



Your Place to Stay Active & Connected

SEPTEMBER/OCTOBER 2025

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

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

OKTOBERFEST AT BEVERLY PARK

Wednesday, October 1 at 5:00 pm Cost: \$20

Please register by Friday, September 26



Enjoy a wine or stein and a wunderbar spread of delicious brats, sauerkraut, potato salad and streusel! Strap on your lederhosen and lace up your dirndl and dance to classic Rock 'n' Roll

performed by our local favorite, the six-piece rock band, The AnTekes. In the event of inclement weather, Oktoberfest will be held at Next. Kindly sponsored by American House Stone.

HEALTH EXPO & FLU SHOT CLINIC

Tuesday, October 7th, from 10:00am to 1:00pm

Please join us for this important event — and this year we are offering a new format.

The Oakland County Health Department will be offering Flu Shots, both senior dose and regular dose as well as the Pneumonia vaccine, but new this year, we will be featuring two incredible speakers.

Peter A. Lichtenberg, PhD, distinguished professor, national speaker and longtime Director of the Wayne State Gerontology Department will be speaking on the Pathways to a Fulfilling and Healthy Aging Experience. Also featured, Kyra Jackman, Memory Care Advisor at Arden Courts will present, "Walk the Path of Dementia."

We are offering a boxed lunch which will include a delicious sandwich, small salad, chips, dessert and a beverage for just \$7.00, please order ahead of time.

Disability Made Easy, Rutkowski Law Firm, and Hinderliter Hearing Services will be our sponsors for the event and will be available throughout the clinic to discuss their services and answer questions.

Please call the office to schedule an appointment and order lunch. Walk-ins are welcome but may have a longer wait.

AN EVENING OF COMEDY WITH ROBYN AND JASON GILLERAN

Tuesday, September 9 at 6:00 p.m.

Members: Free, Guests: \$5



Join us at Next for a laugh! Robyn Gilleran is a comedian based in Detroit and is the better (looking) half of Hard G Comedy with her husband Jason. Jason Gilleran has been a part of Detroit's thriving comedy scene since

2017. Along with his stand up comedienne wife Robyn, they are Hard G Comedy and have co-headlined The Dallas Comedy Club, The Underground Laugh Lounge, the Fort Wayne Comedy Club and more. They also produce shows together all over Michigan. Robyn and Jason are parents of teenagers, world travelers, and comedy professionals who know how to laugh at life. This program is generously sponsored by American House Stone.

AN EVENING OF MUSICAL ENTERTAINMENT: TRIO FOR FLUTE, VIOLIN, AND CELLO

Tuesday, October 14 at 6:00 p.m. Members: Free, Guests: \$5

Immerse yourself in the inimitable beauty of classical music here at Next. Tim Nicolia, an experienced cellist, has played for all 25 years at the Lexington Bach Festival held annually in



September in Lexington Michigan. Wendy Pardee Cleland, flutist, and Kay DeLuca, violinist, also regularly perform at the Bach Festival, and most recently performed at the Lexington "Music in the Park" celebration. All three musicians were members of the Birmingham Bloomfield Symphony. This concert will feature a mixture of classical and "semi"-classical music, which will include Bach. This program is generously sponsored by American House Stone.



TRAVELOGUE ON COLOMBIA

Maureen Field, Next member and World Traveler

Thursday, September 4 at 1:00 pm

Cost: Complimentary members / \$5 guests

Travel to Colombia in South America with Maureen Field. We will visit the high-altitude capital Bogota; the tranquil area of Pereira in the coffee zone; Medellin, once one of the most dangerous cities in the world and now a thriving tourist destination; and Cartagena, a beautiful Caribbean port city with lots of history. In addition, we will get a glimpse of home life in Colombia.

SPANISH CONVERSATION FOR COGNITIVE WELL-BEING

This course is designed to provide a stimulating and engaging environment for individuals interested in learning Spanish while promoting cognitive health. Through interactive conversation activities, this course aims to enhance mental agility, memory and linguistic skills, all while fostering social connections and cultural understanding. In this 6-week course, participants will explore daily conversational topics. Your instructor, Señora Bartlett, will guide you through various activities and exercises designed to challenge your brain, improve language proficiency and keep your cognitive abilities sharp. Señora Carla Bartlett is a native Spanish speaker and also fluent in Italian. She has been teaching for over 30 years at the high school and Adult Education levels. She holds a BA from U of M-Ann Arbor and a MASTERS Art of Teaching.

Beginner Class – Ongoing

Mondays, September 8 through October 13 at 4:00 pm

Cost: 6-week series: \$120 members / \$125 guests

Advanced Class – Ongoing

Wednesdays, September 10 through October 15 at 4:00 pm
(Note new time!)

Cost: 6-week series: \$120 members / \$125 guests

TRIVIA TIME! with Tricia Olevnick

Mondays, September 8 and October 6 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.

ASK THE ATTORNEY – NEW!

Wednesdays, September 10 & October 8 from 1:00 to 1:45 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 Next members. This service will be provided the second Wednesday of every month going forward.

CLASSIC MICHIGAN FOOD AND DRINK: THE STORIES BEHIND THE BRANDS

Jon Milan and Gail Offen, Local Authors and Michigan Enthusiasts

Thursday, September 11 at 1:00 pm

Cost: Complimentary members / \$5 guests

Did you know the Ritz Cracker was invented in Jackson? Frozen garlic bread was invented in Grand Rapids? John and Gail's new book, *Classic Michigan Food and Drink: The Stories Behind The Brands* (published in November) is full of stories and pictures about the many Michigan food and drink brands we all know and love. Sure, Michigan invented ready-to-eat cereal (Kellogg's) and baby food (Gerber) --but there are stories most Michiganders don't know! If you're a fan of brands like Sanders, Better Made, Faygo, Vernors, Ryba's, Guernsey, Jiffy and Vlasic—or have fond memories of brands like Awrey's and Twin Pines—you'll eat up this show!

SEED BOMB PROJECT

Tuesday, September 16 at 1:00 pm

Cost: Complimentary members / \$5 guests

Do you like to get your hands dirty? Enjoy watching things grow from seed? Then this project is for you! We're going to make wildflower seed bombs! Seed bombs are an ancient Japanese practice called Tsuchi Dango, meaning "Earth Dumpling." All of the materials will be provided, but you **MUST** register in advance. No exceptions. Another experience in our Kaleidoscope of Cultures series.

BIRMINGHAM CITY COMMISSION CANDIDATE FORUM

Tuesday, September 16 at 6:00 pm

Cost: Complimentary – Community Welcome

All politics are local! Next is hosting a candidate forum for the upcoming City of Birmingham Commission election this November. This is a wonderful opportunity to speak directly to potential candidates about the issues you find important, and to hear from the candidates on how they will represent Birmingham, especially on topics impacting seniors. Please join us at Next for this important evening.

