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MAY/JUNE 2025

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MAKING CONNECTIONS - CULTURAL SERIES



With the support of a generous grant from the Michigan Humanities, in May and June, Next will continue our Making Connections – Culture Series, with a new focus on the culture of

Japan. Please enjoy the presentations, movies, and entertainment related to Japan. This exciting study is funded in part by Michigan Humanities, an affiliate of the National Endowment for the Humanities and the Michigan Art and Culture Council.



THE DYNAMIC RELATIONSHIP BETWEEN DETROIT AND JAPAN

Representatives of the Consul General of Japan

Thursday, May 29 at 6:00 pm

Cost: Members complimentary/\$5 Guests

What ties exist between Detroit and Tokyo? It turns out that the relationship between Michigan and the country of Japan is deep, intricate, and very strong. We are delighted to learn from the Consulate General's office about the history of Japan's presence in Detroit, from the auto industry to the restaurant industry, and many others. Mr. Hajime "Jimmy" Kishimori has recently assumed the position of Consul General of Japan in Detroit and will be sending his staff to Next to talk to our community and create a new understanding of the links between Japan and Michigan. Discover the history, and learn about the current happenings, of this fascinating relationship, directly from the Consulate General of Japan in Detroit.



EXPERIENCE THE BEAUTIFUL ART OF TRADITIONAL JAPANESE CALLIGRAPHY WITH MASTER CALLIGRAPHER KYOKO FUJII

Tuesday, June 10 at 6:00 pm

Cost: Members complimentary/\$5 Guests

Shodō is a form of calligraphy, or artistic writing of the Japanese language. Shodō expert Kyoko Fujii started learning the art of Japanese calligraphy at the age of six in her hometown of Hiroshima, Japan. While in college she earned the "master instructor," or shihan license and the 5th level of 8 ranks (dan). She is a teacher, designer, performer, and master artist. Recently she performed her calligraphy at the Detroit Institute of Arts, and her works adorn both private homes and public buildings. Mrs. Fujii will do a live demonstration of Shodō on a large scale at Next so that all attendees can experience the beauty of her art. Generously sponsored by Bank of Ann Arbor.



BASEBALL IN JAPAN: A HISTORICAL, SOCIAL AND CULTURAL PERSPECTIVE

Elizabeth Lublin Associate Professor Emerita, Department of History, Wayne State University

Tuesday, May 20 at 11:00 am

Cost: Complimentary members / \$5 Guests

Since its introduction 150 years ago, baseball has become Japan's #1 sporting pastime and the subject of scholarly debate about whether the game epitomizes the Japanese national "character." Differences in how baseball is played in Japan and the U.S. will be discussed, along with what baseball reveals about Japan and the Japanese. Associate Professor Emerita of History at Wayne State University, Elizabeth Lublin taught a variety of courses on China, Japan and Korea. Her research interests focus on late 19th- and early 20th-century Japan.





MAKING CONNECTIONS - CULTURAL SERIES: JAPAN

ORIGAMI – JAPANESE PAPER FOLDING WORKSHOP Chizuko Donovan and Lauren Northrup, Instructors

Tuesday, May 13 at 11:00 am

Cost: Complimentary members / \$5 guests

Join us for a fun and creative Origami Workshop where you can learn to fold paper into beautiful shapes and designs! The timeless craft of origami is not only enjoyable to do, it's good for your brain! It can help reduce stress, improve hand-eye coordination, boost creativity, enhance patience and persistence, and promote learning. Let's learn origami together.

JAPAN LECTURE SERIES FEATURING GUS MONDALEK, INTERNATIONAL AFFAIRS EXPERT

Cost: Complimentary (Next members only)

Tuesday, May 27 from 1:00 to 2:30 pm

Japan's Historical Evolution and Cultural Identity Amidst Modern Challenges

This session will explore the trajectory of Japan's history, emphasizing the development of its unique cultural identity. It tries to examine how Japan's past has shaped its present societal norms and the cultural challenges it faces in a rapidly globalizing world.

Tuesday, June 17 from 1:00 to 2:30 pm

Navigating Geopolitical Tensions: Japan's Response to China's Ascendancy and Future Outlook

This session will delve into the geopolitical dynamics between Japan and China, focusing on the perceived threats from China's rise and Japan's strategic responses. It also attempts to project potential future scenarios for Japan in the regional and global context, touching on the changing times due to the population decline in Japan and the need for immigration & its effect on Japan's unique society.

THE ART OF DRESSING IN KIMONO Traeonna , Kimono Kitsune LLC

Thursday, June 12 at 1:00 pm

Cost: Complimentary members / \$5 guests

Kimono (着物) is the traditional attire of Japan. This informative session will explore how to distinguish between authentic and inauthentic kimono, introduce the most common types and formalities of kimono worn by men and women today, and provide a brief overview of the essential tools and accessories needed for traditional styling. We will also discuss the appropriate times, places, and occasions for wearing kimono, along with guidance on determining the correct fit and how to put it on. A brief look at kimono fusion fashion will highlight how blending elements from



multiple styles or cultures can create a contemporary and accessible way to incorporate kimono into everyday wear while respecting its traditions. The presentation will conclude with a Q&A session and a live demonstration on how to wear a yukata and tie an obi (帯), offering an opportunity to observe the act and art of dressing in kimono, known as kitsuke (着付け).

Traeonna, founder and proprietor of Kimono Kitsune, is a passionate educator with 30+ years of experience in engaging lectures and workshops, especially on

her/aer favorite subject, kimono fashion.

Committed to lifelong learning, she/ae actively pursues ongoing education from diverse sources, consistently enhancing her/aer kimono knowledge. Since May 2020, Traeonna has studied with a certified kimono instructor and stylist in Japan to continually improve her kitsuke skills and kimono knowledge.

MINORU YAMASAKI: AN ARCHITECT'S LIFE AND WORK

Kathleen Marcaccio, Local Historian

Tuesday, June 24 at 1:00 pm

Cost: Complimentary members / \$5 guests

Minoru Yamasaki, Detroit's best-known midcentury architect, left his mark all over Metro Detroit as well as around the country. This program explores his childhood and education, the early days of his career, how he came to Detroit and established his own firm, his world travels and the influences on his architectural philosophy. Kathleen will tell how Yamasaki's career took off in the 1960s, leading to his commission for the World Trade Center in New York City. This presentation will look at some of Yamasaki's most iconic works in Detroit and others around the country. Kathleen Marcaccio holds a B.A. in English and anthropology and an M.S. in library science, both from Wayne State University. Since 2004, she has been a volunteer guide for Preservation Detroit and the Detroit Historical Museum.

