



*Your Place to Stay Active & Connected*

MAY/JUNE 2022

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

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



We are excited to have Stuart Jeffares as the 2022 sponsor of The Next Big Night Out! We will be hosting some exciting special entertainment events! Thank you, Stuart, for your generous sponsorship.

### JEFFREY CAVATAIO PERFORMS AT NEXT!

Wednesday, May 18 at 6:00 pm  
Cost: Complimentary members / \$5 guests

Everyone who heard Jeffrey Cavataio perform at Next last year asked us to bring him back!! He is a classy, modern day crooner with an upbeat pop twist. He captivates his audiences with heartfelt original songs and soulful renditions of our favorites and his delightful personality. Compared Michael Buble, Josh Groban, Neil Diamond and Dean Martin, he is amazing! We're hosting Jeffrey as he returns from a national tour. Please join us for a special evening with this platinum performer, Jeffrey Cavataio!



### MOCKTAIL PARTY! COCKTAIL MUSIC!

Wednesday, June 15 at 5:00 pm  
Rain Date: Wednesday, June 22 at 5:00 pm  
Cost: Complimentary members / \$5 guests



Come on everyone, let's celebrate summer at the Next Mocktail Party! Enjoy live cocktail music as you sample some delicious, colorful mocktails! We'll have some delectable appetizers too! If you like, wear your favorite hat, just for fun! Let's get together to celebrate friendship and toast to each other's health and happiness.

### NEXT ARTISTS' EXHIBIT & SALE

Thursday, June 16 from 11:00 am to 7:30 pm

Next is home to many amazingly talented artists who work in a wide variety of mediums including acrylics, oils, watercolors, pastels, photography, pottery, and needle and fiber arts. We will showcase some of their works at this special art show and sale — right here at Next. Please drop in anytime throughout the day and bring a friend or two along! If you would like to display work in this non-juried exhibit, you must be a member or currently registered in a Next art class. Each artist must submit an entry form by Tuesday, May 31. Forms are available in the Next office.



### SUMMER KICK-OFF! TACO LUNCH & LAWN GAMES

Tuesday, June 7 at 12:00 noon  
Cost: Complimentary members / \$5 guests



Help us celebrate the unofficial start of summer! There will be tacos, tortilla chips, salsa and a beverage for all who attend. Maravilloso! And for those who might want to work off their lunch, we'll have a few lawn games set up in the Courtyard. Generously sponsored by Brookdale Southfield.

### PERSONAL SAFETY SKILLS

**Susanna Borgelt, Owner - Empower People's Agency & Instructor, Jiu-Jitsu Self-Defense**  
Tuesday, June 21 at 1:00 pm

With a background in research in workplace harassment and as a self-defense instructor, Susanna Borgelt will focus on creating safe spaces, self-defense and conflict management. As a violence prevention and conflict management specialist, Susanna will teach strategies to stand up for yourself and others in a variety of harassment scenarios. Generously sponsored by American House Village at Bloomfield.

## PREPARING FOR THE FUTURE AT NEXT



Michigan is aging, and the Birmingham area is no exception. In the communities Next serves, Birmingham, Beverly Hills, Bingham Farms and Franklin, households with seniors will increase more than 50% by 2045, with a significant percentage of 65 + residents living alone. That means the need for services and amenities will increase with each passing year.

Next has been serving the needs of local residents for almost 45 years and continues to evolve to meet the changing dynamics of active adults. With continued support from our partnering communities and The Birmingham Public Schools, Next is a vibrant community center filled with life-long learning and enrichment opportunities, fitness, creative arts and travel, but most importantly, a hub for socialization. Next now offers more of everything including expanded support services that are vital to serve the most vulnerable segment of the population, those in need of extra support to age safely in their homes.

Over the past several years, membership at Next has increased over 70% and program participation has expanded to more than 268% with 1,500 weekly visits to the center! With over 2000 members, Next is using their current building well, close to full capacity, but that also means Next is unable to offer all it should.

We love our warm, welcoming building, but with growing wait lists, constantly rearranging furniture and limited rooms, the physical space is inadequate, putting our community at a cross road. The Birmingham Public Schools have been very generous to Next over the years, providing an in-kind gathering space, building upkeep and tech support. But in order to continue to meet the growing needs and desires of this very wide and diverse demographic, one that is reshaping our population, we need to come together as a community.



Next is a private non-profit 501 (c) (3) which makes us unique among community centers. We are autonomous from the municipalities we serve, but are the designated senior service provider for Birmingham, and the Villages of Beverly, Bingham Farms and Franklin.

Next does receive some municipal funding, but we rely heavily on a diverse revenue stream to support our day-to-day activities; fundraisers, fund drives, grants, sponsorships, and fees. Recently, an Inter-local agreement was signed by the four municipalities which provides a framework for a more predictable funding stream in the future for senior services by connecting the participating communities together with a several year agreement.

At the same time, with the support of the City of Birmingham, Next is discussing the possibility of entering into a long-term lease agreement with the Birmingham Public Schools that will allow Next to use our endowment to make modifications to the Midvale building to better serve our residents. We know Next needs additional space for a variety of offerings but our current verbal agreement, does not afford us that opportunity. Without a predictable future, it is difficult to make long-term plans.

The Birmingham Public Schools are currently working on their own strategic plan that will identify their goals for the next five years. Once completed this spring, we hope to have a better understanding of how the Midvale building and Next will fit into their future plans.

Stayed tuned for further updates. In the meantime, if you have questions or comments, feel free to contact me by email or phone, or stop in when you are in the building.

Thank you for being the best part of Next!

*Cris Braun*

Executive Director  
(248) 203-5273  
Cbraun@birmingham.k12.mi.us





## HAPPENINGS AT NEXT

### TRIVIA TIME!

Mondays, May 9 and June 6 at 3:00 pm  
Cost: Complimentary members / \$5 guests

Enjoy an afternoon of trivia with professional trivia host, Tricia Olvenick. Teams of four will enjoy friendly competition with a chance to win bragging rights. Kindly sponsored by Samaritas Senior Living of Bloomfield Hills.

### BEGINNING YOUR FAMILY GENEALOGY

**Derek Blount, Vice President**  
**Oakland County Genealogical Society**

Wednesday, May 11 at 2:00 pm  
Cost: Complimentary members / \$5 guests

This presentation will provide the tools and motivation to get you started researching and creating a family tree. Many records — church, civil, military, probate, land, emigration and work — are online. One just needs to know where and how to look for them all. If you've always had a desire to trace your family history but didn't know where to begin, this program will kick-start your search. Generously sponsored by The Sheridan at Birmingham.

