



Your Place to Stay Active & Connected

SEPTEMBER/OCTOBER 2022

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

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



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

EDDY KAY PERFORMS AT NEXT!

Tuesday, September 13 at 6:00 pm

Cost: Complimentary members / \$5 guests

Eddy Kay was born, bred and lightly sautéed in Detroit! Throughout his career as a comedian and motivational speaker, Eddy has always been a performing musician. Eddy, and bass player Rob Geisler, will delight Next with an acoustic of original blues, swing and folk music. What could be any better?



THE MARK RANDISI BAND!

Thursday, October 20 at 7:30 pm at the Daxton Hotel

Think of bands like Tommy Dorsey, Count Basie or Glen Miller and crooners like Frank Sinatra, Bing Crosby and



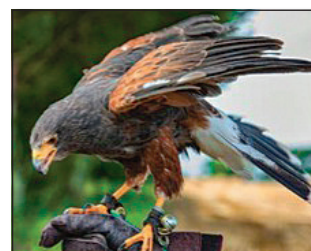
Dean Martin. Then imagine a community event reminiscent of the nightclub scene that was popular starting in the 1930-50s with clubs such as the Copacabana, The Chi Chi Room and The Rainbow Room. When Andrea Bocelli first heard Mark Randisi sing, he believed he was listening to a Frank Sinatra recording. Mark's devotion to music is apparent and you'll be swept up in the emotion he brings to each of his quality performances.

LIVE BIRDS OF PREY AT NEXT!

Thursday, September 22 at 1:00 pm

Cost: Complimentary members / \$5 guests

Look straight into the dark eyes of a beautiful barred owl. Understand the mysterious sounds of the night. Meet one of the fastest of the birds of prey. These are just some of the things we'll experience and discover when the Wildlife Recovery Association brings its natural history program to Next's doorstep. Laugh, learn and develop a passion for these magnificent birds. Five to six birds of prey will be featured. Generously sponsored by Goosehead Insurance.



MYSTERIOUS MICHIGAN

Thursday, October 13 at 2:00 pm

Cost: Complimentary members / \$5 guests

Explore Michigan's ghostly lore, legends, haunted history and strange creatures. Researcher and author Amberrose Hammond returns to Next to take you on a fun journey into the mysterious and supernatural past of the Great Lakes state. An avid local history and cemetery enthusiast, Amberrose has lectured extensively around the state at libraries, conferences and historical cemetery tours — and has shared her love of Michigan's weird side with thousands. She will surely get us all in the Halloween spirit! Generously sponsored by The Care Team.

DIA DE LOS MUERTOS

"DAY OF THE DEAD"

EXPLAINED & CELEBRATED

Tuesday, November 1 at 1:30 pm

Cost: \$5 members / \$8 guests

Join Mary Luevanos as she educates us about Dia de los Muertos or "Day of the Dead" through storytelling and art. Mary will help us create our own calavera (skull), one of the most recognizable and artistic elements of Day of the Dead festivities, while she explains the traditions of this ancient celebration.



Please see page 14 to see the results of the Next community survey.



HAPPENINGS AT NEXT

MICHIGAN REDISCOVERED

Thursday, September 8 at 1:00 pm

Cost: Complimentary members / \$5 guests

Join Ron Rademacher for an entertaining and educational presentation that will uncover numerous back road adventures. A rollicking road trip across Michigan to more than a dozen destinations most travelers have missed. Discover the underground rathskeller in the Irish Hills, the gravity mystery in Frankfort, the Monarch Butterfly Migration, Lady Godiva in Michigan and others.

UNDERSTANDING YOUR SLEEP CYCLES

Aaron Wallace, Owner - Balance Your Fitness

Wednesday, September 14 at 12:30 pm

Cost: Complimentary members / \$5 guests

Sick of being exhausted every day? Trouble sleeping through the night? Mind racing? Unable to fall asleep? Learn how you can holistically improve your sleep without drugs or medication. Stop struggling through your day and improve your life!

EARTH-FRIENDLY GARDENING – WITH COMPOST!

Thursday, September 15 at 10:30 am

Cost: Complimentary members / \$5 guests

Join Advanced Master Composter Lillian Dean in the Next courtyard for an interactive workshop, focusing on making and using compost in the home garden. Lillian coordinates the Healthy Garden Project for the Southeast Oakland County Water Authority (SOCWA), now in its 25th year. Topics will include: making compost the easy way; a gardener's best friend; the magic of mulches; and using compost for a sustainable garden.

BRING OUT YOUR DEAD, PLAGUES, EPIDEMICS & PANDEMICS

Derek Blount, V.P., Oakland County Genealogical Society

Tuesday, October 4 at 2:00 pm

Cost: Complimentary members / \$5 guests

Mr. Blount will discuss epidemics from the 1300s to present, including the Bubonic Plague, Yellow Fever, the Spanish Flu and Covid-19. He will also discuss where to find data records about the epidemics and records of people that succumbed to them.

PREPARING YOUR BODY FOR WINTER

Raj Thangamuthu, Physical Therapist & Owner - Empower Physical Therapy

Tuesday, October 11 at 10:00 am

Cost: Complimentary / \$5 guests

Winter challenges us with changes in weather, routines and chores and also brings with it stiff joints and muscles. In this session you will learn: 5 key everyday stretches to keep your joints flexible in cold months; tips to avoid winter slips and falls; how to shovel snow the proper way; and strengthening exercises to finish strong in 2022. Let's get stretched and motivated for 2023!

HISTORY OF DETROIT

Local Historian Robert E. Sullivan, Jr.

Detroit Art, Mass Media, Organized Crime

Wednesday, September 28 at 10:30 am

Cost: Complimentary members/ \$5 guests

This presentation will cover three diverse Detroit history topics. The first is a look at art in Detroit, including the DIA, Pewabic Pottery, the Freer Gallery, Marshall Fredericks and paint by numbers. Next is an exploration of the historic contributions of Detroit newspapers, radio and television. Finally, Mr. Sullivan will examine early 20th Century crime in Detroit, including the Purple Gang, Prohibition-era crime and deadly riots in 1943 and 1967.

Detroit's Historic Suburbs

Wednesday, October 26 at 10:30 am

Cost: Complimentary members/ \$5 guests

Mr. Sullivan will review the history of Detroit's suburbs. With over 200 suburbs in Metro Detroit, the focus will be on Hamtramck, the Grosse Pointes, Dearborn, Pontiac, Monroe, Farmington. Troy, West Bloomfield, Franklin Village and Mount Clemens.

