



Your Place to Stay Active & Connected

MARCH/APRIL 2024

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

Join us for Birmingham's Big Night Out to Benefit Next!

The Daxton Hotel • Thursday, April 4 • 7:00 pm
Tickets: Dance Floor \$175 / Ballroom \$125

HEADLINING THIS YEAR'S BIG NIGHT OUT — the incomparable Mark Randisi & The Motor City Horns with special guests, The Unforgettables



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



The night will be reminiscent of the nightclub scene that was popular through the 1930s and 40s — with clubs such as the Copacabana, The Chi Chi Room and The Rainbow Room. Add strolling appetizers and desserts, special surprises, and the warmth of community, and you truly have a night to remember! Join us for this very special evening, a community celebration to benefit Next.

SPRING FASHION SHOW & LUNCH AT NEXT!

Thursday, April 25 at 12:00 pm
Cost: \$5 members / \$10 guests
Please register by Tuesday, April 23

Join us for an afternoon of fun, fashion, food — and shopping! Starting at noon, you'll enjoy a springtime luncheon, followed by a fashion show featuring Next members who will be modeling outfits provided by Just Girls Boutique of Bloomfield Hills. After the show, you will have the opportunity to shop and buy from a collection of the latest in spring fashion, selected by Just Girls. Reservations must be made by April 23. It's going to be an event you won't want to miss! Generously sponsored by Cedarbrook Senior Living.

EMPTY BOWLS FUNDRAISER FOR MEALS-ON-WHEELS & SOUP LUNCH

Thursday, March 28 at 12:00 pm
Cost: \$20 per bowl
100% of the proceeds go to Meals on Wheels, Western Oakland County
Register by Monday, March 25



You are invited to join us for an afternoon of food, fellowship and a little bit of fundraising for a good cause. Here's how it will work: For a donation of \$20, each attendee will select an empty, handmade bowl, crafted by Next's own Pottery group and will then sit down with fellow members to enjoy a flavorful soup and bread lunch, compliments of Next. Representatives from Western Oakland Meals on Wheels will speak briefly about how they are helping seniors in our community who are experiencing food insecurity, by providing meals and much more. Attendees will select their bowl on the day of the event. Please help us support this local organization that delivers so much more than just a meal.

JOIN US FOR A BEAUTIFUL CELLO CONCERT

Wednesday, April 3 at 6:00 pm
Cost: Complimentary members / \$5 guests



Let's gather to enjoy an amazing cello concert with Mauricio Bentanzo, Cellist! Trained at the Catholic University of Chile with a Residency at Carnegie Mellon. He has performed all over the world, including the Kennedy Center, Chilean Embassy and as a soloist with the Catholic University of America Orchestra. He also played with the rock cello group Primitivity during its residency at Strathmore. Mauricio will share an exciting variety of music with different dimensions all designed to provide beauty and wonder to us all!



EXPLORE INDIGENOUS CULTURE

Next is hosting an exciting variety of programs during March and April to learn more about Indigenous Communities.

The following events are funded in part by Michigan Humanities, an affiliate of the National Endowment for the Humanities, and the Michigan Arts and Culture Council — and Next appreciates their contributions.

LAND BACK: OUR TEACHERS, OUR TRUTH, OUR CONNECTION TO MOTHER EARTH

Nathan Wright, Spritman from the Sun & Citizen of the Sault Ste. Marie Tribe of Chippewa Indians

Thursday, March 28 at 6:00 pm

Cost: Complimentary members / \$5 guests



Nathan Wright will discuss our connection to Mother Earth through nature. Have you wondered about the bond Native Americans have with their land? What is Land Back and why is it so important? Nathan will weave his experience as a wild forager, cold water enthusiast and water protector to create a self-awakening experience for you. Open your senses to a whole new level and allow yourself to tap into a connection you never knew existed. Come on this journey to discover and honor our connection to mother earth.

ANISHINAABEK HERBALISM OF THE GREAT LAKES

Nathan Wright, Spritman from the Sun and Citizen of the Sault Ste. Marie Tribe of Chippewa Indians

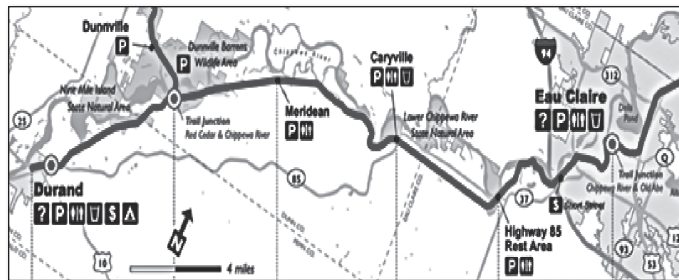
Thursday, April 25 at 6:00 pm

Cost: Complimentary members / \$5 guests

Join us for a journey through the historic use of trees and plants by Indigenous peoples in Michigan. For centuries, these plants have played a vital role in sustaining and nourishing Indigenous communities. Nathan will guide us through each season, sharing how different plants were used for various purposes such as shelter, transportation and food. He will share the significance of different moons in the Indigenous calendar and how they relate to the use of certain plants. He will share insights in growing herbal plants in our own yards and using them to improve our overall well-being.

GREAT MICHIGAN READS

We are excited to be working with Michigan Humanities and the Michigan Arts and Culture Council and presenting their literary selection of Angeline Boulley's *Firekeeper's Daughter*. Next is hosting an exciting variety of programs to learn more about indigenous communities. Next has several copies of the novel from Michigan Humanities and Baldwin Public Library. Please stop by the office and check out a copy.



MICHIGAN ROAD TRIPS TO DESTINATIONS WITH NATIVE AMERICAN HISTORY

Tuesday, April 2 at 1:00 pm

Cost: Complimentary members / \$5 guests

Ron Rademacher returns to Next to share some Michigan road trip ideas that have a Native American history or influence attached to them. Learn about the prehistoric canoe in the western upper peninsula, the Face in the Cliff, the 1,000-year-old Chippewa/Hopewell trail, sacred trees, a "place of visions" and much more.



THE FIREKEEPER'S DAUGHTER

Book Discussion

Rebekah Craft, Director, Baldwin Public Library

Wednesday, May 1 at 1:00 pm

Cost: Complimentary

Join Rebekah Craft as she leads a discussion around this powerful story that provides a rare and insightful glimpse into the complexities and diversity of Indigenous communities and their struggles. Join us even if you haven't read the novel, to learn more about our Native American neighbors.



INDIGENOUS ARCHAEOLOGY OF OAKLAND COUNTY

**Caitlin Donnelly, Museum Specialist,
The Birmingham Museum**

Tuesday, March 19 at 11:00 am

Cost: Complimentary members / \$5 guests

Advances in archaeology and anthropology in the past several years have expanded the story of the very first Americans. Who were the first peoples in Michigan, where did they come from and how did they live? Caitlin Donnelly from the Birmingham Museum will explore the latest findings and what they can tell us about the first Michiganders.