### OAKLAND COUNTY MENTORS PLUS PROGRAM

**Julie Stitt, Volunteer Coordinator**

Tuesday, May 17 at 1:00 pm  
Cost: Complimentary members/ \$5 guests

The Mentors Plus program provides an opportunity for a caring adult volunteer to interact with a youngster as a friend and role model. By contributing a few hours each week, mentors can help guide a young person get back on the right track or support someone who is suffering from family or school difficulties.

### MICHIGAN ANIMAL RESCUE LEAGUE (MARL)

Thursday, June 2 at 2:00 pm  
Cost: Complimentary members/ \$5 guests

Thinking about adding a furry family member to your home? Maybe adopting a rescue dog or cat? Or volunteering at a shelter? Join us as a representative from the Michigan Animal Rescue League talks about what makes MARL a Different Breed of Shelter, how to choose a rescue and the many ways people can get involved and support the animals. They will also discuss their Seniors for Seniors adopt-a-cat program.

### YOUR DENTAL HEALTH

**Dr. Alvin Daboul, North Oaks Dental**  
Wednesday, June 8 at 1:00 pm

How does oral care affect my overall health? Can Medicare B help with dental costs? Is a dental implant right for me? These questions and more will be addressed as Dr. Daboul shares expert tips on how to keep and manage a beautiful, and healthy smile well into one's later years.

### HISTORY OF DETROIT with Local Historian Robert E. Sullivan

**Detroit's Auto Industry**  
Wednesday, May 18 at 11:00 am  
Cost: Complimentary members/ \$5 guests

This presentation will center around why and how Detroit became the car capital of the world. Early automotive pioneers including Henry Ford, Ransom Olds, Horace Dodge and Walter Chrysler will be discussed.

**Detroit's Military History**  
Wednesday, June 22 at 11:00 am  
Cost: Complimentary members/ \$5 guests

Did you know that the first major battle of the War of 1812 was in the Detroit/Windsor area. Mr. Sullivan will focus on Detroit's involvement in the War of 1812, the "Underground Railroad," the Civil War, World War I and World War II, as well as the forts of early Detroit.

### HOW TO GARDEN WITH COMFORT & EASE

**Jan Bills, Advanced Master Gardener,  
Entrepreneur and Author**

Thursday, June 9 at 11:00 am  
Cost: Complimentary members/ \$5 guests

Gardens should be our love, not our labor of love! Together we will develop a shift in perspective as we explore how to garden with comfort, ease and simplicity. Jan Bills is the author of Late Bloomer, a national speaker, certified landscape designer, advanced master gardener and entrepreneur. Kindly sponsored by American House Stone.

### HOT DOGS AT NEXT!

Friday, June 24 at 12:00 noon  
Cost: Complimentary members / \$5 guest

Join us for the first hot dog picnic of the summer! Relax and enjoy a summer afternoon with your Next friends. Generously sponsored by Baldwin House Senior Living Birmingham.

### BOOKS ON THE BRAIN

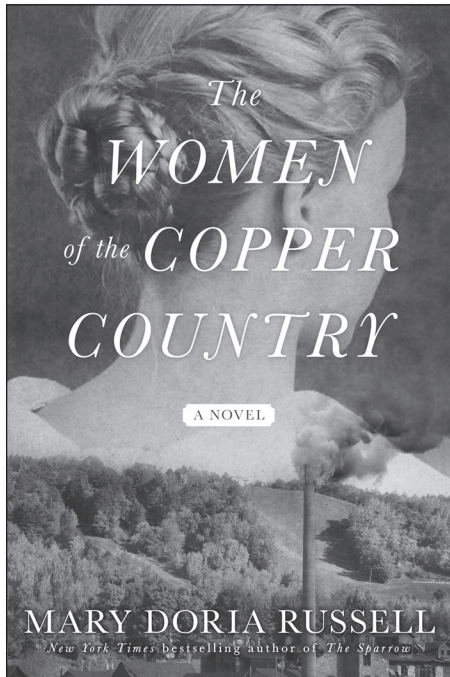
Thursday, June 30 at 10:30 am  
Cost: Complimentary members/ \$5 guests

While we can't say that reading is a miracle cure, the experts agree that seniors who read regularly have less stress and anxiety, fewer instances of loneliness and depression, better sleep, and delayed cognitive decline compared to those who do not read. Join Baldwin Public Library Director Rebekah Craft to learn about the benefits of reading, assistive reading options available at the library, and some great books that will keep you wanting to turn the page. We will meet in Next's beautiful and recently updated library.





## GREAT MICHIGAN READS



### GET YOUR COPY OF *THE WOMEN OF THE COPPER COUNTRY!*

May 2 through May 13

Please stop in the office for your complimentary copy *The Women of the Copper Country* to learn about the story of Annie Clements, the courageous 25-year-old Calumet woman who led a strike against the largest copper mining company in the world.

We also have a limited number of audio and e-book versions available. Please contact the Next office of you would like an audio or e-book copy.

### ***THE WOMEN OF THE COPPER COUNTRY***

We are excited to be working with Michigan Humanities and their literary selection of Mary Doria Russell's *The Women of the Copper Country*. We will host a variety of programs to learn more about this important time in Michigan's history.

#### **PANEL EXHIBIT: "TUMULT & TRAGEDY: MICHIGAN'S 1913-14 COPPER STRIKE"**

May 2 through May 25

Explore one of the greatest upheavals in Michigan history and an important part of The Women of the Copper Country story. Visit the touring panel exhibit installed throughout Next, on loan from the Michigan Technological University Archives and Copper Country Historical Collections.

#### **CONTEMPORARY METALSMITHING WITH COPPER**

Thursday, May 19 at 1:00 pm

**Eighteen Yuan, B.A., B.F.A., Candidate for M.F.A. in Metalsmithing - Cranbrook Academy of Art**

18 will share her expertise using copper in contemporary metalsmithing and jewelry, explaining techniques such as forming, enameling and electric forming. She will introduce great art works in metalsmithing and contemporary jewelry. 18 will also share her passion for jewelry making, and the joy she feels when she turns metal into wearable jewelry, creating a conversation with the wearer, maker and the audience. She focuses on enameling to imitate natural forms and texture as a reflection of human sentiment. Join us for this deeper look at copper as part of our study of *The Women of the Copper Country*.

