



Your Place to Stay Active & Connected

MARCH/APRIL 2023

A 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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We are grateful to have Stuart Jeffares as the 2023 sponsor of The Next Big Night Out!

THE MUSIC OF THE MIDDLE EAST! Special Concert with Ara Topouzian

Tuesday, March 21 at 6:00 pm

Cost: Complimentary members / \$5 guests

Ara Topouzian is an Armenian-American musician whose proficiency at the Kanun, a Middle Eastern harp with 78 strings, has made him a nationally recognized artist for over thirty years. He has performed across the US at many celebrated venues with other top musicians. Ara's traditional music style honors his Armenian heritage and includes music from the Middle East with world music influences. This evening, a professional percussionist will join Ara to enhance this musical experience. In 2022, Ara received the Michigan Heritage Award, the highest honor a folk or traditional artist can receive in Michigan.



MATTHEW BALL aka THE BOOGIE WOOGIE KID!

Tuesday, April 25 at 6:00 pm

Cost: Complimentary members / \$5 guests



Join Matthew Ball, The Boogie Woogie Kid, for this concert of toe-tappin' music! Called the "Fastest fingers in the Midwest!" Matthew is the piano man with more than five million YouTube views!

He will perform American Songbook favorites from New Orleans and the Swing Dance Era. We will enjoy boogie-woogie piano hits as well as classic hits.

Join Next as we continue our cultural series in March and April with an in depth look at the Middle East. Look for amazing speakers, entertainers, movies, food and travel opportunities throughout the newsletter.



HISTORY OF BELLY DANCING: Special Performance with Ziva Lynn

Tuesday, March 28 at 1:30 pm

Cost: Complimentary members
\$5 guests

Take a journey into the world of Raks Sharqi — known as Belly Dance — with Ziva. Join us for a brief historical seminar on this amazing dance form and then witness its beauty, as Ziva performs a traditional set.



We will end with an audience participation exercise that will be sure to put a smile on every face. Ziva has been educating and performing for audiences all over the world for close to four decades. Generously sponsored by American House Village at Bloomfield.

ENJOY DELICIOUS MIDDLE EASTERN CUISINE!

Thursday, March 9 at 12:00 noon

Order by Monday, March 6

Cost: \$13 members / \$15 guests



Let's venture into the wonderful world of Middle Eastern food! Enjoy a delicious buffet prepared by Mr. Kabob. Made with only the freshest ingredients, our buffet will offer Shawarma, Kabob, Falafel, Hummus, Rice and Pita Chips. Please join us for a fun lunch and a great opportunity to socialize!



HAPPENINGS AT NEXT

DOES YOUR GOLF SWING NEED SOME THERAPY?

Doug Johnson, PT, DPT, OMPT, Owner - Foundation Manual Physical Therapy & Performance PLLC

Tuesday, March 7 at 1:00 pm

Cost: Complimentary members / \$5 guests

The golf season is just a couple of months away but NOW is the time to ensure that your body is ready for the rigors of the sport. Join us as Doug Johnson, a Titleist Performance Institute-certified professional, discusses common swing issues and the possible causes such as limited mobility, weakness or motor control problems. One or two lucky participants will be put through a 15-part screening process looking at how the player moves and identifying any movement, strength or stability concerns.

BREAK OUT OF HIBERNATION!

Raj Thangamuthu, Physical Therapist & Owner of Empower Physical Therapy

Tuesday, March 14 at 12:00 pm

Cost: Complimentary members / \$5 guests

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

MICHIGAN'S BEST KEPT SECRETS

Wednesday, March 22 at 12:30 pm

Cost: Complimentary members / \$5 guests

Ron Rademacher returns to Next with his Best Kept Secrets program — a fun jaunt across Michigan, from Albion to the Upper Peninsula. We will visit all kinds of destinations including some that even the locals don't know about. Program includes unique festivals, little-known trails, a house built for love, Finnish folklore and much more. Kindly sponsored by The Avalon of Bloomfield Township.

BOOK BINGO FUN!

Thursday, March 23 at 2:00 pm

Cost: Complimentary members / \$5 guests

Celebrate "March is Reading Month" with this fun event where you'll meet fellow readers, play BOOK BINGO, win prizes and more — all while delighting in your love of books. Literary fun guaranteed. Let's also thank Marcia and Steve Wilkinson for all they do to keep the Next Library so welcoming and enjoyable.

SAVE THE DATE! Next Artists' Exhibit & Sale

Thursday, June 15, 2023

Artists — start thinking about the pieces you'd like to enter! More details in the May/June newsletter.

HISTORY OF DETROIT

Local Historian Robert E. Sullivan, Jr

Notable Detroiters

Wednesday, March 15 at 11:00 am

Cost: Complimentary members / \$5 guests

This presentation will examine the most notable Detroiters who have made significant contributions to local, national and world history, including Thomas Edison, Raoul Wallenberg, Elijah McCoy, US Supreme Court Justice Frank Murphy, Nobel Peace Prize winner Ralph Bunche, Father Solanus Casey, Malcolm X, US Senator Mitt Romney, US Senator Carl Levin, and many more. Kindly sponsored by American House Stone.

Detroit's Birthday Celebrations, Outdoor Public Statues & Detroit's Future

Wednesday, April 12 at 11:00 am

Cost: Complimentary members / \$5 guests

Mr. Sullivan will examine Detroit's birthday celebrations, commemorating its founding in 1701 (centennials, etc.), focusing on 1901, 1951 and 2001. He will also discuss some of Detroit's outdoor public statues, such as Marshall Frederick's "Spirit of Detroit," Rodin's "The Thinker," the General Alpheus Williams equestrian statue on Belle Isle, and many more. Finally, we will discuss the future of Detroit. Will it solve its problems of crime, poverty, blight and education? Will it attract more business development? Will the dream of MLK guide Detroit's future? Generously sponsored by Baldwin House Birmingham.

MUSIC MONDAY with the children of ECC

Monday, April 3 - Cost: Complimentary - Next Members only
Please register in person or by calling the Next office.

Available time slots: 9:30, 10:00, 10:30, 11:00, 11:30 and 3:00.

Join us as we help the students and staff of Birmingham's Early Childhood Center (ECC), celebrate "Music Monday". This is a special day that is celebrated annually at ECC where they recognize the school's accreditation by The National Association for the Education of Young Children (NAEYC). Next members will be invited into various classrooms to sing, play music, dance and maybe even do an activity or two. Enjoy the wonder of the young and the young-at-heart interacting together.

CALLING ALL GREEN THUMBS & GREEN THUMB WANNABES

Tuesday, April 4 at 1:00 pm

Cost: Complimentary members / \$5 guests

Lisa Eldred Steinkopf is The Houseplant Guru and the author of four houseplant books. Lisa's presentation will help you unlock the secrets to growing beautiful flowering houseplants in your home year-round. She will cover the differences between foliage and flowering houseplants, how to get flowering plants to bloom — and keep them in bloom. This program pairs nicely with her new book, Bloom. Signed copies will be available for purchase.