IKEBANA DEMONSTRATION

Leslie Ann Rosinski, President of the Detroit Chapter
of Ikebana International

Thursday, June 26 at 1:00 pm

Cost: Complimentary members / \$5 guests

Literally meaning, "to give life to flowers", ikebana is an art form which originated in ancient Japan. Ikebana artists use flowers and other natural elements to embody harmony, peace and beauty. Considerations of color, line, form and function are used as a guide in the creation of a composition. Please join Sogetsu School instructor, Leslie Rosinski, (President of the Detroit chapter of Ikebana International), as she demonstrates several different styles of ikebana arrangements.



HAPPENINGS AT NEXT

NEW FACILITY UPDATE Presented by Next

Tuesday, May 13th at 1:30 pm Complimentary Members
Learn about the new facility project currently underway that will provide Next a new, updated space to continue and enhance Next senior services. We will share the latest information, including schematic designs and updated costs — with plenty of time to address your comments and questions.

TRIVIA TIME! with Tricia Olevnick

Mondays, May 5 and June 2 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.

UNDERSTANDING YOUR SLEEP CYCLES **Aaron Wallace, Owner - Balance Your Fitness**

Wednesday, May 7 at 12:30 pm
Cost: Complimentary members / \$5 guests
Sick of being exhausted every day? Trouble sleeping through the night? Mind racing? Unable to fall asleep? Learn how you can holistically improve your sleep without drugs or medication. Stop struggling through your day and improve your life!

LEGAL DOCUMENTS CHECK-UP: ARE YOU DUE FOR A REVIEW?

Hailey Burrell, JD and Jamie Oldham, RN BSN CDP, Schluter & Hughes Law Firm, PLLC
Thursday, May 8 at 11:00 am
Cost: Complimentary members / \$5 guests

Has it been longer than 3 years since you've updated your estate plan documents? Join the attorneys and care coordinators of Schluter & Hughes Law Firm, PLLC for a candid conversation. What is the role of my Power of Attorney? Is that person prepared? Who is named as my Patient Advocate and how can I make sure they are ready to act on my behalf? You are encouraged to bring your estate planning documents so that you can ask questions.

CELEBRATE CHOCOLATE CHIP DAY AT NEXT

Thursday, May 15 at 1:00 pm **Cost:** Complimentary
While the exact origins of National Chocolate Chip Day are unclear, it serves as a day to honor the versatile chocolate chip, encouraging enthusiasts to incorporate these delectable bits into various recipes and indulge in chocolate chip treats — including chocolate chip cookies! Join us for a cookie or two in the lobby and rub elbows with fellow members!

BINGO 2.0 – NEW!

Wednesdays, May 28 and June 25 at 3:00 pm
Cost: Complimentary members / \$5 guests
There is Bingo and now, there is Bingo 2.0! We are going to shake things up a bit by offering a different Bingo experience

each month. In May, we'll tie into the Japanese theme by playing with bingo cards featuring elements of Japanese culture, such as traditional clothing, cuisine, landmarks and festivals. In June, Bingo 2.0 will take on a Luau theme and we'll be calling numbers in less traditional ways. There will be snacks, socializing, decorations and prizes each month. Give it a try! (Please note: this does not replace the Monday Bingo that takes place here at Next on a regular basis.) Generously sponsored by GLCA Home Care.

CHAT WITH THE CHIEF **Police Chief Scott Grewe, Birmingham Police Department**

Thursday, May 29 at 11:00 am
Cost: Complimentary members / \$5 guests

We are delighted to welcome Birmingham's Police Chief Scott Grewe to Next! Chief Grewe will provide an update on the latest happenings in Birmingham, including Woodward traffic issues, police department programs, crime statistics and highlights from the Department's 2024 annual report. Questions for the Chief are welcome.

AGING IN PLACE: CREATING A SUPPORTIVE HOME FOR YOUR FUTURE

Amanda Gardner, JD; Jamie Oldham, RN BSN CDP and Beth Regner, PA-C CDP, Schluter & Hughes Law Firm, PLLC

Tuesday, June 10 at 11:00 am
Cost: Complimentary members / \$5 guests

Aging in place is more than just staying in the home you love—it's about maintaining independence, safety, and quality of life as you age. With the right modifications, support system, and legal plan, your home can remain a safe, comfortable place for years to come. Join attorneys and care coordinators from Schluter & Hughes Law Firm, PLLC, who have worked with countless families navigating this transition. Whether you're married or solo, there's a high probability you will grow older alone. A little planning can make all the difference.

PEACE OF MIND SEMINAR **Mike Smela, A.J. Desmond & Sons**

Wednesday, June 18 at 12:00 pm
Cost: Complimentary members / \$5 guests

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

HOT DOGS AND FRIENDS AT NEXT!

Thursday, June 19 at 12:00 noon
Cost: Complimentary members / \$5 guests

Let's kick off the start of summer with a traditional hot dog lunch in the Next courtyard. Join us for a hot dog, chips and a cool beverage. Enjoy the sunshine and the company of fellow Next members and...celebrate the 100th Anniversary of the famous Radio City Rockettes! Why? Why not!



HAPPENINGS AT NEXT

INTERNATIONAL RECORDING ARTIST JEFFREY CAVATAIO - A MODERN DAY CROONER PERFORMING CLASSICS, ORIGINALS, BROADWAY, AND MORE

Tuesday, May 13 at 6:00 pm

Cost: Complimentary/ Guests \$5.00



Jeffrey Cavataio is a Classy Modern-Day Crooner with an Upbeat Pop Twist. Captivating his audiences with heartfelt original songs and soulful renditions, such as Frank Sinatra's "New York New York."

With these, he has invited vocal comparisons to Dean Martin, Josh Groban, Michael Buble, Neil Diamond, and Barry Manilow known for their emotionally expressive tenor to baritone voices. Cavataio's definitive voice has made him a preferred performer with acclaimed acts such as Marvin Hamlisch, David Haas, Chuck Berry, Judy Collins, Anne Murray and Jerry Lee Lewis among others. Generously sponsored by Bank of Ann Arbor.

NEXT BOUTIQUE SALE - DONATIONS NEEDED - SPRING HAS SPRUNG!

