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MAY/JUNE 2026

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

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EASTERN MARKET – WHAT’S NEW AND WHAT THE FUTURE HOLDS

Katy Trudeau, President and CEO, Eastern Market

Tuesday, June 16 at 1:00 pm

Cost: Complimentary for members / \$5 guests



Katy Trudeau has been leading Eastern Market as CEO for over a year and her work speaks for itself. With a Master's in urban planning from Wayne State

University and nearly two decades of experience across Detroit's nonprofit and public sectors, Katy stepped into this role with a clear vision: keep Eastern Market a vibrant, inclusive space where small food businesses can grow and Detroit's food community can thrive. From deputy director of the Planning Department to the helm of one of the most iconic public markets in the country, her path has always been rooted in this city.

HOT DOGS, APPLE PIE AND A LITTLE JAZZ!

Thursday, June 25 at 12:00 pm

Cost: Complimentary for members / \$5 guests



Let's kick off America's Semiquincentennial with a red, white and blue lunch in the courtyard! Join us for a hot dog, chips and a slice of apple pie! Enjoy the

sunshine and the company of fellow Next members on a lazy summer afternoon. Then, kick back and enjoy the jazzy sounds of Next's Jazz Band at 12:30, as they salute America's 250th anniversary! Generously sponsored by American House Village at Bloomfield.

ROCK N ROLL K9'S PERFORMANCE TEAM

Tuesday, May 19 at 6:00 p.m.

Cost: Complimentary for members / \$5 guests



Bring your friends, family, and grand-kids for a fun-filled evening that appeals to all generations. Come and see ten different performance dogs perform their unique set of tricks and abilities on an agility

obstacle course. Then, learn more about these talented canines at a meet and greet directly following the event. This is a rare opportunity to see this type of show up close and enjoy seeing the dogs show off their amazing skills. This program is generously sponsored by Autumn House.

DSO PRINCIPAL HARPIST, ALYSSA KATAHARA, PERFORMING AT NEXT!

Tuesday, June 16 at 6:00 p.m.

Cost: Complimentary for members / \$5 guests



Come to Next for a beautiful evening of harp music by award-winning, accomplished harpist Alyssa Katahara. Alyssa will be joined by award winning renowned

DSO cellist Jeremy Crosmer for this special event. Alyssa's concert is sure to delight and inspire. This program is generously sponsored by All Seasons, Birmingham.



May & June entertainment programs are funded in part by Michigan Humanities, an affiliate of the National Endowment for the Humanities, and the Michigan Arts and Culture Council.



TRIVIA TIME! with Tricia Olevnick

Mondays, May 4 and June 8 at 3:00 pm

Cost: Complimentary members / \$5 guests

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

IT'S A GRAND LIFE. THRIVING AS GRANDPARENTS RAISING GRANDCHILDREN

Craig Nash, Grandparent and founder of "It's a Grand Life"

Tuesday, May 12 at 1:00 pm

Cost: Complimentary members / \$5 guests

Craig Nash will share his story on how he and his wife, Kathy, became guardians of their granddaughter in 2022. He'll share how he decided to turn his pain into a purpose by starting a podcast called, "It's a Grand Life" to provide subject matter experts for Grandparents raising their Grandchildren (GRG). After gaining insight into the number of grand families and their financial challenges, he launched a 501c3 in 2024 to assist GRG make ends meet. He will also provide data on the explosion of the number of grandparents raising grandchildren across the country and the impact they have on the economy. Craig will provide insight into his work with Generations United, a national organization dedicated to improving the lives of children and adults through intergenerational programs and public policy.

NEW CLASS! WATERCOLOR STUDIO: EXPLORE, EXPERIMENT, CREATE

Instructor: Tracey Ladd, MFA

6-week series: Wednesdays May 13 through June 24 from 1:00 – 3:30 p.m. No Class June 3

Cost \$150/member / \$160/guest

Discover the magic of watercolor in this welcoming and inspiring class designed for artists of all skill levels. Whether you are picking up a brush for the first time or looking to strengthen your practice, you will explore essential techniques, color theory, and composition in a relaxed, supportive environment. Through guided exercises and creative exploration, learn how to control washes, mix beautiful colors, and design balanced expressive paintings. Come ready to experiment, build confidence, and enjoy the vibrant possibilities of watercolor.

Next is excited to welcome mixed media artist and instructor Tracey Ladd. Tracey's work includes fused glass, mold making, painting, drawing and design to name just a few of her many talents. Tracey has more than twenty years of experience in the art world, creating, teaching, and instructing many new artists. Tracey received her Master's Degree in Fine Arts from Bowling

Green State University, and was Coordinator and Master Instructor for 12 years at the School of Arts and Design, Toledo Museum of Art.

LANDSCAPE IN THE AMERICAN IMAGINARY: HISTORY, LEGEND, AND SUPERSTITION IN THE FILMS THE WITCH AND THE REVENANT

Robert Burgoyne, PhD

Thursday, May 14 at 1:00 pm

Cost: Complimentary members / \$5 guests

Robert Burgoyne is a writer, speaker, and podcast host whose work centers on the ways film engages with the historical past. In this talk, he will discuss two films that explore the historical past from a disconcerting, deeply unfamiliar perspective: Robert Eggers' *The Witch*, set in Puritan New England of the early 1600's, and Alejandro Inarritu's *The Revenant*, set in the Pacific Northwest in the early 1800's. The imagery of landscape in these two films, in particular, the imagery of the wild forest, draws into view older but still potent systems of belief concerning nation, race, mystical belief and the natural world. Both films evoke worlds that are charged with supernatural possibility, chiefly associated with the dark woods of the wilderness, portrayed as a place of both dread and renewal. Dr. Burgoyne served as Professor and Chair in Film Studies at The University of St Andrews in Scotland, and as Professor and Chair of English at Wayne State University. If you are a film fanatic and like to delve deep into themes, historical context, etc., this program is for you!

It is highly recommended that you see both films prior to the May 14th lecture. Next will be showing them on the following days:
The Witch: Wednesday, May 6 at 4:00 – 5:30 pm
The Revenant: Wednesday, May 13 at 4:00 – 6:30 pm

EASE INTO THE AFTERNOON WITH A LITTLE POP & JAZZ

Jim Duprey, Musician

Tuesday, May 19 at 1:00 pm

Cost: Complimentary members / \$5 guests

Jim Duprey plays and sings pop & jazz with a spectacular Yamaha arranger keyboard. He has played before more than 150 senior centers, performing songs from Sinatra, Billy Joel, the Eagles and many more. Come join us and feel free to sing along if the spirit moves you!

BINGO 2.0

Sealina Moore, Host

Wednesdays May 27 and June 24 at 3:00 pm

Cost: Complimentary members / \$5 guests

Join us for Bingo 2.0 where we offer a different Bingo



experience each month. In May, we're going to play Jukebox Bingo where you'll look for the song being played on your bingo cards instead of numbers or pictures. Music from the 70s, 80s, Motown, country and more! In June, Bingo will be all about Summer! Join us! (Please note: this does not replace the Monday Bingo that takes place here at Next on a regular basis.) Generously sponsored by Guiding Light Care Angels.

