



Your Place to Stay Active & Connected

JULY/AUGUST 2019

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

### GOLDEN AGE OF THE AUTOMOBILE

Wednesday, July 17 at 12:30 pm

Cost: Complimentary members / \$5 non-members

By 1915, the vast majority of popular car brands were from Detroit...the Motor City was born. Detroit car brands provided a car for any budget and any style; building fast, luxurious, dependable, and inexpensive cars that “put America on wheels.” Bailey Sisoy Isgro, Detroit History Tours, will cover this history from automotive legends like Henry Ford, Horace and John Dodge, and Ransom E. Olds, to the lesser known geniuses who added horsepower and designed dream cars. Learn about the legacy of Detroit’s golden automobile era.



### HOT WHEELS ON MIDVALE!

Wednesday, July 31 from 11:00 am until 2:00 pm

Cost: Complimentary

Join us as we transform our Next parking lot into a showcase for classic, fast and unique wheels around Birmingham. This car show will feature live music provided by Honest Thursday, a local good-time, rockin' cover band. Enjoy a cool treat as you enjoy the cars and take the opportunity to vote for your favorite “Next” wheels. We welcome classic, muscle and other cars made before 1980. Contact Terri McCardell at [tmccardell@birmingham.k12.mi.us](mailto:tmccardell@birmingham.k12.mi.us), if you have a car you want to display at the show. Generously sponsored by Pomeroy Living.

### OAKLAND AUDUBON SOCIETY AT NEXT!

Thursday, August 1 at 11:30 am

Cost: Complimentary members / \$5 non-members

The Oakland Audubon Society advocates for the preservation of native wildlife in Michigan. Audubon Board Member David Frye will share how he and others present and provide access to our natural world through local activities, field trips and social media.



### DETROIT’S HISTORY: Lumber, Ships & Cigars

Tuesday, August 27 at 12:30 pm

Cost: Complimentary members/\$5 non-members

Join us as we venture back in time to learn the history of Detroit before the first automobiles were built. Gwyn Koss, Detroit History Tours, will discuss how post-Civil War industrialism brought the city manufacturing. Workers came from all over the world to chase their fortunes! It was an exciting time for Detroit, evolving from a frontier town to the “Paris of the Midwest.” Kindly sponsored by St. Anne’s Mead.

### SHINOLA FACTORY: Headquarters Tour

Thursday, September 5 - Registration required

Bus leaves Next at 9:00 am, returns about 12:30 pm

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

A luxury design company committed to crafting products built to last — from watches to leather goods, jewelry to audio. Tour the factory in the historic Argonaut Building, where teams of artisans hand assemble premium timepieces and leather straps. Through skilled training, Shinola creates opportunities and supports the local workforce, while preserving the craft and beauty of the industry. Active 90-minute walking tour.





## INVIGORATE YOUR BODY

### SMALL GROUP PERSONAL TRAINING

Thursdays from 2:00 to 3:00 pm

Series 1: July 11, 18 and August 1

Cost 3-class series: \$45 members / \$50 non-members

Series 2: August 8, 15, 22 and 29

Cost 4-class series: \$60 members / \$65 non-members

Need a little personal help in reaching your fitness goals, but still enjoy a group class? This group of highly motivated members, along with Lori Harbour, Certified AFAA Instructor, will help you improve your health, strength, energy and stamina in a fun and lively environment. Class may be held outside, weather permitting. 4 student minimum, 6 student maximum.

### JOIN THE FUN! LINE DANCING

Mondays from 10:00 am to 12:00 noon

Series 1: July 8, 15, 22 and 29

Series 2: August 5, 12, 19 and 26

Cost 4-week series: \$28 members / \$33 non-members

Walk-ins welcome for \$8 per class.

Christine Stewart has been teaching line dancing for 13 years. She loves her work and invites you to join her in exercising body and mind as you move to different types of music and learn new steps and dances. Check out her website at [ilovemywork.com](http://ilovemywork.com). Please bring a water bottle and wear comfortable shoes. We must have 8 people registered to run these classes.

### AGEBUSTERS

Tuesdays and Thursdays at 9:00 am

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

Tuesdays: Lori Harbour, Certified AFAA Instructor, leads this fun class focusing on endurance, including low impact aerobic moves to music, and strength training. Please bring a mat and water.

Thursdays: Shelley Rubinstein, AFAA certified teacher, leads this circuit class, with no aerobics. Please bring a mat and water.

### BARRE CLASS

Saturdays from 11:10 to 11:50 noon - Space is limited.

Please note time change for summer.

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

Karen Lutz, E-RYT, will lead seated and standing barre to gain strength and move into stretches. Move at your own pace and range of motion.

### LIMBER UP

Mondays, Wednesdays and Fridays at 9:00 am

Cost: Complimentary

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

### MORNING WALKING GROUP

Tuesdays and Thursdays at 9:30 am

Meet in the Next Office to join fellow Next members for a little camaraderie while walking through our beautiful neighborhood or on the nearby Seaholm track. Please call the Next Office to be added to this fun, non-facilitated, dynamic group. No obligation to walk every week — join us when it is convenient for you!

### TAI CHI

Tuesdays from 9:45 to 11:15 am / Fridays from 10:00 to 11:30 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.

### CHAIR YOGA

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

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

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

### SLOW FLOW YOGA

Tuesdays and Thursdays from 1:00 to 1:50 pm

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

Yoga instructor Jan Chaney will bring strength and balance into your life. Let your breath guide you through a series of postures. All levels welcome. Bring a mat, towel and water to class.

### MAT YOGA

Tuesdays and Thursdays from 4:30 to 5:30 pm

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

A gentle and adaptable yoga session on the mat for beginners or those who have been practicing. Instructor Karen Lutz, E-RYT, will focus on breathing, gentle yoga moves and postures that will help improve core strength, balance and flexibility. Please bring a yoga mat and water.

### YOGA FOR WELL BEING

Resumes on September 7 after a summer hiatus!

Yoga instructor Karen Lutz, E-RYT, will teach you how to link your breathing to your movements as you flow through the postures. Feel your body expand and become stronger. You must be able to transition up and down on a yoga mat. All levels welcome.

### DROP-IN OPTION!

Effective this fall, we will be accepting drop-ins for more fitness classes, including Core/Foundation Training, Strength and Balance and STRONG! You will still be able to register for sessions, which will save you a few dollars. We hope this option will allow more of our members to participate in these classes without the worry of missing a class and losing money.

## PICKLEBALL AT NEXT

Cost: Complimentary - Members only

Mondays and Thursdays from 12:30 to 2:30 pm

Mondays through Thursdays from 4:30 to 8:00 pm

Saturdays from 9:00 am to 2:00 pm

The 1st Saturday of each month from 9:00 to 10:30 am is set aside for a skills and drills mini-clinic for true beginners.

## PICKLEBALL AT THE BIRMINGHAM ICE RINK

Enjoy six courts of open play in the climate-controlled setting with indoor amenities and easy parking. Detailed information on open play, ladder leagues and lessons can be found on our website @ BirminghamNext.org.

Please note: The Ice Rink will be closed the week of July 14

### ► Open Play

Tuesdays through Friday through August 2

from 10:00 am to 12:00 pm and 2:00 to 4:00 pm.

