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SEPTEMBER/OCTOBER 2021

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

ENTERTAINMENT SERIES AT NEXT!

Let's get together and enjoy some great entertainers!
You're invited to kick back and relax while enjoying
these exciting performances.

NEXT ANNUAL OKTOBERFEST AT BEVERLY PARK

Thursday, September 23 at 5:00 pm

Cost: \$10 - Please register
by Friday, September 17



Please join us for the Next Oktoberfest,
an event to bring us together again to celebrate!
This festive Bavarian event will feature live music by
the AnTekes — and a tasty menu of brats, sauerkraut,
potato salad, streusel, beer and other beverages.

JEFFREY CAVATAIO PERFORMS AT NEXT!

Tuesday, October 5 at 6:00 pm

Cost: Complimentary members / \$5 guests

Jeffrey Cavataio is a classy,
modern day crooner with
an upbeat pop twist. Capti-
vating his audiences with
heartfelt original songs and
soulful renditions of many
of our favorites. He has
been compared to Michael
Buble, Josh Groban, Neil
Diamond and Dean Martin,
singers known for their expressive voices. We're hosting
Jeff as he prepares for his United States national tour and
the launch of his second album, *The Best of Stage and
Screen*. Please join us for a special evening with Jeffrey
Cavataio — a truly platinum performer!



TACO TUESDAY with AMIGOS!

Tuesday, October 19 at 12:00 noon

Cost: Complimentary members / \$5 guests

Let's get together and get our taco on! Join us to relax and
enjoy a fall afternoon with your Next friends. Tacos, tortilla
chips, salsa and a beverage — a delicious lunch for a
fun afternoon at Next!

BIRMINGHAM CITY COMMISSION CANDIDATE FORUM

Tuesday, September 21 from 6:00 to 7:30 pm
Complimentary, open to the community.

Please join Next in welcoming the seven candidates
vying for three open commission seats on the Birmingham
City Commission. This is your opportunity to hear first-
hand from each candidate and ask questions that are
important to you. The City of Birmingham is undergoing
many changes that will affect all of us. The Master Plan
currently being developed covers many topics — from
accessibility, roads, public spaces, residential zoning to
even outdoor Pickleball courts — and all are issues
important to Next members. This is your chance to learn
from each candidate and make an informed decision
before you cast your vote in the November election.

WE'RE BRINGING THE SILENT AUCTION TO YOU!

Monday, August 30
through Wednesday,
September 8

Open to the community!



We are excited to bring the Silent Auction to
Next! You'll have the opportunity to bid on many
one of a kind gifts, restaurant gift cards and
items from local stores. Bidding sheets will
be at Next and you can bid until 7:00 pm on
Wednesday, September 8 when the Auction at
Next closes!

The Golf Classic is on September 10 at Spring-
dale Golf Course with a scramble format and
shotgun start at 2:00 pm. The Silent Auction
at the Golf Classic will have special items only
available at the tournament. Check the Next
website for additional information.



HAPPENINGS AT NEXT

HENRY FORD: LIFE & TIMES

Thursday, September 9 at 12:30 pm

Cost: Complimentary members / \$5 guests

Todd Bryan, a historian from the Henry Ford Heritage Association, will give you a biographical look at Henry Ford and his accomplishments both inside the Ford Motor Company and beyond. To learn about Detroit's own Mr. Ford, join us for this exciting opportunity.

COOKING MATTERS

with Gleaners Community Food Bank

Thursday, September 16 at 12:00 noon

Cost: Complimentary members / \$5 guests

Representatives from Gleaners will share tips for saving time and money when buying and preparing healthy snacks. Participants will learn how to make healthy, homemade snacks, how to read food labels, and how to identify healthier choices when choosing prepackaged snacks. Come eager to learn and leave with an arsenal of ideas and a grocery gift card!

TRIVIA TIME!

Mondays, September 20 and October 18
from 4:00 to 6:00 pm

Cost: Complimentary members / \$5 guests

Enjoy an afternoon of trivia with a professional trivia host. Teams of four will enjoy friendly competition with a chance to win bragging rights.



MY MOTHER'S VOICE

with Storyteller and Author, Judy Sima

Thursday, October 7 at 12:00 noon

Cost: Complimentary members / \$5 guests

Judy Sima shares the compelling story of her mother, Elsa Mosbach, when she encountered the Gestapo on Kristallnacht, the Night of Broken Glass in Nazi Germany. She will share her mother's harrowing escape and adjustment to America. Then, Judy will describe the research she did to chronicle her mother's journey. Using "Conversation Starters" participants are free to reminisce and share stories about their parents. Participants are encouraged to take the "Conversation Starters" home to continue these conversations. After the presentation, everyone will leave with a warm feeling after hearing these stories and bringing their own special memories back to life!

BLOODY SUNDAY: A Documentary Film with Professor Peter Trumbore, Oakland University

Thursday, October 13 at 5:00 pm

Cost: Complimentary members / \$5 guests

Professor Trumbore will join us for this event. He introduced us to the roots of Northern Ireland's conflict, the tenuousness of peace and how Brexit has reignited tensions in the area at his Next presentation in May. Learn more about the story of the 1972 Bloody Sunday shootings in Derry from the perspective of the protestors as well as the British soldiers. Attendance at the May presentation is not necessary — this movie will tell the story. After the film, Professor Trumbore will field questions and share his perspectives.