MAH JONGG LESSONS WITH RACKELINE HOFF

Wednesdays May 27, June 3, June 10, June 17 from 1 pm-3 pm

Cost: 4-week series: \$100 members/\$110 nonmembers



Learn the challenging game of Mah Jongg, which originated in China many years ago and has become very popular today! Taught by

experienced Mah Jongg teacher, Rackeline Hoff, it is a game of strategy, memory and luck that also offers an enjoyable social experience. This 4-week session will teach you how to name the tiles, read the Mah Jongg card, how to play the game, set up the Charleston and have actual supervised and instructional play time. You won't want to miss this hot class that is just starting off with the brand new 2026 card! Students must bring with them a 2026 National Mah Jongg League card or purchase one from the instructor for \$15 on the first day of class.

FINANCIAL CRIMES AND FRAUD PREVENTION SEMINAR – PRESENTED BY FBI DETROIT

Thursday, May 28 at 1:00 pm

Cost: Complimentary members / \$5 guests

The Federal Law Enforcement Agency will discuss the most current frauds and scams, how they are perpetrated, warning signs to watch for, how to protect yourself, what to do if you or someone you know is victimized, and how A.I. is used in scams. You won't want to miss this! Generously sponsored by Shaun Shaya, Shaya Realty (brokered by KW Domain).

A HOME SAFE AND BEAUTIFUL – INSIDE & OUT

Mike Smela, Handyman

Tuesday, June 2 at 1:00 pm

Cost: Complimentary members / \$5 guests

This program will create a discussion around prepping your home for a beautiful spring and summer. We'll talk about many

things including walkways, foundations and quick repairs. Which projects are DIY and which projects should be left for the professionals? Join us!

THE WORLD THROUGH THE EYES OF A TRAVELING ARTIST

Julie Dawson, Birmingham Watercolor artist

Thursday, June 4 at 1:00 pm

Cost: Complimentary members / \$5 guests

Birmingham watercolor artist, Julie Dawson, will give a presentation about her wonderful world as an artist. Much of her subject matter comes from extensive travels with her husband, Peter. She has traveled through 100 countries, 50 states, and all seven continents. Her work has been shown in more than 87 one-woman exhibitions, and appears in collections around the world. Julie will talk about the excitement of her career and travels and tell the personal stories that inspired each of her paintings. Her representational watercolors feature flowers, animals, children, and her geometrically designed kaleidoscopes. Julie also introduces her five children's books, about The Sillybillies, and her photography coffee table book, *Seeing the World Through the Heart of its Bells*.

“SPRING FLING” CHAMBER MUSIC CONCERT

Quintet Cantabile

Tuesday, June 9, 2026 1:00 pm

Cost: Complimentary members / \$5 guests

Quintet Cantabile (flute, oboe, clarinet, bassoon, and horn) returns to NEXT with a “Spring Fling” program of joyful music... with a bit of nostalgia! Featured works will include the Gay Nineties Medley, George Cohen Medley, Shenandoah, a classical era wind quintet, and “Reverie” by Eric Ewazen. Presented by QUINTET CANTABILE: Robyn Myers, flute: Lillian Dean, clarinet: Walter Dean, bassoon: Kristine Krapp, oboe and David Dodge, horn.

AGING WITH STRENGTH: LEARNING THE KEYS TO A STRONG AND HEALTHY GOLDEN AGE

Aaron Wallace, Owner, Balance Your Fitness

Wednesday, June 24 at 12:30 pm

Cost: Complimentary members / \$5 guests

We work hard for our entire lives to ensure a comfortable retirement but how can we make the most out of our health in our golden years? Learn how you can take care of your holistic health to ensure a long and enjoyable retirement!



NEW: PICKLEBALL CLINICS: Beginning in May

Cost: \$10 per session

Beginner: Mondays from 5:00 – 6:00 pm

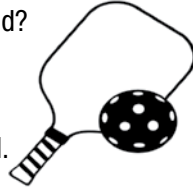
Advanced: Mondays from 6:00 – 7:00 pm

Interested in learning how to play one of the fastest-growing and most popular sports around?

Or maybe you'd like to hone your skills a bit?

Tom Wehner, Pickleball Professional, will be holding two clinics every Monday night for up to 8 people per clinic – Beginner and Advanced.

You must register and pay for each clinic through the Next office (248-203-5280) or online at www.birminghamnext.com.



MONARCHS – A DWINDLING SPECIES

Debbie Jackson, Monarch Watch Conservation Specialist

Tuesday, June 23 at 1:00 pm

Complimentary members / \$5 guests

Have you noticed how hard it is to find a monarch nowadays? Their population is about 10% of what it used to be and like the canary in the coal mine, it's an indication of the perils our ecosystem is facing. Come learn how you can help this lovely creature without investing a lot of money or time. Join us as Debbie Jackson returns to Next and shares her 50+ years of knowledge about this beautiful species and hear how you can get involved to help boost their dwindling population.

NEXT BOARD OF DIRECTORS UPDATES:

Please welcome **George Dilgard** as incoming Next President! George has been a long-time dedicated Next Board member, and is very engaged in the 400 East Lincoln project. George brings decades of experience in municipal projects serving as a past Birmingham City Commissioner for many years and as the City's Mayor.



Thank you to **Marcia Wilkinson**, outgoing President, for all her years of dedication to Next, including being a strong advocate for seniors in the new facility project. Marcia will remain on the Board and continue her work in the library, so next time you see Marcia, please thank her for her amazing efforts!

Thank you to all Next Board Members who volunteer to serve and work diligently to promote Next's mission of caring and providing for our senior community!

OUR MOVE TO 400 E. LINCOLN

We are getting more and more excited as our long-time vision of a new facility is closer to becoming a reality. Our address may be changing, but our mission and commitment to seniors will not. As we design our new space, we will always be mindful of what makes Next special – a warm and welcoming space where seniors can discover meaningful programs while cultivating lasting friendships.

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

Where we are today: Through most of 2025, the City of Birmingham and Next explored the idea of a building that would accommodate both Next and the YMCA. After significant time and funds were expended, the City Commission found the

prospective new building to be too large and too expensive in today's economic climate and voted to not put the project on the 2025 November ballot.

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

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

For up-to-date information about Next's move to 400 E. Lincoln, **please attend a presentation on Tuesday, May 19 at 11:30 am.** We will discuss the project, show preliminary floor plans and have plenty of time for questions.



HEALTH & WELLNESS SERIES



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

HEALTHY EATING FOR HEALTHY AGING

Halle Saperstein, Registered Dietician

Thursday, May 21 at 12:00 pm

Cost: Complimentary members / \$5 guests

Join Halle Saperstein, Registered Dietician at Henry Ford West Bloomfield, for a session on how better nutrition can support healthier aging. Halle will discuss how our appetites and body composition change as we get older, how to eat nutritiously through these changes, and how to make "smart swaps" to make sure you're eating great-tasting meals and snacks that are still good for you. She will also cover the fact vs. fiction of current nutrition trends – including high-protein and "fiber-maxing." A light lunch will be served.