No afternoon play on Tuesdays

Saturdays from 10:00 am to 2:00 pm

Drop-in cost: \$1 members / \$3 non-members

### ► Lessons

Drop-in cost applies: \$1 members / \$3 non-members

Pickleball lessons for all skill levels offered by Certified Pickleball Instructor Tom Wehner. Six-week comprehensive series or single lessons available. Please contact Tom directly at tgwehner@cs.com or 248-885-1203.

## FIT PARK AT NEXT!

The Next Fit Park offers members another great way to stay active and connected! The Fit Park is available for your use all day, every day! Utilize seven pieces of low impact resistance equipment designed to promote flexibility, balance and strength. Instructional video on each piece available. Please contact the Next office for more information.

## NEXT GOLF LEAGUES

Join fellow golfers for some fun on the links! For further information contact the appropriate league manager for details.

Springdale League: Plays Mondays at 9:37 am

League Manager: Jerry Mercier 248-514-2853

Lincoln Hills League: Plays Wednesdays at 10:00 am

League Manager: Pat Callanan 248-642-7129

## WOMEN EXERCISING TO LIVE LONGER (WELL)

Informational Meeting: Thursday, September 19 at 6:30 pm  
Beaumont Health & Wellness Center, 4949 Coolidge, Royal Oak

For specifics please pick up a copy from the Support Services Board or request a copy from the Next Support Service Office at 248-203-5277.

## INTERESTED IN CYCLING?

Next has two groups to choose from!

### ► Next Slow Roll Bike Group

Every Tuesday night at 6:30 pm

Meet in the Next lobby every Tuesday at 5:30 pm. Riders will travel through quiet relatively flat neighborhoods avoiding traffic on main roads. After a nice, easy ride to a local destination, take a water break and return to Next. Ride length depends on group size, ability and weather. Helmets are a must. Contact Next Programmer Terri McCardell at [tmccardell@birmingham.k12.mi.us](mailto:tmccardell@birmingham.k12.mi.us) for more information.

### ► Next Moderate Roll Bike Group

Every Thursday at 10:00 am

This new group will take more advanced rides that run on local main streets in adjacent neighborhoods. The pace of the group will be about 12-15 mph with a starting distance of 20 miles. Rides will be like those run by established bike clubs. Contact chief biker Stuart Jeffares at [stuartjeffares@gmail.com](mailto:stuartjeffares@gmail.com) for more information.

## MINDFULNESS & MEDITATION

Wednesdays from 3:00 to 4:00 pm

Cost: Complimentary - Donations to Next appreciated.

Begin or deepen your meditation practice in a safe, welcoming environment with Karen Lutz, E-RYT. All Next members are welcome and registration is required. Attend once or as often as you like.



## NEXT NOTES

### INTERGENERATIONAL CONNECTIONS

Next has a wonderful partnership with Greenfield Elementary School. On May 31st, we hosted forty-five 5th graders that shared a hotdog lunch with Next members, enjoyed conversations, camaraderie and even a little Tai Chi! We were thrilled when they presented us with a gift — the colorful Peace Pole you can see in the front garden. This Peace Pole says, “May peace prevail on earth” in four languages. Peace Poles are planted all over the world as a way of bringing people together to inspire, awaken, and lift up our human consciousness. Thank you to our friends at Greenfield! Look for new opportunities to get involved with Greenfield Elementary in the September / October newsletter.

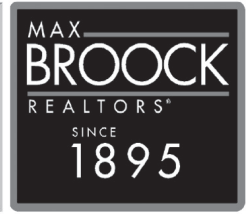
### CELEBRATING NEXT

In our efforts to make Next a warm and welcoming community center, we embrace all who want to participate in our classes and programs. We are grateful for your membership and look forward to serving you!



# SPEAKER SERIES

Premier Speaker Series Select Thursdays at 6:00 pm



Cost: Complimentary members / \$5 non-members

## July 18 - BIRMINGHAM'S BATES STREET PROJECT Joe Valentine, Birmingham City Manager

The City of Birmingham has a parking bond ballot proposal planned for August 6th that will fund the reconstruction of the North Old Woodward parking structure and extension of Bates Street from Willits to Old Woodward. This project will provide 400 additional parking spaces at no cost to Birmingham taxpayers. Residents are invited to come and learn about this new project, it's financing and details about the ballot proposal. Don't miss this informational opportunity presented by Birmingham City Manager, Joe Valentine.

## August 1 - ALL ABOUT OWLS: BE FASCINATED! Christina Funk, B.Ed., M.S., Assistant Naturalist Troy Nature Society and Stage Nature Center

Discover the world of owls as we meet live, native Michigan owls up close and personal! We will discuss the mysterious lives of owls, their adaptations for survival and what humans can do to help them. We will also have the opportunity to learn about the different owls that live at the Stage Nature Center and the reasons why they live in captivity, while exploring their different personalities.

## August 8 - SOUTHEAST OAKLAND COUNTY RESOURCE RECOVERY AUTHORITY-SOCRRA Tracy Purrenhage, B.S., Recycling Education Specialist

With 20 years of experience in this industry, Ms. Purrenhage will discuss recycling facts and recycling myths. She will provide information on how to recycle more and recycle correctly. We will learn what happens to recyclables after collection and why some things cannot be recycled. And, we will learn from the experts — as SOCRRA processes 26,000 tons per year.

## August 15 – MI BAD: MURDERERS, ROBBERS & THIEVES IN MICHIGAN Tom Carr, Historian and Author

Train robberies, stage-coach hold-ups, posses, breakouts and shoot-em ups step out of the darker pages of Michigan's past and spring to life in this presentation! Michigan has seen more than its share of sensational crimes in the last couple of centuries. Mr. Carr will shine a searchlight on several of the most jaw-dropping true crime capers and rogues.

Many of our speakers are taking time off so you will notice a lighter schedule for the summer.



**HEALTH SERIES** Thank you Bank of Ann Arbor! 2019 Health Series Sponsor

## HEART DISEASE, STROKE & CHRONIC DISEASE: A Paradigm Shift

Thursday, July 18 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Dr. Brian Kolender will be speaking about a paradigm shift in diagnosis, assessment and treatment of cardiovascular disease. If you are confused about whether or not you should be on aspirin — and you should be — you need to hear this talk! Dr. Kolender is a board certified Internal Medicine specialist and has an MDVIP-affiliated practice with locations in Bingham Farms and Detroit. He has completed a preceptorship in the BaleDoneen Method. This is the state-of-the-art heart attack and prevention program in the US.

## NON-SURGICAL KNEE TREATMENT & PAIN RELIEF

Thursday, August 22 at 11:00 am

Cost: Complimentary members / \$5 non-members

Rakel Assk, Nurse Practitioner from Nu Life Medical and Disha Chablani, Senior Physical Therapist from DMC Rehabilitation Institute of Michigan team up to talk about how chronic knee pain can be relieved with a revolutionary new protocol. Learn how this four-part treatment plan is helping sufferers successfully put-off or avoid invasive knee-replacement surgery.

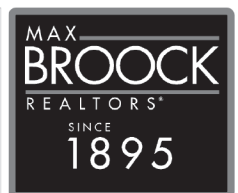


Insight, in sight



Stuart Jeffares, MBA  
Associate Broker, Residential Builder

248.321.2120 TheJeffaresGroup.com  
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# TED

**IDEAS WORTH SPREADING**

## **TED TALKS AT NEXT: Want to be inspired?**

Thursdays at 10:30 am - Members only - Come once or come every time!

With their captivating, lively, and informative nature, it's not a mystery as to why we should watch TED Talks. Join fellow Next members to explore some of the most popular and inspiring Ted Talks to date. We will view the talk of the day together, then spend time discussing its influence for us and our society.