#### **MICHIGAN WOMEN IN & AROUND THE LABOR MOVEMENT, 1930-60**

Thursday, May 19 at 6:00 pm

**Daniel Clark, Ph.D. - Professor-Oakland University Department of History**

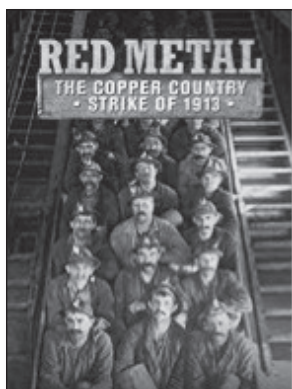
Women were instrumental in the rise of unionization in Michigan and were involved in various labor conflicts during the middle of the twentieth century. In addition, many women who worked for wages were not heavily involved in their unions but simply tried to hold jobs to help support themselves and their families. Dr. Daniel Clark provides an overview of these experiences and also looks at the lives of women who were autoworkers during this period.

#### ***THE WOMEN OF THE COPPER COUNTRY* BOOK DISCUSSION**

Thursday, June 23 at 1:00 pm

**Rebekah Craft - Director Baldwin Public Library**

Let's have a deeper discussion about this riveting account of 25-year-old Annie Clements who stood up for the Upper Peninsula miners and their families during the 1913 Calumet copper strike. Please join us even if you haven't read the novel to learn about these important historical events.



### **FILM SCREENING - *RED METAL: The Copper Country Strike of 1913***

Thursday, May 26 at 6:00 pm or Tuesday, May 31 at 1:00 pm

Join us to watch Emmy Award winning filmmaker Jonathan Silver's *Red Metal* documentary. This film focuses on the 100th anniversary of an epic labor strike that devastated Michigan's Upper Peninsula Copper Country and haunts the American labor movement to this day. Among the notable elements of that strike was the death of 73 children at a union Christmas party in what is now Calumet. Known as the Italian Hall Disaster, it remains the deadliest unsolved manslaughter in U.S. history. The film was the catalyst that led author, Maria Doria Russell to write *The Women of the Copper Country* and is an important foundation for our study.

# SPEAKER SERIES @ NEXT

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

## May 5 - THE ETHICAL ISSUES OF PHOTOJOURNALISM

**Garry Gilbert, Advisor to Oakland Press, Journalism Program Director - Oakland University**

Photojournalism has a long and important history of revealing truths. Photojournalists expose wrongdoing, inspire hope and understanding, and connect people around the globe through the language of visual understanding. They operate as trustees of the public and they carry a responsibility to document society and to preserve its history through images. Photographs can also cause great harm if they are callously intrusive, disturbing or manipulated. Due to technology changes, visual ethics is constantly evolving. We will examine the ethics of photojournalism in distinct parts. First, what is acceptable in the editing of photos and in the era of Photoshop, what standards have photojournalists adopted to assure the integrity of their images? Second, how do news editors decide whether to publish graphic or invasive news photos? Many have won Pulitzer Prizes, hailed as humanistic documents of war, famine, crime and natural disasters — and many may be simultaneously invasive and offensive to some.



## May 12 - RESTORING TRUST IN THE POLICE

**Isaiah (Ike) McKinnon, B.A., M.S., Ph.D, Detroit Deputy Mayor, Graduate of the FBI National Academy and the US Secret Service Academy**

Nearly two years after the world witnessed Minneapolis police officer Derek Chauvin kneel on George Floyd's neck until he died and about a year after Chauvin was found guilty of Floyd's murder, many are asking what's next? With more than 55 years of experience in law enforcement and higher education, Ike McKinnon returns to Next to discuss, "How can we change a system that seems so broken?" Dr. McKinnon believes that it's time to restructure police departments so they truly serve and protect their communities and will share his recommendations to do just that.



## May 19 - MICHIGAN WOMEN IN & AROUND THE LABOR MOVEMENT, 1930-1960

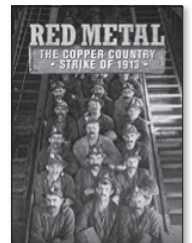
**Daniel Clark, Ph.D., Professor - Oakland University Department of History**

Women were instrumental in the rise of unionization in Michigan and were involved in various labor conflicts during the middle of the twentieth century. In addition, many women who worked for wages were not heavily involved in their unions but simply tried to hold jobs to help support themselves and their families. Dr. Daniel Clark provides an overview of these experiences and also looks at the lives of women who were autoworkers during this period.



## May 26 - No Speaker Instead enjoy a Film Screening **RED METAL: The Copper Country Strike of 1913**

Join us for the screening of this important documentary. See bottom of page 5 for more information.



## June 2 - HOUSE MYSTERIES & HOUSE HISTORIES

**Carol Bacak-Egbo, Historian, Archaeologist, Educator - Oakland County Historical Commission & Ron Campbell, Preservation Architect, Principal Architect - Oakland County Planning**

Do you hear footsteps in the dark? Your house may not be haunted, but we bet it does have mysteries. Become a detective and find answers to those questions that visit you every so often and maybe keep you awake at night. When was my house built? What style is it? Who lived here? The list goes on and we will help you find the answers. Join house detectives, Carol Bacak-Egbo and Ron Campbell who will provide us with the tools and tips to help unravel those mysteries and explore Waterbury Farm with lots of mysteries, some of them solved!



## SPONSORED BY ANTHOLOGY OF FARMINGTON HILLS

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



ANTHOLOGY  
OF FARMINGTON HILLS

**June 9 - FIREARM INJURY PREVENTION**  
Marc Zimmerman, Ph.D, Co-Director - University of Michigan Institute for Firearm Injury Prevention



Launched as a presidential initiative in 2019, the Institute for Firearm Injury Prevention engages the breadth of expertise across the University of Michigan with input from nonacademic stakeholders, to generate knowledge and advance solutions that will decrease firearm injury across the US — all while respecting the rights of responsible, law-abiding firearm owners. Join Dr. Zimmerman to learn more about this important initiative that fosters collaboration among researchers across the disciplines so that, together they can answer questions about firearm injury prevention.

**June 16 - UNDERSTANDING CURRENT GEOPOLITICAL DYNAMICS**  
Gus Mondalek, International Expert & Religious Scholar

Gus Mondalek returns to Next to share his perspectives on the quickly changing dynamics in the world today. From Ukraine to Russia, to China and the European Union, the world stage looks very different from just a few months ago. Gus will help us understand the short-term impact that will affect long-term policies here in the United States, as well as with our strategic partners, especially when faced with global threats.



