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MARCH/APRIL 2026

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

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Everyone is a wee bit Irish on St. Patrick's Day!

So, wear your green and... "dance as if no one were watching. Sing as if no one were listening. And, live every day as if it were your last."



IRISH DANCE PERFORMANCE AND RECEPTION

Shannon School of Irish Dance
Tuesday, March 17 at 6:00 p.m.
Complimentary members/guests \$5



Celebrate St. Patrick's Day at Next in true, traditional Irish style! The Shannon Irish Dance Academy & Company will perform an

authentic set of Irish dance steps to the tune of Irish music. The Shannon Irish Dance Academy is an accredited school of Irish dance, proud to perpetuate the traditions and culture of Ireland. After the performance we will celebrate St. Patrick's Day with Irish tea and cookies! This program is generously sponsored by Hampton Manor.

IRISH IMMIGRANTS IN MICHIGAN: A HISTORY IN STORIES

Elizabeth Rice and Pat Commins, Authors
Tuesday, March 17 at 1:00 pm
Cost: Complimentary members / \$5 guests

In celebration of St. Patrick's Day, historians, authors and cousins, Elizabeth Rice and Pat Commins will discuss their book, *Irish Immigrants in Michigan: A History in Stories*, through storytelling. They will share the experiences of individuals and families who immigrated from Ireland to Michigan. Books will be available for purchase.

A MELODIC CONCERT TO WELCOME SPRING

Birmingham Musicale String Ensemble
Thursday, March 26 at 11:00 am
Cost: Complimentary members / \$5 guests



Come join the Birmingham Musicale String Ensemble for a program of lighthearted classics and timeless melodies. Mozart, Holst, the whimsy of Leroy Anderson, tunes from Aladdin, and more. Welcome spring with a song in your heart at NEXT.

VOLUNTEER EXPO!

Thursday, April 23 from 1:00 – 2:30 pm
Cost: Complimentary



Is 2026 the year you've decided to add volunteering to your list of commitments, but you 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! You are invited to attend Next's Volunteer Expo, where you will have the opportunity to meet with different businesses and non-profit organizations, explore their volunteer options and hopefully, sign up with one or more of them! This is a great way to connect those with a passion for service (you!) with a variety of worthy organizations! Sign up today!



TRIVIA TIME! with Tricia Olevnick

Mondays, March 9 and April 13 at 3:00 pm
Cost: Complimentary members / \$5 guests

Enjoy an afternoon of trivia with Tricia Olevnick, professional trivia host. Teams of four will enjoy friendly competition with a chance to win bragging rights. Try it out! Challenge your brain!

ADVANCED SPANISH CONVERSATION FOR COGNITIVE WELL-BEING with SEÑORA BARTLETT

Ongoing Wednesdays at 4:00 pm
Cost: 6-week series: \$120 members / \$125 guests

This course is designed to provide a stimulating and engaging environment for individuals interested in learning Spanish while promoting cognitive health. Through interactive conversation activities, this course aims to enhance mental agility, memory, and linguistic skills, all while fostering social connections and cultural understanding. Participants will explore daily conversational topics. Recommended for individuals who have had some exposure to the Spanish language in the past. Señora Carla Bartlett is a native Spanish speaker and 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.

GREEN BURIALS – LUNCH AND LEARN Mike Smela, A.J. Desmond and Sons

Tuesday, March 10 at 12:00 pm
Cost: Complimentary members / \$5 guests

How can I plan my final wishes in an "eco-friendlier" environment? What are the differences for burial and cremation? Can I still have a visitation? Learn more about shielding your family from unnecessary emotional and financial burdens, while creating a personal celebration of your life. Lunch will be served for those who register.

HUMAN TRAFFICKING Michele Isbister, Executive Director, Hope Against Trafficking

Thursday, March 12 at 1:00 pm
Cost: Complimentary members / \$5 guests

Join us as Michele Isbister educates us about human trafficking and the work being done by Hope Against Trafficking to provide long-term, safe environments and comprehensive programs for adult survivors of this serious and criminal victimization. Ms. Isbister is a dedicated advocate for survivors of human trafficking and a leader in nonprofit management. Since 2018, she has volunteered with Hope Against Trafficking and has served as a Board Member, Treasurer, President and now, Executive Director.

BOOSTING YOUR METABOLISM AND LOSING WEIGHT

Aaron Wallace, Owner, Balance Your Fitness
Wednesday, March 18 at 12:30 pm
Cost: Complimentary members / \$5 guests

This engaging and informative class led by health expert, Aaron Wallace, explores the science behind improving metabolism and practical tools to improve weight loss results and decrease inflammation. The session will include interactive discussions and actionable tips, making it ideal for anyone seeking to improve their health this year!

BACK-TO-BACK MODALEK

THE CONSTITUTION AND BALANCE OF POWER Ryan Mondalek, Political Analyst

Tuesday, March 31 at 1:00 pm
Cost: Complimentary members / \$5 guests

This presentation discusses the constitutional system of the United States of America and the balance of power between the 3 branches of government and the states at the beginning of the republic and today. Join us for this timely talk.

THE AI REVOLUTION: UNDERSTANDING THE RAPID ADVANCEMENT, THE SINGULARITY AND THE GEOPOLITICS OF AI - Gus Mondalek

Tuesday, April 7 at 1:00 pm
Cost: Complimentary members / \$5 guests

This presentation introduces AI as computer intelligence that learns, makes decisions, and solves problems, emphasizing its rapid advancement due to abundant data, powerful computers (GPUs), and smarter algorithms like deep learning. It highlights AI's presence in daily life through smartphones, social media, online shopping, healthcare, and self-driving cars. The presentation then explains "the Singularity" as the point where AI surpasses human intelligence and can rapidly improve itself, leading to unpredictable changes.

SPRING ORIGAMI – JAPANESE PAPER FOLDING WORKSHOP - Lauren Northrop and Chizuko Donovan, Instructors

Thursday, April 9 at 1:00 pm
Cost: Complimentary members / \$5 guests

Join us for a fun and creative workshop where you can learn to fold paper into beautiful shapes and designs – this time, with a Spring twist! The timeless craft of origami is not only enjoyable to do, it's good for your brain! It can help reduce stress, improve hand-eye coordination, boost creativity, enhance patience and persistence and promote learning. If you took part in last year's workshop, you already know the benefits!



GROWING OLDER IN AMERICA - A CANDID DISCUSSION

Amanda Gardner, JD, estate planning attorney at Schluter & Hughes Law

Jamie Oldham, RN, Director of Care Coordination at Schluter & Hughes Law and member of the Aging Life Care Association

Tuesday, March 24 at 1:00 pm

Cost: Complimentary members / \$5 guests

Getting older is a journey and none of us should have to navigate it alone. Join us for an engaging, interactive conversation about the realities of aging in America today. This session is designed to be participatory, welcoming, and full of practical takeaways. Bring your questions and hear directly from trusted professionals.

We'll cover today's most important topics:

- New tax changes and financial considerations
- Aging in place: the latest strategies and support options
- Planning for changing health needs, for yourself or a loved one
- How to work effectively with caregivers, facilities, and care coordinators
- Legal and estate planning essentials: lawyers, trustees, and beyond

Whether you're planning ahead or supporting someone you care about, this discussion will help you feel more informed, prepared, and empowered.