MEDICARE EDUCATIONAL WORKSHOP

Julia Muraj Bruceti, Licensed Insurance Agent

Thursday, September 18 at 1:00 pm

Cost: Complimentary members / \$5 guests

Join us for a complimentary, no-obligation educational event designed to help you better understand your Medicare options. Whether you're already enrolled or will soon be eligible, this session will provide clear, easy-to-understand information about how Medicare works, what benefits you may be entitled



to, and how to review or make changes to your current plan. This is a CMS*-regulated educational event — no specific plans or companies will be marketed, and there is no obligation to enroll. Our goal is to give you the knowledge you need to feel confident about your healthcare choices. Julia M. Bruceti has over 10 years of experience in the insurance industry, specializing in Medicare, under-65 health insurance, life insurance, and supplemental coverage. Julia works extensively with minority and ethnic communities, helping individuals and families navigate the often-complex world of insurance with clarity and compassion. Her approachable style and dedication to leaving no questions unanswered have earned her a strong reputation as a trusted advisor. (*CMS stands for Centers for Medicare & Medicaid Services.)

TEA AROUND THE WORLD: TRACING THE GLOBAL JOURNEY AND CULTURAL IMPACT OF TEA

Barbara Gulley, Owner, Barb's Tea Service

Tuesday, September 23 at 1:00 pm

Cost: Complimentary members / \$5 guests

As tea journeyed from its Asian roots to Europe and the Americas, it became more than just a beverage—it became a cultural cornerstone. Many societies held it in such high esteem that they developed intricate ceremonies to honor it. This presentation will explore the Chinese and Japanese tea ceremonies, as well as the beginnings of British afternoon tea. We'll also delve into the first European nations to import tea, its pivotal role in global trade, the expansion of tea cultivation to India, and the rich traditions that blossomed along the way. Once reserved for royalty and the elite, tea eventually found its way into everyday life, with each culture leaving its distinctive mark on how it is prepared, served and savored.

BINGO 2.0

Sealina Moore, Host

Wednesdays, September 24 and October 22 at 3:00 pm

Cost: Complimentary members / \$5 guests

There is Bingo and now, there is Bingo 2.0 with Sealina Moore. We are shaking things up a bit by offering a different Bingo experience each month. In September, we'll be kids again with Back to School Bingo. In October, Bingo 2.0 will take on a spooky twist with Halloween Bingo. 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 Guiding Light Care Angels.

COMPARATIVE WORLD RELIGIONS – AN OVERVIEW **Gus Mondalek, distinguished expert & lecturer in geopolitics, religious studies, AI, analytics & demographics**

Tuesday, September 30 and Tuesday, October 21 from 1:00 to 2:30 pm

Cost: Complimentary members / \$5 guests

This two-part presentation is an exploration of major world religions, viewed as complex systems of philosophy, ethics, and culture. We will examine the 'how' and 'why' of religious world-views, rather than debating their theological truths. Our survey will cover the foundational ideas of the Abrahamic (Judaism, Christianity, Islam), Dharmic (Hinduism, Buddhism), and Taoic traditions.

FIRESIDE CHAT WITH BIRMINGHAM'S FIRE MARSHAL

Jeff Scaife, Assistant Chief/Fire Marshal, City of Birmingham Fire Department

Thursday, October 2 at 11:00 am

Cost: Complimentary members / \$5 guests

Fire Prevention Week runs October 5 – 11, and to get everyone thinking of fire safety, we have invited Jeff Scaife, the Assistant Chief/ Fire Marshal for the City of Birmingham Fire Department, to join us for coffee, doughnuts and conversation. Jeff will give a brief introduction to the Birmingham Fire Department, review current community risk reduction efforts you need to know and practice, and he will talk about fire prevention efforts throughout the city.

WALK THE PATH OF DEMENTIA - AN INTERACTIVE DEMENTIA AWARENESS EXPERIENCE

Kyra Jackman, Memory Care Advisor, Arden Courts Bingham Farms

Tuesday, October 7 at 12:30 pm

Cost: Complimentary members / \$5 guests

"Walk the Path of Dementia" is a powerful and engaging one-hour presentation provided by Kyra Jackman, designed to raise awareness and understanding of dementia within the community. This program has been used in the training of local first responders, receiving positive feedback for its educational and interactive approach. The presentation provides a clear overview of dementia, including the most common types, key symptoms, and how it impacts individuals and their loved ones. Attendees will also learn practical ways to offer better support to those living with dementia in everyday situations. What sets this session apart is its hands-on, sensory-based experience. Through interactive components, participants will temporarily experience the sensory and cognitive challenges faced by individuals with dementia—building empathy and deeper understanding.



A CONCERT OF AUDIENCE FAVORITES

Kelly and Darryl Roenicke

Thursday, October 9 at 1:00 pm

Cost: Complimentary members / \$5 guests

Join Kelly and Darryl Roenicke as they perform a selection of beloved pieces for violin and piano. Audience Favorites will feature popular works from Broadway, The Great American Songbook, opera, classical composers, and more! There's sure to be something for everyone on this crowd-pleasing program.

PATHWAYS TO A FULFILLING AND HEALTHY AGING EXPERIENCE

Peter A. Lichtenberg, Ph.D., Clinical Psychologist, former Director of the Wayne State Institute of Gerontology, Distinguished Professor of Psychology and Gerontology.

Tuesday, October 7, 2025 at 11:00 am

Cost: Complimentary members / \$5 guests

Dr. Lichtenberg is a specialist in both Rehabilitation Psychology and Clinical Geropsychology. He is a post-doctorally trained Geriatric Neuropsychologist. Dr. Lichtenberg is also a national expert in financial capacity assessment and financial exploitation of older adults. He has made contributions to the practice of psychology across a variety of areas including in Alzheimer's disease, medical rehabilitation and with those suffering from late life depression. Dr. Lichtenberg is the author of seven books, and has authored or co-authored over 220 peer review journal articles and book chapters. He is coming to Next to speak about aging successfully, with strategies for finding fulfillment and staying healthy, and data based on his decades of research and clinical practice.

CELEBRATE INTERNATIONAL DESSERT DAY AT NEXT!

Tuesday, October 14 at 1:00 pm

Cost: One dessert to share

In keeping with our Kaleidoscope of Cultures theme, we will be celebrating International Dessert Day. (Yes, it is a thing!) Everyone is invited to bring a dessert to share. Perhaps it's babka or biscotti, macarons, macaroons or mochi. Made in your kitchen or purchased from your favorite bakery. Keep it simple and have fun coming up with your dessert contribution. If possible, wrap individually for easy and healthy sharing. We'll provide the beverages! When registering, indicate the dessert you'll be bringing. Bon Appetit! Smakelijk! Buen Provecho! Dobrou chut'! Guten appetit! Enjoy!

