



Your Place to Stay Active & Connected

MARCH/APRIL 2020

A nonprofit organization
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Bingham Farms, Beverly Hills,
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ENJOY SPRING TIME AT NEXT



Gaelic League of Detroit
Irish American Club

DETROIT'S IRISH HISTORY

Monday, March 16 at 11:00 am

Cost: Complimentary members / \$5 guests

The Gaelic League of Detroit/Irish American Club strives to be Metro Detroit's Center for preserving and promoting Irish culture and tradition. Kathleen O'Neill, a past club president and current board member, will present a lively history of the Irish presence in Metro Detroit. We will enjoy tea and cookies at 11:00 am and the program will follow at 11:30 am.

SPRING YOGA WORKSHOP: Movement & Energy in the Yogic Body

Friday, March 27 from 12:30 to 2:30 pm

Cost: \$35 members / \$40 guests

This two-hour workshop with yogi Karen Lutz, E-RYT, is open to all levels. Karen will lead participants in this full body experience, working with breathing, alignment and body awareness. We will explore the different ways to find strength, movement and body engagement, as we focus on the five basic energy directions in the body. Each student will receive a handout. Please bring a yoga mat and water.



SPRING ART FAIR

Thursday, April 2

Registration required

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

Cost: \$5 members / \$8 guests

The Royal Oak Market indoor show will feature 55 jury selected artists. Join your fellow Next members and friends for this one-of-a-kind event that includes food trucks, entertainment, beer, wine and cider. Spend a couple of hours immersed in an array of magnificent art! Leave the driving and parking to us.

HOW TO VOLUNTEER IN OUR COMMUNITY

Tuesday, April 14 at 6:00 pm - Cost: Complimentary

Want to shake off winter with a renewed dedication to giving back to the community? Join us as representatives from local organizations share opportunities to contribute your time and talent in much needed, meaningful ways. More than ten organizations all making a positive impact, helping animals, children and teens, elderly and other groups will briefly share details about how to get involved.



GARDEN CLUB

Wednesday, April 22 at 12:00 noon

Join us on Earth Day to learn more about the new Garden Club. Learn about the gardens here at Next and how you can have a part in keeping them beautiful! We will take a tour of the Next gardens and make a plan for maintaining them. We will also plan for speakers and activities for the season. No gardening experience is needed. We welcome all levels of physical ability.





ENJOY SPRING TIME AT NEXT

SPRING SPORTS

Join a league, team or group — and get to know other Next members while having fun!

NEXT GOLF LEAGUE KICKOFF MEETINGS

Tuesday, April 7 - Members only

Springdale at 9:30 am / Lincoln Hills at 12:30 pm

Please plan to attend one of these kickoff meetings if you are interested in playing in either league. Details about greens fees, golf rules, start dates, etc. will be discussed. League participation is on a first-come, first-serve basis. To reserve your spot, pre-payment is necessary. If you're unable to attend the meeting, contact the appropriate league manager for details.

Springdale League: Plays Mondays at 9:37 am

League Manager: Jerry Mercier - 248-514-2853

Lincoln Hills League: Plays Wednesdays at 10:00 am

League Manager: Bob Borgon and Jack Nanry - 248-431-4003 or jack.nanry@gmail.com

SLOW ROLL & INTERMEDIATE ROLL BIKING KICKOFF MEETING

Thursday, April 30 at 5:00 pm

Next is proud to offer two biking groups! Stuart Jeffares, our own very accomplished rider, will lead and share information about both the Slow Roll and the Intermediate Roll Biking Groups. Please join us to discuss start dates, times, equipment, plans and a new incentive program.

Slow Roll Bike Group: Monday late afternoons

Intermediate Bike Group: Tuesday mornings

MEN'S SOFTBALL

Next sponsors two 50 plus softball teams! If you would like more information about joining either team, please call or stop by the Next Office.

Birmingham Jets Softball Team

Monday and Wednesday mornings

Nextroverts Softball Team

Thursday evenings

WALKING CLUB

Calling Next members who are interested in walking through our beautiful neighborhood and sharing a little camaraderie. Please call the office if you're interested in joining this newly formed group. Days and time will be determined by group consensus.

MARCH IS WOMEN'S HISTORY MONTH...

...where we commemorate and encourage the study and celebration of the vital role of women in American history. These programs will deepen our understanding of women's contributions to America and the world.

CELEBRATING THE VOICES OF WOMEN: A Musical Tribute

Thursday, March 5 at 1:00 pm

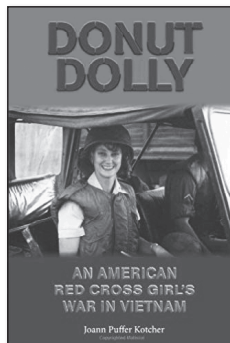
Cost: Complimentary members / \$5 guests

Next welcomes the Windscape Trio with Jennie Spencer on flute, Lillian Dean on clarinet, and Walter Dean on bassoon. This talented group will present an unforgettable celebration of women in music. You will be entertained with patriotic anthems, operas featuring women and music composed by women. Light refreshments will be served at 1:00 pm and the concert will follow. Generously sponsored by Chester Street Residence.

WOMEN IN COMBAT: Donut Dollies in Action!

Wednesday, March 11 at 12:00 pm

Cost: Complimentary members / \$5 guests



Joann Puffer Kotcher, one of the first women allowed in a combat zone, will discuss the riveting story of her service as an American Red Cross Donut Dolly. These brave young women set up recreation centers and brought books, snacks and a welcome reminder of home to soldiers in the field. A highly dangerous mission, Kotcher and other Donut Dollies assigned to combat and combat support duty often found themselves in foxholes nose-to-nose with the enemy. She spent a year in Vietnam during the height of the war and, upon her return, was awarded the Civilian Service Citation for merit and bravery. Generously sponsored by Pomeroy Living.

ROSIE THE RIVETER by Claire Kitchin Dahl, Yankee Air Museum Docent & "Tribute" Rosie the Riveter

Wednesday, March 25 at 1:00 pm

Cost: Complimentary members / \$5 guests

Claire highlights the determination, creativity and bravery of the American men AND women as they prepared for and valiantly fought WW II. "We Can Do It!" became the rallying cry for millions of women as they showed the nation they were willing and able to fill workforce gaps caused by men going into the military. You will be energized and inspired. Kindly sponsored by Affordable HomeCare.



THOMAS EDISON PHOTOGRAPH ALBUM

Wednesday, April 8 at 12:30 pm

Cost: Complimentary members / \$5 non-members

Mike Woloszyk has held a fascination for Thomas Edison since childhood. He has drawn from his extensive knowledge on Edison and has created the "Thomas Edison Photograph Album," a fun and informative presentation of Thomas Edison's life. Mike recreates and appears as Edison himself, reciting the many highlights from his past. Interesting details of his childhood in Port Huron, his first inventions, the "War of the Currents" with Tesla, and his friendship with Henry Ford are all explored and presented with photographs and videos. Get ready to be enlightened, informed and entertained! Kindly sponsored by Chester Street Residence.

SOCKI TOURNAMENT

Monday, April 20

5:30 pm – Potluck Dinner - optional

6:00 pm – Tournament begins

Cost: Complimentary members / \$5 guests

Join creators Jenny and Charles Copeland and other Socki players for a fun and exciting evening, starting with a Potluck dinner at 5:30 pm. You are welcome to bring a dish to pass! The Socki Tournament begins at 6:00 pm. There will be prizes for the lowest scores over two hours of play and a free set of game cards to the lowest score of the evening. Socki card sets will also be available for purchase. Limited to 24 players.

COOKING MATTERS

Tuesdays, April 7 through

May 12 from 5:00 to 7:00 pm

Cost: Complimentary - Members only



This 6-week course is provided to our members in conjunction with Gleaners Community Food Bank. This experience is team-taught by a volunteer chef and nutrition coordinator, and covers meal preparation, grocery shopping, food budgeting and nutrition. Participants will sample creations in class and will be given groceries to prepare the featured meal at home. This learning experience is cumulative; therefore, you must be able to attend all six classes to participate.