- July 11 - What makes a good life? Lessons from the longest study on happiness.
- July 18 - How to live passionately-no matter your age.

- August 8 - Why aren't we more compassionate?
- August 15 - How to get empowered, not overpowered, by artificial intelligence.
- August 29 - 12 Truths I learned from life.

## **KEEPING THE KEYS with AAA MICHIGAN**

Wednesday, July 10 at 12:00 noon

Cost: Complimentary members / \$5 non-members

What can seniors do for themselves to remain safe drivers for as long as possible? What tools can AAA offer to help? AAA is dedicated to keeping senior road-users driving as long as safely possible. Maintain your mobility by attending a Keeping the Keys class. This free workshop will help provide mature drivers with the information and resources essential for staying on the road longer and safer!

## **UNDERSTANDING MEDICARE**

Tuesday, July 23 at 12:30 pm

Cost: Complimentary members / \$5 non-members

Elizabeth Robinson, Health Alliance Plan representative, will be with us to help current and future Medicare beneficiaries understand the system. She will cover the different parts of Medicare, the different types of additional coverage available, the time lines and the requirements. She will also familiarize attendees with the language of Medicare.

## **EMOTIONAL HEALTH ISSUES & PARKINSON'S DISEASE: Let's Talk Together**

Thursday, July 25 from 11:00 am to 12:30 pm

or Tuesday, August 20 from 6:00 pm to 7:30 pm

Cost: Complimentary members / \$5 non-members

Presented by Rochelle Anixt Gold, LMSW, ACSW, MA of the Michigan Parkinsons Foundation, these sessions will provide a safe, comfortable environment to discuss the common feelings of people affected by Parkinson's and their family members. Attention will be given to adapting to changes, coping methods, and warning signs that additional support may be needed. All are welcome!

## **GETTING THE MOST FOR YOUR AUTO REPAIR DOLLAR**

Tuesday, August 6 at 12:30 pm

Cost: Complimentary members / \$5 non-members

Where should you take your vehicle for service — the dealer or an independent shop? How do you find a mechanic or repair facility? What auto repairs must be done and at what mileage should you be having them done? Which maintenance schedule is right for you? The answers to these questions can have a big impact on how much you spend on auto repairs. With 40 years of automotive aftermarket experience, Next member Dick Laimbeer will answer these questions and more. Bring your owner's manual to class.

## **CONQUERING STRESS & ANXIETY**

Tuesday, September 10 at 12:30 pm

Cost: Complimentary members / \$5 non-members

Join Kathy Housey, "Brains and Balance" instructor, for yet another informative lecture! This presentation, her latest, will cover techniques for reducing stress and eliminating anxiety. You will be able to use these techniques right away and see lasting change!!

## **ISLE ROYALE: Wilderness Island**

Thursday, September 19 at 1:00 pm

Cost: Complimentary members / \$5 non-members

In this presentation, best selling author and adventurer Loreen Niewenhuis will explore Isle Royale's unique geology and how it was formed. Then, she'll delve into the human history of the island (including copper mining and fishing culture) and the transition to becoming a National Park. This dynamic presentation features photos and videos taken on Isle Royale by the presenter! Kindly sponsored by Samaritas Senior Living of Bloomfield Hills.





## PHOTOGRAPHY CLUB

Tuesdays, July 16 and August 20 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 248-762-4345 or NextPhotoClub@gmail.com.

## QUILLING CLASSES

Tuesdays from 1:00 to 3:00 pm  
Cost: \$25 members / \$30 non-members

Quilling is an art form that involves the use of strips of paper that are rolled, shaped, looped, curled, twisted and glued together to create decorative shapes and designs. Join Pam Signorelli, artist and instructor and learn this beautiful art form. These classes suitable for beginners and all materials will be supplied.



### July 9 - Quilled Angels

Create multiple little angels with sparkle or holding hearts. You can add a pin back to turn them into wearable art, or hang from sparkling string.

### August 13 – Quilled Dragonfly

Create a gorgeous dragonfly on 4" x 6" card stock for your own enjoyment or a lovely gift.

## NEW!!! GLASS GEM SUNCATCHER CLASS

Wednesday, July 24 from 12:00 to 12:45 pm  
Cost: \$10 member / \$15 non-member

Join Next’s own Jolee Hentgen and add beauty to your yard, patio, or window with these illuminating suncatchers! Gorgeous translucent glass gems in a variety of colors can be used to create a one-of-a-kind masterpiece. With only three materials needed this is the perfect craft project for crafters of all ages and skill levels. These need a couple of days to dry. Construct the suncatcher in class and pick up on Tuesday, July 30. Let the sunshine in!

## PAINTING WITH ACRYLICS & OILS

Tuesdays, September 17 through November 27  
from 9:30 am to 12:00 noon - No class October 8  
Cost 10-week class: \$160 members / \$170 non-members

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 an 18” x 24” canvas or larger, sketch pad, #2 desk pencil, eraser, and painting supplies to first class. Supply list available in Next office.

## WATERCOLOR PAINTING WORKSHOP

Wednesdays, September 18 through November 27  
from 2:00 pm to 4:00 pm - No class October 9  
Cost 10-week class: \$140 members / \$150 non-members

Noted Michigan artist and popular watercolor instructor Karen Halpern will provide watercolor classes for both beginning and experienced students. In this 10-week course you will learn basic skills, color mixing, color theory and design painting techniques as you develop your art. Each student will work at their own level of ability in a supportive setting with individualized attention. Supply list available in Next office upon registration.

## STUDIO ART CLASS

Thursdays, September 19 through November 21  
from 1:00 to 3:30 pm  
Cost 9-week class: \$144 members / \$154 non-members

Work on a piece of art of your choice. Bring your own subject, reference material, and the supplies you typically work with. Instructor Karen Halpern will foster critical thinking and make suggestions, as you advance with your individualized project. Her goal is to broaden your viewpoint and develop your skills and knowledge. Students typically work with acrylics, oils, collage, or watercolor. Prior experience required with instruction in the materials of your choice.

## NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am  
Calling all needle artists! Do you crochet, knit, quilt, sew, needle-point or embroider? We welcome these and all needle artists to join our weekly group. Drop in as you like and stay as long as you can!

## PALETTE & BRUSH CLUB

Resumes after a summer hiatus!  
Thursdays from 9:30 am to 12:30 pm

## KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

## POTTERY STUDIO

Advanced Studio: Thursdays from 9:30 am to 12:30 pm  
Open Pottery Studio: Saturdays from 9:00 am to 2:00 pm



# FEATURE FILMS

Every Wednesday Evening @ 5:30 pm  
Popcorn provided.