THE EXOTIC AND DIFFERENT:

PLACES YOU PROBABLY HAVEN'T THOUGHT ABOUT TRAVELING TO

Mel Chudnof, Ph.D., World traveler

Thursday, October 16 at 1:00 pm

Cost: Complimentary members / \$5 guests

In the 50+ years Mel Chudnof and his wife have been traveling, some of their 83 international destinations were quite unusual for most American travelers. It is these experiences that became some of the most rewarding for them. Chudnof will share slides and stories about cross-cultural experiences in The Republic of Georgia and Belarus, and adventures in the exotic and more rarely visited Islands of Australia: Tasmania, Kangaroo Island, and Heron Island. Chudnof will round out his talk by sharing a few very unusual places you will want to add to your "bucket list." Mel Chudnof, Ph.D, taught psychology at Oakland Community College for 43 years. In addition, Dr. Chudnof maintained a private practice. In his leisure time, Chudnof enjoys extensive travel, road biking, swimming, volunteering and being an advocate for social justice.

MUSICAL DANCES & DREAMS WITH QUINTET CANTABILE *(Rescheduled from July)*

Tuesday, October 28 at 1:00 pm

Cost: Complimentary members / \$5 guests

Quintet Cantabile returns to Next with a program of rhythms, beauty and joy. This instrumental ensemble, with flute, oboe, clarinet, bassoon and horn, brings together the "core" wind instruments from a symphony orchestra. Each of the instruments has its own "musical voice" which provides opportunities for varied musical expression. This program will include music from varied eras and cultures. Of particular note are the "original" quintet pieces by Shostakovich and Eric Ewazen, a "toe-tapping" favorite, "Puttin' On the Ritz" by Irving Berlin and Tango from "España". Pure Joy! Kindly sponsored by Rose Senior Living.

TRICKS AND TREATS AT NEXT!

Thursday, October 30 at 1:00 PM

Cost: Complimentary members / \$5 guests

Halloween is NOT just for kids! Join us for some cider and doughnuts, pumpkin decorating and a costume contest! Yes, we want you to dress up! It can be as simple as a crazy witch's hat and wart or as extravagant as a character out of your favorite book. Attendees will vote for the best costume. Grab a friend and join us!



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.

MEDICATION MANAGEMENT

Nikkie Karana, RPh and Jevon Sharrak, Pharm. D.

Tuesday, September 9 at 12:00 pm

Cost: Complimentary members / \$5 guests

Medication management ensures a patient's medications are used safely, effectively and appropriately. Older adults are more likely to experience age-related changes in drug metabolism and are often on multiple medications, making them particularly vulnerable to medication-related problems. Join Henry Ford West Bloomfield Hospital pharmacists, Nikkie Karana and Jevon Sharrak, as they discuss medication management and answer your questions. A light lunch will be served.

VASCULAR CARE

Dr. Syed Ahsan, MD

Thursday, October 23 at 12:00 pm

Cost: Complimentary members / \$5 guests

Vascular medicine is a field that focuses on specialized diagnosis and treatment of vascular diseases outside of the heart. Dr. Syed Ahsan is a vascular medicine specialist and currently serves as the Medical Director of the Lymphedema Program at Henry Ford Hospital in Detroit, Michigan. He is also the Section Head for Vascular Medicine at the institution and a hypertension specialist, where he leads a multidisciplinary team focused on improving outcomes for patients with complex vascular and lymphatic disorders. He will speak on vascular care, including the lymphatic system which helps to get rid of waste and other toxins, along with related causes of swelling. A light lunch will be served.

2025 ANNUAL FUND DRIVE CAMPAIGN *Thank You!*

Next is grateful to those who have supported our mission through your generous donations to the Annual Fund Drive...we could not do it without you!

Roy and Debbie Acho, Nancy Balog, Donna Barion, Harley and Toby Berger, Maggie Bicz, Susan Boyle, Rose Boyll, Don and Patti Brundirks, Linda Buchanan, Mathew and Karen Capaldi, Erik Carlson, Helen Corrigan, Sandy Debicki, Marjorie DeCapite, Char Del Vero, Karen Dietrich, Bruce and Judy Dobras, Lynn Doelle, Christopher Doonan and Beata Lamparski, Chris and Paula Dow, Mark and Nena Downing, Carolyn Dreer, Peggy Dufault, Nancy Duffy, Jane Eberwein, Carol Edwards, Helen Edwards, Marilyn Elliott, Richard and Karen Falck, Ray and Gloria Finocchio, Marcy Fisher-Reiners, Luci Franco, Chris Giovannetti, Rod Goodyear, Karen Hahn, Odham Hanna, Malcolm and June Hendy, Carolyn Herman, Myrna Hitchman, Racky Hoff, Patrick and Rosemary Hoyer, James and Diane Hulst, Carolyn Jones, Joe Kado, Mary Kemp, Bob and Pat Koenigskecht, Sedell Kramer-Ives, David Kraus, Art and Kathleen Luz, Connie Lyons, Diane Mack, Joann Maentz, John and Julie Mandich, Judy Martens, Mike and Jan Matuszewski, Herb and Michele Meyer,

Meyers Family Foundation c/o Pat Meyers, Rita Morissette, Martha Moyer, Judy Murrell, Karen Nettler, Lauren Northrop, Joe Pallischek, Stan and Ellen Pasieka, Patti Peacock, Peggy Peterson, Lee and Joan Pettigrew, Thomas Pongratz, Sharon Pugh, John and Eileen Pulker, Karen Purslow, Dr. Patrick and Lynn Quigley, Cynthia Ranzilla, Renate Reimer, Jay Reynolds, Sharon Rosenberg, John Rusche, Lynn Russell, Sue Sadley, Becky Sakwa, Dr. Joanne & Ed Schouten, Ev Schwartz, Myron Sedman, Paul and Patricia Seibold, Chip Sestok, III, Brenda Shufelt, Mary Lou Siefken, Jim and Jackie Simon, Douglas and Lori Soifer, Tim Stedman, Janet Stenger, Karen Street, Rick and Sue Strong, Barbara Suhay, LaVern Sula, Joan Swain, Lawrence Sweet, Dede Taylor, Sally Teague, Joan Topping, Nancy Trowl, Emeline Vassel and Albert Nahra, Henry and Judith Velleman, Jon and Kathy Walgren, Joanne Weaver, Jeffrey Weisswasser, Alice West, Andrea Wilkins, Steve and Marcia Wilkinson, Marva Williams, Jim and Linda Wilson, Heinz and Cheryl Wolff-Beckert, Vaughn and Christine Zecman, and Gayle Zimmerer.



FITNESS OFFERINGS

BEGINNER TAP DANCE with Valerie Mould – NEW!

Wednesdays from 3:00 to 4:00 pm beginning September 10
– First class free.

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

Beginner tap is a wonderful entry or reintroduction to dance for older adults who have little dance experience or who have not laced up their tap shoes in some time. Dancers will learn the rudiments of tap, leading up to a simple dance routine. From enhancing coordination and balance to boosting cognitive function and creativity, the benefits of tap dancing are immense. Virginia has taught tap for decades and enjoys sharing her knowledge and love of dance with her students. Tap shoes are preferable to other hard soled shoes, but not necessary. (Tip: You can find a pair of Capezios on Amazon at a reasonable price.) Who knows...you might turn out to be the next Ann Miller or Fred Astaire!