GARDEN ACTIVITY: Vegetable Seed Planting

Monday, March 23 and April 20 at 12:30 pm

Cost: \$5 members / \$10 guests

Tomatoes, cucumbers and peppers, oh my! It may be hard to think about gardening just yet, but we want to be ready when it comes time to plant. We will plant seeds for the Next garden and for participants as well. You will plant the seeds on the first date and replant into larger containers on the second date. You will be able to take home at least 6 plants for your own home garden.

FIRST FRIDAYS WITH MARI MANOOGIAN

Fridays, March 6 and April 3 at 10:30 am

Cost: Complimentary - All community members welcome.

Join us for an informal conversation and the opportunity to discuss important issues. On March 6, we welcome both Senator Mallory McMorrow and Representative Manoogian to First Fridays.

TRIVIA TIME!

Mondays, March 16 and April 13 from 4:00 to 6:00 pm

Cost: Complimentary members / \$5 guests

Enjoy an evening of trivia in a lively, interactive quiz-like atmosphere with a professional and entertaining trivia host! Teams of four can enjoy a little friendly competition with a chance to win bragging rights! Pizza provided!



TED TALKS AT NEXT: Be inspired!

Thursdays at 10:30 am

Cost: Complimentary - Members only

Ted Talks include perspectives on scientific, cultural, political and academic topics. Join fellow Next members to explore some of the most popular and inspiring TED Talks to date. We will view the Talk and discuss its influence for our society and ourselves. You're welcome to come once or every time!

March 12 Why we laugh

March 26 A visual history of human knowledge

April 9 A (not so scientific) experiment on laughter

April 23 How trees talk to each other

SELF-AWARENESS & SELF-DEFENSE

Officer Casey Pederson, Birmingham Police

Tuesday, March 31 from 5:30 to 7:30 pm or

Saturday, April 4 from 11:30 am to 1:30 pm

Cost: Complimentary members / \$10 guests

Class size is limited to 14 people, so register early.

This class is being repeated due to popular demand and focuses on safety in all aspects of life. Learn the value of awareness and how that will help prevent you from becoming a victim. Learn about current issues, crimes and scams and conflict resolution.

MEDICARE 2020

Tuesday, April 28 at 12:30 pm

Cost: Complimentary members / \$5 guests

Are you new to Medicare or considering retirement? Please join us for information and a discussion on Medicare, the different parts and what you need to sign up for, costs and plan options for 2020. Army Veteran Kyle Crume, General Manager and founder of the Senior Health Shop will share his knowledge on all things Medicare. We are here to help you!



INVIGORATE YOUR BODY

STRENGTH & BALANCE

Tuesdays from 11:30 am to 12:15 pm

Series 1: March 3, 10, 17, 24, 31

Cost 5-class series: \$50 members / \$55 guests

Series 2: April 7, 14, 21, 28

Cost 4-class series: \$40 members / \$45 guests

Drop-in option: \$50 members only, 4 drop-in sessions

Join Lori Harbour, Certified AFAA instructor and Older Adult Specialist, to develop greater strength and stability. With this class, you will recognize improvements in coordination, mobility and posture. This will result in fewer injuries and greater stability as you age, which can help prevent falls and keep you strong and independent. Must be comfortable standing from seated position and standing in 5-minute increments. Please wear comfortable shoes and bring water.

SMALL GROUP PERSONAL TRAINING

Thursdays from 2:00 to 3:00 pm

Series 1: March 5, 12, 19, 26

Series 2: April 9, 16, 23, 30 - No class April 2

Cost 4-class series: \$60 members / \$65 guests

Drop-in option: \$54 members only, 4 drop-in sessions

Need a little personal help in reaching your fitness goals, but still enjoy a group class? This group of highly motivated members, along with Lori Harbour, Certified AFAA Instructor and NETA Certified Personal Trainer, will help you improve your health, strength, energy and stamina in a fun and lively environment. 4 student minimum, 6 student maximum!

PRE-REGISTRATION IS IMPORTANT!

● Pre-registration for fitness classes helps prevent cancellation of classes so please register as early as possible.

● Strength & Balance and Small Group Personal Training must have 4 people registered in order to run each week, drop-ins included. Please register in the Next office or by phone at least 48 hours prior to the start of class.

JOIN THE FUN! LINE DANCING!

Mondays from 10:00 am to 12:00 noon

Series 1: March 2, 9, 16, 23, 30

Series 2: April 6, 13, 20, 27

Cost 5-week series: \$35 members / \$41 guests

Cost 4-week series: \$28 members / \$33 guests

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

Christine Stewart has been teaching line dancing for 13 years. She loves her work and invites you to join her in exercising body and mind as you move to different types of music and learn new steps and dances. 8 student minimum.

LIMBER UP

Mondays, Wednesdays and Fridays at 9:00 am

Cost: Complimentary

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

BARRE CLASS

Saturdays from 11:10 am to 12:00 noon

Cost 10 classes: \$70 members / \$80 guests

Karen Lutz, E-RYT, will lead seated and standing barre to gain strength and move into stretches. Move at your own pace and range of motion. Space is limited.

AGEBUSTERS

Tuesdays and Thursdays at 9:00 am

Cost 10 drop-in classes: \$60 members / \$70 guests

Tuesdays: Lori Harbour, Certified AFAA Instructor, leads this fun class focusing on endurance, including low impact aerobic moves to music and strength training. Please bring a mat and water.

Thursdays: Shelley Rubinstein, AFAA certified teacher, leads this circuit class, with no aerobics. Please bring a mat and water.

TAI CHI

Tuesdays from 9:45 to 11:15 am / Fridays from 10:00 to 11:30 am

Cost 10 classes: \$60 members / \$70 guests

Accredited instructors teach the Taoist Tai Chi internal arts of health. This class is a progressive practice through the many movements of Tai Chi. If you are new to Tai Chi, please call the Next office to find out when the instructor will be starting a new cycle with beginner movements.

SAVE THE DATE! Golf Classic to Benefit Next

Monday, June 1 at
Lincoln Hills Golf Course

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

Cost per person: \$75 includes golf, cart, evening activities
\$25 dinner, evening activities only

Golfers, enjoy an afternoon on the links. The tournament is a scramble format with several contests, then appetizers and wine tasting in the club house with a delicious dinner and awards ceremony under the pavilion overlooking the golf course! All friends of Next are welcome to join us for the Silent Auction and evening activities. Registration begins March 1 in the Next office or at www.BirminghamNext.org.



NEW! AGELESS YOGA: Advanced Chair Yoga

Mondays from 12:30 to 1:20 pm

Cost 10 drop-in classes:

\$70 members / \$80 guests



Move into the day with yoga postures and flows while working with a chair with Karen Lutz, E-RYT. Find balance, strength, flexibility and begin to feel better in body and mind. We will not get onto the floor during this class. Each session will begin and end seated with a brief meditation. Join this class if you are new to yoga or if you want more challenge than our regular chair sessions.

CHAIR YOGA

Mondays and Wednesdays from 1:30 to 2:30 pm

Cost 10 drop-in classes: \$70 members / \$80 guests

Experience improved flexibility, strength and balance with Karen Lutz, E-RYT. Learn to focus on breathing as you find greater balance, flexibility, and strength with gentle stretching and adaptive yoga movements both seated and standing with the support of the chair. All standing movements are optional.

SLOW FLOW YOGA

Tuesdays and Thursdays from 1:00 to 1:50 pm

Cost 10 drop-in classes: \$60 members / \$70 guests

Yoga instructor Jan Chaney will bring strength and balance into your life. Let your breath guide you through a series of postures. All levels welcome. Bring a mat, towel and water to class.

MAT YOGA

Tuesdays and Thursdays from 4:30 to 5:30 pm

Cost 10 drop-in classes: \$70 members / \$80 guests

A gentle and adaptable yoga session on the mat for beginners or those who have been practicing. Instructor Karen Lutz, E-RYT, will focus on breathing, gentle yoga moves and postures that will help improve core strength, balance and flexibility. Please bring a yoga mat and water.

YOGA FOR WELL BEING

Saturdays from 10:10 to 11:00 am

Cost 10 drop-in classes: \$70 members / \$80 guests

Join Karen Lutz, E-RYT, as she teaches us to link breath with movement as we move through gentle yoga postures on the yoga mat. Gain strength, flexibility and balance as we work on body awareness. We will transition from the mat to standing and back. Please bring your yoga mat and any props you enjoy working with. All levels are welcome. The last Thursday of each month we will incorporate Yoga Nidra (Yogic Sleep) Restorative, guided meditation.

