



Your Place to Stay Active & Connected

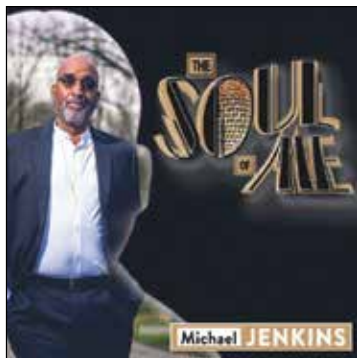
MARCH/APRIL 2025

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

### MICHAEL JENKINS, SMOOTH JAZZ GUITARIST

Tuesday, March 18 at 6:00 pm  
Complimentary members/guests \$5



Michael Jenkins is a talented electric guitarist with years of experience under his belt. He is well-versed in a wide variety of genres including Soul and Rhythm and Blues, Smooth Jazz and much more. He provides the perfect musical ambiance perform-

ing music by George Benson and other notable favorites. Equipped with state-of-the-art sound systems, Michael Jenkins performance will be an unforgettable experience!

### HUDSON'S - DETROIT'S WORLD-FAMOUS DEPARTMENT STORE

**Bruce Allen Kopytek, Architect and Historian**  
Tuesday, March 11 at 12:30 pm (Lunch); Speaker at 1:00 pm  
Cost: Complimentary members / \$5 guests

Do you remember a time when shopping was an adventure? When a bus ride downtown ended at an enormous red-brick store with glittering window displays? Do you reminisce about eating a Maurice Salad in a gracious, hushed dining room high up in the sky? Maybe you recall the fragrances wafting through the air on the sumptuous first floor of Hudson's, Detroit's World-Famous Department Store. If you do cherish memories like these, come join architect and historian Bruce Allen Kopytek as he leads you on an intoxicating journey of exploration through this lost Detroit landmark. Along the way, you'll discover the rags-to-riches story of Joseph L. Hudson, the culinary delights of Hudson's restaurants, and the stories of people that made it all happen – right here in Detroit. A light lunch, including a Hudson's favorite, will be served prior to the presentation. Generously Sponsored by American House Stone and Elmwood.



### CALLING ALL JIGSAW PUZZLE LOVERS!

Thursday, April 10 at 11:00 am  
Teams must register by April 3 Cost: Complimentary

If you love a good jigsaw puzzle and enjoy some friendly competition, you need to sign up for Next's Jigsaw



Puzzle Tournament — 2025! This time, we're going to change it up a bit. Teams of two will attempt to complete a 300-piece puzzle within one hour. The team with the greatest portion of the puzzle completed by the end of the hour, wins! If you don't have a puzzle-loving team mate, but would still like to participate, sign up and we'll find you a partner. It is important that you register by April 3 so we know how many puzzles to purchase.

### READY TO VOLUNTEER BUT DON'T KNOW WHERE TO START? JOIN US AT THE VOLUNTEER EXPO!

Thursday, April 24 from 1:00 – 2:30 pm Cost: Complimentary



Have you thought of volunteering your time and talents to a worthy organization, but aren't sure exactly where to start? Interested, but don't know who is looking for volunteers and who you should contact? Well, we're here to help you get started on your journey! On Thursday, April 24 from 1:00 – 2:30 pm, you are invited to attend Next's Volunteer Expo, where you will have the opportunity to hear from different businesses and non-profit organizations, explore their volunteer options and hopefully, sign up with one or more of them! All you have to do is register to attend the Expo and then, attend! This is a great way to connect those with a passion for service (you!) with a variety of worthy organizations in the community who are looking for help. And, it will all happen in one convenient location, right here at Next! Sign up today!



## HAPPENINGS AT NEXT

### **TRIVIA TIME! with Tricia Olevnick**

Mondays, March 3 and April 7 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.

### **THE PAIN SOLUTION: TOOLS FOR ARTHRITIS RELIEF AND RECOVERY**

**Aaron Wallace, Owner, Balance Your Fitness**

Wednesday, March 5 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 price-less strategies and a risk-free opportunity to change your life.

### **SPANISH CONVERSATION FOR COGNITIVE WELL-BEING**

This course is designed to provide a stimulating and engaging environment for individuals interested in learning Spanish while promoting cognitive health. Through interactive conversation activities, this course aims to enhance mental agility, memory and linguistic skills, all while fostering social connections and cultural understanding. In this 6-week course, participants will explore daily conversational topics. Your instructor, Señora Bartlett, will guide you through various activities and exercises designed to challenge your brain, improve language proficiency and keep your cognitive abilities sharp. Señora Carla Bartlett is a native Spanish speaker and also fluent in Italian. She has been teaching for over 30 years at the high school and Adult Education levels. She holds a BA from U of M-Ann Arbor and a MASTERS Art of Teaching.

#### **BEGINNER CLASS**

Mondays, February 24 - March 31 at 4:00 pm  
Cost: 6-week series: \$120 members / \$125 guests

#### **ADVANCED BEGINNER CLASS**

Wednesdays, March 5 - April 9 at 3:30 pm  
Cost: 6-week series: \$120 members / \$125 guests

### **DETROIT'S IRISH POPULATION: CORKTOWN AND BEYOND**

**Robert E. Sullivan, Jr.**

Thursday, March 13 at 11:00 am  
Cost: Complimentary members / \$5 guests

In advance of St. Patrick's Day, Bob Sullivan will share the story of Irish immigration and settlement in Metro Detroit, complete with photos, maps and a narrative of the interesting stories and many contributions to Metro Detroit of its Irish community. He will discuss the history of the Corktown neighborhood, as well as the overall settlement of Irish in Metro Detroit to the present day. Robert E. Sullivan, Jr. is an attorney, former Planning Commissioner for the City of Detroit and has taught a History of Detroit class at the International Institute of

Metropolitan Detroit and at Macomb Community College for several years.

### **PEACE OF MIND SEMINAR**

**Mike Smela, A.J. Desmond & Sons**

Tuesday, March 18 at 12:00 pm  
Cost: Complimentary members / \$5 guests

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

### **CHARITABLE GIVING AND YOUR FINANCIAL STRATEGY**

**Ryan Green, Financial Advisor, Edward Jones**

Thursday, March 20 at 11:00 am  
Cost: Complimentary members / \$5 guests

Whether you have a passion to help a specific charity, or you're beginning to think about leaving a legacy — please join us for the Charitable Gifting and Your Financial Strategy presentation. In this presentation, Ryan will cover:

- Gifting and how it can impact your tax situation.
- Strategic gifting to benefit charities and your estate.
- Advanced gifting strategies and how they can be implemented. A light snack will be provided.

### **BREAK OUT OF WINTER HIBERNATION! Raj Thangamuthu, Physical Therapist & Owner of Empower Physical Therapy**

Tuesday, March 25 at 11:00 am  
Cost: Complimentary members / \$5 guests

Raj returns to Next to get us ready for the warmer weather ahead! There will be stretching and strengthening exercises for the neck, shoulder and upper body muscles. You will learn everything in an interactive way and then, take home what you've learned and turn it into a daily routine. Let's do this!

### **BRAIN HEALTH – SIMPLE ACTIVITIES TO IMPROVE MEMORY AND COGNITION**

**Adam Sterling, Certified Dementia Practitioner**

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

This presentation will...

- Explore how aging impacts brain anatomy, cognition, and memory.
- Explain about common changes in memory storage and retrieval with age.
- Deliver practical strategies to support cognitive health.
- Include engaging exercises designed to stimulate the brain and boost memory.

Participants will receive a multi-page handout with a variety of practical, short daily activities/exercises to enhance memory and cognitive function. The presenter, Adam Sterling, has over 30 years of experience in senior wellness, including work with the Alzheimer's Association and senior living communities.



## HAPPENINGS AT NEXT

### **TIMELESS TUNES: FAVORITE MELODIES FROM SONGWRITING DUOS**

**Kelly and Darryl Roenicke, Violin and Piano Duo**

Thursday, April 3 at 1:00 pm

Cost: Complimentary members / \$5 guests

Join Kelly and Darryl for an afternoon of lovely songs from your favorite songwriting duos such as George and Ira Gershwin, Rodgers and Hammerstein, Mercer and Mandel, and others. This will be a concert of unforgettable melodies that have made a mark on music history.

Generously Sponsored by American House Stone and Elmwood.

### **PLANNING YOUR GARDEN(S) FOR 2025**

**George Papadelis, Telly's Greenhouse and Garden Center**

Tuesday, April 8 at 1:00 pm

Cost: Complimentary members / \$5 guests

Over the past few months, George Papadelis of family-owned Telly's in Troy, has been visiting numerous trial gardens, growers, and horticultural events, and has compiled a wonderful program highlighting the new annuals and perennials for 2025. Join us as he shares his discoveries and gets us all in the mood for gardening again!

### **STUDIO ART CLASS on TUESDAYS -**

Tuesdays, April 8 through April 22

From 1:00 – 3:30 pm

Cost: 3 Week Series: \$43 members/ \$47 guests

### **STUDIO ART CLASS on TUESDAYS**

Tuesdays, May 6 through July 1

From 1:00 – 3:30 pm

Cost: 9 Week series: \$161 members/ \$166 guests

The class purpose is to broaden the knowledge and growth of each student's skills in their chosen medium. Most preferred mediums are acrylics, oils, watercolors, or collage/mixed medium. The students and Karen work together to develop student's subjects and carry the project forward. Karen is excited to explore fresh ideas and viewpoints of the students various art backgrounds to recharge our creative juices. We look forward to sharing concepts to continue enriching our visual statements. Students are required to have prior basic instruction in the medium they will use in class. Bring your materials and what you plan to work on to class. If you work upright, plan to bring your own lightweight portable easel.