STAGE NATURE CENTER – A GEM OF OAKLAND COUNTY - Michelle Goyette, Special Events

Coordinator, Troy Nature Society

Tuesday, April 14 at 1:00 pm

Cost: Complimentary members / \$5 guests

Please join Michelle Goyette for an interactive presentation about Stage Nature Center (SNC) and the Troy Nature Society that oversees educational programs and activities at SNC. The headwaters of the Rouge River flow through this unique 100-acre preserve. Michelle will share some of the materials used in the educational programs offered at Stage. Definitely a place to learn about and then visit by yourself, with a friend or grand kids!

YOUR NEW CREATIVE PARTNER: UNDERSTANDING GENERATIVE AI

Karen McDevitt, Associate Professor of Teaching for Wayne State University's Media Arts and Studies Program

Tuesday, April 21 at 1:00 pm

Cost: Complimentary members / \$5 guests

This program will explore the basics of Generative Artificial Intelligence (GenAI), from its fascinating capabilities like creating art and writing, to providing personal assistance (Siri! Alexa!).

GenAI is already shaping everyday life, providing both opportunities and challenges. This session will help you to better understand and navigate this transformative innovation. (Note: This class description was written by ChatGPT.)

APRIL 28 – PIANO TUNES PERFORMANCE Matt Ball – The “Boogie-Woogie Kid”

Tuesday, April 28 at 6:00 p.m.

Cost: Complimentary members / \$5 guests

From Gershwin to The Beatles, Pianist/Singer Matthew Ball brings a music smile to listeners with a unique and fresh boogie-woogie piano twist to Classic American Songs we all know & love from yesteryear, movies, and pop culture! This performance will include favorites like In the Mood, Georgia, All My Lovin,



Can't Help Fallin' in Love with You, New York New York, It Had to be You, Isn't She Lovely, Take Good Care of My Baby, Just a Closer Walk, In my Life, Moonglow, What a Wonderful World, On the Sunny Side of the Street, Amazing Grace, Bumble Boogie, and more! This program is generously sponsored by Fyzical Therapy and Balance Centers.

BEING MORTAL, WHAT ARE OUR TREATMENT WISHES? - Mel Chudnof, PhD

Tuesday, April 28 at 1:00 pm

Cost: Complimentary members / \$5 guests

In his book, *Being Mortal*, Dr. Atul Gawande discusses the struggles of his profession and those of his patients with life-threatening illnesses. Patients often seek, or are given, treatments that help them live the longest, but not always the best, lives. This program will use Gawande's findings to discuss aging, illness, death and quality of life.

Note: Attendees may benefit from reading Being Mortal, prior to this presentation.

AMERICAN SCENES: SONGS FROM THE NEW WORLD - Kelly and Darryl Roenicke

Thursday, April 30 at 1:00 pm

Cost: Complimentary members / \$5 guests

In advance of the 250th Anniversary of America, Kelly and Darryl will perform, "American Scenes: Songs from the New World," featuring works by American composers. There will be some classical pieces, as well as some popular songs from songwriters such as Gershwin, Rodgers and Hammerstein, and Cole Porter. Join us for this musical salute to America!

NEXT UPDATES: THE MOVE TO 400 E. LINCOLN

Our address may be changing, but our mission and commitment to seniors will not. As we design our new space, we will always be mindful of what makes Next special – a warm and welcoming space where seniors can discover meaningful programs while cultivating lasting friendships.

Project overview: With the Birmingham Commission's unanimous approval, the City of Birmingham bought the former YMCA building at 400 East Lincoln in 2023 with Next contributing \$500,000 to the purchase and an additional \$250,000 in professional services. The Commission also unanimously approved a Memo of Understanding with Next defining occupancy, and a three-year senior millage for building updates, which received a 69% approval rate among Birmingham voters.

Where we are today: After trying to design a building that would accommodate Next, and the YMCA when the YMCA

reversed their decision to stay in Birmingham, the City Commission found the prospective new building to be too large and too expensive in today's economic climate and voted to not put the project on the November ballot.

Reverting to the original plan, there will be approximately \$3.2 million dollars collected from the senior millage to update the building. The City of Birmingham and Next will work with Neumann Smith architects to design Phase I of the project, making the first floor better suited for senior programs, ADA compliance and up to current safety codes.

Relocation: After the design work is approved by the City Commission, a construction firm will be chosen and renovations will begin in the fall of 2026. We will move prior to May of 2027 when the Next lease with the Birmingham Public Schools expires.

THANK YOU FOR SUPPORTING NEXT - YOUR GIFT MAKES A DIFFERENCE!

2025 SHARE THE SPIRIT CAMPAIGN

Joel and Judy Adelman, Margaret Alberts, Christine Allen, Gretchen Anderson, Marie Bailey, Donald Baldwin, Nancy Balog, Linda Barclay, Randy Barnett, Harvey and Kay Bell, IV, Ralph and Marcia Bergemann, Harley and Toby Berger, Jim and Ann Bertrand, Sherry Bierkle, Charles Blank, Stuart and Patty Bordman, Rose Boyll, Cris and Tom Braun, Catherine Briggs, Tom Brookover, Don and Patti Brundirks, Linda Buchanan, Eileen Buck, Matthew and Karen Capaldi, Inge Chen, Howard and Judith Christie, Richard Close, Beth Coakley, Gary and Linda Condo, Linda Constantino, Jessica Cooper, Rebekah Craft, Char Del Vero, Jim and Julie Delaney, Darlene Diavanni, Russell and Susan Dixon, William and Sharon Donnelly, Mike and Chizuko Donovan, Peggy Dufault, Don and Kay Duncan, David and Barbara Dursum, Jane Eberwein, Carol Edwards, Marilyn Elliott, Bob and Chris Erlandson, Rachel Feder, Ray Finocchio, Rosemary Ging, Fran Green, Maria Greenough, Pat Hardy, Teresa Hartle, Myrna Hitchman, Racky Hoff, Elaine Horigian, Brad and Laura Host, Patrick and Rosemary Hoyer, John and Elaine Hretz, Patricia Hubert, Elaine Hudson, Dan Hughes, Marshall Hunt, Joe Kado, Florence Kassab, Bob and Pat Koenigsnecht, John Kosik, David Kraus,

Jennifer Lewis, Charles Lillie, Jack Lockman, Eleftherios and Janice Logothetis, Judy Majoros, Kelly Malin, Kaki Mammel, Ben and Cheryl Mangiapane, Mike and Jan Matuszewski, Brigid McCabe, Bill and Carol McConnell, Jane McKee, Pat Meyers, George and Faye Miller, Rita Morissette, Rose Nagy, David Nelson, Karen Nettler, Kurt and Martha Neumann, Joan Norton, John and Juley Novak, Deb O'Hara, Joe Pallischeck, Ann Parker, Laurie Penn, Merrill Peterson, Joan Pettigrew, Patricia Pooler, Sharon Pugh, John and Eileen Pulker, Cynthia Ranzilla, Gloria Rhodes, Don Riha, Sharon Rosenberg, David and Susan Rugenstein, Susan Sadley, Becky Sakwa, Kathy Schein, Ev Schwartz, Mary Lou Siefken, Doug and Lori Soifer, David Sommerfeld, Janet Stenger, Mary Stubbs, Kenneth Svendsen and Allison Everett, Sally Teague, Barbara Teasdale, Karen Volkenant, Laura Wade, JoAnne Weaver, Dr. W. Douglas Weaver, Jeffrey Weisswasser, Alice West, Sylvia Whitmer, Steve and Marcia Wilkinson, Marva Williams, Heinz and Cheryl Wolff-Beckert, Thomas and Cynthia Yates, Marlene Yospyn, David Young and Cynthia Rose, and Robert and Gayle Zimmerer



HEALTH & WELLNESS SERIES



We are excited to partner with Henry Ford Health for the 2026 Health & Wellness Series! Henry Ford Health is committed to improving the health and wellness of the Michigan community by improving people's lives through excellence in the science and art of health care and healing. As the Health & Wellness Series Partner, Henry Ford Health will share the expertise of their physicians, nurses and other providers directly with Next members.