Cost: Complimentary members / \$5 non-members

## July 3 - NO MOVIE - NEXT CLOSSES AT 4:00 PM HAPPY 4TH OF JULY!

### July 10 - VICE

Governor George W. Bush of Texas picks Dick Cheney (Christian Bale), the CEO of Halliburton Co. to be his Republican running mate in the 2000 presidential election. No stranger to politics, Cheney's impressive resume includes stints as White House chief of staff, House Minority Whip and Defense Secretary. When Bush wins by a narrow margin, Cheney begins to use his new-found power to reshape the country and the world.  
Rated R 2 hours 13 minutes

### July 17 - CALENDAR GIRLS

After the death of her best friend's husband from cancer, spirited Yorkshire housewife Chris Harper (Helen Mirren) hatches a scheme to raise money for a memorial to him. Utilizing a tradition from the hidebound Women's Institute, Chris encourages Annie and their friends to create a calendar with the novel detail of using the middle-aged women of their village as nude models. This idea stuns the husbands and a wary young photographer.  
Rated PG 1 hour 38 minutes

### July 24 - GREEN BOOK

Receiving the Academy Award for Best Picture and Best Actor in a Supporting Role, Green Book follows a working-class Italian American bouncer who becomes the driver of an African American classic pianist on a tour of venues through the South during the 1960s.  
Rated PG13 2 hours 10 minutes

### July 31 - AMERICAN GRAFFITI

Classic Film at 5:30 pm - Note new time!

Directed by George Lucas, this movie looks at the last day of summer in 1962, as friends Curt (Richard Dreyfuss), Steve (Ron Howard) and other friends cruise the streets of small-town California while a DJ spins rock'n'roll tunes. It's the last night before adult life begins and Steve's high school sweetheart, a bratty adolescent and a disappearing beauty in a Thunderbird provide all the excitement they can handle.  
Rated PG 1 hour 53 minutes

### August 7 - ROMA (subtitled)

Enjoy this Academy Award winner for best Foreign Language Film, Best Director and Best Cinematography! Cleo is one of two domestic workers who help Antonio and Sofia take care of their four children in 1970's Mexico City. Complications soon arise when Antonio suddenly runs away with his mistress and Cleo finds out that she's pregnant. When Sofia decides to take the kids on vacation, she invites Cleo for a much-needed getaway to clear her mind and bond with the family.  
Rated R 2 hours 15 minutes

### August 14 - ON THE BASIS OF SEX

Ruth Bader Ginsburg is a struggling attorney and new mother who faces adversity and numerous obstacles in her fight for equal rights. When Ruth takes on a ground-breaking tax case with her husband, attorney Martin Ginsburg, she knows it could change the direction of her career and the way the courts view gender discrimination.  
Rated PG13 2 hours

### August 21 - THE INTERN

Starting a new job can be a difficult challenge, especially if you're already retired. 70-year old widower Ben Whittaker (Robert DeNiro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin (Anne Hathaway), the boss and founder of the company. Whittaker's charm, wisdom and sense of humor help him develop a special bond and growing friendship with Jules.  
Rated PG13 2 hours 1 minute

### August 28 - THE WOMEN

Classic Film at 5:30 pm - Note new time!

Set in glamorous high society Manhattan New York and starring Joan Crawford, Rosalind Russell and Norma Shearer, this comedic drama studies the lives and romantic entanglements of some very provocative and interesting women.  
Not rated 2 hours 13 minutes

**Dinner & A Classic is on a hiatus for  
July and August and will return in the fall!**

# GOLF

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## ENRICHMENT

### POPULAR READS BOOK CLUB

Mondays, July 8 and August 12 at 1:00 pm

Rebekah Craft, Associate Director of the Baldwin Public Library, leads book discussions of popular books. The July selection is *The Night Tiger* by Yangsze Choo, and the August 12 selection is *All We Ever Wanted* by Emily Giffin. Register at Next — and Baldwin Public Library will provide the book!

### NON-FICTION BOOK GROUP

Thursdays, July 11 and August 8 at 10:00 am

Cost: Complimentary

Facilitated by Baldwin Library professionals, join us to discuss *Symphony for the City of the Dead* by M.T. Anderson in July and *Educated by Tara Westover* in August. Register at Next and Baldwin Public Library will provide the book!

### WRITER'S CORNER

Resumes after a summer hiatus!

Thursdays, September 5, 19 and October 3, 17  
from 9:30 to 11:00 am

Join Next members who love to gather and share their common interest in writing. For additional information, contact facilitator Sara Burnside at 248-649-1813.

### NEW & PROSPECTIVE MEMBER COFFEE

Thursday, August 15 at 1:00 pm

Join us for coffee and treats to hear about all the great opportunities we offer and to learn about our website — while getting to know other new members and the Next staff!

### MEN'S BREAKFAST

Drop-in every Wednesday at 9:00 am

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

### WOMEN'S COFFEE & CONVERSATION

Drop-in every Tuesday 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.

### CURRENT EVENTS DISCUSSION GROUP

Drop-in every Friday at 12:30 noon - Note new time!

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.



## Handyman Services for Seniors

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## COMPUTER LAB & CLASSES

### BALDWIN PUBLIC LIBRARY COMPUTER CLASSES

Classes will take place in the Next computer lab.  
Cost per class: \$5 - Learners of all ages welcome.

#### EXCEL: Create a Budget

Tuesday, July 2 from 6:30 to 7:30 pm

Learn the fundamentals of creating a budget spreadsheet in Microsoft Excel.

#### POWERPOINT: An Introduction

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

PowerPoint makes it easy to create, collaborate, and present your ideas in dynamic, visually compelling ways.

### COMPUTER LAB & LESSONS

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

We offer one-on-one computer instruction on one of our many computers by one of our talented instructors. Please contact the Next office to schedule an appointment and purchase your computer card.

## THANK YOU TO THESE 2019 SPONSORS FOR HELPING MAKE NEXT A SUCCESS!

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## DAY TRIPS

### **HISTORIC HOLLY: Great Lakes National Cemetery, The Holly Hotel & Heavenly Scent Herb Farm**

Wednesday, July 17 - Registration required  
Bus leaves Next at 9:15 am, returns about 4:45 pm  
Cost: \$74 members / \$79 non-members

Begin with a guided drive-through tour of one of Michigan's abundantly beautiful National cemeteries. A lush canopy of 100-year-old trees serves as a fitting stately entrance to the sacred grounds, and final resting place for military veterans. One hundred American flags overlook rows of white marble tombstones. The property's rolling hills are teeming with wild-life, including a magnificent bald eagle that has made the cemetery its home. Next stop: a sit-down plated lunch at The Historic Holly Hotel, established in 1891. Experience the essence of award-winning American and nouvelle cuisine in an elegant Victorian atmosphere. Lastly, a visit to the Heavenly Scent Herb Farm. Stroll through ten exquisitely themed gardens, bursting with bright colors and stunning fragrances. Shop in a 1910 barn, painted to look like three European store fronts, offering a variety of home décor items, gifts, and more! End the garden journey at the greenhouse with a variety of baskets, plants, herbs and flowers — all available for purchase. This trip is brought to you by Bianco Tours.

### **KIRK IN THE HILLS TOUR & LUNCH AT 5th TAVERN**

Thursday, July 25 - Registration required  
Bus departs Next at 10:30 am, returns about 2:00 pm  
Cost \$15 members / \$20 non-members

We will visit and take a one-and-a-half hour docent led tour of Kirk in the Hills, the dream and vision of Col. Edwin S. George. Col. George, a Detroit businessman, gifted his home and estate in 1947, intending the Kirk to be a community church, serving the area. View the tower, which houses the world's largest carillon of 77 bells, as well as the Pewabic ceramic tile and Marshall Fredrick's Sculptures. The Gothic design Church was patterned after the once famous 13th century Melrose Abbey in Scotland, and is one of the last truly Gothic structures built in America. Lunch on your own after at 5th Tavern.