Thursday, June 19 through Friday, June 27

It's time to clean out your jewelry chest and closets. We welcome all types of jewelry: rings, necklaces, earrings, bracelets, pins and brooches – and accessories such as purses, scarves and belts.



All donations need to be brought to Next no later than Friday, June 13. These donated items will then take center stage for our inaugural Next Boutique Sale which will take place in the Main Hall, June 19 – 27. All proceeds will benefit Next. Remember one person's donation is another person's treasure.

A BIG THANK YOU to all that have already brought in donations!



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HEALTH & WELLNESS SERIES

**HENRY
FORD
HEALTH**

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

NUTRITION AND HEALTHY AGING

Jasdeep Sidhu, MD

Thursday, May 22 at 12:00 pm

Cost: Complimentary / \$5 guests

Dr. Jasdeep Sidhu specializes in Geriatric Medicine at Henry Ford Health. She will discuss healthy aging and the role nutrition plays in managing conditions frequently experienced by seniors.

A light lunch will be served.

HEART HEALTH

Dr. Vaidahi Patel, MD

Thursday, June 5 at 12:00 pm

Cost: Complimentary members / \$5 guests

Dr. Vaidahi Patel, MD, is a cardiologist with Henry Ford Health. She will share tips on improving heart health as we age, best prevention practices, how to navigate cardiac emergencies, and more. Don't miss this informative presentation!

A light lunch will be served.



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SPEAKER SERIES @ NEXT

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

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

With the support of a generous grant from the Michigan Humanities, in May and June, Next will continue our Making Connections – Culture Series, with a new focus on the culture of Japan. Please enjoy the presentations, movies, and entertainment related to Japan. This exciting study is

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



May 1 – HEALING THROUGH CREATING VIA THE POWER OF STORYTELLING

Lawrence Castleberry - President - Detroit Black Storytellers

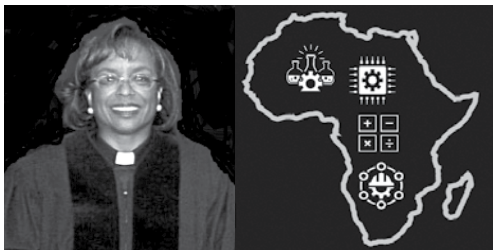
Using personal experience to create your own stories for self-healing while simultaneously using this as a tool to both help and



teach others. Often as tellers, we research the stories of others that resonate with us that we may share. But each of us have stories to tell. We can use personal experiences to craft stories that allow us to combat our own internal battles. But as we grow by developing the story we now have a tool that when told can help others who may be going through similar experiences or equipping someone who may experience something similar later in life.

May 8 – OUT OF AFRICA: RETURNING TO THE SOURCE

Dr. Patricia Coleman-Burns, Professor Emerita of Nursing and Adjunct Professor in the Department for Afro-American and African Studies - U of M



This talk will explore the contributions of ancient African cultures to the original STEMAs -

science, technology, engineering, mathematics and the arts. Dr. Coleman-Burns has been a passionate advocate for

combating gender oppression, sexism, racism and violence. Her career has focused on Black Ideology, social justice, mitigating health disparities and Women's rights.

May 15 – STATE AND LOCAL POLITICS WITH REPRESENTATIVE PRICE

Natalie Price, State Representative - 6th House District

There has never been a better time to be an informed citizen and a knowledgeable community member. Join us for an evening with State Representative Natalie Price. Rep. Price is serving her second term representing the 6th House District, which is located in southeast Oakland County. This includes parts of Berkley, Birmingham, Bloomfield Township, Huntington Woods, Royal Oak and Southfield. Rep. Price will discuss current issues in state and local politics, including the state budget, the M-1 Corridor Plan for Woodward Avenue and avian flu. She will also discuss recent political happenings in Lansing and how they affect her constituents.

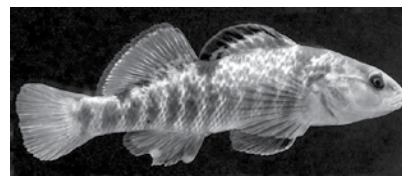


May 22 – THE SURPRISING RESIDENTS OF OUR LOCAL WATERSHED

Bob Muller, Naturalist and Aquatic Researcher

Bob Muller, Program

Director of the Royal Oak Nature Society, has been sampling fish in the Rouge River Watershed for over a decade under permits issued by the Michigan DNR. He is a lifetime researcher of aquatic



life, a naturalist, a nationally renowned fish photographer, educator, and he has traveled as far as the Amazon basin to study fish species. His biggest contributions are right here in Michigan with his discovery of two species of fishes not recorded previously in Michigan—the Mummichug and the Dusky Darter. He has also published a book - The Fish Community of the Rouge River Watershed, which focuses both on the biological and cultural history of the Rouge. Bob will tell us what can be found in our local watershed, as well as what contaminants are present in our fish populations. He will also try to bring some live examples of our watershed's most beautiful residents for you to meet. Generously sponsored by American House Stone.

SPEAKER SERIES @ NEXT

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

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

June 5 - IDYLIC NARRATIVES REPRESENTED IN TRADITIONAL UKIYO-E ART CAPTURE THE IMAGINATION

Julie M. Lambert, Professor of Fine Art at Macomb Community College

Join Julie M. Lambert as she explores the captivating history and technique of Japanese wood block printing. Ukiyo-e, translated as "pictures of the floating world," are Japanese prints that presented idyllic narratives of nature, life, and aristocratic past times in Japan. This artistic method has captivated admirers throughout the world.



June 12 – EXPERIENCING THE SPIRITUAL THROUGH ART

Wendy Evans

People from cultures around the world and over the centuries have found the sacred in art and have used art to en-

courage spiritual experiences. While showing art from various faiths as well as secular art, this presentation will suggest ways in which you can engage more fully with art in order to experience its spirituality more deeply. Generously sponsored by the Autumn House



June 19 – SUMMER IS FOR THE BIRDS

Cass Arsenault, Lead Naturalist and Program Coordinator at Johnson Nature Center, Bloomfield Hills Schools



Join us for an engaging presentation on local birding designed for residential communities. Discover the incredible bird species that call this area home and learn some helpful tips for identifying them. Whether you're a seasoned birder or just curious about the feathered friends in your backyard, this program will inspire you to connect with nature in new ways! Weather permitting, at the end of the presentation, we will head outside and view some birds around the building (binoculars & field guides provided on loan).