STROKE PREVENTION Daniela Burk, BSN, RN

Thursday, March 19 at 12:00

Cost: Complimentary members / \$5 guests

Daniela Burk, BSN, RN, the Stroke and Sepsis Program Manager from Henry Ford Health will discuss the key signs and symptoms of a stroke and the appropriate steps to take during a stroke emergency. Learn how quick action can save lives and reduce long-term complications and discover resources available to help with stroke prevention and recovery. A light lunch will be served.

BRAIN HEALTH AND COGNITIVE AGING Sean Hohl, MSN, AGACNP-BC

Thursday, April 16 at 12:00 pm

Cost: Complimentary members / \$5 guests

Sean Hohl, a nurse practitioner in the general neurology department at Henry Ford Health West Bloomfield, will discuss brain health and cognitive aging. He will explore how the brain changes over time and share practical steps that can help maintain memory and mental clarity. Participants will also learn simple lifestyle habits that support long-term brain wellness. A light lunch will be served.

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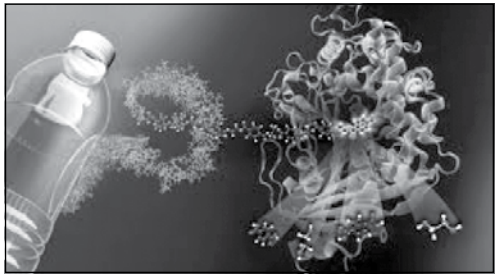
SPEAKER SERIES @ NEXT

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

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

March 5 – SCIENCE SOLUTIONS FOR THE GLOBAL PLASTIC PROBLEM

Fabia Battistuzzi, Oakland University



Plastic pollution threatens both the global environment and individual human health. Since its introduction to

the market, plastic has become ubiquitous in daily life, but at what cost? Our oceans are contaminated with plastic, and we are finding alarming levels of microplastics in people all over the world. Come to Next for an in-depth scientific lecture by Dr. Fabia Battistuzzi that will cover her research on a potential solution to the “plastic problem”. Specifically, Dr. Battistuzzi, a favorite lecturer at Next, will discuss the potential for bacteria to play a role in plastic consumption. She will discuss where the science currently stands, what the possibilities are, and the importance of this cutting-edge research. Generously sponsored by Bank of Ann Arbor

March 12 – CONTROVERSIES IN ART OLD AND NEW

Wendy Evans, Art Historian

Art has caused controversy over the centuries for a variety of reasons. Does art require craftsmanship and fine materials? Is modern art



something your child could do? What is the line between art and pornography, art and sacrilege, art and propaganda? Who chooses the canon? Should public art require public approval? Should art plundered long ago be returned? Join art historian Wendy Evans to explore these issues and more! Generously sponsored by Home Senior Moving.

March 19 – MICHIGAN DEPARTMENT OF ENVIRONMENT, GREAT LAKES, AND ENERGY (EGLE) LECTURE

Katie Lambeth, EGLE Executive Office

The Michigan agency that is tasked with protecting our environment and waterways also works with multiple Indian tribes, who



were stewards of this land and these waters long before European settlers arrived. Come and learn about the ways that EGLE works to preserve our precious ecosystems, and how they collaborate with various tribes from Katie Lambeth, EGLE Tribal Liaison, Nondiscrimination Compliance Coordinator, and Language Access Coordinator. This lecture will also increase understanding of the vital role that agencies play in state governance, and why it is critical to preserve both our agencies and our environment. This presentation is generously sponsored by American House Stone.

March 26 - INDIA AND PAKISTAN: CONFLICT EXPLAINED

Saeed Khan, Associate Professor, Near Eastern Studies - Wayne State University

In 1947, a fraught conflict and new governance resulted in a division between the countries of India and Pakistan. So many



factors contributed to the initial partitioning of the continent, and many complicated social, political, and religious

influences have resulted in prolonged difficulties, and sometimes conflict, between the two countries. Come and hear from Near Eastern Studies expert Professor Saeed Khan as he offers Next an in-depth explanation of the roots of this long-standing conflict. Professor Khan will also explore the complexities of the current situation and what the future may hold.

SPEAKER SERIES @ NEXT

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

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April 9 - IMMIGRANT RIGHTS IN MICHIGAN Lexi Andre, Attorney - Michigan Immigrant Rights Center

Immigration has long been a topic of political debate in the United States of America, but the current socio-political climate has brought this issue to the forefront. Come



to Next and learn about the current status and rights of immigrants in Michigan. Attorney Lexi Andre will provide a detailed explanation of the work that the Michigan Immigrant Rights Center (MIRC) does on behalf of this vulnerable population. Attendees will learn factual information about the laws of the state of Michigan and the federal government regarding immigration, and about the prevailing issues facing immigrants today. Generously sponsored by Shaun Shaya, with Shaya Realty and KW Domain.

April 16 – A VIRTUAL TOUR THROUGH STUNNING SCANDINAVIA Arnie Collens



Join us at Next for an evening of pure enjoyment as we journey through beautiful Scandinavia. We will experience

awe inspiring landscapes, quaint villages, and frigid fjords. Then, visit the magnificent harbors capitals: Stockholm, Oslo and Copenhagen to explore their historical roles as cultural and trading hubs. This is a singular opportunity to enjoy the diverse beauty of Scandinavia with experienced lecturer Arnie Collens, as he takes us on a visual exploration of his travels through these stunning countries. This program is generously sponsored by Arden Courts.

April 23 – UPDATE FROM OAKLAND COUNTY PROSECUTOR KAREN MCDONALD

Oakland County Prosecutor Karen McDonald is coming to Next. Karen McDonald has been serving in this role for nearly five years, and has prosecuted multiple high-



profile cases that have been critical to bringing justice to victims in Oakland County. Karen was elected to this role in 2020, and was re-elected in 2024. She will provide an update on her work and goals in the prosecutor's office, as well as answer questions that audience members may have. This is an important opportunity to hear directly from an elected official who is tasked with ensuring justice is served in Oakland County.

April 30 – PRESIDENTS AND THE PRESS Bruce Zellers



Sometimes collaborative, sometimes strained, and sometimes downright combative – a president's relationship with the press is always an

issue of socio-political interest. The press, on their part, have a responsibility to gather and report on information collected from the highest executive office holder in the country. One thing is certain – the relationship between presidents and news outlets isn't going away any time soon. Join popular lecturer Bruce Zellers as he explores the history behind presidents and the press, and how that history informs modern times. This program is generously sponsored by Waltonwood University and Waltonwood Royal Oak.

**TABLE TENNIS – NEW!**

Mondays from 2:30 to 3:30 pm

Cost: Complimentary, members only

Participants take turns rotating so everyone can play! Balls and paddles will be supplied. Who will be the next Marty Supreme?