PRESIDENTIAL TRAVEL BY TRAIN

Tuesday, October 18 at 2:00 pm

Cost: Complimentary members / \$5 guests

Former Secret Service agent, Rad Jones returns to Next to discuss the history of Presidential train travel and the planning required during such trips. The presentation will also include some of his personal experiences while in the Secret Service.

TEA HISTORY & AFTERNOON TEA ETIQUETTE

Barbara Gulley, Author & Owner of Barb's Tea Service

Tuesday, October 25 at 1:00 pm

Cost: \$5 members / \$8.00 guests

Join us as Ms. Gulley gives us the history of tea, tea ceremonies, and tea's place in England, including the creation of afternoon tea. She will discuss tea etiquette, tea brewing tips and favorite tea rooms in the U.S. and Europe, with special focus on Michigan's own marvelous tea spots. Tea and a sweet accompaniment will be served. Feel free to bring your own favorite tea cup! Generously sponsored by American House Stone.

DIWALI - FESTIVAL OF LIGHTS PARTY

Wednesday, October 26 at 2:00 pm

Cost: \$5 members / \$8.00 guests

Diwali is a festival of lights and one of the major festivals celebrated in India. Diwali symbolizes the spiritual "victory of light over darkness, good over evil and knowledge over ignorance. Enjoy beautiful music, treats and more!

THURSDAY ★ OCTOBER 20TH



JEFFARES
GROUP

MAX
BROOCK
REALTORS®

Presents

BIRMINGHAM'S BIG NIGHT OUT

AT

DANTON

298 S. OLD WOODWARD, BIRMINGHAM, MI

**SAVE
THE
DATE!**

Featuring
MARK RANDISI
&
**THE 16-PIECE
MOTOR CITY BRASS**

7:30-11:30PM

DANCE FLOOR | JACKETS REQUESTED

A community celebration in the spirit of the 1940's Big Band era
to benefit Next, the Birmingham Area 50+ Community Center.

TICKETS AVAILABLE @ NEXT

2121 MIDVALE, BIRMINGHAM | 248-203-5270

For a incomparable evening, please make reservations at our Pre-Event Dining Partners



FOREST

H A Z E L'S

Adachi



La Strada

SPEAKER SERIES @ NEXT

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

September 8 - PROTECTING OUR COMMUNITY FROM VIOLENCE

Sheriff Bouchard - Oakland County Sheriff

Sheriff Bouchard returns to Next to share his perspectives and strategies to protect Oakland County residents from violence. He is in charge of the Oxford High School investigation and is working hard to support the families and the community. Sheriff Bouchard will share a presentation — “Recent Local School Threats: Response and Prevention”. He will also provide an update on other issues facing Oakland County and initiatives to keep our county the crown jewel of Michigan.



September 22 - THE CHALLENGES OF RESEARCHING THE UNDERGROUND RAILROAD

Carol Bacak-Egbo, Historian, Archeologist, Educator - Oakland County Historical Commission

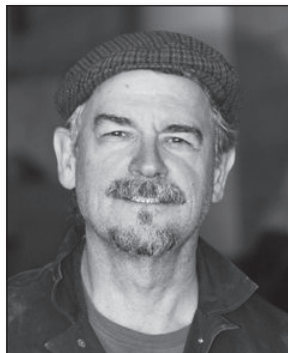
Oakland County is said to have played a significant role in the Underground Railroad. But why is it so hard to document people and sites that were part of this network that helped freedom seekers get to Canada? Learn about the challenges involved in this research and some of the resources and methods used to meet those challenges. Let's learn more about following the life, times and trails of those looking to escape captivity and the heroes that helped them.



September 15 - THE ART OF GLASSBLOWING

Albert Young, BFA, MFA, Owner of Michigan Hot Glass Workshop & Professor at the College for Creative Studies

Albert Young has been operating an independent glass studio and school since 1983 and has been a pivotal member of the Detroit area's glass community. Albert owns Michigan Hot Glass Workshop, Michigan's oldest independent glass blowing school. He teaches all levels of glass blowing and creative thinking. His sculptures can be seen around the world, as well as at The Habitat Gallery in Royal Oak, the oldest, largest glass art gallery in the U.S.



September 29 - THE ARCHITECTURE OF ITALY

Donna Voronovich, R.A., Lecturer, Oakland University

This presentation will give you a taste of the architectural treasures of Italy as we take a tour through the history of Italian architecture from prehistoric times through the most magnificent period of the Baroque. Italian architects designed with a sense of purpose and intention to fulfill functional needs, while exuding drama, power, longevity and magnificence in every sense of the word. These buildings and their contexts, whether it is a Baroque piazza or a sleeping Tuscan hill town, allow us to admire and appreciate some of the greatest achievements of humankind.



SPONSORED BY ANTHOLOGY OF FARMINGTON HILLS

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



ANTHOLOGY
OF FARMINGTON HILLS

October 6 - BEES IN THE D & BEE IS FOR BENEFICIAL!

**Brian Peterson-Roest, Professor &
Recipient of the Presidential Award
in Mathematics & Science
Teaching & Michigan Science
Teacher of the Year**



Brian founded the non-profit organization Bees in the D, which is devoted to the education and conservation of honeybees and other pollinators. The organization has more than 200 hives at 63 various locations. We will be introduced to a wide variety of native and non-native bees. Brian will specifically examine the super organism known as the honeybee colony by exploring their impact on both the food industry and the ecosystem. Finally, we will see how Bees in the D is creating a Bee Highway to help support the health and wellness of our pollinators.

October 13 - CHINA: UP CLOSE & PERSONAL Jim and Py Wolfe, Educators & Citizen Diplomats Global Ties Detroit

Join Jim and Py Wolfe, who have taught in China six times, as we travel to Southwest China to see the area where they taught, visit their classrooms, and see the surrounding areas.

Also, visit the Wolong Panda Preserve, the Labrang Monastery, and the original Great Wall. We will also visit minorities groups, cross the Gobi and Taklamakan Deserts by camel, and visit buried cities in the desert. We will conclude at the Kashgar Bazaar and the Heavenly Mountains.



October 20 - No Speaker

Instead join us for —

THE NEXT BIG NIGHT OUT with THE MARK RANDISI BAND!

— an evening of blues, swing and folk music!
Details on page 3.



October 27 - THREE TITANS OF THE GREAT AMERICAN SONGBOOK

**Henry Feinberg, Composer,
Musician & former Professor**

The Great American Songbook has provided the world with an untold number of standards that have been recorded for over 100 years, and to this day, musicians and listeners still find them irresistible in their melodies and structures. What was the secret ingredient that made these songs so special and what is it that makes these songs uniquely American? We will look for answers as we discuss and listen to songs by Irving Berlin, Jerome Kern and George Gershwin. Included will be original recordings by Al Jolson, Ethel Merman, Nat King Cole and more recent recordings by Willie Nelson, Linda Ronstadt and Rod Stewart!