CITY OF CHAMPIONS:

A History of Triumph and Defeat in Detroit

Wednesday, October 20 at 12:30

Cost: Complimentary members / \$5 guests

City of Champions explores the stories of the city's most gifted athletes and most celebrated teams. *Soccernomics* authors, Stefan Szymanski and Sile-Maria Weineck show how the fate of Detroit teams is echoed by the rise and fall of the car industry, political upheavals related to the Depression, WWII, the 1967 Uprising — and more recent bankruptcy and renewal. *City of Champions* demonstrates that sports mirror society and help define a city's sense of self. Please join us for this exciting program on Detroit through the lens of the city's major sporting events!

TUESDAY JAZZ

Tuesdays from 2:30 to 4:00 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!

MEET OUR NEWEST MEMBERS...

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

Jim Allen, Richard Ambrow, Sr., Elaine Bryant, Robert Brzuchowski, William and Juanita Burrell, Donna Censoni, Mary Ann Christ, Laurie Cooper, Chizuko Donovan, Mark and Nena Downing, Kuni Ganguly, Amelia Hakim, Dennis Harrington, John Honkala, Elizabeth Jackson, Gregory Judd, Elaine Lahiri, Jack Lockman, Donna Mirabito, Judith Paskiewicz, Laura Roby, Diana Schack, Fremont and Paddy Scott, David and Sheila Stock, Brenda Supuwood, Rodger Webb, and Ronnie Weisman.



DAY TRIPS

ST. JOHN ARMENIAN APOSTOLIC ORTHODOX CHURCH

Wednesday, September 22 – Registration required
Bus leaves Next at 9:15 am, returns about 2:00 pm

Cost: \$40 member / \$45 guests



“The Church with the Golden Dome”, has invited us 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 Alex and Marie Manoogian Museum, the largest

Armenian museum in North America. Models will be showcasing authentic costumes from the 13th to 19th century, as part of their “Heritage Collection.” Relics from this museum were recently shared at the Metropolitan Museum of Art in New York. After the tour, savor a traditional Armenian buffet luncheon. Baked goods will also be available for sale. This trip proves to be a favorite, so if you haven’t done it, here’s your opportunity.

BEYOND VAN GOGH

Thursday, September 30 - Registration required
Bus leaves Next at 10:00 am, returns about 1:00 pm

Cost: \$45 member / \$50 guests

Experience an imaginative and immersive presentation crafted for our unique times by world renowned audiovisual designers. Beyond Van Gogh uses cutting-edge projection technology to create an engaging journey



into the world of Van Gogh. Using his dreams, his thoughts and his words to drive the experience as a narrative, we move along projection swathed walls wrapped in light, colour, and shapes that swirl, dance and refocus into flowers, cafes and landscapes. Masterpieces, now freed from frames, come alive, appear and disappear, flow across multi-surfaces, the minutia of details titillating our heightened senses. Through his own words set to a symphonic score, we may come to a new appreciation of this tortured artist’s stunning work. Beyond Van Gogh is an amazing walk-through exhibition that allows for 6-ft distance between all attendees. This is a completely new way of encountering art!

VICTORIAN WALKING TOUR: The Old Pioneers of Birmingham - Greenwood Cemetery

Wednesday, October 6 - Registration required
Bus leaves Next at 12:45 pm, returns about 2:15 pm

Cost: \$5 member / \$8 guest

Tour guide and Next member Linda Buchanan will lead an hour long tour of Historic Greenwood (1825) Cemetery and discuss Birmingham’s earliest residents such as the Utter Family, John West Hunter, Martha Baldwin and many more! This will be held outdoors, please dress accordingly, and wear your walking shoes! Rain day will be Thursday, October 7.



FRANKLIN CIDER MILL

Thursday, October 21 - Registration required
Bus leaves Next at 11:00 am, returns about 12:30 pm

Cost: \$5 member / \$8 guest

It’s that time of year once again. The season that we all know and love so well as Michiganders. The harvest air is crisp, apples are abundant, and nothing sounds better than fresh cider and warm donuts! This calls for a trip to Franklin Cider Mill. While we are there



you can pick up traditional baked goods, nuts, preserves, jams and jellies, the highly sought after Stakish honey — and possibly even a caramel apple. “Keep the Doctor away” with a 1/2 peck or a bushel of Michigan Honey Crisp, Crimson Crisp, Cortland, Empire and Mackintosh. Leaves are falling, autumn is calling!

DAY TRIP & OVERNIGHT TRAVEL POLICIES

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



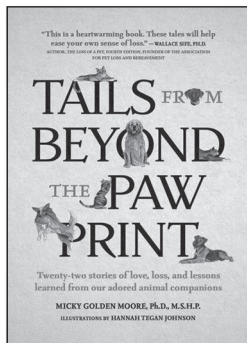
HEALTH SERIES

BEYOND THE PAW PRINT

Thursday, September 23 at 1:30 pm

Cost: Complimentary members / \$5 guests

So often people are left to grieve the loss of a beloved animal companion in silence and isolation. Dr. Micky Golden Moore created the pet loss support group, Beyond the Paw Print. She will share her story and how it inspired her to form this unique group and write *Tails from Beyond the Paw Print*, that will be available for purchase. She will also provide insights to help you cope with the grief that accompanies such a loss.



GETTING HEALTY - STAYING HEALTHY

Special offering at the HealthExpo & Flu Shot Clinic

Tuesday, September 28 at 12:00 noon

Cost: Complimentary members / \$5 guests

We live in a germ filled world. Our bodies are designed to heal themselves, when we give them the tools they need. Learn how to boost your immune system to better enable your body to naturally protect you from illness. This class will arm you with the knowledge you need to treat and prevent setbacks in your health. Presented by Aaron Wallace, CEO of Balance Your Fitness.

