:00 Pinochle 1:00 Popular Reads Book Club 1:00 Mah Jongg 4:30 Pickleball 3:30 LaBlast Fitness 4:30 Pickleball</p>	<p>2</p> <p>11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 12:30 Pickleball 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being! 4:30 Pickleball 5:30 Stamp Club</p>	<p>3</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Cardio Ball Drumming 1:00 Pinochle 1:00 Balanced Yoga for Wellness 2:30 Tai Chi - Beginner 3:00 CLOSED</p>	<p>4</p> <p>CLOSED</p> <p>HAPPY</p> <p>4th of</p> <p>JULY!</p>	<p>5</p> <p>CLOSED</p>
<p>8</p> <p>8:30 Golf Classic to Benefit Next - Registration Opens! 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 10:00 Needle Arts Open Studio 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 3:30 LaBlast Fitness 3:30 Trivia Time! 4:30 Pickleball</p>	<p>9</p> <p>10:00 Non-Fiction Book Club 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Hamtramck Then and Now 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being! 4:30 Pickleball</p>	<p>10</p> <p>9:00 Men's Roundtable 9:00 MBreakfast Club & MSU Tollgate Farm 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Cardio Drumming 11:00 Streaming: Beatles, Hippies & Hells Angels 1:00 Member Coffee 1:00 Pinochle 1:00 Balanced Yoga for Wellness 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: Book Club: The Next Chapter</p>	<p>11</p> <p>9:00 Low Impact Aerobics 9:30 Pottery Studio 10:00 Photography Club 10:30 Hellenic Museum of Michigan & Lunch at The Greek 12:00 Cardiovascular Health - HFH 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 No Lecture</p>	<p>12</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle</p>
<p>15</p> <p>9:00 Low Impact Aerobics 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 Bingo 1:00 Mah Jongg 1:00 Pinochle 3:30 LaBlast Fitness 4:30 Pickleball</p>	<p>16</p> <p>10:00 Beginning & Intermediate Drawing 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Sweetwater Journey 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being! 4:30 Pickleball 5:30 Stamp Club</p>	<p>17</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Cardio Ball Drumming 1:00 Balanced Yoga for Wellness 1:00 Pinochle 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: Heal</p>	<p>18</p> <p>9:00 Low Impact Aerobics 9:00 Discover The Magic of Detroit Tour & Lunch at Supergeil 9:30 Writer's Corner 9:30 Pottery Studio 12:00 Canasta 12:30 Pickleball 1:00 Calling All Animal Lovers! 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Detroit Bird Alliance</p>	<p>19</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle</p>
<p>22</p> <p>9:00 Low Impact Aerobics 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 3:30 LaBlast Fitness 4:30 Pickleball</p>	<p>23</p> <p>10:00 Beginning & Intermediate Drawing 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Aging - Are We Old Yet? 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being! 4:30 Pickleball</p>	<p>24</p> <p>9:00 Men's Roundtable 9:00 Breakfast Club & MSU Tollgate Farm 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Cardio Drumming 11:00 Streaming: Eastwood 1:00 Balanced Yoga for Wellness 1:00 Pinochle 2:30 Tai Chi - Beginner 2:30 Fired & Fused-Fun with Fusing 4:30 Pickleball 5:00 Movie: Always at the Carlyle</p>	<p>25</p> <p>9:00 Low Impact Aerobics 9:30 Pottery Studio 12:00 Let's Celebrate National Chili Dog Day! 12:00 Canasta 12:30 Pickleball 1:00 Xavier Choussat Returns to Next!! 1:00 Beginner Basket Weaving 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Stars in Cars - Tales from Hollywood</p>	<p>26</p> <p>9:15 Friday Fitness 9:15 DSO - Music of Elvis with Frankie Moreno 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle</p>
<p>29</p> <p>9:00 Low Impact Aerobics 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 3:30 LaBlast Fitness 4:30 Pickleball</p>	<p>30</p> <p>10:00 Beginning & Intermediate Drawing 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Birmingham Sustainability and Climate Action Plan 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being! 4:30 Pickleball 6:00 Lexington String Quartet</p>	<p>31</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Cardio Ball Drumming 1:00 Balanced Yoga for Wellness 1:00 Pinochle 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: Streight's: Matzo and the American Dream</p>		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 12:00 Canasta 12:30 Pickleball 1:00 Beginner Basket Weaving 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: No Lecture	2 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle
5 9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Bingo 1:00 Pinochle 1:00 Popular Reads Book Club 1:00 Mah Jongg 3:00 Trivia Time! 3:30 LaBlast Fitness 4:30 Pickleball	6 10:00 Beginning & Intermediate Drawing 11:00 Secrets of the Soil 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	7 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Cardio Ball Drumming 11:00 Streaming: Lucy & Desi 1:00 Balanced Yoga for Wellness 1:00 Pinochle 2:30 Tai Chi Beginner 4:30 Pickleball 5:00 Movie: The Hustle	8 9:00 Low Impact Aerobics 9:30 Pottery Studio 9:40 MDC- "Aging in Place" Designer -Led Tour 10:00 Photography Club 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Wharton Center	9 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 An Afternoon of Music and an Ice Cream Social 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle
12 9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 Bradford Senior Living Housing Tour 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle 3:30 LaBlast Fitness 4:30 Pickleball	13 10:00 Non-Fiction Book Club 10:00 Beginning & Intermediate Drawing 11:00 Womens Roundtable 11:30 Hot Wheels on Midvale 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball	14 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Cardio Ball Drumming 1:00 Balanced Yoga for Wellness 1:00 Pinochle 2:30 Tai Chi Beginner 2:30 Fired & Fused Charcuterie 4:30 Pickleball 5:00 Movie: Hope Gap	15 9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 11:30 Diamond Jack's River Cruise 12:00 Canasta 12:30 Pickleball 1:00 Folk Music with Jan and Jim 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: No Lecture	16 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle
19 9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Bingo 1:00 Mah Jongg 1:00 Pinochle 3:30 LaBlast Fitness 4:30 Pickleball	20 10:00 Beginning & Intermediate Drawing 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Common Urology Conditions As We Age - HFH 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	21 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Streaming Frida 1:00 Balanced Yoga for Wellness 1:00 Pinochle 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: Bezos: The Beginning 6:00 Coin Club	22 9:00 Low Impact Aerobics 9:30 Pottery Studio 9:45 Cranbrook on the Green & Art Museum 12:00 Vein Health Seminar 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Michigan Department of Natural Resources	23 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle
26 9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle 3:30 LaBlast Fitness 4:30 Pickleball	27 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Birmingham Historic Preservation Master Plan 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball	28 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 11:00 Cardio Ball Drumming 1:00 Balanced Yoga for Wellness 1:00 Pinochle 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: Welcome to Me	29 9:00 Low Impact Aerobics 9:30 Pottery Studio 12:00 Potluck on the Patio 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: No Lecture	30 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 10:45 Arts Beats & Eats 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle



Your Place to Stay Active & Connected

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JOIN US FOR THE GOLF CLASSIC TO BENEFIT NEXT...HAWAIIAN STYLE!



Friday, September 13 at Springdale Golf Course

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



Cost per person:
\$125 includes golf, cart, evening activities

\$30 dinner only, evening activities

ACTIVITY

PAGE

Chili Dog Day / Music and an Ice Cream Social / Hot Wheels on Midvale / Golf Classic...Hawaiian Style at Next!	1
Happenings at Next	2-3
Speakers Series.....	4
Community Champions.....	5
Health & Wellness.....	6
Fitness.....	7-8
Art & Creativity	8-9
Day Trips.....	10-11
Feature Films.....	12
Cards, Tiles, Collectors	13
Health & Nutrition	14
Support Services	16
Enrichment	17
Streaming.....	19
Donations / Policy Reminders.....	21
Calendars	22-23

BOARD OF DIRECTORS

- Marcia Wilkinson, President
David Underdown, Vice President
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George Dilgard, Secretary
Jay Reynolds, Past President

HOURS

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

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HOLIDAY HOURS

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

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\$55/year Single Membership
\$70/year Family Membership
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\$80/year Single Membership
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