



Your Place to Stay Active & Connected

JULY/AUGUST 2017

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



COOL CARS: Unique Automobiles of the Detroit Historical Society Collection

Thursday, July 20 at 1:00 pm

Cost: Complimentary members / \$5 non-members

The Detroit Historical Society is caretaker of sixty unique automobiles. Most are rare — many are one-of-a-kind vehicles that exist in no other collection. These include the first closed salon Cadillac, the Scripps-Booth Bi-AutoGo, and a pre-production Mustang prototype. Several were the personal cars of the Auto Barons, and some came to the Society with original engineering drawings. Historian Joel Stone's presentation at Next explores this very unique automobile collection.

AN EVENING OF MUSICAL ENTERTAINMENT

Tuesday, August 8 from 6:30 to 7:30pm

Cost: Complimentary members / \$5 non-members

Enjoy a relaxing evening listening to jazz and show tunes with the Waterstone Duo. Talented musicians, Hannah and Jack Waterstone, will play familiar melodies on the piano and the saxophone for your listening enjoyment! *Light refreshments will be served.*

SAVE THE DATE!
HEALTH EXPO: Flu-Shots & Mini-Clinic!
Tuesday, September 26

UNLOCKING THE ENGLISH WORD:

A Whirlwind History of the English Language

Wednesday, August 23 from 1:30 to 3:00 pm

Cost: Complimentary members, \$5 non-members

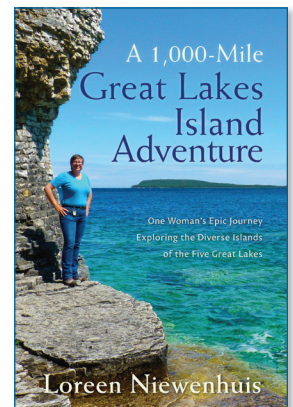
During this informative and entertaining presentation, you'll take a tour of more than 1500 years of the history of the English language. Author and University of Michigan Professor of English Dr. Anne Curzan Ph.D. will share her lively insight on how the English language has evolved. Dr. Curzan also hosts the NPR Sunday morning show "That's What They Say." *Generously sponsored by Baldwin House*

A 1,000-MILE WALK AROUND LAKE MICHIGAN

Thursday, August 17 from 1:00 to 2:00 pm

Cost: Complimentary member / \$5 non-member

This dynamic presentation showcases a 1,000-mile walk completely around the world's fifth-largest lake. Author Loreen Niewenhuis takes you along the shores of Lake Michigan with photos and video from her journey, illuminating the geology, natural history and biology of the lake. She'll also discuss threats to this massive ecosystem: invasive species, pollution, and destruction of wetlands. Her book, *A 1,000 Mile Great Lakes Island Adventure*, explores both the geology of the lake and the measure of a person. Most of the walk was done solo, an adventure in discovery of self and place. Ms. Niewenhuis holds a M.S. degree in the biological sciences, and raises important questions about preserving our wild places and protecting fragile ecosystems. *Generously sponsored by Heartland of Bloomfield Hills*



Don't miss Ongoing Fitness Programs on pages 14 and 15 — including a Pilates Class and the "Slow-Roll" Bike and Summer Walking Groups!

As Next grows, so does the popularity of our classes, programs, movies, lectures and trips. To ensure a spot, pre-register as early as possible — online at BirminghamNext.org or with the Next Office. Thanks!



FEATURED PROGRAMS

NOTES & REMINDERS

As in the past, our Thursday evening speakers will lighten up for the summer months. Many of our speakers are university professors that, like our members, choose to travel. We aren't going the whole summer without our speakers though. Look for a visit from **The Audubon Society** and local artist **Julie Dawson** to name a few upcoming events. There's also a wide variety of new offerings, such as our summer movie festival, computer training, walking clubs and more time for pickleball! And one more note, as we summer at Beverly, please keep in mind our hours of operation and phone numbers will not change.

Upon our return, we will be closed August 18th to move back to Midvale and open for business on Monday August 21st.

ORIGAMI 101

Tuesday, July 11 at 4:30 pm

Cost: \$5 members / \$7 non-members

Pre-registration by Saturday, July 8

Learn the ancient Japanese art of origami — transforming a flat piece of colorful paper into a finished sculptured animal by using traditional folding techniques. Next member Kaoru Stratton will lead the class and share with you the symbolic meaning behind each animal. *Children 10 and over are welcome with an adult. Fee includes class materials.*

LEARN TO PLAY CHESS

Session 1: Tuesdays, July 11, 18, 25 at 5:00 pm

Session 2: Tuesdays, August 1, 18, 15 at 5:00 pm

Cost: Complimentary members / \$5 non-members

Pre-registration required

Fellow Next members and accomplished Chess players, Chris Dow and Bruce Dobras would like to teach you the game of chess. *What you will learn: Week 1 - Basic Rules, Week 2 - Starting the Game and Strategy, Week 3 - Play the Game Together!!*

YOUR HEALTH, YOUR CHOICE

Wednesday, July 12 at 1:00 pm

Cost: Complimentary members / \$5 non-members

The “slow medicine” movement is gaining support and promotes quality over quantity, savoring rather than counting, and active involvement by individuals in their health care decisions. There are surprising conclusions from clinical studies that we live better and longer when we stop focusing on life extension. Supporting benefits of “slow medicine” will be presented. *Presented by Dr. Hernan Drobny, M.D., Internal Medicine physician at the University of Michigan Health Care System for 34 years and author of the book “Your Health, Your Choice”.*

SAVE THE DATE!

Our Second Annual Oktoberfest will be held on Thursday evening, September 14 - Details to follow

WHAT'S HAPPENING IN THE CITY OF BIRMINGHAM?

Thursday, July 13 at 1:30 pm - *Cost: Complimentary*

Learn about Birmingham's current and planned initiatives, future development, our roads and, of course, parking. **Birmingham City Manager Joe Valentine** will share the latest happenings impacting the City of Birmingham, along with other interesting information about what makes Birmingham such a treasured community.

GRANDPARENTS RAISING GRANDCHILDREN (GRG)

Tuesday, July 18 from 10:00 am to 12:00 noon

Cost: Complimentary - Please pre-register in the Next office

OLHSA Grandparents Raising Grandchildren provides free support and resources to kinship caregivers (grandparents and other relatives as parents), age 55 and older. The group offers presentations and intergenerational activities with an emphasis on health and wellness to Macomb and Oakland county residents in kinship care. *This Kinship Care support group, sponsored by OLHSA, A Community Action Agency and the Area Agency on Aging 1-B, meets in a different Oakland or Macomb County location each month to provide information and referrals. Please feel free to join the group when they meet at Next!*

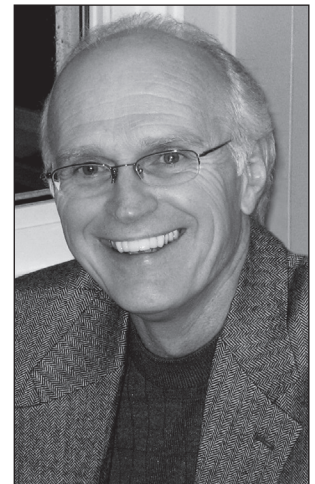
For those who may not know me, my name is Greg Burry. For the past two years I have served as vice-president on the Board of Directors for Next.

I have been a long time member of the Board, first in my capacity as Liaison for the Village of Beverly Hills and also as a committee member on the Joint Senior Service Commission, a group that studied the needs of our growing demographic within our service area.

This month I will begin my term as president of the Board. I have enjoyed being part of such a dynamic organization that offers great quality programming while assisting those that might need a little more support to remain independent. We have made a lot of positive changes but there is still more work to do — most importantly, spreading the word about what a warm and welcoming place Next is for anyone 50 and over.

I look forward to serving as your President; if there is anything I can do for you, please don't hesitate to contact me.