HEALTH SERIES



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

DIABETES 101: What You Need to Know

Wednesday, September 21 at 1:00 pm

Cost: Complimentary members / \$5 guests

Millions of people are at high risk for type 2 diabetes, and over 200,000 are diagnosed annually. It is important to know the warning signs and what you can do to reduce your risk. Henry Ford expert Dr. Rebecca Simons will help you understand the diseases, prevention measures you can take at any age, signs and symptoms, and medication treatment options.

EATING THE RAINBOW: How the Colors of Your Food Impact Your Health

Thursday, October 27 at 1:00 pm

Cost: Complimentary members / \$5 guests

Simply put, eating the rainbow involves eating fruits and vegetables of different colors every day. Plants contain different pigments, or phytonutrients, which give them their color. Learn from Henry Ford Health nutritionist Maria Conley the importance of having a colorful plate, and how different-colored foods are linked to higher levels of specific nutrients and health benefits.



ENRICHMENT

POPULAR READS BOOK CLUB via Zoom

Mondays, September 12 and October 3 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The September book selection is *The Thousand Crimes of Ming Tsu* by Tom Lin — and the October selection is *True Biz* by Sara Novic. Register at Next and Baldwin Public Library will provide the book.

TRIVIA TIME!

Mondays, September 19 and October 10 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.

NON-FICTION BOOK GROUP via Zoom

Tuesdays, September 13 and October 11 at 10:00 am

Facilitated by Mick Howey, Adult Services Librarian, join us to discuss *When Books Went to War* by Molly Guptill Manning in September and *A Woman of No Importance* by Sonia Purnell in October. Register at Next and Baldwin Public Library will provide the book.

TUESDAY JAZZ

Tuesdays at 2:30 pm

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

WOMEN'S ROUNDTABLE

Tuesdays at 11:00 am

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

MEN'S ROUNDTABLE

Wednesdays at 9:00 am

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

WRITER'S CORNER

Thursdays, September 1, 15 and October 6, 20 from 9:30 am 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. 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.

THANK YOU FOR YOUR GENEROUS CONTRIBUTIONS TO THE 2022 ANNUAL FUND DRIVE!

Margaret Alberts
Diane Anderson
Nancy Balog
Donna Barion
Dorothy Barnard
Harley and Toby Berger
Lawrence Black
Patty Bordman
Carolyn Borman
Susan Boyle
Maurice and Joan Brackenbury
Catherine Briggs
Linda Buchanan
Chris Burnard
Greg and Maureen Burry
Kathryn Chandler
Angela Ciarkowski
Phyllis Clark
Lisabeth Coakley
Jane Conway
Tom Cornett
Clara Davis
Marilyn Dean
Sandy Debicki
Marjorie DeCapite
Char Del Vero
Julianne Dichting
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and Beata Lamparski
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Janet Francis
Phil and Shirley Gach
Moyra Garretson
Christine Gaskill
JoAnn Geitka
Doris Godwin
Ida Gononion

Lee Goodyear
Gil and Zelma Gottlieb
Dennys Grady
Peggy Graham
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Olham Hanna
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Malcolm and June Hendy
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Family Foundation
Evelyn Micheletti
Jerry Mills
Michele Mills
Theresa Monsour
Rita Morisette
Judy Murrell
Charles and Judy Nave
Pat Olson
Joe Pallischeck
Stanley and Ellen Pasieka
Laurie Penn
Lee and Joan Pettigrew
Dorothy Pfeifer

Joan Pongratz
Ed and Sharon Pugh
John and Eileen Pulker
Del Puscas
John Rady
Marsha Rafferty
Dick Rappleye
Helen Reilly
Jay Reynolds
Sharon Rosenberg
Pamela Rossiter
Susan Rugenstein
Phyllis Salter
Sanctuary Birmingham, MI
Fremont and Paddy Scott
Audrey Shapero
Brenda Shufelt
Greg Shuraleff
Robert and Coco Siewert
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Douglas and Lori Soifer
Rick and Sue Strong
Dorothy Sullivan
Marsha Suszan
Lawrence Sweet
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Chris Whittemore
Richard and Nancy Wiggington
Dian Wilkins
Steve and Marcia Wilkinson
Skip Williams
Jim and Linda Wilson
Marlene Yospy



FITNESS OFFERINGS

STRETCH & RELAX with Caryn Ciagne

Mondays from 9:15 to 10:00 am

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

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

LINE DANCING! JOIN THE FUN!

Mondays from 10:15 am to 12:00 noon

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

Cost 1 drop-in class: \$10

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

LIMBER UP

Mondays, Wednesdays and Fridays at 10:00 am

Cost: Complimentary

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

CHAIR YOGA & MEDITATION with Caryn Ciagne

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

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

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

MAT YOGA with Karen Lutz

Tuesdays from 4:00 to 5:00 pm

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

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

CHAIR YOGA with Karen Lutz

Wednesdays at 1:00 pm

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

Experience improved flexibility, strength and balance with Karen Lutz, E-RYT. 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.

ZUMBA® RETURNS TO NEXT

with Janice Long

Free Demo Friday, September 16

Class begins Friday, September 23

Ongoing Fridays at 1:00 pm

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

Zumba® is a fusion of hypnotic musical rhythms and tantalizing dance moves which create a dynamic workout designed to be fun and easy to do. Add some Latin flavor and International zest into the mix and you've got Zumba! For beginner to advanced fitness levels. Certified Zumba instructor Janice Long will help you kick off your weekends!

TOTAL HEALTH WORKS - BRAIN & BODY

with Pam Smith

Free Demo Thursday, September 8

Class begins Tuesday, September 13

Ongoing Tuesdays and Thursdays at 10:00 am

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

This exciting new class will focus on functional exercise with an emphasis on brainwork — challenging individuals cognitively, as well as physically. Participants will work on things like memory, multitasking and sequencing, as well as strengthening, cardio, core and balance work. This class is for people of all ability levels and meets two times per week to optimize the benefits. Pam Smith is a certified personal and group trainer through The American Council on Exercise.

MINDFULNESS & MEDITATION with Karen Lutz

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

Cost: Complimentary - Donations to Next appreciated.

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

WEDNESDAY FLOW YOGA with Caryn Ciagne

Wednesdays from 9:15 to 10:15 am

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

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

FRIDAY FITNESS with Caryn Ciagne

Fridays from 9:15 to 10:00 am

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

Let's get moving! We'll move around the Seaholm track together (weather permitting) and utilize the fence, benches and other props for stretches and strength work. If Mother Nature doesn't cooperate, we will have the class indoors. Either way, we will incorporate stretching, balance and strengthening. Park and check-in at Next.