INTRODUCTION TO REFLEXOLOGY

**Michele Bierzynski, Certified Reflexologist
at Sole Encounters Reflexology**

Thursday, April 13 at 1:30 pm

Cost: Complimentary members / \$5 guests

Reflexology is both an ancient science and a modern day complementary therapy. Reflexologists use a technique similar to massage to stimulate the more than 7,000 nerve cells in the feet. This therapy is especially effective for pain management and reducing stress. It is also a great treatment to help relieve discomfort from foot maladies such as plantar fasciitis and neuropathy. Michele will introduce you to the health and wellness benefits of reflexology and there will be plenty of time for questions and answers. To quote Leonardo DaVinci, "The human foot is a masterpiece of engineering and a work of art." Join Michele in celebrating your feet and learn how they can put you on the path to wellness.

SPRING INTO ACTION!

**Raj Thangamuthu, Physical Therapist
& Owner of Empower Physical Therapy**

Tuesday, April 18 at 12:00 noon

Cost: Complimentary members / \$5 guests

It's spring and you know what that means: spring cleaning! Raj will get us ready for the reaching and bending and lifting that comes with cleaning and de-cluttering. He'll show us how to use good body mechanics when pulling and pushing different objects – all with the goal of not hurting ourselves and being able to enjoy all that the upcoming months have to offer.

PEACE OF MIND SEMINAR

Mike Smela, A.J Desmond & Sons

Tuesday, April 25 at 12:00 pm

Cost: Complimentary members / \$5 guests

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

"THE GIFT OF MUSIC" CHAMBER MUSIC CONCERT

Thursday, April 27 at 1:00 pm

Cost: Complimentary members / \$5 guests

The Windscape Trio returns to NEXT to share a program of familiar and "new" music — offered by the composers as gifts to individuals and communities. The concert will include classical, ragtime, folk tunes and light jazz selections. The traditional Shaker melody "Simple Gifts", as well as "Amazing Grace", will be featured in special trio arrangements. The Windscape Trio includes Jennie Spenner, flute; Lillian Dean, clarinet; Walter Dean, bassoon; and Michele Prud'homme, percussion and narrator. Kindly sponsored by American House Stone.

2023 NEXT GOLF LEAGUES

We are excited to announce the 2023 Next Golf Leagues! There are a few procedural changes so please read carefully.

Registration

Registration for the Lincoln Hills and Springdale Golf Leagues will open on Friday, March 10 at 9:00 am.

- League play is reserved for Next members. Membership is to be completed online or in person at Next before signing up for the golf leagues.
- You may register online or in person for either golf league. To secure your spot in a league, payment must be made at the time of registration.
- For the 2023 season, there will be a strict cap of 32 golfers per league. Participation is first come, first served. Leagues fill up early, so sign up asap!
- If you would like to sign up to be a sub for either league (or both leagues), again, you must be a member of Next and you must register as a sub online or in person. There is no payment involved for subs until the day of play.

Lincoln Hills League

Wednesdays beginning May 10 at 9:40 am - Cost: \$235

League Manager: Jack Nanry

248-431-4003 or jack.nanry@gmail.com

Springdale League

Mondays beginning May 8 at 9:25 am - Cost: \$235

League Manager: Jerry Mercier

248-514-2853 or jerrmarl@comcast.net

Informational Meeting

On Tuesday, April 11 at 1:00 pm, there will be a meeting for all registered golfers and subs for both leagues. Details about start dates, start times and golf rules will be discussed. No registrations will take place at this meeting.

TRADER JOE'S INTERNATIONAL SAMPLING

Friday, April 28 at 12:30 pm

Cost: Complimentary - Members only

Registration required by Tuesday, April 25

Pam Smith, Trader Joe's crewmember extraordinaire, returns to Next with another sampling of Trader Joe's favorites. This time, the fare will take on a more international flair, with tasty samples from the Middle East, Europe and Latin America. Come see what surprises Pam has in store for us!



HEALTH SERIES

**HENRY
FORD
HEALTH**

We are excited to have Henry Ford as the 2023 Health Series sponsor! 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 Series Sponsor, Henry Ford Health will share the expertise of their physicians, nurses and other providers with Next members.

BONE HEALTH: How to Improve Bone Density

**Presenters: Sawasky, Jaimie Sawasky, PA,
& Lara Yatoma, NP, Orthopedics, Henry Ford Health**

Thursday, April 20 at 1:00 pm

Cost: Complimentary members / \$5 guests

As you get older, your bones weaken, and your body doesn't bounce back from an injury the way it used to. Instead, a small fall that once resulted in a scraped knee could lead to a broken arm or hip. Osteoporosis is a serious medical condition when your bones begin to lose density as you age. Learn from Henry Ford orthopedic experts about how bone density impacts your health and how to improve it.

The March Health Series presentation is being specifically developed for Next. Stay tuned for more information coming soon.

Keep in mind: Henry Ford Medical Center is new in Bloomfield Township! Conveniently located at
1961 S Telegraph Road
Bloomfield Township, MI 48302
(just north of Costco)
(248) 319-6210

Henry Ford Medical Center - Bloomfield Township offers adult and pediatric primary care, women's health, and a variety of specialty services. Pharmacy, lab and radiology are on site.



ENRICHMENT

POPULAR READS BOOK CLUB

Mondays, March 6 and April 3 at 1:00 pm

The group is back to meeting in person at Next, as well as via Zoom!

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The March book selection is *Remarkably Bright Creatures* by Shelby Van Pelt — and the April selection is *Four Treasures of the Sky* by Jenny Tinghui Zhang. Register at Next and Baldwin Public Library will provide the book.

TRIVIA TIME!

Mondays, March 6 and April 3 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.

NON-FICTION BOOK GROUP via Zoom

Tuesdays, March 14 and April 11 at 10:00 am

Facilitated by Mick Howey, Adult Services Librarian, join us to discuss *Sea People* by Christina Thompson in March and *Moonwalking with Einstein* by Joshua Foer in April. Register at Next and Baldwin Public Library will provide the book.

WOMEN'S ROUNDTABLE

Tuesdays at 11:30 am

Join us to get to know other women here at Next. This group will give women the opportunity to gather in the spirit of friendship and camaraderie.

MEN'S ROUNDTABLE

Wednesdays at 9:00 am

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

WRITER'S CORNER

Thursdays, March 2, 16 and April 6, 20

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. The first meeting of the month will take place in person at Next. The second meeting will be conducted via Zoom. For additional information contact Sara Burnside at 248-649-1813.

CURRENT EVENTS DISCUSSION GROUP

Fridays at 12:00 noon

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

THANK YOU, NEXT KNITTERS!

A very big heartfelt thank you to the Next Knitters who this year have donated over \$3,200.00 in time, talent and treasures to Next! Beautiful hand-made blankets, scarves, hats and adorable baby sweaters all created to benefit Next. We are very grateful and appreciate your contributions. This welcoming group meets every Monday morning.