— Greg Burry





KEEPIN' IT COOL IN THE KITCHEN

Tuesday, July 25 at 5:30pm

Cost: \$7 members / \$9 non-members

Pre-register by Saturday, July 22

Cookbook author and caterer Debbi Ward returns to **Next** to share recipes that will help you beat the heat in the kitchen this summer! She will be preparing two different main course salads, and a light and refreshing dessert. Enjoy tastings and recipes from this summertime supper.

THE LEGAL CHALLENGES & SOLUTIONS OF AGING

Thursday, August 3 from 1:00 to 2:30 pm

Cost: Complimentary members / \$5 non-members

When most people think of “getting their legal affairs in order” for retirement, they typically “plan” to live a leisurely retirement and then pass away quickly. Life does not always go according to plan — which is what Elder Law is about. It adds to traditional planning the ability to successfully deal with the challenges of aging. It is surprising how the vast majority of people are not prepared. Attorney Jim Schuster, one of Michigan’s few **Certified Elder Law Attorneys** shares his insight on the subject. Jim will address some of the common serious problems and related solutions. Learn about “secret” Medicare benefits. Come with questions, leave with answers!

CREATE YOUR OWN WEBSITE

2-part class: Thursdays, August 3 and 10 from 1:00 to 3:00 pm

Cost: \$ 15 member / \$20 non-member

Pre-registration in Next office by Monday, July 31

Learn how to set up your own website, add images and publish posts using free and user-friendly web tools. Great way for the **Next** writers, artists, photographers and bloggers to publish and showcase their work! Professional website creator, writer and content creator Tracey Breen will guide you through the process step by step. By the end of the 4 hour class you will have a functioning website. *Prerequisites: This is a beginning small group class; familiarity with mouse, basic computer skills, copy & paste skills required. Bring a GMAIL email to the first class. Preliminary set up instructions for the first class available by emailing tracey@thesavvyage.com in mid-July.*

▶ SAVE THE DATE: Boomer Summit Saturday morning, October 14

Boomer Summit will bring hundreds of people together for meaningful presentations that matter most to Baby Boomers and beyond. Among the informative speakers are television host **Chuck Gaidica** who himself has “rewired” his retirement and **Kerry Hannon**, a nationally recognized expert on careers, personal finance, and business. Join us for raffle prizes, videos and per-sonal stories for a high-energy, fast paced morning.

Thank you to the Jeffares Group for being the Premier Sponsor of this year's Boomer Summit.

BEST BRAIN FORWARD

Tuesday, August 29 from 1:00 to 2:30 pm

Cost: Complimentary

Just like we make time to go to the gym or workout to be sure that we are strengthening our muscles and keeping our bodies as healthy and strong as possible, we also need to give our brains regular exercise in order to optimize our cognitive abilities. The only difference is that there are no workout clothes required! **Angela Popoff, LMSW, Mind University Program Coordinator**, will discuss the concept of neuroplasticity, which refers to our brains’ ability to create new neural connections regardless of age. In combination with making smart lifestyle choices, the use of mental stimulation can help us put our best brains forward! *This presentation is sponsored by Mind University, part of Jewish Family Services.*

SUMMER MOVIE FESTIVAL

Tuesdays at 1:00 pm

Cost: Complimentary members / \$5 non-members

July 11 - Driving Miss Daisy

When Miss Daisy (Jessica Tandy) wrecks her car, her son, Boolie (Dan Aykroyd), hires Hoke Coleburn (Morgan Freeman), an African American chauffeur who drove for a local judge until he recently died.

July 18 - Tokyo Story (subtitles)

An elderly couple visit their children and grandchildren in the city. The visit does not go as they had hoped. See what happens in this 1953 Award Winning film.

July 25 - Trouble with the Curve

Mickey (Amy Adams) tries to remedy her dysfunctional relationship with her ailing father (Clint Eastwood), a decorated baseball scout, by helping him in a recruiting trip, which could be his last.

August 1 - Out Of Africa

Initially set on being a dairy farmer, the aristocratic Karen Blixen (Meryl Streep) travels to Africa to join her husband, Bror (Klaus Maria Brandauer), who instead spends their money on a coffee plantation. After discovering Bror is unfaithful, Karen develops feelings for hunter Denys (Robert Redford), but realizes he prefers a simplistic lifestyle compared to her upper class background. A series of events force Karen to choose between her love and personal growth.



ART & CREATIVITY

▶ ADVANCED POTTERY STUDIO

Thursdays from 9:30 am to 12:30 pm

This group of advanced potters works independently. *Limited number of participants.*

▶ ANYONE CAN PAINT

Cost: \$28 member / \$33 non-member

Fee includes all supplies

The always popular Steve Wood returns to Next, combining his instruction with humor and encouragement for beginner to intermediate painters. Participants will complete an 11" x 14" painting.

Subject: "Wildflowers Along the Barn"

Wednesday, July 19 from 9:30 to 11:30 am

Pre-register by Thursday, July 13

Subject: "Misty Morning"

Wednesday, September 20 from 9:30 to 11:30 am

Pre-register by Thursday, September 14

▶ KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

Enjoy lively discussion and lots of laughs with this group of lovely ladies at this knitting and crocheting studio. *Bring your own project and materials or use Next supplies. Tips and ideas shared.*

▶ NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

A great group for quilting, needlepoint, sewing, cross-stitch — if it takes a needle, this is the group for you! *Beginners through experts welcome.*

▶ PAINTING WITH ACRYLICS & OILS

Beginners through advanced students

8-week class: Tuesdays, July 11 through August 29

from 9:30 am to 12:00 noon

Cost: \$120 member / \$130 non-member

Artist/instructor Karen Halpern's class lessons focus on color theory, subject, techniques and design. Individual guidance and personal encouragement will help you develop your own style. *Bring a 12"x18" sketch pad, 16"x20" canvas or larger, #2 desk pencil, eraser, and painting supplies to first class.*

▶ PAINT LIKE A PRO III

Tuesday, August 29 from 5:00 to 6:30pm

Cost: \$26 members / \$31 non-members

Fee includes all supplies

Accomplished artist, Deborah Roelofs returns to Next to teach how to make a beautiful painting using creative and simple techniques. She will show you how to do a collage piece incorporating newsprint onto the canvas. Come join the fun as Deborah encourages you to explore your artistic talents! *No experience necessary. Please wear clothes for painting.*

▶ 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.

▶ PHOTOGRAPHY CLUB

Select Tuesdays, July 25 and August 15

from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 non-members

The Next Photography Club seeks to bring together people who have an interest in photography and wish to advance their skill, regardless of prior experience or type of camera. *Chuck Green will be available to "coach" members, and is also available for one-on-one Photoshop lessons at Next. Contact Chuck at 248-647-0477 or chazgreen@wowway.com.*

▶ STUDIO ART CLASS

8-week class: Thursdays, July 13 through August 31

from 1:00 to 3:30 pm

Cost: \$120 member / \$130 non-member

Work on a piece of your own choosing regarding subject, style, and medium. **Bring your own project**, and artist/instructor Karen Halpern will assist you in developing your own ideas in the medium in which you chose to work. Karen will guide critical thinking and offer direction for advancement. *Bring the supplies you are accustomed to.*

ZENTANGLE

Looking for a way to explore your creative side? If you can draw a line, you can learn Zentangle! It's a Zen-like way of creating an abstract piece of art with easy to learn repetitive patterns. Certified Zentangle instructor, Pam Signorelli, has been teaching art for 35 years. *No experience necessary.*

Colored Pencil Mandalas

Tuesday, July 18 from 1:00 to 3:00 pm

Cost: \$15 members / \$18 non-members

Create a beautiful hand-drawn mandala on colored paper. Color it in with blended colored pencil. Bring your micron pen, colored pencils (prisma color suggested), sharpener, and gelli roll pens in all colors. *Microns will be available to purchase. Limited colored pencils and gelli rolls will be available to use.*



Feeling Knotty

Tuesday, August 15 from 1:00 to 3:00 pm

Cost: \$15 members / \$18 non-members

Learn an easy way to draw Celtic knots along with Tangles, Waybop and Skye. Paint them with watercolor pencils. *Paper and watercolor pencils provided. Bring your micron pen — or some available for purchase.*



Our Spring Fund Drive is still going on! Thank you to those who have contributed already.