MINDFULNESS & MEDITATION

Wednesdays from 3:00 to 4:00 pm

Cost: Complimentary - Donations to Next appreciated.

Begin or deepen your meditation practice in a safe, welcoming environment with Karen Lutz, E-RYT. All Next members are welcome. Attend once or as often as you like.

PICKLEBALL

Cost: Complimentary - Members only

Mondays and Thursdays from 12:30 to 2:30 pm

Mondays through Thursdays from 4:30 to 8:00 pm

Saturdays from 9:00 am to 2:00 pm

🕒 Skills & Drills - 1st Saturdays from 9:00 to 10:30 am

Members and guests welcome to this free clinic.

🕒 Private Lessons - Please contact Certified Pickleball

Instructor Tom Wehner at tgwehner@cs.com or 248-885-1203 for registration and details.

FIT PARK

The Next Fit Park offers members and all community members another great way to stay active and connected! The Fit Park is available for your use all day, every day! Utilize seven pieces of low impact resistance equipment designed to promote flexibility, balance and strength. Instructional video on each piece available.

BOWLING LEAGUE

Fridays at 10:00 am - Cost: \$7 members only

Join other Next members for bowling and camaraderie at Hartfield Lanes at 3490 West 12 Mile in Berkley, 248-543-9338. All levels are welcome! No need to register, just drop in. Cost includes three games, shoes and coffee. Contact Margie Janks for details at 248-646-0271.

TENNIS LEAGUE - MIXED DOUBLES

Wednesdays from 2:30 to 4:00 pm

Fridays from 2:00 to 4:00 pm

Enjoy indoor play at the Birmingham Racquet Club. All are welcome to join as regular league players or subs. Contact David Young at davidmpyoung@gmail.com for information. Must be a member of Next to participate.

THE JEFFARES SPEAKER SERIES

PLEASE NOTE: We have updated our website! Speakers can now be found under the Activities tab in the Speakers category.

March 5 - COGNITIVE FUNCTIONING, PSYCHOLOGICAL VULNERABILITY & FINANCIAL EXPLOITATION IN LATER LIFE

Peter Lichtenberg, PhD, ABPP - Director of the Institute of Gerontology - WSU

Dr. Peter Lichtenberg, nationally known expert on issues of financial decision making and financial exploitation, is a geriatric neuropsychologist. He will help us understand financial exploitation in the 21st century and the intersection of cognition, vulnerability and decision making and how it relates to financial health and wellness. He will discuss how we can better protect ourselves from exploitation of all types.

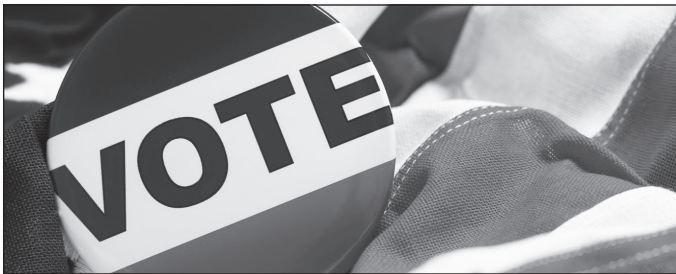


March 12 - VOTING MATTERS - VOTING RIGHTS, CENSUS & REDISTRICTING

Kurt Metzger, Mayor of Pleasant Ridge, Demographic Research Consultant

Debra Horner, Project Manager - Gerald R. Ford School of Public Policy - U of M

Michigan's democracy has changed and your participation means more than ever. Michigan voters amended the state constitution in 2019, changing voting rights so that voters may vote early by absentee ballot without a reason. Also, voters may register later, even on Election Day. Learn about the Redistricting Commission and how to apply to participate. Finally, you will discover the cost to Michigan if everyone is not counted in the Census. This presentation is free and all community members are welcome.



March 19 - POLICY ISSUES AFFECTING MICHIGAN

Chad Livengood, Senior Editor - Crain's Detroit Business

Chad Livengood writes about public policy issues affecting Michigan's long-term economic future. He will talk about the state of Michigan's roads and his reporting on the tough choices policy makers face to prevent the further deterioration of pavement conditions. Chad has covered politics and government in Michigan for the past 8 years. Chad has also covered how Detroit is back on the rise after decades of economic, social and political decline. He can answer questions about a wide variety of public policy issues, including education, the state budget, the financial health of Michigan cities and metro Detroit regional governance issues.



March 26 - THE LAW OF AUTONOMOUS CARS

Emily Frascaroli, Law Professor - U of M & Counsel - Ford Motor Company

Michigan has long been the center of automotive manufacturing, dating back over 115 years. In the years to come, new technology in the form of self-driving vehicles could help expand access to transportation, jobs and goods across numerous cities. Emily Frascaroli from Ford Motor Company will discuss this fascinating new technology and some of the legal issues that come with it.



Bringing a breadth of experience to "advantage" our clients in their real estate transactions.

Presented by Stuart Jeffares at Max Broock Realtors

Join us on Thursdays at 6:00 pm

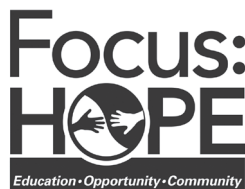
Cost: Complimentary members / \$5 guests



April 2 - A PILLAR IN THE COMMUNITY- FOCUS:HOPE

Portia Roberson, Chief Executive Officer

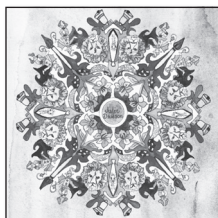
Ms. Roberson will discuss the non-profit organization's history and future as a pillar in the community. For over 50 years, Focus: HOPE has been an anchor institution in Detroit, offering early learning, workforce development, food programs, and community engagement initiatives.



Founders Father William Cunningham and Eleanor Josaitis pledged in 1968 to unite a community that was sharply divided on racial and economic lines — and Focus: HOPE has been following in their footsteps toward that goal ever since. As CEO, Portia is focused on continuing the mission of the organization's founders — to overcome racism, poverty and injustice through intelligent and practical action — in 2020 and beyond.

April 9 - THE WORLD THROUGH THE EYES OF A TRAVELING ARTIST

Julie Dawson - Artist, Author, Photographer & Traveler

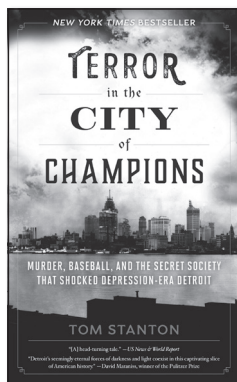


Enjoy a presentation featuring Julie's watercolor paintings of flowers, animals, children and kaleidoscopes. Julie tells stories from her travels to 101 countries. She also shares stories from the five children's books and coffee table book she has written.

April 16 - TERROR IN THE CITY OF CHAMPIONS

**Tom Stanton, Journalist, Educator, Author
University of Detroit - Mercy**

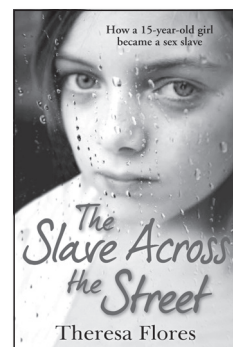
In the mid-1930s, Detroit reigned as the City of Champions. Within a 6-month span, the Tigers, Lions and Red Wings won a World Series, an NFL title and the Stanley Cup — a major sports trifecta achieved by no other American city before or since. It happened as undefeated local boxer, Joe Louis was becoming a national sensation. Beneath the jubilation, a wave of mysterious crimes had police baffled. The work of the Black Legion, a terrorist organization flourished. Tom's book about this, *Terror in the City of Champions* will be available for purchase.



April 23 - THE SLAVE ACROSS THE STREET

**Theresa Flores, LSW, MS - Human
Trafficking Expert, Survivor & Activist**

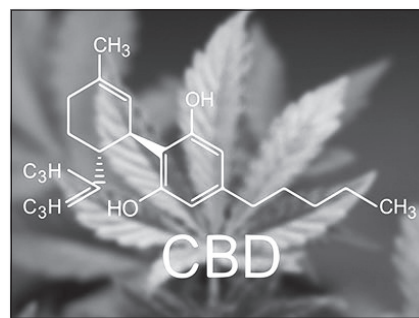
When Ms. Flores attended Groves High School, she was drugged and raped by a male classmate. The rapist's cousins took pictures and used those for sexual blackmail. After two years, her dad was transferred to another city and the trafficking stopped. Theresa is a survivor of and campaigner against sex trafficking and creator of Save Our Adolescents from Prostitution, a non-profit that aims to help prevent sex trafficking and support people with similar experiences. Theresa's book, *A Slave Across the Street* will be available for purchase. This riveting memoir was listed by the Wall Street Journal and USA Today as recommended reading on the important topic of human trafficking.