June 26 – MICHIGAN - SHIGA SISTER STATE RELATIONSHIP PRESENTATION

Ms. Keiko Nakajima, Shiga Visiting Official

Did you know that Michigan has a sister state 6,526 miles away in Japan? Desiring to establish lasting friendly relations, the formal Sister State Agreement between the State of Michigan in the United States of America and Shiga Prefecture in Japan was signed in 1968. Both Michigan and Shiga have benefited culturally economically and educationally from this partnership.

Thirteen municipalities in Shiga and Michigan have joined hands as sister cities, including Birmingham and Rittio. Next is honored to host Ms. Keiko Nakajima, who is currently visiting the United States from Japan, and will explain the deep roots of the Sister State Program.





FITNESS OFFERINGS

STRENGTH TRAINING with Amanda Hock – NEW!

Tuesdays and Thursdays, 10:00 to 11:00 am – First class free.

Starting May 6

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

You may have heard it in the news or from one of our program presenters here at Next: Strength Training is important for everyone, but especially for older adults like us! This full body strength class will help increase strength, improve balance and mobility and help you maintain muscle and bone mass. This class is beginner friendly. We will use light weights and pilates balls and we'll work on form throughout the classes. Amanda has been teaching group fitness and personal training for 12+ years and specializes in strength and mobility training for all levels. She received her Exercise Science degree from Wayne State and has used it daily to keep her classes fun and effective.

BARRE BALANCE with Karen Lutz – NEW!

Fridays from 1:00 to 1:50 pm – First class free.

Starting May 2

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

A low impact practice at the barre improving muscle tone, balance, flexibility and strength. Work with optional weights and stretch bands. All levels are welcome as we move at our own pace. Enjoy ballet and yoga inspired movements both dynamic as well as holding.

LOW IMPACT AEROBICS with Taylor Glaspie

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

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

Start your day in a low-impact way! We'll get things warmed up with some small movements and stretching, then transition into some basic moves to get our heart rates up. We'll add in some strength, balance, seated and standing core work — then end the session with a cool down and more stretching. This class is for anyone who is looking for a great workout without impacting their joints. In these classes you will have the opportunity to get stronger, move longer and be ready for life by implementing strength, cardio, mental as well as physical balance training.

STRETCH & RELAX with Caryn Ciagne

Mondays from 9:30 to 10:30 am

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

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

LIMBER UP

Mondays, Wednesdays and Fridays at 10:00 am

Cost: Complimentary

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

LINE DANCING with Christine Stewart

Mondays from 10:15 am to 12:00 noon

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

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

YOGA FOR WELL BEING with Karen Lutz

Tuesdays from 4:00 to 5:00 pm

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

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

CHAIR YOGA & MEDITATION with Caryn Ciagne

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

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

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

WEDNESDAY FLOW YOGA with Caryn Ciagne

Wednesdays from 9:15 to 10:15 am

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

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

BALANCED YOGA FOR WELLNESS with Karen Lutz

Wednesdays at 1:00 pm

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

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

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



FITNESS OFFERINGS

CARDIO DANCE WITH KAREN LUTZ

Thursdays from 3:30 to 4:15 pm

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

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

TAI CHI FOR HEALTH with Cheryl Goodwin

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

Beginner Class

Wednesdays from 2:30 to 3:30 pm

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

Cost: 1 drop-in class: \$10

Intermediate Class

Fridays from 10:00 to 11:00 am

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

Cost: 1 drop-in class: \$10

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

PICKLEBALL

Cost: Complimentary members only

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

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

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

FRIDAY FITNESS with Caryn Ciagne

Fridays from 9:15 to 10:15 am

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

Get moving! Meet in the gym. Walk and talk. Try out some fancy footwork: lunges, side steps, walking backwards and more! Wall sits and stretches. All to promote strength, flexibility, balance and

community. Bring water and wear comfortable shoes. Let's have some Friday fun!

TENNIS - MIXED DOUBLES

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

Last days of the season: May 7 and 9. Play will resume 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 davidm-pyoung@gmail.com or 248-229-5015.

BOWLING LEAGUE

Currently on hiatus until September.

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

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



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DETROIT SYMPHONY ORCHESTRA Friday Morning Coffee Concerts

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

Friday, May 16

RAVEL'S PIANO CONCERTOS (CLASSICAL)

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

Friday, June 20

LET'S MISBEHAVE: THE SONGS OF COLE PORTER

Cole Porter's songs feel forever new. Pianist Tony DeSare, trombonist Aubrey Logan, and tap dancer, John Manzari put fresh spins on "Night and Day", "I Get A Kick Out of You", "I've Got You Under My Skin", "Anything Goes," and more!

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

Thursday, May 1

Bus departs Next at 10:15 am, returns about 2:00 pm
Cost: \$35 members / \$40 guests

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

FUJI JAPANESE BUFFET

Thursday, May 8

Bus departs Next at 11:30 am, returns about 1:30 pm
Cost: \$15 members / \$20 guests (Bus fee only)

Embark on an authentic culinary journey at Fuji Buffet, the first and finest all-you-can-eat Japanese seafood buffet in Madison Heights. From sizzling Teppanyaki to savory tempura this buffet is a treasure trove of Japanese delights. The buffet will cost approximately \$20.00 per person, to be paid for individually, upon arrival at the restaurant. Enjoy an unparalleled dining experience, and indulge until your heart is content, celebrating the richness and flavors of Japan and Asia. Often said before eating a meal, the phrase "itadakimasu" is used as a way of showing gratitude and respect for the food and the people who prepared it. After finishing your meal, you can say "gochisousama deshita" which means "thank you for the wonderful meal!"

GREENWOOD CEMETERY TOUR WITH LINDA BUCHANAN

Wednesday, May 21 (Rain date Thursday, May 22)

Bus departs Next at 12:45 pm, returns about 2:15 pm
Cost: \$10 members / \$15 guests

The Greenwood Cemetery is one of Birmingham's historic treasures. Founded in 1825 after a grisly murder in the settlement of what is now called Birmingham, the cemetery has been a resting place of many of Birmingham citizens ever since....On the evening of April 6, 1825, the bodies of Polly Utter and her 13 year old daughter were found brutally murdered outside their farm cabin located north of what is now downtown Birmingham. 200 years later, you are invited to tour historic Greenwood cemetery with guide and Next member Linda Buchanan, to learn how this tragic event created the cemetery--plus hear more exciting stories about Birmingham's earliest settlers. This is a walking tour with some uneven ground. Tour runs 60-75 minutes.