A UNIQUE OPPORTUNITY CHALLENGING YOUR CREATIVE SPIRIT

Our 100 Project Workshop that began in January and wraps up in April is at full capacity and wow, are we impressed! The creativity is amazing — from photography to sculpture, animation to cooking — the projects are truly impressive.



We love to see all the enthusiasm and lively conversations shared among the artists. Keep up the great work!



THE BEST OF CURRENT STREAMING AT NEXT

INTERNATIONAL AFFAIRS FORUM STREAMING Creating a Community of Global Citizens

The International Affairs Forum at Northwestern Michigan College is committed to being a leading community resource on critical issues facing the world.



Cost: Complimentary members / \$5 guests

A LENS ON WAR, CULTURE & RELIGION IN THE MIDDLE EAST

Kim Ghattas, New York Times best-selling author

Wednesday, March 8 at 1:30 pm

Cost: Complimentary members / \$5 guests

A discussion with Kim Ghattas whose vast experience traveling with Secretaries of State Condoleezza Rice, Hillary Clinton and John Kerry provides deep insight into American foreign relations. Born in Beirut, Lebanon, she also shares personal reflections about being a child in war-torn Lebanon. Recorded November 19, 2020. Length: 57 minutes

POPULISM: GERMANY'S NEW ROLE UKRAINE-RUSSIA

Jeff Rathke, State Department, Deputy Chief of Staff to Brussels NATO Secretary General

Wednesday, March 29 at 1:30 pm

Cost: Complimentary members / \$5 guests

A discussion on populism, Germany's new perspective and analysis of Russia's war in Ukraine with Jeff Rathke, president of the American Institute for Contemporary German Studies at Johns Hopkins University. Recorded March 17, 2022. Length: 1 hour 5 minutes

ISRAELI - PALESTINIAN CONFLICT

Leila Hilal, Former Director of IAF, International Lawyer and Former Advisor to Palestinian-Israeli negotiations

Jack Segal, Former IAF Board Co-Chair, Former Senior UIS. Diplomat on the National Security Council and at the US Embassy in Israel

Wednesday, April 12 at 1:30 pm

Cost: Complimentary members / \$5 guests

Two noted experts discussion of the Israeli-Palestinian conflict following a notable May 2021 flare-up in hostilities. Recorded June 14, 2021. Length: 60 minutes

DEMOCRACY VS. AUTOCRACY

Erica Frantz, Ph.D., Associate Professor of Political Science, MSU

Wednesday, April 26 at 1:30 pm

Cost: Complimentary members / \$5 guests

Dr. Frantz will explore examples of authoritarianism and the warning signs of democratic backsliding. She has published seven books on these themes and shares her perspectives on the future of democracy. Recorded September 15, 2022. Length: 1 hour 7 minutes

SPEAKER SERIES @ NEXT

We are grateful to Pomeroy Living for their support and partnership!

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

March 2 - ISLAM

Steve Mustapha Elturk - Imam and President, Islamic Organization of North America

Islam is the world's second largest religion after Christianity with nearly two billion Muslims. The lecture will explore what Muslims believe in, the five basic articles of faith and the modes of worship known as the five pillars of Islam which include the profession of faith, daily prayers, the obligatory alms, fasting and pilgrimage to Mecca. The goal of this lecture is to help seekers of knowledge become familiar with what their Muslim neighbors believe in and practice with the hope that we promote and develop an all-inclusive community.



March 9 - THE SUPREME COURT

Professor Bruce Zellers, B.A., M.A. - Oakland University

The Supreme Court began as the weakest branch of the government; until 1935 it even lacked a permanent home. However, over time it has become a powerhouse in defense of conservative values. That stance made it controversial historically; it remains controversial today — as we know!!



March 16 - THE CLEAN ENERGY TRANSITION & CLIMATE CHANGE

John Richter, Professor - Macomb Community College, Senior Policy Analyst - Great Lakes Renewable Energy Association & Expert Witness - Michigan Public Service

A combination of advancing technologies and climate change concerns is driving



a rapid transition in how we produce and use energy. The shift to solar and wind energy generation is well underway in the electric power industry, though unevenly across the country. Electric vehicles are now mass produced and capturing growing market share. There are government calls to switch to electric heating and end natural gas pipeline connections. What can we expect during this transition?

March 23 - NORMAN ROCKWELL: AMERICA'S STORYTELLER

Wendy Evans, Art Historian & Scholar

No one has captured American life more vividly than Norman Rockwell. We'll explore several of his memorable covers for the Saturday Evening Post as well as a selection of other work from his long and productive career.



March 30 - IRAN'S CULTURE

Professor Setareh Ghoreishi - Professor of Graphic Arts, Oakland University

Persia, today's Iran, has one of the oldest, richest and most influential art histories in the world. Dating back to 550 BCE, about 2500 years ago, this country's rich and distinctive cultural and social lineage has influenced literature, music, dance, architecture and so much more. Few countries enjoy as long of a cultural heritage as Iran, and despite political, religious and historic changes, Iranians maintain a deep connection to their traditions and festivals. Join Professor and artist Setareh Ghoreishi as she introduces you to Persian cultural history and current Iran. Presented through her own work, she explores the cross cultural relationship of language interactions and Persian visual elements.



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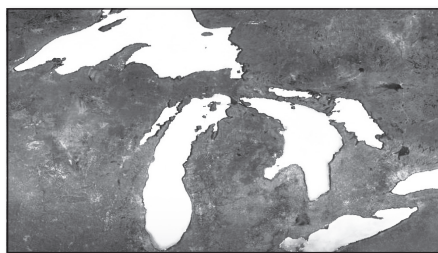
Join us on Thursdays at 6:00 pm
Cost: Complimentary members / \$5 guests



April 6 - CLIMATE CHANGE IN THE GREAT LAKES: CHALLENGES & OPPORTUNITIES

Kris Olsson - Climate Reality Leader with Washtenaw Climate Reality, Watershed Ecologist at the Huron River Watershed Council and Kent Kasper, Climate Reality Project, A2Zero Ambassador

Join Climate Reality Leaders Kent Kasper and Kris Olsson for a presentation on the impacts, solutions and what you can do to drive action. The mission of the Climate



Reality Project is to protect the welfare of the planet and its citizens by supporting action to transition to clean energy. Members network with other climate activists, take local or regional action and become a force for climate solutions in their community. The Climate Reality Project offers resources, materials and training to help become better advocates and climate educators.

April 13 - LEARNING ABOUT LEBANON

Professor Ara Sanjian, M.S., Ph.D, Associate Professor of History & Director, Armenian Research Center - U of M Dearborn

Professor Sanjian will provide an introduction to Lebanon, the country where he is from and continues to visit annually.



A country divided sharply on religious and confessional lines, Professor Sanjian will discuss the similarities and differences of the various groups in Lebanon. He will also share the story of his Armenian grandparents who were forced to flee to Lebanon as refugees to escape the Armenian genocide during World War I.