### **STUDIO ART CLASS – THURSDAYS**

Thursdays, April 10 through April 24

From 1:00 – 3:30 pm

Cost: 3 Week series: \$43 members/ \$47 guests

### **STUDIO ART CLASS – THURSDAYS**

Thursdays, May 8 through July 3

From 1:00 – 3:30 pm

Cost: 9 Week series: \$161 members/ \$166 guests

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

### **THE JOY OF BELLY DANCING**

**Zeina Yaghi, Belly Dance Instructor**

Thursday, April 17 at 1:00 pm

Cost: Complimentary members / \$5 guests

Join us and experience the beauty and artistry of this ancient form of dancing. Students can expect to learn basic belly dance techniques, including hip isolations, shimmies, fluid arm movements and graceful transitions. You will also develop rhythm awareness, core strengthening, and confidence in expressing yourself through movement. Whether a beginner or looking to refine your skills, this class will provide a supportive and engaging environment to embrace the joy of belly dance. Wear comfortable clothing.

### **THE WORLD OF FORENSIC SCIENCE**

**Ruth Holmes, CDE, Handwriting Examiner, Pentec, Inc.**

Tuesday, April 22 at 1:00 pm (*Rescheduled from February 6th*)

Cost: Complimentary members / \$5 guests

Document and fraud examiners study for years the science and the art of examining handwriting, signatures, numbers, financial transactions, forensic methods, investigation techniques, the law, communication and preparation of testimony, and exhibits for court as expert witnesses. In over thirty years in the field, Ruth Holmes has faced some of the most difficult challenges possible from murderers to the media, from the judges to the juries. Learn the highs and lows from her experiences and remarkable cases.

### **AFRICAN AMERICAN QUILTING – TODAY AND YESTERDAY** Linda Ali, member of GLAAQN

Tuesday, April 29 at 11:00 am

Cost: Complimentary members / \$5 guests

Members of the Great Lakes African American Quilters' Network (GLAAQN) will present the rich history of African American quilting, exploring its role in preserving heritage and culture. This program will highlight the artistry and storytelling traditions of African American quilters and how quilts served as both expression and communication throughout history. Join us for this, the last program of our cultural series on Africa. Several quilts will be available for viewing.



# COMMUNITY CHAMPIONS

## March

### HENRY FORD HEALTH

6777 West Maple Rd., West Bloomfield 48322  
248-644-5060 [www.henryford.com](http://www.henryford.com)

Henry Ford Health is one of the nation's leading academic medical centers, partnering with nearly 2 million people on their health journey in communities across Michigan and around the world. We provide a full suite of health services including primary and preventative care, complex and specialty care, health insurance, home health and virtual care and retail including pharmacy and eye care. Henry Ford Health has been helping patients for 109 years... this is a name you can trust since 1915. With 250 locations in Michigan, Henry Ford Health provides convenient care close to home.

### SENIOR HELPERS

30701 W. 10 Mile Road, Suite 300  
Farmington Hills 48336 248-865-1000  
[www.seniorhelpers.com/mi/oakland/](http://www.seniorhelpers.com/mi/oakland/)

Senior Helpers of Southeast Michigan is the premier provider of in-home senior care. We offer tailored home care services ranging from companion care for seniors who need daily assistance to in-depth specialized care for those with Alzheimer's, Dementia, Parkinson's and other chronic diseases.



## April

### MILLS PHARMACY + APOTHECARY

1744 W. Maple Road Birmingham 48009  
248-644-5060 [www.millspharmacy.com](http://www.millspharmacy.com)

Mills Pharmacy prescribes to progressive thinking. Established in 1946, as Birmingham's only independent, family-owned pharmacy, our reputation of exceptional service is built on a foundation of trust that gets stronger with each prescription we fill and every customer we welcome back. At Mills, you'll find personal attention and competitive prices.



### POMEROY LIVING

3466 West South Boulevard  
Rochester Hills, MI 48309  
248-949-1318 [www.pomeroyliving.com](http://www.pomeroyliving.com)



Since its inception over 30 years ago, Pomeroy Living has had an unwavering commitment to its pillars of senior services – compassion, quality, innovation and adaptability. Pomeroy Rochester offers Independent Living, Assisted Living, Skilled Rehabilitation and Memory Care. It's not just living, it's Pomeroy Living.



## Every life's a journey that needs a village to support it.

Our Estate Planning Law Firm is built around good people doing good work. You want the right plan and the right people in place to help navigate life's complexities. Call for a free consultation.

# Schluter & Hughes

LAW FIRM PLLC

## CONTINUUMLIFEPLAN<sup>SM</sup>



ESTATE PLANNING | ELDER LAW | PROBATE | ESTATE & TRUST ADMINISTRATION  
CARE COORDINATION | FIDUCIARY TAX & ACCOUNTING

📞 248.692.7392 🌐 [www.schluterhugheslaw.com](http://www.schluterhugheslaw.com)

📍 43902 Woodward Ave Suite 210 Bloomfield Hills MI 48302





## HEALTH & WELLNESS SERIES

# HENRY FORD HEALTH

We are excited to partner with Henry Ford Health for the 2025 Health & Wellness Series! Henry Ford Health is committed to improving the health and wellness of the Michigan community by improving people's lives through excellence in the science and art of health care and healing. As the Health & Wellness Series Partner, Henry Ford Health will share the expertise of their physicians, nurses and other providers directly with Next members.

### WHAT YOU NEED TO KNOW ABOUT COLON CANCER

Alexandria C. Glenn, MD, Henry Ford Health

Wednesday, March 12 at 1:00 pm

Cost: Members Complimentary/\$5 guests

March is National Colorectal Cancer Awareness Month, and Henry Ford Health invites you to learn more about the importance of colorectal cancer screening and early detection. Join Alexandria C. Glenn, MD in this informative presentation on how colon cancer starts and screening for colon cancer.

### HEARING ISSUES AS WE AGE

Dr. Karrie Slominski, AuD

Tuesday, April 15 at 12:00 pm

Cost: Complimentary members / \$5 guests

According to the American Academy of Audiology, one in three people older than 60 have hearing loss, and one in two people older than age 85 have hearing loss. Join Karrie Slominski, senior staff audiologist with Henry Ford West Bloomfield Hospital, for a presentation discussing hearing issues among seniors, including hearing loss and tinnitus, and ways to improve quality of life as it relates to hearing loss. A light lunch will be provided.



NEXT members and seniors over 60,  
**enjoy 20% off** of all Apothecary products and  
over-the-counter medications every Wednesday at Mills!

VACCINATIONS • AVAILABLE PARKING  
COMPLIMENTARY SAME-DAY DELIVERY

1744 West Maple Road, Birmingham, MI 48009  
P 248.644.5060 F 248.644.5576

info@millspharmacy.com • millspharmacy.com • @millspharmacy @  
MON - FRI 9AM - 7PM | SAT 10AM - 5PM | SUN 10AM - 3PM

\*Discount available in store only. Sales tax, shipping & handling do not qualify for discount. This offer is not redeemable for cash or gift cards, nor is it valid toward previous purchases. Offer may not be combined with any other coupons, discounts, offers, or promotions. Offer valid on in-stock items only. No rain checks issued. Other restrictions may apply. Excludes prescriptions, co-pays and pseudoephedrine/ephedrine products.

# SPEAKER SERIES @ NEXT

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

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

With the support of a generous grant from the Michigan Humanities, in March and April, Next will continue our Making Connections – Cultural Series with the continued study of the Cultures of Africa. Please enjoy the presentations, movies and more related to the Cultures of Africa.

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



**MI Humanities**

## March 6 – EXPLORING MUSIC OF WEST AFRICA Mark Allen Stone - Associate Professor, School of Theater, Music & Dance, Oakland University, Coordinator of World Music and Percussion and Composer



Professor Stone will present a program on the gyl xylophone of Ghana, West Africa. The gyl is a vibrant musical tradition, central to Dagara and Birifor cultures. Stone was fortunate to begin studying this music as an under-

graduate at the University of Ghana and over the past three decades has worked with many leading gyl performers, including Bernard Woma. In addition to describing its construction and rich history, Stone will demonstrate a range of musical styles on the instrument.

## March 13 – EXPLORING MUSIC OF EAST AFRICA AND SOUTHERN AFRICA

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

Professor Stone will share kalimba traditions from Uganda and South Africa. Known by many names throughout the African continent, in Uganda the kalimba is called akogo and in South Africa it is called mbira. It is a popular instrument in both countries, performed in a wide-range of



social contexts. Stone studied Ugandan music as a graduate student at Makerere University in Uganda and is currently a Ph.D. candidate at the University of South Africa. He has worked with many celebrated musicians in both countries, including Walusimbi (Uganda) and Dizu Plaatjies (South Africa). Stone's presentation will explore the background of akogo/mbira traditions and include demonstrations of the music played on these instruments.

## March 20 – RHYTHMS OF RESILIENCE AND CHANGE. LOOKING BACK AT DETROIT'S PARADISE VALLEY AND BLACK BOTTOM

### Rod Arroyo, MA, FAICP - City Planner, Photographer, Adjunct Professor-WSU, Business Owner



Rod Arroyo is a city planner and photographer researching historical jazz clubs and Black-owned businesses in Detroit's Paradise Valley and Black Bottom neighborhoods. Rod will share photographs, maps and stories describing and illustrating the monumental changes in this part of Detroit. From a thriving area with over 40 jazz clubs and hundreds of Black-owned businesses to an area decimated by freeway construction and urban renewal, there is much to learn from these neighborhoods, rich in history and culture.