### **ADVENTURE MINI GOLF & RAY'S ICE CREAM**

Tuesday, July 30 - Registration required  
Bus departs Next at 11:30, returns about 2:15 pm  
Cost: \$20 members / \$25 non-members

Nothing says summer like mini-golf and ice-cream! Get together with some friends and hit the links at this completely redesigned Par 40, 18-hole championship course located at the Royal Oak Golf Center. Bring your best game, because it is undeniably the most challenging, spectacular mini-golf course in southeast Michigan. After golf we'll make a pit stop at Ray's Ice Cream (not included in trip cost) where you will have over 50 flavors to choose from. What's your favorite? FORE!!!!

### **DETROIT INSTITUTE OF ARTS: A-Z Tour & Café DIA**

Thursday, August 1 - Registration required  
Bus leaves at 11:15 am, returns about 3:30 pm  
Cost: \$15 members / \$20 non-members

The Detroit Institute of Arts has one of the largest and most significant art collections in the United States. With more than 65,000 artworks that date from the earliest civilizations to the present, the museum offers visitors an encounter with human creativity from all over the world. Join us on an hour and a half "from A-Z" guided tour. Learn something new with an in-depth tour of the galleries, and one of the nation's best permanent collections. We will schedule time to enjoy the museum shop, treat yourself to something uniquely Detroit, or find the perfect artful gift you've been looking for. Grab a bite to eat first, on your own, inside café DIA.

### **VAN HOUSEN FARM & BIGALORA CUCINA**

Thursday, August 8 - Registration required  
Bus leaves Next at 9:00 am, returns about 1:15 pm  
Cost: \$15 members / \$20 non-members

The Rochester Hills Museum at Van Housen Farm is surrounded by 16 acres of rolling park grounds located in Stoney Creek Village. Tour the Farmhouse, Red House and the Dairy Barn all of which originally belonged to the Taylor and Van Housen families dating back to 1823. Enjoy exhibits that enhance understanding of the greater Rochester area. Followed by lunch, on your own at Bigalora Cucina.

### **THE HEIDELBERG PROJECT & SISTER PIE**

Wednesday, August 14 - Registration required (Limited to 10)  
Bus departs Next at 10:15 am, returns about 1:00 pm  
Cost: \$20 members / \$30 non-members

Explore the history and mission of the Heidelberg Project — including key installations, as well as the philosophy behind Tyree Guyton's work. This is a docent-led outdoor walking tour of about a block and a half, and approximately 30 minutes in length. After the tour, we head to Sister Pie, a bright corner bakery and finalist for the prestigious James Beard Award for Outstanding Baker in Detroit's West Village. Bakery treats not included in price.

### **NATIONAL SENIOR DAY AT INDEPENDENCE OAKS**

Wednesday, August 21 - Registration required  
Bus leaves Next at 8:30 am, returns about 4:30 pm  
Cost: \$30 members / \$35 non-members

Come celebrate National Senior Day at Independence Oaks County Park. Experience a climbing tower, fishing, archery, nature education program, paddle boats and pontoon boat rides. There will be plenty of helpful staff on hand to offer assistance if any activities are new for you. Listen to live music while enjoying a barbeque lunch. This trip is brought to you by Oakland County Parks.

### **ARTS, BEATS & EATS IN ROYAL OAK**

Friday, August 30 - Registration required  
Bus leaves Next at 11:00 am, returns about 2:00 pm  
Cost: \$5 members / \$8 non-members

Leave the driving and the parking to us on the opening day of this premier destination for Labor Day weekend. Arts, Beats & Eats was founded to celebrate the quality of life in Oakland County by offering a culturally unique presentation of artists, musicians and food exhibits from the Metro Detroit area and throughout the United States. Get dropped off right in the heart of things and spend a couple of hours perusing the “arts”, sampling the “eats”, and dancing to the “beats” at the city’s favorite summer festival. See you then! For more details visit [www.artsbeatseats.com](http://www.artsbeatseats.com).

### **CAPITOL PARK STROLLING BRUNCH TOUR**

Wednesday, September 11 - Registration required  
(Limited to 10 people)

Bus leaves Next at 9:30 am, returns about 1:45 pm  
Cost: \$46 members / \$51 non-members

Delish Detroit invites you to explore Capitol Park with us on foot while enjoying a progressive brunch. This historic part of downtown was the site of Michigan’s first Capitol and a stop on the Underground Railroad. The area has become a hotbed of revitalization — with preserved architectural gems, new housing, restaurants, shops, and street art murals. Your guide will give you the whole inside scoop! Along the way, we will pop into some unique places, and visit eateries to enjoy a variety of great brunch foods. Tours run rain or shine. Please dress appropriately.

### **LUNCH AT THE AMERICAN HARVEST RESTAURANT SCHOOLCRAFT CULINARY SCHOOL**

Thursday, September 19 - Registration required  
Bus leaves Next at 11:15 am, returns about 2:45 pm  
Cost: \$15 members / \$20 non-members

This trip was so popular the first time, we thought we would run it again! Savor a gourmet lunch skillfully prepared and served by Schoolcraft’s Culinary Art students. The menu, which changes daily, includes freshly baked breads, soup, salad, a choice of entrée and a selection from the tempting dessert table. All items are a la carte (soup, salad, dessert and entrée are all separate prices). Lunch is not included in trip cost.

#### **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.

### **ST. JOHN ARMENIAN APOSTOLIC ORTHODOX CHURCH**

Wednesday, September 25 - Registration required  
Bus leaves Next at 9:15 am, returns about 2:00 pm  
Cost: \$40 member / \$45 non-member

“The Church with the Golden Dome”, has invited us to experience their traditions, learn about their community, and their ancient culture. Enjoy a mesmerizing tour of the sanctuary, accompanied by music. Tour the Alex and Marie Manoogian Museum, the largest Armenian museum in North America. Models will be showcasing authentic costumes from the 13th to 19th century, as part of their “Heritage Collection”. Relics from this museum were recently shared at the Metropolitan Museum of Art in New York. After the tour, savor a traditional Armenian buffet luncheon. Baked goods will also be available for sale. This trip has proven to be a favorite, so if you missed it last year, here’s your opportunity.



## **OVERNIGHT TRAVEL**

### **NORTHERN EXPOSURE**

Sunday, July 28 through Tuesday, July 30 (2 nights/3 days)  
Cost per person: single \$879, double \$699  
Registration deadline: June 1 - \$200 deposit to reserve space.  
Register by calling Zelma Travels at 810-287-0066


We will explore Charlevoix, Harbor Springs and Petoskey resorts and top off the trip with a day on Mackinaw Island! Tour the historic Mushroom houses in Charlevoix and overnight at the Perry Davis Hotel. Visit a beautiful lavender farm in Petoskey. Spend the afternoon and evening exploring “the jewel overlooking the bay” in Harbor Springs. Finally, depart on Shepler’s Ferry for Mackinaw Island for an afternoon — complete with a horse and carriage service and a majestic lunch at The Grand Hotel. This trip is not to be missed! Contact Zelma for details.

### **WRIGHT ON: Pittsburgh Style**

Friday, October 11 through Sunday, October 13 (2 nights/3 days)  
Cost per person: single \$850/double \$750  
Registration deadline: Sept. 1 - \$200 deposit to reserve space  
Register by calling Zelma travels at (810) 287-0066

Presenting an exciting weekend in Pittsburgh to explore a city revitalized! Stay at the elegant and charming William Penn Hotel in downtown Pittsburgh. Enjoy a guided tour of the different neighborhoods of this city. Spend the day with docent led tours of Fallingwater, (a famous Frank Lloyd Wright home built for one of Pittsburgh’s well known families) and Kentuck Knob. Dinner following at Nemaquin Resort. The final day includes tours of the Heinz History Museum, and the Andy Warhol Museum. Contact Zelma for the details, and to register!