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.

PICKLEBALL

Cost: Complimentary - Members only

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

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

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

OPEN GYM

Mondays, Tuesdays and Thursdays from 8:30 to 9:30 am

Please feel free to use the gymnasium for walking or self-directed exercise. We will have hand weights available for your use.

TENNIS LEAGUE - MIXED DOUBLES

New Season Kicks Off September 7 and 9!

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

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 10:00 am - Starting September 8

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. For more information call or text Jamie Olivarez at 517-214-4049.



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 | www.woodwardhrc.net

EVERGREEN

AN OPTALIS HEALTH & REHABILITATION CENTER

19933 W. 13 Mile Rd., Southfield, MI 48076

248-203-9000 | www.evergreenhrc.net



OPTALIS
HEALTH & REHABILITATION



DAY TRIPS

DOSSIN GREAT LAKES MUSEUM & BELLE ISLE AQUARIUM

Friday, September 9

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

Cost: \$20 members / \$25 guests

(\$5 donation requested for the aquarium)

Located on Strand Drive on Belle Isle, the Dossin Great Lakes Museum is dedicated to showcasing the story of the Great Lakes, with a special emphasis on Detroit's role in regional and national maritime history. This will be a self-guided visit to experience this 16,000 square foot museum. Enjoy exhibits that tell more than 300 years of the region's rich maritime history, from the shipping fleets that rule the waterways to the roles that the Great Lakes and the Detroit River have played in our region's industrial and social history. While on the island we will also visit the aquarium.

The Belle Isle Aquarium was designed by famed Detroit architect, Albert Kahn, and opened on August 18, 1904. It is the oldest aquarium in the country and has served the Detroit community as a beloved attraction for generations. Today, it is home to a unique collection of fish. With one of the largest collections of air-breathing fish in the world, they house the only known collection of all 7 species of gar in North America. Walking through the aquarium, you will travel all over the globe exploring the Great Lakes and waters of the world.

DETROIT ZOO SENIOR DAY

Wednesday, September 14

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

Cost: \$10 members / \$15 guests

The Detroit Zoo is home to 125 acres of expansive habitats that house more than 2,600 animals in the heart of our magnificent city. Known as being the first U.S. zoo to feature barless habitats, the Detroit Zoo is an internationally recognized leader in animal welfare, conservation and sustainability. If you are 62 and older, YOU are invited to enjoy a special day at the Detroit Zoo. Senior Day features live entertainment, tram tours, bingo, habitat chats and a senior resource area. We will spend 2-1/2 hours taking in "Vitamin Z" — and hopefully Vitamin D. Join us, take a walk on the wild side, and get inspired with engaging, meaningful, and memorable experiences that encourage appreciation and stewardship of nature! Remember! Please don't feed the animals! Here's looking at ZOO!

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.

EASTERN MARKET STROLLING BRUNCH Come Hungry, Leave Happy!

Tuesday, September 20

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

Cost: \$85 members / \$90 guests

EXPERIENCE, EXPLORE and ENJOY the historic sites at Tuesday's small farmer's market before the season ends! Join "Feet on the Streets" with Linda Yellin, as you meet vendors and farmers, visit specialty food stores, a legendary jazz club, view public art and murals — and hear fun stories. Upon arrival at Eastern Market, we will take a brief bus tour around the area to see things we wouldn't see on foot. Once completed we will get dropped off and the remainder of the tour will be when the "strolling" begins. Think cheese, salami, veggies, fruit, spinach pies, pizza, nuts, chocolate and pastries. We will be visiting DeVries & Co, Supino's, Rocky's Historic, and more surprises along the way! Do not miss this walking, gastronomic, historic tour. Your ticket is all inclusive of transportation, tour, food, tax and tips. Trip will run rain or shine, please dress accordingly. BUON APPETITO!!!

ST. JOHN ARMENIAN APOSTOLIC ORTHODOX CHURCH

Wednesday, September 21 - Registration required

Bus leaves Next at 9:15 am, returns about 2:30 pm

Cost: \$40 members / \$45 guests

"The Church with the Golden Dome", has invited us to experience their traditions, learn about their community, and this ancient culture. Started in Detroit, the church recently celebrated its 85th anniversary. Father Garabed Kochakian, Master of Armenian Art and Architecture, will guide a mesmerizing tour of the sanctuary, musically accompanied by Sacred Music Director Rubik Mailian. Tour the Alex and Marie Manoogian museum, the largest Armenian museum in North America, with Lucy Ardash, Director. Models will be showcasing authentic costumes from the 13th to 19th century, as part of their "Heritage Collection". After the tour, savor a traditional Armenian buffet luncheon. Baked goods will also be available for sale. This trip has proven to be a favorite! We have not been able to attend in the last couple of years. Here's your opportunity!



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THE REVOLUTION: Immersive Gustav Klimt Experience

Thursday, October 13

Bus leaves Next at 12:00 pm, returns about 2:45 pm

Cost: \$60 members / \$65 guests

Immersive Klimt was created by the world-renowned master of digital art, Italy's Massimiliano Siccadi, who for 30 years has been pioneering immersive exhibits in Europe. His Immersive Van Gogh Exhibit is produced by Lighthouse, Detroit. A rebel, genius and legend, Gustav Klimt explored and expressed colors, shapes and patterns without inhibition or limitation. And now you can step inside his electrifying world and be swept away! From the streets of Imperial Vienna to the natural world of water lilies, vibrant blooms and mermaids, to his acclaimed Golden Phase, lose yourself in the vivid imagery and bold colors of Immersive Klimt!

FRANKLIN HISTORICAL MUSEUM & FRANKLIN CIDER MILL

Wednesday, October 19

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

Cost: \$10 members / \$15 guests

The facility that houses the Franklin Historical Museum is the previous home of Jenny and Stanley Derwich. Mr. and Mrs. Derwich built the home in 1951 — and the house was given to the Franklin Historical Society in 1998. The Museum contains artifacts related to Franklin's history about schools, businesses, government and people, and showcases exhibits as a way to collect and preserve the history of "The Town That Time Forgot". We will have a private, 90-minute tour of the museum. While in town, after the museum, we will stop by the Franklin Cider Mill for any "seasonal goodies" you may desire. The harvest air is crisp, leaves are beginning to fall, and this calls for a morning spent in the historic village of Franklin. Please note that some exhibits are in the basement that is not ADA compliant.