FALL PREVENTION FOR SENIORS

Kory Sheill, Doctor of Physical Therapy

Thursday, June 18 at 12:00 pm

Cost: Complimentary members / \$5 guests

Staying active and independent starts with preventing falls. In this session, Kory Sheill, Doctor of Physical Therapy at Henry Ford Health, will share easy-to-follow tips for improving balance, building strength, and creating a safer environment. Attendees will leave with practical tips to reduce fall risk and move confidently. A light lunch will be served.



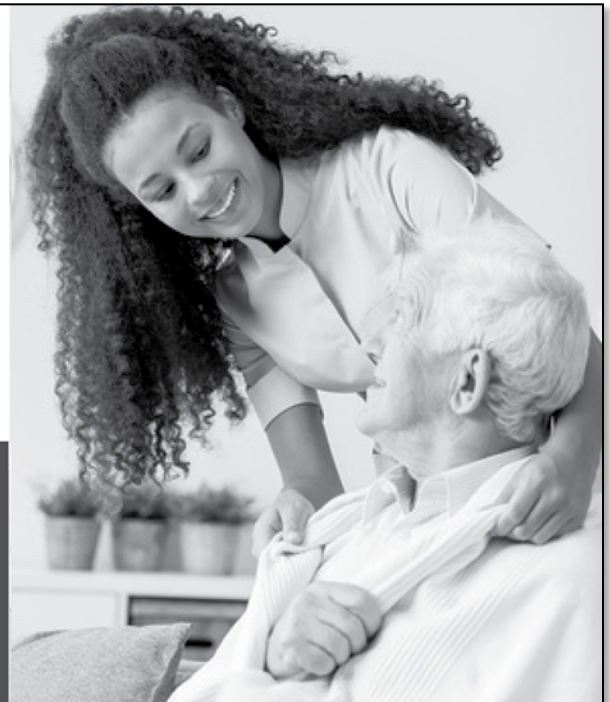
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SPEAKER SERIES @ NEXT

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.

May 7 - JUDAISM AND CHRISTIANITY – MANY SIMILARITIES, MANY DIFFERENCES

Rabbi Mark Miller, Senior Rabbi of Temple Beth El



Join us at Next for an in-depth exploration of Judaism and Christianity with Rabbi Mark Miller. There are many similarities between the two religions, but also many

differences! Rabbi Miller possesses a deep understanding of scripture and will walk the audience through the distinctions and shared history and beliefs of these two ancient religious traditions. Audience members will gain a greater understanding and appreciation for both religions, as well as an awareness of how religion embodies the human striving for holiness and goodness. This lecture will educate, inspire, and raise awareness.

May 14 - RUSSIA'S WAR WITH UKRAINE Aaron Retish, Professor of Russian and Soviet History at Wayne State University

A political and social enigma, Russia remains a mystery in so many ways. Come to Next to gain a rare understanding of



this world superpower with Professor Aaron Retish, who is an author or editor of five books on 20th century Russia, and has published several articles on the Russian Revolution. This complex country launched a full-scale invasion of Ukraine in February of 2022, and the conflict continues to this day. This lecture will offer an informed breakdown of Russian society, politics, economics, and conflict strategy. This program is generously sponsored by American House Stone.

May 21 – DATA CENTERS EXPLAINED

John Richter

You have probably heard about the growing controversy surrounding data centers, which have increased in both size and prevalence across the world. With the growth of



artificial intelligence, data center construction has exploded, along with devastating environmental and financial consequences. As communities and environmental organizations fight to keep these centers from being built, will AI development be slowed? Will we all have to pay more on for utility bills, subsidizing giant tech companies? Come and learn about data centers and how they impact all of us with John Richter, who serves on the Board of Directors and as Policy Analyst of The Great Lakes Renewable Energy Association (GLREA). This program is generously sponsored by American House Stone.

May 28 - PFAS – THE FOREVER CHEMICAL IMPACTING ALL OF US Attorney Tony Spaniola

PFAS has been found in our water, our food, and in the blood of nearly every human on the planet. You've heard it in the news, but come to Next and get the full story from Tony Spaniola, a Troy attorney who became a leading national PFAS expert -



and community advocate - after learning in 2016 that his Oscoda cottage is impacted by PFAS contamination from the former Wurtsmith Air Force Base. Tony has played a critical role in the adoption of numerous key PFAS policies at the state and federal levels, including the first-ever national PFAS drinking water standards in 2024. Tony is co-founder and co-chair of the Great Lakes PFAS Action Network. He has presented at the White House Water Summit; the National Academies of Sciences, Engineering and Medicine; and in testimony before the U.S. Senate Committee on Homeland Security and Governmental Affairs. He also has been featured in various

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.

media outlets, including ABC News, PBS News, CNBC and USA Today - and in the critically acclaimed PFAS film documentary, "No Defense: The U.S. Military's War On Water." Generously sponsored by Amada Home Care.

June 4 - IS UNITED STATES' HEGEMONY ON THE BRINK OF COLLAPSE?

Gus Mondalek



Breaking with decades of effort in building a global economy, the United States has implemented

a strategy of isolationism, abandoning alliances, dismantling global trade, and adding billions to the national debt. With the U.S. military strikes in Iran, conflict has become rife and widespread in the Middle East, further impacting U.S. oil prices, regional stability, and the economy. What does the future look like for a global economy that has been dominated by the United States for such a long time? And in what form will the U.S. emerge from these decisions? International affairs lecturer Gus Mondalek will explore the future of U.S. hegemony and offer insight on the repercussions of its new outlook. This program is generously sponsored by Waltonwood University.

June 11 - SPECIES SURVIVAL: PANAMANIAN GOLDEN FROG PROGRAM AT THE DETROIT ZOO

The Detroit Zoo is on the front lines of the fight to save the Panamanian Golden Frog from complete extinction. Already extinct in the wild, this stunning brightly-hued frog is ecologically and culturally significant in its home



range of central Panama. The Detroit Zoo houses an essential assurance population of the critically endangered Panamanian golden frog at its National Amphibian Conservation Center. This species is protected through collaborative captive breeding as part of a Species Survival Plan (SSP) to ensure future reintroduction. Come to Next and learn from Detroit Zoo staff how the Zoo works to ensure a future for these beautiful animals. This program is generously sponsored by American House Stone.

June 18 – LINCOLN: AMERICA'S GREATEST PRESIDENT?

Professor Bruce Zellers

Abraham Lincoln is widely considered by historians and the public to be the greatest U.S.



president. He is praised for navigating the Civil War, preserving the Union, and ending slavery, often ranking first in surveys alongside George Washington. However, some critics argue his legacy is romanticized, and others criticize his policies toward Native Americans or his suspension of civil liberties during the war. Join popular lecturer Bruce Zellers as he explores and explains this beloved president and separates history from mythology. This program is generously sponsored by American House Stone.

June 25 – LATIN MUSIC RHYTHMS

Remember when the buzz of the Super Bowl centered on reggaeton music? Latin rhythms are not only creative and catchy, they are pervasive in many of the songs you hear on the radio!



Come and learn the rich history of Latin music, which has roots in music traditions across the globe. This lecture will also explore the cultural traditions and complex composition that are intrinsic to Latin music. Professor Patrick Fitzgibbon is an accomplished percussionist, performer, composer, and scholar. He will take the audience through a fascinating presentation on Latin music that might leave you dancing in your seat! This presentation is generously sponsored by American House Stone.