Sandra Abbott
 Agnes Barsamian
 Priscilla Benson
 Mary Billing
 Nancy Binkley
 Martha Bones
 Stuart and Patty Bordman
 Bob and Denise Borgon
 Ralph and Rose Boyll
 Maurice and Joan Brackenbury
 Donald Bratt
 Don and Pat Brundirks
 Carol Jean Burns
 Sara Burnside
 Greg Burry
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FEATURE FILMS

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Dinner & A Classic - Last Wednesdays @ 5:00pm

Cost: Complimentary members / \$5 non-members

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July 5 - A DOG'S PURPOSE

A devoted dog (Josh Gad) discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan (Bryce Gheisar). As the boy grows older and comes to a crossroad, the dog once again comes back into his life to remind him of his true self. *Rated PG 2 hours*

July 12 - BEAUTY & THE BEAST

Belle (Emma Watson), a bright, beautiful and independent young woman, is taken prisoner by a beast (Dan Stevens) in his castle. Despite her fears, she befriends the castle's enchanted staff and learns to look beyond the beast's hideous exterior, allowing her to recognize the kind heart and soul of the true prince that hides on the inside. *Rated PG 2 hour 9 minutes*

July 19 - GIFTED

Frank Adler is a single man raising a child prodigy – his spirited young niece, Mary in a coastal town in Florida. Frank's plan for a normal school life for Mary are foiled when the 7 year old's math abilities come to the attention of Frank's mother, Evelyn, whose plans for her granddaughter threaten to separate Frank and Mary. *Rated PG-13 1 hour 41 minutes*

July 26 - SOME LIKE IT HOT

Dinner & A Classic 5:00 pm

After witnessing a Mafia murder, slick saxophone player Joe (Tony Curtis) and his long-suffering buddy, Jerry (Jack Lemmon), improvise a quick plan to escape from Chicago with their lives. Disguising themselves as women, they join an all-female jazz band and hop a train bound for sunny Florida. While Joe pretends to be a millionaire to win the band's sexy singer, Sugar (Marilyn Monroe), Jerry finds himself pursued by a real millionaire (Joe E. Brown) as things heat up and the mobsters close in. *Unrated 2 hours 12 minutes*



**Thanks to Woodward Hills
for providing Next
with Movies and Popcorn**

August 2 - PARIS CAN WAIT

Anne (Diane Lane) is married to a successful but inattentive movie producer (Alec Baldwin), and finds herself taking a car trip from Cannes to Paris with her husband's associate (Arnaud Viard). What should be a seven-hour drive turns into a 2-day adventure replete with picturesque sights, fine food and wine, humor, wisdom and romance, reawakening Anne's senses. *Rated PG 1 hour 32 minutes*

August 9 - NORMAN: THE MODERATE RISE & TRAGIC FALL OF A NEW YORK FIXER

Norman (Richard Gere), a New York fixer, can get things done. When an Israeli dignitary named Eshel (Lior Ashkenazi) comes to the city, Norman decides to impress the man by buying him some very expensive shoes. It works and he establishes a strong connection to the man, but a few years later, when Eshel becomes the Israel's prime minister, Norman can't communicate with him and this threatens his reputation. *Rated R 1 hour 57 minutes*

August 16 - THE ZOOKEEPER'S WIFE

The time is 1939 and the place is Poland, homeland of Antonina Zabinski (Jessica Chastain) and her husband, Dr. Jan Zabinski. The Warsaw Zoo flourishes under Jan and Antonina's care. When their country is invaded by the Nazis, Jan and Antonina must report to the Reich's newly appointed chief zoologist. The Zabinskis begin working with the Resistance to save the lives of hundreds. *Rated PG-13 2 hours 7 minutes*

August 23 - THEIR FINEST

In 1940, a married woman (Gemma Arterton) and a screenwriter (Sam Claflin) develop a growing attraction while working together on a propaganda film about the evacuation of Allied troops from Dunkirk, France. *Rated PG-13 1 hour 57 minutes*

August 30 - REAR WINDOW

Dinner & A Classic 5:00 pm

Sitting in a wheelchair, his leg in a cast, a photographer (James Stewart) spies on courtyard neighbors and sees a murder. Grace Kelly shines in this Alfred Hitchcock thriller. The tension in the air is palpable and the chemistry between James Stewart and Grace Kelly is memorable. *Rated PG 1 hour 55 minutes*

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July 13 - ESEL & ELEANOR FORD HOUSE

Laura Rodin has been a docent at the Edsel and Eleanor Ford House for 18 years. She will share her knowledge about the Ford House including the gardens and Jensen Landscape which has recently received the National Historic Landscape status!

July 27 - SEEING THE WORLD THROUGH THE HEART OF ITS BELLS!

Julie Dawson, Birmingham artist and author, will present photographs and stories of bells from around the world and her adventures in finding them! Bells are truly unique creations! Historically, every culture has used bells for many purposes and reasons. Audience members will gain a new perspective on the use and beauty of bells!

August 10 - BIRDING: ENJOYING OUR FEATHERED FRIENDS

Jac Kyle, Program Director of the Detroit Audubon Society, will share her expertise about our feathered friends, including attracting, watching, feeding and migration patterns.

August 24 - A PROFOUND NEW VISION OF AGING

How do you feel about your health, wealth, relationships and spirituality? Can you become a better giver, lover and mentor? Embrace personal growth as an active elder helping heal your life, family and community. Professor Mike Whitty, author and speaker will discuss these important issues and provide insight into building a life legacy.

NOTE: Fewer speakers during summer months

Samaritas Senior Living
of Bloomfield Hills
Cedarbrook Senior Living
All Seasons of Birmingham
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Henry Ford Village
A.J. Desmond & Sons
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Golf Classic a huge success!**

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Hinderliter Hearing Services
Pat Meyers
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DAY TRIPS

LUNCH BUNCH

Enjoy lunch at delicious restaurants in our surrounding area. Bus departs Next at 11:15 am, returns about 1:00 pm
Cost: \$5 members / \$8 non-members - Participants are responsible for lunch and gratuity payment.

Tuesday, July 11

Roadside Bar and Grill - Bloomfield Hills

Tuesday, August 8

Benihana Sushi & Japanese Steak House - Troy

Thursday, September 7

Pronto! - Royal Oak

EDSEL & ELEANOR FORD HOUSE & GROUNDS TOUR

Tuesday, July 18

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

Cost: \$25 members / \$30 non-members

Enjoy the Premium House Tour of this magnificent home, including a few "extra spaces". Edsel & Eleanor Ford House tells the story of the home life of a prominent American family. The house was designed by Albert Kahn to resemble a cluster of Cotswold village cottages, complete with stone roofs, vine-covered walls and lead-paned windows. *Enjoy lunch on your own at Pegasus. This home is not handicap accessible and requires going up and down steep flights of stairs.*

ROYAL OAK FARMERS MARKET

Friday, July 28

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

Cost: \$5 members / \$8 non-member

Spend the morning at the farmers market with lots of delicious, Michigan grown fruits and vegetables to choose from. Michigan is blessed with a great abundance and variety of growing things, many of which are available, in season, at the Royal Oak Farmers Market. *Participants are encouraged to bring a sturdy bag for shopping. Please note: one bag per person maximum.*

CRANBROOK HOUSE TOUR

Tuesday, August 15

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

Cost: \$16 members / \$20 non-members

Enjoy a guided tour of this magnificent home. Cranbrook House was designed by Detroit architect Albert Kahn in 1908 for the founders of Cranbrook, George Gough Booth and Ellen Scripps Booth, and served as their family home for 40 years. The estate is now the centerpiece of the Cranbrook Educational Community campus, a National Historic Landmark. There will also be some time to stroll through the gardens as well. *Enjoy lunch on your own at Salvatore Scallopini before heading back to Next. This home is not handicap accessible.*

DIAMOND JACK'S RIVER TOUR

Wednesday, August 16

Bus departs Next at 12:45 pm, returns about 6:00 pm

Cost: \$43 members / \$48 non-members

This exciting offering is at capacity. Please contact Next office to be added to the wait list.