**June 23 - LEARNING MORE ABOUT LGBTQ+**  
Johanna Ancheta, Trainer - Affirmations LGBTQ+ Community Center

Join Ms. Ancheta to learn more about the challenges LGBTQ+ people face and the important work being done at Affirmations in

Ferndale. Affirmations is the hopes and dreams of the youth and an antidote for isolation for seniors. It also helps those struggling with addiction to recover and offers a safe harbor for those struggling to come out. Johanna will educate us on proper terminology and how we can help our family members, friends and community members to live their lives authentically and with integrity.



**June 30 - THE CIVILITY PROJECT**  
Nolan Finley, Editorial Editor - Detroit News & Stephen Henderson, Pulitzer Prize winning Journalist and Founding Editor - BridgeDetroit

Americans are at their best when they can talk with one another, disagree, even argue, but agree to keep the dialogue going. Unfortunately, too many people feel today, like they

can't do that and they have to avoid even speaking to people with whom they disagree. The Civility Project is changing that. Join Nolan Finley and Stephen Henderson who will share that civility is possible and also why we should embrace it as a way to move ourselves forward in life and work.







## FITNESS OFFERINGS

### **DRUMS ALIVE® GOLDEN BEATS**

Wednesdays from 9:00 to 10:00 am

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

Cost 1 drop-in class: \$10

When we drum and dance we are having FUN! This in return releases endorphins and releases negative feelings. The rhythmic patterns of the drum increase synchronization of brain wave activity, which in turn provides feelings of euphoria and improved mental awareness and self-acceptance. Golden Beats® is specially designed for the senior population, those with limited mobility may be seated.

### **STRETCH & RELAX with Caryn Ciagne**

Mondays from 9:15 to 10:00 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.

### **MAT YOGA with Karen Lutz**

Tuesdays from 4:00 to 5:00 pm

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

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

### **CHAIR YOGA 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.

### **MINDFULNESS & MEDITATION with Karen Lutz**

Wednesdays at 2:15 pm - Sessions last 30 to 60 minutes

Cost: Complimentary - Donations to Next appreciated.

Begin or deepen your meditation practice in a safe, welcoming environment.

### **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 and 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.

**SAVE THE DATE! Golf  
Classic to Benefit Next**  
September 9 at 1:00 pm  
Registration opens on July 5



## **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.

## **TENNIS LEAGUE - MIXED DOUBLES**

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

Season ends May 27. Resumes in September.

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

## **BOWLING LEAGUE - SUMMER HOURS**

Thursdays at 12:00 noon - 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. Contact Bob Borgon at 248-388-1191 for more information.

## **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. It's a great way to stay active and avoid the slush and mud of city side-walks this time of year!



## **ENRICHMENT**

### **POPULAR READS BOOK CLUB via Zoom**

Mondays, May 2 and June 6 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The May book selection is *The Final Revival of Opal and Nev* by Dawnie Walton — and the June book selection is *The Five Wounds* by Kristen Valdez Quade. Register at Next and Baldwin Public Library will provide the book.

### **NON-FICTION BOOK GROUP via Zoom**

Tuesdays, May 10 and June 14 at 10:00 am

Facilitated by Mick Howey, Adult Services Librarian, join us to discuss *Spirit Run* by Noe Alvarez in May and *Why Fish Don't Exist* by Lulu Miller in June. Register at Next and Baldwin Public Library will provide the book.

### **TUESDAY JAZZ**

Tuesdays at 2:30 pm

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

### **WOMEN'S ROUNDTABLE**

Tuesdays at 11:00 am

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

### **MEN'S ROUNDTABLE**

Wednesdays at 9:00 am

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

### **WRITER'S CORNER**

Thursdays, May 5, 19 and June 2, 16 from 9:30 to 11:00 am

Join Next members who love to share their common interest in writing. Read your material and get constructive feedback. The meetings will take place in person at Next. For more 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.



## HEALTH SERIES

We are excited to welcome Henry Ford West Bloomfield as the 2022 Health Series sponsor! Henry Ford Health System 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 will share the expertise of their physicians, nurses and other providers with Next members.



### A STROKE IS A MEDICAL EMERGENCY!

Thursday, May 12 at 1:00 pm

Cost: Complimentary members / \$5 guests

Did you know stroke is the fifth leading cause of death in the United States and a leading cause of long-term disability? Strokes often strike with little or no warning and 80% of them are actually preventable with lifestyle changes. Join Cathryn Guina, RN, BSN, CNRN, SCRNP and Stroke Program Coordinator, as she examines the signs, symptoms and risk factors of stroke.

### CANCER SCREENING & PREVENTION

Tuesday, June 14 at 10:30 am

Cost: Complimentary members / \$5 guests

Eliminating cancer. It's a health challenge that our scientists are relentlessly dedicated to addressing. One of the innovative ways we approach this challenge is through early screening and prevention measures. Screening tests can help find cancer at an early stage, sometimes before symptoms even appear. Join Donna Long, RN, Manager of Screening and Tumor Boards for Henry Ford Cancer Institute, as she discusses cancer prevention and screening guidelines that will help educate and protect you and your loved ones.

## THE SHERIDAN AT BIRMINGHAM

*a Senior Lifestyle community*

# LIVE LIFE *easier*

At The Sheridan, you get the best of all worlds - worry-free living and a community filled with friendship and support. With housekeeping, fine dining and a rich calendar of activities included, everything we do is designed to make your life easier and more fulfilling.

Come meet the team!

Call **248-934-3801** to schedule a personalized tour.

Assisted Living | Memory Care  
2400 E. Lincoln | Birmingham, MI 48009  
[WWW.SENIORLIFESTYLE.COM](http://WWW.SENIORLIFESTYLE.COM)





# FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

## May 4 - *THE EYES OF TAMMY FAYE*

An intimate look at the extraordinary rise, fall and redemption of televangelist Tammy Faye Bakker. In the 1970s and '80s, Tammy Faye and her husband Jim Bakker, rose from humble beginnings to create the world's largest religious broadcasting network and theme park, and were revered for their message of love, acceptance, and prosperity. Many times hilarious and often times tragic, it is an amazing tale of one of the most adored and reviled women of our time. Starring Jessica Chastain.