PUT YOUR BEST BRAIN FORWARD:

How To Keep Our Brains Healthy As We Age

Wednesday, October 13 at 1:30 pm

Cost: Complimentary members / \$5 non-members

Just like we make time to go to the gym to strengthen our muscles and keep our bodies as healthy and strong as possible, we also need to give our brains regular exercise to fight normal cognitive changes that come with aging in order to optimize our cognitive abilities. Join Lynn Breuer, LMSW, and Joely Lyons, LLMSW for a fun, informative and interactive presentation on the aging brain's health and wellness, including a discussion of lifestyle factors that impact brain health as well as an update on the most recent non-pharmacological interventions. You'll also have the opportunity to learn about and try evidence informed cognitive training exercises. And best of all — no workout clothes required!!

DETOXING YOUR BODY AND YOUR HOME

Wednesday, October 27 at 12:30 pm

Cost: Complimentary members / \$5 guests

Aaron Wallace, CEO of Balance Your Fitness, returns to Next to share his expertise about how to live life at your highest potential. This talk centers around what you can do to clear your body and home of the toxins that prevent healthy living and recovery. You may be surprised how simple it is to achieve this goal!



THE BEST OF CURRENT STREAMING AT NEXT

THE MOVIES THAT MADE US

Wednesdays at 11:00 am

Cost: Complimentary members / \$5 guests

In the 1980s and 90s, these blockbusters brought us together and gave us the time of our lives. Meet the actors, directors and industry insiders who made them happen. Each episode of this docuseries, focuses on a specific movie, telling the tale of how it was made from beginning to end. Each episode begins by discussing the origins of the featured film and then moves on to the actual production of the flick, including challenges and detours along the way. After learning how the movie was made from beginning to the end, the episode will end with a discussion of the impact the movie had when it was released.



September 1 - "Dirty Dancing" (1987)

September 8 - "Home Alone" (1990)

September 15 - "Ghostbusters" (1984)

September 22 - "Die Hard" (1988)

September 29 - "Back to the Future" (1985)

October 6 - "Pretty Woman" (1990)

October 13 - "Jurassic Park" (1993)

October 20 - "Forest Gump" (1994)



FITNESS OFFERINGS

TAI CHI FOR HEALTH

Fridays from 10:00 to 11:00 am

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

Cost 1 drop-in class: \$10

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

LINE DANCING! JOIN THE FUN!

Mondays from 10:15 am to 12:00 noon

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

Cost 1 drop-in class: \$10

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

LIMBER UP

Mondays, Wednesdays and Fridays at 10:00 am

Cost: Complimentary

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

CHAIR YOGA with Karen Lutz

Wednesdays at 1:00 pm

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

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

MAT YOGA with Karen Lutz

Tuesdays from 4:00 to 5:00 pm

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

All levels are welcome to join Karen Lutz, E-RYT to learn gentle, adaptable yoga moves that help improve your breathing practices, core strength, balance and flexibility.

MINDFULNESS & MEDITATION with Karen Lutz

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

Cost: Complimentary - Donations to Next appreciated.

Begin or deepen your meditation practice in a safe, welcoming environment with Karen Lutz, E-RYT.

FRIDAY FITNESS with Caryn Ciagne

Fridays from 9:00 to 10:00 am

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

Let's move around the Seaholm track together and utilize the fence and benches and other props for stretches and strength work. Park and check-in at Next.

CHAIR YOGA & MEDITATION with Caryn Ciagne

Tuesdays and Thursdays from 1:00 to 2:00 pm

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

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

WEDNESDAY FLOW YOGA with Caryn Ciagne

Wednesdays from 9:15 to 10:15 am

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

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

TENNIS LEAGUE - MIXED DOUBLES

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

Resumes September 15

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 9:30 am - Cost: \$10 - Members only

All levels welcome for bowling and camaraderie at Country Lanes at 30250 West Nine Mile Road, Farmington Hills. Cost includes three games, shoes and coffee. No need to register, just drop in. Contact Bob Borgon at 248-388-1191 for more information on the submission.

PICKLEBALL

Cost: Complimentary - Members only

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

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

THE JEFFARES SPEAKER SERIES

PLEASE NOTE: We have updated our website! Speakers can now be found under the Activities tab in the Speakers category.

September 2 - NO SPEAKER HAPPY LABOR DAY!

September 9 - THE GOOD ROADS MOVEMENT IN MICHIGAN - 1888 to 1926 Jim Craft, B.A., M.A., Historian

In 1890, the United States had perhaps the worst road system of any developed country. Impassable at times due to mud, most roads in America were dusty and rutted, serving only very local functions.



By the mid-20s, the United States had developed a well-funded system that integrated local, state and federal government aid to create the massive road network we take for granted. Jim will explain the events that led to the change, as well as discuss the importance of the bicycle, the Model T and the central role farmers played in the Good Roads Movement.

September 16 - VLADIMIR PUTIN Henry Quinlan, Russian Historian, Attorney & Publisher

After living in the Soviet Union and his involvement with Russian and American leadership, Mr. Quinlan takes a deeper look at the life and career of Vladimir Putin. He will explore the reasons for his long-standing popularity and the challenges the United States has faced working with Putin. We will hear some unbelievable stories about the FBI, KGB, State Dinners with Presidents Bush and Gorbachev — as well as a firsthand look at the collapse of the Soviet Union.



NEXT ANNUAL OKTOBERFEST AT BEVERLY PARK

Thursday, September 23
at 5:00 pm - Cost: \$10
Please register by
Friday, September 17

Please join us for the Next Oktoberfest, an event to bring us together again to celebrate! This festive Barvarian event will feature live music by the AnTekes — and a tasty menu of brats, sauerkraut, potato salad, streusel, beer and other beverages.