INDIAN SCHOOL: A SURVIVOR'S STORY

Documentary Viewing

**Euphemia Sue Franklin, Executive Director
of South East Michigan Indians & Tribal Citizen
of Sault Ste. Marie Tribe of Chippewa Indians**

Thursday, March 21 at 6:00 pm

Cost: Complimentary members / \$5 guests

This important documentary chronicles history during the late 19th and 20th centuries, across the United States and Canada when the federal governments habitually required Native American children to reside in boarding schools. Beginning with the Carlisle Indian School in Pennsylvania (1879), the goal was assimilation. The motto was, "Kill the Indian to save the man." There were 519 schools in the US and 126 in Canada. This film, from the victims' own voices, details the boarding school experience.

THE POTAWATOMI OF SOUTHFIELD, MI

Darla Van Hoey, President, Southfield Historical Society

Thursday, April 4 at 11:00 am

Cost: Complimentary members / \$5 guests

This program will discuss the Native American tribes of the Michigan Territory known as the Anishinaabeg or People of the Three Fires, comprised of the Ojibwe, Odawa and Potawatomi. Our speaker will share information about the Potawatomi in Southfield and beyond.

THE AMERICAN BUFFALO

A Ken Burns Documentary

Wednesdays, April 10 and April 24 at 1:00 pm

Cost: Complimentary members / \$5 guests

A two-part, four-hour Ken Burns documentary takes viewers on a journey through more than 10,000 years of North American history. The journey travels across some of the continent's most iconic landscapes, tracing the animal's evolution, its significance to the Indigenous people and landscape of the Great Plains, its near extinction, and the efforts to bring these magnificent mammals back from the brink. Length: 2 hours each

TRIVIA TIME! with Tricia Olevnick

Mondays, March 4 and April 1 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.

PEACE OF MIND SEMINAR

Mike Smela, A.J Desmond & Sons

Thursday, March 14 at 12:00 pm

Cost: Complimentary members / \$5 guests

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

HOLISTIC APPROACH TO LONGEVITY

**Dr. Ryan R. Abboud, DO, Longevity
Health Institute, Bingham Farms**

Wednesday, March 20 at 1:00 pm

Cost: Complimentary members / \$5 guests

Learn how to optimize your health environment to extend your health span. Join Dr. Abboud as he explains how to combine functional, integrative and preventative medicine, by emphasizing nutrition for metabolic health and natural therapies for mental well-being. As a Doctor of Osteopathic Medicine, Dr. Abboud is deeply committed to holistic wellness, specializing in cardiovascular prevention and lifestyle medicine.

DID YOU KNOW THAT INCONTINENCE IS NOT JUST A NORMAL PART OF AGING?

**Jenna Miettinen, Physical Therapist and Jessica
Zachara, Empower Physical Therapy and Fitness**

Tuesday, March 26 at 1:00 pm

Cost: Complimentary members / \$5 guests

For decades, many have believed that incontinence and pelvic pain are "just part of the aging process." This isn't the case and it can be helped without medication or surgery. Join Jenna, DPT, and Jessica from Empower Physical Therapy and Fitness, to learn more about pelvic health and how to live comfortably and in control. Jenna and Jessica will also go through a few simple exercises that can help this condition. This class is beneficial for both men and women. Bring questions and learn answers in a safe space.



MORE HAPPENINGS AT NEXT

AN ESTATE PLANNING CHECKUP

Diana Moak, President, Pugh Moak P.C.

Wednesday, March 27 at 1:00 pm

Cost: Complimentary members / \$5 guests

Diana Moak will discuss what is new in estate planning, what you should consider changing and what still works. She will cover the estate planning documents which should be a part of every estate plan, and will touch on topics that might matter to you, such as when a special needs trust is important, what a lady bird deed does and the basics of how to administer an estate and trust.

BASICS OF SEED STARTING

Caitlin Splawski, MS, Educator with MSU Extension

Tuesday, April 9 at 1:00 pm

Cost: Complimentary members / \$5 guests

Join MSU Extension Horticulture Educator for Oakland County, Caitlin Splawski, to learn all about the necessary tools for successful seed starting indoors. We'll go over what plants need to grow and thrive, plus the basics of watering, fertilizing and hardening off your seedlings before planting them outside.

JACOBSON'S: THE STORY OF A MICHIGAN INSTITUTION

Bruce Kopytek, Department Store Historian & Author

Thursday, April 11 at 2:00 pm

Cost: Complimentary members / \$5 guests

Though founded in 1868 in Reed City, Jacobson's entered the Birmingham market in 1950 and quickly became one of the community's premiere shopping destinations. Join department store historian and author, Bruce Allen Kopytek, as he shares the story behind his award-winning book, *Jacobson's: I miss it so! The Story of a Michigan Fashion Institution*.



A YEAR IN THE LIFE OF A HONEY BEE COLONY

Lisa Stinson & Dawn Gialanella, Beekeepers

Tuesday, April 16 at 11:00 am

Cost: Complimentary members / \$5 guests

Dawn Gialanella and Lisa Stinson, who collectively possess over fifteen years of experience as beekeepers, will present A Year in the Life of a Honey Bee Colony. Attendees will get a glimpse of these extraordinary creatures, their important role as essential pollinators and some of the challenges with which they contend.



THE INS & OUTS OF ESTATE SALES

Emily Dein, Owner, Avalon Estate Sales

Wednesday, April 17 at 1:30 pm

Cost: Complimentary members / \$5 guests

Are you moving, downsizing or settling an estate of a loved one? Join us as Emily Dein, Certified Appraiser and owner of Avalon Estate Sales, takes us through the dos and don'ts of working successfully with an estate liquidator. Questions, as always, are welcome!

PLANNING FOR THE NEXT PHASE OF LIFE WORKSHOPS

Jim Craft, Career & Retirement Consultant

Tuesday, April 23 and Tuesday, April 30 from 1:00 to 2:30 pm

Cost: Complimentary members / \$5 guests

As a follow-on to a recent presentation on "Planning for the Next Phase of Life", Jim Craft will be conducting two workshops to help participants develop a vision to make the "next phase of life" more rewarding.

Session 1, "Discovering the Motivators" will focus on developing an understanding of personal motivators around which one should build the future.

Session 2, "Building a Vision" will apply that knowledge to create a comprehensive, actionable vision of what they would WANT the "next phase of life" to look like. Both sessions will include individual activity as well as small and large group discussions. If you did not attend Jim's initial "Planning for the Next Phase of Life" presentation last November, you may still attend these workshops.

SWING INTO SPRING!