April 30 - CANNABIS: USE, TREATMENT & POLICY

**Jordan Braciszewski, PhD, Clinical Psychologist &
Researcher - Monarch Behavioral Health**

As the prevalence of state level cannabis legalization continues to increase across the country, public health awareness of cannabis based products is paramount. Recreational cannabis, edibles and CBD are among



the products being made more readily available to the public and are accompanied by reports of improved health. At the same time, cannabis has increased in potency over the last 30 years, perception of risk is low and use among young people is increasing. This confluence of issues requires a detailed examination of the evidence as access to cannabis increases. Audience members will learn about various types of cannabis and cannabis related products, prevalence of use and disorders, the state of evidence with regard to the benefits and harms of cannabis use, and the state policies aimed at regulating the use of cannabis.



HEALTH SERIES Thank you Bank of Ann Arbor, 2020 Health Series Sponsor!

PRESCRIPTION MEDICATIONS & YOU

Thursday, March 19 at 1:00 pm

Cost: Complimentary members / \$5 guests

Farzad Danshvar, PharmD, Board Certified Pharmacotherapy Specialist discusses the importance of understanding the medicines prescribed to us. It is vital that we understand what we take, why we take them and how to be safe doing so.

ONE HEALTH

Tuesday, March 31 at 12:30 pm

Cost: Complimentary members / \$5 guests

Veterinarian Karen Hrapkiewicz will explain how animals and humans are often affected by the same diseases and environmental issues. We are all connected! Antibiotic resistance, pollution and food safety are all part of One Health. Karen will also explore many current local and global issues.

NUTRITIONAL SUPPLEMENTS AND YOU

Thursday, April 16 at 1:00 pm

Cost: Complimentary members / \$5 guests

Dr. Michelle Crowder Davila will discuss nutritional supplements including vitamins, minerals, herbs, probiotics, etc. Due to lack of standardized regulation and quality control, it can be difficult to know if your supplements are safe or effective. Michelle will share the evidence separating fact from fad.

AUTISM AWARENESS

Tuesday, April 21 at 12:30 pm

Cost: Complimentary members / \$5 guests

One out of every 59 children has Autism Spectrum Disorder, according to the CDC. Renee Ruiz, BPS Specialized Instruction Supervisor and team will help us understand Autism and appreciate the challenges that people with Autism Spectrum Disorder face personally and socially.



ART & CREATIVITY

PAINTING CLASSES AT NEXT

Join noted artist and instructor Karen Halpern for a variety of art classes to develop your creative self! Please visit the Next office for materials lists.

Painting with Acrylics & Oils

Tuesdays, March 31 through June 2

from 9:30 am to 12:00 noon

Cost 10-week class: \$160 members / \$170 guests

This class focuses on color theory, subject, techniques and design. Individual guidance and encouragement will help you develop.

Watercolor Painting Workshop

Wednesdays, April 1 through June 10

from 2:00 pm to 4:00 pm - No class April 8

Cost 10-week class: \$140 members / \$150 guests

In this class for beginning and experienced students, learn basic skills, color mixing, theory and painting techniques. Having a general ability to draw will assist as students learn to paint at their own ability levels.

Studio Art Class

Thursdays, April 2 through June 11

from 1:00 to 3:30 pm - No class April 9

Cost 10-week class: \$160 members / \$170 guests

Create a piece of art with your choice of subject and materials and receive suggestions as you advance with your project. Karen will foster critical thinking and broaden your viewpoint. Students often work with acrylics, oils, watercolors or collages and prior experience required with instruction with your chosen material.

BEGINNING POTTERY: Intro to Hand Building

Tuesdays, March 24 through April 28

from 3:00 pm to 5:00 pm

Cost 6-week class: \$130 members / \$135 guests plus \$45 materials fee, to be paid at registration

Next welcomes artist/instructor Jan Lindell-Meinhard!

Free your inner artist — join Jan and learn the art of pottery. Intro to Hand Building will be an opportunity for students to work with clay as an art medium, focusing on the process of ceramic making from start to finish. Each student will become familiar with the basic methods of construction, decoration and vocabulary, as well as sculptural techniques. Learn slab building, coil method, pinch method and modeling. All materials will be supplied by Next.

PHOTOGRAPHY CLUB

Tuesdays, March 17 and April 21 from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 guests

Contact Chuck at 248-762-4345 or NextPhotoClub@gmail.com for information on Photoshop lessons or coaching. For Photography Club information, contact Ed Morykwas at Ed@riveroftime.net or Joyce Harding at joyceharding6@gmail.com.

OPEN STUDIOS

Advanced Pottery: Thursdays from 9:30 am to 12:30 pm

Pottery: Saturdays at 9:00 am to 2:00 pm

Knitting & Crocheting: Mondays at 10:00 am

Needle Arts: Wednesdays at 10:00 am

THANK YOU FOR YOUR GENEROUS CONTRIBUTIONS TO THE SHARE THE 2019 SPIRIT FUND DRIVE!

George Abraham
Linda Allen
Diane Anderson
Gretchen Anderson
Randy Barnett
Gloria Baykian
Tom & Mary Jo Beagen
Harley & Toby Berger
Jim & Ann Bertrand
Maggie Bicz
Birmingham Senior
Men's Club
Marilyn Bishop
B.J. Blackford
Chris Blackwell
Charlie & Mary Blank
Stuart & Patty Bordman
Bob & Denise Borgon
Alfred & Betty Bosley
Susan Boyle
Tom & Cris Braun
Anne Bray
Don Bratt & Sherry Walker
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Marceline Bright
Tom Brookover
Enid Brown
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Linda Buchanan
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Ellen Cataline
Judith Christie
Angela Ciarkowski
Marilyn Citron
Phyllis Clark
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Jane Conway
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Blache Hodde
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Henry Horltd
Brad & Laura Host
John & Elaine Hretz
Vivien Hsu
Patricia Hubert
Elaine Hudson
Margaret Hull
Diane Hults
Stuart Jeffares
Joe & Beverly Kado
Ellen Kahn
Ray & Florence Kassab

Dolores Keller
Mark & Donna Kelly
Robert Kenning
Bob Koenigsknecht
Dolores Kornblum
Nancy Krueger
Dolores Lane
Alice Lezotte
Eleftherios & Janice
Logothetis
David & Kay Lurie
Georgette Lhyle
Kathleen Mammel
John & Julie Mandich
Melissa Mark
John Marsh
Sue Marx
Marie Matice
Falding McLogan
Pat Meyers
Jerome & Midge Mills
Rita Morisette
Elmer & Mary Mueller
Gene & Nancy
Muenchausen
Carl & Marion Muma
Frank Nau
Joan Nedeljkovic
Adolph Neeme
Joan Norton
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Lyle & Ellen Nustad
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Rosemary Peitz
Laurie Penn
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Genevieve Peters
Joan Pettigrew
Dorothy Pfeifer
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Jay Reynolds
Gloria Rhodes

Kathleen Roggenbuch
Sharon Rosenberg
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Monica Ziegelman



DAY TRIPS

THREE CAT'S LUNCH

Tuesday, March 17 - Registration required

Bus leaves Next at 11:40 am, returns about 1:30 pm

Cost: \$5 members / \$10 guests

Please note: Meal is not included in cost of trip.

Three Cats Café — of Leon and Lulu fame — has recently become Three Cats, a full-fledged restaurant and bar, and a unique place unlike any other. Three Cats has a rotating menu, crafted by Matt Prentice himself, that changes daily to bring you the best in seasonal, American-style cuisine as small plates with a twist in a modern and engaging space. In a fusion of fine dining and retail, enjoy lunch on your own, in the most eclectic environment around. Bon Appetit and Happy St. Patrick's Day!