TAKE ME OUT TO THE BALLGAME

Don't miss out on your chance for a great evening. Join us as we cheer on the Tigers and enjoy Comerica Park.

Detroit Tigers vs New York Yankees: Wednesday, August 23

Bus departs Next at 5:45 pm, returns about 11:00 pm

Cost: \$79 members / \$84 non-members

Please register by Monday, July 17

Seats are in section 113 on first base line.

Requires lots of walking and some stairs. Trip offered in partnership with Bloomfield Township Senior Services

DETROIT ZOO: Senior Day

Wednesday, September 6

Bus departs Next at 9:30 am, returns about 2:00 pm

Cost: \$7 members / \$10 non-members

Please pre-register

Go to the zoo with Next! Senior Day at the Detroit Zoo features live music, tram tours, bingo, zookeeper talks and a senior resource area. *Lunch on your own.*

DETROIT REVITALIZATION TOUR

Friday, September 15

Bus departs Next at 8:30 am, returns at about 2:30 pm

Cost: \$48 members / \$58 non-member

This exciting offering is at capacity. Please contact Next office to be added to the wait list.

HOME GARDEN TOUR

Monday, September 11

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

Cost: \$18 members / \$21 non-members

Next member, Rosemarie Battey has invited members to tour her serene waterfront home garden. The expansive private garden is filled with unusual plants and interesting artwork from her world travels. Enjoy the beautiful gardens as well as a boxed lunch — water, sandwich, chips and a sweet.

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 those trips \$5 and under, a credit will be given.*
- *Participants needing special accommodations must have a registered companion.*

AMERICA'S THANKSGIVING PARADE® TOUR

Monday, September 18

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

Cost: \$20 members / \$25 non-member

Venture into the magical Paradeland and experience a behind the scenes look at America's Thanksgiving Parade®. Learn more about the Parade's fascinating history, explore the 200,000 square-foot storyland of floats and see how the award-winning artisans bring them to life. On the tour marvel at the world's largest collection of papier-mâché heads that resemble local icons and famous characters. There is a considerable amount of walking on this tour.

GRAND RAPIDS ART PRIZE

Tuesday, September 26

Bus departs First Presbyterian Church at 7:00 am, returns at about 7:00 pm

Cost: \$90 members / \$95 non-member

Please register ASAP

This docent led tour includes roundtrip motor coach transportation, lunch, raffles and more! Art from around the world pops up in every inch of downtown in over 160 venues. The bus will stop at several of these locations, accompanied by a docent. *Lunch at the Olive Garden is included. Please note that there is a considerable amount of walking on this trip. Trip offered by Step On Bus Tours*

STRATFORD FESTIVAL DAY TRIP: "Guys and Dolls"

Thursday, October 5

Bus departs Next at 6:45 am, returns about 9:30 pm

Cost: \$155 members / \$160 non-members

Pre-registration required

Trip includes round trip transportation on a luxury motor coach complete with a tour director escort. While in Stratford, enjoy a buffet lunch at the Queen's Inn (included), then explore the downtown shopping area. Lastly enjoy the musical, "Guys and Dolls". *Trip offered by Bianco Tours. Travel is through Canada, so you MUST have a valid passport or valid enhanced driver's license.*

AFTERNOON TEA AT THE TOWNSEND

Thursday, November 30

Bus departs Next at 11:45 am, returns about 2:10 pm

Cost: \$55 members / \$65 non-members

Join us for an English tradition where afternoon tea is served as a social, relaxing and unique experience. Fine, loose rolled teas are enhanced with satisfying fare that will make your mouth water. Classical music, Waterford chandeliers and mahogany wood provide a charming backdrop for this celebration.

MEADOWBROOK THEATRE PRESENTS

Bus Departs Next at 1:00 pm, returns about 5:00 pm

Wednesday, October 18 - Shear Maddness

Cost: \$40 member / \$45 non-member

Please register by Wednesday, September 13

This unique comedy-whodunit takes place today in the "Shear Madness" hair salon and is chock full of up-to-the-minute spontaneous humor. During the course of the action, a murder is committed and the audience gets to spot the clues, question the suspects, and solve the funniest mystery in the annals of crime.

Wednesday, January 31 - Nana's Naughty Knickers

Cost: \$30 member / \$35 non-member

Please register by Tuesday, December 19

Bridget and her Grandmother are about to become room-mates. However, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer quickly turns into an experience she'll never forget.



OVERNIGHT TRAVEL

GRAND GETAWAY: Mackinac Island's Grand Hotel

3 nights, 4 days - Monday, October 23 to Thursday, October 26

Cost: \$826 double / \$754 triple / \$1,116 single

Trip includes: Round trip luxury motorcoach and ferry transport, accommodations at the elegant Grand Hotel, horse drawn taxi to/from Grand Hotel, 5-course dinner each evening and full breakfast each morning, tea and cookies each afternoon, two Grand Hotel luncheon buffets, special champagne reception, nightly demitasse, nightly dancing with the Grand Hotel Orchestra, a carriage tour of the island, and bocce, golf putting/chipping, bingo, cooking demos, tour Fort Mackinac, daily activities and evening entertainment. *Baggage handling, taxes and gratuities included. Trip offered by mParks (Michigan Parks and Recreation Association)*

A CAPITOL CHRISTMAS: Washington D.C.

3 nights, 4 days - Thursday, December 7

to Sunday, December 10

Bus departs from Next or neighboring senior center

Cost per person: \$999 double/ \$929 triple / \$1299 single

Please pre-register

Enjoy this festive trip to Washington D.C. which includes motor-coach transportation, three nights in downtown D.C., three breakfasts and two dinners. Also features a sightseeing tour of D.C., an evening Illumination Tour, Lincoln Memorial, Vietnam Memorial, World War II Memorial and much more. Experience "A Christmas Carol" at the famous Ford's Theatre, as well as The NSO Pops "Happy Holiday" concert. *Trip offered by Shore-line Tours & Travel.*

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- Qualified Staging Professional
- Real Estate Lecturer & Columnist
- Birmingham Planning Board Member
- Birmingham Neighborhood Assoc. Presidents Council



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ENRICHMENT

▶ CURRENT EVENTS DISCUSSION GROUP

Every Friday at 12:00 noon

With everything 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 — from what's going on in Michigan to what is happening around the globe. A variety of opinions make for more engaging conversations. All viewpoints welcomed and encouraged to participate. *This is a drop in, non-facilitated group dialogue.*

▶ GENEALOGY/FAMILY HISTORY:

One-on-One Searching for Your Ancestors

By appointment only - Thursdays from 1:00 to 2:30 pm (resumes in September)

Cost: Complimentary members / \$5 non-members

Avid genealogy expert Barbara Hofmann, Former Chairperson of the Michigan DAR Volunteer Genealogist's Committee, will work with you one-on-one, and answer questions to help you move forward in your search. *Bring your own laptop or tablet.*

MEN'S BREAKFAST

Drop-in every Wednesday at 9:00 am

Cost: Complimentary

Men of Next, gather together to discuss the week's events, weekend plans, sports — or whatever's on your mind! No agenda, no mandatory attendance, or pre-planned topics — just an opportunity to gather and enjoy each other's company. *We will provide the breakfast and coffee, you provide the conversation.*

▶ POPULAR READS BOOK CLUB

(resumes in September)

Join Rebekah Craft, Associate Director of the Baldwin Public Library, as she leads book discussions of popular and award-winning books several times throughout the year. *When you register, you'll be given a copy of the book, provided by Baldwin Public Library.*

▶ DON'T MISS OUT ON INTERGENERATIONAL FUN!