**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.

STRETCH with Lynda Scott – NEW!

Tuesdays and Thursdays, 9:00 - 10:00 am

Cost: 10 drop-in classes: \$80 for members / \$90 for guests. First class is free.

The Active Isolated Stretch (AIS) technique is used in this class. This therapeutic technique involves holding specific muscle stretches for only a couple seconds to increase flexibility and range of motion.

LET'S KEEP MOVING with Lynda Scott – NEW!

Tuesdays and Thursdays, 10:00 - 11:00 am

Cost: 10 drop-in classes: \$80 for members / \$90 for guests. First class is free.

This class will have you moving to music through a variety of exercises intended to improve strength, range of motion and daily living skills. You'll use weights, elastic tubing handles and balls for resistance. Chairs can be used for seating or standing support.

LOW IMPACT AEROBICS with Laura Karmanos

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

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

Start your day in a low-impact way! We'll get things warmed

up with some small movements and stretching, then transition into some basic moves to get our heart rates up. We'll add in some strength, balance, seated and standing core work — then end the session with a cool down and more stretching. This class is for anyone who is looking for a great workout without impacting their joints. Laura has been teaching group fitness and personal training for decades and specializes in strength and mobility training for all levels, including older adults. She is certified through The National Academy of Sports Medicine (NASM).

STRENGTH TRAINING with Laura Karmanos

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

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

You may have heard it in the news or from one of our program planners here at Next: Strength Training is important for everyone, but especially for older adults like us! This full body strength class will help increase strength, improve balance and mobility and help you maintain muscle and bone mass. This class is beginner friendly and uses light weights, Pilates balls, bands and other equipment.

CHAIR YOGA & MEDITATION with Caryn Ciagne

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

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

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

YOGA FOR WELL BEING with Karen Lutz

Tuesdays from 4:00 to 5:00 pm

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

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

WEDNESDAY FLOW YOGA with Caryn Ciagne

Wednesdays from 9:15 to 10:15 am

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

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

BOWLING LEAGUE

Currently on hiatus until September 10



FITNESS OFFERINGS

Try something new. First class is always free

TABLE TENNIS – *NEW!*

Mondays from 2:30 to 3:30 pm

Cost: Complimentary, members only

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

TAI CHI FOR HEALTH with Cheryl Goodwin

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

Beginner Class

Wednesdays from 1:30 to 2:30 pm and Fridays from 11:00 am to 12:00 pm No class 6/10, 6/17

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 No class 6/12

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

Cost: 1 drop-in class: \$10

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

FRIDAY FITNESS with Caryn Ciagne

Fridays from 9:15 to 10:15 am

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

Get moving! Meet in the gym. Walk and talk. Try out some fancy footwork: lunges, side steps, walking backwards and more! Wall sits and stretches. All to promote strength, flexibility, balance and community. Bring water and wear comfortable shoes. Let's have some Friday fun!

BARRE BALANCE with Karen Lutz

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

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

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

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.

PICKLEBALL

Cost: Complimentary members only

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

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

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

TENNIS - MIXED DOUBLES

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

On Hiatus until September

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



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DAY TRIPS

THE DEVIL WEARS PRADA 2

Tuesday May 5

Bus departs NEXT at 12:20 pm for a 1 pm movie start time, returns approx. 3:15 pm

Cost: \$10 members/\$15 guests

Join us for a stylish matinee movie outing as we travel to the Emagine Palladium Theater in Birmingham to see *The Devil Wears Prada 2!* Reunite with Miranda, Andy, Emily, and Nigel as they return to the fast-paced world of fashion in this highly anticipated sequel, set twenty years after the original.

Enjoy a glamorous escape to New York City and the iconic Runway Magazine for a fun-filled afternoon of comedy and drama.



Bonus Perk: Sign up ahead of time to become an Emagine Rewards member and receive **FREE popcorn** during the show!

Rewards Website: <https://www.emagine-entertainment.com/emagine-rewards/>

Fashion encouraged! Wear your most stylish outfit and channel your inner Miranda or Andy for this chic afternoon at the movies. Don't miss this fashionable and fun matinee experience—reserve your spot today!

AMAZON FULFILLMENT CENTER TOUR

Wednesday, May 13 or June 17

Bus departs Next at 9:00 am, returns about 11:30 am

Cost: \$25 members / \$30 guests

How does an Amazon warehouse really work? Join us, take this one hour guided tour and find out for yourself! Did you know that Amazon fulfillment centers are far more than a traditional warehouse? Some of their buildings are as large as 28 football fields, and can hold millions of products at one time. They are bright, huge buildings with orange robots transporting towers of goods, miles of conveyor belts carrying inventory in every direction, and shipping labels practically flying onto boxes, blown by puffs of air. On this tour, you will see how products in your online shopping cart get from Amazon to you. It's a symphony of people and technology that allows them to deliver orders quickly and efficiently to customers around the

world. Please keep in mind, this tour is a massive amount of walking, climbing stairs, fast moving, with no stopping or sitting. Bring your government issued photo ID.

FAMILY AND FRIENDS CPR CLASS - BIRMINGHAM FIRE DEPARTMENT

Thursday, June 15

Bus departs Next at 9:15 am, returns about 11:45 am

Cost: \$10 for transportation (Members only)

This class targets all lay rescuers, such as school children, family members of patients at risk for sudden cardiac death, and other lay persons who want to learn rescue skills for loved ones. The course teaches rescuers skills in CPR and relief of foreign-body airway obstruction. It presents information about the American Heart Association's (AHA) adult chain of survival and signs of heart attack, cardiac arrest, stroke, and choking in adults. The course also presents information about the AHA pediatric infant and child chain of survival, signs of choking of infants and children, and prevention of sudden infant death syndrome. The Birmingham Fire Department will NOT be giving out Heartsaver cards for this class.



FREE 15-Minute Movement & Balance Screen

Dealing with joint pain, stiffness, balance issues, dizziness, or a recent injury? Come see us at FYZICAL!

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- ✓ No insurance required
- ✓ One-on-one consultation with a licensed physical therapist

Mention **Birmingham NEXT** when you call to schedule and receive your promotion at your visit. **Offer expires 4/30/26**



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DAY TRIPS

We are excited to welcome Stacy Goldberg to Next as program planner responsible for, among other things, the travel program. Please stop in and introduce yourself to Stacy, and if you have any travel suggestions, she welcomes your ideas!



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 29 - SONGS OF AMERICA

Celebrate America's 250th Anniversary with the songs and sounds that have shaped the nation's musical legacy. From jazz standards and Broadway classics to the great American Songbook, vocalists Melinda Doolittle and Jimmie Herrod join the Detroit Symphony Orchestra and conductor Enrico Lopez-Yañez for a journey through America's musical heritage.

Friday June 19 - PINK MARTINI

Explosive yet graceful, touching yet playful—there's no band quite like Pink Martini! Joined by the DSO and featuring the sensational Storm Large, this 12-musician ensemble delivers a genre-blurring performance that blends jazz, world music, and '40s-'50s pop, taking audiences on a musical journey around the globe. With songs in 25 languages and over 3 million albums sold worldwide, Pink Martini returns to Orchestra Hall for an unforgettable performance.