Chamber Music Concert featuring Quintet Cantabile

Thursday, May 2 at 1:00 pm

Cost: Complimentary members / \$5 guests

Quintet Cantabile returns to Next with bright and joyful chamber music selections. Guests will enjoy chamber works by W.A. Mozart and Eric Ewazen, a ragtime dance medley by Scott Joplin, the traditional song Shenandoah and more. Favorite songs from The Sound of Music, arranged for wind quintet, will conclude the program. You will be invited to sing along!

The Quintet Cantabile includes Robyn Myers, flute; Lillian Dean, clarinet; Walter Dean, bassoon; Kristine Krapp, oboe; and David Dodge, horn.



BACK BY POPULAR DEMAND!

THURSDAY, APRIL 4TH ★ DAXTON HOTEL, DOWNTOWN BIRMINGHAM



JEFFARES
GROUP

MAX
BROOCK
REALTORS®

PRESENTS

BIRMINGHAM'S BIG NIGHT OUT

A community celebration to benefit Next, Birmingham Area 50+ Community Center.

TICKETS AVAILABLE AT NEXT
BIRMINGHAMNEXT.ORG
248.203.5270

SHOW STARTS 7:00PM
\$125 BALLROOM
\$175 DANCE FLOOR

FEATURING
MARK RANDISI



WITH
SPECIAL GUESTS

THE UNFORGETTABLES





ART & CREATIVITY

NEW! ADVANCED DRAWING IN LIVING COLOR

Tuesdays, March 12 through April 30
from 10:00 am to 12:00 noon

Cost: 8-week series - \$100 members / \$110 guests

Do gray days get you down? Have you learned basic drawing and shading skills? Then join artist/instructor Kay Sulfaro in this exciting, advanced class to experience the richness of color in your life and in your drawing. You will learn how to make a color brilliant or tone it down giving it calmness and serenity. Materials list available at Next.

CALLIGRAPHY

Friday, March 15 from 10:00 am to 12:00 pm
Cost: \$40 members / \$45 guests

Join Instructor Beth Johnson in an introduction to calligraphy. Learn the art of beautiful writing using simple techniques. Beth will introduce helpful tips to create your letters and words. Materials included.

NEW! CRYSTAL & STONE PENDANT

Friday, March 22 and/or Friday, April 19 from 12:00 to 1:30 pm
Cost per class: \$30 members / \$35 guests

Next welcomes artist/instructor Michele Shoha. Join her and create a one of a kind, stainless steel pendant using crystals and stones. Choose your shape — dog tag, circle, dog bone — select your crystals and Michele will guide you in making a unique piece of jewelry/pendant. No experience necessary. Everything you need will be provided in the workshop.

STUDIO ART

Thursdays, April 11 through June 6 from 1:00 pm to 3:30 pm
Cost: 9-week class: \$158 members / \$168 guests

Join this class using materials which you already have experience with and have had basic instruction. Bring your own subject, reference material, and the supplies you typically work with. Instructor Karen Halpern will foster critical thinking and make suggestions to guide you as you develop your own project.

WATERCOLOR PAINTING WORKSHOP

Wednesdays, April 10 through June 5
from 2:00 pm to 4:00 pm

Cost: 9-week class: \$126 members / \$136 guests
Minimum of 4 students

Join noted Bloomfield Hills artist Karen Halpern as she presents a new subject to paint each week, with directions, examples and inspiration. Learn about color theory, good design and painting techniques. Work at your own level, with support and guidance from the instructor. All levels welcome. A materials list is available in the Next Office.

FIRED AND FUSED: Glass Creations Workshop

Join Helen Agius-Andrae artist/instructor and owner of Fired and Fused glass creations for a fun experience working with fused glass. Projects will be ready for pick-up approximately two weeks after the class. No experience necessary!

New! Wind Chime / Sun Catcher

Friday, March 8 from 11:00 am to 1:00 pm
Cost: \$70 members / \$75 guests

Get ready for sunny days and nice weather! Create your own Wind Chime. You will be introduced to the art of Fused Glass and glass cutting techniques to make your unique creation.



New! Fused Glass Wave Art

Friday, April 12 from 11:00 am to 1:00 pm
Cost: \$80 members / \$85 guests

In this class you will stack on a 4x12 base piece of glass to create your unique wave design.

PHOTOGRAPHY CLUB

Thursdays, March 14 and April 11 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.

KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

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

NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

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

PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm

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

POTTERY OPEN STUDIO

Thursdays from 9:30 am to 12:30 pm

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

SPEAKER SERIES @ NEXT

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

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

March 7 - WOMEN'S SUFFRAGE: WE WON THE VOTE Detroit Institute of Arts Docent

The DIA docent uses the DIA's artworks to bring the women's suffrage movement to life. Over 100 years of women's efforts for the vote, constitutional equality and social and political equity will be explored in this presentation, created to celebrate the 100-year anniversary of American Women's Suffrage.



March 14 - THE WORKS PROGRESS ADMINISTRATION (WPA) IN MICHIGAN Jim Craft, B.A., M.A., Historian

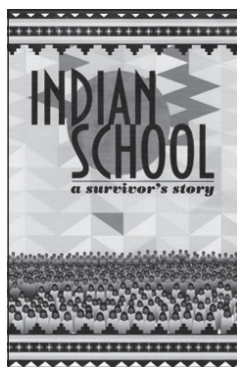
The Works Progress Administration was the most significant relief program of the New Deal. Millions of Americans relied on wages from this extensive relief program to survive. The origins, range of programs, significance to the needy and the landscape of America as well as the controversy surrounding the WPA will be explored.



Part of our cultural series featuring
a closer look at Indigenous People.
See page 2 for details.

March 21 - INDIAN SCHOOL: A SURVIVOR'S STORY

March 28 - LAND BACK: OUR TEACHERS, OUR TRUTH, OUR CONNECTION TO MOTHER EARTH



April 25 - ANISHINAABEK HERBALISM OF THE GREAT LAKES

MARK RANDISI & THE MOTOR CITY HORNS

Daxton Hotel
April 4 at 7:00 pm
See front cover for details.



April 11 - THE VISION FOR OAKLAND COUNTY

David Coulter - Oakland County

Join David Coulter, a veteran of county government with an impeccable record of public service as he shares his vision for 2024 and the future of Oakland County. He is the only person in Oakland County to serve as both county executive and county commissioner. As Executive, David created the offices of Diversity, Equity and Inclusion, Environmental Sustainability and Older Adult Services. He has invested in programs to help adults get the education and training they need for successful careers, Business Forward consultants to assist small businesses gain access to county, state and federal resources and initiatives to improve and expand access to affordable physical and mental health services for all Oakland County residents. Join us for this important event with our County's leader, David Coulter.