Morning and afternoon visits. Days to be determined. (resumes in September)

A bus from Next will take interested members to Greenfield Elementary where you will be teamed up with students for activities such as: reader workshops, writer's workshops, editing, listening to students read, math, science, and much more. Teachers in each class will show you what to do and be there to assist if needed. *You may drive yourself if you prefer. No experience necessary.*



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▶ RETIREMENT REIMAGINED

Select Fridays at 1:00 pm (resumes in September)

Retirement Reimagined provides facilitation, peer support and resources to assist in creating a purpose-filled and meaningful retirement. Join the thought provoking discussion and meet other retirees. These meetings are open to anyone interested in the Retirement Reimagined group, mentorship, or entrepreneurship. *To learn more, contact Next members Dian Wilkins at dian.wilkins@yahoo.com or Kathy Walgren at kwal@comcast.net.*

▶ SOCRATES CAFÉ

Drop-in Fridays (resumes in September)

Drop in to this lively discussion group based on Christopher Phillip's National Bestseller, *Socrates Cafe*®. Participants develop questions which facilitator Annis Pratt reads to the group. The group votes on which question to discuss for the next two hours.

▶ SUNFLOWER MOSAIC CLASS

Monday, September 11 from 1:00 to 3:30 pm

Cost: \$35 members / \$40 non-members

Please pre-register by Friday, September 1

Create an absolutely beautiful 6 x 6 tile mosaic under the instruction of Mary Gilhuly, Art Director/Co-founder of Song & Spirit Institute for Peace. Create this masterpiece using small, colored pieces of glass, stone tile and more. *No experience necessary.*

▶ WRITER'S CORNER

1st and 3rd Thursdays from 9:30 to 11:00 am (resumes September 7 and 21)

Join Next members who love to gather and share their common interest in writing. Members of this group enjoy writing poetry, memoirs, social commentary, short stories and novels. Read your material and get constructive feedback. *Contact facilitator Celia Ransom 248-644-6291 for additional information.*



CARDS, TILES & COLLECTOR'S CLUBS

► B-I-N-G-O

1st and 3rd Fridays, July 7, 21 and August 4 at 1:00 pm
(no Bingo August 18)

Eight games of regular bingo are played. The cost to play is \$2 per card. *Non-members welcome for a \$2 admission fee.*

► MAH JONGG

Mondays from 10:30 am to 12:30 pm and 12:30 to 2:30 pm

This group is looking for substitute players only. *Contact Sandy Moore at xsandy16@yahoo.com if interested in subbing.*

BRIDGE...for everyone at every level!

Beginning Bridge Instruction - Instructor: Al Rosie
Mondays from 10:00 am to 12:00 noon

Duplicate Bridge - Facilitator: Al Rosie
Mondays from 12:15 to 3:15 pm

Partners Bridge - Tuesdays from 2:30 to 6:00 pm
Partner required. Experienced players, please.

Wednesday Bridge
Wednesdays from 12:00 noon to 3:15 pm

► CARDS...come and join the fun!

If you have never played these games, or need a bit of a refresher, the friendly players here at Next will be glad to get you up to speed. This group of enthusiastic players welcomes both seasoned players and those new to the games. *For additional information, contact Ed Schouten at edward.schouten@gmail.com.*

Pinochle

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

Euchre

Tuesdays from 12:00 noon to 3:00 pm

Hearts

Thursdays from 12:00 noon to 3:00 pm

► BIRMINGHAM STAMP CLUB

Tuesdays, July 18 and August 1, 15 at 6:00 pm
Contact Ken Rusch at (248) 968-3505

► COIN CLUB

3rd Wednesdays at 7:00 pm
For information contact Robert Beuter at (248) 646-9657



COMPUTER LAB & CLASSES

► COMPUTER LAB

The lab is open during center hours for members to use any one of our many PCs.

► ONE-ON-ONE COMPUTER INSTRUCTION

We offer one-on-one computer instruction, on one of our many lab PCs, by one of our talented instructors.

► NAVIGATING YOUR IPAD, IPHONE, TABLET & MORE

Our one-on-one instruction goes far beyond just computers. Our instructors can show you how to use any current technology. Whether you want to use an iPod, iPhone, Tablet, Android device, or Kindle, we can teach you how.

Cost for all computer instruction: \$5 for one hour / \$20 for 5 one-hour sessions. Please contact the Next office to schedule an appointment. Members only.



NEXT WELCOMES THE BALDWIN PUBLIC LIBRARY

*Classes will take place in
the Next computer lab.
Learners of ALL ages welcome.*

Computer Basics

Thursday, July 13 at 2:00 pm - *Cost: \$5*

Learn the basics of computing from mastering mouse skills to managing and saving files.

Intro to PowerPoint

Thursdays, July 20 and 27 at 2:00 pm - *Cost: \$10*

Learn the fundamentals of slideshow creation with Microsoft PowerPoint in this two-session class.

Photo Editing with Online Tools

Wednesday, August 2 at 2:00 pm - *Cost: \$5*

Make your pictures look like a million bucks with free and easy to use online tools. So, come to class and let's edit some pictures.

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INVIGORATE YOUR BODY WITH ONGOING FITNESS PROGRAMS

▶ AGEBUSTERS

Tuesdays and Thursdays at 9:00 am

Cost: 10 classes \$60 members / \$70 non-members

Please bring a mat and water.

Tuesdays: AFAA certified instructor, Lori Harbour, has 25+ years of leading group exercise experience, and an Older Adult Specialty Certification. This fun class will focus on cardiovascular endurance, including low impact aerobic moves to music, and strength training using weights, bands, and stretching.

Thursdays: Shelley Rubinstein brings over 30 years of experience teaching adult fitness. She is an ACE Certified Group Fitness instructor with an Older Adult Fitness Specialty and has AFAA Personal Training Certification. Thursday's class utilizes a circuit format, with no aerobics.

▶ CHAIR YOGA

Mondays and Wednesdays from 1:30 to 2:30 pm

Cost: 10 classes \$60 members / \$70 non-members

Experience improved flexibility, strength and balance with Karen Lutz, E-YRT. Learn to focus on breathing, as you find greater balance, flexibility, and strength with gentle stretching and adaptive yoga movements both seated and standing with the support of the chair. *All standing movements are optional for those who need to remain seated.*

▶ LIMBER UP

Mondays, Wednesdays and Fridays at 9:00 am

Cost: Complimentary

This chair-based stretching and fitness class is all about keeping limber and enjoying the company of good friends. Drop-ins always welcome. *Stay for coffee and conversation.*

▶ MAT PILATES

Mondays and Wednesdays from 10:00 to 10:50 am

Cost: 10 drop-in classes \$70 members / \$80 non-members

Sheridan Hainline is a STOTT certified Pilates instructor. The goal of Pilates is optimal musculoskeletal performance, flexibility, endurance and strength without building bulk or risking injury. We will focus on core stability, using pelvic and shoulder girdle stabilization to help create neutral alignment, spinal correction, tension relief and enhanced self-confidence. This results in moving with greater ease, long lean muscles, core strength and stability and improved posture. *Please bring a water bottle and mat. Beginners welcome. Participants must be able to get up and down from the floor easily.*

Next urges you to consult your doctor before participating in any exercise program.