DIA - VAN GOGH IN AMERICA & EL DIA de MUERTOS EXHIBIT

Thursday, October 27

Bus leaves at 10:15 am, returns about 2:30 pm

Cost: \$30 members / \$35 guests

Van Gogh in America celebrates the DIA's status as the first public museum in the United States to purchase a painting by Vincent Van Gogh, his Self Portrait (1887). On the 100th anniversary of its acquisition, this exclusive exhibition includes 70 authentic Van Gogh works from around the world and tells the fascinating story of America's introduction to this iconic artist.

In celebration of Dia de Muertos, the Detroit Institute of Arts, in partnership with Detroit's Mexican Consulate, invite you to explore

a community exhibition of ofrenda altars. In Mexico, and other Latin American countries, the Day of the Dead is the time of the year to celebrate the lives of close relatives, friends or community members who have passed away. Objects important to lost loved ones are collected and incorporated into elaborate displays.

The time allotted for our DIA visit includes a self-guided tour of Van Gogh in America, and the Dia de Muertos exhibits. Tickets have not yet been released (at the time of print) for the Van Gogh exhibit, so the price may fluctuate. If you choose, you may use some of the time for lunch in the café on your own.

ROYAL OAK MARKET: Art Fair Edition

Thursday, November 17

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

Cost: \$10 members / \$15 guests

The Guild of Artists and Artisans is proud to announce the 7th Annual Royal Oak Market: Art Fair Edition. This show, a juried fair with a boutique feel, will take place indoors at the Royal Oak Farmers Market where artists will be showing and selling their own work. The event features 65 artists, music, gourmet food trucks, craft beer and adult beverages. Fairgoers will find the same excellence and variety as in the Guild's Ann Arbor Summer Art Fair.



New 2022-2023 Season DETROIT SYMPHONY ORCHESTRA Friday Morning Coffee Concerts

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

Cost: \$65 members / \$70 guests

Please pre-register, space is limited.

DSO requires proof of vaccination or negative Covid test to attend concerts.

Friday, October 7 - PROHIBITION

Travel back to the moody cabarets and speakeasies of old New York, Paris, Berlin, London, and Atlantic City. It was a time influenced by prohibition, gangsters, ingénues, and intrigue. Join the DSO and a stellar cast of vocalists for a multimedia musical journey through the era, from Rudy Vallee and Josephine Baker to Kurt Weill and King Oliver.

Friday, November 18 - SCI-FI

SPECTACULAR: Star Wars, Star Trek, & Beyond

Travel to new worlds, distant galaxies, and back to the future with music from your favorite sci-fi movies including *Star Wars*, *Star Trek*, *2001: A Space Odyssey*, *Alien* and more. The DSO performs highlights from these iconic film scores under the direction of Principal Pops Conductor Jeff Tyzik.



ART & CREATIVITY

Karen Halpern, popular artist/instructor, has been an Art Instructor at Indiana State University and has taught adult painting classes at the Birmingham Bloomfield Art Center. Her work has been juried in 90 exhibitions and is included in private and corporate collections.

PAINTING WITH ACRYLICS

Tuesdays from September 13 through November 15
from 10:00 am to 12:00 noon - No Class October 4
Cost 9-week class: \$145 members / \$155 non-members
Beginners through advanced students.

Karen Halpern instructs students in painting varied subjects. There will be assignments, and instruction related to your work, about color theory, painting techniques and design. Individual attention will help you develop your work. You will work at your own level. Bring to first class 1) a small sketch pad, 2) #2 desk pencil, 3) "Marsmatic" eraser, 4) painting supplies, 5) a canvas 18"x 24" or 24"x 30" or larger, and 6) a lightweight portable table easel if you work upright. Ask for supply list in the office.

WATERCOLOR PAINTING WORKSHOP

Wednesdays from September 14 through November 16
from 2:00 to 4:00 pm - No Class October 5
Cost 9-week class: \$145 members / \$155 guests
Beginners through advanced students.

Noted Michigan Artist Karen Halpern will teach lessons pertaining to varied subjects which provide fundamentals and stretch your abilities. Color mixing, color theory, design and painting techniques will guide you as you develop your art. Students work at your own level of ability, in a supportive setting. Ask for supply list in the office.

STUDIO ART

Thursdays, September 15 through November 10
from 1:00 to 3:30 pm
Cost 9-weeks class: \$158 members / \$168 guests
Not for beginning students. Work with materials you are already familiar with via prior class instruction.
Bring your own subject, reference material, and the supplies you typically work with. No assignments. Instructor Karen Halpern will foster critical thinking, and make suggestions to guide you, as you advance with your individualized project. Her goal is to broaden your viewpoint, and develop your skills and knowledge. Students typically use materials such as acrylics, oils, watercolor, or collage. Bring your own lightweight portable easel, if you work upright.

PHOTOGRAPHY CLUB

Thursdays, September 15 and October 20
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 additional information, please email info@birminghamphotoclub.org.

PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm
Group resumes on September 8.

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

POTTERY OPEN STUDIO

Thursdays from 10:00 am to 12:30 pm

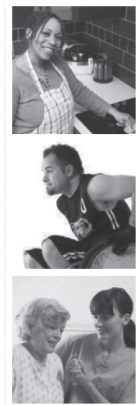
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Wednesday Evenings @ 5:00 pm

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

September 7 - *MESSAGE IN A BOTTLE*

During her morning jog on the beach, journalist Theresa Osborne (Robin Wright Penn) discovers a bottle protruding from the sand. Inside it, she finds a heartbreaking, anonymous love letter. After her paper publishes the letter, Osborne tracks down the letter's reclusive author, world-weary widower Garret Blake (Kevin Costner), in the Carolinas. But, as Osborne finds herself falling hopelessly in love with Blake, she becomes wracked with guilt over the real impetus for her visit.

Rated PG 13 - 2 hours 6 minutes

September 14 - *IRIS*

Filmmaker Albert Maysles pays tribute to nonagenarian Iris Apfel, the quick-witted, longtime interior designer and outspoken champion of eclectic fashion.

Rated PG 13 - 1 hour 19 minutes

September 21 - *THE BIG YEAR*

Three men find that they have come to a turning point. Stu (Steve Martin) faces a late-life crisis, Kenny (Owen Wilson) is in the grip of a midlife crisis, and Brad (Jack Black) is wallowing in a no-life crisis. Determined to kick-start their stagnant lives, Stu, Kenny and Brad decide to enter a prestigious contest. During the course of one calendar year, the three friendly rivals crisscross North America in a quest to count more species of birds than anyone else.

Rated PG - 1 hour 40 minutes

September 28 - *NOTTINGHILL*

William Thacker (Hugh Grant) is a London bookstore owner whose humdrum existence is thrown into romantic turmoil when famous American actress Anna Scott (Julia Roberts) appears in his shop. A chance encounter over spilled orange juice leads to a kiss that blossoms into a full-blown affair. As the average bloke and glamorous movie star draw closer and closer together, they struggle to reconcile their radically different lifestyles in the name of love.