April 18 - REGENERATION: BLACK CINEMA, 1898-1971 Detroit Institute of Arts Docent

This presentation honors the legacy of African American filmmakers and actors from the dawn of cinema, through the golden age, and into the aftermath of the Civil Rights Movement. Inspired by and named after an independent 1923 all-Black-cast movie, Regeneration seeks to revive lost or forgotten films, filmmakers, and performers for a contemporary audience. Regeneration highlights the agency many Black artists asserted in their respective crafts despite challenges of systemic racism, revealing their tenacity, immense talent, and unwavering commitment to creative expression. In May, Next will offer a trip to the DIA to see this exciting exhibit.

FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

March 6 - IT TAKES A LUNATIC

The extraordinary life of beloved acting teacher and theatre producer Wynn Handman is recalled in this documentary. Wynn delves into his personal life story, while comments from former students such as Richard Gere, James Caan, Michael Douglas, and many more. Not Rated 2 hours 6 minutes

March 13 - BROOKLYN

Young Irish immigrant Ellis Lacey (Saoirse Ronan) navigates her way through 1950s Brooklyn. A fresh romance sweeps Ellis into the intoxicating charm of love. But soon, her past disrupts her new vivacity, and Ellis must choose between two countries and the lives that exist within. Rated PG 13 1 hour 57 minutes

March 20 - BANK OF DAVE

A successful British van salesman, Dave Fishwick (Roy Kinnear) decides to open a bank that uses local money to fund local enterprises. However, he soon fights an uphill battle as he tries to convince the elite London-based financial authorities to grant him a new bank license, the first in over 150 years. This film is based on real-life experience. Rated PG 13 1 hour 47 minutes

March 27 - SR.

Robert Downey Jr. pays tribute to his late father in this documentary chronicling the life and eclectic career of pioneering filmmaker Robert Downey Sr., the fearless and visionary American director who set the standard for counterculture comedy in the 1960s and 1970s. Rated R 1 hour 29 minutes

April 3 - RED NOTICE

In the world of international crime, an Interpol agent attempts to hunt down and capture the world's most wanted art thief. Starring Dwayne "The Rock" Johnson, Ryan Reynolds, and Gal Gadot. Rated PG13 1 hour 58 minutes

April 10 - SLY

For nearly 50 years, Sylvester Stallone has entertained millions with iconic characters and blockbuster franchises, from "Rocky" to "Rambo." This documentary tells his underdog story and its parallels with the characters he brought to life. Rated R 1 hour 35 minutes

April 17 - TOSCANA

A Michelin rated Danish chef, Theo Dahl, (Anders Mattheson) goes to Tuscany, Italy, to sell the goods he inherited from his father, but he meets an inspiring woman, Sophia, (Christiana Dell'Anna) who makes him rethink life and love. Rated TV-MA 1 hour 30 minutes

April 24 - MURDER MYSTERY 2

Now private detectives launching their own agency, Nick (Adam Sandler) and Audrey (Jennifer Aniston) Spitz land at the center of an international investigation when a friend is abducted. Rated PG 13 1 hour 29 minutes

AFRICA – PERMANENT CRISIS?

Presented by The International Affairs Forum at Northwestern Michigan College

Wednesday, March 20 at 1:00 pm

Cost: Complimentary members / \$5 guests

International expert — Ambassador (Retired) Susan D. Page, Director Weisner Diplomacy Center & Professor of Practice in International Diplomacy, Gerald R. Ford School of Public Policy, University of Michigan Professor from Practice, University of Michigan Law School — discusses the history of Africa and the serious challenges the continent is facing. Recorded October 5, 2023. Length: 1 hour 6 minutes

Part of our cultural series featuring a closer look at Indigenous People. See page 3 for details.

THE AMERICAN BUFFALO

A Ken Burns Documentary

Wednesdays, April 10 and April 24 at 1:00 pm



STREAMING @ NEXT

GLOBAL HOTSPOT/ISRAEL-PALESTINIAN: CONFLICT IN CONTEXT

Presented by The International Affairs Forum at Northwestern Michigan College

Wednesday, March 6 at 1:00 pm

Cost: Complimentary members / \$5 guests

IAF hosted a discussion of the historical foundations of the current conflict in Israel-Palestine with two noted experts — Leila Hilal, J.D., International Human Rights Attorney, former Legal Advisor to Palestinian peace negotiators and Jack Siegel, Former Senior US Diplomat & Counselor for political and military affairs at the US Embassy in Tel Aviv, Israel. Recorded December 23, 2023. Length: 1 hour 15 minutes



HEALTH & WELLNESS SERIES



We are excited to partner with Henry Ford Health for the 2024 Health & Wellness Series! Henry Ford Health is committed to improving the health and wellness of the Michigan community by improving people's lives through excellence in the science and art of health care and healing. As the Health & Wellness Series Partner, Henry Ford Health will share the expertise of their physicians, nurses and other providers directly with Next members.

HEALTHY AGING

Claire Horton, Registered Dietitian & David Smith, Exercise Physiologist

Tuesday, March 12 at 12:00 pm

Cost: Complimentary members / \$5 guests

Maintaining a healthy diet and exercising regularly can help control or delay health issues associated with aging. Join Henry Ford Health professionals Claire Horton, Registered Dietitian, and David Smith, Exercise Physiologist, as they discuss this important topic. Learn how to grocery shop on a budget, eat a variety of foods, and eat with the environment in mind, as well as hear about exercise recommendations and the importance of strength training. Light lunch provided.

CARDIOTHORACIC HEALTH

Dr. Raed Alnajjar, Associate Medical Director, Heart & Vascular service line at HFH

Wednesday, April 10 at 12:00 pm

Cost: Complimentary members / \$5 guests

According to the American Heart Association, cardiovascular disease has been the leading cause of death in the US for the past 100 years, yet most Americans don't know it. Join Dr. Raed Alnajjar as he discusses prevention and management of heart and vascular-related conditions including coronary artery disease, valvular heart disease, and aortic aneurysms and disease. Additionally, Dr. Alnajjar will talk about lung cancer screening, prevention, and management. Light lunch provided.



ENRICHMENT

POPULAR READS BOOK CLUB

At Next in person — and via Zoom

Mondays, March 4 and April 1 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The March book selection is *Horse* by Geraldine Brooks — and the April selection is *The Heaven & Earth Grocery Store* by James McBride. Register at Next — and Baldwin Public Library will provide the book.

NON-FICTION BOOK GROUP via Zoom

Tuesdays, March 12 and April 9 at 10:00 am

Facilitated by Jaclyn Miller, Associate Director of the Baldwin Public Library, join us to discuss *The Great Stewardess Rebellion: How Women Launched a Workplace Revolution at 30,000 Feet* by Nell McShane Wulfhart in March, and *Ten Tomatoes that Changed the World* by William Alexander in April. 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.

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!