September 30 - MICHIGAN'S ATTORNEY GENERAL Attorney General Dana Nessel, B.A., J.D. - State of Michigan

Dana Nessel has championed justice both before and after becoming Attorney General. A graduate of Wayne State University Law School, she served in the Wayne County Prosecutor's Office. Afterward, in private practice, she represented a lesbian couple in a groundbreaking adoption case that eventually led the U.S. Supreme Court legalizing gay marriage throughout the country. As attorney general, Nessel formed a Hate Crimes Unit and an Elder Abuse Task Force. She has worked to protect consumers and sued manufacturers of PFAS pollutants. A Democrat, she is the first openly LGBTQ person to be elected to statewide office in Michigan and the first Jewish person to be Attorney General of Michigan.



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Presented by Stuart Jeffares at Max Broock Realtors

Join us on Thursdays at 6:00 pm

Cost: Complimentary members / \$5 guests



October 7 - 19th CENTURY ORIGINS OF FOOTBALL

Jim Craft, B.A., M.A., Historian

Let's go watch a game of football! Yes, but which one — gridiron, soccer, rugby union, rugby league, Gaelic, Australian Rules, Canadian? We all know there are several types of football. What is less



well known is that the games of football came from "folk football" that developed in the British "public schools" in mid-19th century — and that those "public school" games had themselves sprung from games that existed for a thousand years in Britain. Jim will discuss how the games evolved from "folk football," a pastime almost devoid of rules that could have more than 100 participants and played on fields with goals several miles apart. And he will share the fascinating tale of how different approaches to improving the game lead to the modern games of soccer, rugby and American football by the first decade of the 20th Century.

October 14 - WASHINGTON UPDATE ???

Representative Haley Stevens, B.A. - United States House of Representatives

Representative Stevens comes to share updates and highlights from her first term in Congress. She has been passionate about serving Michigan families with a reputation of getting problems solved when no one else could. Representative Stevens will share her goal of strengthening the regional economy and her passion as co-founder of the first-ever Congressional



Women in STEM Caucus and as Chairwoman of the Research & Technology Subcommittee of the House Science, Space & Technology Committee. She will also discuss other important issues she is working on including the Patient Protection and Affordable Care Enhancement Act, the Child Care Stabilization Fund, plastics recycling and efficient mobility options for Michiganders.

October 21 - SOCIAL JUSTICE

Autumn Campbell & Dawn Espy, Justice Leaders Collaborative

Justice Leaders Collaborative believes it is our human responsibility to work toward social justice — the dismantling of systems of privilege and oppression — in all areas of our life. The peacock feather in the Justice Leaders Collaborative logo represents the "awakening" of a social justice consciousness, which is the first step of transformation in the



Justice Leaders
COLLABORATIVE

creation of a more just society. Their goal is to do their part to contribute to a world free of injustice and committed to collective liberation. In this presentation, we will be introduced to the concepts of Microaggression and Implicit Bias, behaviors that are often automatic or unintentional and can occur on a daily basis.

October 28 - AMERICAN COUNTRY MUSIC

Henry Feinberg, Composer, Musician & Instructor - Oakland Community College

Along with Jazz and Blues, Country Music has existed from the beginnings of recorded music. Unlike the first two, scholars, critics and the cultural elites haven't fully embraced it. In this exciting lecture



you will discover country's folk background through vintage recordings. Via these recordings and classic photos, you will travel from the British Isles to the American South where musicians like The Carter Family, Jimmy Rodgers, Lefty Frizzell and Hank Williams created the form and style that influenced later country musicians such as Johnny Cash, Willie Nelson and Dolly Parton. You will also be listening to country-influenced rock musicians such as The Rolling Stones, The Grateful Dead, The Allman Brothers, Bob Dylan and others. Come hear why Country Music is one of the most listened styles of music in the US.

248.321.2120 TheJeffaresGroup.com 275 S. Old Woodward, Downtown Birmingham



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.

DRAWING WORKSHOP

**Mondays, September 20 through October 11
from 1:00 pm to 3:00 pm**

Cost 4-week class: \$50 members / \$55 guests

Have you always wished you could draw? In this upbeat workshop, you will practice exercises from *Drawing on the Right Side of the Brain* and discover new talents and capabilities. Learn how both sides of your brain guide you in different ways, building confidence along the way. When you see an amazing drawing, you recognize the techniques and skills required. A skilled artist can make ordinary things look amazing! All levels are welcome to join artist and instructor Kay Sulfaro in this four-week drawing workshop. Supply list is available in the Next office.

MATISSE, BUTTERFLIES & SCISSORS

**Mondays, October 18 through November 8
from 1:00 pm to 3:00 pm**

Cost 4-week class: \$55 members / \$60 guests

Join artist and instructor, Kay Sulfaro as we meet and explore Henri Matisse and his works. Matisse was an amazing artist who mastered drawing, painting, sculpture, and the paper cut-outs that most everyone has seen. We will discuss his artistry and examine his fascinating paper cutouts that display such talent with color and design. Then, we'll take our scissors to play with colors, designs, and patterns. With Matisse as our guide, we'll focus on butterflies as our inspiration to create with balance, rhythm, emphasis, contrast and movement. Supply list is available in the Next office.

MIXED MEDIA: Collage Assemblage - NEW!