Rated PG13 - 2 hours 6 minutes

## May 11 - *HIGH SOCIETY*

Jazz artist C.K. Dexter Haven (Bing Crosby) is still hung up on his ex-wife and neighbor, socialite Tracy Samantha Lord (Grace Kelly), however Tracy is engaged to another man (John Lund). Matters are complicated even further when a magazine reporter (Frank Sinatra), in town to cover Tracy's wedding, also winds up falling for the beautiful bride-to-be. As Tracy tries to decide on the ideal husband, each suitor works hard to convince her he is the best choice.

Rated PG - 1 hour 47 minutes

## May 18 - *THE SEAGULL*

Based on the 1896 play of the same name by Anton Chekhov, this 2018 American historical drama film stars Annette Bening, Saoirse Ronan, Elizabeth Moss and Brian Dennehy. Set in Russia in the early 1900s, an aging actress named Irina Arkadina pays summer visits to her brother and her son at a country estate. On one occasion, she brings her lover, Boris who is a successful novelist. Nina, a free and innocent girl on a neighboring estate, who is in a relationship with Konstantin, falls in love with Boris. Rated PG13 - 1 hour 38 minutes

## May 25 - *WILLY WONKA & THE CHOCOLATE FACTORY*

The world is astounded when Willy Wonka, for years a recluse in his factory, announces that five lucky people will be shown all the secrets of his amazing candy, and one will win a lifetime supply of Wonka chocolate. Nobody wants the prize more than young Charlie, but as his family is so poor that buying even one bar of chocolate is a treat, buying enough bars to find one of the five golden tickets is unlikely in the extreme. But in movie land, magic can happen. Charlie, along with four somewhat odious other children, get the chance of a lifetime and a tour of the factory. Can Charlie beat the odds and grab the brass ring? Starring Gene Wilder, Peter Ostrum and Jack Albertson.

Rated PG - 1 hour 40 minutes

## June 1 - *THE GOOD LIAR*

Career con artist Roy Courtney (Sir Ian McKellen) can hardly believe his luck when he meets well-to-do widow Betty McLeish (Dame Helen Mirren) on-line. As Betty opens her home and life to him, Roy is surprised to find himself caring about her, turning what should be a cut-and-dry swindle into the most treacherous tightrope walk of his life.

Rated R - 1 hour 49 minutes

## June 8 - *THE BEATLES: EIGHT DAYS A WEEK THE TOURING YEARS*

In the 1960s, the Beatles exploded on to the public scene, seemingly out of nowhere. Accompanying new interviews of the remaining Beatles, their associates and fans as well as archival interviews of the late ones, this film features footage of the heady concert years of 1963 to 1966 when the band became a worldwide cultural phenomena topping them all.

Not Rated - 1 hour 46 minutes

## June 15 - *MAGNIFICENT OBSESSION*

Reckless playboy Bob Merrick (Rock Hudson) crashes his speedboat, requiring emergency attention from the town's only resuscitator — at the very moment that a beloved local doctor has a heart attack and dies waiting for the lifesaving device. The doctor's widow, Helen (Jane Wyman), and Merrick find themselves inextricably linked amid a series of increasingly wild twists.

Not Rated - 1 hour 48 minutes

## June 22 - *GUARDING TESS*

Doug Chesnic (Nicolas Cage), an agent with the Secret Service Uniformed Division, is assigned to protect former first lady Tess Carlisle (Shirley MacLaine). Chesnic finds the job demeaning and a challenge because of Tess' high-maintenance personality and petty demands. When she's kidnapped, however, Chesnic's feelings change.

Rated PG13 - 1 hour 36 minutes

## June 29 - *THE FIRST WIVES CLUB*

Despondent over the marriage of her ex-husband to a younger woman, a middle-aged divorcée plunges to her death from her penthouse. At the woman's funeral, her former college friends (Bette Midler, Goldie Hawn, Diane Keaton) discover the reason for their friend's suicide, they realize that all of their ex-husbands have taken them for granted -- and deciding it's time for revenge, they make a pact to get back at their exes.

PG - 1 hour 43 minutes



## DAY TRIPS

### DIA - BY HER HAND: Artemisia Gentileschi & Women Artists in Italy, 1500-1800

Thursday, May 12

Bus leaves Next at 9:50 am,  
returns about 12:30 pm

Cost: \$20 members / \$25 guests

This exhibit explores the untold role of women artists in Italy from the birth of the Renaissance until the Enlightenment. In this male-dominated Italian art world, these 17 women navigated many obstacles to succeed. Confident self-portraits, realistic still lifes, scenes of women's bravery, and meditative religious scenes reveal their technical skill and ingenuity. Nearly 60 artworks, including international loans, highlight the creativity of these women artists and celebrate their business savvy.



Beyond Artemisia Gentileschi, visitors will be introduced to a diverse and dynamic group of Italian women artists, from the court artist Sofonisba Anguissola (1532-1625) to the painter and printmaker from Bologna Elisabetta Sirani (1638-1665), among other talented and virtually unknown Italian women artists.

Your ticket for By Her Hand includes a dynamic multimedia tour with audio, images, video, and interactive storytelling that bring these artists' stories from 400 years ago into conversation with the modern day. To access the tour during your visit, please bring your own smartphone and headphones. This trip is designed exclusively for this extraordinary exhibit — and “piggybacks” on the lecture held here at Next, on February 3, 2022. We will spend approximately 1-1/2 hours total at the DIA.

### FEET ON THE STREET TOURS - CORKTOWN

Wednesday, May 25 - Limited seats available.

Bus leaves Next at 9:30 am,  
returns about 1:00 pm

Cost: \$45 members / \$50 guests

We are so excited to announce the return of Feet On The Street Tours! Corktown has been in the news a lot lately as one of the most up-and-coming neighborhoods in the country, let alone the Detroit region. It's a place that is on the rebound and has a definite sense of identity and community. The area has a long history as Detroit's oldest neighborhood, with “1834” emblazoned proudly on the signs. Join Linda Yellin for a narrated van/walking tour of Historic Corktown. Explore Detroit's oldest neighborhood, history, sites and “the corner”, Michigan Avenue and Trumbull, formerly the location of Old Tiger Stadium — now high end apartments and condos. Experience the Michigan Central Train Station, lovingly being restored by Ford Motor Company - Campus for electric vehicles research and development. All aboard for a tour rich in history of our beloved city. Trip will run rain or shine. Please dress accordingly.



### DETROIT SYMPHONY ORCHESTRA

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

Cost: \$60 members / \$66 guests

Please pre-register, space is limited.