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.

CARDIO DANCE WITH KAREN LUTZ

Mondays from 1:00 to 1:45 pm beginning September 8 (Note new day and time!)

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

Stay active, improve balance, boost cognitive brain function and mood, all while having fun! Follow the easy dance patterns or move with your own groove to music from all genres. Optional weights help with strength and offer heart health benefits. Wear comfortable shoes. No partner or dance experience needed.

LOW IMPACT AEROBICS with Laura Karmanos

Tuesdays 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. 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 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. 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).

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.



FITNESS OFFERINGS

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.

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 (Friday class is new!)

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 September 20 and 27

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.

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!

TENNIS - MIXED DOUBLES

Wednesdays and Fridays from 1:30 to 3:30 pm, beginning September 3 and 5

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

BOWLING LEAGUE

Thursdays at 1:00 pm, beginning September 11

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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SPEAKER SERIES @ NEXT

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

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

With the support of a generous grant from the Michigan Humanities, Next will continue our Making Connections – Culture Series, with a kaleidoscope of countries featured. Please enjoy the presentations, movies, and entertainment. 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.



September 4 – THE MARTIAL ART OF KENDO Detroit Kendo Dojo



Kendo is a martial art called the "way of the sword" and is derived from the customs and swordsmanship of the samurai. The Detroit Kendo Dojo was founded in 1996 by Yoshiteru Tagawa. This demonstration will include both a performance and a presentation. Children and youth are welcome to attend. Mr. Tagawa is a Kendo Hanshi 8th Dan, the highest rank in Kendo, and he is the only person to hold this title outside of Japan. For his long-term contribution to the development of Kendo overseas, he was awarded the Order of the Rising Sun, Gold Rays with Rosette by His Majesty the Emperor of Japan in 2024. This program is generously sponsored by American House Stone.

September 11 - A HISTORY OF THE 45TH DIVISION IN WORLD WAR II

Frank Cardimen, Professor at Oakland University

The 45th Division served in Africa, Sicily, Italy, France and Germany, ending up in Dachau at Germany's first prison camp. The presentation will cover the 180th



Regiment, in which Professor Cardimen's uncle fought. In Sicily, the 180th Regiment served under General George S. Patton, Jr. who commanded the United States 3rd Army. The battles and the experiences seen through the eyes of one soldier during three years of heavy fighting will remind us of the sacrifices our soldiers made in World War II.

September 18 - AN UPDATE ON THE MIDDLE EAST Gus Mondalek, International Affairs Expert

Renowned international affairs expert and popular lecturer Gus Mondalek will provide an in depth update on the Middle East. This presentation will feature an emphasis on Iran and Yemen, and political trends in the region. Gus will also address current headlines and happenings in the Middle East in order to provide the most up to date information for his audience. Attendees will come away with fact based knowledge of the region that only an experienced expert can provide. This program is generously sponsored by Autumn House.

September 25 – PRESIDENTIAL GREATNESS Professor Bruce Zellers, Retired Oakland University Special Lecturer

What does it mean to be a great president? Who are the men who have earned this title since the creation of the United States? What criteria do we judge them by? And what are the myths and facts that surround this designation of "greatness"? Join popular lecturer Bruce Zellers as he explores this topic and answers these questions. Audience members will learn about the different narratives that come into play when talking about presidential greatness. This program is generously sponsored by American House Stone.

October 2 – IMMERSIVE LIVE ANIMAL EXPERIENCE LegaSea Aquarium & The Reptarium Expert Animal Keepers

Approximately half of the population experiences some anxiety around snakes, and many are unfamiliar with other kinds of reptiles. The keepers at LegaSea Aquarium & The Reptarium are committed to breaking down the myths and fears surrounding these beautiful animals. Come and meet live reptiles of all kinds, from geckos, to snakes, to turtles, and even a baby alligator! Catch a glimpse of their gentle side, and see first-hand their amazing adaptations. Audience members will learn about the care of the different animals in captivity at the Reptarium, and will get to meet the animals in a safe and stress-free setting.

SPEAKER SERIES @ NEXT

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

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

October 9 - AN INTRODUCTION TO HAITI

Margareth Corkery, Co-Founder and Vice President of the Haitian Network Group of Detroit



Come and reach beyond the headlines and learn about the rich culture and history of Haiti. Co-founded in 1999 by Margareth Corkery, the Haitian Network

of Detroit (HNGD) is an organization designed to give Haitians and friends in the Metropolitan Detroit area the opportunity to exchange ideas, discuss current events and network. HNGD became a non-profit organization in 2003, and has sponsored and facilitated cultural events, publishes a newsletter called Zanmi Detroit, and supports the people of Haiti by donating to organizations and churches working in Haiti. This program is generously sponsored by American House Stone.

October 16 - THE EVOLUTION OF INFECTIOUS DISEASE

Dr. Fabia Battistuzzi, Researcher and Associate Professor at Oakland University

Infectious diseases affect every human being across the globe at some point in life. Whether these infections are the result of viruses, bacteria, or other organisms, they are changing and evolving along with us as we strive to keep ahead in the battle of prevention and treatment. Dr. Battistuzzi's research focuses on understanding when and how species have evolved, and investigating the connections between their genetic innovations and variations in environmental conditions. Join her at Next to learn more about both the history and future of infectious disease. This program is generously sponsored by United Wound Care Institute.



October 23 - UNDERSTANDING KOREA

Mi Kyung Cho (Dong), Executive Director of the Korean American Cultural Center of Michigan's Steering Committee



Come to Next for an insider's view into the culture, and history, of Korea. The Korean American Cultural Center of Michigan (KACCM) has successfully served the Korean

Community and community at large in the greater Detroit area since 1965. This longstanding organization provides a variety of Korean cultural activities, cultural exchange events, health programs, education and counseling services, Korean as second language (KSL), and English as second language (ESL) classes, and furthers cultural awareness and learning. This program will feature a look at issues facing Korea both at home and abroad.

October 30 - FARMS, TABLES, AND YOUR HEALTH

Dr. Fay Hansen, Biologist, Certified Organic Farmer, and Associate Professor at Oakland University

Harvest season is upon us, but what effect does that harvest have on your health?

Dr. Fay Hansen is here to explain the connections between farming, food, and human health and biology. She received her Certificate in Organic Farming

from Michigan State University in 2008, returning to campus to establish the Campus Student Organic Farming Program, which she now directs. Her goal is to help prevent cardiovascular disease and associated pathologies by increasing awareness of linkages between disease and the food system, including how sustainable food is produced, and how farming and food production practices affect both environmental and human health. This program is generously sponsored by Waltonwood University.





DETROIT SYMPHONY ORCHESTRA FRIDAY MORNING COFFEE CONCERTS ARE BACK!