April 20 - BIRMINGHAM'S INDIGENOUS PEOPLE & ARCHAEOLOGICAL HERITAGE

Caitlin Donnelly, M.A., Museum Specialist - The Birmingham Museum

What do we know about the people who occupied this area before contact with Europeans? What archaeological finds have occurred in the area and what is their connection to the Saginaw Trail — now Woodward Avenue?

What became of Oakland County's indigenous people? Caitlin Donnelly will draw from her archaeological and anthropological background to help explain what we know about the people who preceded our pioneer settlers — and what we still don't know.



April 27 - DECONSTRUCTING THE MIDDLE EAST: EXPLORING THE REGION'S DIVERSITY

Tareq Ramadan, B.A., M.A., Ph.D., Adjunct Professor, Wayne State University and Arab America Foundation's 40 under 40 List Award Recipient

The Middle East has been largely painted to Western audiences as an ethnically, linguistically, geographically and religiously monolithic place. However, the reality is that the region is



come to an array of people from a multitude of cultures, religious milieus and linguistic traditions, representing a rich tapestry of diverse communities, customs, spiritual practices and more. Outside of academia, the region is often presented as a static and immutable place, characterized by instability, war and a people preoccupied with violence. However, the Middle East is a space and a concept that cannot be reduced to an essentialist caricature. Professor Ramadan will highlight this diversity by first deconstructing assumptions that have come to dominate popular perceptions of the region, challenge the myth of ethno-religious homogeneity and address the geo-political terminology used to describe the Middle East and provide a breakdown of the region's inhabitants and seemingly disparate populations.

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



FITNESS OFFERINGS

TOTAL HEALTH WORKS - BRAIN & BODY with Pam Smith

Tuesdays and Thursdays at 10:00 am

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

This class focuses on functional exercise with an emphasis on brainwork — challenging individuals cognitively, as well as physically. Participants will work on things like memory, multi-tasking and sequencing, as well as strengthening, cardio, core and balance work. This class is for people of all ability levels. Pam Smith is a certified personal and group trainer through The American Council on Exercise.

STRETCH & RELAX with Caryn Ciagne

Mondays from 9:15 to 10:15 am

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

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

LINE DANCING! JOIN THE FUN!

Mondays from 10:15 am to 12:00 noon

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

Cost 1 drop-in class: \$10

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

LIMBER UP

Mondays, Wednesdays and Fridays at 10:00 am

Cost: Complimentary

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

CHAIR YOGA & MEDITATION with Caryn Ciagne

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

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

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

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.

AGELESS YOGA with Karen Lutz

Wednesdays at 1:00 pm

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

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

WEDNESDAY FLOW YOGA with Caryn Ciagne

Wednesdays from 9:15 to 10:15 am

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

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

FRIDAY FITNESS with Caryn Ciagne

Fridays from 9:15 to 10:00 am

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

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

TAI CHI FOR HEALTH

Fridays from 10:00 to 11:00 am

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

Cost 1 drop-in class: \$10

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

YOGA-INSPIRED STABILITY with KAREN LUTZ - NEW!

Thursdays from 3:00 to 4:00 pm

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

Stretch, strengthen and stabilize with this new yoga-inspired ball class led by Karen Lutz, E-RYT. You will have the option of working with a chair or yoga mat. All levels are welcome and we'll just have fun! Bring your yoga mat and any props you like to use.

PICKLEBALL

Cost: Complimentary members only

Open Play: Monday, Thursday, Friday from 12:30 to 3:00 pm

Open Play: Monday through Thursday from 4:30 to 7:30 pm

Interested in learning how to play one of the fastest growing and most popular sports? Contact Tom Wehner, Pickleball Professional at (248) 885-1203 or tgwehner@cs.com for lessons!

OPEN GYM

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

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

TENNIS LEAGUE - 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 10:00 am

Cost: \$10 members only

All levels welcome for bowling and camaraderie at Country Lanes at 30250 West Nine Mile Road, Farmington Hills. Cost includes three games, shoes and coffee. No need to register, just drop in. For more information call or text Jamie Olivarez at 517-214-4049.



Care beyond the Hospital

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

WOODWARD HILLS

AN OPTALIS HEALTH & REHABILITATION CENTER

39312 Woodward Ave., Bloomfield Hills, MI 48304
248-644-5522 | www.woodwardhrc.net

EVERGREEN

AN OPTALIS HEALTH & REHABILITATION CENTER

19933 W. 13 Mile Rd., Southfield, MI 48076
248-203-9000 | www.evergreenhrc.net



OPTALIS
HEALTH & REHABILITATION



DAY TRIPS

HENRY FORD CULINARY COLLEGE

5101 Restaurant hosts St. Patrick's Day Buffett

Wednesday, March 15

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

Cost: \$10 members / \$15 guests (Transportation Only)

EVERYONE is a little Irish on St. Patrick's Day! Go green and enjoy traditional favorites like Dublin style corned beef and cabbage, Colcannon potatoes, Emerald Isle braised salmon, Shepherd's pie, and several other classic sides and desserts. Buffet is approximately \$17.00 per person and to be paid for individually. Beer and wine are available separately for purchase. Wishing you all the luck of the Irish! It's time to celebrate! Happy St. Patrick's Day!

ARAB AMERICAN NATIONAL MUSEUM

Thursday, March 23

Bus departs Next at 10:50 am, returns about 1:45 pm

Cost: \$20 members / \$25 guests

The Arab American National Museum (AANM) is the first and only museum of its kind in the United States devoted to recording the Arab American experience. Since opening in 2005, AANM's mission has been to document, preserve and present the history, culture and contributions of Arab Americans. Their exhibitions cover the Arab world and the history of Arab Americans from the first immigrants who arrived in the late 19th century to today. They offer safe spaces for open dialogue and community gatherings and provide educational opportunities for students of all ages to expand their knowledge and appreciation of Arab American history and culture. All of this is intended to build community through the arts by showcasing our nation's cultural diversity in thoughtful and impacting ways. AANM has one of the most extensive archives of Arab American historical documents, oral histories and artifacts. They are the only museum in the country that actively collects Arab American art. We will spend approximately one and a half hours at this magnificent museum.

SCHOOLCRAFT COLLEGE

Noon Jazz Concerts with the Ingrid Racine Quartet

Wednesday, April 5

Bus departs Next at 11:15 am, returns about 1:30 pm

Cost: \$15 members / \$20 guests

Enjoy an hour long concert, getting your groove on to this American music form developed especially from ragtime and blues and characterized by propulsive syncopated rhythms, polyphonic ensemble playing, varying degrees of improvisation, and often deliberate distortions of pitch and timbre. Trumpeter Ingrid Racine transgresses stylistic categories and geographic boundaries in pursuit of her own authentic sound as an improviser and composer. Steeped in the traditions of early jazz and Detroit's hard bop, she also melds rock, hip-hop and aesthetic influences from across the globe to arrive at her unique sound, which is both confident and versatile. Racine's Quartet features Michael Malis on piano, Marion Hayden on bass and Tariq Gardner on drums.