▶ MAT YOGA FOR WELL BEING

Tuesdays and Thursdays at 4:30 pm

Cost: 10 drop-in classes \$60 members / \$70 non-members

A gentle and adaptable yoga session on the mat for beginners or those who have been practicing. Instructor Karen Lutz, E-YRT, will focus on breathing, gentle yoga moves and postures that will help improve core strength, balance and flexibility. Each session will begin and end with a few minutes of meditation. *Please bring a yoga mat and water.*

PICKLEBALL

Cost: Complimentary members / \$2 non-members

Pickleball is played on a badminton sized court with paddles and a wiffle ball. *Balls and paddles available for use.*

Good news! While at Beverly, Pickleball hours are extended:

Mondays, Wednesdays from 10:00 am to 8:00 pm

Tuesdays, Thursdays from 12:00 noon to 8:00 pm

Fridays from 10:00 am to 5:00 pm

Saturdays from 9:00 am to 2:00 pm

1st and 3rd Saturdays from 9:00 to 10:00 am are still reserved for beginner instruction/mini-clinics

When we return to Midvale on August 21, Pickleball hours will be the same as they were before:

Mondays and Thursdays from 12:15 to 2:15 pm

Mondays through Thursdays from 5:30 to 8:00 pm

Saturdays from 9:00 am to 2:00 pm

▶ "SENIOR FIT" EXERCISE CLASS

Start: September through April

Cost: Complimentary (limited spaces)

Special Registration Process: Those interested in Senior Fit may call 248-858-3952 beginning 5:00 am Monday, July 10 through 6:00 pm Friday, July 28 to register.

Next is partnering with St. Joseph Mercy Oakland Hospital again to bring you the Senior Fit. This class features floor and chair exercises that build strength and flexibility.

▶ "SLOW ROLL" BIKE GROUP

Meet in Next lobby every Tuesday night at 5:30 pm

Cost: Complimentary

The length of ride depends on weather, ability and size of group that evening. Typically, the riders will enjoy a nice, easy ride to a local park, take a water break and then return to Next. We will travel through quiet, relatively flat neighborhoods and avoid the traffic on main roads. *All participants must wear a bicycle helmet. Questions? Contact chief biker Myron Sedman at 248-891-2757 or myron1950@aol.com.*

▶ SMALL GROUP PERSONAL TRAINING SERIES

Summer Series: 6 class series on Tuesdays, June 27, July 11, 25 and August 1, 8, 15 from 2:00 to 3:00 pm (no class July 4 and July 18)

Cost: \$95 members / \$100 non-members

Pre-registration required - Class limited to six participants

Do you need a little personal help in reaching your fitness goals, but still enjoy the energy of a group class? In a small group setting you will have both! This group of highly motivated members, along with ACE Certified Personal Trainer Sharon Claye, will help you to improve your health — strength, energy and stamina — in a fun and lively environment. *Members select the music they enjoy as they participate in this energizing circuit training program!*

▶ SEATED BARRE CLASS

Saturdays from 11:00 to 11:50 am (resumes in September)

Cost: 10 classes \$60 members / \$70 non-members

This yoga inspired barre class will begin seated with gentle stretching, and a focus on breathing. We will move to the barre and continue into gentle stretches, and balance positions.

Instructor: Karen Lutz, E-RYT. The sessions will end seated to wind down the practice with 5 minutes of meditation.

First class complimentary.

▶ STANDING BARRE CLASS

Saturdays from 10:00 to 10:50 am (resumes in September)

Cost: 10 classes \$60 members / \$70 non-members

In this all standing class, we will use the barre, and move into gentle stretches, gain flexibility and strengthen in balance positions. Move with your own range of motion, and at your own pace. **Instructor:** Karen Lutz, E-RYT. *First class complimentary.*

▶ SUMMER WALKING GROUP - NEW

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

Cost: Complimentary

One of the “cool” things about the summer move to Beverly School (besides the central air conditioning!) is the close proximity to Beverly Park. There is a trail from the school parking lot that directly accesses the park — so the walkers will meet at Beverly School and then walk to Beverly Park. *In case of inclement weather, group does not plan to walk. For additional information, please contact Lynn Doelle at 248-835-9085 or lynndoelle@att.net or Susan Randall at 248-563-7112 or susan.m.randall@sbcglobal.net.*

▶ TAI CHI

Tuesdays from 10:30 am to 12:00 noon

Fridays from 10:15 to 11:45 am

Cost: 10 classes \$60 members / \$70 non-members

Accredited instructors teach the Taoist Tai Chi internal arts of health. Benefits include improved circulation, balance and posture, increased strength, flexibility, and reduced stress.

GOLF LEAGUES

The Next Golf Leagues are “in full swing” and are looking for substitute players.

Cost: \$10 to sub, pay as you play (members only)

Call Golf League Manager for details

Springdale League plays Mondays at 9:37 am through mid-September

League Manager: Jerry Mercier 248-514-2853 or jerrmarl@comcast.net

Lincoln Hills League plays Wednesdays at 10:00 am through mid-September

League Manager: Pat Callanan 248-642-7129

▶ BOWLING LEAGUE @ HARTFIELD LANES

Fridays at 10:00 am (resumes in September)

Cost: \$7.50 fee includes 3 games, shoes and coffee

No need to register, just drop in!

Hartfield Lanes, 3490 W. 12 Mile, Berkley, 248-543-9338. New bowlers more than welcome!

▶ TENNIS LEAGUE - MIXED DOUBLES

Wednesdays from 2:30 to 4:00 pm and Fridays from 2:00 to 3:30 pm (resumes in September)

Enjoy indoor play at the Birmingham Racquet Club, 2100 E. Lincoln, Birmingham. All are welcome to join as regular league players, or subs. *Contact David Young at davidmpyoung@gmail.com for additional information.*

Mayo Clinic recommends at least 150 minutes per week of moderate-intensity exercise, or 75 minutes per week of vigorous exercise because exercise is a great way to feel better, boost your health and have fun.

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New residents only



SUPPORT SERVICES

► INFORMATION ABOUT COMMUNITY RESOURCES

Jeanne Nance and Sandi Cassar 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; the team is here to help with resources, information, and referrals in a whole range of areas. *The Next Support Services Department welcomes you Monday through Friday.*

► ASK THE ATTORNEY

Tuesday, July 11 and August 1 from 1:00 to 1:45 pm

Local attorney, Ed Pugh, will be at Next to provide assistance with your legal questions. *Please call Next to schedule your complimentary 15-minute appointment. Members only.*

► EARLY STAGE MEMORY LOSS SUPPORT GROUP

The Alzheimer's Association offers support groups for people in early stages of Alzheimer's or related dementias. Caretakers, family members and/or friends are welcome to attend. There are meetings in Birmingham, Bloomfield Hills, and other nearby areas. *Please call 248-351-0280 for more information.*

► FINANCIAL ASSISTANCE

The Michigan Seniors Benefits Enrollment Center is available to help find programs and services to ease the strain of a tough financial situation. Experts are available via a toll-free number to discuss various programs — including tax credit assistance, food assistance, utility payment options, home improvement costs, help with medical premiums and prescription costs, etc. *All recommendations are based on individual situations. Call 800-347-5297 to schedule a conversation and discover what's available.*

► MINOR HOME REPAIR for BEVERLY HILLS RESIDENTS

Beverly Hills Community Development Block Grant funds are available to assist low and moderate income residents in with minor home repairs. *Please call Jeanne Nance or Sandi Cassar at Next for more information.*

► LAWN MOWING for BIRMINGHAM & BEVERLY HILLS RESIDENTS

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

► 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 Friday. Call at least three days in advance to request a ride. For reservations, please call 248-203-5270.*

FOUNDATION FOR BIRMINGHAM SENIOR RESIDENTS

Founded in 1983 and administered through Next, the Foundation provides financial assistance for home repairs to Birmingham senior residents who income-qualify.

Assistance comes in two forms:

- 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 loans are repaid after the sale of the home.*

Please call Jeanne Nance or Sandi Cassar for more information.