Rated PG 13 - 2 hours 4 minutes

October 5 - *BEST IN SHOW*

The tension is palpable, the excitement is mounting and the heady scent of competition is in the air as hundreds of eager contestants from across America prepare to take part in what is undoubtedly one of the greatest events of their lives — the Mayflower Dog Show. The canine contestants and their owners are as wondrously diverse as the great country that has bred them. Fred Willard, Eugene Levy, Catherine O'Hara

Rated PG 13 – 1 hour 30 minutes

October 12 - *SUNSET BOULEVARD*

An aging silent film queen refuses to accept that her stardom has ended. She hires a young screenwriter to help set up her movie comeback. The screenwriter believes he can manipulate her, but he soon finds out he is wrong. The screenwriter's ambivalence about their relationship and her unwillingness to let go leads to a situation of violence, madness, and death.

Rated Passed - 1 hour 50 minutes

October 19 - *JUDY*

Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband.

Rated PG 13 1hour 58 minutes

October 26 - *HOCUS POCUS*

Bring Grandchildren! Costumes encouraged and Halloween Treats will be provided.

After moving to Salem, Mass., teenager Max Dennison (Omri Katz) explores an abandoned house with his sister Dani (Thora Birch) and their new friend, Allison (Vinessa Shaw). After dismissing a story Allison tells as superstitious, Max accidentally frees a coven of evil witches (Bette Midler, Sarah Jessica Parker, Kathy Najimy) who used to live in the house. Now, with the help of a magical cat, the kids must steal the witches' book of spells to stop them from becoming immortal.

Rated PG - 1 hour 36 minutes



RESULTS OF THE 2022 MEMBER & NON-MEMBER SURVEY ON NEXT

Number of respondents: 549 — Current members: 439 Non-members: 110

POINTS OF PRIDE



The quality and variety of the programs offered, particularly the speakers, presentations and entertainment received a 95% favorable rating!



Next has a relaxed, warm and friendly atmosphere — a good place to meet new friends.



The staff is caring and capable.



Next does well with the resources available.

NEEDS IMPROVEMENT



A vast majority of current members and many non-members responded that the Midvale building is outdated, too small for today's needs, and offers little room for growth, especially when compared to other communities.



There is a need to increase awareness of the supportive services offered to all residents, regardless of membership status.

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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.

CANASTA

Tuesdays 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 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 5, 19 and October 3, 17 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.

CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

CHESS LESSONS

Thursdays from 4:00 to 5:00 pm
Cost: Complimentary members / \$5 guests

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

CHESS CLUB

Thursdays from 5:00 to 7:00 pm
Cost: Complimentary members / \$5 guests

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

NEW! INTRO TO BEGINNING BRIDGE / BEGINNING BRIDGE - FOCUS ON BIDDING

Thursdays, September 22, 29 and October 6, 13, and 20
from 10:00 am to 12:00 pm

Cost: 5-week series - \$80 member / \$85 guests

Next welcomes instructor Laura Burke. Laura began playing bridge over 15 years ago and was awarded her Bronze Life Master in 2021. During this time, she has learned that bridge is socially, mentally and competitively enriching. She enjoys teaching to provide students the opportunity to appreciate and benefit from the great game of bridge.

Introduction to Beginning Bridge

This class is for the student who is new to bridge, serving as an introduction to the game of bridge. Content will include some basic bridge concepts and progress to understanding opening bids and responses. Each class will begin with a lecture and end with hands to play, based on information from the lecture.

Beginning Bridge - Basic Bidding

This class is for the student who understands basic bridge concepts including opening bids and responses. The class will build on concepts learned in Intro to Beginning Bridge. Each class will begin with a lecture and end with hands to play based on information from the lecture.

BRIDGE...for everyone at every level!

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

Partners Bridge - Tuesdays from 12:30 to 3:30 pm
Come with your partner. Experienced players, please.

Duplicate Bridge - Fridays from 11:00 to 2:00 pm
For additional information, contact Facilitator Irv Feldman at 248-828-5346.

BIRMINGHAM STAMP CLUB

Tuesdays, September 6, 20 and October 4, 18 at 5:30 pm
For information contact Ken Rusch at 248-968-3505.

COIN CLUB

Wednesday, September 21 and October 19 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 or your laptop by one of our talented instructors. Please contact the Next office to schedule an appointment and purchase your computer card. The Computer Lab is open for independent use during Next business hours.



HEALTH & NUTRITION

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Mondays, September 12 and October 3

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.

VISION ENRICHMENT SUPPORT GROUP

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

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 12 and October 10 at 5:30 pm

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

YOUNGER ONSET DEMENTIA & ALZHEIMER'S CAREGIVER SUPPORT GROUP

Wednesdays, September 21 and October 19

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.

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!

MEDICAL EQUIPMENT LOANS

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

HEARING AID & EYEGLASSES DONATIONS & RECYCLING PROGRAM

The Support Services Department always welcomes donations of hearing aids and eyeglasses for the Lions Club program. Please bring your donations to Support Services or the Next office.

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.



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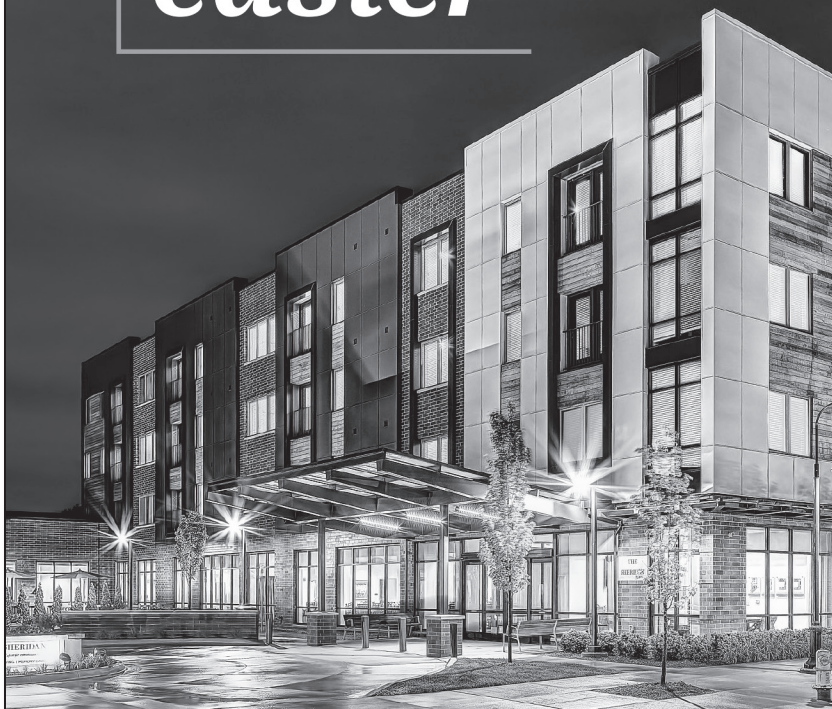
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We recently were able to celebrate all our wonderful volunteers with a summer luncheon, but thank you never seems quite adequate.