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- Creditors
- Lawsuits, divorce, and even your children if they are not ready to manage an inheritance

If you or your spouse must enter a nursing home, we can also protect the well spouse's assets.

To learn more about how we can protect the lifestyle you've worked so hard to achieve, we invite you to attend one of our complimentary planning workshops, hosted by Birmingham resident and Attorney, Collin Dickey. We look forward to meeting you in person.



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## CARDS, TILES & COLLECTORS CLUBS

### MAH JONGG

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

Come with your own Mah Jongg table partners or stop by the office to sign up if you would like to play. You must be able to play independently. Beginner play is on Mondays at 1:00 pm. If you are interested, contact the Next office.

### PINOCHLE...come and join the fun!

Monday through Friday from 12:00 noon 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 2:30 pm

Socki is a card game for 2-8 players that plays like an open-faced gin rummy with a few unique twists. Join facilitator and creator Jenny Deason Copeland for this fun and exciting game that is easy to learn, yet takes a lifetime to master!

### BRIDGE LESSONS

Resumes after a summer hiatus!

Wednesdays from 9:30 to 11:30 am

Series 1: September 4, 11, 18, 25

Series 2: October 2, 9, 16, 23

Cost 4-week series: \$80 member / \$86 non-member

Please specify beginner or intermediate when registering.

Silver Life Masters Jim and Cheryl Bloom have years of experience teaching both beginning and intermediate players this classic game of strategy. Learn the techniques that will improve your declarer play. *Play of the Hand in the 21st Century* is the required book and can be purchased in class.

### BRIDGE...for everyone at every level!

**Beginning Bridge Instruction** - Mondays from 10:00 to 11:15 am - Instructor Al Rosie

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

**Partners Bridge** - Tuesdays from 2:00 to 5:00 pm  
Come with your partner. Experienced players, please.

**Party Bridge** - Wednesdays from 12:00 noon to 3:15 pm

**Duplicate Bridge** - Fridays from 12:30 to 3:30 pm  
Facilitator Irv Feldman, 248-828-5346

### BINGO

1st and 3rd Fridays, July 19 and August 2, 16 at 1:00 pm

Note: No Bingo on July 5

Admission cost: Complimentary members / \$2 non-members

Cost to play: \$2 per card members and non-members

Join the fun for eight games of regular bingo with your fellow Next members and their guests.

### CHESS LESSONS FOR BEGINNER & INTERMEDIATE PLAYERS

4 weeks: Thursdays, August 1, 8, 15, 22  
from 4:00 to 5:00 pm

Cost: Complimentary members / \$5 non-members

Fellow Next members Chris Dow and Bruce Dobras will be teaching beginner and intermediate chess players tactics and positioning with time to play.

### CHESS CLUB

Thursday evenings from 5:00 to 7:00 pm

Cost: Complimentary members / \$5 non-members

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

### CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

### COIN CLUB

Resumes after a summer hiatus!

Wednesdays at 7:00 pm

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

### BIRMINGHAM STAMP CLUB

Tuesdays, July 2, 16 and August 6, 20 at 6:00 pm

Contact Ken Rusch at 248-968-3505.



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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. Jeanne Nance and Sandi Cassar in Next Support Services welcome you Monday through Friday, 9:00 am to 4:00 pm.

### ASK THE ATTORNEY

Tuesdays, July 2 and August 6 from 1:00 to 1:45 pm

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

### LAWN MOWING & SNOW REMOVAL for Birmingham & Beverly Hills Residents

Lawn mowing and snow removal 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.

### 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.

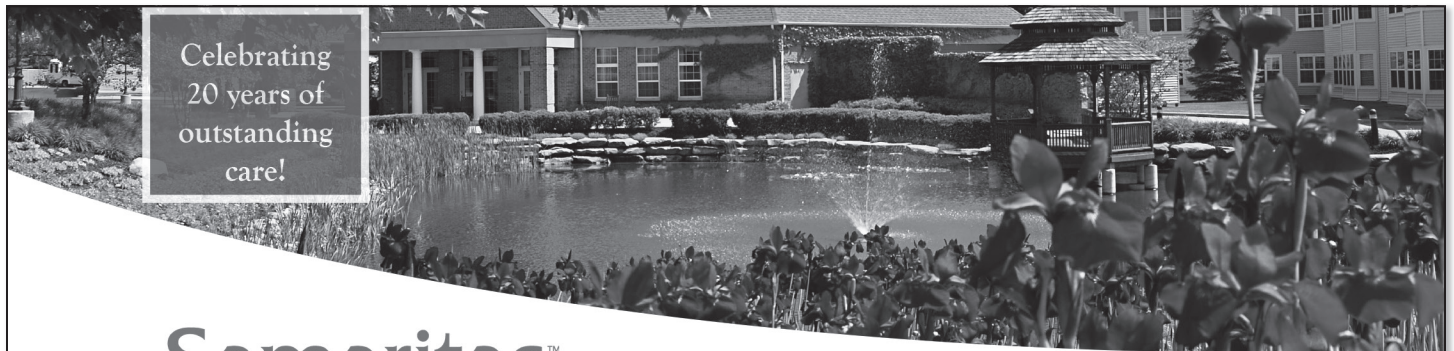
- Funding for minor home repairs such as handrail installations, plumbing, roof, electrical work, etc. These funds do not need to be repaid.
- Interest-free loans for major home repairs such as replacing a roof, furnace, windows, etc. These no-interest loans are repaid after the sale of the home.

### HEARING AID & EYEGLASSES DONATIONS & RECYCLING PROGRAM

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

### MINOR HOME REPAIR for Beverly Hills & Birmingham Residents

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



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## 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 6:00 pm, Monday through Thursday — and 8:30 am to 4:30 pm on Friday. For reservations, please call 248-203-5270 at least 3 working days in advance to request a ride. Partially funded by The Birmingham Foundation for Senior Residents and Beaumont Health.

## OAKLAND COUNTY EMERGENCY CELL PHONE PROGRAM

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

Oakland County's 911 Emergency Senior Cell Phone Program will provide seniors with a mobile means of getting help in an emergency. The cell phones are available to any Oakland County Senior Citizen free of charge — and there is no monthly service fee to use the phones for emergency use. The Sheriff's Office also accepts donations of unwanted inactive cell phones. They must be in good condition and include the AC/DC recharging unit. Donations can be dropped off or mailed to the same address. For more information, please call 248-975-9700.

## 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.

## EARLY STAGE MEMORY LOSS SUPPORT GROUP

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

## Michigan Geriatric Dental Care

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## 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. Enjoy a complimentary lunch as part of the tour. You will depart from and return to Next! Please call 248-203-5270 to make a reservation if you would like to join us.



### Waltonwood Royal Oak

Wednesday, July 17 - Bus departs at 11:00 am

Waltonwood is dedicated to nurturing the spirit and improving the quality of life of their Assisted Living residents. Community features include an elegant dining room with three healthy meals served daily, exercise room, 24-hour supervised care and social activities and programs.

### St. Anne's Mead Southfield

Wednesday, August 14 - Bus departs at 11:00

St. Anne's Mead has a wonderful legacy of providing the highest quality of care with a personal touch since 1972. St. Anne's Mead offers nursing care, assisted living and memory care.