## March 27 – THE ALTAR, THE DAM AND MODERNITY: ETHIOPIA, EGYPT AND ENTANGLED HISTORIES

### Getnet Bekele - Professor - Oakland University



International peace and security imaginaries such as "water wars" dominate the current discussion on Ethiopian and

Egyptian relations in the face of growing global energy demands and Millennium Development Goals (MDGs). The main bone of contention this time around has been the building in the Ethiopian side of the border of a major dam on the Blue Nile since April 2011. This talk seeks to explicate on this topic briefly and use it as a window to reflect back on the checkered history of Ethiopian and Egyptian relations in the course of the modern period.



# SPEAKER SERIES @ NEXT

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

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

## April 3 – TURMOIL IN THE MIDDLE EAST – THE FALL OF THE AXIS OF RESISTANCE (EVIL) Gus Mondalek - International Affairs Expert



The Middle East is experiencing rapid changes, including the defeat of Hamas and near defeat of Hezbollah, the fall of the Syrian regime,

and ongoing issues in Iran, Turkey, Yemen, and Pakistan. What is next in the Middle East, and what impact do these changes have on the prospect of peace, the resurgence of ISIS, and the security of the region?

## April 10 – THE LIFE AND THOUGHT OF H. ODERA ORUKA: PURSUING JUSTICE IN AFRICA Gail Presbey, Professor of Philosophy and Chair of the Philosophy Department, University of Detroit Mercy

Henry Odera Oruka was one of the most influential figures in 20th-century African philosophy. During the early years of the decolonization of African countries, as universities worked to redefine themselves, Odera drove changes to curricula and research. A tireless advocate for democracy and human rights in Africa, he repeatedly intervened in the political debates of his time. The narrative unfolds from the personal to the global, from Africa to the world and from African philosophy to the wider field of philosophy.



## April 17 – BOTTLED MESSAGES – THE MOST FAMOUS MESSAGES EVER!

Ric Mixter - Underwater Expert, Shipwreck Researcher and Author

Bottled messages have been discovered on shore for centuries. The notes inside bring tidings from ocean voyagers, invitations for



pen-pals, tragic attempts for rescue and floating farewells from long-lost souls. Based on Ric Mixter's book, Bottled Goodbyes chronicles the most famous messages ever recovered, including several after the Great Lakes Storm of 1913 and three bottles found after the Titanic disaster.

## April 24 – HISTORY OF THE 45TH DIVISION IN WORLD WAR II Frank Cardimen, Professor - Oakland University



The 45th Division was involved in Africa, Sicily, Italy, France and Germany ending up in Dachau at Germany's first prison camp. The

presentation will be with the 180th Regiment where Professor Cardimen's uncle fought. The battles and the experiences seen through the eyes of one soldier during three years of heavy fighting will remind us of the sacrifices our soldiers made in World War II. The 180th was under Patton in Sicily – US 7th Army and ended up with Patton who commanded the United States 3rd Army.

## May 1 – HEALING THROUGH CREATING VIA THE POWER OF STORYTELLING Lawrence Castleberry, President, Detroit Black Storytellers

So often as tellers, we research the stories of others that resonate with us that we may share. But each of us have stories to tell. We can use personal experiences to craft stories (they can be fictional based on fact) that allow us to combat our own internal battles.



But as we grow by developing the story we now have a tool that when told can help others who may be going through similar experiences or equipping someone who may experience something similar later in life.



## FITNESS OFFERINGS

### **CARDIO DANCE WITH KAREN LUTZ – Note New Day!**

Thursdays from 3:30 to 4:15 pm

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

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

### **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 traditional standing, seated and supine postures to strengthen and improve balance. Please bring a yoga mat, water and a towel (optional).

### **BALANCED YOGA FOR WELLNESS with Karen Lutz**

Wednesdays at 1:00 pm

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

Learn to focus on breathing with gentle stretching and adaptive yoga movements both seated with the option to stand with the support of a chair.

### **TAI CHI FOR HEALTH with Cheryl Goodwin**

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

#### **Beginner Class**

Wednesdays from 2:30 to 3:30 pm (*No class March 19 and 26*)

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

Cost: 1 drop-in class: \$10

#### **Intermediate Class**

Fridays from 10:00 to 11:00 am (*No class March 21 and 28*)

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

Cost: 1 drop-in class: \$10





## FITNESS OFFERINGS

### 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!

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

### 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 [tgewhner@cs.com](mailto:tgewhner@cs.com) for lessons!

### TENNIS - MIXED DOUBLES

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

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](mailto:davidmpyoung@gmail.com) or 248-229-5015.

### BOWLING LEAGUE

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

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



**DISABILITY  
MADE EASY**

Providing safe and  
quality solutions  
for an easier lifestyle!

Ramps • Grab Bars  
Barrier-Free Construction

1-855-DME-ASAP  
Free Estimates

1729 E 14 Mile Rd  
Suite 250  
Troy, Michigan 48083  
248-569-1580

[www.dmeasap.com](http://www.dmeasap.com)

## Get local help with your Medicare questions.

I'm Ruben Rodriguez, a licensed sales agent in Michigan. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs.

### It's time to take advantage.



**Ruben Rodriguez**  
Licensed Sales Agent  
**248-983-5157, TTY 711**  
[ruben@agencyaia.com](mailto:ruben@agencyaia.com)  
[www.agencyaia.com](http://www.agencyaia.com)

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. ©2023 United HealthCare Services, Inc. All rights reserved.  
Y0066\_SPRJ55189\_C



SPRJ55189



## DAY TRIPS



### **DETROIT SYMPHONY ORCHESTRA Friday Morning Coffee Concerts**

Bus departs Next at 9:15 am,  
returns about 1:30 pm  
Cost: \$65 members / \$70 guests

#### **Friday, March 14 - LA VIDA LOCA**

Get on your feet and let's get loud with the greatest hits of the '90s and '00s Latin pop explosion! La Vida Loca celebrates artists including Enrique Iglesias, Gloria Estefan, Santana, Ricky Martin, and more. Conductor Enrico Lopez-Yanez, world renowned vocalists Ender Thomas and Jackie Mendez, and multi-Grammy Award winners Jose Sibaja on trumpet and Lusito Quintero on percussion join the DSO for a high-octane program featuring all-new symphonic arrangements by Lopez-Yanez and Sibaja.

#### **Friday, April 25 - WOMEN ROCK**

This is the set list of legends. The Pops and special guests perform rock hits by Carole King, Janis Joplin, Aretha Franklin, Pat Benetar, Tina Turner, and more, including "What's Love Got To Do With It," "Proud Mary," "Piece Of My Heart," "Love Is a Battlefield," and "Flashdance."

#### **Friday, May 16 - RAVEL'S PIANO CONCERTOS (CLASSICAL)** Cost: \$50 members / \$55 guests

Jader Bignamini leads Ravel's nod to the past and French pianist Bertrand Chamayou has the "big technique that you need," (Seattle Times) to play Ravel's piano concertos back-to-back. Composed at the same time, the two magnificent works combine Ravel's flair for orchestral color with pianistic virtuosity and the influence of jazz. Rimsky-Korsakov's Capriccio espagnol began as a feature for the violin but ended up a showpiece for the entire orchestra.

### **CANTORO ITALIAN MARKET - LUNCH AT THE TRATTORIA & SHOPPING IN THE MARKET**

Thursday, March 6

Bus departs Next at 11:00 am, returns about 2:15 pm  
Cost: \$25 members / \$30 guests

Cantoro Italian Market & Trattoria is inspired by the famous Italian markets in Rome, Venice and Palermo. They are the largest Italian market in Michigan – a lively 55,000 square foot Italian culinary mecca with a multi-award-winning restaurant attached. Throughout the year, owners Michael and John Fallone travel to their father Mario's Italian birthplace in search of the best food and wines to bring back to Cantoro, items found nowhere else in the U.S. It's no wonder, they are consistently named one of the best markets and trattoria in the U.S.!

Enjoy lunch on your own first in the Trattoria. They are exactly what wonderful Italian dining should be—fresh, seasonal, Italian fare with contemporary flair and regional specialties. After lunch take some time to shop this amazing market with over 10,000 selections and bring home specialty grocery items from the bakery, cheese, deli, meats, produce, pasta and wine departments. Buon pranzo (Enjoy your lunch)! Buon acquisto (Happy Shopping)! Buona giornata (Have a wonderful day)!

### **BALDWIN PUBLIC LIBRARY IDEA LAB DEMO**

Thursday, March 6

Bus departs Next at 10:45 am, returns about 11:45 am  
Cost: Complimentary to members and guests

The Idea Lab is a department of the library where they offer a wide array of tools, equipment, software and other services to be used for your personal projects. A literal hub for creative minds to access resources to make their visions come to life. In the Idea Lab you can make almost anything, and is a space where big ideas come to life and where people of all ages and tech levels are welcome! From format (media) conversion, 3D printing, laser cutter & engraver, ultrasonic cleaner & desiccator (dehydrator), embroidery & sewing, button maker, rotary tumblers, heat press, die cutters, a variety of hand tools and this list goes on! Spend approximately 30 minutes with the talented, helpful, and friendly staff at BPL learning of all of the impressive technology for your personal use to explore, tinker, and CREATE!

### **MICHIGAN CENTRAL STATION TOUR - DETROIT HISTORY TOURS (GUIDED)**

Thursday, March 13

Bus departs Next at 10:00 am, returns about 1:45 pm  
Cost: \$45 members / \$50 guests

Discover the rich history and incredible transformation of Michigan Central Station on this 90-minute guided station tour. First opened in 1913, the iconic Beaux-Arts structure once served as Detroit's bustling railway hub until its closure in 1988. Now, as one of the city's most beloved landmarks, the station is undergoing an ambitious restoration led by Ford Motor Company and Michigan Central. Step inside Michigan Central Station and delve into its fascinating past, from the vision of railroad tycoon William Vanderbilt to its role as a sister station to New York City's Grand Central Terminal. Expert guides will bring to life the station's rich history, sharing stories of its grandeur, decline, and rebirth. This tour offers a rare opportunity to explore the historic spaces of the station, while learning about the continuing restoration process. Marvel at the work of over 3,100 skilled craftspeople, see how innovative technologies like 3D printing are being used, and learn about what's next for Michigan Central. Please be aware that the station is an active construction site. Guests may encounter



## DAY TRIPS

noise, dust, and limited access to certain areas. Routes may vary without notice. Comfortable footwear is highly recommended for the enjoyment of all tour guests.