Our volunteers are so important to all our day-today activities.

These are people that answer your calls and questions in the office, facilitate card games, sports leagues and discussion groups, organize the library, and pitch-in with the gardens.

Volunteers offer computer instruction, contribute their time and talents to fundraisers, and serve on numerous committees.

And no volunteer thank you would be complete without recognizing the Board of Directors who provide financial oversight, strategic planning and develop long range goals.

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SUPPORT SERVICES

INFORMATION ABOUT COMMUNITY RESOURCES

Support Services are available to Next members, seniors in the community, in-town and out-of-town family members, and caregivers. Come in or call with any questions; we are here to help with resources, information, and referrals in a wide range of areas. Sandi Cassar and Pat Brooks in Support Services welcome you Monday through Thursday, 9:00 am to 4:00 pm and Friday, 9:00 am to 3:00 pm.

ASK THE ATTORNEY

Tuesdays, September 6 and October 4
from 12:00 pm to 12:45 pm

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

TRANSPORTATION

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

LAWN MOWING & SNOW REMOVAL 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.

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.

BIRMINGHAM SENIOR RESIDENTS FOUNDATION

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.

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COMMUNITY HOUSING TOURS

Next arranges Community Housing Tours to local senior living communities. There are many wonderful options in the area and this is a great opportunity. Gather information about community housing and enjoy a complimentary lunch. If you have a community you would like to visit, please let Next know.



Waltonwood - Royal Oak

Wednesday, September 14 - Bus departs at 11:00 am

A lovely community designed especially for seniors with a professional and caring staff in the privacy of your own apartment. The residents will enjoy an elegant diningroom, grand porch overlooking beautiful landscaped grounds, exercise room designed for seniors, library, cozy lounges, and many more amenities. Everything needed to enjoy life worry free!

Baldwin House - Birmingham

Wednesday, October 12 - Bus departs at 11:00 am

A beautiful community offering charming one and two bedroom apartments paired with great services and activities. Social events, entertainment, exercise room, video movie room. Located within walking distance from Downtown Birmingham, Baldwin Library and Shain Park. A lifestyle of carefree living in a community setting.

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.

LET'S HEAR FROM YOU!

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

OAKLAND COUNTY EMERGENCY CELL PHONE PROGRAM

Cell phone distribution: Fridays from 9:00 am to 12:00 noon
Oakland County Sheriff's Office, 1200 N. Telegraph Road,
Building 38E, Pontiac MI 48341

Providing seniors with a mobile means of getting help in an emergency. For more information, please call 248-975-9700.

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If you are on Facebook please take a moment to "Like"
Next — *Your Place to Stay Active & Connected*
Help spread the word about what a great place Next is!

THANK YOU FOR SUPPORTING NEXT!

PLANNED GIVING

Thank you Pat Meyers, we are very grateful!

Pat Meyers chose to leave a legacy to Next. Earlier this year, as part of her planned giving initiative, Pat made a generous donation to Next. Pat wanted to make a difference to an organization she cares about deeply, and contribute to its sustainability for the future. Pat's gift to Next will provide support services to more residents in need of assistance to remain healthy and independent, while also supporting the high-quality programs and events we all enjoy.



GOODS & SERVICES

Mike and Jan Matuszewski.

INDIVIDUAL

Irv Feldman - Friday Bridge, Kenneth and Sharon Gorski, Martha Hodge, Keith Petherick, Rosa Rohlman, Carol Stetter, David and Linda Underdown.

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

Cris Braun, Executive Director
Kathleen Tillson, Office Supervisor
Sara Callender, Staff Assistant
Bev Singer, Staff Assistant
Susan Gwizdz, Marketing & Communications
Jolee Hentgen, Program Planner
Pam Hall, Program Planner
Sandy Catterall, Financial Administrator
Sandi Cassar, Support Services
Pat Brooks, Support Services
Kim Holmes, Facility Operations
Virgil Colman, Van Driver
Calvin Moss, Van Driver
Judy Murrell, Meals on Wheels

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.
- We want to assure you that Next remains vigilant in our COVID safety protocols and we are dedicated to keeping our members and staff safe. Next protocols are guided by the CDC and The Oakland County Health Department.

MEET OUR NEWEST MEMBERS

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

Robin Adams, Sandee Battier, Susan Brieloff, Raymond and Sue Buratto, Neal and Nancy Buschmoh, Tom and Janet Caltrider, Karen Cleghorn, Loretta Danforth, Linda Falkiewicz, Zelda Gechter, Hamid and Sheila Kia, Laura Kingston, Bill and Sue Kondak, Carol Kozlow, Patti Leebove, Joanne Love, Megan Lyle, Ray McCarus, Robert and Gail McMahan, Kaisa Mikkola, Stanley and Chia Mroz, Cadine Nicholson, Nancy O'Connor, Rozanne Oehring, John and Ruanne Opie, Susan Prost, John Rogers, Bridget Schipper, Phyllis St. Michael, Gail Strosberg, Cassie Vasileff, John and Nancy Von Rosen, Dennis and Susan Winowieck.

WELCOME BACK

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

Mark Anderson, Aleta Atchison-Jorgan, Ray Chen, Laura D'Agostino, Armando and Connie Delicato, Bruce and Joyce MacDonald, Richard and Donna Martin, Raymond and Susan Mascia, Bill and Helen McCarty, Maynard and Debra Metler, Donald and Mary Vratanina.

Our condolences to the family and friends of... Faith Corey and Jan Erichsen.

We are thinking of you... Moussa Hana, Bobbie Hess and Martha Hodge.