**Mondays, September 20 through November 8
from 5:00 to 7:00 pm**

Cost 8-week class: \$120 members / \$128 guests

Next welcomes mixed-media artist and instructor Marat Paransky — whose studio practice includes sculpture, painting, drawing, photography and other media. Marat's artwork falls into one of several themed projects including research-based work on social issues, text pieces about the artworld and more spontaneous assemblages of found materials. Which is the most playful and absurd of the visual arts, you ask? It is, of course, collage and assemblage! This class will cover the techniques and thinking behind 2D collage, 3D assemblage and everything in between. There will be technical instruction through demos, discussion of examples in books and slideshows and studio time to work on projects. Students will need to scavenge for their own raw materials and purchase some basic supplies. All skill levels welcome and a supply list is available in the Next office.

PAINTING WITH ACRYLICS & OILS

**Tuesdays, September 21 through November 23
from 9:30 am to 12:00 noon**

Cost 10-week class: \$175 members / \$185 guests

Artist and instructor, Karen Halpern guides beginner through advanced students as they paint varied subjects in several styles. There will be assignments, examples of noted artists' work, instruction about color theory, painting techniques, and design information, as it pertains to the lessons. Individual attention, positive feedback, and personal encouragement, will help you develop your work. You will learn fundamentals of developing art based on the history of art ideas. The supply list is available in the Next office and all supplies should be brought to the first class.

WATERCOLOR PAINTING WORKSHOP

**Wednesdays, September 22 through December 1
from 2:00 to 4:00 pm - No Class November 24**

Cost 10-week class: \$145 members / \$155 guests

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

STUDIO ART

**Thursdays, September 23 through December 2
from 1:00 to 3:30 pm - No Class November 25**

Cost 10-week class: \$175 members / \$185 guests

Students will choose a piece of art to work on and use materials they are experienced with such as acrylics, oils, watercolors or collage. Instructor Karen Halpern will foster critical thinking and make suggestions to guide students as they advance with the individualized project. Karen's goal is to broaden students' viewpoints and develop skills and knowledge. Students should bring your own subject, reference material, supplies and a lightweight portable easel, if you work upright. Returning students, plan to start a fresh piece of work this semester. Class size limited to 12 students.

PHOTOGRAPHY CLUB

Tuesdays, September 21 and October 19
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. For information, contact Ed Morykwas at Ed@riveroftime.net or Joyce Harding at joyceharding6@gmail.com.

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 - Resumes September 16

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

POTTERY OPEN STUDIO

Thursdays from 10:00 am to 12:30 pm

Enjoy the Open Studio to develop your beautiful pottery projects.

PAINTING OPEN STUDIO

Fridays from 11:30 am to 2:30 pm

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



Care beyond the Hospital

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

WOODWARD HILLS

AN OPTALIS HEALTH & REHABILITATION CENTER

39312 Woodward Ave., Bloomfield Hills, MI 48304
248-644-5522

EVERGREEN

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FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

September 1 - *A LEAGUE OF THEIR OWN*

A professional all-female baseball league springs up in the Midwest during World War II, funded by a publicity-hungry businessman. Sisters, Dottie Hinson (Geena Davis), and Kit Keller spar with each other, scout Capadino and grumpy coach Jimmy Dugan (Tom Hanks) on their way to fame.

Rated PG 2 hours 8 minutes

September 8 - *BIG NIGHT*

Primo and Secondo are brothers who have emigrated from Italy to open an Italian restaurant in America. Primo is the irascible, gifted chef. Secondo is the smooth front-man, trying to keep financially afloat, despite few patrons. The owner of the nearby Pascal's restaurant, successful despite its mediocre fare offers a solution — a popular musician to play a benefit.

Primo prepares the Feast of a Lifetime for the exciting night!

Rated PG 2 hours 8 minutes

September 15 - *SPINNING PLATES*

This is a documentary about three extraordinary restaurants. A cutting-edge restaurant named the seventh-best in the world whose chef must battle a life-threatening obstacle to pursue his passion. A 150-year-old restaurant still standing because of the unbreakable bond with its community. A fledgling Mexican restaurant whose owners are risking everything just to survive and provide for their young daughter. Stories of family, legacy, passion and survival reveal how meaningful food can be!

Rated G 1 hour 33 minute

September 22 - *THE TOMORROW MAN*

Ed Hemsler (John Lithgow) spends his life preparing for a disaster that may never come — and Ronnie Meisner (Blythe Danner) spends her life shopping for things she may never use. These two people will try to find love while trying not to get lost in each other's stuff.

Rated PG13 1 hour 34 minutes

September 29 - *WORLD WAR I - AMERICAN LEGACY*

This top documentary film vividly shows the stories of the men and women who served, reminding Americans of their impact on our country. From the summer of 1914 to November 1918, the Great War cost over 14 million lives. Filmed in high-definition and full of period music, photographs and monuments, *World War I - American Legacy* includes images never seen before.

Narrated by David Carradine.

Not rated 1 hour 52 minutes

October 6 - *LARRY CROWNE*

Until he was downsized, affable, amiable Larry Crowne (Tom Hanks) was a superstar team leader at the big-box company. Underwater on his mortgage and unclear on what to do with his free days, Larry heads to his local college. There he becomes part of a colorful community of outcasts all trying to find a better future. The simple guy will come to learn an unexpected lesson: When you think everything worth having has passed you by, you just might discover your reason to live.

Rated PG13 1 hour 56 minutes

October 13 - *BLOODY SUNDAY: A Documentary Film with Professor Peter Trumbore, Oakland University*

Professor Trumbore will join us for this event. He introduced us to the roots of Northern Ireland's conflict, the tenuousness of peace and how Brexit has reignited tensions in the area at his Next presentation in May. Learn more about the story of the 1972 Bloody Sunday shootings in Derry from the perspective of the protestors as well as the British soldiers. Attendance at the May presentation is not necessary — this movie will tell the story. After the film, Professor Trumbore will field questions and share his perspectives.