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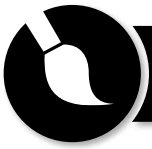
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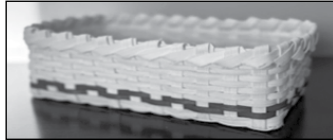
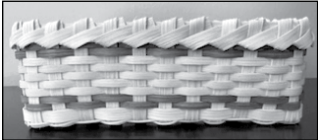
BASKET MAKING CLASSES

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

OPEN TRAY WITH MATCHSTICK BORDER

Wednesday, May 20 from 1:00 pm to 5:00 pm

Cost: \$55 members / \$60 guests



This functional rectangular basket features a unique matchstick border technique. Useful as a bread basket, countertop organizer or designed to perfectly fit those decorative guest bathroom paper towels. Choice of accent colors. 9" x 6" x 3.5"

CREATIVE ARTS OPEN STUDIO

Thursdays, 1:00 PM-3:30 PM

Elevate your artistic practice in a collaborative environment designed for experienced artists. This revised, uninstructed format focuses on independent work and the fresh perspectives gained from working alongside fellow creatives. Whether you're looking to break through a creative block or simply enjoy the energy of a shared workspace, this open studio offers the freedom to explore your craft at your own pace. Acrylics, oils, watercolors, collage, or mixed media are all welcome. Please bring all your own supplies; no materials are provided by the studio. If you prefer to work upright, please bring your own lightweight portable easel.

KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

Kick off your week with a morning of creativity and good company. Whether you're a master of the needles or just picked up a hook for the first time, our Open Studio is the perfect place to work on your current project. Bring your own supplies and enjoy a relaxing environment where we share tips, troubleshoot tricky patterns, and celebrate every finished object together.

NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

Mid-week is the perfect time to pick up your latest project and join a community of makers! Whether you're piecing together a quilt, perfecting your needlepoint, or diving into cross-stitch, our Open Studio offers a relaxed space to create together. Share tips, swap stories, and find fresh inspiration among fellow sewing enthusiasts.

PHOTOGRAPHY CLUB

Thursdays, May 14 and June 11 from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 guests

The Next Photography Club brings together individuals with a shared interest in the art of photography. Members benefit from a collaborative environment, access to the club's dedicated website, and the opportunity to participate in regular off-site photo excursions. Inquiries: Please reach out to info@birminghamphotoclub.org

PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm

The Palette & Brush Club is a long-standing group of dedicated artists who meet weekly to practice their craft. These sessions focus on portrait and figure painting and often feature a live model to help artists refine their skills. It is a wonderful community for those looking to create alongside fellow art enthusiasts in a supportive studio environment however, space may be limited. For membership information, current availability, or to learn more about the club, please call the Next office at 248-203-5270.

POTTERY OPEN STUDIO

Thursdays from 9:30 am to 12:30 pm

Enjoy this independent open studio to develop your beautiful pottery projects. Bring your clay and your creativity! Our Pottery Open Studio is the perfect mid-week retreat for those who love working with their hands. This session is all about camaraderie and the "creative synergies" that happen when makers work side-by-side. Share glazing tips, troubleshoot firing techniques, and find inspiration in the diverse projects of your fellow member. Contact the Next Office for specific details about the pottery open studio at 248-203-5270



Open Art Studios, join us!



CARDS, TILES, COLLECTORS

BINGO

Monday, May 4, 18 and June 1, 15 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.

BIRMINGHAM STAMP CLUB

Tuesdays, May 5, 19 and June 2, 16 at 5:30 pm

Facilitator Contact: Ken Rusch, 248-968-3505.

BRIDGE

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

Facilitator Contact: Helen Cook, hccook1951@gmail.com

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

Facilitators, Contact: Irv Feldman, 248-828-5346,
Ferris Knul, 248-535-7279, Connie Dugger 248-312-8204

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

Experienced players please and bring your own partner.
Facilitators, Contact: John & Elaine Hretz, 248-569-2336

CANASTA

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

Cost: Complimentary members

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

CHESS (ALL LEVELS)

Tuesdays from 1:00 to 3:00 pm

CHESS CLUB

Thursdays from 5:00-7:00 pm

Cost: Complimentary members/\$5 guests

This club seeks to bring together people with a mutual interest in chess. For additional information on the Chess Club or if you are interested in Chess Lessons please contact the facilitator Chris Dow, at 248-647-0728.

COIN CLUB

Wednesday May 20 at 6:00 pm

On Hiatus until September 16

Facilitator Contact: Robert Beuter, 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.

DOUBLE DECK PINOCHLE (ALL LEVELS)

Wednesdays from 10:00 am to 12:00 noon

Facilitator Contact: Ed Schouten, Edward.schouten@gmail.com

EUCHRE (ALL LEVELS)

Wednesdays from 10:00 am to 12:00 noon

Facilitator Contact: Ed Schouten, Edward.schouten@gmail.com

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 (ALL LEVELS)

Mondays, Wednesdays and Fridays from 12:00 pm to 3:00 pm

Facilitator Contact: Ed Schouten, edward.schouten@gmail.com.

SHANGHAI RUMMY (ALL LEVELS)

Tuesdays at 1:00 pm

Shanghai rummy (also known as California Rummy) is a Rummy card game, based on gin rummy and a variation of contract rummy played by 3 to 8 players.

Facilitator Contact: Beverly Sankey, beverlyonline@comcast.net

SOCKI

Tuesdays from 12:30 pm 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.





HEALTH & NUTRITION

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Mondays, May 4th, and June 1st, 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 11th, and June 8th, at 5:30

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. For more information call 248-419-7170.

LOW VISION SUPPORT GROUP Henry Ford Health Detroit Institute of Ophthalmology

Wednesdays, May 20th, June 17th, 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.

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 Western Oakland Meals on Wheels at 248-223-9160.

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

Your help is needed and would be appreciated!

MEDICAL EQUIPMENT LOANS

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

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

Tuesdays, May 12 and June 9 at 11:00 am

Complimentary for Members and Future Members

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

NURSE ON CALL

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

COMMUNITY HOUSING TOURS

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

WALTONWOOD, Senior Assisted Living Royal Oak, MI

Thursday, June 18, Bus departs at 11:00 am

Community designed especially for seniors who need a helping hand. Studio and one-bedroom apartment homes with amenities of a Kitchenette with mini fridge, walk-in shower. Enjoy the dining room or the 24 self-serve Bistro, social activities, Library and cozy lounges. Also, sit on the grand porch and admire the beautifully landscaped grounds. Centrally located to shopping and Medial facilities. Come on a visit with us!!!





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NEXT members and seniors over 60, enjoy 20% off of all Apothecary products and over-the-counter medications every Wednesday at Mills!



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

Wednesday, May 13th, and Wednesday June 10th, from 2:00 to 2:45 pm

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

TRANSPORTATION

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

LAWN MOWING & SNOW REMOVAL for Birmingham & Beverly Hills Residents

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

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.

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.

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. 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.