STRETCH & RELAX with Caryn Ciagne

Mondays from 9:30 to 10:30 am

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

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

LIMBER UP

Mondays, Wednesdays and Fridays at 10:00 am

Cost: Complimentary

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

LINE DANCING with Christine Stewart

Mondays from 10:15 am to 12:00 noon

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

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

LOW IMPACT AEROBICS with Laura Karmanos

Tuesdays and Thursdays from 9:00 to 10:00 am

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

Start your day in a low-impact way! We'll get things warmed up with some small movements and stretching, then transition into some basic moves to get our heart rates up. We'll add in some strength, balance, seated and standing core work — 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. Laura has been teaching group fitness and personal training for decades and specializes in strength and mobility training for all levels, including older adults. She is certified through The National Academy of Sports Medicine (NASM).

STRENGTH TRAINING with Laura Karmanos

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

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

You may have heard it in the news or from one of our program planners here at Next: Strength Training is important for everyone, but especially for older adults like us! This full body strength class will help increase strength, improve balance and mobility and help you maintain muscle and bone mass. This class is beginner friendly and uses light weights, Pilates balls, bands and other equipment. Laura has been teaching group fitness and personal training for decades and specializes in strength and mobility training for all levels, including older adults. She is certified through The National Academy of Sports Medicine (NASM).

CHAIR YOGA & MEDITATION with Caryn Ciagne

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

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

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

YOGA FOR WELL BEING with Karen Lutz

Tuesdays from 4:00 to 5:00 pm

Cost: 10 drop-in classes: \$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.

WEDNESDAY FLOW YOGA with Caryn Ciagne

Wednesdays from 9:15 to 10:15 am

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

A slow yet strong flow practice suitable for anyone who may be interested in expanding their yoga practice. This class will explore traditional standing, seated and supine postures to strengthen and improve balance. Please bring a yoga mat, water and a towel (optional).

BALANCED YOGA FOR WELLNESS with Karen Lutz

Wednesdays at 1:00 pm

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

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



FITNESS OFFERINGS

Try something new. First class is always free

TAI CHI FOR HEALTH with Cheryl Goodwin

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

Beginner Class

Wednesdays from 1:30 to 2:30 pm and Fridays from 11:00 am to 12:00 pm
Cost: 10 drop-in classes: \$80 members / \$90 guests
Cost: 1 drop-in class: \$10

Intermediate Class

Fridays from 10:00 to 11:00 am
Cost: 10 drop-in classes: \$80 members / \$90 guests
Cost: 1 drop-in class: \$10

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

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!

BARRE BALANCE with Karen Lutz

Fridays from 1:00 to 1:50 pm – First class free.
Cost: 10 drop-in classes: \$100 members / \$110 guests
A low impact practice at the barre improving muscle tone, balance, flexibility and strength. Work with optional weights and stretch bands. All levels are welcome as we move at our own pace. Enjoy ballet and yoga inspired movements both dynamic as well as holding.

PICKLEBALL

Cost: Complimentary members only
Open Play: Monday, Thursday, Friday from 12:30 to 3:00 pm
Open Play: Monday through Thursday from 4:30 to 7:30 pm
Interested in learning how to play one of the fastest growing and most popular sports? Contact Pickleball Professional Tom Wehner at (248) 885-1203 or tgwehner@cs.com for lessons!

TENNIS - MIXED DOUBLES

Wednesdays and Fridays from 1:30 to 3:30 pm
Next members enjoy indoor play at the Birmingham Racquet Club as a regular league player or sub. Always looking for new players. If you are interested, please contact David Young at davidmpyoung@gmail.com or 248-229-5015.

BOWLING LEAGUE

Thursdays at 1:00 pm
Cost: \$11 for 3 games. Members only.
All levels welcome for bowling and camaraderie at Country Lanes at 30250 West Nine Mile Road, Farmington Hills. No need to register, just drop in. For more information call or text Janice Borsenik at 248-644-0986.

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



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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 27 - RICK STEVES' EUROPE

Best known for his acclaimed PBS series and bestselling travel guides, Rick Steves takes audiences on a different kind of journey—A Symphonic Journey. From Italy and England to Austria, Norway, and beyond, Steves and the DSO pair Europe's most stirring orchestral masterpieces with live, on-stage narration, offering rich insights into the history and culture that shaped these timeless works. Experience the beauty of Europe through the power of music in this one-of-a-kind symphonic adventure.

Friday, May 15 - BAROQUE FIREWORKS

Written for Baroque orchestra, Stacy Garrop's Handel-inspired concert opener features bursts of musical color and leads perfectly into Music for the Royal Fireworks. Musical pyrotechnics continue in the jubilant trumpet line of Bach's Brandenburg Concerto No. 2 and conducts this spectacular program.

DETROIT HISTORICAL MUSEUM

Thursday, March 12

Bus departs Next at 10:00 am, returns about 1:45 pm
Cost: \$40 members / \$45 guests

This is our annual visit to the fabulous Detroit Historical Museum. You will have 2½ hours to explore the museum on your own, AND to check out and celebrate a century of history with "Detroit Red Wings at 100: Becoming Hockeytown," a special multi-gallery exhibition honoring the team's centennial season. Explore rare artifacts from the Detroit Historical Society's collection, the Red Wings archives, the Windsor Community Museum, and the Hockey Hall of Fame — including jerseys from the Grind Line and Russian Five, championship memorabilia, and vintage audio and video of iconic moments. Fans can step inside recreated Olympia-style lockers, flash the original Joe Louis Arena goal lights, and hear the legendary Olympia organ. The experience continues across three galleries, featuring historic uniforms, oral histories, team photos, and striking photography that captures 100 years of unforgettable Red Wings moments.

HENRY FORD CULINARY SCHOOL (5101 RESTAURANT) ST. PATRICK'S DAY BUFFET

Wednesday, March 18

Bus departs Next at 10:45 am, returns about 1:30 pm
Cost: \$20 members / \$25 guests (Transportation Only)

EVERYONE is a little Irish on St. Patrick's Day! Go green, enjoy traditional favorites, and get your Irish FEAST on at this annual gastronomic experience. Buffet is approximately \$25.00 per person and to be paid for individually. Beer and wine are available separately for purchase. Wishing you all the luck of the Irish, Happy St. Patrick's Day!

DIA MELODIES AT THE MUSEUM – BLUES

Thursday, March 26

Bus departs Next at 12:00 am, returns about 2:45 pm
Cost: \$25 members / \$30 guests

Join us at the DIA for a musical performance by Larry McCray, a powerhouse blues man with a soul-soaked voice, blistering guitar chops and a story that embodies the spirit of his music. This journey to the DIA is exclusively for this concert, and to discover... Why do "the blues" feel so good?

ST. JOSEPH SHRINE & LUNCH AT FARMER FRANKS

Thursday, April 9

Bus departs Next at 9:45 am, returns about 1:15 pm
Cost: \$30 members / \$35 guests

St. Joseph Shrine (formerly St. Joseph Oratory and St. Joseph's Roman Catholic Church), founded in 1855, is a historic German Catholic church located in the Eastern Market–Lafayette Park neighborhood area just outside of downtown, on the city's central east side. The building was listed on the National Register of Historic Places in 1972, and deemed "of national importance" because of its stained glass, notable in its intricate designs and wide usage. Also of note is the woodwork, statuary, and original high altar in the interior. The Victorian Gothic effectively unaltered, architecture of the church had its cornerstone laid in 1870, making it one of the oldest extant churches in Detroit. We will stop in to visit this magnificent church as this will be a self-guided tour. After the tour, lunch on your own at Farmer Franks in Eastern Market.