CHALDEAN MUSEUM & CULTURAL CENTER

Wednesday, March 18 - Registration required

Bus leaves Next at 10:30 am, returns about 1:00 pm

Cost: \$20 members / \$25 guests

Enjoy a 90-minute guided tour of The Chaldean Cultural Center which celebrates and explores the extraordinary history, arts, traditions, and contributions of the Chaldean people from ancient times to the present, serving as a repository of collected history. Multimedia presentations, sophisticated hands-on activities, artifacts both ancient and modern, and evocative environments will tell a distinctive, engaging, and powerful story.

MICHIGAN OPERA THEATRE AT

THE DETROIT OPERA HOUSE: *Champion*

Thursday, March 26 - Registration required

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

Cost: \$45 members / \$50 guests

Terence Blanchard's "opera in jazz" makes its Detroit Opera House debut March 26. Based on the real story of prized fighter Emile Griffith, *Champion* is a reflection on the boxer's life as he struggles with regret, prejudice and the fluidity of sexual and societal morality. Featuring opera star Denyce Graves, *Champion* is a self-reflective work not to be missed. The running time for this performance is approximately 2 hours and 20 minutes, including intermission.

DAY TRIP & OVERNIGHT TRAVEL POLICIES

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



DETROIT SYMPHONY ORCHESTRA MORNING COFFEE CONCERTS

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

Cost: \$60 members / \$66 guests

Please pre-register, space is limited.

Friday, March 27 - Music & Magic: Michael Grandinetti

Michael Grandinetti, star of TV's "Masters of Illusion" and one of today's leading pioneers of live magic, combines his art of illusion with the DSO's magical melodies, including music from *Harry Potter*, *A Night on Bald Mountain* and *Firebird*. Get ready to be on the edge of your seat, but don't worry, only one lucky audience member will be cut in half!

Friday, May 15 - Prohibition: From Moulin Rouge to Boardwalk Empire

Time-travel through the dark cabarets and speakeasies of New York, Paris, Berlin, London, Chicago and Atlantic City. Featuring vintage imagery and video, experience the 1920s in all its decadence, with music from Irving Berlin, Edith Piaf, Josephine Baker, and more.

Friday, June 12 - Summer Blockbusters

The arrival of Summer brings with it blockbuster movies that capture everyone's attention, and turn film composers, such as John Williams, James Horner, Hans Zimmer into household names. With large budgets, epic story lines, and record crowds, enjoy the best music from some of the top grossing summer movies of all time, including *Aladdin*, *Gladiator*, *Raiders of the Lost Ark* and *Pirates of the Caribbean*.

WSU HILBERRY THEATRE: *Mary Poppins*

Wednesday, April 15 - Registration required

Bus leaves Next at 12:45 pm, returns about 5:15 pm

Cost: \$45 members / \$50 guests

Pop open your umbrellas and take flight with us as everyone's favorite — and practically perfect — nanny takes the stage in this supercalifragilisticexpialidocious musical adventure. *Mary Poppins* is an enchanting story that follows the Banks family as they struggle with life in Edwardian England just after the turn of the 19th century. The children, Jane and Michael, are terribly ill-behaved. Mrs. Banks is lonely and bereft, aching for dreams long ignored. And Mr. Banks just wants to live an orderly, well-established life. Helping them is the mysterious nanny who can talk to birds, magically transform a gloomy park into a painterly scene, and, just maybe, with a spoonful of sugar, get the Banks back on track. A mixture of irresistible story, unforgettable songs, breathtaking dance numbers and theatrical magic!

FEDERAL RESERVE

Wednesday, April 22 - Registration required

Bus leaves Next at 10:15 am, returns about 12:45 pm

Cost: \$15 members / \$20 guests

Show us the money! Take a one-hour guided tour of the Federal Reserve Bank of Chicago (Detroit Branch). The tour includes a discussion of the Federal Reserve System and a direct view into the cash department, which disburses currency to area banks. All visitors must show a government issued photo identification prior to entering the branch.

ST. NICHOLAS GREEK ORTHODOX CHURCH

Wednesday, April 29 - Registration required

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

Cost: \$10 members / \$14 guests

Though the church currently located at 760 W. Wattles can trace its religious history back about 2,000 years through apostolic succession, the congregation that would become St. Nicholas Greek Orthodox Church in Troy first came together in Detroit in 1936 at the corner of Tuxedo and Hamilton. Participants will visit the parish, view the magnificent architecture and learn of its rich and vibrant history. The tour includes a meet-and-greet with the priest, compete with questions and answers. We then will have an opportunity to explore the church and its iconography on our own. On our way out, the bookstore will be open for those that are interested.

MEADOW BROOK THEATRE:

Seasoned Senior Variety Show

Tuesday, May 12 - Registration required (10 tickets available)

Bus leaves Next at 12:30 pm, returns about 4:15 pm

Cost: \$30 members / \$35 guests

Back by popular demand, the "seasoned senior" variety show at Meadow Brook, for ONE performance only! Join us for a marvelous afternoon of humor, laughter, music, singing and just plain lots of fun! Enjoy some light refreshments before the show begins!

DESIGNERS SHOW HOUSE 2020

Thursday, May 21 - Registration required

Bus leaves Next at 9:00 am, returns about 1:45 pm

Cost: \$60 members / \$65 guests

Please note: Meal is included in cost of trip.

Experience a docent led tour of this year's home, located at 1771 Seminole Street in the Indian Village neighborhood of Detroit. The 23rd Designer's Show House was designed and built in 1907 by Chittenden & Kottling for Bingley Fales, an attorney and assistant general manager of the Edison Illuminating Company. At 15,000 square feet, it is recognized in The American Institute of Architects Guide to Detroit Architecture — and is the largest home in the neighborhood. Set on two acres of land with formal gardens and a Pewabic tile reflecting pool, the home boasts 10 bedrooms, 5 full and two half baths. Multiple fireplaces and beautiful original wood paneling reflect the elegant life of this classic Georgian home. Lunch in the café, provided by City Kitchen, is also included in ticket price. Choose from entrée salad or sandwich when registering. We will also have time to shop the Market Place and Garden Center. Plan on 3 hours to fully enjoy this experience! Please note, this home is NOT ADA compliant.

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DINNER & A CLASSIC

Last Wednesday of
the month @ 5:00 pm

ADMIT ONE

Please register!

March 4 - OCEANS 8

Five years, eight months, 12 days and counting — that's how long Debbie Ocean (Sandra Bullock) has been devising the biggest heist of her life. She knows what it's going to take — a team of the best people in the field, starting with her partner-in-crime Lou Miller (Cate Blanchett). Together, they recruit a crew of specialists, including jeweler Amita (Mindy Kaling), street con Constance, suburban mom Tammy (Sarah Paulson), hacker Nine Ball (Rihanna), the mule (Ann Hathaway) and fashion designer Rose (Helena Bonham Carter). Their target — a necklace that's worth more than \$150 million.

Rated PG13 1 hour 51 minutes

March 11 - THE PRIZE WINNER OF DEFIANCE, OHIO

Evelyn Ryan (Julianne Moore) suffers in her marriage to Kelly (Woody Harrelson), a slovenly alcoholic whose only consistent quality is his utter lack of respect for her. As Evelyn struggles to make ends meet and care for their ten children, she begins to turn to contests as a source of entertainment and much-needed income. To the amazement of her friends and family, Evelyn's quick wit leads her to pen prizewinning amateur jingles and one-liners for products across the spectrum.

Rated PG13 1 hour 39 minutes

March 18 - A DOG'S WAY HOME

As a puppy, Bella finds her way into the arms of Lucas, a young man who gives her a wonderful home. When Bella becomes separated from Lucas, she soon finds herself on an epic 400-mile journey to reunite with her beloved owner. Along the way, the lost but spirited dog touches the lives of an orphaned mountain lion, a down-on-his-luck veteran, and some friendly strangers who happen to cross her path.

Rated PG 1 hour 37 minutes

March 25 - THE BIG SLEEP

Dinner & A Classic at 5:00 pm

A dangerous blackmailer has targeted the Sternwoods, a wealthy family once tucked away in the safety of their Los Angeles mansion. But while private eye Philip Marlowe (Humphrey Bogart) works on the case, he ends up falling for the clan's fiery daughter (Lauren Bacall). Cracking dialogue and the perfect pairing of Bogart and Bacall make this adaptation of Raymond Chandler's novel a timeless classic.