**DSO requires proof of vaccination or negative Covid test to attend concerts in the Max and Orchestra Hall.**

### Friday, May 6 - Kings of Soul

Jeff Tyzik showcases legendary artists Marvin Gaye, Luther Vandross, James Brown, Otis Redding, The Temptations, Al Green, and others in a morning of soulful rhythms. Relive hits such as “I Heard It Through The Grapevine,” “Try A Little Tenderness,” “You Make Me Feel Brand New,” and “I Only Have Eyes For You.”

### Friday, June 3 - Summer Blockbusters

Large budgets, epic storylines, and record crowds. The arrival of summer brings with it blockbuster movies that capture everyone's attention, and turn film composers — such as John Williams and Hans Zimmer — into household names. Enter the summer with the best music from some of the top-grossing summer movies of all time, including Aladdin, Gladiator, and Raiders of the Lost Ark.

### FRANKLIN GARDEN WALK & ARTISAN MARKET

Wednesday, June 8

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

Cost: \$15 members / \$20 guests (transportation only)

Please note: \$15 for tickets day of the event to be paid for individually upon arrival at the gazebo

The Annual Franklin Garden Walk, is a long tradition that draws many hundreds of visitors to walk through five to six area gardens selected to showcase different types of landscaping. Each demonstrates ways homeowners have worked with Mother Nature, yet simultaneously tried to tame her less desirable inclinations. Classic struggles and immense satisfaction are inevitable! Spend a leisurely morning outside experiencing a variety of gardening styles, design ideas, and growing tips. The Garden Club will also host an Artisan Market for some “pre-tour” indulging, on the Village Green. Next will be providing transportation to each of the gardens. Trip will run rain or shine, please dress accordingly.

### 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.



## VALENTINE DISTILLERY

Thursday, June 16

Rescheduled from a snow day.

Bus leaves Next at 12:30 pm,  
returns about 2:30 pm

Cost: \$45 members / \$50 guests

You don't have to drive to Kentucky to learn how world-class bourbon is distilled. Established in 2007 and among the nation's first craft distilleries, Valentine Distilling Company is an American pioneer of small batch, handcrafted spirits. Enjoy a tour and tasting experience at Valentine Distillery's state-of-the-art production facility, located in Ferndale. Sample all of their award-winning spirits including bourbon, gin and vodka. Witness some of the science behind the distillation process and learn why they always go the extra mile. In the tradition of Detroit's manufacturing leadership, Valentine is dedicated to American ingenuity, quality manufacturing, and small batch distilling using old-world techniques that create superior tasting products. This is a tour not to miss — and we'll have a "designated driver"!



## DETROIT INSTITUTE OF ARTS

Thursday, June 23

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

Cost: \$10 members / \$15 guests

The Detroit Institute of Arts has one of the largest and most significant art collections in the United States. With more than 65,000 artworks that date from the earliest civilizations to the present, the museum offers visitors an encounter with human creativity from all over the world. Visit the DIA to immerse yourself in more than 100 galleries, this will be a two hour, self-guided tour of the museum.

## DETROIT RIVERFRONT TOUR

Thursday, July 14 - Limited seats available.

Bus leaves Next at 9:30 am, returns about 1:00 pm

Cost: \$45 members / \$50 guests

The Detroit Riverwalk was recently crowned as Best Riverwalk in the 2021 USA TODAY 10 Best Readers' Choice! The riverwalk is a great place to stroll and witness the "renaissance" with spectacular views of the city, and Windsor right across the river. For our second Feet on the Street Tour, join Linda Yellin and experience and enjoy the new vibrant developments along the Riverfront: gardens, expanding parks, walking/bike trails, and tons of greenspace. Learn about empty warehouses soon to be clubs, restaurants, and new housing, the energy is contagious! Also hear of all of the exciting programs and events sponsored by the Detroit Riverfront Conservancy. Such an excellent way to get some exercise, and take in some city views — both impressive and beautiful. This tour will be both van use and walking, and will run rain or shine, please dress accordingly.

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## ART & CREATIVITY

Karen Halpern has been an Art Instructor at Indiana State University, where she received her Masters Degree in Art. Since moving to Michigan 35 years ago she has taught adult classes at the Birmingham Bloomfield Art Center and surrounding communities, while also connecting with many students while teaching Painting Workshops in many scenic locations. Her work has been included in 90 exhibitions and is included in private and corporate collections. You can view her work at [www.karenhalpern.net](http://www.karenhalpern.net).

### WATERCOLOR PAINTING WORKSHOP

Tuesdays, July 12 through August 30

from 10:00 am to 12:00 noon

Cost 8-week class: \$116 members / \$124 guests

Noted Michigan Artist and popular watercolor instructor, Karen Halpern, will teach lessons that provide fundamentals, stretch your abilities, broaden your skills, and encourage your creative thinking. Beginners through advanced students will paint varied subjects in assorted styles. Color mixing, color theory, design and painting techniques, will guide you as you develop your art. Each student will work at their own level of ability, in a supportive setting with individual attention. The supply list is available in the Next office and all supplies should be brought to the first class.

### STUDIO ART

Thursdays, July 7 through August 25

from 1:00 to 3:30 pm

Cost 8-week class: \$140members / \$148 guests

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 the 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 lightweight portable easel, if you work upright. Returning students, plan to start a fresh piece of work this semester. Class size is limited to 12 students.

### INTRODUCTION TO CALLIGRAPHY

Fridays, May 6 and 13 from 10:00 am to 12:00 noon

Cost 2-week class: \$30 members / \$35 guests

Learn the art of Italic lettering. Instructor Beth Johnson will provide step by step instruction on how to make these beautiful letters. The finale will result in your making a beautiful card to take home. Beth has been teaching calligraphy for over 20 years and has her own Greeting card business, Beth Johnson Creations. All materials are included.

### PHOTOGRAPHY CLUB

Thursdays, May 19 and June 16

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. Photography Club members take monthly photo trips and also maintain a website. For additional information, please email [info@birminghamphotoclub.org](mailto:info@birminghamphotoclub.org).

### PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm

The group is currently at capacity; however, if you are interested in joining the club, please contact [paletteandbrush.org](http://paletteandbrush.org).

### KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

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

### OPEN ART STUDIO

Tuesdays from 1:00 to 4:00 pm

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

### NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

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

### 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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## CARDS, TILES, COLLECTORS

### 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.

### PINOCHLE...come and join the fun!

Mondays, Wednesdays and Fridays from 12:00 noon to 2:00 pm

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

### CANASTA

Tuesdays from 12:00 noon to 3:00 pm

Open Canasta on Tuesdays

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.