Rated R 1 hour 51 minutes

October 20 - *NOMADLAND*

Following the economic collapse of a company town in rural Nevada, Fern — played by Frances McDormand, winner of the Oscar for Best Actress — packs her van and sets of exploring a life as a modern-day nomad. Along the way, Fern develops relationships with friends and mentors as she navigates the vast landscape of the American West.

Rated R 1 hour 50 minutes

October 27 - *PSYCHO*

Marion Crane is fed up with the way life has treated her. She has to meet her love Sam on lunch breaks and they cannot get married because Sam has to give most of his money away in alimony. Marion is trusted to bank \$40,000 by her employer. Seeing the opportunity to take the money, Marion leaves town and heads towards Sam's California store. Caught in a storm, she gets off the main highway and pulls into the Bates Motel. The motel is managed by a quiet young man called Norman who seems to be dominated by his mother.

Rated R 1 hour 49 minutes



ENRICHMENT

POPULAR READS BOOK CLUB via Zoom

Mondays, September 13 and October 4 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The September book selection is *Who is Maud Dixon?* by Alexandra Andrews — and the October book selection is *The Other Black Girl* by Zakiya Dalila Harris. Register at Next — and Baldwin Public Library will provide the book.

NON-FICTION BOOK GROUP via Zoom

Tuesdays, September 14 and October 12 at 10:00 am

Facilitated by Mick Howey, Adult Services Librarian, join us to discuss *The Lady from the Black Lagoon* by Mallory O'Meara in September — and *Stony the Road* by Henry Louis Gates 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 2, 16 and October 7, 21
from 9:30 to 11:00 am

Join Next members who love to gather and share their common interest in writing. Read your material and get constructive feedback. The first meeting of the month will take place in person at Next. The second meeting will be conducted via Zoom. For additional information, contact facilitator Sara Burnside at 248-649-1813.

CURRENT EVENTS DISCUSSION GROUP

Fridays at 12:00 noon

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



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CARDS, TILES & COLLECTORS CLUBS

MAH JONGG

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

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

AMERICAN MAH JONGG LESSONS

Wednesdays, September 22, 29 and October 6, 13
from 2:00 to 4:00 pm

Cost: \$35 members / \$40 guests

Join the excitement of learning the game of Mah Jongg with Rackeline Hoff, an experienced teacher who enjoys teaching the game. Mah Jongg is a table game that originated in China and is played with a colorful set tiles. You will find Mah Jongg to be a challenging game of both chance and strategy and it's sure to be one you will enjoy learning. Participants will need to bring with them a 2021 National Mah Jongg card or you can purchase one from the instructor for \$9 on the first day of class.

PINOCHLE...come and join the fun!

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

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

SOCKI

Tuesdays from 12:30 to 2:30 pm

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

BINGO

Mondays, September 20 and October 4, 18 at 1:00 pm

Admission cost: Complimentary members / \$2 guests

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

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

BRIDGE...for everyone at every level!

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

Facilitator Al Rosie

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

Come with your partner. Experienced players, please.

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

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

CHESS CLUB

Thursday evenings from 4:00 to 6:00 pm

Cost: Complimentary members / \$5 guests

This club seeks to bring together people who have an interest in chess and wish to advance their skill, regardless of prior experience. All are welcome. For additional information, please contact Chris Dow at 248-647-0728.

CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

BIRMINGHAM STAMP CLUB

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

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

COIN CLUB

Wednesday, September 15 and October 20 at 6:00 pm

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

COMPUTER LAB & LESSONS

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

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



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SUPPORT SERVICES

ASK THE ATTORNEY

Tuesdays, September 7 and October 5 from 1:00 to 1:45 pm

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

TRANSPORTATION

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

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.

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.

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Monday, October 4 from 11:00 am to 12:00 pm

Cost: Complimentary - No appointment is required.

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

MEDICARE/MEDICAID GUIDANCE

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

VISION ENRICHMENT SUPPORT GROUP

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

MEALS ON WHEELS

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

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, September 13 and October 11 at 6:00 pm

The South Oakland County Parkinson's Support Group, sponsored by the Michigan Parkinson's Foundation, is a group of people who meet to learn more about Parkinson's disease and the services available. This group brings together people with a common bond. So many people say, "And I thought I was the only one with this problem." Come for camaraderie, support, and learn from each other. Groups include people with PD, care partners, friends, families and health professionals. Facilitated by the Michigan Parkinson's Foundation staff and Steve McMahon, an individual who has Parkinson's. For more information call 248-433-1011.



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YOUNGER ONSET DEMENTIA & ALZHEIMER'S CAREGIVER SUPPORT GROUP

Wednesday, September 15 and October 20
from 5:30 to 7:00 pm

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

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.

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.



Pomeroy Independent Living

Wednesday, September 8 - Bus departs at 11:00 am

This is where senior life happens. A beautiful place where active seniors can stay well and participate in the activities they enjoy. Pomeroy hosts a full continuum of Senior Living Communities. All this in an upscale environment. A place to build long-lasting friendships.

Samaritis Senior Living of Bloomfield Hills

Wednesday October 13 - Bus departs at 11:00 am

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NEXT COVID PROTOCOLS

- ▶ We require those not fully vaccinated to wear a face mask for their own protection and the protection of fellow members and the staff. Masks are optional for fully vaccinated people.
- ▶ Please sign-in using the kiosk outside the office door. In the event we need to contact members for a health alert, this will allow us to know who and when members are in the building.
- ▶ Room capacity protocols are still in effect making registration for upcoming programs very important to be sure we have availability.
- ▶ Members may bring in your own snack or purchase food from the Deli. If you intend to share food it must be individually wrapped.