Not Rated 1 hour 54 minutes

Generously sponsored by Wellsbrooke Home Health.

April 1 - DOWNTON ABBEY

Return to the worldwide phenomenon Downton Abbey as the beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England will unleash scandal, romance and intrigue that will leave the future of Downton hanging in the balance!

Rated PG13 2 hours 2 minutes

April 8 - PETER RABBIT

Peter Rabbit and his three sisters — Flopsy, Mopsy and Cottontail enjoy spending their days in Mr. McGregor's vegetable garden. When one of McGregor's relatives suddenly moves in, he's less than thrilled to discover a family of rabbits in his new home. A battle of wills soon breaks out as the new owner hatches scheme after scheme to get rid of Peter, a resourceful rabbit who proves to be a worthy and wily opponent.

Rated PG 1 hour 35 minutes

April 15 - BILLY ELLIOT

The life of 11-year-old Billy Elliot (Jamie Bell), a coal miner's son in Northern England, is forever changed one day when he stumbles upon a ballet class during his weekly boxing lesson. Before long, he finds himself in dance, demonstrating the kind of raw talent seldom seen by the class' exacting instructor, Mrs. Wilkinson. With a tart tongue and never-ending stream of cigarettes in her hand, Mrs. Wilkinson's zest for teaching is revived when she sees Billy's potential.

Rated R 1 hour 51 minutes

April 22 - LOVE, GILDA

Love, Gilda pays gentle, unequivocal tribute to Gilda Radner — with excerpts from diaries, audiotapes, videotapes and testimonies from friends and colleagues offering insight into the life and career of Gilda Radner. This special movie captures the jubilant spirit of the beloved comic and actress who became the first female superstar on *Saturday Night Live*.

Documentary 1 hour 24 minutes

April 29 - THE SEARCHERS featuring John Wayne

Dinner & A Classic at 5:00 pm

After his entire family is viciously wiped out, hardened war veteran Ethan Edwards (John Wayne) embarks on a long journey to find his only surviving niece, Debbie (Natalie Wood), who has been captured by hostile Comanche Indians. Director John Ford's richly scenic Western also stars Vera Miles.

Not Rated 1 hour 59 minutes



ENRICHMENT

POPULAR READS BOOK CLUB

Mondays, March 9 and April 13 at 1:00 pm

Rebekah Craft, Associate Director of the Baldwin Public Library, leads book discussions of popular books. The March book selection is *Ask Again, Yes!* by Mary Beth Keane — and the April book selection is *The Secrets We Kept* by Lara Prescott. Register at Next — and Baldwin Public Library will provide the book!

NON-FICTION BOOK GROUP

Thursdays, March 12 and April 9 at 10:00 am

Facilitated by Baldwin Library professionals, join us to discuss *From Here to Eternity* by Caitlin Doughty in March — and *The Poisoned City* by Anna Clark in April. Register at Next and Baldwin Public Library will provide the book!

NEXT LIBRARY VOLUNTEER GROUP

If you have an interest in books, volunteering at the Next Library is a fun way for members to give back. We always welcome members who can lend a hand organizing and managing our loan library while enjoying a little camaraderie. Everything is more fun when working in a group.

WRITER'S CORNER

Thursdays, March 5, 19 and April 2, 16 from 9:30 to 11:00 am

Join Next members who love to gather and share their common interest in writing. Read your material and get constructive feedback. For additional information, contact facilitator Sara Burnside at 248-649-1813.

WOMEN'S COFFEE & CONVERSATION

Drop-in every Tuesday 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 BREAKFAST

Drop-in every Wednesday at 9:00 am

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

CURRENT EVENTS DISCUSSION GROUP

Drop-in every Friday at 12:00 noon

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



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CARDS, TILES & COLLECTORS CLUBS

CANASTA

Thursdays from 12:00 noon to 3:00 pm

All are welcome to join in and play this fast-paced, high scoring, unpredictable card game. What a great way to pass the time with new friends and fellow members.

MAH JONGG

Mondays from 10:30 am to 12:30 pm and 1:00 to 4:00 pm

Come with your own Mah Jongg table partners or stop by the Next office to sign up if you would like to play. You must be able to play independently.

Fridays from 1:00 to 3:00 pm

This group welcomes drop-ins and all levels of experience.

PINOCHLE...come and join the fun!

Mondays, Tuesdays, Wednesdays, Fridays
from 12:00 noon 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 2:30 pm

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

BRIDGE...for everyone at every level!

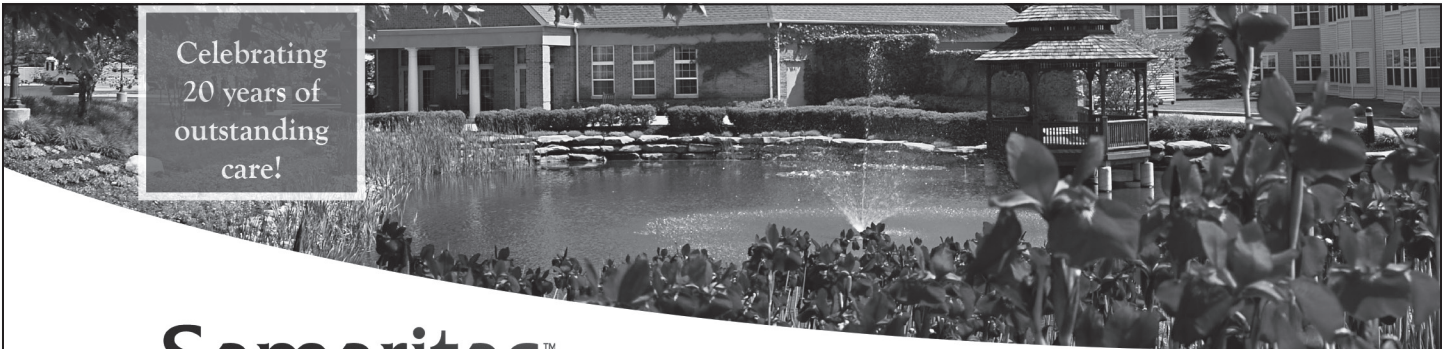
Beginning Bridge Instruction - Mondays from 10:00 to 11:15 am - Instructor Al Rosie

Duplicate Bridge - Mondays from 11:30 am to 2:30 pm
Facilitator Al Rosie

Partners Bridge - Tuesdays from 2:00 to 5:00 pm
Come with your partner. Experienced players, please.

Wednesday Bridge - Wednesdays from 12:00 noon to 3:15 pm

Duplicate Bridge - Fridays from 12:30 to 3:30 pm
Facilitator Irv Feldman, 248-828-5346



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CHESS LESSONS FOR BEGINNER & INTERMEDIATE PLAYERS

Thursdays, March 19, 26 and April 2, 9 from 4:00 to 5:00 pm

Cost 4-week series: Complimentary members / \$5 guests

Fellow Next members Chris Dow and Bruce Dobras will be teaching beginner and intermediate chess players tactics and positioning with time to play.

CHESS CLUB

Thursday evenings from 5:00 to 7:00 pm

This club seeks to bring together people who have an interest in chess and wish to advance their skill, regardless of prior experience. All are welcome. For additional information, please contact Chris Dow at 248-647-0728.

CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

BINGO

1st and 3rd Fridays, March 6, 20 and April 3, 17 at 1:00 pm

Admission cost: Complimentary members / \$2 guests

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

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

BIRMINGHAM STAMP CLUB

Tuesdays, March 3, 17 and April 7, 21 at 6:00 pm

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

COIN CLUB

Wednesdays, March 18 and April 15 at 7:00 pm

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



COMPUTER LAB & LESSONS

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 our computers with one of our talented instructors. Please contact the Next office to schedule an appointment and purchase your computer card. Our talented Computer Lab volunteers can help with many types of software, Apple computers, mobile devices and various applications.



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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. Jeanne Nance and Sandi Cassar in Next Support Services welcome you Monday through Friday, 9:00 am to 4:00 pm.

ASK THE ATTORNEY

Tuesdays, March 3rd and April 7th from 1:00 to 1:45 pm

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

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 866-400-9164 to discover what may be available.

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.

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.