HENRY FORD MUSEUM- THE DAVINCI EXHIBITION

Thursday, April 16

Bus departs Next at 9:30 am, returns about 1:45 pm
Cost: \$60 members / \$65 guests (HF tickets are \$35)

"DaVinci The Exhibition" is a detailed exploration of the life and work of the ultimate Renaissance man. Step into the world of Leonardo da Vinci through full-scale inventions, intricate art studies and stunning displays. This limited-time exhibition



DAY TRIPS

brings to life da Vinci's discoveries in art, engineering, science, flight and more to celebrate and study one of history's most brilliant minds. Each invention in this 7,500-square-foot exhibition was handcrafted by skilled artisans following da Vinci's original two-dimensional drawings and modern translations of his Codices — comprehensive collections containing nearly all of his sketches, notes and ideas.

THE HUDSON CAFÉ & HUDSON'S BUILDING DETROIT

Thursday, April 23

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

Cost \$25 members / \$30 guests

Breakfast first, on your own at the Hudson Café, a nod to the epochal Hudson's department store. Following brunch we will take a look at Downtown Detroit's new billion-dollar building, a blast from the past and a peek into the city's shining future. The new Hudson's Detroit is an homage to the original iconic J.L. Hudson's Department Store that once stood in its place. Modern retail fashion. Luxury hotel. Gourmet dining. Now, Woodward's 1200 block is once again a destination where visitors of any era can speak of the site's splendor. This will be a self-guided visit, you will have time to explore inside and out, as the building is still in its early phases of development in becoming a lively destination. Check out Nick Gilbert Way (Outdoor Plaza) adding to the nostalgic charm, with public art installations and year around events. Guests can also grab an espresso drink, coffee, and local pastries, from Un Deux Trois (a French café truck), and pick up meaningful mementos and shop exclusive Detroit merchandise while keeping the "Hudson's" tradition alive!

DIA – MELODIES AT THE MUSEUM – SILENT FILM WITH LIVE MUSICAL SCORE

Thursday, April 30

Bus departs Next at 12:00 am, returns about 2:45 pm

Cost: \$25 members / \$30 guests

Join us at the DIA for our second musical performance exclusively for senior groups. This one involves a silent film with live musical accompaniment by David Drazin. Pianist and composer David Drazin is a music and motion picture archivist who has acquired a national reputation for his piano improvisations accompanying silent films.

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.

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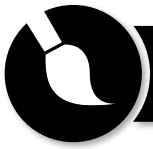
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NEW! CHILDREN'S STORYBOOK WORKSHOPS

WORKSHOP 1: WRITE A DELIGHTFUL CHILDREN'S STORYBOOK

Tuesdays, March 17 through April 7 from 10:00 am to 12:00 pm
Cost: 4 Week series: \$80 members / \$90 guests



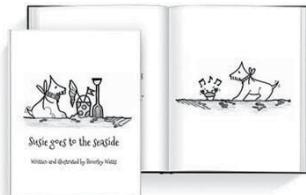
Everyone has memorable personal stories and family stories, such as surprising experiences,

lessons learned, funny events, clever pets. Join artist/instructor Kay Sulfaro in this 2 - part creative workshop that will teach you how to develop a children's storybook from inception to completion. In this workshop, you will begin by examining several children's books for clever ideas that will help you capture and invent your topic, main character, artwork, and plan for your story. You will be guided through all of the essential steps in developing a charming children's storybook. Take a one week hiatus, and get ready for workshop 2.

WORKSHOP 2: AI MEETS CHILDREN'S STORIES

Tuesdays, April 21 through May 26 from 10:00 am to 12:00 pm
Cost: 6 Week series: \$120 members / \$130 guests

Congratulations in the completion of workshop 1. The illustrations on a children's story elevate it to a new level. The visuals of color, characters, and scenery bring it to life. Many excellent writers are not endowed with great drawing skills. You may think that is you... now there is AI! Join Kay in workshop 2, where you will consider characters, color and design. You will be introduced to and investigate the amazing things that AI can do in assisting to create clever visuals that will be valuable for illustrating the pages of your adventure. By the end of Workshop 2, you will have illustrated your entire story. Then if you choose, your storybook masterpiece will be ready to send to an on-line printing company.



BASKET MAKING CLASSES

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

THINK SPRING! GIFT BASKET

Wednesday, March 25 from 1:00 pm to 5:00 pm
Cost: \$55 members / \$60 guests

This small, adorable basket features a choice of spring colors and a colorful daisy accent button. 4" wide x 3.5" deep x 3/5" tall + handle



DAISY DENIM WALL BASKET

Wednesday, April 29 from 1:00 pm to 5:00 pm
Cost: \$70 members / \$75 guests

Make this charming wall basket featuring a denim pocket with a painted daisy, fabric straps and matching daisy rivets. Price includes pocket and paint pen, and all materials. 6" wide x 7" tall



KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

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

PHOTOGRAPHY CLUB

Thursdays, March 12 and April 9 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

NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

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

PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm

POTTERY OPEN STUDIO

Thursdays from 9:30 am to 12:30 pm

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



CARDS, TILES, COLLECTORS

SHANGHAI RUMMY

Tuesdays at 1:00 pm

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

MAH JONGG

Mondays from 1:00 to 4:00 pm

Fridays from 1:00 to 3:00 pm

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

EUCHRE

Wednesdays from 10:00 am to 12:00 noon

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

DOUBLE DECK PINOCHLE

Wednesdays from 10:00 am to 12:00 noon

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

CANASTA

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

Cost: Complimentary members / \$5 guests

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

PINOCHLE...come and join the fun!

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

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

SOCKI

Tuesdays from 12:30 to 3:00 pm

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

BINGO

Monday, March 2, 16 and April 6, 20 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 Baldwin House.

BRIDGE...for everyone at every level!

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

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

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

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

Duplicate Bridge - Fridays from 11:00 to 2:00 pm

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

CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

CHESS LESSONS

Thursdays from 4:00 to 5:00 pm

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

CHESS CLUB

Thursdays from 5:00 to 7:00 pm

Cost: Complimentary members / \$5 guests

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

BIRMINGHAM STAMP CLUB

Tuesdays, March 3, 17 and April 7, 21 at 5:30 pm

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

COIN CLUB

Wednesdays, March 18 and April 15 at 6:00 pm

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

COMPUTER LAB & LESSONS

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

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



HEALTH & NUTRITION

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Mondays, March 2nd, and April 6th, from 11:00 am to 12:00 pm
Cost: Complimentary - No appointment is required.

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

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 9th, and April 13th, at 5:30

The South Oakland County Parkinson's Support Group, sponsored by the Michigan Parkinson's Foundation meet to learn more about Parkinson's disease and the services available. This group brings together people with a common bond. 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.

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.

LOW VISION SUPPORT GROUP

Henry Ford Health Detroit Institute of Ophthalmology

Wednesdays, March 18th, and April 15th, from 1:00–2:30 pm
Free to Members and Future Members

This support group provides a comfortable environment to discuss the challenges of living fully with visual impairment. The group meets monthly to discuss their successes and challenges in daily life. Speakers on appropriate topics present occasionally as well. 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!