Bus departs Next at 9:15 am,
returns about 1:30 pm
Please pre-register, space is limited.
Cost: \$65 members / \$70 guests

Friday, October 3

TROUPE VERTIGO

The DSO joins forces with Troupe Vertigo once again! Blending an eclectic and refreshing mix of visually stunning acrobatics with the power of a world-class orchestra, this performance promises an unforgettable experience that will leave you on the edge of your seat.

Friday, October 24

THE THREE MEXICAN TENORS

Bursting with charm and charisma, The Three Mexican Tenors take you on a riveting musical journey, backed by the DSO under baton of Enrico Lopez-Yanez. From operatic masterpieces like to beloved pop hits such as *You Raise Me Up* and *Time to Say Goodbye*, and more-celebrating the rich soul and passion of Mexican music.

Friday, November 21

THE BILLY JOEL SONGBOOK

Join the DSO and vocalist-pianist Tony DeSare for a symphonic celebration of Billy Joel's most iconic hits. With DeSare's signature vocals and dynamic piano style, experience the legendary songs of the Piano Man like never before-brought to life with full orchestral arrangements conducted by Enrico Lopez-Yanez.

MOTOWN MUSEUM

Wednesday, September 17 – MUST BE REGISTERED BY September 8

Bus leaves Next at 10:15 am, returns about 1:00 pm

Cost: \$ 50 members / \$55 guests (tickets are \$25)

Motown Museum is the ongoing heartbeat of the Motown legacy – a global tourist destination for music and history fans that celebrates the authentic story of Motown from its humble beginnings, to its emergence as the “Sound of Young America” and beyond. On your interactive tour, a personable guide will share interesting history that all took place within the space you stand. The museum will pause tours on October 1st 2025 for ONE YEAR to complete final expansion construction, so now's the time to visit this fabulous institution in its original pristine state!

UKRAINIAN AMERICAN ARCHIVES & MUSEUM & LUNCH AT THE BALKAN HOUSE

Friday, September 19

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

Cost: \$35 members / \$40 guests

The Ukrainian American Archives and Museum of Detroit, founded 1958, is a museum focused on Ukrainian immigration to the Detroit area, and Ukrainian culture, art, and contributions to the United States. Since their inception the UAAM has built a unique and diverse collection of thousands of rare and historical items as well as artifacts of artistic achievement. You will have 1 and ½ hours to experience and enjoy this warm and welcoming museum and great gift shop. Lunch on your own following the tour at The Balkan House in Hamtramck.

COMERICA PARK - BEHIND THE SCENES TOUR

Wednesday, September 24

Bus leaves Next at 10:00 am, returns about 1:45 pm

Cost: \$50 members / \$55 guests

Explore the iconic Comerica Park with an in-depth guided tour, the ultimate experience for Detroit Tigers fans and baseball enthusiasts alike. Located in the heart of Detroit, Comerica Park isn't just a baseball stadium; it's a Detroit landmark filled with history, unique features, and a vibrant game-day atmosphere. This guided tour is one and a half hours and includes multiple “behind the scenes” opportunities. Be sure to dress for the weather and wear comfortable shoes to take in all the sights.

ST. JOHN ARMENIAN CHURCH - SANCTUARY AND MUSEUM TOUR & LUNCHEON

Thursday, September 25 – MUST BE REGISTERED BY SEPTEMBER 10

Bus leaves Next at 9:15 am, returns about 2:00 pm

Cost: \$50 members / \$55 guests

“The Church with the Golden Dome”, has invited us again to experience their traditions, learn about their community, and this ancient culture. Enjoy a mesmerizing tour of the sanctuary, accompanied by music and tour the eight distinctive galleries of the Alex and Marie Manoogian museum. Following the tour, savor a traditional Armenian buffet luncheon. This event has a history of being a favorite, do not miss this opportunity!

YATES CIDER MILL

Thursday, October 9

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

Cost: \$20 members / \$25 guests

Get ready for fresh homemade donuts, crisp freshly pressed cider, a delightful selection of homemade baked goods, ice cream (the famous donut sundae), fudge and Michigan's oldest working water powered mill. Whether you're picking up a dozen doughnuts or sipping cider by the tranquil sights and sounds of the Clinton River, the experience is always “sweet” and memorable.



DAY TRIPS

MOST HOLY REDEEMER PARISH TOUR

Thursday, October 16

Bus leaves Next at 12:15 pm, returns about 2:45 pm

Cost: \$35 members / \$40 guests

Most Holy Redeemer Church in Southwest Detroit stands as a remarkable testament to both architectural grandeur and the rich cultural tapestry of its community. Designed by the esteemed Detroit architectural firm Donaldson and Meier, the church was constructed between 1921 and 1923 in the Roman basilica style, drawing inspiration from the Church of St. Paul in Rome. The exterior showcases a Romanesque façade. Inside, the church's interior is equally captivating. A significant architectural feature is the campanile, constructed around 1924 as a memorial to parishioners who died in World War I. Take a one hour guided tour, with Brother Daniel Tozzy, of this amazing sanctuary.

THE ZEKELMAN HOLOCAUST CENTER

Thursday, October 30

Bus leaves Next at 9:30 am, returns about 12:45 pm

Cost: \$30 members / \$35 guests

A visit to The Zekelman Holocaust Center is both educational and empowering and will teach you about one of history's darkest periods, inspiring you to create a better future. Deepen your understanding of the Holocaust at their 55,000 square foot museum, exhibits, artifacts, and library archive. We have allotted two hours to explore the core exhibit, current special exhibits, and their Doris & Eric Billes Museum shop.

FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

September 3 – HILLBILLY ELEGY

A Yale Law student reflects on his family's history and his own future after returning to his Appalachian hometown. Directed by Ron Howard, starring Glen Close, Amy Adams and Gabriele Basso, based on the book *Hillbilly Elegy: A Memoir of a Family and Culture in Crisis* is a 2016 memoir by JD Vance.

Rated R 1 hour 56 minutes

September 10 – NONNAS

After losing his beloved mother, Joe Scaravella (Vince Vaughn) risks everything to honor her by opening an Italian restaurant with actual nonnas -- grandmothers, as the chefs. Also starring Susan Sarandon, Lorraine Bracco, Talia Shire, Linda Cardellini, and Joe Manganiello. Rated PG 1 hour 54 minutes

September 24 – CUBA AND THE CAMERAMAN

Life in Cuba over the course of 45 years, from the cautious optimism of the early 1970s to the harrowing 1990s after the fall of the Soviet Union and the 2016 death of Fidel Castro. The focus is on three families and their growth and struggle.

Rated Documentary 1 hour 53 minutes

October 1 – RUSTIN

Bayard Rustin (Coleman Domingo), advisor to Martin Luther King Jr. (Aml Ameen), dedicates his life to the quest for racial equality, human rights and worldwide democracy. However, as an openly gay Black man, he is all but erased from the civil rights movement he helped build.