► HEARING AID & EYEGASSES DONATIONS & RECYCLING PROGRAM

The Support Services Department always welcomes donations of hearing aids and eyeglasses for the Lions Club program. The program provides affordable hearing aids and eyeglasses to individuals with financial resources. *Please bring your donations to the Support Services Department or the front office.*

► LET'S HEAR FROM YOU

The Support Services Department is often asked for the names of reputable companies that provide services such as plumbing, electrical, handyman work, cleaning, etc. If you know of a licensed and insured company that you really enjoyed working with, please call us and share your recommendation. *It would be very helpful to us and a great service to your fellow Next members and community members.*



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Evergreen is conveniently located near Beaumont Royal Oak and other area hospitals. Specializing in rehabilitation, patients recover in well-appointed residential environments that emphasize the mastery of day-to-day tasks, essential for a successful return home. As an affiliate of renowned Beaumont Health, this Five-Star rated, state-of-the-art facility features a dedicated team of medical professionals and outstanding therapists, making it the ideal destination for a safe and speedy recovery.

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HEALTH & NUTRITION

▶ MEDICAL EQUIPMENT LOANS

Cost: Complimentary members

\$20 refundable deposit non-members

Our loan closet contains wheelchairs, walkers, canes, commodes, bath benches and shower stools available for up to three months at no charge. Simply call to reserve the equipment you need. We also accept donations of above items.

▶ NUTRITION SUPPORT

Ensure Plus is offered at a reduced price with a physician's prescription and application. *Please call Next for more information or to place your order.*

▶ BLOOD PRESSURE & BLOOD OXYGEN CLINIC

1st Wednesdays, July 5 and August 2 from 10:00 to 11:00 am
No appointment is necessary. Free of charge.

A trained healthcare professional will provide free blood pressure and blood oxygen level screenings. *Sponsored by Home Care Assistance of Birmingham*

▶ PODIATRISTS AT NEXT

Wednesdays, July 26 and August 23 from 9:00 to 11:00 am
Call Next to make an appointment

Drs. Robert Adas, DPM, and Larry Wexler, DPM, provide basic foot care — foot exams, toenail trimming, etc. This service is provided for your convenience. Their office is in Huntington Woods. *Most services are covered by insurance. Pay podiatrists directly. Appointments are appreciated, but walk-ins are welcome.*

▶ MEALS ON WHEELS

Please call Emerald Foods at 248-689-0001 to enroll in this nutrition program. Additional volunteers are always needed to help deliver meals. *If you're available once a week, once a month, or once in awhile to deliver or package meals, please call Judy Murrell at 248-203-5281. Your help is welcome and most appreciated!*

▶ MEDICARE/MEDICAID GUIDANCE

Experts are available from Area Agency on Aging 1B to answer questions about Medicare and Medicaid. *Contact Haim Schlick at 248-642-1149 or email haimschlick2002@yahoo.com for an appointment.*

▶ NURSE ON CALL

This program offers information about health-related resources. Public Health Nurses answer questions regarding communicable diseases, immunizations, prescription assistance, nutrition and more. *Call 800-848-5533 or e-mail at noc@oakgov.com.*


▶ ELDER ABUSE

Elder and vulnerable adult abuse, neglect and exploitation are behaviors committed against an elder or vulnerable adult who is unable to protect himself or herself due to a mental or physical impairment or due to advanced age. The perpetrators are often trusted family, friends, neighbors or caregivers. This can occur in the person's home, in the home of another person or in licensed settings such as adult foster care, homes for the aged or nursing homes. *Visit www.michigan.gov.*


If you suspect abuse or neglect, call 855-444-3911 any time day or night. This toll-free phone number allows you to report abuse or neglect of any child or adult. One number. One call. One person can make a difference.

SPRING PEANUT BUTTER & JELLY DRIVE

A big thank you to our partners, Baldwin House and Early Childhood Center, and Next members who helped us collect and provide peanut butter and jelly for many financially-challenged families whose children are home for the summer without school-based food assistance.




Hosted by Arden Courts



Join us each month for coffee and conversation specifically for people with memory loss and their caregivers.

The challenges of living with memory loss can sever social connections at a time when they are needed most. Memory Café is a gathering place where people can relax and enjoy themselves in a safe, supportive, engaging environment to share stories and socialize. Many attendees develop new friendships which help lend support to one another.




arden-courts.com

The Third Wednesday of Every Month
Beginning at 11:00 am

Rusty Bucket Restaurant and Tavern
30450 Telegraph Road
Bingham Farms, MI 48025

There is no charge for this program, but please register by calling (248) 644-8100 or e-mailing BinghamFarms@arden-courts.com

Hosted by:



Arden Courts
Memory Care Community

Woodward Hills

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Beaumont care beyond the hospital

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2017 DETROIT TIGER'S OPENING DAY...ON THE BIG SCREEN AT NEXT

Next is grateful to our sponsor, Kathi Jones-Cutler from Max Broock – Birmingham.

And a special thank you to Organizers Diane Bert, Sandy Debicki and Kathi Jones-Cutler, as well as our volunteers, for making the event so much fun as we cheered the Tigers on to a 6 to 5 win against the Boston Red Sox!

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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:

Louise Affeld, William Aikens, Libby Blanchard-Adler, Manuel Brown and Loretta Higgins, Andrea Carnick, Susan Cooper, Kaye Dickston, Lucien and Dolores DiSalvo, James and Marilyn Feiten, James and Lucia Fields, Sandy Gabel, Ellie Gause, Lucina George, Deborah Gorga, Pam Goyke, Joan Groves, Katherine Hayes, Elizabeth Heid, Henry Horldt, John and Karen Houghton, Thomas and Phyllis Hughes, J. Peter and Mary Jo Johnston, Ann Kaufman, Judy Keibel, Diane Koehler, Judi Kubicki, Barbara Lebus, Tom Longhway, Gary Mach, George Maynard, Scott Moore, Tim and Lori Oancea, Patricia Pelletier, Harry Pevos, Barbara Rainey, Ken and Betty Richardson, Lester Richey, Thomas Sachs, Lucy and Sally Saunders, Margaret Smith, Dick Stasys, Carol Stetter, Mary Vellone, Janice Wanetick, Irina Witt, Katherine Wolf

We are thinking of you...
Lois Appledorn and Jean Florek

Our condolences to the families of...
*Fred Aebersold, Helen Chapman,
Rita Herpel and Al Reyman*

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INDIVIDUALS

Ellen Cataline, Mary Courtney, Fernando and Jesusa DeLeon, Ms. F.M. Gardner, Dorothy Hamilton-Wilkerson, Oletha Stanfield, Robert and Coco Siewert

EVENT BAKERS

Jim Bird, Dorothy Coordes, Oldham Hanna, Joyce Hargrave-Thomas, Judy Murrell, Genevieve Peters, Alice Trocke