DEMENTIA CAREGIVER SUPPORT GROUP - NEW! Hosted by Arden Courts Bingham Farms

Tuesdays, March 10 and April 14 at 11:00 am
Complimentary for Members and Future Members

Join us for a welcoming, supportive environment where you can share experiences, gain valuable resources, and connect with others who understand what you are going through. Each session is guided by knowledgeable professionals specializing in memory care, providing insight, encouragement, and practical advice. Let us help you feel empowered, informed, and supported in your care giving journey.

NURSE ON CALL

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

EARLY STAGE MEMORY LOSS SUPPORT GROUP

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

COMMUNITY HOUSING TOURS

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

AUTUMN HOUSE INDEPENDENT & ASSISTED LIVING TOUR Bloomfield Hills, MI

Monday, April 20th, Bus departs at 11:00 am

Join us for the first tour of the season!!! A welcoming community with a wide range of amenities and activities. The location and setting is ideal for anyone making a life change. Autumn House offers maintenance-free living in spacious apartments with a full kitchen and in-unit laundry. A 24-hour staff is available to help with your needs.





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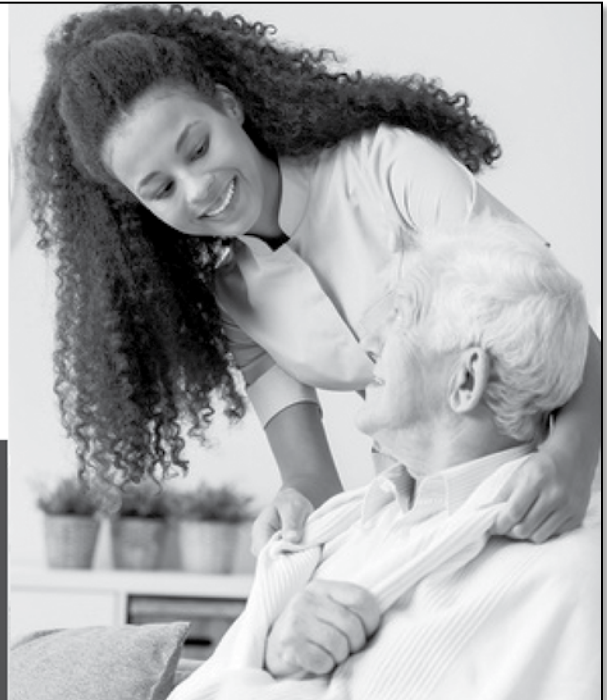


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SUPPORT SERVICES

INFORMATION ABOUT COMMUNITY RESOURCES

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

ASK THE ATTORNEY

Wednesday, March 18th, and Wednesday April 8th, from 2:00 to 2:45pm

Local Attorney, Diana Pugh Moak, will be at Next to provide assistance with your legal questions. Please call Next to schedule your complimentary 15-minute appointment. Only available to the Next members. This service be provided the second Wednesday of every month.

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.

Did you know?
UNTREATED HEARING LOSS CAN CAUSE HEALTH PROBLEMS




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

Prevention and early detection of hearing loss are important.

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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.

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.

FINANCIAL ASSISTANCE

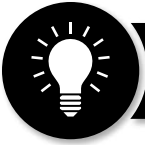
Michigan Seniors Benefits Enrollment Center can help find services and programs to ease the strain of a tough financial situation. All recommendations are based on individual situations. Call 800-347-5297 to discover what may be available.

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



ENRICHMENT

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

Mondays, March 2 and April 6 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The March book selection is *The Correspondent* by Virginia Evans. We will be discussing *A Guardian and a Thief* by Megha Majumdar 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.

NON-FICTION BOOK GROUP (via Zoom)

Tuesday, March 10, and April 14 at 10:00 am

Facilitated by Jaclyn Miller, Associate Director of the Baldwin Public Library, join us to discuss *Kingmaker*: Pamela Harriman's *Astonishing Life of Power*, *Seduction*, and *Intrigue* by Sonia

Purnell in March, and *Reader Come Home: The Reading Brain in a Digital World* by Maryanne Wolf in April. Register at Next and Baldwin Public Library will provide the book. **NEW!** Next will be hosting quarterly in-house non-fiction book club meetings! The in-house meetings will be in March 10, June 9, September 8 and December 8. You will still have the option to join via Zoom as well.

WRITER'S CORNER

Thursdays, March 5, 19 and April 2, 16 from 9:30 am to 11:30 am

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

CURRENT EVENTS DISCUSSION GROUP

Fridays at 12:00 noon

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

TUESDAY JAZZ CLUB

Tuesdays from 3:00 pm to 4:30 pm

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

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FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

March 4- JAY KELLY

Famous movie star Jay Kelly (George Clooney) and his devoted manager, Ron (Adam Sandler), embark on an unexpectedly profound journey through Europe. Along the way, both men confront the choices they've made, relationships with loved ones, and the legacies they'll leave behind.

Rated R 2 hours 12 minutes

March 11- MISS CONGENIALITY

When a terrorist threatens to bomb the Miss United States pageant, the FBI rushes to find a female agent to go under cover as a contestant. Unfortunately, Gracie (Sandra Bullock) is the only female FBI agent who can "look the part" despite her complete lack of refinement and femininity. She prides herself in being "just one of the boys" and is horrified at the idea of becoming a girly girl.

Rated PG13 1 hour 49 minutes

March 18- ROOFMAN

After escaping from prison, former soldier and professional thief Jeffrey Manchester (Channing Tatum) finds a hideout inside a Toys "R" Us, surviving undetected for months while planning his next move. However, when Jeffrey falls for divorced mom Leigh (Kirsten Dunst), his double life starts to unravel, setting off a compelling and suspenseful game of cat and mouse as his past closes in.

Rated R 2 hours 6 minutes

March 25- PEOPLE WE MEET ON VACATION

Poppy (Emily Bader) wants to explore the world and Alex (Tom Blyth) prefers to stay home with a good book, but somehow they are the best of friends. They live far apart, but for a decade they have spent one week of summer vacation together.

Rated PG 13 1 hour 49 minutes

April 1- MY BIG FAT GREEK WEDDING

Everyone in the Portokalos family worries about Toula (Nia Vardalos). Still unmarried at 30 years old, she works at Dancing Zorba's, the Greek restaurant owned by her parents, Gus (Michael Constantine) and Maria (Lainie Kazan). After taking a job at her aunt's travel agency, she falls in love with Ian Miller (John Corbett), a teacher who is tall, handsome and definitely not Greek. Toula isn't sure which will be more upsetting to her father, that Ian is a foreigner or that he's a vegetarian.

Rated PG 1 hour 35 minutes

April 8- PAUL ANKA: HIS WAY

An all-encompassing tribute, brimming with archival footage and candid moments, Anka, still going strong, offers in his own words a vivid glimpse into his remarkable life and enduring legacy.

Rated R 1 hour 38 minutes

April 15- AND SO IT GOES

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

Rated PG 13 1 hour 34 minutes

April 22- COVER - UP

Seymour Hersh has been at the front lines of political journalism in the United States. Hersh's breakthrough reportage has brought to the public's attention many of the most damning constitutional wrongdoings and cover-ups.

Rated Documentary 1 hour 55 minutes

April 29- STAND BY ME

After learning that a stranger has been accidentally killed near their rural homes, four Oregon boys decide to go see the body. On the way, Gordie Lachance (Wil Wheaton), Vern Tessio (Jerry O'Connell), Chris Chambers (River Phoenix) and Teddy Duchamp (Corey Feldman) encounter a mean junk man and a marsh full of leeches, as they also learn more about one another and their very different home lives. Just a lark at first, the boys' adventure evolves into a defining event in their lives.