Rated PG 13 1 hour 36 minutes

October 8 – HITSVILLE: THE MAKING OF MOTOWN

A look at the birth of Motown in Detroit in 1958 until its relocation to Los Angeles in the early 1970s. Featuring rare performances, interviews and behind-the-scenes footage offer insight into the history and cultural impact of Motown Records. Rated TV14 1 hour 52 minutes

October 15 – THE PROMISE

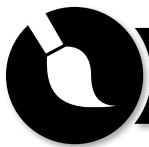
Brilliant medical student Michael (Oscar Isaac) meets beautiful dance instructor Ana (Charlotte Le Bon) in late 1914. Their shared Armenian heritage sparks an attraction that explodes into a romantic rivalry between Michael and Ana's boyfriend (Christian Bale), an American photojournalist. As the Ottoman Empire crumbles into war-torn chaos, their conflicting passions must be deferred. Rated PG 13 2 hours 13 minutes

October 22 – MARTHA

Exploring the breadth of her life through intimate interviews with Martha Stewart herself, who opens up her personal archives to share never-before-seen photos, letters and diary entries. Rated R – Documentary 1 hour 53 minutes

October 29 – WASTED! THE STORY OF FOOD WASTE

This punchy and informative documentary delves into the detrimental environmental impacts of food waste, the unsustainable practices surrounding food production, and the root of our global food waste problem – our eating habits. Told through the perspective of some of the most famous chefs including the late Anthony Bourdain. Rated TVMA 1 hour 25 minutes



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.

BASKET MAKING CLASSES ARE BACK!

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

SMALL MARKET BASKET WITH NOTCHED HANDLE

Wednesday, September 24 from

1:00 pm to 5:00 pm

Cost: \$60 members / \$65 guests

Classic market basket style with a notched handle and choice of color accent. 6" x 8.5" x 4" + handle



CLASSIC POTLUCK BASKET

Wednesday, October 22 from

1:00 pm to 5:00 pm

Cost: \$70 members / \$75 guests

Perfect size for a "dish to pass" or beautiful fill with pinecones or holiday greens. 12" x 12" x 4" + handle



HOLIDAY BASKET

Wednesday, November 12

from 1:00 pm to 5:00 pm

Cost: \$60 members / \$65

This charming wall basket with a woven tree features an oak bushel basket for hanging on the wall or door-knob. Embellishments include a star button, jingle bells and a cardinal.

6" wide x 7" tall



STUDIO ART CLASS - TUESDAYS

Tuesdays, September 9 through November 11 –

No class – September 23

Cost: 9 Week Series: \$165 members/ \$170 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 - THURSDAYS

Thursdays, September 11 through November 6

From 1:00 – 3:30 pm

Cost: 9 Week series: \$165 members/ \$170 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, September 11 and October 9 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.



AUTUMN HOUSE
BLOOMFIELD HILLS

25+ YEARS IN
SENIOR
LIVING



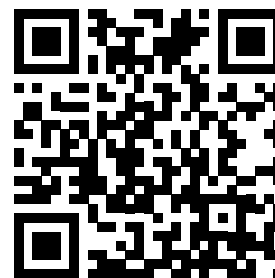
Grand Re-Opening!

Premier Independent & Assisted Living

- **Grow Old with Us:** Get the support you need as your care needs evolve—without the stress of relocating to a different apartment or building.
- **Fresh, Made-to-Order Meals:** Enjoy three daily meals from our new chef, featuring a healthy, updated menu—all prepared just for you.
- **In-House Care Team:** Our compassionate care team is carefully selected and employed directly by Autumn House Bloomfield Hills—never outsourced.
- **Onsite Medical Specialists:** From primary care to neurology, receive expert care right where you live, with visiting specialists who come to you.

Learn More & Schedule a Tour

248.723.6275 | info@autumnhouse-bh.com
6257 Telegraph Rd., Bloomfield Hills, MI 48301



autumnhouse-bh.com



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.

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

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

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!

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.

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.

BINGO

Monday, September 15 and October 6 and 20 at 1:00 pm

Admission cost: \$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

Cost: Complimentary members / \$5 guests

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

CHESS CLUB

Thursdays from 5:00 to 7:00 pm

Cost: Complimentary members / \$5 guests

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

BIRMINGHAM STAMP CLUB

Tuesdays, September 2, 16 and October 7, 21 at 5:30 pm

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

COIN CLUB

Wednesdays, September 17 and October 15 at 6:00 pm

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

COMPUTER LAB & LESSONS

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

We offer one-on-one computer instruction on one of our many computers 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

We will be offering screenings twice a month

Monday, September 8, Sept. 22, October 6 & October 20 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, Sept. 8th, and Oct. 13th 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.

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.



**WALTONWOOD UNIVERSITY
INDEPENDENT LIVING AND
ASSISTED LIVING TOUR
Rochester Hills, MI
Wednesday, September 10
Bus departs at 11:00 am**

This conveniently located property offers spacious one and two bedroom apartment homes with optional services, to private Assisted Living apartments for those needing more customized care. You can take part in a multitude of social activities or enjoy the cozy lounge and Library. What a way to enjoy the beginning of Fall!

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.

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.

LOW VISION SUPPORT GROUP

**Henry Ford Health Detroit Institute of
Ophthalmology**

**September 17 and October 15 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.



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ENRICHMENT

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

Mondays, September 8 and October 6 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The September book selection is *The Antidote* by Karen Russell, and *The Dream Hotel* by Laila Lalami in October. Register at Next — and Baldwin Public Library will provide the book.

NON-FICTION BOOK GROUP (via Zoom)

Tuesday, September 9 and October 14 at 10:00 am.

Facilitated by Jaclyn Miller, Associate Director of the Baldwin Public Library, join us to discuss *The Man Who Could Move Clouds* by Contreras Rojas in September, and *Whiskey Tender: A Memoir* by Deborah Jackson in October. 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, September 4, 18 and
October 2, 16 from 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!



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 care-givers. 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.

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.

FINANCIAL ASSISTANCE

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

MINOR HOME REPAIR for Beverly Hills & Birmingham Residents

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

FOUNDATION FOR BIRMINGHAM SENIORS

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

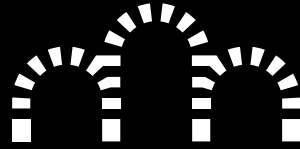
- Funding for minor home repairs such as handrail installations, plumbing, roof, electrical work, etc. These funds do not need to be repaid.
- Interest-free loans for major home repairs such as replacing a roof, furnace, windows, etc. These no-interest loans are repaid after the sale of the home.

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.

Ask About Our
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STREAMING @ NEXT!