New 2022-2023 Season DETROIT SYMPHONY ORCHESTRA Friday Morning Coffee Concerts

Bus departs Next at 9:45 am,
returns about 1:30 pm

Cost: \$65 members / \$70 guests

Please pre-register, space is limited.

Masks are optional.

Friday, March 10 - SONDHEIM & BEYOND

Join the DSO in a joyous celebration of the life and work of Stephen Sondheim, including favorites from Broadway legends and selected collaborators like Stephen Schwartz, Julie Stein, Jerry Herman, Andrew Lloyd Webber, Leonard Bernstein and more.

ROYAL OAK MUSEUM

Wednesday, April 12

Bus departs Next at 12:35 pm, returns about 2:20 pm

Cost: \$15 members / \$20 guests

Founded in 1939, The Royal Oak Historical Society has collected and preserved information and objects of Royal Oaks past for current and future generations. We will visit and tour this quaint museum, located in the former Northwood Fire station. Learn the rich history of the city, and many other surprises, at this treasure in our own backyard. This is a private, docent led tour with curator Muriel Versagi.

AL AMEER RESTAURANT

Lunch at Hashems Roastery & Market

Thursday, April 27

Bus departs Next at 11:00 am, returns about 2:15 pm

Cost: \$15 members / \$20 guests (Transportation Only)

Michigan has long been associated with Middle Eastern/Mediterranean cuisine, and Al Ameer is a fixture and a great representative of the culinary cultures within the region. Enjoy a Lebanese lunch on your own in this inviting Mediterranean ambiance. Al Ameer prides themselves on freshness and authenticity — Shish Kabob, shawarma, fatoosh, tabbouli, hommous, complete with a fresh juice bar — Sahten! After lunch we will visit Hashems Roastery & Market. For over 50 years Hashems has been roasting fresh nuts and coffee daily. By far the BEST Turkish coffee guaranteed. With over 100 types of spices, different cheeses, olive oils, candies, health products and thousands of Middle Eastern groceries you are sure to find what you need.

DAY TRIP & OVERNIGHT TRAVEL POLICIES

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



ART & CREATIVITY

NEW!!! ACRYLIC & OIL PAINTING

Mondays, March 20 through May 8

from 12:00 pm to 3:00 pm

Cost: 8 week series: \$120 members / \$135 guests

Ready to dust off your paints and learn something new in painting? Or, want to learn the basics of acrylic and oil from scratch? Look no further. Next welcomes back mixed media artist/instructor Marat Paransky. His studio practice includes sculpture, painting, drawing, photography and other media. This class covers a wide range of acrylic and oil painting topics: from choosing the right surface and getting started with your composition, to understanding how color works, and eventually to experimenting with techniques and materials. All experience levels are welcome. There will be demos and discussions about artists in class. Students will need to purchase their own supplies and have them for the first class — the provided supplies list will be available at the front office, upon registration. Also, please have an idea and some pictures/photos from which to work, beginning with the first class.

NEW!!! DYNAMIC DESIGNS IN ACRYLIC POUR ART

Friday March 31 from 1:00 pm to 2:00 pm

Cost: \$18 members / \$22 guests

Unlock your creative potential (you do not have to be an artist) with dynamic designs in the creative painting introduction to Acrylic Paint Pouring. Next introduces Mark Downing, a fine arts major who turned to Information Technology for a living and pursued Art as an entrepreneur in his leisure time. Join Mark and participate in the discovery of opening your mind and hearts to the beauty of new worlds using classic supplies learning various techniques. In this class, all levels of experience will create two wall hanging worthy art pieces. Enjoy the fun of expressing yourself through color and texture. Play with the colors using your intuition and share your experience with others. Enjoy the journey as much as the paintings you hang on your walls! All materials provided in class cost including \$30.00 base kit.

PHOTOGRAPHY CLUB

Thursdays, March 9 and April 13 from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 guests

The Next Photography Club seeks to bring people together who have an interest in photography. They maintain their own website and take monthly photo trips. For additional information, please email info@birminghamphotoclub.org.

STUDIO ART

Thursdays, March 23 through May 18

from 1:00 to 3:30 pm

Cost: 9-week class: \$158 members / \$168 guests

Not for beginning students. Work with materials you are already familiar with via prior class instruction.

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

WATERCOLOR PAINTING WORKSHOP

Wednesdays, April 12 through June 7 from 2:15 to 4:15 pm

Cost: 9-week class: \$126 members / \$136 guests

All levels are welcome to join noted Bloomfield Hills artist Karen Halpern as she presents a new subject to paint each week, with directions, examples and inspiration. Learn about color theory, good design and painting techniques. Work at your own level, with support and guidance from the instructor. A materials list is available in the Next Office.

KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

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

A very big heartfelt thank you to the Next Knitters who this year have donated over \$3,200.00 in time, talent and treasures to Next! We are very grateful — and appreciate your contributions.

NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

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

OPEN ART STUDIO

Wednesdays from 2:00 to 4:00 pm - New Day and Time!

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

PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm

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

POTTERY OPEN STUDIO

Thursdays from 10:00 am to 12:30 pm

Enjoy the Open Studio to develop your beautiful pottery projects.



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EUCHRE

Wednesdays from 10:00 am to 12:00 pm

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

MAH JONGG

Mondays from 10:30 am to 12:30 pm and 1:00 to 4:00 pm
Fridays from 1:00 to 3:00 pm

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

CANASTA

Tuesdays 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! New time!

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 1:00 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

Mondays, 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.

BRIDGE...for everyone at every level!

Duplicate Bridge - Mondays from 11:15 am to 2:30 pm
Facilitator Helen Cook can be reached at hc3740@sbcglobal.net.

Partners Bridge - Tuesdays from 12:30 to 3:30 pm
Come with your partner. Experienced players, please.

Duplicate Bridge - Fridays from 11:00 to 2:00 pm
For additional information, contact Facilitator Irv Feldman at 248-828-5346.

CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

CHESS LESSONS

Thursdays from 4:00 to 5:00 pm
Cost: Complimentary members / \$5 guests

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

CHESS CLUB

Thursdays from 5:00 to 7:00 pm
Cost: Complimentary members / \$5 guests

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

BIRMINGHAM STAMP CLUB

Tuesdays, March 7, 21 and April 4, 18 at 5:30 pm

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

COIN CLUB

Wednesday, March 15 and April 19 at 6:00 pm

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

COMPUTER LAB & LESSONS

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

We offer one-on-one computer instruction on one of our many computers or your laptop by one of our talented instructors. Please contact the Next office to schedule an appointment and purchase your computer card. The Computer Lab is open for independent use during Next business hours.