Rated R 1 hour 29 minutes



STREAMING @ NEXT!

THE IRISH PUB

Tuesday, March 10 at 10:30 am

Cost: Complimentary members / \$5 guests

Irish pubs are an iconic symbol of Ireland itself, as well as a hub for communities and an embodiment of individual family legacies. The characters in this exceptionally endearing film all own and operate pubs that have been in their families for generations, and it is through their warmth, wit and wisdom that we gain an insight into the heart and soul of The Irish Pub. Length 1 hour, 14 minutes.

FREE SOLO

Tuesday, March 24 at 10:30 am

Cost: Complimentary members / \$5 guests

A documentary crew films pro climber Alex Honnold as he tackles his lifelong dream: climbing the 3,000-foot El Capitan rock formation in Yosemite National Park without any gear. This documentary is an awe-inspiring up-close view into the capabilities of the human spirit when it refuses to accept limitations. Length: 1 hour 40 minutes.

SECRET MALL APARTMENT

Tuesday, April 7 at 10:30 am

Cost: Complimentary members / \$5 guests

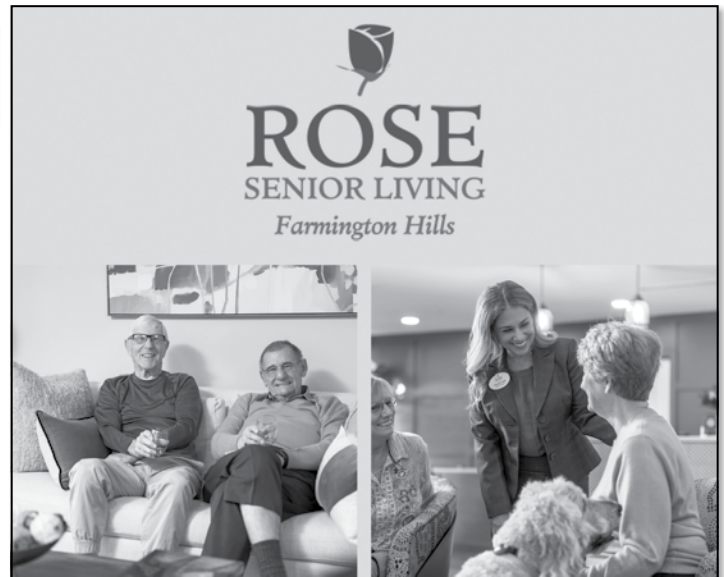
This documentary tells the remarkable true story of a group of artists who built a hidden apartment inside a Rhode Island mall and lived there undetected for years. These eight artists secretly built and lived in a hidden, 750-square-foot apartment within the Providence Place Mall in Rhode Island from 2003 to 2007 as a form of artistic and social commentary. Length 1 hour 32 minutes.

NIGHT ON EARTH - JUNGLES

Tuesday, April 21 at 10:30 am

Cost: Complimentary members / \$5 guests

Breathtaking low-light footage reveals the otherworldly beauty of nocturnal jungle activity, including Brazilian jaguars hunting, Borneo elephants, and glowing, carnivorous pitcher plants. Narrated by Samira Wiley, this 2020 documentary series offers a rare, vivid glimpse into jungle life after dark. Length: 52 minutes.



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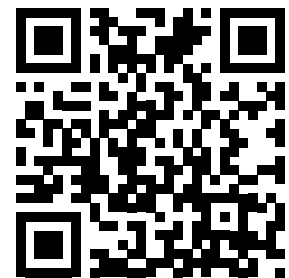
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Next

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In memory of Ben Mangiapane: Elizabeth Babcock, Peggy Bachli, Rose Blazo, Barbara Davis, Tony and Caro DiMarco, Theresa Dunbar, Elaine Freidinger, John, Maureen and Cameron Gali, Frank and Joyce Grant, Lisa Gould, Teresa Hartle, Gary Heldt, Jeff and Mixie Hockman, Allison Hornmig, Sandy Jablonski, Jennifer Johnson, Srividya Kundurthy, Kathleen Lorencz, Don Lucas and Marion Hawkins, Anne Miller, Julie Mintz, Julie Merad Natsis, Mary Jane Paul, Judy Robertson, Senior Men's Club of Birmingham, and Jill Sklar.

FOUNDATIONS AND GRANTS

Rosso Family Foundation c/o Mr. John Rosso and Ms Sarah Rosso, Sutar Sutaruk Meyer Foundation c/o Mr. Stuart Sherman.

GOODS AND SERVICES:

Michael Donovan and Dan Hughes

INDIVIDUAL

Nancy Duffy, Ferndale Stamp Club, David and Maureen Field, Malcolm and June Hendy, Neil Hitz, Joe Kado, Diana Mack, John and Julie Mandich, Sally and Lucy Saunders, Dr. Fremont and Paddy Scott, Richard Wigginton, and Earl Wolfe.

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

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Bev Singer, Staff Assistant
Jolee Hentgen, Program Planner
Pam Hall, Program Planner
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Judy Murrell, Meals on Wheels

Our condolences to the family and friends of...

Betty and Jerry Flury, Ben Mangiapane, Tom McDaniel and Joan Trusty.

We are thinking of you....

Donna Barion.

MEET OUR NEWEST MEMBERS

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

Theresa Bellinger, Daniel Bloedow, Laura Castleman, Jordonna Collins, Mary Ann Cook, Patrick Demers and Donna Schelby, Marlene Gelfand, Patrick Hixson, Amy Ho, Michelle Hoin, Cheri LaGrasso, Teresa Love, Barb Marti, Marilyn Sarver, Mary Scrafano, Jim and Janice Teegarden, Sue Wainwright, Patricia Woomer, and Ruth Ziel.

WELCOME BACK

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

Cynthia Batch-Perkins, Vincent and Kathy Callahan, Pamela Claps, Mike Coakley, Julie DeCarlo, Sandy Gabel, Robert Garsh, Elizabeth Heid, Steven and Cherry Howell, Maureen Jenkins, Sonee Lapadot, Kay Peterson, Daniel Schechter, and Chauntelle Shearer.

POLICY REMINDERS

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

AS A REMINDER:

- ▶ When the Birmingham schools are closed due to inclement weather, Next will also be closed.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center; margin: 0;">2</p> <p>9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 Blood Pressure 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Popular Reads 1:00 Bingo 1:00 Mah Jongg 2:30 Table Tennis 3:00 Trivia Time! 4:30 Pickleball</p>	<p style="text-align: center; margin: 0;">3</p> <p>9:00 Low Impact Aerobics 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club</p>	<p style="text-align: center; margin: 0;">4</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tai Chi - Beginner 1:30 Tennis - Mixed Doubles 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: Jay Kelly</p>	<p style="text-align: center; margin: 0;">5</p> <p>9:00 Low Impact Aerobics 9:30 Palette & Brush Club 9:30 Writer's Corner 9:30 Pottery Studio 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: A Science Solution to the Plastic Problem</p>	<p style="text-align: center; margin: 0;">6</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 1:00 Barre Balance 1:30 Tennis - Mixed Doubles</p>
<p style="text-align: center; margin: 0;">9</p> <p>9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 2:30 Table Tennis 3:00 Trivia Time! 4:30 Pickleball 5:30 Parkinson Support</p>	<p style="text-align: center; margin: 0;">10</p> <p>9:00 Low Impact Aerobics 10:00 Non-Fiction Book Club 10:00 Strength Training 10:30 Streaming: The Irish Pub 11:00 Womens Roundtable 11:00 Dementia Caregiver Support Group - NEW! 12:00 Green Burials - Lunch and Learn 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 style="text-align: center; margin: 0;">11</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 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tennis - Mixed Doubles 1:30 Tai Chi - Beginner 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: Miss Congeniality</p>	<p style="text-align: center; margin: 0;">12</p> <p>9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Strength Training 10:00 Detroit Historical Museum 10:00 Photography Club 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Human Trafficking lecture 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Art Controversies Old and New with Wendy Evans</p>	<p style="text-align: center; margin: 0;">13</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Strength Training 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 1:00 Barre Balance 1:30 Tennis - Mixed Doubles</p>
<p style="text-align: center; margin: 0;">16</p> <p>9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Bingo 1:00 Mah Jongg 2:30 Table Tennis 4:30 Pickleball</p>	<p style="text-align: center; margin: 0;">17</p> <p>9:00 Low Impact Aerobics 10:00 Strength Training 10:00 Workshop 1: Write a Children's Storybook 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Irish Immigrants in Michigan Lecture 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 5:30 Stamp Club 6:00 Irish Dance and Reception</p>	<p style="text-align: center; margin: 0;">18</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Henry Ford Culinary School - St. Patrick's Buffet 12:30 Boosting Your Metabolism 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Low Vision 1:30 Tennis -Mixed Doubles 1:30 Tai Chi - Beginner 2:00 Ask the Attorney 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: Roofman 6:00 Coin Club</p>	<p style="text-align: center; margin: 0;">19</p> <p>9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Strength Training 12:00 HFH - Stroke Prevention 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Michigan's Environment, Great Lakes, and Energy Agency Tribal Liaison</p>	<p style="text-align: center; margin: 0;">20</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 1:00 Barre Balance 1:30 Tennis - Mixed Doubles</p>
<p style="text-align: center; margin: 0;">23</p> <p>9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 2:30 Table Tennis 4:30 Pickleball</p>	<p style="text-align: center; margin: 0;">24</p> <p>9:00 Low Impact Aerobics 10:00 Strength Training 10:00 Workshop 1: Write a Children's Storybook 10:30 Streaming: Free Solo 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Growing Older in America - A Candid Discussion 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 style="text-align: center; margin: 0;">25</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 1:00 Spring Gift Basket 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tennis -Mixed Doubles 1:30 Tai Chi - Beginner 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: People We Meet On Vacation</p>	<p style="text-align: center; margin: 0;">26</p> <p>9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Strength Training 11:00 A Melodic Concert to Welcome Spring 12:00 Canasta 12:00 DIA - Melodies at the Museum - Blues 12:30 Pickleball 1:00 Bowling League 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Conflict between Pakistan and India</p>	<p style="text-align: center; margin: 0;">27</p> <p>9:15 Friday Fitness 9:15 DSO- Rick Steves' Europe 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Pinochle 1:00 Barre Balance 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles</p>
<p style="text-align: center; margin: 0;">30</p> <p>9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Cardio Dance 1:00 Mah Jongg 2:30 Table Tennis 4:30 Pickleball</p>	<p style="text-align: center; margin: 0;">31</p> <p>9:00 Low Impact Aerobics 10:00 Strength Training 10:00 Workshop 1: Write a Children's Storybook 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 The Constitution and Balance of Power 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>			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tai Chi - Beginner 1:30 Tennis - Mixed Doubles 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: My Big Fat Greek Wedding	2 9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club	3 <div style="border: 1px solid black; padding: 5px; text-align: center;">Next Closed HAPPY EASTER!</div>
6 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Bingo 1:00 Mah Jongg 1:00 Popular Reads 2:30 Table Tennis 4:30 Pickleball	7 9:00 Low Impact Aerobics 10:00 Strength Training 10:00 Workshop 1: Write a Children's Storybook 10:30 Streaming: Secret Mail Apartment 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:00 The AI Revolution 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	8 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tai Chi - Beginner 1:30 Tennis - Mixed Doubles 2:00 Ask the Attorney 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: : Paul Anka: His Way	9 9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 9:45 St. Joseph Shrine & Lunch at Farmer Franks (Eastern Mkt.) 10:00 Strength Training 10:00 Photography Club 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Spring Origami 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Attorney from Michigan Immigrant Rights Center	10 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 1:00 Barre Balance 1:30 Tennis - Mixed Doubles
13 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Bingo 1:00 Mah Jongg 2:30 Table Tennis 3:00 Trivia Time! 4:30 Pickleball 5:30 Parkinson's Support Group	14 9:00 Low Impact Aerobics 10:00 Non-Fiction Book Club 10:00 Strength Training 11:00 Dementia Caregiver Support Group - NEW! 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Stage Nature Center lecture 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	15 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Low Vision 1:30 Tai Chi - Beginner 1:30 Tennis - Mixed Doubles 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: And So It Goes 6:00 Coin Club	16 9:00 Low Impact Aerobics 9:30 Palette & Brush Club 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Henry Ford Museum - The DaVinci Exhibition 10:00 Strength Training 12:00 HFH - Brain Health 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Tour Through Stunning Scandinavia	17 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Pinochle 1:00 Barre Balance 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles
20 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 Housing Tour, Autumn House Independent Living 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Bingo 1:00 Mah Jongg 2:30 Table Tennis 4:30 Pickleball	21 9:00 Low Impact Aerobics 10:00 Strength Training 10:00 Workshop 2: AI Meets Children's Storybook 10:30 Streaming: Night on Earth - Jungles 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:00 Understanding Generative AI 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	22 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tai Chi - Beginner 1:30 Tennis - Mixed Doubles 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: Cover - Up	23 9:00 Low Impact Aerobics 9:15 Hudson's Building 9:30 Palette & Brush Club 9:30 Pottery Studio 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Volunteer Expo! 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Update from Oakland County Prosecutor Karen McDonald	24 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Pinochle 1:00 Barre Balance 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles
27 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Bingo 1:00 Mah Jongg 2:30 Table Tennis 4:30 Pickleball	28 9:00 Low Impact Aerobics 10:00 Strength Training 10:00 Workshop 2: AI Meets Children's Storybook 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:00 Being Mortal, What Are Our Treatment Wishes? 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 6:00 Performance: "The Boogie Woogie Kid" Piano Tunes	29 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 1:00 Pinochle 1:00 Denim Wall Basket 1:00 Balanced Yoga for Wellness 1:30 Tai Chi - Beginner 1:30 Tennis - Mixed Doubles 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: Stand By Me	30 9:00 Low Impact Aerobics 9:30 Palette & Brush Club 9:30 Pottery Studio 10:00 Strength Training 12:00 Canasta 12:00 DIA - Melodies at the Museum - Silent Film/Musical Score 12:30 Pickleball 1:00 Bowling League 1:00 American Scenes: Songs From the New World 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Presidents and the Press with Bruce Zellers	



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Thursday, April 23 from 1:00 – 2:30 pm

You are invited to attend Next's Volunteer Expo, where you will have the opportunity to meet with different businesses and non-profit organizations, explore their volunteer options and hopefully, sign up with one or more of them! This is a great way to connect those with a passion for service (you!) with a variety of worthy organizations!

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

HOLIDAY HOURS

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

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