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Pottery Open Studio 12:30 Pickleball 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 No Lecture	2 Closed for Labor Day
5 Closed for Labor Day	6 8:30 Open Gym 11:00 Women's Roundtable 12:00 Ask the Attorney Canasta 12:30 Socki Partners Bridge 1:00 Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club	7 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle 1:00 Chair Yoga 1:30 Tennis League Mixed Doubles 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Message in a Bottle	8 8:30 Open Gym 9:30 Palette & Brush 10:00 Total Health Works Brain & Body - Free Demo Bowling League Pottery Open Studio 12:30 Pickleball 1:00 Michigan Rediscovered Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Protecting our Community from Violence	9 Dossin Great Lakes Museum & Belle Isle Aquarium 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Tennis League Mixed Doubles
12 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Popular Reads Mah Jongg 4:30 Pickleball 5:30 Parkinson's Support Group	13 8:30 Open Gym 10:00 Non-Fiction Book Club Total Health Works Brain & Body Painting with Acrylics 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 6:00 Eddy Kay Performs!	14 Housing Tour at Waltonwood *** Detroit Zoo Senior Day 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle 12:30 Understanding Your Sleep Cycles 1:00 Chair Yoga 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Iris	15 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Photography Club Pottery Open Studio 10:30 Earth-Friendly Gardening 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Art of Glassblowing	16 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Zumba - Free Demo Mah Jongg 1:30 Tennis League Mixed Doubles
19 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg Bingo 3:00 Trivia Time! 4:30 Pickleball	20 Eastern Market Strolling Brunch 8:30 Open Gym 10:00 Total Health Works Brain & Body Painting with Acrylics 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club	21 St. John Armenian Apostolic Orthodox Church 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle 1:00 Diabetes 101: What You Need to Know Chair Yoga 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: The Big Year 5:30 Dementia Caregiver Support Group 6:00 Coin Club	22 8:30 Open Gym 9:30 Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Pottery Open Studio Introduction to Beginning Bridge 12:30 Pickleball 1:00 Live Birds of Prey Studio Art 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Underground Railroad	23 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Zumba Mah Jongg 1:30 Tennis League Mixed Doubles
26 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:30 Pickleball	27 8:30 Open Gym 10:00 Total Health Works Brain & Body Painting with Acrylics 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball	28 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 10:30 History of Detroit: Detroit Art, Mass Media, Organized Crime 12:00 Pinochle 1:00 Chair Yoga 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Nottingham	29 8:30 Open Gym 9:30 Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Pottery Open Studio Introduction to Beginning Bridge 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: The Architecture of Italy	30 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Zumba Mah Jongg 1:30 Tennis League Mixed Doubles

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Popular Reads Mah Jongg Bingo 4:30 Pickleball	4 8:30 Open Gym 10:00 Total Health Works Brain & Body Painting with Acrylics 11:00 Women's Roundtable 12:00 Ask the Attorney Canasta 12:30 Socki Partners Bridge 1:00 Chess-Join the Fun! 1:30 Chair Yoga & Meditation 2:00 Bring Out Your Dead, Plagues, Epidemics & Pandemics 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club	5 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle 1:00 Chair Yoga 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Best in Show	6 Health Expo & Flu Shot Clinic 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Pottery Open Studio Introduction to Beginning Bridge 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Bees in the D!	7 DSO - Prohibition 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Zumba Mah Jongg 1:30 Tennis League Mixed Doubles
10 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 3:00 Trivia Time! 4:30 Pickleball 5:30 Parkinson's Support Group	11 8:30 Open Gym 10:00 Preparing Your Body for Winter Non-Fiction Book Club Total Health Works Brain & Body Painting with Acrylics 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Chess-Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball	12 Housing Tour at Baldwin House 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle 1:00 Chair Yoga 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Sunset Boulevard	13 The Revolution: Immersive Gustav Klimt Experience 8:30 Open Gym 9:30 Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Pottery Open Studio Introduction to Beginning Bridge 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 2:00 Mysterious Michigan 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: China Up Close & Personal	14 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Zumba Mah Jongg 1:30 Tennis League Mixed Doubles
17 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg Bingo 4:30 Pickleball	18 8:30 Open Gym 10:00 Total Health Works Brain & Body Painting with Acrylics 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Chess-Join the Fun! 1:30 Chair Yoga & Meditation 2:00 Presidential Travel by Train 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball 5:30 Stamp Club	19 Franklin Historical Museum & Cider Mill 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle 1:00 Chair Yoga 1:30 Tennis League Mixed Doubles 2:00 Watercolor Workshop 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Judy 5:30 Dementia Caregiver Support Group 6:00 Coin Club	20 Birmingham's Big Night Out at the Daxton Hotel! 8:30 Open Gym 9:30 Writer's Corner Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Photography Club Pottery Open Studio Introduction to Beginning Bridge 12:30 Pickleball 1:00 Studio Art 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 No Lecture	21 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Zumba Mah Jongg 1:30 Tennis League Mixed Doubles
24 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:30 Pickleball	25 8:30 Open Gym 10:00 Total Health Works Brain & Body Painting with Acrylics 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Tea History & Afternoon Tea Etiquette Chess-Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Mat Yoga 4:30 Pickleball	26 9:00 Men's Roundtable 9:15 Flow Yoga 10:00 Limber Up Needle Arts Open Studio 10:30 History of Detroit: Detroit's Historic Suburbs 12:00 Pinochle 1:00 Chair Yoga 1:30 Tennis League Mixed Doubles 2:00 Diwali - Festival of Lights Party Watercolor Workshop 2:15 Mindfulness & Meditation 4:30 Pickleball 5:00 Movie: Hocus Pocus	27 DIA - Van Gogh & EL DIA de Muertos 8:30 Open Gym 9:30 Palette & Brush 10:00 Total Health Works Brain & Body Bowling League Pottery Open Studio 12:30 Pickleball 1:00 Eating the Rainbow: How the Colors of Your Food Impact Your Health Studio Art 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Three Titans of the Great American Songbook	28 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball 1:00 Zumba Mah Jongg 1:30 Tennis League Mixed Doubles
31 8:30 Open Gym 9:15 Stretch & Relax 10:00 Limber Up Knitting & Crocheting 10:15 Line Dancing 10:30 Mah Jongg 11:15 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:30 Pickleball				



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HEALTH EXPO & FLU SHOT CLINIC

Thursday, October 6 from 10:00 am to 1:00 pm

Please join us for this important event featuring vendors providing giveaways! Oakland County Health Department will be providing the high dose flu shot specifically for seniors, as well as the regular dose shot.

Please remember to bring your identification and insurance cards. Most insurances, including Medicare are accepted. Please call the office to schedule an appointment. Walk-ins are welcome but may have a longer wait.

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Next does not discriminate on the basis of disability in admission or access to its programs, activities or services as required by Title II of the American Disabilities Act of 1990 and is an Equal Opportunity Provider and Employer.

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HOURS

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.

MEMBERSHIP DUES

Residents of Birmingham,
Bingham Farms, Beverly Hills,
and Franklin
\$55/year Single Membership
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\$80/year Single Membership
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