BELLE ISLE AQUARIUM - THE ANNA SCRIPPS WHITCOMB CONSERVATORY - OUDOLF GARDENS

Friday, June 6

Bus departs Next at 9:30 am, returns about 1:15 pm
Cost: \$25 members / \$30 guests

Spend this summer morning on the grounds of Belle Isle. You will have 2 and ½ hours to experience at your leisure the aquarium, conservatory, and gardens. The Belle Isle Aquarium was designed by famed Detroit architect Albert Kahn, and opened on August 18, 1904. It is the oldest aquarium in the country and has served the Detroit community as a beloved



DAY TRIPS

Please Register!

attraction for generations. The Anna Scripts Whitcomb Conservatory is the oldest continually-running in the US and home to an exotic and rare collection of plants from around the world. Take a "splendor" stroll through the Ouldolf Gardens. It has been said, a public garden designed by Piet Oudolf, arguable the world's best garden designer, is a gift to the community that will keep on giving for generations. A \$5 donation to the aquarium, conservatory, and gardens is encouraged.

THE JAPANESE GARDENS AT CRANBROOK & WHITE WOLF JAPANESE PATISSERIE AND COFFEE BAR

Wednesday, June 11

Bus departs Next at 10:00 am, returns about 12:30 pm

Cost: \$10 members / \$15 guests

The Cranbrook Japanese Garden is among the oldest Japanese-style gardens in North America, providing a place of peacefulness and natural beauty. Take a one hour self-guided tour of the gardens at Cranbrook, including the serene Japanese, pond-style strolling garden, featuring a formal Sunk-en Garden, terraced flower gardens, fountains and statuary, wildflower and bog gardens, lakes and streams, a Japanese-style bridge, Kasuga Lantern and a Lily Pond Cascade. Please keep in mind there are many steps, hills, and plenty of walking. After the gardens we will check out White Wolf Japanese Patisserie in Clawson serving traditional, inventive pastries, breads, and cakes shaped by the seasons. You are sure to discover the perfect sweet treat, and a delicious coffee or tea.

ONE WORLD MARKET JAPANESE GROCERY & SUSHI

Thursday, June 19

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

Cost: \$20 members / \$25 guests

Welcome to the largest Japanese grocery store in Michigan! One World Market began as a support to the Japanese community in Novi, offering the familiar comforts of Japan to the thousands of Japanese expats and families who came to the Detroit area for automotive work. Enjoy shopping all of the essentials for proper Japanese cuisine (highest quality seafood), one of a kind imported products, (sauces/seasonings) specialty produce, home goods, cookware, pastries, Asian beer, wine and spirits, to the best in skin care products and cosmetics. There chefs prepare FRESH sushi and bento boxes daily, don't forget to grab your favorite roll from the "to-go" cooler to enjoy at home. This little slice of the "Land of the Rising Sun" is the next best thing to visiting Tokyo!

DETROIT RIVERFRONT RIVERWALK AND LUNCH AT JACOBY'S

Thursday, June 26

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

Cost: \$25 members / \$30 guests

It's time to strap on your sneakers, get some fresh air and a little vitamin "D". Welcome to the #1 Riverwalk in the USA! The Detroit International Riverwalk spans more than three

miles, from Rosa Parks Blvd. to the Belle Isle Bridge. Whether you wish to power walk, or just go for a promenade, grab a friend and hit the pavement for one adventurous hour. Enjoy nature, get a little exercise, and take in the views of both Canada and Detroit. Lunch on your own at Jacoby's, Detroit's oldest beergarten serving up authentic German eats for over 100 years, following the Riverwalk.

GROSSE POINTE WAR MEMORIAL - "HISTORY HANG WITH BETSY" & LUNCH AT THE JAGGED FORK

Thursday, July 17

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

Cost: \$30 members / \$35 guests

The War Memorial, also known as the Russell A. Alger Jr. House and as the Moorings was dedicated to the memory of veterans and soldiers of World War II. The War Memorial has a rich history steeped with trials and tribulations that have made this place not only a magical one to visit, but a wondrous and magnificent story to learn. From humble beginnings as a family home, a transition into a museum, then ultimately to the facility it is today. This building has seen influential political figures, famous inventors, and titans of US industry come through the doors. With all they legacy-filled history in these walls, including a few art heists, the story of The War Memorial is truly one-of-a-kind. Join in-house historian, Betsy Alexander, as she walks you through the historic Alger House and explains the different rooms and historical significance. Lunch on your own after the tour at The Jagged Fork.



OAKMONT SENIOR LIVING Sterling Heights, MI

Wednesday, May 7th,
Bus departs at 10:30 am

Newly renovated independent living residences. Offering modern amenities, housekeeping and laundry services included. Plus, hassle-free month-to-month leases catering to seniors on the move. Conveniently located for shopping, restaurants, places of worship and community centers. Maintenance free living at its fineness!!!

WALTONWOOD RETIREMENT LIVING, Royal Oak

Wednesday, June 18th, Bus departs at 11:00 am

Studio and one-bedroom apartments have been newly renovated and come with a variety of services. Delicious meals, housekeeping and laundry services. Exercise room specifically designed for seniors. Beautifully landscaped grounds that can be enjoyed from the Grand Porch. The location is ideal. Close to shopping, restaurants, entertainment, and health care centers. This is a place to enjoy and be worry free.



ART & CREATIVITY

We are excited to present more art classes at Next to ignite your creativity! Please join us to learn some new techniques and develop your artistic flair.

NEW! ADVANCED DRAWING IN LIVING COLOR

Tuesdays, May 13 through June 17 from
10:00 am to 12:00 noon

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

If you have basic drawing skills, then join artist/instructor Kay Sulfaro in this exciting, more advanced class to experience the richness of color in your drawing. In this class, you will explore the many rich reds in apples and the variety of greens in grass. You will learn how to make a color brilliant or tone it down giving it calmness and serenity. You will find that this class will enrich your skills and your entire life. Materials list available at Next.