### 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 this group for a fun and exciting game that is easy to learn.

### BINGO

Mondays, May 2, 16 and June 6, 20 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. Refreshments kindly donated by All Seasons Birmingham.

### BRIDGE...for everyone at every level!

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

Facilitator Al Rosie

**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

Seeking 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.

### COMPUTER LAB & LESSONS

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

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

### BIRMINGHAM STAMP CLUB

Tuesdays, May 3, 17 and June 7, 21 at 5:30 pm

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

### COIN CLUB

Wednesday, May 18 and June 15 at 6:00 pm

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



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**WE ARE THRILLED TO WELCOME  
OUR NEWEST MEMBERS TO NEXT!**

Thursday, June 16 at 11:30 am

All members are invited to join us for coffee and treats where there will be time to get acquainted with each other and the Next staff, followed by brief presentation to learn about all Next has to offer!

**MEET OUR NEWEST MEMBERS**

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

Jeanne Baker, Barbara Bondy, Jill Brackenbury, Joan Brown, Thomas Buser, William and Josie Connolly, Dave and Diane Cook, Franco and Silvia De Vecchi, John and Gayle Guenther, Nancy Hartzfeld, Mike and Beth Jamieson, Paul and Sara Kane, Judy Khadra, Cheri LaGrasso, Fran Levin, Anita Malys, Roger and Suzanne McCLOW, Susan Meneilley, Lori Miller, Kathy Minnich, Joseph Murphy, Kristen O'Hara, Lamarr Paige, Janet Prote, Walt and Christine Rygiel, Elliot and Madalyn Spoon, Judith Sullivan, Susan Summers, Donna Tafelski, Lola Wagner, Gail Wilson and Lora Wright.

**WELCOME BACK**

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

Neil Babitch and Roger Workman, Lance and Andrea Cousins, Prospero Dagbovie, Allison Friedman, Nels and Patricia Larson, Mary Lewis, Ronald MacIntosh, Marika Nikolovska, Judy Schaffer, Scott Staton and Jill Underwood.



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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, May 3 and June 7 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.

### 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

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

### FINANCIAL ASSISTANCE

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

### MINOR HOME REPAIR for Beverly Hills & Birmingham Residents

Community Development Block Grant funds are available to assist income-eligible seniors — and income-eligible disabled residents — in Birmingham and Beverly Hills with minor home repairs. Please call Next Support Services for more information.

### FOUNDATION FOR BIRMINGHAM SENIORS

The Foundation provides two forms of financial assistance to Birmingham senior residents who income-qualify. Please call us for more information.

- Funding for minor home repairs such as handrail installations, plumbing, roof, electrical work, etc. These funds do not need to be repaid.
- Interest-free loans for major home repairs such as replacing a roof, furnace, windows, etc. These no-interest loans are repaid after the sale of the home.

### LET'S HEAR FROM YOU!

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

### 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.

### 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.



### Anthology Senior Living - Farmington Hills Wednesday May 11 - Bus departs at 11:00 am

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### Brookdale Senior Living - Southfield Wednesday June 15 - Bus departs at 11:00 am

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## HEALTH & NUTRITION

### **BLOOD PRESSURE & BLOOD OXYGEN CLINIC**

Mondays May 2 and June 6 from 11:00 am to 12:00 pm

Cost: Complimentary - No appointment is required.

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

### **PARKINSON'S SUPPORT GROUP**

Mondays, May 9 and June 13 at 6:00 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 and Steve McMahon, an individual who has Parkinson's. For more information call 248-433-1011.

### **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.

### **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.

### **NURSE ON CALL**

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

### **EARLY STAGE MEMORY LOSS SUPPORT GROUP**

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

### **MEALS ON WHEELS**

To get information on this program, call Oakland Meals on Wheels at 248-689-0001. We are looking for additional volunteers to help package and deliver meals. So, if you're available, please call Judy Murrell at 248-203-5281. Your help is needed and would be appreciated!

### **YOUNGER ONSET DEMENTIA & ALZHEIMER'S CAREGIVER SUPPORT GROUP**

Wednesdays, May 18 and June 15 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.

### **VISION ENRICHMENT SUPPORT GROUP**

This support group will resume in the future. Please call the Next office at 248-203-5270 for additional 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 for more information. Counselors can help over the phone or you can make an appointment to meet with a MMAP counselor in person.



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

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The following individuals have made donations in memory of Chuck Mentzer — Jerry and Pam Byrd, Sharon Cameron, Heather Jenkins, Jeanette Mentzer, Jack and Susan Nanry, Robert Salloum, Ed and Joanne Schouten, Amy Stevenson

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

Clive Catchpole, Claudia James and Theodore Kazanis.

## POLICY REMINDERS

- ▶ We want to assure you that Next remains vigilant in our COVID safety protocols and we are dedicated to keeping our members and staff safe.
- ▶ 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.

## FROM THE NEXT STAFF

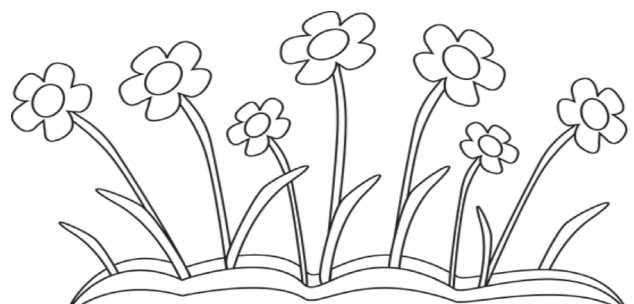
### Thank you for making Next a great place to be!

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Sara Callender, Staff Assistant  
Bev Singer, Staff Assistant  
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Judy Murrell, Meals on Wheels

Please help us welcome Pam Hall to the Next staff!  
Pam comes to Next with great experience and many talents. She will be responsible for our daytime programs involving our health and fitness offerings, as well as daytime speakers and unique presentations. Welcome Pam!

## Keep your eyes open for your ANNUAL SPRING FUND MAILER

We know the success of Next could not happen without the generous support of our members, partners and neighbors. Thank you for considering Next in your charitable giving!





# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:00 Blood Pressure & Oxygen Clinic 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Popular Reads Mah Jongg Bingo 4:30 Pickleball	<b>3</b> 8:30 Open Gym 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Ask the Attorney Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club	<b>4</b> 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle 1:00 Chair Yoga 1:30 Tennis League 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: The Eyes of Tammy Faye	<b>5</b> 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Pottery Studio 12:00 Bowling 12:30 Pickleball 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Photojournalism	<b>6 DSO - Kings of Soul</b> 9:15 Friday Fitness 10:00 Limber Up Tai Chi Calligraphy Duplicate Bridge 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League
<b>9</b> 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:00 Parkinson's Support Group Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 3:00 Trivia Time! 4:30 Pickleball	<b>10</b> 8:30 Open Gym 10:00 Non-Fiction Book Club 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball	<b>11 Housing Tour Anthology Senior Living</b> 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle 1:00 Chair Yoga 1:30 Tennis League 2:00 Beginning Your Family Genealogy 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: High Society	<b>12 DIA - Women Artists in Italy</b> 8:30 Open Gym 9:30 Palette & Brush 10:00 Pottery Studio 12:00 Bowling 12:30 Pickleball 1:00 Stroke - Medical Emergency Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Restoring Trust in the Police	<b>13</b> 9:15 Friday Fitness 10:00 Limber Up Tai Chi Calligraphy Duplicate Bridge 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League
<b>16</b> 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg Bingo 4:30 Pickleball	<b>17</b> 8:30 Open Gym 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge Oakland County Mentors Plus Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club	<b>18</b> 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:00 History of Detroit Auto Industry 12:00 Pinochle 1:00 Chair Yoga 1:30 Tennis League 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: The Seagull 5:30 Dementia Caregiver Support Group 6:00 Jeffrey Cavataio Performs at Next Coin Club	<b>19</b> 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Pottery Studio Photography Club 12:00 Bowling 12:30 Pickleball 1:00 Contemporary Metalsmithing with Copper Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Michigan Women Labor Movement 1930-60	<b>20</b> 9:15 Friday Fitness 10:00 Limber Up Tai Chi Duplicate Bridge 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League
<b>23</b> 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:30 Pickleball	<b>24</b> 8:30 Open Gym 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball	<b>25 Feet on the Street - Corktown</b> 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle 1:00 Chair Yoga 1:30 Tennis League 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Willy Wonka & The Chocolate Factory	<b>26</b> 8:30 Open Gym 9:30 Palette & Brush 10:00 Pottery Studio 12:00 Bowling 12:30 Pickleball 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Film Screening: Red Metal: The Copper Country Strike of 1913	<b>27</b> 9:15 Friday Fitness 10:00 Limber Up Tai Chi Duplicate Bridge 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League
<b>30</b> Closed for Memorial Day	<b>31</b> 8:30 Open Gym 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 6:00 Film Screening: Red Metal: The Copper Country Strike of 1913			



# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle 1:00 Chair Yoga 2:15 Mindfulness & Meditation Pickleball 4:30 Pickleball 5:00 Movie: The Good Liar	<b>2</b> 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Pottery Studio 12:00 Bowling 12:30 Pickleball 1:30 Chair Yoga & Meditation 2:00 Michigan Animal Rescue League 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: House Mysteries & House Histories	<b>3 DSO - Summer Blockbusters</b> 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg
<b>6</b> 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 Pinochle 12:30 Pickleball 1:00 Popular Reads Mah Jongg Bingo 3:00 Trivia Time! 4:30 Pickleball	<b>7</b> 8:30 Open Gym 11:00 Women's Roundtable 12:00 Summer Kick-Off! Taco Lunch & Lawn Games Canasta 12:30 Socki Partners Bridge 1:00 Ask the Attorney Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club	<b>8 Franklin Garden Walk &amp; Artisan Market</b> 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle 1:00 Dr. Alvin Daboul Dental Health Chair Yoga 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: The Beatles: Eight Days a Week The Touring Years	<b>9</b> 8:30 Open Gym 9:30 Palette & Brush 10:00 Pottery Studio 11:00 How to Garden with Comfort & Ease 12:00 Bowling 12:30 Pickleball 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Firearm Injury Prevention	<b>10</b> 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg
<b>13</b> 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:00 Parkinson's Support Group 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:30 Pickleball	<b>14</b> 8:30 Open Gym 10:00 Non-Fiction Book Club 10:30 Cancer Screening & Prevention 11:00 Women's Roundtable Canasta 12:30 Socki Partners Bridge 1:00 Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball	<b>15 Housing Tour Brookdale Senior Living</b> 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle 1:00 Chair Yoga 2:15 Mindfulness & Meditation Pickleball 4:30 Mocktail Party! Cocktail Music! Movie: Magnificent Obsession 5:30 Dementia Caregiver Support Group 6:00 Coin Club	<b>16 Valentine Distillery</b> 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Pottery Studio Photography Club 11:00 Artist Exhibit & Sale 11:30 Member Coffee 12:00 Bowling 12:30 Pickleball 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Understanding Current Geopolitical Dynamics	<b>17</b> 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg
<b>20</b> 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 Pinochle 12:30 Pickleball 1:00 Mah Jongg Bingo 4:30 Pickleball	<b>21</b> 8:30 Open Gym 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge Personal Safety Skills Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club	<b>22</b> 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:00 History of Detroit Military 12:00 Pinochle 1:00 Chair Yoga 2:15 Mindfulness & Meditation Pickleball 4:30 Pickleball 5:00 Movie: Guarding Tess	<b>23 DIA - Self Guided Tour</b> 8:30 Open Gym 9:30 Palette & Brush 10:00 Pottery Studio 12:00 Bowling 12:30 Pickleball 1:00 The Women of The Copper Country Book Discussion 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Learning More About LGBTQ+	<b>24</b> 9:15 Friday Fitness 10:00 Limber Up Tai Chi 11:00 Duplicate Bridge 12:00 Hot Dogs at Next! Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg
<b>27</b> 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 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:30 Pickleball	<b>28</b> 8:30 Open Gym 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Open Art Studio Chess 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball	<b>29</b> 9:00 Men's Roundtable Drums Alive Golden Beats 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle 1:00 Chair Yoga 2:15 Mindfulness & Meditation Pickleball 4:30 Pickleball 5:00 Movie: The First Wives Club	<b>30</b> 8:30 Open Gym 9:30 Palette & Brush 10:00 Pottery Studio 10:30 Books on the Brain 12:30 Pickleball 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 12:00 Bowling 12:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Civility Project	



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*What's Next?*



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