THANK YOU FOR SUPPORTING NEXT!

MEMORIAL GIFTS

Don and Patti Brundirks
in memory of Lorraine (Owiesny) Smith

INDIVIDUALS

Joel and Judith Adelman, Christine Allen,
Judy Bisignano, Don Bratt, Helen Cook,
Martin Darvick, Roxane Knier, Pat Meyers,
Helen Reilly, Ed and Joanne Schouten,
Antoinette Segitz, John and Sue Stoll,
and David Underdown.

GOODS & SERVICES

Geoff Butler, Robin Fenberg,
Tina Franco, Mike Matuszewski,
Joan Pettigrew, Kathleen Schein
and Judy Valovich.

**Our condolences to the family
and friends of...** Chuck Green, Semaj Jorgan,
Irene Kutosh and Marilyn Zuro.

Our thoughts are with you...
Phyllis Clark, Marcia Cook, Bobbi Hess,
Dolores Kornblum, Nancy Norling, Ed Pugh,
Oletha Stanfield and Joanne Wilberding.

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NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN SEPTEMBER 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| | | 1 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:00 The Movies That Made Us: Dirty Dancing 12:00 Pinochle 1:00 Chair Yoga 2:00 Mah Jongg Lessons 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: A League of Their Own | 2 9:30 Bowling League Writer's Corner Pottery Studio 10:00 Pickleball 1:00 Chair Yoga & Meditation Chess Club 4:30 Pickleball 6:00 No Lecture | 3 Enjoy your Labor Day Weekend! Closed |
| GOLF CLASSIC SILENT AUCTION TO BENEFIT NEXT | | | | |
| 6 Happy Labor Day! Closed | 7 11:00 Women's Roundtable 12:30 Socki Partners Bridge 1:00 Ask the Attorney Chair Yoga & Meditation Chess 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club | 8 Housing Tour Pomeroy Independent Living 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:00 The Movies That Made Us: Home Alone 12:00 Pinochle 1:00 Chair Yoga 2:00 Mah Jongg Lessons 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Big Night | 9 9:30 Bowling League 10:00 Pottery Studio 12:30 Henry Ford: Life & Times Pickleball 1:00 Chair Yoga & Meditation Chess Club 4:30 Pickleball 6:00 Lecture: The Good Roads Movement in Michigan | 10 Golf Classic 9:00 Friday Fitness 10:00 Limber Up Tai Chi for Health Duplicate Bridge 11:00 Painting Open Studio 12:00 Current Events Pinochle Pickleball 12:30 Golf Classic Registration Mah Jongg Golf Classic Shotgun Start |
| GOLF CLASSIC SILENT AUCTION TO BENEFIT NEXT | | | | |
| 13 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Popular Reads Book Club Mah Jongg 4:30 Pickleball 6:00 Parkinson's Support Group | 14 10:00 Non-Fiction Book Club 11:00 Women's Roundtable 12:30 Socki Partners Bridge 1:00 Chair Yoga & Meditation Chess 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball | 15 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:00 The Movies That Made Us: Ghostbusters 12:00 Pinochle 1:00 Chair Yoga 1:30 Tennis League 2:00 Mah Jongg Lessons 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Spinning Plates 5:30 Dementia Caregiver Support Group 6:00 Coin Club | 16 9:30 Bowling League Writer's Corner Palette & Brush 10:00 Pottery Studio 12:00 Cooking Matters 12:30 Pickleball 1:00 Chair Yoga & Meditation Chess Club 4:30 Pickleball 6:00 Lecture: Vladimir Putin | 17 9:00 Friday Fitness 10:00 Limber Up Tai Chi for Health Duplicate Bridge 11:00 Painting Open Studio 12:00 Current Events Pinochle Pickleball 12:30 Mah Jongg 1:30 Tennis League |
| 20 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Drawing Workshop Mah Jongg Bingo 4:00 Trivia Time! 4:30 Pickleball 5:00 Mixed Media: Collage Assemblage | 21 Next Board Meeting 9:30 Painting with Acrylics & Oils 10:00 Photography Club 11:00 Women's Roundtable 12:30 Socki Partners Bridge 1:00 Chair Yoga & Meditation Chess 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club 6:00 Birmingham City Commission Candidate Forum | 22 St. John Armenian Tour & Lunch 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:00 The Movies That Made Us: Die Hard 12:00 Pinochle 1:00 Chair Yoga 1:30 Tennis League 2:00 Watercolor Workshop Mah Jongg Lessons 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: The Tomorrow Man | 23 Oktoberfest 5:00 pm 9:30 Bowling League Palette & Brush 10:00 Pottery Studio 12:30 Pickleball 1:00 Chair Yoga & Meditation Studio Art 1:30 Beyond the Paw Print Closes at 4:00 pm | 24 9:00 Friday Fitness 10:00 Limber Up Tai Chi for Health Duplicate Bridge 11:00 Painting Open Studio 12:00 Current Events Pinochle Pickleball 12:30 Mah Jongg 1:30 Tennis League |
| 27 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Drawing Workshop Mah Jongg 4:30 Pickleball 5:00 Mixed Media: Collage Assemblage | 28 Health Expo & Flu Shot Clinic 9:30 Painting with Acrylics & Oils 11:00 Women's Roundtable 12:00 Health Expo Speaker: Getting Healthy - Staying Healthy 12:30 Socki Partners Bridge 1:00 Chair Yoga & Meditation Chess 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball | 29 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:00 The Movies That Made Us: Back to the Future 12:00 Pinochle 1:00 Chair Yoga 1:30 Tennis League 2:00 Watercolor Workshop Mah Jongg Lessons 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: World War I - American Legacy | 30 Beyond Van Gogh 9:30 Bowling League Palette & Brush 10:00 Pottery Studio 12:30 Pickleball 1:00 Chair Yoga & Meditation Studio Art Chess Club 4:30 Pickleball 6:00 Lecture: Michigan's Attorney General, Dana Nessel | |