### **DIA- MELODIES AT THE MUSEUM - PanaMO**

Thursday, March 27

Bus leaves Next at 11:00 am, returns about 3:45 pm

Cost: \$20 members / \$25 guests

We will get you to the museum by 11:30, so you will have an hour and a half to do whatever you would like before a special musical performance beginning at 1:00 pm. "Get your groove on" with PanaMO: With a name that combines Panama and Motown, PanaMO brings a unique fusion of Latin Jazz, Afro-Latin rhythms, and original music. This visit includes the concert, a self-guided tour, a coupon for the Museum Shop, and Cookies-to-go cookies for the bus ride back..

### **THE SHEPHERD**

Thursday, April 3

Bus leaves Next at 11:30 am, returns about 2:15 pm

Cost: \$20 members / \$25 guests

Located in Detroit's East Village, the Shepherd is a one hundred ten-year-old Romanesque-style church that has been transformed into a cultural arts center with multi-faceted programming focused on exhibitions, public projects and performance. The adaptive reuse of the church, led by the architectural design firm Peterson Rich Office (PRO), has created gallery spaces, a public library, and a workshop space for the local community. The campus grounds, include a boutique bed and breakfast, a public skatepark, and a sculpture park honoring the late Detroit artist Charles McGee. Spend an hour and a half on a self-guided visit walking the grounds, checking out the gallery, and just getting a lay of the land of "The Next Big Thing In Detroit".

### **DIA- MELODIES AT THE MUSEUM - MARVIN JONES QUARTET**

Thursday, April 17

Bus leaves Next at 11:00 am, returns about 3:45 pm

Cost: \$20 members / \$25 guests

We will get you to the museum by 11:30, so you will have an hour and a half to do whatever you would like before a special musical performance beginning at 1:00 pm. The Marvin Jones Quartet plays a wide variety of jazz and popular standards, led by vocalist Marvin Jones and pianist Jay Valle. The visit includes the concert, a self-guided tour, a coupon for the Museum Shop, and Cookies-to-go cookies for the bus ride back. "If you have to ask what jazz is, you'll never know." – Louis Armstrong

### **"BLUNCH" AT THE FLY TRAP & THE RUST BELT MARKET**

Friday, April 18

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

Cost: \$20 members / \$25 guests

Indulge in breakfast, on your own first at The Fly Trap "a finer diner". The Fly trap, is not your run of the mill diner. The inside is sleek, the soundtrack is contemporary, and the breakfast is, well, it's called "blunch": hearty entrees with a breakfast twist. After "blunch" we will head over to The Rust Belt Market for a dose of human connection and inspiration in this age of click-and-buy. They are an artisan marketplace and venue located at the northwest corner of Nine Mile and Woodward Avenue in FABULOUS Ferndale. Browse over thirty independently owned and operated small businesses (Michigan makers and collectors) that have set up shop and consider The Rust Belt their anchor storefront. Go explore and enjoy!

### **MILL RACE VILLAGE-NORTHVILLE HISTORICAL SOCIETY (GUIDED TOUR) & LUNCH AT GENNETI'S HOLE-IN-THE-WALL**

Thursday, May 1

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

Cost: \$35 members / \$40 guests

Enjoy a one hour guided, walking tour of Mill Race Village in Northville. A knowledgeable docent will lead you through the grounds and buildings while telling the history of each. They will also share the history of Mill Race Village and the beginnings of the Northville Historical Society. Learn about Northville's rich history, the story of the Mill Pond, the race and the importance of the Rouge River in the development of the community and the industries that called Northville home. The Northville Historical Society would like to remind you that all of the buildings in Mill Race Village are museums. Not all of the buildings are handicapped accessible, this is a walking tour. Those that are: Cady Inn, Blacksmith shop, JM Mead Store, Wash Oak School and New School Church. Please note that the Village is a living Village, with maintenance and work to the grounds and buildings year round. Lunch on your own at Genneti's Hole-in-the-Wall (a landmark since 1971) following the tour.

***Participants of trips with lunches, please keep in mind that you are responsible for the total cost of your meal, tax, and tip. Bringing cash to cover the cost is highly advised.***





## NEW!!! INTRODUCTION TO THE ANCIENT ART OF HENNA

Wednesday, March 26 from 12:00 pm to 2:00 pm or Thursday, April 24 from 4:00 pm to 6:00 pm

Cost: \$30 members / \$35 guests

Next welcomes Lauren Northrop. Lauren is excited to teach this introductory class and to bring access to this ancient art to our community! Come and learn the culture and history of the ancient art of henna, along with a tutorial of basic henna designs and techniques. Participants will



receive their own organic henna cone, and will receive instruction on beginner henna application. We will draw various designs on paper and learn about henna body art. The henna used in this course is pure, natural, USDA certified and contains no synthetic chemicals. This is a great course to take with a friend or family member because students will get to keep their henna cones so they can practice at home!

## BEGINNING AND INTERMEDIATE DRAWING WORKSHOP

**Kay Sulfaro, Instructor**

Tuesdays, March 11 through April 15 (6 weeks)  
from 10:00 am to 12:00 noon

Cost: 6 week series: \$100 members / \$105 guests

Discover drawing abilities you don't realize you have! The right side of your brain knows something that the left side doesn't know. Your drawing hand can do things that will surprise the left side of your brain. This workshop is excellent for beginners, as well as for anyone who wants to build stronger skills and increase confidence. You will practice skill-building exercises that will help you not just build skills, but also gain confidence in your abilities. Surprise yourself in this workshop and have fun along the way. Level 1- Begin.....Level 2 – Build confidence.

## 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!

## BASKET MAKING CLASSES

Join Deborah VanderLinde, PhD, aka "The Basketmak'r" in these fun classes where you will be introduced to or review basic weaving techniques.

### • FLOWER VASE BASKET

Wednesday, March 19 from 1:00 pm to 5:00 pm

Cost: \$60 members / \$65 guests

This basket is perfectly sized to fit a Ball jar (included) to hold water and your fresh flowers. Features pine "feet" and a wire bail handle with a wooden grip. Measures 4"x4"x4".

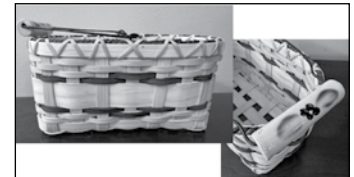


### • JELLY JAR BASKET

Wednesday, April 9 from 1:00 pm to 5:00 pm

Cost: \$60 members / \$65 guests

This rectangular basket is the perfect size to hold two jars of your homemade goodies (or napkins/notecards!). Features a wire bail handle with a pretty pottery grip. Optional double lashing. Measures 5" x 8" x 4".



## PHOTOGRAPHY CLUB

Thursdays, March 13 and April 10 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](mailto:info@birminghamphotoclub.org)

## PALETTE & BRUSH CLUB

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](http://paletteandbrush.org).

## POTTERY OPEN STUDIO

Thursdays from 9:30 am to 12:30 pm

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



## CARDS, TILES, COLLECTORS

### SHANGHAI RUMMY

Tuesdays at 1:00 pm

Shanghai rum is a Rummy card game, based on gin rummy and a variation of Contract rummy played by 3 to 8 players. It is also known as California rummy. All skill levels welcome. For additional information contact Beverly Sankey at [beverlyonline@comcast.net](mailto: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](mailto: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](mailto: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](mailto: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, March 3, 17 and April 7, 21 at 1:00 pm

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

Join the fun for eight games of regular Bingo with your fellow Next members and their guests. Kindly sponsored by Guiding Light Senior Advisors.

### 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](mailto: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

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



**SENIOR CARE ONLY BETTER**

Senior Helpers stands ready to serve your family's needs with personalized, in-home care and expertly-trained professional caregivers.

Let us ease your mind with a complimentary in-home care assessment.

**Senior Helpers**

**248.865.1000 | [seniorhelpersmi.com](http://seniorhelpersmi.com)**

All rights reserved. Senior Helpers locations are independently owned and operated. ©2024 SH Franchising, LLC.



## BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Monday, March 3rd, and April 7th 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, March 10th and April 14th 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.

## LOW VISION SUPPORT GROUP – NEW!

### Henry Ford Health Detroit Institute of Ophthalmology

3rd Wednesday of each month from 1:00 – 2:30pm  
Free to Members and Future Members

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

## 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!

## 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](mailto: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.

## COMMUNITY HOUSING TOURS

Next will be resuming visits to the Senior Living Communities in March. Please, let Next know if there are any communities you would like to visit.





## UNTREATED HEARING LOSS CAN CAUSE HEALTH PROBLEMS

**DID YOU KNOW CERTAIN HEALTH PROBLEMS COULD BE AFFECTED BY YOUR HEARING?**

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

Prevention and early detection of hearing loss are important.