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, March 7, 21 and April 4, 18
from 9:30 am to 11:00 am

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

CURRENT EVENTS DISCUSSION GROUP

Fridays at 12:00 noon

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



FITNESS OFFERINGS

LaBlast® CHAIR FITNESS with Karen Lutz - NEW!

Mondays from 3:30 to 4:15 pm

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

A fun workout based on the dances seen on “Dancing with the Stars,” combining all aspects of physical fitness. No partner needed! Dance to a variety of music genres; some dances with small weights. No dance experience needed! Wear comfortable and flexible shoes. Karen is a Certified LaBlast® instructor.

LOW IMPACT AEROBICS with Taylor Glaspie

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

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

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

STRETCH & RELAX with Caryn Ciagne

Mondays from 9:30 to 10:30 am

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

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

LIMBER UP

Mondays, Wednesdays and Fridays at 10:00 am

Cost: Complimentary

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

LINE DANCING with Christine Stewart

Mondays from 10:15 am to 12:00 noon

Cost 10 drop-in classes: \$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.

YOGA FOR WELL BEING with Karen Lutz

Tuesdays from 4:00 to 5:00 pm

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

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

CHAIR YOGA & MEDITATION with Caryn Ciagne

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

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

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

WEDNESDAY FLOW YOGA with Caryn Ciagne

Wednesdays from 9:15 to 10:15 am

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

A slow yet strong flow practice suitable for all who may be interested in expanding their yoga practice. This class will explore 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.

BALANCED YOGA FOR WELLNESS 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.

TAI CHI FOR HEALTH with Cheryl Goodwin

► Beginner Class

Wednesdays from 2:30 to 3:30 pm - No class March 20

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.

► Intermediate Class

Fridays from 10:00 to 11:00 am

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

Cost: 1 drop-in class: \$10

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

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.

PICKLEBALL

Cost: Complimentary members only

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

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

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

TENNIS LEAGUE - MIXED DOUBLES

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 - Cost: \$11 for 3 games. Members only.

All levels welcome for bowling and camaraderie at Country Lanes at 30250 West Nine Mile Road, Farmington Hills. 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.



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DAY TRIPS

LUNCH AT GUS' SNUG

Wednesday, March 13

Bus departs Next at 11:15 am,
returns about 1:00 pm

Cost: \$10 members / \$10 guests
(Transportation only)

Get a head start on your St. Patrick's Day celebration and enjoy lunch on your own at Gus' Snug in Clawson. At Gus' Snug, they are telling the story of Ireland's rich history and culture. Here they celebrate the Pub & Snug culture of community and hospitable surroundings, good food, good drinks and friendly conversation, what they call "Craic." If there was a single word to sum up the feeling of Ireland, it might well be the Irish slang term "craic." In the strictest sense of the word, it means "fun," "news," or "gossip" — but it's also just an experience, a sensation, a feeling, an Irish expression of a great time! May the road rise up to meet you this St. Patrick's Day. SLAINTE!



SWEETEST HEART OF MARY CHURCH TOUR & LUNCH AT AMORE DA ROMA

Wednesday, March 20

Bus departs Next at 9:50 am, returns about 1:30 pm

Cost: \$20 members / \$25 guests

In 1890, construction began on what would become the largest Catholic Church in Michigan. Sweetest Heart of Mary is one of the largest Gothic Revival churches in the Midwest, and perhaps the most impressive! The church is constructed of red brick in a cruciform shape with a cross gabled roof. The facade on Russell boasts a rusticated stone lower level with a triple portal, a pointed arch structure, and a stone balustrade atop everything. Two towers flank the entrance, topped with identical spires, which are capped with buttresses and detailed with crosses. One of the more "holy cow" stories about Detroit churches involves the founding of Sweetest Heart of Mary, on Russell and Canfield streets. Take a guided tour of this magnificent sanctuary, view the amazing stained glass windows created by Detroit Stained Glass Works, learn the vast history, and enjoy lunch on your own after at Amore Da Roma. Detroit's oldest eatery (1890) delivers nostalgia via old-school décor, rich in tradition of family and friends, combined with delicious, traditional Italian fare and great wines.



MICHIGAN DESIGN CENTER & LUNCH IN THE MDC CAFÉ

Thursday, March 21

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

Cost: \$15 members / \$20 guests

Michigan Design Center has been serving designers, architects, builders and consumers throughout the region

since 1977. Their 215,000 square foot, single-story campus is home to more than 30 beautifully-curated showrooms representing more than 1,000 manufacturers. National tenants that maintain anchor positions within the building, along with regionally-owned showrooms representing the finest names in tile, fabric, home furnishings, lighting, kitchens, floor coverings, and accessories. Spend an hour long self-guided tour, browsing the different showrooms while gathering inspiration. The center has also provided the group with a "soft" itinerary of showrooms to visit including Rita O'Brien Interiors, Kravet, Beaver Tile & Stone, Baker McGuire, Italcasa and Lighting Resource Studio. After the tour you will have lunch, on your own, in their on-site restaurant. The MDC Café offers a selection of delicious soups, salads, sandwiches, and entrees to satisfy all palates.

FORD PIQUETTE AVE. PLANT TOUR & LUNCH AT Z's VILLA

Thursday, April 11

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

Cost: \$40 members
/ \$45 guests

Visit Henry Ford's original "birthplace" of the Model T built in 1904. Enjoy a guided stroll through automotive history led by museum historians. Experience the only remaining historic automobile factory from the "brass era" open to the public. You'll learn the amazing story of how Ford revolutionized manufacturing and put the world on wheels. Get up close to more than 65 rare automobiles and T trucks, see Ford's office, and the Experimental Room where the Model T was created all in this National Historic landmark building. After the tour enjoy lunch on your own at Z's Villa. What is Z's all about? Well, Detroit sports, for starters. At Z's, they are also about community, family, loud laughs, great pizza, all things Detroit, and delicious food! You can't have PIZZA without two Zs.





DETROIT SYMPHONY ORCHESTRA Friday Morning Coffee Concerts

Bus departs Next at 9:15 am,
returns about 1:30 pm
Please pre-register, space is limited.

Friday, March 8 - Red Carpet Film Scores

Cost: \$65 members / \$70 guests

Lights, camera, action — music! Films depend on the depth of the orchestra to turn images on a screen into moments that stay with us forever. Experience some of the most memorable scores in cinema, by Academy Award-winning composers, through the unforgettable sound of the DSO.

Friday, April 26 - Country Hits: Songs from Nashville

Cost: \$65 members / \$70 guests

Like a Nashville recording session brought to life, experience a who's who of the Grand Ole Opry, featuring the songs of Patsy Cline, Dolly Parton, Willie Nelson, Johnny Cash, Garth Brooks, Tim McGraw, Kacey Musgraves, and more! Watch out for spontaneous line dancing!