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN OCTOBER 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| | | | | 1 9:00 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 11:30 Painting Open Studio 12:00 Current Events 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League |
| 4 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 10:30 Mah Jongg 11:00 Blood Pressure & Blood Oxygen Clinic 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Drawing Workshop Popular Reads Mah Jongg Bingo 4:30 Pickleball 5:00 Mixed Media: Collage Assemblage | 5 9:30 Painting with Acrylics & Oils 11:00 Women's Roundtable 12:30 Socki Partners Bridge 1:00 Ask the Attorney Chair Yoga & Meditation Chess 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club 6:00 Jeffrey Cavataio Performs! | 6 Victorian Walking Tour - Greenwood Cemetery 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:00 The Movies That Made Us: Pretty Woman 12:00 Pinochle 1:00 Chair Yoga 1:30 Tennis League 2:00 Watercolor Workshop Mah Jongg Lessons 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Larry Crowne | 7 9:30 Bowling League Writer's Corner Palette & Brush 10:00 Pottery Studio 12:00 My Mother's Voice 12:30 Pickleball 1:00 Chair Yoga & Meditation Studio Art 4:00 Chess Club 4:30 Pickleball 6:00 Lecture: 19th Century Origins of Football | 8 9:00 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 11:30 Painting Open Studio 12:00 Current Events 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League |
| 11 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Drawing Workshop Mah Jongg 4:30 Pickleball 5:00 Mixed Media: Collage Assemblage 6:00 Parkinson's Support Group | 12 9:30 Painting with Acrylics & Oils 10:00 Non-Fiction Book Club 11:00 Women's Roundtable 12:30 Socki Partners Bridge 1:00 Chair Yoga & Meditation Chess 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball | 13 Housing Tour Samaritis Senior Living of Bloomfield Hills 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:00 The Movies That Made Us: Jurassic Park 12:00 Pinochle 1:00 Chair Yoga 1:30 Put Your Best Brain Forward Tennis League 2:00 Watercolor Workshop Mah Jongg Lessons 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Bloody Sunday with Prof. Trumbore | 14 9:30 Bowling League Palette & Brush 10:00 Pottery Studio 12:30 Pickleball 1:00 Chair Yoga & Meditation Studio Art 4:00 Chess Club 4:30 Pickleball 6:00 Lecture: Washington Update with Rep. Stevens | 15 9:00 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 11:30 Painting Open Studio 12:00 Current Events 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League |
| 18 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Matisse, Butterflies & Scissors Bingo Mah Jongg 4:00 Trivia Time! 4:30 Pickleball 5:00 Mixed Media: Collage Assemblage | 19 Next Board Meeting 9:30 Painting with Acrylics & Oils 10:00 Photography Club 11:00 Women's Roundtable 12:00 Taco Tuesday! 12:30 Socki Partners Bridge 1:00 Chair Yoga & Meditation Chess 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball | 20 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:00 The Movies That Made Us: Forest Gump 12:00 Pinochle 12:30 City of Champions 1:00 Chair Yoga 1:30 Tennis League 2:00 Watercolor Workshop Mah Jongg Lessons 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Nomadland 5:30 Dementia Caregiver Support Group Coin Club 6:00 | 21 Franklin Cider Mill 9:30 Bowling League Writer's Corner Palette & Brush 10:00 Pottery Studio 12:30 Pickleball 1:00 Chair Yoga & Meditation Studio Art 4:00 Chess Club 4:30 Pickleball 6:00 Lecture: Social Justice | 22 9:00 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 11:30 Painting Open Studio 12:00 Current Events 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League |
| 25 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Matisse, Butterflies & Scissors Mah Jongg 4:30 Pickleball 5:00 Mixed Media: Collage Assemblage | 26 9:30 Painting with Acrylics & Oils 11:00 Women's Roundtable 12:30 Socki Partners Bridge 1:00 Chair Yoga & Meditation Chess 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball | 27 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle 12:30 Detoxing Your Body & Home 1:00 Chair Yoga 1:30 Tennis League 2:00 Watercolor Workshop Mah Jongg Lessons 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Psycho | 28 9:30 Bowling League Palette & Brush 10:00 Pottery Studio 12:30 Pickleball 1:00 Chair Yoga & Meditation Studio Art 4:00 Chess Club 4:30 Pickleball 6:00 Lecture: American Country Music | 29 9:00 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 11:30 Painting Open Studio 12:00 Current Events 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League |



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HEALTH EXPO & FLU SHOT CLINIC

Tuesday, September 28 from 10:00 am to 1:00 pm

Join us at Next for our annual Health Expo & Flu Shot Clinic where senior dose and regular dose flu shots will be administered by licensed professionals. Please bring a photo ID and insurance card with you. We are accepting Medicare Part B, Medicaid, cash or credit card and will be scheduling appointments soon. We will also have a fair with select vendors and a special lecture, Getting Healthy - Staying Healthy, at 12:00 pm with Aaron Wallace, CEO of Balance Your Fitness!

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

HOLIDAY HOURS

Next will be closed to observe holidays. Be sure to check calendars for specific dates and times.

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