JANE

Tuesday, September 2 at 10:30 am

Cost: Complimentary members / \$5 guests

At 91 years of age Jane Goodall is one of the most renowned conservationists on the planet. She will be meeting with audience members on September 9 at the Fisher Theater in Detroit to discuss her legacy and the ongoing need for conservation. This film tells the story of JANE, a woman whose chimpanzee research challenged the male-dominated scientific consensus of her time and revolutionized our understanding of the natural world. Set to a rich orchestral score from legendary composer Philip Glass, the film offers an unprecedented, intimate portrait of Jane Goodall — a trailblazer who defied the odds to become one of the world's most admired conservationists. Length: 1 hour, 30 minutes.

LORENA, LIGHT-FOOTED WOMAN

Tuesday, September 16 at 10:30 am

Cost: Complimentary members / \$5 guests

This short documentary film follows Lorena Ramirez, a long-distance runner from Mexico. Part of Mexico's Rarámuri community, Lorena blazes through 65 to 95 kilometre runs wearing her traditional sandals. Lorena quietly accepts her fame as an ultra-marathon athlete who regularly out-paces her competitors. Running is part of the culture of the Rarámuri people, and this documentary shows the integral role that running plays in the sometimes difficult lives of Lorena and her family. Length: 28 minutes.

THE ONLY GIRL IN THE ORCHESTRA

Tuesday, October 21 at 10:30 am

Cost: Complimentary members / \$5 guests

Double bassist Orin O'Brien never wanted the spotlight, but when Leonard Bernstein hired her in 1966 as the first female musician in the New York Philharmonic, it was inevitable that she would become the focus of much interest and fascination. Now 87 years old and recently retired, Orin looks back on her remarkable life and career, recognizing that the intensity and joy of an artist's craft can keep the candle of passion lit for a lifetime. This film, directed by Orin's niece, the Emmy-Award winning Molly O'Brien, follows the trailblazer as she winds down an incredible career. Length: 35 minutes.



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Joel and Judy Adelman, John and Sheila Brice, Jody Brooks, Connie Dugger, Muffy Ernster, Elaine Igno, Ruanne Opie, Haim Schlick, Myron Sedman, Senior Men's Club c/o Malcolm Hendy, David and Linda Underdown, and Anne Whitelaw.

PLANNED GIVING

Pat Meyers - Thank You! Thank You!

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

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Kathleen Tillson, Office Supervisor
Sara Callender, Staff Assistant
Bev Singer, Staff Assistant
Lauren Northrop, Marketing & Communications
Jolee Hentgen, Program Planner
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Sandy Catterall, Financial Administrator
Sandi Cassar, Support Services
Pat Brooks, Support Services
Kim Holmes, Facility Operations
Calvin Moss, Van Driver
Clement Travicz, Van Driver
Judy Murrell, Meals on Wheels

MEET OUR NEWEST MEMBERS

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

Margaret Caram, Jessica Chang, Inge Chen, Kevin and Mary Counihan, Dawn Daras, Harry Dillon, Ginny Haidle, Claudia Harlan, John Juroc, Laura Pierce Karmanos, Bozeny Lamparska, Marilyn Lehman, Diane Marrone and Suzanne Sadek, Jim Miller, Diana Moak, Joe and Rhonda Monro, Nada Montather, Elizabeth Mulligan, Pia Reddy, Steve and Marie Selander, Elyse Sutherland and Marcia Wachowiak.

WELCOME BACK

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

Joe and Janet Calcaterra, Josephine Dare, Diana Davis Schack, Moyra Garretson, Virginia Lafour, Daniel and Elaine McMahon, Jane Sigers, Gary and Mary Straffon, Marilyn Thomas, and Marianne Winters.

Our condolences to the family and friends of...

Kenneth Anderson, Margie DeCapite, Harry Pevos, Carolyn Sanders and Fran Stern

We are thinking of you...

Flora Acosta, Christine Burnard, Jacky Esper, Jack Lay and Dorothy Pfeifer.