Friday, May 17 - Disco Fever

Cost: \$65 members / \$70 guests

Get to Orchestra Hall and get down with the DSO, featuring an onstage dance off and non-stop hits, including "That's the Way (I Like It)," "It's Raining Men," "We Are Family," "I Will Survive," "Stayin' Alive," "The Hustle," "Hot Stuff," and more! It's time to boogie with the best!

DHARMA GATE ZEN CENTER & LUNCH AT RIDLEY'S BAKERY & CAFÉ

Thursday, April 25

Bus departs Next at 9:40 am, returns about 12:40 pm

Cost: \$15 members / \$20 guests

Take a 1 hour guided tour of the Dharma Gate Zen Center and Buddhist Temple in Troy. Dharma gates are any form of practice that we undertake to better understand this life, our universe and ourselves a little better. From meditation to self-reflection, being part of a sangha to practicing mindful arts, they all provide an opportunity to penetrate deeper into the truth of this universe around us. Experience temple etiquette, an explanation of what a typical Sunday service looks like, as well as a brief overview of Zen. You will also be provided with a short meditation demonstration and then the time to give it a try, if you choose. The tour will wrap with tea and time for a "questions and answers" chat. May we all be well, happy and peaceful, May no harm come to us, May we all also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life (Buddhist blessing). Following, lunch on your own at Ridley's Bakery & Café.



2024 JLD DESIGNERS' SHOW HOUSE TOUR

Thursday, May 9

Bus departs Next at 9:00 am, returns about 12:15 pm

Cost: \$45 members / \$50 guests

The Junior League of Detroit is thrilled to announce the 25th and FINAL Designers' Show House Tour.



The JLD selects a prominent estate and curates

a phenomenal team of local and national interior designers to transform the home into a Designers' Show House. Located on one of the premier streets in the Pointes, the 2024 show house marks the fourth on Lakeland Avenue and the sixth in the City of Grosse Pointe. This lovely Tudor home, built in 1929, was designed by renowned architect George D. Mason for Dr. J. Milton Robb. Enjoy a guided 90 minute tour of over 8,000 square feet of living space with such elegant features as an intricately carved main stairway, a wood-paneled library, beautiful ceiling details, capacious terrace room, and beautiful leaded glass windows and doors found throughout. Situated on a sizeable and elegant lot, the property includes an original brick border wall, a hidden pond, and mature trees which hold a secret garden within! This year's residence will not fail to impress with a roster of creative decorators who will transform the space into a showpiece of design. Regrettably, the house is NOT handicap accessible. There are multiple stairways and no available seating inside the decorated home. Time after the tour for browsing the Garden Market located on the premises.



DETROIT INSTITUTE OF ARTS

Stay tuned for a trip to the DIA
in May/June to experience the
Regeneration Exhibit!

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.



CARDS, TILES, COLLECTORS

NEW! SHANGHAI RUMMY

Tuesdays at 1:00 pm

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

MAH JONGG

Mondays from 1:00 to 4:00 pm

Fridays from 1:00 to 3:00 pm

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

MAH JONGG LESSONS

Wednesdays, April 10 through May 1 from 2:00 pm to 4:00 pm

Cost: 4 week series - \$40 members / \$45 guests

Learn the challenging table game of Mah Jongg, which originated in China many years ago and has become very popular today. Taught by experienced Mah Jongg teacher, Rackeline Hoff, it is a game of both luck and strategy that is played with a colorful set of tiles. Participants must bring with them the most current National Mah Jongg card or purchase one from the instructor for \$14 on the first day of class.

EUCHRE

Wednesdays from 10:00 am to 12:00 noon

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

DOUBLE DECK PINOCHLE

Wednesdays from 10:00 am to 12:00 noon

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

CANASTA

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

Cost: Complimentary members / \$5 guests

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

PINOCHLE...come and join the fun!

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

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

SOCKI

Tuesdays from 12:30 to 3:00 pm

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

CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

CHESS LESSONS

Thursdays from 4:00 to 5:00 pm

Cost: Complimentary members / \$5 guests

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

CHESS CLUB

Thursdays from 5:00 to 7:00 pm

Cost: Complimentary members / \$5 guests

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

BINGO

Monday, March 4, 18 and April 1, 15 at 1:00 pm

Admission cost: \$2 per card for members and guests

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

BRIDGE...for everyone at every level!

Duplicate Bridge - Mondays from 11:15 am to 2:45 pm

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

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

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

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

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

BIRMINGHAM STAMP CLUB

Tuesdays, March 5, 19 and April 2, 16 at 5:30 pm

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

COIN CLUB

Wednesdays, March 20 and April 17 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

Monday, March 4 and April 1 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, March 11 and April 8 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

Thursdays, March 14, 28 and April 11, 25 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 Western Oakland Meals on Wheels at 248-223-9160. We are looking for additional volunteers to help package and deliver meals. So, if you're available, please call Judy Murrell at 248-203-5281. Your help is needed and would be appreciated!

MEDICAL EQUIPMENT LOANS

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

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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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.

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.

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

Snow removal and lawn mowing 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.

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.

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 to make a reservation. If you have a community you would like to visit, please let Next know.

Autumn House Bloomfield Hills Monday, March 18 - Bus departs at 11:00 am

Autumn House is an extraordinary independent senior living community. Offering spacious one and two bedroom apartments, including such amenities as a Chef-Prepared Breakfast and Dinner with daily choices, scheduled transportation, on site health professionals, weekly housekeeping, and many more. Design your own day from a list of endless events or activities or walk the beautiful grounds and sit in the Gazebo with peace of mind.

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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SHARE THE SPIRIT

Thank you for your contributions to the 2023 Share the Spirit Fund Drive to benefit Next. We are humbled by your generosity, and grateful for the confidence you have placed in Next to deliver enriching programs and vital services to our community.

By working together, we can support our more than 2,500 members and support service clients, as well as our growing senior population by offering kindness, compassion, and the resources needed to allow seniors to remain engaged, healthy and independent.

Thank you! Thank you!