MINOR HOME REPAIR for Beverly Hills & Birmingham Residents

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

OAKLAND COUNTY EMERGENCY CELL PHONE PROGRAM

Cell phone distribution: Fridays from 9:00 am to 12:00 noon Oakland County Sheriff's Office, 1200 N. Telegraph Road, Building 38E, Pontiac MI 48341
Providing seniors with a mobile means of getting help in an emergency. For more information, please call 248-975-9700.



BOOK CLUBS

NON-FICTION BOOK GROUP

Tuesday, May 12, and June 9 at 10:00 am

Facilitated by Mick Howey, Adult Services Librarian II at Baldwin Public Library, join us to discuss *The Mind of a Bee* by Lars in May, and *Frostbite: How Refrigeration Changed Our Food, Our Planet, and Ourselves* by Nicola Twiley in June. Register at Next and Baldwin Public Library will provide the book. NEW! Next will be hosting quarterly in-house non-fiction book club meetings! The in-house meetings will be on June 9, September 8 and December 8. You will still have the option to join via Zoom as well.

POPULAR READS BOOK CLUB

AT NEXT IN PERSON AND ZOOM OPTION AVAILABLE

Mondays, May 4 and June 1 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The May book selection is *The Road to Tender Hearts* by Annie Hartnett and the June book selection is *The True True Story of Raja the Gullible* by Rabih Alameddine. Register at Next — and Baldwin Public Library will provide the book.

CURRENT EVENTS DISCUSSION GROUP

Fridays at 12:00 noon

In an ever-changing world, keeping up with the news can feel like a full-time job. Why go it alone? Join this casual, member-led discussion group to unpack the week's top stories in a friendly environment.

Whether you're a news junkie or just looking to understand a different perspective, pull up a chair and dive into the conversation. It's the perfect midday break for staying informed and connected to your community.

JAZZ CLUB

Tuesdays from 3:00 pm to 4:30 pm

Did you know we have a jazz band that practices at Next? The Ed Black Jazz Band plays classic rhythms every Tuesday afternoon, and they love having an audience!

Whether you're a lifelong jazz aficionado or just looking for a musical escape, feel free to drop in, pull up a chair, and enjoy the live sounds. It's the perfect way to spend a relaxed afternoon immersed in great tunes and local talent.

ROUNDTABLE DISCUSSIONS

MEN'S ROUNDTABLE

Wednesdays at 9:00 AM

Start your morning with great conversation and better company. The Men's Roundtable is a dedicated space for the

men of Next to connect, share stories, and enjoy a relaxed atmosphere together. Whether you're a long-time member or brand new, pull up a chair and join the group.

WOMEN'S ROUNDTABLE

Tuesdays at 11:00 AM

Built on the spirit of friendship and camaraderie, the Women's Roundtable is the perfect place to expand your social circle at Next. Join us for a lively hour of connection and community—it's a wonderful opportunity to meet new faces and catch up with old friends in a welcoming environment.

WRITER'S CORNER

Thursdays, May 7, 21, June 4, 18 from 9:30 am to 11:30 am

Connect with a diverse group of fellow Next members who share a passion for the written word. Whether you're polishing a manuscript or just starting a journal, this space is dedicated to the craft of writing and the community of those who practice it.

Interested in joining? For more information, please reach out to our facilitator, Bob Erlandson, at rferlandson@gmail.com.

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FEATURE FILMS

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

May 6-THE LAST WORD

A retired, controlling businesswoman decides to rewrite her own legacy by hiring a young journalist to pen her obituary while she is still alive. As the two women clash over the narrative, they form an unexpected bond that challenges their perspectives on life and regret. Starring Shirley MacLaine, Amanda Seyfried, and Anne Heche. Rated R, 1 hour 48 minutes

May 13 - THE THURSDAY MURDER CLUB

In a peaceful retirement village, four unlikely friends who solve cold cases for fun find themselves in the middle of a real-life murder investigation. The group must use their sharp wits and decades of experience to catch a killer before the trail goes cold. Starring Helen Mirren, Pierce Brosnan, Ben Kingsley, and Celia Imrie. Rated PG-13, 1 hour 58 minutes

May 20 - TASTING MENU

On the final night of a world-renowned restaurant in Spain, a recently separated couple must share their long-awaited

reservation among an eclectic group of guests. Surrounded by exquisite culinary creations, the patrons find that food has a unique way of mending broken hearts and sparking new connections. Starring Stephen Rea, Jan Cornet, and Claudia Bassols. Rated: PG-13, 1 hour 25 minutes

May 27 - DR. NO 007

The first cinematic outing for James Bond sees 007 traveling to Jamaica to investigate the disappearance of a fellow agent, leading him to the mysterious island of a scientific genius. Bond must navigate a web of danger and beautiful distractions to stop a plot that threatens the American space program. Starring Sean Connery, Ursula Andress, and Joseph Wiseman. Rated: PG, 1 hour 50 minutes

June 3 - CHEF

After losing his restaurant job, a professional chef starts a food truck business to reclaim his creative promise and piece back together his estranged family. Traveling across the country, he discovers that the simplest ingredients often provide the most profound fulfillment in life and work. Starring Jon Favreau, Sofia Vergara, John Leguizamo, and Scarlett Johansson. Rated: R, 1 hour 54 minutes

June 10 - MR. HOBBS TAKES A VACATION

A weary banker's plans for a quiet seaside vacation with his wife go hilariously awry when she invites their entire extended family along to a dilapidated beach house. Between the plumbing disasters and the demands of his children, Mr. Hobbs realizes that a "relaxing" holiday is much harder work than his office job. Starring James Stewart and Maureen O'Hara. Rated: G (or Unrated/Approved), 1 hour 56 minutes

June 17 - TULIP FEVER

Set during the 17th-century tulip mania in Amsterdam, a young married woman begins a passionate affair with an artist commissioned to paint her portrait. The lovers gamble everything on the volatile bulb market in a desperate attempt to fund a future together away from her powerful husband. Starring Alicia Vikander, Dane DeHaan, and Christoph Waltz. Rated: R, 1 hour 45 minutes

June 24 - MATCH POINT

A former tennis pro climbs into the high society of London's elite through marriage, but his social standing is threatened by a dangerous obsession with his brother-in-law's girlfriend. In a world where luck and ambition collide, one man must decide just how far he is willing to go to preserve his newfound status. Starring Jonathan Rhys Meyers, Scarlett Johansson, and Emily Mortimer. Rated: R, 2 hours 4 minutes



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STREAMING @ NEXT!

QUEEN OF CHESS

Tuesday, May 12 at 10:30 am

Cost: Complimentary members / \$5 guests

Queen of Chess is a 2026 Netflix biographical documentary chronicling the life of Judit Polgár, widely considered the strongest female chess player in history. Directed by Rory Kennedy, the film explores her upbringing in Hungary, her record-breaking rise to Grandmaster, and her victories over top male competitors like Garry Kasparov. Length 1 hour 33 minutes.

THE DINOSAURS: EPISODE 1 - RISE

Tuesday, May 26 at 10:30 am

Cost: Complimentary members / \$5 guests

The Dinosaurs is a major new four-part Netflix documentary miniseries released on March 6, 2026. Narrated by Morgan Freeman and produced by Steven Spielberg, this series uses cutting-edge CGI to explore 165 million years of dinosaur evolution, from their Triassic origins to the mass extinction event. Length: 48 minutes.