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FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

March 1 - FORDSON: FAITH, FASTING & FOOTBALL

This award-winning documentary follows a predominately Arab-American high school football team from a working-class Detroit suburb as they practice for the big game during the last ten days of Ramadan, revealing a community holding onto its Islamic faith while they struggle for acceptance in post 9/11 America. The film was distributed in the US via AMC Theatres during the Fall of 2011. It has also been distributed via cable and network television in over 40 countries worldwide. Fordson won the Grand Jury Award for Best US Documentary at the 2011 Traverse City Film Festival, with founder and filmmaker Michael Moore commenting, "It's one of the best documentaries I've seen this year — I want everybody in the country to see this film." Not Rated 1 hour 32 minutes

March 8 - FALLING IN LOVE

Falling In Love is a shining example of the magic that's created when two of Hollywood's biggest and brightest stars join forces in one special film. Frank Raftis (Robert De Niro) and Molly Gilmore (Meryl Streep), two everyday people who meet first by chance, and later by choice. There's just one thing standing between Frank and Molly's intense newfound love — both are already married. It's a genuine modern dilemma, and De Niro and Streep bring the story to life with flair and sensitivity. Rated PG13 1 hour 46 minutes

March 15 - ALADDIN

Aladdin is a lovable street urchin who meets Princess Jasmine, the beautiful daughter of the sultan of Agrabah. While visiting her exotic palace, Aladdin stumbles upon a magic oil lamp that unleashes a powerful, wisecracking, larger-than-life genie. As Aladdin and the genie start to become friends, they must soon embark on a dangerous mission to stop the evil sorcerer, Jafar, from overthrowing young Jasmine's kingdom. Rated PG 2 hours 8 minutes

March 22 - THE KITE RUNNER

Afghani immigrant Amir is summoned from his California home to Pakistan by Rahim Khan, an old, dying friend of his father. As a boy in Afghanistan, wealthy Amir was best friends with servant's son Hassan, but when Hassan was brutally assaulted by a local bully, Amir was too scared to save him, and has been tormented by guilt ever since. Rated PG13 2 hours 8 minutes

March 29 - THREE KINGS

Just after the end of the Gulf War, four American soldiers decide to steal a cache of Saddam Hussein's hidden gold. Led

by cynical Sergeant Major Archie Gates (George Clooney), three of the men are rescued by rebels, but Sergeant Troy Barlow (Mark Wahlberg) is captured and tortured by Iraqi intelligence. The Iraqi rebels beg for the American trio to help fight against the impending arrival of Hussein's Elite Guard. The men agree to fight in return for help rescuing Troy. Rated R 1 hour 54 minutes

April 5 - HIDALGO

Rugged cowboy Frank Hopkins (Viggo Mortensen) is an expert horseman who performs in Buffalo Bill's Wild West Show. When affluent Sheik Riyadh (Omar Sharif), piqued by tales of Hopkins' talent, challenges Hopkins to prove himself in a treacherous long-distance horse race called the Ocean of Fire, Hopkins is forced to oblige. In the Middle East with his American mustang, he must race against thoroughbred horses ridden by the best riders in the world with his reputation — and his life — at stake. Rated PG13 2 hours 16 minutes

April 12 - WHISKEY TANGO FOXTROT

In 2002, cable news producer Kim Barker (Tina Fey) decides to shake up her routine by taking a daring new assignment in Kabul, Afghanistan. Dislodged from her comfortable American lifestyle, Barker finds herself in the middle of an out-of-control war zone. Luckily, she meets Tanya Vanderpoel (Margot Robbie), a fellow journalist who takes the shell-shocked reporter under her wing. Amid the militants, warlords and nighttime partying, Barker discovers the key to becoming a successful correspondent. Rated R 1 hour 52 minutes

April 19 - ARGO

On November 4, 1979, militants storm the U.S. embassy in Tehran, Iran, taking 66 American hostages. Amid the chaos, six Americans manage to slip away and find refuge with the Canadian ambassador. Knowing that it's just a matter of time before the refugees are found and likely executed, the U.S. government calls on extractor Tony Mendez (Ben Affleck) to rescue them. Mendez's plan is to pose as a Hollywood producer scouting locations in Iran and train the refugees to act as his "film" crew. Rated R 2 hours

April 26 - BODY OF LIES

Body of Lies is a 2008 American spy thriller film directed and produced by Ridley Scott, written by William Monahan, and starring Leonardo DiCaprio and Russell Crowe in the lead roles. Set in the Middle East, it follows the attempts of the CIA and the GID of Jordan to catch "al-Saleem", a terrorist. Rated R 2 hours 8 minutes

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HEALTH & NUTRITION

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Mondays, March 6 and April 3 from 11:00 am to 12:00 noon

Cost: Complimentary - No appointment is required.

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

MEDICARE/MEDICAID GUIDANCE

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

VISION ENRICHMENT SUPPORT GROUP

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

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 13 and April 10 at 5:30 pm

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

YOUNGER ONSET DEMENTIA & ALZHEIMER'S CAREGIVER SUPPORT GROUP

Wednesdays, March 15 and April 19 from 5:30 to 7:00 pm

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

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!

MEDICAL EQUIPMENT LOANS

Our loan closet contains wheelchairs, walkers, canes, bath benches, shower stools and commodes available for up to 3 months — and transport wheelchairs for 3 weeks — at no charge to members of Next. Guests pay a \$20 fee per item. Simply call to reserve the equipment you need.

HEARING AID & EYEGLASSES DONATIONS & RECYCLING PROGRAM

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

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.



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SUPPORT SERVICES

INFORMATION ABOUT COMMUNITY RESOURCES

Support Services are available to Next members, seniors in the community, in-town and out-of-town family members, and caregivers. Come in or call with any questions; we are here to help with resources, information, and referrals in a wide range of areas. Sandi Cassar and Pat Brooks in Support Services welcome you Monday through Thursday, 9:00 am to 4:00 pm and Friday, 9:00 am to 3:00 pm.

ASK THE ATTORNEY

Tuesdays, March 7 and April 4 from 12:00 to 12:45 pm

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

TRANSPORTATION

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

LAWN MOWING & SNOW REMOVAL for Birmingham & Beverly Hills Residents

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

FINANCIAL ASSISTANCE

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

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.

COMMUNITY HOUSING TOURS

Next arranges Community Housing Tours to local senior living communities. There are many wonderful options in the area and this is a great opportunity. Gather information about community housing and enjoy a complimentary lunch. If you have a community you would like to visit, please let Next know.



American House Village at Bloomfield

Wednesday, April 26 - Bus departs at 11:00 am

American House Village at Bloomfield, you'll enjoy senior living at its finest, in a warm and welcoming environment with a long list of amenities, helpful services and engaging activities all designed around you. Our beautiful community offers living options to allow our residents the opportunity to age in place.

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.

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.



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Nancy Duffy, Ferndale Stamp Club,
Ray and Gloria Finocchio, Sally Saunders, Joan Smith,
David and Linda Underdown and Bill and Joanne Weaver

IN MEMORY OF

Madlyn Holton in memory of Karen Norman.

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

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

We are excited to introduce Clement
Travics, our newest Van Driver!