**Call our office today (248) 430-8425 to schedule a hearing evaluation!**

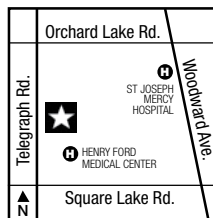


WWW.HINDERLITERHEARING.COM 751 CHESTNUT | SUITE 203 | BIRMINGHAM, MI 48009 (248) 430-8425

## American House VILLAGE at BLOOMFIELD



**LIVING WELL IS BEING WELL**  
Best-in-class innovative senior housing community



*Schedule a tour and get a free lunch!*

*Mention this ad and get **\$500 OFF rent** for the first three months*



**1957 S. Telegraph Rd.  
Bloomfield Hills, MI 48302**

**248-732-9199**

[vabsales@americanhouse.com](mailto:vabsales@americanhouse.com)



# Celebrate Your Independence

## Enjoy Active Senior Living in the Heart of Beautiful Birmingham

- Updated One Bedroom Apartments
- Daily Activities & Planned Community Events
- Fitness Center
- Covered Parking Available
- Pet Friendly Community (conditions apply)
- Dedicated New Management
- Excellent Downtown Location, Walk to Dining, Shopping, Library, Theater & More!

[www.thebaldwinonchester.com](http://www.thebaldwinonchester.com)



**Call today to schedule your personal tour & meet the new management team.**

**(248) 289-5085**

200 Chester Street  
Birmingham, MI 48009



**THE BALDWIN ON CHESTER**



## 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.

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

### 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.



  
**RUTKOWSKI**  
 LAW FIRM  
 ASSET PROTECTION & ESTATE PLANNING

**RUTKOWSKI LAW FIRM**  
 The Leading Asset Protection & Estate Planning Law Firm In Michigan

Serving Families Through Private, Convenient Virtual Meetings & In-Person

 (248) 792-9193

 [www.RutkowskiLawFirm.com](http://www.RutkowskiLawFirm.com)

 Bloomfield Hills & Rochester  
 Locations to serve you!

Elder Law	Medicaid Planning
Estate Planning & Asset Protection	Guardianship & Conservatorship
Probate & Trust Administration	Special Needs Trust

### 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.

### 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.

### 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

### AMERICAN HOUSE THE VILLAGE AT BLOOMFIELD

Wednesday March 12, Bus departs at 10:00am

Join us for **Wonderful Brunch** at the American House.



A community nestled in a wooded area overlooking the idyllic scenic wetland and still close to shopping, restaurants and health care providers.

The American House features one-and two-bedroom contemporary apartments with patios and balconies. They offer a large assortment of amenities and services, restaurant-style dining, weekly housing keeping, scheduled transportation, daily maid service.

You have many activities and social events to fill your calendar and a chance to explore new ones.



## ENRICHMENT

### POPULAR READS BOOK CLUB - AT NEXT IN PERSON AND ON ZOOM

Mondays, March 3 and April 7 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The March book selection is *The Safekeep* by Yael van der Wouden, and *Martyr!* by Kaveh Akbar in April. Register at Next — and Baldwin Public Library will provide the book.

### NON-FICTION BOOK GROUP (via Zoom)

Tuesday, March 11 and April 8 at 10:00 am

Facilitated by Jaclyn Miller, Associate Director of the Baldwin Public Library, join us to discuss *An Immense World* by Ed Yong in March, and *A Day in the Life of Abed Salama* by Nathan Thrall in April. 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, March 6, 20 & April 3, 17 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](mailto:rferlandson@gmail.com).

### CURRENT EVENTS DISCUSSION GROUP

Fridays at 12:00 noon

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

### TUESDAY JAZZ CLUB

Tuesdays from 3:00 pm to 4:30 pm

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



AUTUMN HOUSE  
BLOOMFIELD HILLS



#### Independent Living & Thrive Enhanced Care, featuring:

- Chef-prepared meals served daily to meet your needs
- Restaurant open daily until 7 pm
- Private walking paths & outdoor features including a gazebo and koi pond
- Local transportation included
- 24/7 onsite care team with nursing oversight



Like us on Facebook for upcoming details and events!

248.723.6275 | [AutumnHouse-BH.com](http://AutumnHouse-BH.com) | 6257 Telegraph Rd Bloomfield Hills, MI 48301



# FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

## March 5 – EMILIA PEREZ

From renegade author Jacques Audiard comes *Emilia Pérez*, an audacious fever dream that defies genres and expectations. Through liberating song and dance and bold visuals, this odyssey follows the journey of four remarkable women in Mexico, each pursuing their own happiness. The fearsome cartel leader Emilia (Karla Sofía Gascón) enlists Rita (Zoe Saldaña), an unappreciated lawyer stuck in a dead-end job, to help fake her death so that Emilia can finally live authentically as her true self.

Rated R 2 hours 12 minutes

## March 12 – BEETLEJUICE

After Barbara (Geena Davis) and Adam (Alec Baldwin) Maitland die in a car accident, they find themselves stuck haunting their country residence, unable to leave the house. When the unbearable Deetzes and teen daughter Lydia (Winona Ryder) buy the home, the Maitlands attempt to scare them away without success. Their efforts attract Beetlejuice (Michael Keaton), a rambunctious spirit whose help quickly becomes dangerous for the Maitlands and innocent Lydia.

Rated PG 1 hour 32 minutes

## March 19 – DIRTY DANCING

Baby (Jennifer Grey) is one listless summer away from the Peace Corps. Hoping to enjoy her youth while it lasts, she's disappointed when her summer plans deposit her at a sleepy resort in the Catskills with her parents. Her luck turns around, however, when the resort's dance instructor, Johnny (Patrick Swayze), enlists Baby as his new partner, and the two fall in love. Baby's father forbids her from seeing Johnny, but she's determined to help him perform the last big dance of the summer.

Rated PG13 1 hour 40 minutes

## March 26 – IT ENDS WITH US

Lily Bloom (Blake Lively) moves to Boston to chase her lifelong dream of opening her own business. A chance meeting with charming neurosurgeon Ryle Kincaid (Justin Baldoni) soon sparks an intense connection, but as the two fall deeply in love, she begins to see sides of Ryle that remind her of her parents' relationship. When Lily's first love, Atlas Corrigan, suddenly reenters her life, her relationship with Ryle gets upended, leaving her with an impossible choice.

Rated PG13 2 hours 10 minutes

## April 2 – SUPER/MAN: THE CHRISTOPHER REEVE STORY

The story of Christopher Reeve is an astonishing rise from unknown actor to iconic movie star, and his definitive portrayal of Clark Kent/Superman set the benchmark for the superhero

cinematic universes that dominate cinema today. Reeve portrayed the Man of Steel in four Superman films and played dozens of other roles that displayed his talent and range as an actor, before being injured in a near-fatal horseback riding accident in 1995 that left him paralyzed from the neck down. After becoming a quadriplegic, he became a charismatic leader and activist in the quest to find a cure for spinal cord injuries, as well as a passionate advocate for disability rights and care — all while continuing his career in cinema in front of and behind the camera and dedicating himself to his beloved family.

Rated PG13 1 hour 44 minutes

## April 9 – 13 GOING ON 30

A girl who's sick of the social strictures of junior high is transformed into a grown up overnight. In this feel-good fairy tale, teenager Jenna (Christa B. Allen) wants a boyfriend, and when she's unable to find one, she fantasizes about being a well-adjusted adult. Suddenly, her secret desire becomes a reality, and she is transformed into a 30-year-old (Jennifer Garner). But adulthood, with its own set of male-female challenges, isn't as easy as it looks.

Rated PG13 1 hour 38 minutes

## April 16 – TWISTERS

Haunted by a devastating encounter with a tornado, Kate Carter (Daisy Edgar-Jones) gets lured back to the open plains by her friend, Javi (Anthony Ramos), to test a groundbreaking new tracking system. She soon crosses paths with Tyler Owens (Glen Powell), a charming but reckless social-media superstar who thrives on posting his storm-chasing adventures. As storm season intensifies, Kate, Tyler and their competing teams find themselves in a fight for their lives as multiple systems converge over central Oklahoma. Rated PG13 2 hours 2 minutes

## April 23 – LUCY AND DESI

Lucille Ball and Desi Arnaz form an unlikely partnership to become one of the most prolific power couples in Hollywood. Rated PG 1 hour 43 minutes

## April 30 – THE NOTEBOOK

In 1940s South Carolina, mill worker Noah Calhoun (Ryan Gosling) and rich girl Allie (Rachel McAdams) are desperately in love. But her parents don't approve. When Noah goes off to serve in World War II, it seems to mark the end of their love affair. In the interim, Allie becomes involved with another man (James Marsden). But when Noah returns to their small town years later, on the cusp of Allie's marriage, it soon becomes clear that their romance is anything but over.

Rated PG13 2 hours 1 minute



## STREAMING @ NEXT!

Please join us in our continued study of Africa with these streaming opportunities.

### **AFRICA – A JOURNEY THROUGH NATURE & TRADITION**

Tuesday, March 11 at 10:30 am

Cost: Complimentary members / \$5 guests

Explore the vast and diverse landscapes of the African continent with a journey across Africa's contrasting environments. The incredible wildlife thriving in their natural habitats is showcased including iconic species like lions, elephants and gorillas. The ancient civilizations that shaped Africa's rich history and cultural traditions over thousands of years are discovered. The vibrant art, music and daily life of the many ethnic groups inhabiting this remarkable continent are experienced. Length: 52 minutes

### **JIMMY CARTER FROM THE PBS AMERICAN EXPERIENCE**

Tuesday, March 25 at 10:30 am

Cost: Complimentary members / \$5 guests

Jimmy Carter's story is one of the greatest dramas in American politics. In 1980, he was overwhelmingly voted out of office. Over the next two decades, he became one of the most admired statesmen and humanitarians in America and the world. Through interviews with people who knew him best, Jimmy C. traces his ascent in politics, his fall and unexpected resurrection. Length: 1 hour 53 minutes

### **ETHIOPIA FROM ABOVE – THE MOST INDEPENDENT NATION IN AFRICA**

Tuesday, April 8 at 10:30 am

Cost: Complimentary members / \$5 guests

Situated in the Horn of Africa, embark on an aerial journey across the most populous landlocked country on Earth. Explore the arid landscapes of the north, the lush valleys of the highlands, and the geological wonder of the Great Rift Valley. Discover the entrepreneurial spirit thriving in extraordinary locations. Finally, soar above the dramatic mountain ranges of the far south, home to some of the rarest creatures on Earth! Length: 51 minutes

### **GHANA: A NATION OF RICH HISTORY AND ICONIC WILDLIFE**

Tuesday, April 22 at 10:30 am

Cost: Complimentary members / \$5 guests

From the bustling streets of Accra to the lush forests of Kakum and from the vast expanse of Lake Volta to the ancient forts of the Cape Coast, this documentary reveals Ghana's natural beauty, cultural richness and historical significance like never before. Witness the vibrant festivals, thriving wildlife and the enduring spirit of the Ghanaian people, all captured with stunning clarity. Explore the heartbeat of West Africa from a perspective that will leave you in awe. Length: 51 minutes



## Your New Home Awaits!

The warm, welcoming feeling of home and family. It's what you notice first at Rose Senior Living Farmington Hills, and—you can be sure—it's what you'll experience every day.