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 Next Closed for Independence Day 9:37 Springdale Golf	4 Next Closed for Independence Day	5 9:00 Limber Up Men's Breakfast Walking Group 10:00 Needle Arts Blood Pressure Lincoln Hills Golf Mat Pilates Pickleball 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Chair Yoga 1:30 Chair Yoga 5:30 Movie - A Dog's Purpose	6 9:00 NO Agebusters 9:30 Advanced Pottery 12:00 Hearts Pickleball 4:30 Mat Yoga 6:00 NO Lecture	7 9:00 Limber Up 10:00 Pickleball 10:15 Tai Chi 12:00 Hot Dog Friday Pinochle Current Events 1:00 Bingo	8 9:00 Open Pottery Studio Pickleball
10 9:00 Limber Up Walking Group 9:37 Springdale Golf 10:00 Birthday Coffee Beginning Bridge Knitting Mat Pilates Pickleball 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge 12:30 Mah Jongg 1:30 Chair Yoga	11 Lunch Bunch 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre Pickleball 1:00 Summer Movie - Driving Miss Daisy Ask the Attorney 2:00 SGPT 2:30 Partners Bridge 4:30 Origami Mat Yoga 5:00 Chess Class 5:30 Slow Roll	12 9:00 Limber Up Men's Breakfast Walking Group 10:00 Needle Arts Lincoln Hills Golf Mat Pilates Pickleball 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Health Care Choices 1:30 Chair Yoga 5:30 Movie - Beauty & The Beast	13 9:00 Agebusters 9:30 Advanced Pottery 12:00 Hearts Pickleball 12:15 Studio Art Class 1:30 Birmingham City Update 2:00 Computer Basics 4:30 Mat Yoga 6:00 Lecture - Edsel & Eleanor Ford House	14 9:00 Limber Up 10:00 Pickleball 10:15 Tai Chi 12:00 Hot Dog Friday Pinochle Current Events	15 9:00 Open Pottery Studio Pickleball
17 9:00 Limber Up Walking Group 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Mat Pilates Pickleball 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge 12:30 Mah Jongg 1:30 Chair Yoga	18 Ford House & Grounds Tour 9:00 Agebusters 9:30 Painting Class 10:00 Grandparents Raising Kids Tai Chi 12:00 Euchre Pickleball 1:00 Summer Movie - Tokyo Story Board Meeting Zentangle 2:00 NO SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:00 Chess Class 5:30 Slow Roll 6:00 Stamp Club	19 9:00 Limber Up Men's Breakfast Walking Group 9:30 Anyone Can Paint Needle Arts Lincoln Hills Golf Mat Pilates Pickleball 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Chair Yoga 5:30 Movie - Gifted 7:00 Coin Club	20 9:00 Agebusters 9:30 Advanced Pottery 12:00 Hearts Pickleball 1:00 Cool Cars Studio Art Class 2:00 Powerpoint 4:30 Mat Yoga 6:00 NO Lecture	21 9:00 Limber Up 10:00 Pickleball 10:15 Tai Chi 12:00 Hot Dog Friday Pinochle Current Events 1:00 Bingo	22 9:00 Open Pottery Studio Pickleball
24 9:00 Limber Up Walking Group 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Mat Pilates Pickleball 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge 12:30 Mah Jongg 1:30 Chair Yoga	25 Evening Tiger Game 9:00 Agebusters 9:30 Painting Class 10:00 Photo Club 10:30 Tai Chi 12:00 Euchre Pickleball 1:00 Summer Movie - Trouble with the Curve SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:00 Chess Class 5:30 Cool Kitchen Slow Roll	26 9:00 Limber Up Podiatrists Men's Breakfast Walking Group 10:00 Needle Arts Lincoln Hills Golf Mat Pilates Pickleball 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Chair Yoga 5:00 Dinner & A Classic - Some Like it Hot	27 9:00 Agebusters 9:30 Advanced Pottery 12:00 Hearts Pickleball 1:00 Studio Art Class 2:00 Powerpoint 4:30 Mat Yoga 6:00 Lecture - Seeing the World through The Heart of Its Bells	28 Royal Oak Farmers Mkt 9:00 Limber Up 10:00 Pickleball 10:15 Tai Chi 12:00 Hot Dog Friday Pinochle Current Events	29 9:00 Open Pottery Studio Pickleball
31 9:00 Limber Up Walking Group 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Mat Pilates Pickleball 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge 12:30 Mah Jongg 1:30 Chair Yoga					

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre Pickleball 1:00 Summer Movie - Out of Africa Ask the Attorney 2:00 SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:00 Chess Class 5:30 Slow Roll 6:00 Stamp Club	2 9:00 Limber Up Men's Breakfast Walking Group 10:00 Needle Arts Blood Pressure Lincoln Hills Golf Mat Pilates Pickleball 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Chair Yoga 2:00 Photo Editing 5:30 Movie - Paris Can Wait	3 9:00 Agebusters 9:30 Advanced Pottery 12:00 Hearts Pickleball 1:00 Elder Law Create a Website Studio Art Class 4:30 Mat Yoga 6:00 NO Lecture	4 9:00 Limber Up 10:00 Pickleball 10:15 Tai Chi 12:00 Hot Dog Fridays Pinochle Current Events 1:00 Bingo	5 9:00 Open Pottery Studio Pickleball
7 9:00 Limber Up Walking Group 9:37 Springdale Golf 10:00 Birthday Coffee Beginning Bridge Knitting Mat Pilates Pickleball 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge 12:30 Mah Jongg 1:30 Chair Yoga	8 Lunch Bunch 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre Pickleball 2:00 SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:00 Chess Class 5:30 Slow Roll 6:30 Evening of Musical Entertainment	9 9:00 Limber Up Men's Breakfast Walking Group 10:00 Needle Arts Lincoln Hills Golf Mat Pilates Pickleball 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Chair Yoga 1:30 Chair Yoga 5:30 Movie - Norman: The Moderate Rise & Tragic Fall of A New York Fixer	10 9:00 Agebusters 9:30 Advanced Pottery 12:00 Hearts Pickleball 1:00 Create a Website Studio Art Class 4:30 Mat Yoga 6:00 Lecture - Detroit Autubon Society	11 9:00 Limber Up 10:00 Pickleball 10:15 Tai Chi 12:00 Hot Dog Fridays Pinochle Current Events	12 9:00 Open Pottery Studio Pickleball
14 9:00 Limber Up Walking Group 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Mat Pilates Pickleball 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge 12:30 Mah Jongg 1:30 Chair Yoga	15 Cranbrook House Tour 9:00 Agebusters 9:30 Painting Class 10:00 Photo Club 10:30 Tai Chi 12:00 Euchre Pickleball 1:00 Zentangle 2:00 SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:00 Chess Class 5:30 Slow Roll 6:00 Stamp Club	16 Diamond Jack's River 9:00 Limber up Men's Breakfast Walking Group 10:00 Needle Arts Lincoln Hills Golf Mat Pilates Pickleball 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Chair Yoga 5:30 Movie - The Zookeeper's Wife 7:00 Coin Club	17 9:00 Agebusters 9:30 Advanced Pottery 12:00 Hearts Pickleball 1:00 Walk Around Lake Michigan Studio Art Class 4:30 Mat Yoga 6:00 NO Lecture	18 Niagara On The Lake Next Closed for Move Back to Midvale NO Hotdog Friday	19 Next Closed for Move Back to Midvale
21 9:00 Limber Up Walking Group 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Mat Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga 5:30 Pickleball	22 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre 1:00 Artisan Studio 2:30 Partners Bridge 4:30 Mat Yoga 5:30 Slow Roll Pickleball	23 Evening Tiger Game 9:00 Limber Up Podiatrists Men's Breakfast Walking Group 10:00 Needle Arts Lincoln Hills Golf Mat Pilates 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Unlocking the English Word Chair Yoga 5:30 Movie - Their Finest Pickleball	24 9:00 Agebusters 9:30 Advanced Pottery 12:00 Hearts 12:15 Pickleball 1:00 Studio Art Class 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - A Profound New Vision of Aging	25 9:00 Limber Up 10:15 Tai Chi 12:00 LAST Hot Dog Friday Pinochle Current Events	26 9:00 Open Pottery Studio Pickleball
28 9:00 Limber Up Walking Group 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Mat Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga 5:30 Pickleball	29 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre 1:00 Best Brain Forward Artisan Studio 2:30 Partners Bridge 4:30 Mat Yoga 5:00 Paint Like a Pro 5:30 Slow Roll Pickleball	30 9:00 Limber Up Men's Breakfast Walking Group 10:00 Needle Arts Lincoln Hills Golf Mat Pilates Pickleball 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Chair Yoga 5:00 Dinner & A Classic - Rear Window Pickleball	31 9:00 Agebusters 9:30 Advanced Pottery 12:00 Hearts 12:15 Pickleball 1:00 Studio Art Class 4:30 Mat Yoga 5:30 Pickleball 6:00 NO Lecture	SEPTEMBER 1 9:00 Limber Up 10:15 Tai Chi Next Closes at 12:00 noon	SEPTEMBER 2 Next Closed SAVE THE DATE HEALTH EXPO SEPTEMBER 26



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 on Monday, August 21**

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 Every Friday from 12:00 to 1:00 pm
 Hotdog Fridays can't be beat! What a fun way to start off the weekend! Join us at Beverly for grilled hotdogs. *No hotdogs on Friday, August 18.*

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