STUDIO ART CLASS ON TUESDAYS

Tuesdays, July 15 through August 5 from 1:00 pm – 3:30 pm
Cost: 4 Week series: \$58 members/ \$63 guests

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

STUDIO ART CLASS – THURSDAYS

Thursdays, July 24 through August 14
From 1:00 – 3:30 pm

Cost: 4 Week series: \$58 members/ \$63 guests

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

PHOTOGRAPHY CLUB

Thursdays, May 8 and June 12 from 10:00 am to 12:00 noon
Cost: Complimentary members / \$5 guests

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

KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

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

NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

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

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 9:30 am to 12:30 pm

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



CARDS, TILES, COLLECTORS

SHANGHAI RUMMY

Tuesdays at 1:00 pm

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

MAH JONGG

Mondays from 1:00 to 4:00 pm

Fridays from 1:00 to 3:00 pm

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

PINOCHLE...Come and join the fun!

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

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

DOUBLE DECK PINOCHLE

Wednesdays from 10:00 am to 12:00 noon

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

THEY'RE BACK! CANASTA LESSONS

Wednesdays, May 7 through June 11

from 10:00 am to 12:00 pm

Cost: 6 week series: \$5 members / \$10 guests

Canasta is a unique card game in several ways: each card has a scoring value that is most often not the numerical value of the card, some cards have special uses: and suits are not relevant. This game involves melding, adding to melds and the right to take the whole discard pile. Join fellow Next member Karen Falck and learn the objective, how to play, playing as teams, and the other basics of this fast-paced, high-scoring and unpredictable card game. Once mastered you'll have a great way to pass the time with a few competitive friends.

CANASTA

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

Cost: Complimentary members / \$5 guests

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

SOCKI

Tuesdays from 12:30 to 3:00 pm

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

EUCHRE

Wednesdays from 10:00 am to 12:00 noon

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

BINGO

Monday, May 5, 19 and June 2, 16 at 1:00 pm

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

Join the fun for eight games of regular Bingo with your fellow Next members and their guests. Kindly sponsored by Baldwin House.

BRIDGE...for everyone at every level!

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

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

PARTNERS BRIDGE - Tuesdays from 12:30 to 3:30 pm

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

DUPLICATE BRIDGE - Fridays from 11:00 to 2:00 pm

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

CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

CHESS LESSONS

Thursdays from 4:00 to 5:00 pm

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

CHESS CLUB

Thursdays from 5:00 to 7:00 pm

Cost: Complimentary members / \$5 guests

BIRMINGHAM STAMP CLUB

Tuesdays, May 6, 20 and June 3, 17 at 5:30 pm

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

COIN CLUB

Wednesdays, May 21 and June 18 at 6:00 pm

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

COMPUTER LAB & LESSONS

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

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



HEALTH & NUTRITION

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Monday, May 5th, and June 2nd from 11:00 am to 12:00 noon

Cost: Complimentary - No appointment is required.

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

MEDICARE/MEDICAID GUIDANCE

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

NUTRITION SUPPORT

Ensure Plus (vanilla or chocolate flavor) is offered at a reduced price with a physician's prescription and application. Please call the Next office for more information or to place your order.

PARKINSON'S SUPPORT GROUP

Mondays, May 12th and June 9th at 5:30 pm

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

LOW VISION SUPPORT GROUP – NEW!

Henry Ford Health Detroit Institute of Ophthalmology

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

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

MEALS ON WHEELS

To get information on this program, call Western Oakland Meals on Wheels at 248-223-9160.

We are looking for additional volunteers to help package and deliver meals. So, if you're available, please call Judy Murrell at 248-203-5281.

Your help is needed and would be appreciated!

YOUNGER ONSET DEMENTIA & ALZHEIMER'S CAREGIVER SUPPORT GROUP

At this time, there are no scheduled dates. Please contact Cindy Beller at 586-453-1909 for additional information. Presented by the Michigan Chapter of the Alzheimer's Association.

MEDICAL EQUIPMENT LOANS

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

NURSE ON CALL

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

EARLY STAGE MEMORY LOSS SUPPORT GROUP

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

COMMUNITY HOUSING TOURS

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



UNTREATED HEARING LOSS CAN CAUSE HEALTH PROBLEMS

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

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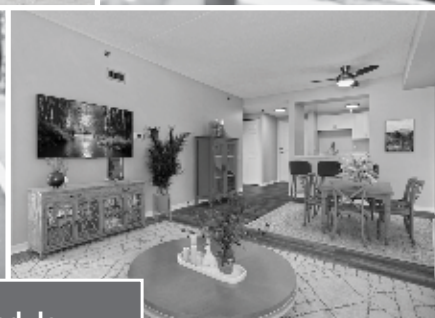
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SUPPORT SERVICES

INFORMATION ABOUT COMMUNITY RESOURCES

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

TRANSPORTATION

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

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.

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.

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.



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FOUNDATION FOR BIRMINGHAM SENIORS

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

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

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.

"I cherish every Valentine card that I receive and put it up on my wall," commented one WWII Veteran. Another Vietnam Veteran expressed, "I was so impressed with the sincere message in my Valentine card that I posted it on our military website." These were some of the many comments I received when passing out the Next Valentines so thoughtfully decorated and inscribed by our members, staff and even visitors. There were 100 Valentines that were made and that was so impressive! Thank you to all who took the time to give a Veteran a pat on the back and a "heart-felt" note of appreciation.



Thank You! Sandy Debicki, Next Board Member.



ENRICHMENT

POPULAR READS BOOK CLUB - BACK AT NEXT IN PERSON! (AND ZOOM)

Mondays, May 5 and June 2 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The May book selection is *You Are Here* by David Nicholls, and *A Great Marriage* by Frances Mays in June. Register at Next — and Baldwin Public Library will provide the book.

NON-FICTION BOOK GROUP (via Zoom)

Tuesday, May 13 and June 10 at 10:00 am.

Facilitated by Jaclyn Miller, Associate Director of the Baldwin Public Library, join us to discuss *The Art Thief* by Michael Finkel in May, and *Fire Weather: On the Front Lines of a Burning World* by John Valliant in June. Register at Next and Baldwin Public Library will provide the book.