Our independent living features exceptional services and amenities, maintenance-free living, wonderful dining, and comfortable spaces to gather with friends and family. Plus, the gracious, helping hand of assisted living and memory care is available whenever you need it, all on one campus. Now that's a retirement life you can love—and that's the singular vision of senior living Edward Rose and Sons brings to every one of our communities.

### **Our Leasing Center is now open!**

Call (248) 850-1351 to make your appointment.

Contact us to find out how to become a **Founders Club Member!**



*Independent Living | Assisted Living | Memory Care*

28800 West Eleven Mile Road • Farmington Hills, MI 48336  
FarmingtonHills.RoseSeniorLiving.com | (248) 850-1351

Managed by Life Care Services®



#1 in Customer Satisfaction among Independent Senior Living Communities, 8 Years in a row



#1 in Customer Satisfaction among Assisted Living Memory Care Communities

Life Care Services is the **most awarded company in the history** of the J.D. Power U.S. Senior Living Satisfaction Study.

Life Care Services has won more awards than any other company in the J.D. Power U.S. Senior Living Satisfaction Studies from 2016-2022. Visit [www.lifeservices.com](http://www.lifeservices.com) for more information.



# MIKE BUSH

*Realtor*<sup>®</sup>

---

**LIST, BUY, OR LEASE!**

248.885.0871 | [mikebush@wearedobi.com](mailto:mikebush@wearedobi.com)  
[michaelbush.wearedobi.com](http://michaelbush.wearedobi.com)

## WHY WORK WITH ME?

As a local native with almost 20 years of experience in the restaurant industry, and with my team's average of 50+ transactions a year, I know the ins and outs of the metro Detroit area. I can help you understand where your next adventure should be.

## FULLY INGRAINED IN THE COMMUNITY

As a lifelong resident of Beverly Hills/Royal Oak/Troy, I can help guide you to everything you need to know—from services, restaurants, entertainment, and more.

A key component of selecting an agent is feeling comfortable with the person who is going to help you find your next home. Whether listing or buying, I listen, guide, and consult, but I will not tell you what to do. I will help empower you in this next phase of your life.

From the westernmost part of the Detroit area to the Detroit River, and all the way north of Clarkston, I am knowledgeable about the areas and able to tailor to what you want to do. My job is to listen to you, support you, and make this move as smooth as possible.



## MEET MY TEAM

**CRAIG JOERIGHT** | *Realtor*<sup>®</sup>  
248.535.4750

**SHANE WILSON** | *Realtor*<sup>®</sup>  
248.686.4048

**DOBI**  
REAL ESTATE  
248.385.3350







## MEET OUR NEWEST MEMBERS

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

Robert and Pascale Bauer, Margaret Mary Becker, Elizabeth Boyles, Mary Lou Burns, Patricia Davis, Robert and Lisa Dery, Jim Foster and Mary Frances McCaleb, Arlene Gendelman, Michael and Kathleen Koernke, Jack Kujala, Dianne Logan, Gregg McDuffee, Patrick and Suzy Medici, Alyson Moore, Michael Palchesko, Marc Posen, Warren and Patty Sessink and Pamela Szalanski, Donna Censoni, Robert and Michele Mills, Diana Patterson, Carol Posen, and Rob Rich and Paula Carnovale, Matt and Karen Swafford.

### Our condolences to the family and friends of...

Carol Buese, Ed Ceswick, Donna Kelly, Barbara Ann Shapiro, and Candy Vaphiadis.

We are thinking of you... Dorothy Pfeifer.

## 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 Travicz, Van Driver  
Judy Murrell, Meals on Wheels

## THANK YOU FOR SUPPORTING NEXT!

### FOUNDATIONS AND GRANTS

Rosso Family Foundation c/o Mr. John Rosso  
Sutar Sutaruk Meyer Foundation c/o Stuart Sherman

### 2024 SHARE THE SPIRIT CAMPAIGN

Margaret Alberts, Bob and Gerri Anders, Gretchen Anderson, Heather Armbruster, Randy Barnett, Ralph and Marcia Bergeman, Harley and Toby Berger, Anne Bernardini, Jim and Ann Bertrand, Birmingham Bloomfield Newcomers Club, Sue Boyle, Tom and Cris Braun, John and Sheila Brice, Tom Brookover, Pat Brooks, Linda Buchanan, Eileen Buck, Joe and Carol Buese, Greg and Maureen Burry, Gillian Catchpole, Pamela Catto, Carol Chadwick, Marilyn Citron, Richard and Molly Close, Beth Coakley, Pat Coe, Denise Cooper, Jessica Cooper, Fran Dagbovie, Sandy Debicki, Char DeIvero, Carroll and Pam DeWesse, Lynn Doelle, Bill and Sharon Donnelly, Michael and Chizuko Donovan, Joseph and Judith Drobot, Peggy Dufault, DeWitt Dykes and Silverenia Kanoyton-Dykes, Carol Edwards, Marilyn Elliott, Bob and Chris Erlandson, Muffy Ernster, Rachel Feder, David and Maureen Field, Ray and Gloria Finocchio, Gene and Lydia Francis, Phil and Shirley Gach, Ellie Gause, Bonnie Goldmacher, Rod Goodyear, Dennys Grady, Carla Grava, Fran Green, Rick and Susan Gwizdz, Sam Hays, John Heenan, Malcolm and June Hendy, Bobbi Hess, Myrna Hitchman, Racky Hoff, Brad Host, Elaine Hudson, Dan Hughes, Elaine Igno, Sedell Ives, Martha Jackson, Joe Kado, Florence Kassab, Dr. Donald Ketai, Janice King,

### INDIVIDUAL

JoAnn Geitka, Neil Hitz, Terri Koller, Marsha Lynn, William Martin, Mike and Jan Matuszewski, Jerry Mills, Karen Mitchell, Ed and Carolann Morykwas, Lee and Joan Pettigrew, Sheldon and Suzanne Simon, and Marva Williams.

Bob and Pat Koenigsnecht, Walter and Maureen Kowal, Kathryn Krajicek, David Kraus, Richard and Ruby Kushner, Fran Levin, Charles Lillie, Connie Lyons, John and Julie Mandich, Ben and Cheryl Mangiapane, Tom and Missy Mark, Marie Matice, Jane McKee, Pat Meyers, Evelyn Micheletti, George and Faye Miller, Laura Miller, Rita Morisette, Judy Murrell, Patricia Naski, Next Knitters, John and Juley Novak, Lyle and Ellen Nustad, Geraldine Pappas, Stanley Pasioka, Jr., Patti Peacock, Laurie Penn, Peggy Peterson, Thomas Pongratz, Sharon Pugh, Del Puscas, Dr. J. Patrick and Lynn Quigley, Cynthia Ranzilla, Renate Reimer, Jay Reynolds, Gloria Rhodes, Pam Rijnovean, Lynn Russell, Sue Sadley, Phyllis Salter, Kathleen Schein, Dr. Fremont and Paddy Scott, Charles Sestok, Kenneth Svendsen and Allison Everett, Jim and Jackie Simon, Diane Slon, Douglas and Lori Soifer, Karen Street, Judy Stucky, Dorothy Sullivan, Sally Teague, Marion Trabucchi, James Valiquett, Michelle Vanderheyden, Mickie Vassel and Albert Nagra, Dr. Douglas Weaver, Alice West, Heinz and Cheryl Wolff-Beckert, Francoise Wilhelm, Earl Wilkerson, Steve and Marcia Wilkinson, Kathy Wilson and Robert and Gayle Zimmerer.

# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting &amp; Crocheting 10:15 Line Dancing 11:00 Blood Pressure &amp; Blood Oxygen Clinic 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Bingo 1:00 Popular Reads Book Club 1:00 Pinochle 1:00 Mah Jongg 3:00 Trivia Time! 4:00 Beginning Spanish 4:30 Pickleball</p>	<p><b>4</b></p> <p>10:00 Birmingham Bloomfield Newcomers Coffee 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 In-Depth Study of East Africa 1:00 Chess 1:00 Studio Art 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball</p>	<p><b>5</b></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 12:30 Pain Solution 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tennis - Mixed Doubles 2:30 Tai Chi - Beginner 3:30 Advanced Beginner Spanish 4:30 Pickleball 5:00 Movie: Emilia Perez</p>	<p><b>6</b></p> <p>9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette &amp; Brush Club 10:45 Baldwin Public Library - IDEA Lab 11:00 Cantoro Italian Market - Lunch &amp; Shopping 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:30 Chair Yoga and Meditation 3:30 Cardio Dance - <i>New Date!</i> 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Music of West Africa</p>	<p><b>7</b></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 Pinochle 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles</p>
<p><b>10</b></p> <p>9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting &amp; Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 4:00 Beginning Spanish 4:30 Pickleball 5:30 Parkinson's Support Group</p>	<p><b>11</b></p> <p>10:00 Non-Fiction Book Club 10:00 Beginning &amp; Intermediate Drawing Workshop 10:30 Streaming: Africa - A Journey Through Nature &amp; Tradition 11:00 Womens Roundtable 12:00 Canasta 12:30 Hudson's 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:00 New Facility Update Presentation 4:30 Pickleball</p>	<p><b>12</b></p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 American House Trip 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 1:00 Balanced Yoga for Wellness 1:00 What you need to know about colon cancer 1:00 Pinochle 1:30 Tennis - Mixed Doubles 2:30 Tai Chi Beginner 3:30 Advanced Beginner Spanish 4:30 Pickleball 5:00 Movie: Beetlejuice</p>	<p><b>13</b></p> <p>9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette &amp; Brush Club 10:00 Photography Club 10:00 Michigan Central Station Tour 11:00 Detroit's Irish Population 11:30 Life of Pi - Wharton Center 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:30 Chair Yoga and Meditation 3:30 Cardio Dance - <i>New Date!</i> 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Akogo/Karimba, The Music of Uganda and South Africa</p>	<p><b>14</b></p> <p>9:15 Friday Fitness 9:15 DSO - La Vida Loca 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 1:30 Tennis - Mixed Doubles</p>
<p><b>17</b></p> <p>9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting &amp; Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Bingo 1:00 Pinochle 1:00 Mah Jongg 4:00 Beginning Spanish 4:30 Pickleball</p>	<p><b>18</b></p> <p>10:00 Beginning &amp; Intermediate Drawing Workshop 11:00 Womens Roundtable 12:00 Canasta 12:00 Peace of Mind 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Studio Art 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 6:00 Michael Jenkins, Guitarist</p>	<p><b>19</b></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 1:00 Balanced Yoga for Wellness 1:00 Flower Vase Basket Class 1:00 Pinochle 1:30 Tennis - Mixed Doubles 3:30 Advanced Beginner Spanish 4:30 Pickleball 5:00 Movie: Dirty Dancing</p>	<p><b>20</b></p> <p>9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette &amp; Brush Club 11:00 Charitable Giving Strategies 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:30 Chair Yoga and Meditation 3:30 Cardio Dance - <i>New Date!</i> 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Rhythms of Resilience &amp; Change. Looking Back at Detroit's Paradise Valley &amp; Black Bottom</p>	<p><b>21</b></p> <p>9:15 Friday Fitness 10:00 Limber Up 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Bingo 1:00 Pinochle 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles</p>
<p><b>24</b></p> <p>9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting &amp; Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 4:00 Beginning Spanish 4:30 Pickleball</p>	<p><b>25</b></p> <p>10:00 Beginning &amp; Intermediate Drawing Workshop 10:30 Streaming: Jimmy Carter from the PBS American Experience 11:00 Womens Roundtable 11:00 Break Out of Hibernation 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball</p>	<p><b>26</b></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 12:00 Introduction to Henna 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tennis - Mixed Doubles 3:30 Advanced Beginner Spanish 4:30 Pickleball 5:00 Movie: It Ends With Us</p>	<p><b>27</b></p> <p>9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette &amp; Brush Club 11:00 DIA - Melodies at the Museum 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:30 Chair Yoga and Meditation 3:30 Cardio Dance - <i>New Date!</i> 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Altar, The Dam and Modernity: Ethiopia, Egypt and Entangled Histories</p>	<p><b>28</b></p> <p>9:15 Friday Fitness 10:00 Limber Up 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles</p>
<p><b>31</b></p> <p>9:00 Low Impact Aerobics 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting &amp; Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 4:00 Beginning Spanish 4:30 Pickleball</p>				

# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b></p> <p>10:00 Beginning &amp; Intermediate Drawing Workshop</p> <p>10:00 Birmingham Bloomfield Newcomers Coffee</p> <p>11:00 Womens Roundtable</p> <p>12:00 Canasta</p> <p>12:30 Socki</p> <p>12:30 Partners Bridge</p> <p>1:00 Chess</p> <p>1:00 Shanghai Rummy</p> <p>1:00 Brain Health</p> <p>1:30 Chair Yoga and Meditation</p> <p>3:00 Jazz Club</p> <p>4:00 Yoga For Well Being!</p> <p>4:30 Pickleball</p> <p>5:30 Stamp Club</p>	<p><b>2</b></p> <p>9:00 Men's Roundtable</p> <p>9:15 Flow Yoga</p> <p>10:00 Limber Up</p> <p>10:00 Double Deck Pinochle</p> <p>10:00 Euchre</p> <p>10:00 Needle Arts Open Studio</p> <p>1:00 Balanced Yoga for Wellness</p> <p>1:00 Pinochle</p> <p>1:30 Tennis - Mixed Doubles</p> <p>2:30 Tai Chi - Beginner</p> <p>3:30 Advanced Beginner Spanish</p> <p>4:30 Pickleball</p> <p>5:00 Movie: Super/Man: The Christopher Reeve Story</p>	<p><b>3</b></p> <p>9:00 Low Impact Aerobics</p> <p>9:30 Writer's Corner</p> <p>9:30 Pottery Studio</p> <p>9:30 Palette &amp; Brush Club</p> <p>11:30 The Shephard</p> <p>12:00 Canasta</p> <p>12:30 Pickleball</p> <p>1:00 Timeless Tunes</p> <p>1:00 Bowling League</p> <p>1:30 Chair Yoga and Meditation</p> <p>3:30 Cardio Dance</p> <p>4:00 Chess Lessons</p> <p>4:30 Pickleball</p> <p>5:00 Chess Club</p> <p>6:00 Lecture: : Turmoil in the Middle East - The Fall of the Axis of Resistance (Evil)</p>	<p><b>4</b></p> <p>9:15 Friday Fitness</p> <p>10:00 Limber Up</p> <p>10:00 Tai Chi - Intermediate</p> <p>11:00 Duplicate Bridge</p> <p>12:00 Current Events</p> <p>12:30 Pickleball</p> <p>1:00 Pinochle</p> <p>1:00 Mah Jongg</p> <p>1:30 Tennis - Mixed Doubles</p>
<p><b>7</b></p> <p>9:00 Low Impact Aerobics</p> <p>9:30 Stretch &amp; Relax</p> <p>10:00 Limber Up</p> <p>10:00 Knitting &amp; Crocheting</p> <p>10:15 Line Dancing</p> <p>11:00 Blood Pressure &amp; Blood Oxygen Clinic</p> <p>11:15 Duplicate Bridge</p> <p>12:30 Pickleball</p> <p>1:00 Popular Reads</p> <p>1:00 Pinochle</p> <p>1:00 Bingo</p> <p>1:00 Mah Jongg</p> <p>3:00 Trivia Time!</p> <p>4:30 Pickleball</p>	<p><b>8</b></p> <p>10:00 Non-Fiction Book Club</p> <p>10:00 Beginning &amp; Intermediate Drawing Workshop</p> <p>10:30 Streaming: Ethiopia from Above</p> <p>11:00 Womens Roundtable</p> <p>12:00 Canasta</p> <p>12:30 Socki</p> <p>12:30 Partners Bridge</p> <p>1:00 Studio Art</p> <p>1:00 Chess</p> <p>1:00 Shanghai Rummy</p> <p>1:00 Planning your Garden</p> <p>1:30 Chair Yoga and Meditation</p> <p>3:00 Jazz Club</p> <p>4:00 Yoga For Well Being!</p> <p>4:30 Pickleball</p>	<p><b>9</b></p> <p>9:00 Men's Roundtable</p> <p>9:15 Flow Yoga</p> <p>10:00 Limber Up</p> <p>10:00 Double Deck Pinochle</p> <p>10:00 Euchre</p> <p>10:00 Needle Arts Open Studio</p> <p>1:00 Balanced Yoga for Wellness</p> <p>1:00 Pinochle</p> <p>1:00 Jelly Jar Basket Class</p> <p>1:30 Tennis - Mixed Doubles</p> <p>2:30 Tai Chi - Beginner</p> <p>3:30 Advanced Beginner Spanish</p> <p>4:30 Pickleball</p> <p>5:00 Movie: 13 Going On 30</p>	<p><b>10</b></p> <p>9:00 Low Impact Aerobics</p> <p>9:30 Pottery Studio</p> <p>9:30 Palette &amp; Brush Club</p> <p>10:00 Photography Club</p> <p>11:00 Jigsaw Puzzle Tournament</p> <p>12:00 Canasta</p> <p>12:30 Pickleball</p> <p>1:00 Studio Art</p> <p>1:00 Bowling League</p> <p>1:30 Chair Yoga and Meditation</p> <p>3:30 Cardio Dance - <i>New Date!</i></p> <p>4:00 Chess Lessons</p> <p>4:30 Pickleball</p> <p>5:00 Chess Club</p> <p>6:00 Lecture: The Life and Thought of H. Odera Oruka: Pursuing Justice in Africa</p>	<p><b>11</b></p> <p>9:15 Friday Fitness</p> <p>10:00 Limber Up</p> <p>10:00 Tai Chi - Intermediate</p> <p>11:00 Duplicate Bridge</p> <p>12:00 Current Events</p> <p>12:30 Pickleball</p> <p>1:00 Pinochle</p> <p>1:00 Mah Jongg</p> <p>1:30 Tennis - Mixed Doubles</p>
<p><b>14</b></p> <p>9:00 Low Impact Aerobics</p> <p>9:30 Stretch &amp; Relax</p> <p>10:00 Limber Up</p> <p>10:00 Knitting &amp; Crocheting</p> <p>10:15 Line Dancing</p> <p>11:15 Duplicate Bridge</p> <p>12:30 Pickleball</p> <p>1:00 Pinochle</p> <p>1:00 Mah Jongg</p> <p>4:30 Pickleball</p> <p>5:30 Parkinson's Support Group</p>	<p><b>15</b></p> <p>10:00 Beginning &amp; Intermediate Drawing Workshop</p> <p>11:00 Womens Roundtable</p> <p>12:00 Canasta</p> <p>12:00 Hearing Issues</p> <p>12:30 Socki</p> <p>12:30 Partners Bridge</p> <p>1:00 Chess</p> <p>1:00 Studio Art</p> <p>1:00 Shanghai Rummy</p> <p>1:30 Chair Yoga and Meditation</p> <p>3:00 Jazz Club</p> <p>4:00 Yoga For Well Being</p> <p>4:30 Pickleball</p>	<p><b>16</b></p> <p>9:00 Men's Roundtable</p> <p>9:15 Flow Yoga</p> <p>10:00 Limber Up</p> <p>10:00 Double Deck Pinochle</p> <p>10:00 Euchre</p> <p>10:00 Needle Arts Open Studio</p> <p>1:00 Balanced Yoga for Wellness</p> <p>1:00 Pinochle</p> <p>1:30 Tennis - Mixed Doubles</p> <p>2:30 Tai Chi - Beginner</p> <p>4:30 Pickleball</p> <p>5:00 Movie: Twisters</p>	<p><b>17</b></p> <p>9:00 Low Impact Aerobics</p> <p>9:30 Writer's Corner</p> <p>9:30 Pottery Studio</p> <p>9:30 Palette &amp; Brush Club</p> <p>11:00 DIA - Melodies at the Museum</p> <p>12:00 Canasta</p> <p>12:30 Pickleball</p> <p>1:00 Studio Art</p> <p>1:00 The Joy of Belly Dancing</p> <p>1:00 Bowling League</p> <p>1:30 Chair Yoga and Meditation</p> <p>3:30 Cardio Dance - <i>New Date!</i></p> <p>4:00 Chess Lessons</p> <p>4:30 Pickleball</p> <p>5:00 Chess Club</p> <p>6:00 Lecture: Bottled Messages</p>	<p><b>18</b></p> <p>9:15 Friday Fitness</p> <p>10:00 Limber Up</p> <p>10:00 Tai Chi - Intermediate</p> <p>10:30 Blunch Trip</p> <p>11:00 Duplicate Bridge</p> <p>12:00 Current Events</p> <p>12:30 Pickleball</p> <p>1:00 Mah Jongg</p> <p>1:00 Pinochle</p> <p>1:30 Tennis - Mixed Doubles</p>
<p><b>21</b></p> <p>9:00 Low Impact Aerobics</p> <p>9:30 Stretch &amp; Relax</p> <p>10:00 Limber Up</p> <p>10:00 Knitting &amp; Crocheting</p> <p>10:15 Line Dancing</p> <p>11:15 Duplicate Bridge</p> <p>12:30 Pickleball</p> <p>1:00 Bingo</p> <p>1:00 Mah Jongg</p> <p>1:00 Pinochle</p> <p>4:30 Pickleball</p>	<p><b>22</b></p> <p>10:30 Streaming: Ghana: A Nation of Rich History &amp; Iconic Wildlife</p> <p>11:00 Womens Roundtable</p> <p>12:00 Canasta</p> <p>12:30 Socki</p> <p>12:30 Partners Bridge</p> <p>1:00 World of Forensic Science</p> <p>1:00 Chess</p> <p>1:00 Studio Art</p> <p>1:00 Shanghai Rummy</p> <p>1:30 Chair Yoga and Meditation</p> <p>3:00 Jazz Club</p> <p>4:00 Yoga For Well Being</p> <p>4:30 Pickleball</p>	<p><b>23</b></p> <p>9:00 Men's Roundtable</p> <p>9:15 Flow Yoga</p> <p>10:00 Limber Up</p> <p>10:00 Double Deck Pinochle</p> <p>10:00 Euchre</p> <p>10:00 Needle Arts Open Studio</p> <p>1:00 Pinochle</p> <p>1:00 Balanced Yoga for Wellness</p> <p>1:30 Tennis -Mixed Doubles</p> <p>2:30 Tai Chi - Beginner</p> <p>4:30 Pickleball</p> <p>5:00 Movie - Lucy And Desi</p>	<p><b>24</b></p> <p>9:00 Low Impact Aerobics</p> <p>9:30 Pottery Studio</p> <p>9:30 Palette &amp; Brush Club</p> <p>12:00 Canasta</p> <p>12:30 Pickleball</p> <p>1:00 Volunteer Expo</p> <p>1:00 Studio Art</p> <p>1:00 Bowling League</p> <p>1:30 Chair Yoga and Meditation</p> <p>3:30 Cardio Dance - <i>New Date!</i></p> <p>4:00 Chess Lessons</p> <p>4:00 Introduction to Henna</p> <p>4:30 Pickleball</p> <p>5:00 Chess Club</p> <p>6:00 Lecture: History of the 45th Division in WWII</p>	<p><b>25</b></p> <p>9:15 Friday Fitness</p> <p>9:15 DSO - Women Rock</p> <p>10:00 Limber Up</p> <p>10:00 Tai Chi - Intermediate</p> <p>11:00 Duplicate Bridge</p> <p>12:00 Current Events</p> <p>12:30 Pickleball</p> <p>1:00 Mah Jongg</p> <p>1:00 Pinochle</p> <p>1:30 Tennis - Mixed Doubles</p>
<p><b>28</b></p> <p>9:00 Low Impact Aerobics</p> <p>9:30 Stretch &amp; Relax</p> <p>10:00 Limber Up</p> <p>10:00 Knitting &amp; Crocheting</p> <p>10:15 Line Dancing</p> <p>11:15 Duplicate Bridge</p> <p>12:30 Pickleball</p> <p>1:00 Pinochle</p> <p>1:00 Mah Jongg</p> <p>4:30 Pickleball</p>	<p><b>29</b></p> <p>11:00 Womens Roundtable</p> <p>11:00 African American Quilting</p> <p>12:00 Canasta</p> <p>12:30 Socki</p> <p>12:30 Partners Bridge</p> <p>1:00 Chess</p> <p>1:00 Shanghai Rummy</p> <p>1:30 Chair Yoga and Meditation</p> <p>3:00 Jazz Club</p> <p>4:00 Yoga For Well Being!</p> <p>4:30 Pickleball</p>	<p><b>30</b></p> <p>9:00 Men's Roundtable</p> <p>9:15 Flow Yoga</p> <p>10:00 Limber Up</p> <p>10:00 Double Deck Pinochle</p> <p>10:00 Euchre</p> <p>10:00 Needle Arts Open Studio</p> <p>1:00 Balanced Yoga for Wellness</p> <p>1:00 Pinochle</p> <p>1:30 Tennis -Mixed Doubles</p> <p>2:30 Tai Chi - Beginner</p> <p>4:30 Pickleball</p> <p>5:00 Movie - The Notebook</p>	<p><b>1 MAY</b></p> <p>9:00 Low Impact Aerobics</p> <p>9:30 Pottery Studio</p> <p>9:30 Palette &amp; Brush Club</p> <p>10:15 Mill Race Village</p> <p>12:00 Canasta</p> <p>12:30 Pickleball</p> <p>1:00 Bowling League</p> <p>1:30 Chair Yoga and Meditation</p> <p>3:30 Cardio Dance - <i>New Date!</i></p> <p>4:00 Chess Lessons</p> <p>4:30 Pickleball</p> <p>5:00 Chess Club</p> <p>6:00 Lecture: Healing through Creating via the Power of Storytelling</p>	





*Your Place to Stay Active & Connected*

2121 Midvale Street • Birmingham, MI 48009-1509  
 248-203-5270 • [www.BirminghamNext.org](http://www.BirminghamNext.org)

**NEW FACILITY UPDATE  
 Presented by Next**

Learn about the new facility project currently underway that will provide Next a new, updated space to continue and enhance Next senior services. Please join us at Next on Tuesday, March 11 at 4:00 pm.

We will share the latest information, and leave plenty of time to address your comments and questions.



**ACTIVITY PAGE**

Michael Jenkins, Hudson’s Department Store, Calling all Jigsaw Puzzle Lovers! Join us at the Volunteer Expo! .....	1
Happenings at Next .....	2-3
Community Champions.....	4
Health & Wellness .....	5
Speaker Series .....	6-7
Fitness .....	8-9
Day Trips.....	10-11
Art & Creativity .....	12
Cards, Tiles, Collectors .....	13
Health & Nutrition .....	14
Support Services .....	16
Enrichment .....	17
Feature Films.....	18
Streaming.....	19
Donations / Policy Reminders.....	21
Calendars .....	22-23

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

**BOARD OF DIRECTORS**

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

**BOARD MEMBERS**

- Christine Allen
- Linda Barclay
- Greg Burry
- Sandy Debicki
- Jeff Hoomanian
- Stuart Jeffares
- Bob Koenigs knecht
- Julie Mandich
- Eileen Pulker
- Gordon Rinschler
- Diane Slon
- Lori Soifer
- Joe Valentine
- W. Douglas Weaver, M.D.
- Rock Abboud, Beverly Hills Liaison
- Kathy Mechigan, Bingham Farms Liaison
- Michael Seltzer, Franklin Liaison

**HOURS**

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

**HOLIDAY HOURS**

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

**MEMBERSHIP DUES**

Residents of Birmingham, Bingham Farms, Beverly Hills, and Franklin  
 \$55/year Single Membership  
 \$70/year Family Membership  
 All Other Communities  
 \$80/year Single Membership  
 \$95/year Family Membership