## SPRING PEANUT BUTTER & JELLY DRIVE

A BIG THANKS to our partner, the Early Childhood Center (ECC) — and the generosity of Next members — who helped us collect and donate peanut butter and jelly to The Lighthouse of Oakland County for distribution to financially challenged families whose children are home for the summer without school-based food assistance.

## 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.



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## HEALTH & NUTRITION

### 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 a while to deliver or package meals, please call Judy Murrell at 248-203-5281. Your help would be welcome and most appreciated!

### MEDICAL EQUIPMENT LOANS

Our loan closet contains wheelchairs, walkers, canes, commodes, bath benches and shower stools — available for up to 3 months at no charge to members of Next. A donation of \$20 per item is due upon loan to anyone who is not a member of Next. Simply call to reserve the equipment you need. We will accept donations of durable medical equipment if they are clean, in good working order and the Next storage can accommodate. Please call Support Services to confirm before bringing the equipment to Next.

### MEDICARE/MEDICAID GUIDANCE

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

### BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Wednesdays, July 3 and August 7  
from 10:00 to 11:00 am - Complimentary

A trained healthcare professional will provide blood pressure and blood oxygen level screenings. No appointment is necessary.

### 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.

### 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 e-mail [noc@oakgov.com](mailto:noc@oakgov.com).

### PODIATRISTS AT NEXT

Wednesdays, July 24 and August 28 from 10:00 to 11:30 am  
Call Next to make an appointment

Drs. Robert Adas, DPM, and Larry Wexler, DPM, provide basic foot care. Most services are covered by insurance. Pay podiatrists directly. Appointments are appreciated, but walk-ins are welcome.

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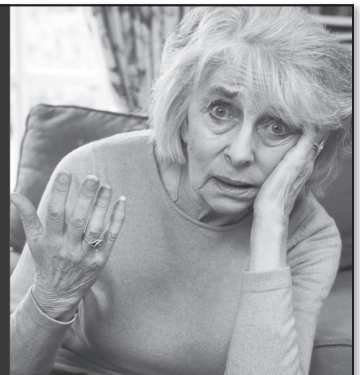
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## REMINDERS

### CAFÉ NEXT

For your convenience, don't forget Café Next is carrying delicious wraps, green salads and salad scoops fresh from The Stacked Deli in downtown Birmingham. Perfect before a program or having a light lunch with friends!

### HOT DOG FRIDAYS

Every Friday at 12:00 noon

Cost: Complimentary - members only

Enjoy a hot dog on the patio! Join us for lunch with friends, as Chef Charles and Judy Nave grill in the Next courtyard. What could be better? The barbeque will be cancelled in the event of rain!

### POLICY REMINDERS

- ▶ 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!
- ▶ 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.

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For additional information or tour, contact:

**Arden Courts of Bingham Farms**

24005 West 13 Mile Road

Bingham Farms, MI 48025

**248.644.8100**

[arden-courts.com/BinghamFarms](http://arden-courts.com/BinghamFarms)

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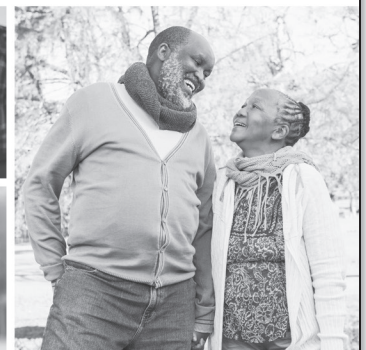
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**MEET OUR NEWEST MEMBERS...**

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

Margaret Alberts, Nicholas Anderson, Janette Andrews, Neil Babitch, Mary Ball, Donald Berg, Betty Blair, Mike Block, Daniel Bonbrisco, Barbara Boren, Eileen Buck, Robert Burch, William and Miranda Burnett, Janet Cheatham, Owen and Anne Duvall, Francisco Fernandez, Eric Fris, Albert and Angela George, Joellen and Jennifer Gilchrist, Tracey Goddeeris, Barbara Hagenbach, Patricia Hamilton, Anne Hanna, Leaden Hickman, Dianne Hilborn, David Kelso, Dorothy Kenyon, Jack Lanigan, Phyllis Livermore, Larry and Laura Lyng, Kathleen MacDonald, Ronald MacIntosh, George Magulak, Charles and Henny Marske, Glenn Miller, Carolyn Packard, Barbara Penna, Catherine Pereira, Steve and Becky Perry, Alice Pfahlert, Jean Pursell, Madelyn Rakowski, Alfonso and Lisa Roldan, Allan and Susan Rosen, Charlaine Rosenbaum, Richard Sanders, John Schmitzer, Jo Ellen Schwartz, Maureen Sheehan, Linda Talbert, Barbara Van Dusen, Karen Vandyke, Stephenie Vanhellemont, Mark and Abbey Werder, Anne Whitelaw, Roger Workman, Bart and Connie Young.

**Our condolences to the family and friends of...** Nancy Lee, Judy Pallischeck and Dorothy Wilkerson

**Our thoughts are with you...** Jim Bird, Dorothy Coordes, Kathy Hayes, Donna Kelly, Kris Kim, John Kroell and Tom Rowley



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**A special thank you to this new group!**