WOMEN'S ROUNDTABLE

Tuesdays at 11:00 am

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

MEN'S ROUNDTABLE

Wednesdays at 9:00 am

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

WRITER'S CORNER

Thursdays, May 1, 15 and June 5, 19, 9:30 am to 11:30 am

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

CURRENT EVENTS DISCUSSION GROUP

Fridays at 12:00 noon

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

TUESDAY JAZZ CLUB

Tuesdays from 3:00 pm to 4:30 pm

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

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FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

May 7 – MISO HUNGRY



Comedian Craig Anderson goes on a culinary voyage to Japan to learn a whole new approach to food and health. Eating nothing but traditional

Japanese fare for 12 weeks, he seeks to discover something about a healthier life. Not Rated – 1 hour 30 minutes

May 14 – SUMMERTIME

Middle-aged Ohio secretary Jane Hudson (Katharine Hepburn) has never found love and has nearly resigned herself to spending the rest of her life alone. But before she does, she uses her savings to finance a summer in romantic Venice, where she finally meets the man of her dreams, the elegant Renato Di Rossi (Rossano Brazzi). But when she learns that her new paramour is leading a double life, she must decide whether her happiness can come at the expense of others.

Romance/Comedy – 1 hour 42 minutes

May 21 – DEPARTURES

Soon after buying an expensive cello, Daigo Kobayashi (Masahiro Motoki) learns that his orchestra is disbanding. Daigo and his wife move back to his home-



town in northern Japan, where he answers an ad for what he thinks is a travel agency but is, in actuality a mortuary. As he learns and carries out the rituals used in preparing the dead for their final rest, Diago finds his true calling in life.

Rated PG13 – 2 hours 10 minutes

May 28 – GIFTED HANDS: THE BEN CARSON STORY

Young Ben Carson (Cuba Gooding Jr.) didn't have much of a chance. Growing up in a broken home amongst poverty and prejudice, his grades suffered and his temper flared, and yet, his mother never lost her faith in him. Insisting he follow the opportunities she never had, she helped to grow his imagination, intelligence and, most importantly, his belief in himself. That faith would be his gift.

Rated Documentary 1 hour 30 minutes

June 4 – BRIDGE TO THE SUN

Nearly a decade before the onset of World War II, Gwen

(Carroll Baker), a young American woman, meets the Japanese diplomat Hidenari Terasaki (James Shigeta) while on vacation. The two fall deeply in love and eventually marry, however their idyllic



existence is shattered after Japan's attack on Pearl Harbor. Having to relocate to Japan from the United States, Gwen faces daily discrimination, while her husband is monitored by the secret police due to his antiwar sentiments.

Romance/War – 1 hour 53 minutes

June 11 – A SWINGIN' SUMMER

A trio of teenagers attempts to ensure summer jobs for themselves by becoming concert promoters at a lakeside dance pavilion that is in danger of closing. With Mary Mitchel, Allan Jones, Lili Kardell, Reno Carell, Robert Blair. Title tune sung by Jody Miller, musical performances by Gary Lewis and the Playboys ("Out To Lunch", "Nitro"), Donnie Brooks ("Pennie the Poo"), The Rip Chords ("Red Hot Roadster"), The Righteous Brothers ("Justine"). Starring James Stacy, Martin West and Raquel Welch. Comedy – Musical 1 hour 20 minutes

June 18 – HACHI: A DOG'S TALE

Professor Parker Wilson (Richard Gere) discovers a lost Akita puppy on his way home. Despite objections from his wife Cate (Joan Allen), Hachi endears himself to the family and grows to be Parker's loyal companion. As their bond grows deeper, a beautiful relationship unfolds. Based on an emotional true story, of the Japanese drama "Hachik Monogatari."

Rated G – 1 hour 33 minutes

June 25 – KAMPAI! FOR THE LOVE OF SAKE

Discover the art of sake. An age-old staple of Japanese culture and cuisine, the fermented rice wine has recently been winning fans all over the world. Kampai! For the Love of Sake journeys from rice paddies in Japan to breweries around the globe as it chronicles three passionate exponents of the increasingly popular beverage: a British ex-pat who has become Japan's first foreign master brewer, an American journalist known as the 'Sake Evangelist,' and a fifth-generation Japanese brewer determined to shake up the industry. Together, their stories form a fascinating snapshot of how ancient traditions are adapting to the demands of a growing global market.

Not Rated – 1 hour 35 minutes



STREAMING @ NEXT!

Please join us in our continued study of Japan with these streaming opportunities. Complimentary for Next members.

THE TSUNAMI AND THE CHERRY BLOSSOM – SHORT DOCUMENTARY (2011)

Tuesday, May 13 at 10:30 a.m.

Experience some of the most intense real footage from the 2011 tsunami that devastated Japan, as well as the resilience of survivors in this Oscar and Emmy nominated short film. As cherry blossom season begins and the flowers bloom, the survivors find the strength and courage to rebuild. A stunning visual poem about the ephemeral nature of life and the healing power of Japan's most beloved flower. Winner of the Non-Fiction Short Film Grand Jury Prize at Sundance. (41 Minutes)

THE RESCUE – DOCUMENTARY (2021)

Tuesday, May 27 at 10:30 a.m.

This thrilling documentary on the 2018 rescue of a youth soccer team the Tham Luang cave in Thailand, details the complicated rescue operation that captured the world's attention. Viewers come away with a new appreciation for what actually happened in the cave as it filled with water, and the incredible lengths that citizens from multiple countries went to in order to bring the boys to safety. In 2022 this film won Emmy Awards for Outstanding Current Affairs Documentary, Outstanding Direction: Documentary, and Outstanding Research: Documentary. (1 hour, 54 minutes).

JIRO DREAMS OF SUSHI – DOCUMENTARY (2011)

Tuesday, June 3 at 10:30 a.m.

Even if you're not a fan of sushi, this compelling Japanese-language American documentary film will capture your interest through the vivid characters portrayed. This film follows Jiro Ono, sushi master and owner of a 10-seat, sushi-only restaurant located in a Tokyo subway station. As of 2023, Jiro Ono serves a tasting menu of roughly 20 courses, for a minimum of U.S. \$270. The film also profiles Jiro's two sons, both of whom are also sushi chefs. The chefs face a variety of challenges, including environmental concerns centered on over-fishing and global problems with sustainability. (1 hour, 21 minutes)

DOWNFALL: THE CASE AGAINST BOEING – DOCUMENTARY (2022)

Tuesday, June 24 at 10:30 a.m.