George Abraham
MaryBeth Adderley
Margaret Alberts
Gerry and Bob Anders
Gretchen Anderson
Phyllis Ashinger
Gladys and Lawrence Baker
Jeanne Baker
Linda Barclay
Donna Barion
Dorothy Barnard
Gloria Baykian
Ralph Bergemann
Toby and Harley Berger
Ann and Jim Bertrand
Maggie Bicz
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William Burrell
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Sandy Debicki
Marjorie DeCapite
Char Del Vero
MaryAnn DeVogel
Julianne Dichting
Karen Dietrich
Susan and George Dilgard

Susan and Russell Dixon
Chizuko Donovan
Peggy Dufault
Joan Duncan
Barbara and David Dursum
Rosemary and Florian Dutke
Shirley Dylewski
Carol Edwards
Marilyn Elliott
Christine and Bob Erlandson
Muffy Ernster
Allison Everett
and Ken Svendsen
Karen and Richard Falck
Rachel Feder
Maureen and David Field
Tina Franco
Edna Freier
Ellie Gause
Bonnie Goldmacher
Gil Gottlieb
Jody Gottlieb
Dennys Grady
Bill Guspie
Susan and Rick Gwizdz
Cathy Hahn
Barb and Mike Hanchin

Kristi Hansen
Patricia and Tom Hardy
Maria Harris
Teresa Hartle
John Heenan
June and Malcolm Hendy
Eleanor Herkommer
Myrna Hitchman
Racky Hoff
Lulu and Elizabeth Hollow
Laura and Brad Host
Elaine and John Hretz
Patricia Hubert
Elaine Hudson
Dan Hughes
Margaret Hull
Patricia Hungerman
Nancy and Marshall Hunt
Elaine Igno
Sedell Ives
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Joe Kado
Florence and
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Pat and Bob Koenigsknecht
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but small ones surround us everyday.



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Please check for school closings before coming to Next. Next will be closed when Birmingham Public Schools are closed. You can find school closing information on the TV, Internet, the BPS or Next website and Next voicemail.

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

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Bev Singer, Staff Assistant
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MEET OUR NEWEST MEMBERS

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

Robert and Elizabeth Babcock, Barbara Bunting, Marjorie Cannon, Mary Anne Check, Jeannette Cole, Robert Collica and Stana Males, Valerian and Eugenia D'Souza, William and Sandra Fullmer, Ralph Giacco, Jean Gould, Judith Haggerty, Marie-Ann Halladay, John and Pat Hammer, Kristina Hyde, Ronald Jirovec, Matthew and Pamela Johnson, Alisa Kagen, Peter and Maureen Kelly, Richard and Ruby Kushner, Mary Sue Lutz, Roger and Linda Mahanic, Mary Jane Main, James and Donna Martin, William Martin, Barbara McAuliffe, Laura McCulloch, Perry McKeever, Patricia Nickol, Ralph Pearlman and Karen Swanson, Martin and Ru Pevzner, Susan Quattrociocchi, Frank Richter, Sarah Rosso, Al and Diane Sasson, Daniel Schechter, Dee Scott, Seiko Shinko, Patricia Spring-Jones, Terry Stacy, Kathleen Strauch, Terry Stretten, Paul and AnnMarie Tourtellotte, Barbara Van Eaton, Christine Wiedrich and Jeanette Zwak.

WELCOME BACK

We are excited to catch up with these members who are reconnecting with Next, including Jaye Brown, Catherine Stoll, and Lisa Wenzler.

Our condolences to the family and friends of... Maria Harris, Zelma Gottlieb Midge Mills and Mary Kay Sprague.

Our thoughts are with you... Phyllis Clark, Prospero Dagbovie Donna Kelly and Sue Stoll.

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.

Next would like to express a very heartfelt thank you to former Birmingham City Commissioner, Stuart Sherman. Stuart stepped up to cover the cost of replacing the catalytic converters on our buses after being vandalized. That generous act minimized interruptions to the crucial transportation service so many rely on. Thank you Stuart!

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class 11:00 Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
4 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Popular Reads Book Club Mah Jongg Pinochle Bingo 3:00 Trivia Time! 3:30 LaBlast® Chair Fitness 4:30 Pickleball	5 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Shanghai Rummy Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	6 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 1:00 Streaming: Global Hotspot/Israel- Palestinian Conflict: In Context Balanced Yoga for Wellness Pinochle 1:30 Mixed Doubles Tennis League 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Film: It Takes A Lunatic	7 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Studio Writer's Corner 10:00 Bowling League 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Women's Suffrage - We Won The Vote	8 DSO - Red Carpet Film Scores 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class Fired & Fused: Wind Chime/Sun Catcher Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
11 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg Pinochle 3:30 LaBlast® Chair Fitness 4:30 Pickleball 5:30 Parkinson's Support Group	12 10:00 Advanced Drawing in Living Color Non-Fiction Book Group 11:00 Women's Roundtable 12:00 Healthy Aging Canasta 12:30 Socki Partners Bridge 1:00 Shanghai Rummy Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball	13 Lunch at Gus' Snug 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 1:00 Balanced Yoga for Wellness Pinochle 1:30 Mixed Doubles Tennis League 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Film: Brooklyn	14 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Studio 10:00 Photography Club Bowling League 12:00 Peace of Mind Seminar Canasta 12:30 Pickleball 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 5:30 Dementia Caregiver Support Group 6:00 Lecture: The Works Progress Administration	15 9:15 Friday Fitness 10:00 Calligraphy Limber Up Tai Chi for Health: Intermediate Class Duplicate Bridge 12:00 Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
18 Autumn House Housing Tour 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg Pinochle Bingo 3:30 LaBlast® Chair Fitness 4:30 Pickleball	19 10:00 Advanced Drawing in Living Color 11:00 Indigenous Archaeology of Oakland County 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Shanghai Rummy Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	20 Sweetest Heart of Mary Church Tour & Lunch at Amore Da Roma 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 1:00 Holistic Approach to Longevity Streaming: Africa - Permanent Crisis? Balanced Yoga for Wellness Pinochle 1:30 Mixed Doubles Tennis League 4:30 Pickleball 5:00 Film: Bank Of Dave 6:00 Coin Club	21 Michigan Design Center & Lunch at the MDC Café 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Studio Writer's Corner 10:00 Bowling League 12:00 Canasta 12:30 Pickleball 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Documentary Viewing: Indian School - A Survivor's Story	22 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class Duplicate Bridge 12:00 Crystal & Stone Pendants Current Events 12:30 Pickleball 1:00 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
25 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Mah Jongg Pinochle 3:30 LaBlast® Chair Fitness 4:30 Pickleball	26 10:00 Advanced Drawing in Living Color 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Incontinence: Not Just a Normal Part of Aging Shanghai Rummy Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball	27 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 1:00 An Estate Planning Checkup Balanced Yoga for Wellness Pinochle 1:30 Mixed Doubles Tennis League 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Film: Sr.	28 9:00 Low Impact Aerobics 9:30 Palette & Brush Club Pottery Studio 10:00 Bowling League 12:00 Empty Bowls Fundraiser & Soup Lunch Canasta 12:30 Pickleball 1:30 Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 5:30 Dementia Caregiver Support Group 6:00 Lecture: Land Back: Our Teachers, Our Truth, Our Con- nection to Mother Earth	29 Closed Good Friday