MEET OUR NEWEST MEMBERS

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

Kent and Theresa Anderson, Svetlana Basta, Thomas and Alison
Bazil, Yvonne Benda, Jon and Jan Bird, Christine Bookmyer,
Marina Castro-Neves, Nancy Craig, Louis Cunningham, A. Michael
Deller, Daniel and Joy Dillingham, Donald Dreyfuss, Evie Germansky,
Judy Gregory, Tim and Carol Grombala, Jeff and Julie Heichel,
Linda Hommel, Karen Kadoura, Kenneth Konop, Cathy Krause,
Brigid McCabe, David and Julie McCorry, Kathy Mechigian, Martha
Navarrette, Kurt and Martha Neumann, Jim and Jane O'Shea,
Shelly Potter, J. Patrick and Lynn Quigley, Mary Quinn, Lyle Russell,
Beverly Sankey, Karen Sansone, Claudia Shields, Alicia Steudle,
David and Barbara Tobaben, Cheryl Van Zetten, Judith Vindici,
Laura Wade, Danny and Selina Watson, Stephanie Wicker
and Steve and Sue Zimmer.

WELCOME BACK

We are excited to catch up with those members who are
reconnecting with Next: J.C. and Mary Cataldo, Alice Chateau,
Susan Culver, Deborah Harms, Kristine Kim, Jeffrey Kroon,
Patricia Lang, Karen Mitchell and Sally Saunders.

**Our condolences to the family
and friends of...** Maurice Brackenbury,
Beverly Macke and Karen Norman.

We are thinking of you... Lulu Hollow,
Vivien Hsu, Dolores Lane and Carol Waddell.

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.

SHARE THE SPIRIT

Thank you for your contributions to the 2022 Share the Spirit Fund Drive to benefit Next. We are humbled by your generosity, and grateful for the confidence you have placed in Next to deliver enriching programs and vital services to our community.

By working together, we can support our more than 2,200 members, and our growing senior population by offering kindness, compassion, and the resources needed to allow seniors to remain engaged, healthy and independent.

Thank you! Thank you!

George Abraham
Margaret Alberts
Christine Allen
Diane Anderson
Gretchen Anderson
Phyllis Ashinger
Jeanne Baker
Clinton Baller
Donna Barion
Dorothy Barnard
Agnes Barsamian
Gloria Baykian
Ralph Bergemann
Harley and Toby Berger
Ann Bernardini
Diane Bert, Ph.D.
Jim and Ann Bertrand
Maggie Bicz
Lawrence Black
Stuart and Patty Bordman
Bob and Denise Borgon
Susan Boyle
Rose Boyll
Donald Bratt and
Sherry Walker
Tom and Cris Braun

Tom Brookover
Donald Brundirks
Linda Buchanan
Greg and Maureen Burry
Janet Caltrider
Gillian Catchpole
Sandy Catterall
Judith Christie
Marilyn Citron
Denise Cooper
Jessica Copper
John Corey
Tom Cornett
Patience Crimmins
Prospero and
Fran Dagbovie
Sandy Debicki
Marjorie DeCapite
Char Del Vero
Jim and Julie Delaney
Julianne Dichting
Karen Dietrich
George and Susan Dilgard
Russell and Susan Dixon
Bill and Sharon Donnelly
Joan Duncan

Florian and
Rosemary Dutke
De Witt Dykes and
Silverenia Kanoyton
Carol Edwards
Chuck and Marilyn Elliott
Mary Elliott
Muffy Ernster
Rachel Feder
David and Maureen Field
Angie Fournier
Gene and Lydia Francis
Tina Franco
Falding B. Gadola
Chris Giovannetti
Doris Godwin
Shelly Goodman-Taub
Dennys Grady
Fran Green
Maria Greenough
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Barb Hanchin
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Barbara Hanchin

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Alice Trocke
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Underdown
Mickie Vassel
and Albert Nahra
Judith Velleman
W. Douglas Weaver, M.D.
Anne Whitelaw
Lawrence Wilhelm
Earl Wilkerson
Steve and
Marcia Wilkinson
Marva Williams
Joe and Sally Wolf
Marlene Yospy
David Young
Vaughn and
Christine Zecman

Kindness changes everything...


Share the Spirit of the Season



NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN MARCH 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| | | 1 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio Euchre 1:00 Ageless Yoga Pinochle 1:30 Tennis League Mixed Doubles 2:00 Open Art Studio 4:30 Pickleball 5:00 Movie: Fordson: Faith, Fasting & Football | 2 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Pottery Open Studio 12:30 Pickleball 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Islam | 3 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health Duplicate Bridge 11:00 Current Events 12:00 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles |
| 6 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:00 Blood Pressure & Oxygen Clinic Duplicate Bridge 11:15 Pickleball 12:30 Popular Reads Book Club 1:00 Mah Jongg Pinochle Bingo 3:00 Trivia Time! 4:30 Pickleball | 7 8:30 Open Gym 10:00 Total Health Works Brain & Body The 100 Day Project 11:30 Women's Roundtable 12:00 Canasta Ask the Attorney Partners Bridge 12:30 Does Your Golf Swing Need Some Therapy? 1:00 Socki Chess - Join the Fun! 1:30 Chair Yoga & Meditation 4:00 Yoga for Well Being 4:30 Pickleball 5:30 Birmingham Stamp Club | 8 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio Euchre 1:00 Ageless Yoga Pinochle 1:30 Streaming: A Lens on War, Culture & Religion in the Middle East 2:00 Tennis League Mixed Doubles Open Art Studio 4:30 Pickleball 5:00 Movie: Falling In Love | 9 8:30 Open Gym 9:30 Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Photography Club Pottery Open Studio 12:00 Middle Eastern Cuisine Lunch! 12:30 Pickleball 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Supreme Court | 10 DSO - Sondheim & Beyond 9:00 2023 Next Golf Leagues Open for Registration 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health Duplicate Bridge 11:00 Current Events 12:00 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles |
| 13 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg Duplicate Bridge 11:15 Pickleball 12:30 Mah Jongg Pinochle 4:30 Pickleball 5:30 Parkinson's Support Group | 14 8:30 Open Gym 10:00 Non-Fiction Book Club Total Health Works Brain & Body The 100 Day Project 11:30 Women's Roundtable 12:00 Break Out of Hibernation! Canasta 12:30 Partners Bridge 1:00 Socki Chess - Join the Fun! 1:30 Chair Yoga & Meditation 4:00 Yoga for Well Being 4:30 Pickleball | 15 Henry Ford Culinary School St. Patrick's Buffet 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio Euchre 11:00 Detroit History: Notable Detroiters 1:00 Ageless Yoga Pinochle 1:30 Tennis League Mixed Doubles Open Art Studio 4:30 Pickleball 5:00 Movie: Aladdin 5:30 Dementia Caregiver Support Group 6:00 Coin Club | 16 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Pottery Open Studio 12:30 Pickleball 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Clean Energy Transition & Climate Change | 17 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health Duplicate Bridge 11:00 Current Events 12:00 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles |
| 20 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg Duplicate Bridge 11:15 Acrylic & Oil Painting 12:00 Pickleball Mah Jongg Pinochle Bingo 4:30 Pickleball | 21 8:30 Open Gym 10:00 Total Health Works Brain & Body The 100 Day Project 11:30 Women's Roundtable 12:00 Canasta Partners Bridge 12:30 Socki Chess - Join the Fun! 1:00 Chair Yoga & Meditation 4:00 Yoga for Well Being 4:30 Pickleball 5:30 Birmingham Stamp Club 6:00 The Music of the Middle East Concert! | 22 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio Euchre 12:30 Michigan's Best Kept Secrets 1:00 Ageless Yoga Pinochle 1:30 Tennis League Mixed Doubles Open Art Studio 2:00 Pickleball 4:30 Movie: The Kite Runner | 23 Arab American National Museum 8:30 Open Gym 9:30 Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Pottery Open Studio 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 2:00 Book Bingo Fun! 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Norman Rockwell, America's Storyteller | 24 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health Duplicate Bridge 11:00 Current Events 12:00 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles |
| 27 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg Duplicate Bridge 11:15 Acrylic & Oil Painting 12:00 Pickleball Mah Jongg Pinochle 4:30 Pickleball | 28 8:30 Open Gym 10:00 Total Health Works Brain & Body The 100 Day Project 11:30 Women's Roundtable 12:00 Canasta Partners Bridge 12:30 Socki Chess - Join the Fun! 1:00 History of Belly Dance: Ziva Lynn Performance Chair Yoga & Meditation 4:00 Yoga for Well Being 4:30 Pickleball | 29 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio Euchre 1:00 Ageless Yoga Pinochle 1:30 Streaming: Germany's New Role Ukraine-Russia 2:00 Tennis League Mixed Doubles Open Art Studio 4:30 Pickleball 5:00 Movie: Three Kings | 30 8:30 Open Gym 9:30 Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Pottery Open Studio 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Iran's Culture | 31 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health Duplicate Bridge 11:00 Current Events 12:00 Pickleball 1:00 Dynamic Designs in Acrylic Pour Art Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles |

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN APRIL 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| 3 Music Monday with the Children of ECC 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:00 Blood Pressure & Oxygen Clinic 11:15 Duplicate Bridge 12:00 Acrylic & Oil Painting 12:30 Pickleball 1:00 Popular Reads Book Club Mah Jongg Pinochle Bingo 3:00 Trivia Time! 4:30 Pickleball | 4 8:30 Open Gym 10:00 Total Health Works Brain & Body The 100 Day Project 11:30 Women's Roundtable 12:00 Canasta Ask the Attorney 12:30 Partners Bridge 1:00 Calling All Green Thumbs & Green Thumb Wannabes Socks Chess - Join the Fun! 1:30 Chair Yoga & Meditation 4:00 Yoga for Well Being 4:30 Pickleball 5:30 Birmingham Stamp Club | 5 Schoolcraft College Noon Jazz Concert 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio Euchre 1:00 Ageless Yoga Pinochle 1:30 Tennis League Mixed Doubles Open Art Studio 2:00 Pickleball 4:30 Movie: Hidalgo | 6 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Pottery Open Studio 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Climate Change in the Great Lakes | 7 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles |
| 10 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Acrylic & Oil Painting 12:30 Pickleball 1:00 Mah Jongg Pinochle 4:30 Pickleball 5:30 Parkinson's Support Group | 11 8:30 Open Gym 10:00 Non-Fiction Book Club Total Health Works Brain & Body The 100 Day Project 11:30 Women's Roundtable 12:00 Canasta 12:30 Partners Bridge 1:00 Next Golf Leagues Informational Meeting Socks Chess - Join the Fun! 1:30 Chair Yoga & Meditation 4:00 Yoga for Well Being 4:30 Pickleball | 12 Royal Oak Museum 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio Euchre 11:00 Detroit History: Birthday Celebrations, Public Statues & Detroit's Future 1:00 Ageless Yoga Pinochle 1:30 Streaming: Israeli-Palestinian Conflict Tennis League Mixed Doubles Open Art Studio 2:00 Watercolor Painting Workshop 2:15 Pickleball 4:30 Pickleball 5:00 Movie: Whiskey Tango Foxtrot | 13 8:30 Open Gym 9:30 Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Photography Club Pottery Open Studio 12:30 Pickleball 1:00 Studio Art 1:30 Introduction to Reflexology Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Learning About Lebanon | 14 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles |
| 17 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Acrylic & Oil Painting 12:30 Pickleball 1:00 Mah Jongg Pinochle Bingo 4:30 Pickleball | 18 8:30 Open Gym 10:00 Total Health Works Brain & Body The 100 Day Project 11:30 Women's Roundtable 12:00 Spring Into Action! Canasta 12:30 Partners Bridge 1:00 Socks Chess - Join the Fun! 1:30 Chair Yoga & Meditation 4:00 Yoga for Well Being 4:30 Pickleball 5:30 Birmingham Stamp Club | 19 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio Euchre 1:00 Ageless Yoga Pinochle 1:30 Tennis League Mixed Doubles Open Art Studio 2:00 Watercolor Painting Workshop 2:15 Pickleball 4:30 Pickleball 5:00 Movie: Argo 5:30 Dementia Caregiver Support Group 6:00 Coin Club | 20 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Pottery Open Studio 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Birmingham's Indigenous People & Archaeological Heritage | 21 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles |
| 24 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Acrylic & Oil Painting 12:30 Pickleball 1:00 Mah Jongg Pinochle 4:30 Pickleball | 25 8:30 Open Gym 10:00 Total Health Works Brain & Body The 100 Day Project 11:30 Women's Roundtable 12:00 Peace of Mind Seminar Canasta 12:30 Partners Bridge 1:00 Socks Chess - Join the Fun! 1:30 Chair Yoga & Meditation 4:00 Yoga for Well Being 4:30 Pickleball 6:00 The Boogie Woogie Kid Piano Concert! | 26 American House Village Housing Tour 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio Euchre 1:00 Ageless Yoga Pinochle 1:30 Streaming: Democracy vs. Autocracy Tennis League Mixed Doubles Open Art Studio 2:00 Watercolor Painting Workshop 2:15 Pickleball 4:30 Pickleball 5:00 Movie: Body of Lies | 27 Al Ameer Restaurant Lunch & Hashems Roastery & Market 8:30 Open Gym 9:30 Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Pottery Open Studio 12:30 Pickleball 1:00 "The Gift of Music" Chamber Music Concert with The Windscape Trio Studio Art 1:30 Chair Yoga & Meditation 3:00 Yoga-Inspired Stability 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Deconstructing the Middle East, Exploring the Region's Diversity | 28 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events 12:30 Trader Joe's International Sampling Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles |



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2023 NEXT GOLF LEAGUES

Registration for both the Lincoln Hills
and Springdale Golf Leagues will open
on Friday, March 10 at 9:00 am!



Leagues fill up early, so sign up ASAP!
See details under Happenings on page 3.

ACTIVITY

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

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calendars for specific dates
and times.

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