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# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 9:00 Limber Up 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	<b>2</b> 9:00 Agebusters 9:30 Walking Group Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 12:00 Pinochle 12:30 Socki Free Play 1:00 Ask the Attorney Slow Flow Yoga Chess How To See Like An Artist 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club 6:30 Excel "Create A Budget" Class Slow Roll Bike Group	<b>3</b> 9:00 Limber Up Men's Breakfast 10:00 Lincoln Hills Golf Blood Pressure & Blood Oxygen Needle Arts Open Studio 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor Workshop  <b>Closes at 4:00 pm for Independence Day</b>	<b>4</b> <b>Closed for Independence Day</b>	<b>5</b> <b>Closed for Independence Day</b>	<b>6</b> <b>Closed for Independence Day</b>
<b>8</b> 9:00 Limber Up 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Popular Reads Book Club Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	<b>9</b> 9:00 Agebusters 9:30 Walking Group Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Chess How To See Like An Artist Quilled Angels 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:30 Slow Roll Bike Group	<b>10 Edsel &amp; Eleanor Ford House Tour</b> 9:00 Limber Up Men's Breakfast Edsel & Eleanor Ford House 10:00 Lincoln Hills Golf Needle Arts Open Studio 12:00 AAA: Keeping the Keys Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor Workshop 4:30 Pickleball 5:30 Movie: Vice	<b>11</b> 9:00 Agebusters 9:30 Walking Group Pottery Studio 10:00 Non Fiction Book Group Moderate Roll Bike Group 10:30 TED Talks 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 NO Lecture	<b>12</b> 9:00 Limber Up 10:00 Tai Chi 12:00 Hot Dog Friday Pinochle 12:30 Current Events Duplicate Bridge	<b>13</b> 9:00 Open Pottery Studio Pickleball 11:10 Barre Class
<b>15</b> 9:00 Limber Up 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	<b>16</b> 9:00 Agebusters 9:30 Walking Group Painting with Acrylics & Oils 9:45 Tai Chi 10:00 Photography Club 11:00 Women's Coffee 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Chess How To See Like An Artist 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club 6:30 Slow Roll Bike Group	<b>17 Historic Holly Hotel Trip</b> 9:00 Limber Up Men's Breakfast 10:00 Lincoln Hills Golf Needle Arts Open Studio 11:00 Housing Tour: Waltonwood Royal Oak 12:00 Pinochle Party Bridge 12:30 Golden Age of the Automobile 1:30 Chair Yoga 2:00 Watercolor Workshop 4:30 Pickleball 5:30 Movie: Calendar Girls	<b>18</b> 9:00 Agebusters 9:30 Walking Group Pottery Studio 10:00 Moderate Roll Bike Group 10:30 TED Talks 12:00 Pinochle 12:30 Pickleball 1:00 Heart Disease & Stroke Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Birmingham's Bates Street Project	<b>19</b> 9:00 Limber Up 10:00 Tai Chi 12:00 Hot Dog Friday Pinochle 12:30 Current Events Duplicate Bridge 1:00 Bingo	<b>20</b> 9:00 Open Pottery Studio Pickleball 11:10 Barre Class
<b>22</b> 9:00 Limber Up 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball 6:00 League of Women Voters	<b>23</b> 9:00 Agebusters 9:30 Walking Group Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 12:00 Pinochle 12:30 Understanding Medicare Socki Free Play 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:30 Slow Roll Bike Group	<b>24</b> 9:00 Limber Up Men's Breakfast 10:00 Lincoln Hills Golf Podiatrists Needle Arts Open Studio 12:00 Glass Bead Suncatcher Class Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor Workshop 4:30 Pickleball 5:30 Movie: Green Book	<b>25 Kirk in the Hills Trip</b> 9:00 Agebusters 9:30 Walking Group Pottery Studio 10:00 Moderate Roll Bike Group 11:00 Parkinson's 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 NO Lecture	<b>26</b> 9:00 Limber Up 10:00 Tai Chi 12:00 Hot Dog Friday Pinochle 12:30 Current Events Duplicate Bridge	<b>27</b> 9:00 Open Pottery Studio Pickleball 11:10 Barre Class
<b>29</b> 9:00 Limber Up 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	<b>30 Mini Golf &amp; Ray's Ice Cream Trip</b> 9:00 Agebusters 9:30 Walking Group Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:30 Slow Roll Bike Group	<b>31</b> 9:00 Limber Up Men's Breakfast 10:00 Lincoln Hills Golf Needle Arts Open Studio 11:00 Hot Wheels on Midvale! 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor Workshop 4:30 Pickleball 5:30 Movie: American Graffiti			<b>28 Northern Exposure Trip Zelma Travels</b>



# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1 DIA: A-Z Tour &amp; Café DIA</b> 9:00 Agebusters Walking Group Pottery Studio 10:00 Moderate Roll Bike Group 11:30 Oakland Audubon 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: All About Owls	<b>2</b> 9:00 Limber Up 10:00 Tai Chi 12:00 Hot Dog Friday Pinochle 12:30 Current Events Duplicate Bridge 1:00 Bingo	<b>3</b> 9:00 Open Pottery Studio Pickleball 11:10 Barre Class
<b>5</b> 9:00 Limber Up 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	<b>6</b> 9:00 Agebusters 9:30 Walking Group Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 12:00 Pinochle 12:30 Auto Repair Socki Free Play 1:00 Ask the Attorney Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club 6:30 Powerpoint Class Slow Roll Bike Group	<b>7</b> 9:00 Limber Up Men's Breakfast 10:00 Lincoln Hills Golf Blood Pressure & Blood Oxygen Needle Arts Open Studio 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor 4:30 Pickleball 5:30 Movie: Roma	<b>8 Van Hoosen Farm Trip</b> 9:00 Agebusters 9:30 Walking Group Pottery Studio 10:00 Non Fiction Book Group Moderate Roll Bike Group 10:30 TED Talks 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: SOCRRA	<b>9</b> 9:00 Limber Up 10:00 Tai Chi 12:00 Hot Dog Friday Pinochle 12:30 Current Events Duplicate Bridge	<b>10</b> 9:00 Open Pottery Studio Pickleball 11:10 Barre Class
<b>12</b> 9:00 Limber Up 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Popular Reads Book Club Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	<b>13</b> 9:00 Agebusters 9:30 Walking Group Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Chess Quilling Class: Dragonfly Self Defense 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:30 Slow Roll Bike Group	<b>14 Heidelberg Project &amp; Sister Pie #2</b> 9:00 Limber Up Men's Breakfast 10:00 Lincoln Hills Golf Needle Arts Open Studio 11:00 Housing Tour: St. Anne's Mead 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor 4:30 Pickleball 5:30 Movie: On the Basis of Sex	<b>15</b> 9:00 Agebusters 9:30 Walking Group Pottery Studio 10:00 Moderate Roll Bike Group 10:30 TED Talks 12:00 Pinochle 12:30 Pickleball 1:00 New/Prospective Member Coffee Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: MI Bad	<b>16</b> 9:00 Limber Up 10:00 Tai Chi 12:00 Hot Dog Friday Pinochle 12:30 Current Events Duplicate Bridge 1:00 Bingo	<b>17</b> 9:00 Open Pottery Studio Pickleball 11:10 Barre Class
<b>19</b> 9:00 Limber Up 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	<b>20</b> 9:00 Agebusters 9:30 Walking Group Painting with Acrylics & Oils 9:45 Tai Chi 10:00 Photography Club 11:00 Women's Coffee 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club 6:30 Parkinson's Slow Roll Bike Group	<b>21 National Seniors Day Independence Oaks Trip</b> 9:00 Limber Up Men's Breakfast 10:00 Lincoln Hills Golf Needle Arts Open Studio 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor 4:30 Pickleball 5:30 Movie: The Intern	<b>22</b> 9:00 Agebusters 9:30 Walking Group Pottery Studio 10:00 Moderate Roll Bike Group 11:00 Knee Pain Relief 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 NO Lecture	<b>23</b> 9:00 Limber Up 10:00 Tai Chi 12:00 Hot Dog Friday Pinochle 12:30 Current Events Duplicate Bridge	<b>24</b> 9:00 Open Pottery Studio Pickleball 11:10 Barre Class
<b>26</b> 9:00 Limber Up 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball 6:00 League of Women Voters	<b>27</b> 9:00 Agebusters 9:30 Walking Group Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 12:00 Pinochle 12:30 Detroit's History Socki Free Play 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:30 Slow Roll Bike Group	<b>28</b> 9:00 Limber Up Men's Breakfast 10:00 Lincoln Hills Golf Podiatrists Needle Arts Open Studio 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor 4:30 Pickleball 5:30 Movie: The Women	<b>29</b> 9:00 Agebusters 9:30 Walking Group Pottery Studio 10:00 Moderate Roll Bike Group 10:30 TED Talks 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 NO Lecture	<b>30 Arts, Beats &amp; Eats</b> 9:00 Limber Up 10:00 Tai Chi 12:00 Hot Dog Friday Pinochle 12:30 Current Events Duplicate Bridge  <b>Closes at            3:00 pm for            Labor Day</b>	<b>31 Closed for Labor Day</b>



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## HEALTH EXPO & FLU SHOT CLINIC

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

Look for exciting new additions to the Health Expo! Please join us for this important event featuring many vendors providing raffle prizes and giveaways. Oakland County Health Department will be providing the high dose flu shot specifically for seniors as well as the regular dose shot.

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### HOURS

Monday through Thursday  
 from 8:30 am to 8:00 pm  
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 from 8:30 am to 5:00 pm  
 Saturday  
 from 9:00 am to 2:00 pm

### HOLIDAY HOURS

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

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