FIRE OF LOVE

Tuesday, June 9 at 10:30 am

Cost: Complimentary members / \$5 guests

The film tells the story of world-renowned French volcanologists Katia and Maurice Krafft. Through rare archival footage the documentary chronicles their two-decade journey of capturing the Earth's most explosive volcanoes, standing perilously close to fiery eruptions in their quest for scientific discovery and breathtaking imagery. Length 1 hour 34 minutes.

THE ELEPHANT WHISPERERS

Tuesday, June 23 at 10:30 am

Cost: Complimentary members / \$5 guests

Set in the Mudumalai National Park in the border of Karnataka and Tamil Nadu states of India, The Elephant Whisperers tells the story of Bomman and Bellie, an indigenous couple belonging to the Kattunayakan tribe who are entrusted with an orphaned baby Indian elephant named Raghu. Length 41 minutes.

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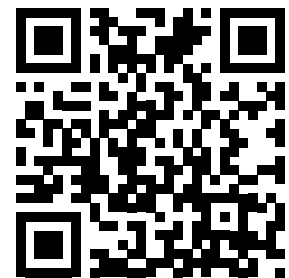
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Next

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In memory of Ben Mangiapane: Elizabeth Babcock, Peggy Bachli, Rose Blazo, Barbara Sandy Debicki, David and Mary Heldt, Lori Heldt, Sandra Knollenberg, Bob and Mary Moran, and Judy Murrell.

In memory of Jack Lay: Cynthia Hirsh

In memory of Joan Heinke: Florance Kassab

FOUNDATIONS AND GRANTS

Give Lively Foundation, Birmingham Area Cable Board.

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Michael Donovan and Dan Hughes.

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Birmingham Bloomfield Newcomers Club,
The NEXT Knit and Crochet Group,
Frank and Jenny Brzenk, Family of Nancy Buck,
Robin Cook, Dennys Grady, Patricia Hardy,
Joe and Lois Hlavaty, Elaine Horigian, Jim Kenning,
Kathy Mechigian, Jerry Mills, Karen Mitchell, Rhonda Monroe,
Nancy Nordlie, Helen Reilly, Renate Reimer, and Haim Schlick.

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

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Bev Singer, Staff Assistant
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Pat Brooks, Support Services
Kim Holmes, Facility Operations
Calvin Moss, Van Driver
Clement Travicz, Van Driver
Judy Murrell, Meals on Wheels

Our condolences to the family and friends of...

Eileen Buck, Nancy Buck, Jack Cory, Julie Csernits,
Joan Heinicke, John (Jack) Lay, Herb Meyer and
Kathy Strettar.

We are thinking of you....Irv Feldman and Al Lowery.

MEET OUR NEWEST MEMBERS

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

Noel and Pam Beck, Linda Christman, Marshall Cyrlin, Harold Dallou, Beni Dror, Harold Dunn, Lauren Gurvitz, Corey and Julie Holter, Uri Katz, Nancy Keesee, Tim Laney and Gail Halliday, JoAnne McKenzie, Debra Meier, Sashi Menon, Judie Monson, Gordon Nelson, Terrence Parks, Nicholas Pinciotti, Michael Poris, Sandra Posner, Darla Sankovich, Alan and ShirleyAnne Schlang, Ellen Skuta, Lynda Wonn, and Mary Wright.

WELCOME BACK

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

Tom Bjorklund, Vincent and Lynn Borowski, Manuel Brown, Quint and Pam Burkhart, Barbara Epstein, Judy Francis, Corinne Growney, Janet Husband, Patricia Kassab, Nancy Krueger, Anita Mayls, Kathy Anne Minns, Vdurga Rao, Louise Scarpatti, Melvin Small, Karen Spolar, Paul and Emily Tobias, and, Cynthia Wayne.

POLICY REMINDERS

► Please pre-register for all Next programs. It helps us plan for seating, class materials and refreshments. No refunds given after a program or speaker presentation. We are not able to offer classes or programs on a prorated basis.

► For our new and existing members, the Next Member Policy Handbook is available on our website and in the office. Thank you for adhering to the Next member policies — and for your commitment to making Next the best place to stay active & connected!

► While Next is unable to endorse any of the products or services of our newsletter sponsors, we appreciate the support of these businesses.

AS A REMINDER:

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:00 Barre Balance 1:30 Tennis - Mixed Doubles
4 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 Blood Pressure & Oxygen Clinic 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Bingo 1:00 Popular Reads Book Club 1:00 Mah Jongg 2:30 Table Tennis 3:00 Trivia Time 5:00 Pickleball Clinic-Beginner 6:00 Pickleball Clinic-Advanced	5 9:00 Low Impact Aerobics 9:00 Stretch class 10:00 Let's Keep Moving 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Devil Wears Prada 2 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	6 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 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tai Chi - Beginner 1:30 Tennis - Mixed Doubles 4:00 Advanced Spanish 4:00 Screening of "The Witch" 4:30 Pickleball 5:00 Movie: The Last Word	7 9:00 Low Impact Aerobics- <i>no class</i> 9:00 Stretch class 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Let's Keep Moving 10:00 Strength Training - <i>no class</i> 12:00 Canasta 12:30 Pickleball 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Judaism and Christianity	8 9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:00 Barre Balance 1:30 Tennis - Mixed Doubles
11 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 2:30 Table Tennis 5:00 Pickleball Clinic-Beginner 5:30 Parkinson's Support Group 6:00 Pickleball Clinic-Advanced	12 9:00 Low Impact Aerobics- <i>no class</i> 9:00 Stretch class 10:00 Non-Fiction Book Club 10:00 Let's Keep Moving 10:00 Strength Training - <i>no class</i> 10:30 Streaming: Queen of Chess 11:00 Womens Roundtable 11:00 Dementia Caregiver Support Group 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 It's a Grand Life 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	13 9:00 Men's Roundtable 9:00 Amazon Fulfillment Center Tour 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 12:00 Pinochle 1:00 Watercolor Studio 1:00 Balanced Yoga for Wellness 1:30 Tai Chi - Beginner 2:00 Ask the Attorney 4:00 Advanced Spanish 4:00 Screening of "The Revenant" 4:30 Pickleball 5:00 Movie: The Thursday Murder Club	14 9:00 Low Impact Aerobics- <i>no class</i> 9:00 Stretch class 9:30 Palette & Brush Club 9:30 Pottery Studio 10:00 Let's Keep Moving 10:00 Strength Training - <i>no class</i> 10:00 Photography Club 12:00 Canasta 12:30 Pickleball 1:00 Landscape in the American Imaginary 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Russia and Ukraine	15 9:15 Friday Fitness 9:15 DSO - Baroque Fireworks 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:00 Barre Balance
18 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Bingo 1:00 Mah Jongg 2:30 Table Tennis 5:00 Pickleball Clinic-Beginner 6:00 Pickleball Clinic-Advanced	19 9:00 Low Impact Aerobics 9:00 Stretch class 10:00 Let's Keep Moving 10:00 Strength Training 11:00 Womens Roundtable 11:30 New Facility Update 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 A Little Pop & Jazz 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club 6:00 Rock N Roll K9s Dog Show	20 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 12:00 Pinochle 1:00 Low Vision Support Group 1:00 Watercolor Studio 1:00 Balanced Yoga for Wellness 1:00 Basket Making Class: Open Tray Matchstick Border 1:30 Tai Chi - Beginner 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: Tasting Menu 6:00 Coin Club	21 9:00 Low Impact Aerobics 9:00 Stretch class 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Let's Keep Moving 10:00 Strength Training 12:00 HFH: Healthy Eating for Healthy Aging 12:00 Canasta 12:30 Pickleball 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Data Centers	Next Closed HAPPY MEMORIAL DAY!
Next Closed HAPPY MEMORIAL DAY!	26 9:00 Low Impact Aerobics 9:00 Stretch class 10:00 Let's Keep Moving 10:00 Strength Training 10:30 The Dinosaurs: Ep 1 - Rise 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	27 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 12:00 Pinochle 1:00 Watercolor Studio 1:00 Balanced Yoga for Wellness 1:00 Mah Jongg Lessons 1:30 Tai Chi - Beginner 3:00 Bingo 2.0 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: Dr. No. 007	28 9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Let's Keep Moving 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 1:00 Financial Crimes & Fraud Prevention Seminar 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: PFAS Contamination	29 9:15 Friday Fitness 9:15 DSO - Songs of America 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Bingo 1:00 Mah Jongg 1:00 Popular Reads Book Club 2:30 Table Tennis 5:00 Pickleball Clinic-Beginner 5:30 Parkinson's Support Group 6:00 Pickleball Clinic-Advanced</p>	<p>2</p> <p>9:00 Low Impact Aerobics 9:00 Stretch class 10:00 Let's Keep Moving 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 A Home Safe & Beautiful 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club</p>	<p>3</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Mah Jongg Lessons 1:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: Chef</p>	<p>4</p> <p>9:00 Low Impact Aerobics 9:00 Stretch class 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Let's Keep Moving 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 1:00 The World Through the Eyes of a Traveling Artist 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Collapse of US Hegemony with Gus Mondalek</p>	<p>5</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:00 Barre Balance</p>
<p>8</p> <p>9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 2:30 Table Tennis 3:00 Trivia Time 5:00 Pickleball Clinic-Beginner 5:30 Parkinson's Support Group 6:00 Pickleball Clinic-Advanced</p>	<p>9</p> <p>9:00 Low Impact Aerobics 9:00 Stretch class 10:00 Let's Keep Moving 10:00 Non-Fiction Book Club 10:00 Strength Training 10:30 Streaming: Fire of Love 11:00 Dementia Caregiver Support 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:00 Quintet Cantabile 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball</p>	<p>10</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 12:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Watercolor Studio 1:00 Mah Jongg Lessons 1:30 Tai Chi - Beginner 2:00 Ask the Attorney 4:30 Pickleball 5:00 Movie: Mr. Hobbs Takes a Vacation</p>	<p>11</p> <p>9:00 Low Impact Aerobics 9:00 Stretch class 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Let's Keep Moving 10:00 Strength Training 10:00 Photography Club 12:00 Canasta 12:30 Pickleball 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Detroit Zoo Conservation Program</p>	<p>12</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:00 Barre Balance</p>
<p>15</p> <p>9:30 Stretch and Relax 9:15 CPR Instruction 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Bingo 1:00 Mah Jongg 2:30 Table Tennis 5:00 Pickleball Clinic-Beginner 6:00 Pickleball Clinic-Advanced</p>	<p>16</p> <p>9:00 Low Impact Aerobics 9:00 Stretch class 10:00 Let's Keep Moving 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Eastern Market - What's New and What the Future Holds 1:00 Chess 1:00 Shanghai Rummy 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club 6:00 DSO Harpist Alyssa Katahara</p>	<p>17</p> <p>9:00 Men's Roundtable 9:00 Amazon Fulfillment Center Tour 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 12:00 Pinochle 1:00 Watercolor Studio 1:00 Balanced Yoga for Wellness 1:00 Low Vision Support Group 1:00 Mah Jongg Lessons 1:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Movie: Tulip Fever</p>	<p>18</p> <p>9:00 Low Impact Aerobics 9:00 Stretch class 9:30 Palette & Brush Club 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Strength Training 10:00 Let's Keep Moving 11:00 Waltonwood Tour 12:00 Canasta 12:00 HHH: Fall Prevention 12:30 Pickleball 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Lincoln Presidency</p>	<p>19</p> <p>9:15 Friday Fitness 9:15 DSO Trip: Pink Martini 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg</p>
<p>22</p> <p>9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Bingo 1:00 Mah Jongg 2:30 Table Tennis 5:00 Pickleball Clinic-Beginner 6:00 Pickleball Clinic-Advanced</p>	<p>23</p> <p>9:00 Low Impact Aerobics 9:00 Stretch class 10:00 Let's Keep Moving 10:00 Strength Training 10:30 Streaming: The Elephant Whisperers 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Chess 1:00 Shanghai Rummy 1:00 Monarchs - A Dwindling Species 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball</p>	<p>24</p> <p>9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:00 Euchre 12:00 Pinochle 12:30 Aging With Strength 1:00 Balanced Yoga for Wellness 1:00 Watercolor Studio 1:30 Tai Chi - Beginner 3:00 Bingo 2.0 4:30 Pickleball 5:00 Movie: Match Point</p>	<p>25</p> <p>9:00 Low Impact Aerobics 9:00 Stretch class 9:30 Palette & Brush Club 9:30 Pottery Studio 10:00 Strength Training 10:00 Let's Keep Moving 12:00 Hot Dogs, Apple Pie and a Little Jazz 12:00 Canasta 12:30 Pickleball 1:00 Creative Arts Open Studio 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Latin Music</p>	<p>26</p> <p>9:15 Friday Fitness 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:00 Pinochle 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg</p>
<p>29</p> <p>9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 2:30 Table Tennis 5:00 Pickleball Clinic-Beginner 6:00 Pickleball Clinic-Advanced</p>	<p>30</p> <p>9:00 Low Impact Aerobics 9:00 Stretch class 10:00 Let's Keep Moving 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Shanghai Rummy 1:00 Chess 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball</p>			



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Next is excited to welcome mixed media artist and instructor Tracey Ladd, MFA. Tracey will be teaching watercolor studio where you can explore, experiment, and create! Please look for more details on Page 2.

ACTIVITY	PAGE
The World Through The Eyes Of A Traveling Artist, Eastern Market-What's New, Monarchs – A Dwindling Species, Hot Dogs, Apple Pie And A Little Jazz!	1
Happenings at Next	2-3
Performance Series	4
Health & Wellness	5
Speaker Series	6-7
Fitness	8-9
Day Trips.....	10-11
Art & Creativity	12
Cards, Tiles, Collectors	13
Health & Nutrition	14
Support Services	16
Enrichment	17
Feature Films.....	18
Streaming.....	19
Donations / Policy Reminders.....	21
Calendars	22-23

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