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:00 Blood Pressure & Blood Oxygen Clinic 11:15 Duplicate Bridge 12:30 Pickleball 1:00 Popular Reads Book Club Mah Jongg Pinochle Bingo 3:00 Trivia Time! 3:30 LaBlast® Chair Fitness Pickleball 4:30	2 10:00 Advanced Drawing in Living Color 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge 1:00 Michigan Road Trips with a Native American History Shanghai Rummy Chess -Join the Fun! 1:30 Chair Yoga & Meditation 2:30 Tuesday Jazz 4:00 Yoga For Well Being 4:30 Pickleball 5:30 Stamp Club	3 9:00 Men's Roundtable Wednesday 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 1:00 Balanced Yoga for Wellness Pinochle 1:30 Mixed Doubles Tennis League 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Film: Red Notice 6:00 Beautiful Cello Concert	4 Birmingham's Big Night Out! to Benefit Next 9:00 Low Impact Aerobics Palette & Brush Club Pottery Open Studio Writer's Corner 10:00 Bowling League 11:00 The Potawatomi of Southfield, MI Canasta 12:00 Pickleball Chair Yoga & Meditation 1:30 Chess Lessons 4:00 Pickleball 4:30 Chess Club 5:00	5 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class Duplicate Bridge 11:00 Current Events Pickleball 12:00 Mah Jongg Pinochle 1:00 Tennis League Mixed Doubles
8 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball Mah Jongg Pinochle 3:30 LaBlast® Chair Fitness Pickleball 5:30 Parkinson's Support Group	9 10:00 Advanced Drawing in Living Color Non-Fiction Book Group 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge Basics of Seed Starting Shanghai Rummy Chess -Join the Fun! Chair Yoga & Meditation 1:30 Tuesday Jazz 2:30 Yoga For Well Being 4:00 Pickleball 4:30	10 9:00 Men's Roundtable Wednesday 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 12:00 Cardiovascular Health 1:00 Streaming: The American Buffalo Part 1 Balanced Yoga for Wellness Pinochle 1:30 Mixed Doubles Tennis League 2:00 Watercolor Workshop Mah Jongg Lessons 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Film: Sly	11 Ford Piquette Ave. Plant & Lunch at Z's Villa 9:00 Low Impact Aerobics Palette & Brush Club Pottery Open Studio 10:00 Photography Club Bowling League 12:00 Canasta 12:30 Pickleball 1:00 Studio Art Chair Yoga & Meditation 2:00 Jacobson's - The Story of a Michigan Institution 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 5:30 Dementia Caregiver Support Group 6:00 Lecture: The Vision for Oakland County	12 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class Fired & Fused: Wave Art Duplicate Bridge 11:00 Current Events Pickleball 12:30 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
15 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball Mah Jongg Pinochle 3:30 LaBlast® Chair Fitness Pickleball 4:30	16 10:00 Advanced Drawing in Living Color 11:00 A Year in the Life of a Honey Bee Colony Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge Shanghai Rummy Chess -Join the Fun! Chair Yoga & Meditation 1:30 Tuesday Jazz 2:30 Yoga For Well Being 4:00 Pickleball 5:30 Stamp Club	17 9:00 Men's Roundtable Wednesday 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 1:00 Balanced Yoga for Wellness Pinochle 1:30 The Ins & Outs of Estate Sales 1:30 Mixed Doubles Tennis League 2:00 Watercolor Workshop Mah Jongg Lessons 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Film: Toscana 6:00 Coin Club	18 9:00 Low Impact Aerobics Palette & Brush Club Pottery Open Studio Writer's Corner Bowling League 12:00 Canasta 12:30 Pickleball 1:00 Studio Art Chair Yoga & Meditation 4:00 Chess Lessons 4:30 Pickleball 5:00 Chess Club 6:00 Lecture: Regeneration - Black Cinema	19 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class Duplicate Bridge Crystal & Stone Pendants Current Events Pickleball 12:30 Mah Jongg Pinochle 1:30 Tennis League Mixed Doubles
22 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball Mah Jongg Pinochle 3:30 LaBlast® Chair Fitness Pickleball 4:30	23 10:00 Advanced Drawing in Living Color 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge Planning for the Next Phase of Life Workshop Session 1 Shanghai Rummy Chess -Join the Fun! Chair Yoga & Meditation 1:30 Tuesday Jazz 2:30 Yoga For Well Being 4:00 Pickleball 4:30	24 9:00 Men's Roundtable Wednesday 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 1:00 Streaming: The American Buffalo Part 2 Balanced Yoga for Wellness Pinochle 1:30 Mixed Doubles Tennis League 2:00 Watercolor Workshop Mah Jongg Lessons 2:30 Tai Chi - Beginner 4:30 Pickleball 5:00 Film: Murder Mystery 2	25 Dharma Gate Zen Center & Ridley's Bakery & Cafe 9:00 Low Impact Aerobics Palette & Brush Club Pottery Open Studio Bowling League Spring Fashion Show & Lunch at Next! Canasta 12:00 Pickleball Studio Art 1:00 Chair Yoga & Meditation 1:30 Chess Lessons 4:00 Pickleball 4:30 Chess Club 5:00 Dementia Caregiver Support Group 6:00 Lecture: Anishinaabek Herbalism of the Great Lakes	26 DSO Country Hits: Songs from Nashville 9:15 Friday Fitness 10:00 Limber Up Tai Chi for Health: Intermediate Class Duplicate Bridge 11:00 Current Events Pickleball 12:00 Mah Jongg Pinochle 1:00 Tennis League Mixed Doubles
29 9:00 Low Impact Aerobics 9:30 Stretch & Relax 10:00 Knitting & Crocheting Limber Up 10:15 Line Dancing 11:15 Duplicate Bridge 12:30 Pickleball Mah Jongg Pinochle 3:30 LaBlast® Chair Fitness Pickleball 4:30	30 10:00 Advanced Drawing in Living Color 11:00 Women's Roundtable 12:00 Canasta 12:30 Socki Partners Bridge Planning for the Next Phase of Life Workshop Session 2 Studio Art Shanghai Rummy Chess -Join the Fun! Chair Yoga & Meditation 1:30 Tuesday Jazz 2:30 Yoga For Well Being 4:00 Pickleball 4:30	May 1 9:00 Men's Roundtable Wednesday 9:15 Flow Yoga 10:00 Needle Arts Open Studio Limber Up Euchre Double Deck Pinochle 1:00 The Firekeeper's Daughter Book Discussion Balanced Yoga for Wellness Pinochle 1:30 Mixed Doubles Tennis League 2:00 Watercolor Workshop Mah Jongg Lessons 2:30 Tai Chi - Beginner 4:30 Pickleball	May 2 9:00 Low Impact Aerobics Palette & Brush Club Pottery Open Studio Bowling League 12:00 Canasta 12:30 Pickleball 1:00 Swing into Spring! Chamber Music Concert Studio Art Chair Yoga & Meditation 1:30 Chess Lessons 4:00 Pickleball 4:30 Chess Club 5:00	



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 from 8:30 am to 7:30 pm
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 from 8:30 am to 3:00 pm

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