This documentary examines the crashes of two Boeing 737 MAX planes, which claimed the lives of 346 people on board. The film explores how Boeing may have been more concerned with financial gain over the safety of their passengers. Downfall premiered in a virtual screening at the 2022 Sundance Film Festival before being released on Netflix as a Netflix Original Documentary. The film received wide critical acclaim for its comprehensiveness, narrative structure, and emotions. (1 hour, 29 minutes)



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MEET OUR NEWEST MEMBERS

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

Linda Baughman, Robin and Christine Boyle, Brian Campbell, Stephen Danowski, Lois DeBacker, Patrick and Claudia Duerr, John and Linda Elkins, Eileen Fey, Becky Fisher, Ruth Foon, Gina Forbes, Michael and Mary Anne Franklin, Fred Gallasch, Barbara Gehring, Richard and Susan Gwizdz, Frances (Peg) Hauswirth, Eric Head and Alex Davis, Mary Hobart, Lyle Hoppie, Thomas Hunt, Gene Kray, John and Maura Kaiser, Cindy Layton, Doug and Marianne Livezey, Marsha Lynn, Dueane and Mary Ann Martin, Bonnie Medwed, Larry Naar, David Nelson, Carol Paul, Sam Salloum, Mary Lynn Stapula, Timothy Stedman, John and Susan Taube, and Thomas Westman.

WELCOME BACK

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

Karen Cartwright, Brian Dennis, Wendy Friedman, Janet Jordan, Frank Pisano, Myron and Vicki Rubin, Glenn Ellan Rubright, Scott Staton, and Arthur Stuart.

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
Lauren Northrop, Marketing & Communications
Jolee Hentgen, Program Planner
Pam Hall, Program Planner
Sandy Catterall, Financial Administrator
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Pat Brooks, Support Services
Kim Holmes, Facility Operations
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Clement Travicz, Van Driver
Judy Murrell, Meals on Wheels

Our condolences to the family and friends of...

Joann Baughman, Ron Denton,
James Feiten, Lydia Francis,
Anne Hammond, Annette Saylor, and
Sally Sommerfeld.

We are thinking of you...

Fran Dagbovie, Jean Giddens, Peg Hauswirth,
Judy Martens, Norma Sula, and Christine Burnaret.

POLICY REMINDERS

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

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN MAY 2025

[illegible]

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Knitting & Crocheting 10:00 Limber Up 10:15 Line Dancing 11:00 Blood Pressure Checks 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Bingo 1:00 Mah Jongg 1:00 Popular Reads 3:00 Trivia Time! 4:30 Pickleball	3 10:00 Advanced Drawing in Living Color 10:00 Strength Training 10:30 Streaming: Jiro Dreams of Sushi – Documentary 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:00 Studio Art 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being! 4:30 Pickleball 5:30 Stamp Club	4 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Canasta Lessons 10:00 Double Deck Pinochle 10:00 Euchre 1:00 Balanced Yoga for Wellness 1:00 Pinochle 2:30 Tai Chi - Beginner 3:30 Advanced Beginner Spanish 4:30 Pickleball 5:00 Movie: Bridge To The Sun	5 9:00 Low Impact Aerobics 9:30 Palette & Brush Club 9:30 Writer's Corner 9:30 Pottery Studio 10:00 Strength Training 12:00 Heart Health 12:00 Canasta 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga and Meditation 3:30 Cardio Dance 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Idyllic Narratives Represented in Traditional Ukio-e Art Capture the Imagination	6 9:15 Friday Fitness 9:30 Belle Isle Aquarium - Conservatory - Oudolf Gardens 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Barre Balance 1:00 Pinochle 1:00 Mah Jongg
9 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 4:30 Pickleball 5:30 Parkinson's Support Group	10 10:00 Non-Fiction Book Club 10:00 Strength Training 10:00 Advanced Drawing in Color 11:00 Aging in Place 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being! 4:30 Pickleball 6:00 Performance: Experience the Beautiful Art of Traditional Japanese Calligraphy	11 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Canasta Lessons 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Japanese Gardens at Cranbrook & White Wolf Japanese Patisserie 1:00 Balanced Yoga for Wellness 1:00 Pinochle 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: A Swingin' Summer	12 9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Photography Club 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 1:00 Studio Art 1:00 The Art of Dressing in Kimono 1:30 Chair Yoga and Meditation 3:30 Cardio Dance 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Experiencing The Spiritual Through Art	13 9:15 Friday Fitness 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Barre Balance 1:00 Pinochle 1:00 Mah Jongg
16 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Bingo 1:00 Mah Jongg 4:30 Pickleball	17 10:00 Strength Training 10:00 Advanced Drawing in Color 11:00 Womens Roundtable 12:00 Canasta 12:00 Hearing Issues 12:30 Socki 12:30 Partners Bridge 1:00 Lecture: Navigating Geopolitical Tensions 1:00 Chess 1:00 Studio Art 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	18 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 11:00 Waltonwood Tour 12:00 Peace of Mind Seminar 1:00 Balanced Yoga for Wellness 1:00 Low Vision Support Group 1:00 Pinochle 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: Hachi: A Dog's Tale	19 8:30 Next Boutique Sale: 6/19-6/27 9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Strength Training 11:00 One World Mkt Japanese Grocer 12:00 Canasta 12:00 Hot Dogs! 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga and Meditation 3:30 Cardio Dance 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Summer Is For The Birds	20 9:15 Friday Fitness 9:15 DSO: Songs Of Cole Porter 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg 1:00 Pinochle
23 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg 1:00 Pinochle 4:30 Pickleball	24 10:00 Strength Training 10:30 Streaming: Downfall: The Case Against Boeing 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Minoru Yamasaki: An Architect's Work and Life 1:00 Chess 1:00 Studio Art 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball	25 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 10:00 Needle Arts Open Studio 1:00 Pinochle 1:00 Balanced Yoga for Wellness 2:30 Tai Chi - Beginner 3:00 NEW! Bingo 2.0 4:30 Pickleball 5:00 Movie - Kampai! For The Love Of Sake	26 9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Strength Training 10:00 Detroit Riverfront Riverwalk & Jacoby's 12:00 Canasta 12:30 Pickleball 1:00 Ikebana Demonstration 1:00 Studio Art 1:30 Chair Yoga and Meditation 3:30 Cardio Dance 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Michigan - Shiga Sister State Relationship Presentation	27 8:00 Last Day of Next Boutique Sale 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg 1:00 Pinochle
30 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Mah Jongg 4:30 Pickleball				



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Save the Date!
Friday, September 12, 2025



ACTIVITY

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