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.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 LABOR DAY!	2 9:00 Low Impact Aerobics 10:00 Strength Training 10:30 Streaming: Jane 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 5:30 Stamp Club	3 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 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tennis - Mixed Doubles 1:30 Tai Chi Beginner 4:30 Pickleball 5:00 Movie: Hillbilly Elegy	4 9:00 Low Impact Aerobics 9:30 Palette & Brush Club 9:30 Writer's Corner 9:30 Pottery Studio 9:45 Hana's Garden & Lunch at Red Knapps American Grill 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 1:00 Travelogue on Colombia 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture and Live Demonstration: Kendo - Japanese Sword Fighting	5 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 12:30 Pickleball 1:00 Barre Balance 1:00 Pinochle 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles
8 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Cardio Dance 1:00 Popular Reads 1:00 Pinochle 1:00 Mah Jongg 3:00 Trivia Time! 4:00 Beginner Spanish 4:30 Pickleball 5:30 Parkinson's Support Group	9 9:00 Low Impact Aerobics 10:00 Strength Training 10:00 Non-Fiction Book Club 11:00 Womens Roundtable 12:00 Medication Management 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 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 6:00 Comedy Show with Robyn and Jason Gilleran	10 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 University Independent Living and Assisted Living 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Basket Weaving 1:00 Ask the Attorney 1:30 Tennis - Mixed Doubles 1:30 Tai Chi - Beginner 3:00 Beginner Tap Dance - New! 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: Nonnas	11 9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Strength Training 10:00 Photography Club 12:00 Canasta 12:30 Pickleball 1:00 Studio Art 1:00 Bowling League 1:00 Classic Michigan Food & Drink Lecture 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 A History of the 45th Division in World War II	12 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 12:30 Pickleball 1:00 Barre Balance 1:00 Pinochle 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles
15 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 1:00 Cardio Dance - New! 4:00 Beginner Spanish 4:30 Pickleball	16 9:00 Low Impact Aerobics 10:00 Strength Training 10:30 Streaming: Lorna 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Seed Bomb Project 1:00 Studio Art 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 Commission Candidate Forum	17 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up 10:00 Euchre 10:00 Needle Arts Open Studio 10:00 Double Deck Pinochle 10:15 Tour of Motown 1:00 Low Vision Support Group 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tai Chi - Beginner 1:30 Tennis - Mixed Doubles 3:00 Beginner Tap Dance - New! 4:00 Advanced Spanish 4:30 Pickleball 5:00 NO Movie 6:00 Coin Club	18 9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Medicare Educational Workshop 1:00 Studio Art 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Middle East with Gus Mondalek	19 9:15 Friday Fitness 9:30 Ukrainian American Archives & Museum & Lunch at The Balkan House 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi - Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg 1:00 Pinochle 1:30 Tennis - Mixed Doubles
22 9:30 Stretch & Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Pinochle 1:00 Cardio Dance 1:00 Mah Jongg 4:00 Beginner Spanish 4:30 Pickleball	23 9:00 Low Impact Aerobics 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Studio Art 1:00 Tea Around the World 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	24 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 10:00 Comerica Park Behind the Scenes Tour 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:00 Basket Class-Small Market Basket with Notched Handle 1:30 Tai Chi - Beginner 1:30 Tennis - Mixed Doubles 3:00 Beginner Tap Dance - New! 3:00 Bingo 2.0 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: Cuba and the Cameraman	25 9:00 Low Impact Aerobics 9:15 St. John Armenian Church-Sanctuary & Museum Tour & Luncheon 9:30 Pottery Studio 10:00 Strength Training 9:30 Palette & Brush Club 12:00 Canasta 12:30 Pickleball 1:00 Studio Art 1:00 Bowling League 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Presidential Greatness	26 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 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg 1:00 Pinochle 1:30 Tennis - Mixed Doubles
29 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 1:00 Cardio Dance 4:00 Beginner Spanish 4:30 Pickleball	30 9:00 Low Impact Aerobics 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Studio Art 1:00 Comparative World Religions - Session 1 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			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Needle Arts Open Studio 10:00 Limber Up 10:00 Double Deck Pinochle 10:00 Euchre 1:00 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tennis - Mixed Doubles 1:30 Tai Chi - Beginner 3:00 Beginner Tap Dance - New! 4:00 Advanced Spanish 4:30 Pickleball 5:00 Oktoberfest at Beverly Park 5:00 Movie: Rustin	2 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 Fireside Chat with B'ham Ass't Chief/Fire Marshal 12:00 Canasta 12:30 Pickleball 1:00 Studio Art- Session 1 1:00 Bowling League 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture and Demonstration: Immersive Animal Experience with LegaSea Aquarium & The Reptarium Staff	3 9:15 Friday Fitness 9:15 DSO - Troupe Vertigo 10:00 Limber Up 10:00 Tai Chi Intermediate 11:00 Tai Chi Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg 1:00 Pinochle 1:30 Tennis - Mixed Doubles
6 9:30 Stretch & Relax 10:00 Knitting & Crocheting 10:00 Limber Up 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Cardio Dance 1:00 Bingo 1:00 Pinochle 1:00 Popular Reads Book Club 1:00 Mah Jongg 3:00 Trivia Time! 4:00 Beginner Spanish 4:30 Pickleball	7 9:00 Low Impact Aerobics 10:00 Strength Training 10:00 Health Expo & Flu Shot Clinic 11:00 Pathway to Aging 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 12:30 Walk the Path of Dementia 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	8 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 1:00 Ask the Attorney 1:00 Pinochle 1:00 Balanced Yoga for Wellness 1:30 Tennis - Mixed Doubles 1:30 Tai Chi Beginner 3:00 Beginner Tap Dance - New! 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: Hittsville: The Making of Motown	9 9:00 Low Impact Aerobics 9:30 Palette & Brush Club 9:30 Pottery Studio 10:00 Strength Training 10:00 Photography Club 10:30 Yates Cider Mill 12:00 Canasta 12:30 Pickleball 1:00 A Concert of Audience Favorites 1:00 Bowling League 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: An Introduction to Haiti	10 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 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg 1:00 Pinochle 1:30 Tennis - Mixed Doubles
13 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Cardio Dance 1:00 Pinochle 1:00 Mah Jongg 4:00 Beginner Spanish 4:30 Pickleball 5:30 Parkinson's Support Group	14 9:00 Low Impact Aerobics 10:00 Non-Fiction Book Club 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Celebrate International Dessert Day (Potluck) 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 6:00 Performance: Trio for Flute, Violin & Cello Concert	15 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 1:00 Low Vision Support Group 1:30 Tai Chi Beginner 1:30 Tennis-Mixed Doubles 3:00 Beginner Tap Dance - New! 4:00 Advanced Spanish 4:30 Pickleball 5:00 Movie: The Promise 6:00 Coin Club	16 9:00 Low Impact Aerobics 9:30 Writer's Corner 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Strength Training 12:00 Canasta 12:15 Most Holy Redeemer Parish Tour 12:30 Pickleball 1:00 Bowling League 1:00 The Exotic & Different - Travel 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Evolution of Infectious Disease	17 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 12:30 Pickleball 1:00 Barre Balance 1:00 Mah Jongg 1:00 Pinochle 1:30 Tennis - Mixed Doubles
20 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 12:30 Pickleball 1:00 Cardio Dance 1:00 Pinochle 1:00 Bingo 1:00 Mah Jongg 4:30 Pickleball	21 9:00 Low Impact Aerobics 10:00 Strength Training 10:30 Streaming: The Only Girl in the Orchestra 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 1:00 Comparative World Religions - Session 2 1:30 Chair Yoga and Meditation 3:00 Jazz Club 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	22 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 Balanced Yoga for Wellness 1:00 Pinochle 1:00 Basket Class - Classic Potluck Basket 1:30 Tai Chi Beginner 1:30 Tennis - Mixed Doubles 3:00 Beginner Tap Dance - New! 3:00 Bingo 2.0 4:30 Pickleball 5:00 Movie: Martha	23 9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 10:00 Strength Training 12:00 Vascular Care 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Understanding Korea	24 9:15 Friday Fitness 9:15 DSO - The Three Mexican Tenors 10:00 Limber Up 10:00 Tai Chi - Intermediate 11:00 Tai Chi Beginner 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Barre Balance 1:00 Pinochle 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles
27 9:30 Stretch and Relax 10:00 Limber Up 10:00 Knitting & Crocheting 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Cardio Dance 1:00 Pinochle 1:00 Mah Jongg 4:30 Pickleball	28 9:00 Low Impact Aerobics 10:00 Strength Training 11:00 Womens Roundtable 12:00 Canasta 12:30 Socki 12:30 Partners Bridge 1:00 Quintet Cantabile 1:00 Studio Art 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	29 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 Balanced Yoga for Wellness 1:00 Pinochle 1:30 Tai Chi Beginner 1:30 Tennis - Mixed Doubles 3:00 Beginner Tap Dance - New! 4:30 Pickleball 5:00 Movie: Wasted! The Story of Food Waste	30 9:00 Low Impact Aerobics 9:30 Pottery Studio 9:30 Palette & Brush Club 9:30 The Zekelman Holocaust Center 10:00 Strength Training 12:00 Canasta 12:30 Pickleball 1:00 Bowling League 1:00 Tricks & Treats at Next 1:30 Chair Yoga and Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Farms, Tables, and Your Health	31 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 12:30 Pickleball 1:00 Barre Balance 1:00 Pinochle 1:00 Mah Jongg 1:30 Tennis - Mixed Doubles



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Start: 2:00 pm - Scramble Shotgun start

ACTIVITY

PAGE

Oktoberfest, Health Expo, Comedy with Robyn & Jason Gilleran, An Evening of Musical Entertainment.....	1
Happenings at Next	2-4
HFH	5
Fitness Offerings	6-7
Speaker Series	8-9
Day Trips.....	10-11
Feature Films.....	11
Art & Creativity	12
Cards, Tiles, Collectors	14
Health & Nutrition	15
Enrichment	16
Support Services	17
Streaming.....	19
Donations / Policy Reminders.....	21
Calendars	22-23

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