VISION ENRICHMENT SUPPORT GROUP

Mondays, March 2 and April 6 from 9:00 to 10:00 am

Facilitated by Marcie Brink-Chaney, share your experience with others with similar challenges. Please bring ideas for future speakers and discussion topics.

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.

COMMUNITY HOUSING TOURS

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



Samaritas Senior Living

Wednesday, March 11

Bus departs Next at 11:00 am, returns about 1:00 pm

Samaritas Senior Living of Bloomfield Hills offers an elegant lifestyle in a warm and friendly atmosphere. A bustling life enrichment program allows you to discover new social events and educational and cultural programs. Located on seven acres of beautifully landscaped and tranquil woodlands, Samaritas features both independent and catered living apartments.

Blossom Ridge

Wednesday, April 22

Bus departs at 10:30 am, returns around 1:00 pm

Blossom Ridge in Rochester Hills is inspired Senior Living with retirement, independent and assisted living options. The Blossom Ridge community focuses on wellness, meaningful connections and exciting new opportunities. Everyday perks feature exceptional dining options, daily planned activities, resort style amenities, caring professional staff and a variety of maintenance free options.

Cedarbrook

Wednesday, May 20

Bus departs at 11:00 am, returns around 1:00 pm

Cedarbrook is an upscale full-service retirement community found in the heart of Bloomfield Hills. It is one of the few Continuing Care Retirement Communities in the Birmingham/Bloomfield area. They offer independent, assisted living, memory care, skilled nursing care and respite care. They also offer attractive amenities such as restaurant style dining, Salon and Spa, and state-of-the-art wellness center.

SHREDDER COMPLIMENTS OF SOCRRA & NEXT

Saturday, May 16 from 10:00 am to 2:00 pm

Shredding is intended for sensitive documents only. Junk mail and magazines/newspapers do not need to be shredded. Paper must be free of all plastic or metal bindings, covers, inserts, etc. Staples are accepted, but paper clips must be removed. You may drop your items off for shredding. Limit 3 boxes per person.

TRANSPORTATION



Door-to-door transportation service is available for seniors and disabled adults residing in Birmingham, Beverly Hills, Bingham Farms and Franklin. Our friendly Next drivers will take you to medical, dental, personal appointments, shopping, or activities at Next. Transportation hours are 8:30 am to 6:00 pm, Monday through Thursday — and 8:30 am to 4:30 pm on Friday. For reservations, please call 248-203-5270 at least 3 working days in advance to request a ride. And remember, Next is available to drive you on snowy days. Our first priority is your safety. Partially funded by The Birmingham Foundation for Senior Residents and Beaumont Health.

SNOW REMOVAL & LAWN MOWING for Birmingham & Beverly Hills Residents

Snow removal and lawn mowing services are available for income-eligible Birmingham and Beverly Hills seniors and income-eligible disabled residents. This service is funded under the Community Development Block Grant Program (CDBG). Enrollment is limited and only available as long as funding is available. Please call Jeanne Nance or Sandi Cassar at Next for more information.

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Mondays, March 2 and April 6 from 10:00 to 11:00 am

Cost: Complimentary - No appointment is required.

A trained healthcare professional will provide blood pressure and blood oxygen level screenings.

MEDICAL EQUIPMENT LOANS

Our loan closet contains wheelchairs, walkers, canes, commodes, bath benches and shower stools 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. We also accept donations of any of the above items. Please make sure they are clean and in good working order. Due to space limitations we cannot always take all items so please call 248-203-5288 before bringing any items to Next.

PODIATRIST AT NEXT

Wednesdays, March 25 and April 22 from 10:00 to 11:30 am - Call Next to make an appointment.

Dr. Robert Adas, DPM, provides basic foot care. Most services are covered by insurance. Pay the podiatrist directly. Appointments are appreciated, but walk-ins are welcome.

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MEALS ON WHEELS

Meals on Wheels delivers nutritious meals to community members in their homes. If you would like to enroll, please call Emerald Foods at 248-689-0001. And if you would like to volunteer to package or deliver meals periodically, please call Judy Murrell at 248-203-5281. We are all working to help seniors live nourished lives with independence.

NURSE ON CALL

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.

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.

HEARING AID & EYEGLASSES DONATIONS & RECYCLING PROGRAM

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

EARLY STAGE MEMORY LOSS SUPPORT GROUP

The Alzheimer's Association offers support groups for people in early stages of Alzheimer's or related dementias. Caregivers, family members and/or friends are welcome to attend. Meetings are held in Birmingham, Bloomfield Hills, and other nearby areas. Call 248-351-0280 for more information.

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. Counselors can help over the phone or you can make an appointment to meet with a MMAP counselor in person.



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NEXT NOTES

NEXT OFFICE

Volunteering in the Next Office involves welcoming visitors, assisting members and staff, helping with computer data entry, answering the phone, taking reservations and helping members when they come into the office with whatever they might need. Customer service is a core value at Next!

REMINDER

The west door (closest to Seaholm) will be locked at 7:00 pm. After a program, you will be able to exit through either door for your convenience.

INCLEMENT WEATHER

On days with heavy snow or extreme temperatures, please check for school closings before coming to Next. Next will be closed when Birmingham Public Schools are closed. You can find school closing information on the TV, Internet, the BPS or Next website and Next voicemail.

KNITTED CREATIONS FOR SALE

Lovely knitted items in the hallway showcase created by talented Next knitters are available for sale! Please visit the Next Office for purchase information.



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Help spread the word about what a great place Next is!

MEET OUR NEWEST MEMBERS...

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

Gerard Andree, Joan Balogh, Richard Beltz, Gayle Bettega, Camille Breen, Roderick and Christine Bunia, Sharon Buttry, Vincent and Kathy Callahan, James and Margo Campbell, Mary Campbell, Cecilia Cole, Pauline Dawson, Joseph and Judy Drobot, Helen Edwards, Kay Ehrke, Anne Marie Eklund, Maury and Jan Elvekrog, Rachel Feder, Sharon Finnie, Elisabeth Fleming, Tom Galantowicz, Chris Giovannetti, Robert and Elizabeth Gibbs, Peggy Graham, Gerald Grueter, Doris Horton, Robert Hayes, Holly Heiss, Joseph and Lois Hlanaty, Bill and Connie Jordan, Joann Leo, Mary Lewis, Dorie Marshall, Jerry and Terry Matlen, Edward McClew, Dean Moenck, Nisreen Murad, Alan and Susan Ochalek, Mike Palazzolo, Dennis Roggenbuch, Kathleen Schneider, Jane Snyder, Barry and Rochelle Solomon, Barry Swain, Dru Szczerba, Carolyn Wemple, Keith and Linda Wilson, Eugene and Marianne Winters

NEW & PROSPECTIVE MEMBER COFFEE

Tuesday, April 14 at 1:00 pm

Join us for coffee and treats to hear about all the great opportunities we offer and to learn about our website — and get to know other new members and the Next staff!



Our thoughts are with you...

Anathea Alexa, Sheila Becker, Greg Burry, Lorraine Fitzpatrick, Frank Kutinsky, Dora Saber and Jay Schwarzberg

Our condolences to the family and friends of...

Dorothy Coordes, Ellie (Eleanor) Froehlich, Donald Muno, Frank Nau, John Parker, Patricia Ray-Papa, Salomeia Schlick and John Slocum

Donations Received through January 31, 2020

Thank you for supporting Next!

GROUPS & ORGANIZATIONS

Birmingham Stamp Club and Ferndale Stamp Club

MEMORIALS

Oasis Adult Foster Care in memory of Erika Scroggins

FOUNDATIONS

Foundation for Birmingham Senior Residents and Sutar Sutaruk Meyer Foundation

INDIVIDUALS

Patience Crimmins, Sandy Debecki, Bob Deneweth and Dian Wilkins, Maureen Field, Neal Hoyer and Mary Williams, Rita Morissette and David Underdown

GOODS & SERVICES

Allyson Boyle, Gerald DiLoreto, Judy Lowery, Richard Sanders, Mary Slocum, David Sommerfeld, and Zikakas Family

PLANNED GIVING

Kathleen Breen Charitable Trust

POLICY REMINDERS

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

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9:00 Limber Up Vision Support 10:00 Blood Pressure & Blood Oxygen Beginning Bridge Knitting & Crocheting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Ageless Yoga Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	3 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Ask the Attorney Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club	4 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Open Studio 12:00 Pinochle Wednesday Bridge 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Oceans 8	5 9:00 Agebusters 9:30 Writer's Corner Advanced Pottery Studio Palette & Brush 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Windscape Trio Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Financial Exploitation in Later Life	6 9:00 Limber Up 10:00 Bowling Tai Chi 10:30 Mari Manoogian 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Bingo Mah Jongg 2:00 Tennis	7 9:00 Open Pottery Skills & Drills Pickleball 10:10 Yoga for Well Being 10:30 Pickleball 11:10 Barre Class
9 9:00 Limber Up 10:00 Beginning Bridge Knitting & Crocheting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Ageless Yoga Pickleball 1:00 Popular Reads Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	10 Election Day 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball	11 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Open Studio 11:00 Housing Tour: Samaritas Senior Living 12:00 Donut Dolly Pinochle Wednesday Bridge 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: The Prize Winner of Defiance, Ohio	12 9:00 Agebusters 9:30 Advanced Pottery Studio Palette & Brush 10:00 Non-Fiction Book Group 10:30 Ted Talks 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Voting Matters	13 9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Mah Jongg 2:00 Tennis	14 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
16 9:00 Limber Up 10:00 Beginning Bridge Knitting & Crocheting Line Dancing 10:30 Mah Jongg 11:00 Irish History in Detroit 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Ageless Yoga Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:00 Trivia Time! 4:30 Pickleball	17 Three Cat's Cafe 9:00 Agebusters 9:45 Tai Chi 10:00 Photography Club 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Board Meeting Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club	18 Chaldean Museum 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Open Studio 12:00 Pinochle Wednesday Bridge 1:30 Chair Yoga 2:30 Tennis 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: A Dog's Way Home Coin Club 7:00	19 9:00 Agebusters 9:30 Writer's Corner Advanced Pottery Studio Palette & Brush 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Prescription Meds & You 2:00 Small Group Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Public Policy Issues Affecting Michigan	20 9:00 Limber Up 10:00 Bowling Tai Chi 11:00 Birmingham City Official 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Bingo Mah Jongg 2:00 Tennis	21 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
23 9:00 Limber Up 10:00 Beginning Bridge Knitting & Crocheting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Seed Planting Ageless Yoga Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	24 9:00 Agebusters 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 3:00 Beginning Pottery 4:30 Mat Yoga Pickleball	25 9:00 Limber Up Men's Breakfast 10:00 Podiatrist Needle Arts Open Studio 12:00 Pinochle Wednesday Bridge 1:00 Rosie the Riveter 1:30 Chair Yoga 2:30 Tennis 3:00 Mindfulness & Meditation 4:30 Pickleball 5:00 Dinner & A Classic: The Big Sleep	26 Michigan Opera Theatre Champion 9:00 Agebusters 9:30 Advanced Pottery Studio Palette & Brush 10:30 Ted Talks 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga 2:00 Small Group Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: The Law of Autonomous Cars	27 DSO - Music & Magic 9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Yoga Workshop Duplicate Bridge 1:00 Mah Jongg 2:00 Tennis	28 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
30 9:00 Limber Up 10:00 Beginning Bridge Knitting & Crocheting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Ageless Yoga Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	31 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 One Health Socki Free Play 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 3:00 Beginning Pottery 4:30 Mat Yoga Pickleball 5:30 Self Defense				

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN APRIL 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Open Studio 12:00 Pinochle Wednesday Bridge 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Downton Abbey	2 Royal Oak Mkt: Spring Art Fair 9:00 Agebusters 9:30 Writer's Corner Advanced Pottery Studio Palette & Brush 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Pillar in the Community Focus: HOPE	3 9:00 Limber Up 10:00 Bowling Tai Chi 10:30 Mari Manooagian 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Bingo Mah Jongg 2:00 Tennis	4 9:00 Open Pottery Skills & Drills Pickleball 10:10 Yoga for Well Being 10:30 Pickleball 11:10 Barre Class 11:30 Self Defense
6 9:00 Limber Up Vision Support 10:00 Blood Pressure & Blood Oxygen Beginning Bridge Knitting & Crocheting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Ageless Yoga Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	7 9:00 Agebusters 9:30 Springdale Kickoff Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle Lincoln Hills Kickoff 12:30 Socki Free Play 1:00 Ask the Attorney Slow Flow Yoga Chess 2:00 Partners Bridge 3:00 Beginning Pottery 4:30 Mat Yoga Pickleball 5:00 Cooking Matters 6:00 Stamp Club	8 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Open Studio 12:00 Pinochle Wednesday Bridge 12:30 Thomas Edison 1:30 Chair Yoga 2:30 Tennis 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Peter Rabbit	9 9:00 Agebusters 9:30 Advanced Pottery Studio Palette & Brush 10:00 Non-Fiction Book Group 10:30 Ted Talks 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga 2:00 Small Group Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: The World through the Eyes of a Traveling Artist	10 Closed Good Friday	11 Closed Happy Easter
13 9:00 Limber Up 10:00 Beginning Bridge Knitting & Crocheting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Ageless Yoga Pickleball 1:00 Popular Reads Mah Jongg 1:30 Chair Yoga 4:00 Trivia Time! 4:30 Pickleball	14 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 New/Prospective Member Coffee Slow Flow Yoga Chess 2:00 Partners Bridge 3:00 Beginning Pottery 4:30 Mat Yoga Pickleball 5:00 Cooking Matters 6:00 Volunteer Night	15 WSU Hilberry: Mary Poppins 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Open Studio 12:00 Pinochle Wednesday Bridge 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Billy Elliot 7:00 Coin Club	16 9:00 Agebusters 9:30 Writer's Corner Advanced Pottery Studio Palette & Brush 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Nutritional Supplements Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Terror in the City of Champions	17 9:00 Limber Up 10:00 Bowling Tai Chi 11:00 Birmingham City Official 12:00 Pinochle Current Events Duplicate Bridge 1:00 Bingo Mah Jongg 2:00 Tennis	18 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
20 9:00 Limber Up 10:00 Beginning Bridge Knitting & Crocheting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Seed Planting Ageless Yoga Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball 5:30 Socki Tournament	21 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 10:00 Photography Club 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Autism Awareness Socki Free Play 1:00 Slow Flow Yoga Board Meeting Chess 2:00 Partners Bridge 3:00 Beginning Pottery 4:30 Mat Yoga Pickleball 5:00 Cooking Matters 6:00 Stamp Club	22 Federal Reserve 9:00 Limber Up Men's Breakfast 10:00 Podiatrist Needle Arts Open Studio 10:30 Housing Tour: Blossom Ridge Garden Club 12:00 Pinochle Wednesday Bridge 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Love, Gilda	23 9:00 Agebusters 9:30 Advanced Pottery Studio Palette & Brush 10:30 Ted Talks 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: The Slave Across the Street	24 9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events Duplicate Bridge 1:00 Mah Jongg 2:00 Tennis	25 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
27 9:00 Limber Up 10:00 Beginning Bridge Knitting & Crocheting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Ageless Yoga Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	28 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Medicare 2020 Socki Free Play 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 3:00 Beginning Pottery 4:30 Mat Yoga Pickleball 5:00 Cooking Matters	29 St. Nicholas Greek Orthodox Church 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Open Studio 12:00 Pinochle Wednesday Bridge 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis 3:00 Mindfulness & Meditation 4:30 Pickleball 5:00 Dinner & A Classic: The Searchers	30 9:00 Agebusters 9:30 Advanced Pottery Studio Palette & Brush 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club Slow Roll & Intermediate Roll Bike Group 6:00 Lecture: Cannabis: Use, Treatment & Policy		



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COSTUME JEWELRY SHOPPING AT NEXT!



Time to clean out your jewelry box! Donate your costume jewelry to the Next office by April 24 — and it will be part of the 2nd Annual Next Costume Jewelry Sale on Thursday, May 7! We welcome all types of jewelry: rings, necklaces, earrings, bracelets, pins and brooches! All proceeds will benefit Next! Remember — one person's donation is another person's treasure!

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Monday through Thursday
from 8:30 am to 8:00 pm
Friday
from 8:30 am to 5:00 pm
Saturday
from 9:00 am to 2:00 pm

HOLIDAY HOURS

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

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