



Your Place to Stay Active & Connected

MARCH/APRIL 2018

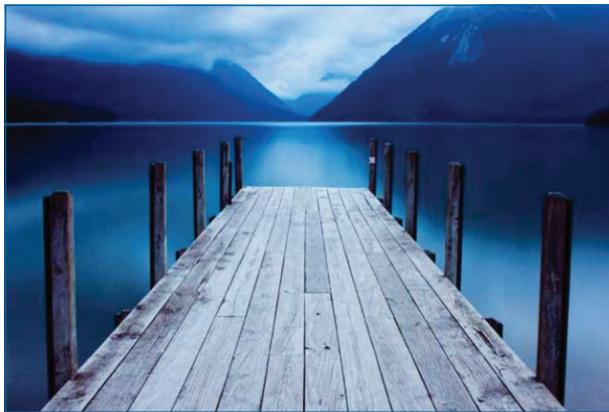
A nonprofit organization
enriching the lives of the 50+
population of Birmingham,
Bingham Farms, Beverly Hills,
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2121 Midvale Street • Birmingham, Michigan 48009-1509 • 248-203-5270 • www.BirminghamNext.org

LIFE BY DESIGN: Creating a Vision for the Next Phase of Your Life

Tuesday, March 13 from 6:00 to 8:00 pm

Cost: Complimentary member / \$5 non-member



Longer life, greater prosperity and new expectations have opened new retirement opportunities. Jim Craft has been helping retirees answer: What are you going to do with the next 20 to 30 years to make your life rewarding and meaningful. He will share his insights for planning the next phase of life that developed through his personal journey and as a consultant for the world's largest career management firm. Kindly sponsored by Baldwin House.

ISLANDS OF THE GREAT LAKES

Wednesday, April 4 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Loreen Niewenhuis returns to talk about her book, *A 1000-Mile Great Lakes Island Adventure*. Loreen will show photos and videos of islands in the five Great Lakes and their connected waters. Learn about the diverse geology and life forms and reasons there are tens of thousands of islands in the Great Lakes basin. Kindly sponsored by Oakmont Rochester.

COUNTDOWN TO THE NEXT FIT PARK!!

This spring, seven pieces of resistance equipment will be installed under the large shade trees in the Next center courtyard. Fit parks are easy-to-use accessible outdoor gyms designed to promote general health within a park experience while creating a supportive social context for getting fit. They typically feature low-impact exercise equipment designed to promote flexibility, balance and strength.

Covering all the major muscle groups, the fitness equipment will provide a challenging resistance and aerobic workout. Along with open use, we will be offering several types of classes utilizing the equipment. The benefits of fit parks are well documented. They are a great way to challenge yourself, enjoy the fresh air, and stay active and connected! A huge thank you to the Foundation for Birmingham Senior Residents for their generous financial support of the Next Fit Park!

A SPECIAL EVENING OF MUSIC WITH THE MARK JAMES BAND

Tuesday, April 17 from 6:00 to 7:30 pm

Cost: \$5 members / \$10 non-members

Mark James and Dennis Cox return with their popular and classic band tunes for your dancing or listening pleasure. This is sure to be an enjoyable evening! Refreshments and light nibbles will be served. Generously sponsored by Waltonwood Royal Oak.



AMERICAN CHEESE REVOLUTION & TASTING

Thursday, April 19 from 11:00 to 12:00 pm

Cost: Complimentary member / \$5 non-member

Cheese expert Zach Berg, co-owner of Provisions of Ferndale, began his food career working in kosher catering at the age of 13 and eventually moved on to restaurants and Zingerman's Deli before attending culinary school at the Culinary Institute of America in Napa Valley. Zach loves cheese and he wants to share that love with you!

**Please pre-register for ALL Next programs! It is very important!
It helps us plan for seating, class materials and refreshments.**



FEATURED PROGRAMS

CHESS FOR BEGINNING & INTERMEDIATE PLAYERS

3 consecutive week class series: Tuesdays,
March 13, 20, 27 from 6:00 to 7:00 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 play time.

NEW! BRIDGE LESSONS: "PLAY OF THE HAND"

Please see ENRICHMENT on page 13 for more details!

TRIVIA TIME!

Tuesdays, March 27 and April 24
from 4:00 to 6:00 pm

Cost: Complimentary members
\$5 non-members

What's more fun than joining your fellow
Next friends for a few rounds of trivia?

Facilitated by Seaholm's own **Mike Wicker**, a seasoned Trivia Game host, this lively, interactive event has become a center favorite! Friends, food, fun and prizes for the winning team; don't miss this chance to play! Generously sponsored by Affordable HomeCare.



LET'S DANCE! BEGINNING BALLROOM DANCE

Cost: 3-week series - \$30 member / \$36 non-member

Have you always wanted to ballroom dance? Join this group class and learn a different Smooth, Rhythm or Swing dance style each month. Instructor **Amy Tranchida** brings 38 years of experience, a diverse dance background and a great sense of humor to her classes. She offers tips and techniques to ensure student progress and build life-long learning. No partner necessary. Dress shoes recommended. Avoid slip-on, backless or tennis shoes.

Session 1: Rumba

Thursdays, March 8, 15, 22 from 6:30 to 7:30 pm

A romantic, slow Latin dance, originating from Cuba, that is considered the "dance of love".

Session 2: East Coast Swing

Thursdays, April 12, 19, 26 from 6:30 to 7:30 pm

An extremely popular dance of the 30s and 40s, this upbeat style showcases triple steps and a rock step, and is performed to both big band, rhythm and blues, and pop music.

Session 3: Tango

Thursdays, May 17, 24, 31 from 6:30 to 7:30 pm

A dramatic and evocative dance that originated in Argentina; Tango music incorporates staccato movements, a strong drum roll, and a driving beat.

WHAT IS GOING ON WITH THE STOCK MARKET & SHOULD I JUMP IN?

3-week series: Complimentary members / \$5 non-members
Tuesdays from 6:00 to 7:00 pm

Jonathan Strong, CRPC, Financial Advisor, from UBS Financial Services in Troy will be at Next for three informational lectures for all levels of investors.

March 20 - Understanding the Stock Market in Today's Financial Climate

March 27 - Putting Investment Concepts & Programs to Work for Your Financial Plan

April 10 - Advanced Investment Topics & Current Themes

2018 DETROIT TIGERS OPENING DAY

Thursday, March 29 at 12:00 noon

Game time 1:10 pm - Cost: \$9



Come cheer on the Tigers on Opening Day!

Join the camaraderie with your fellow Next members as you watch the game on the big screen and root the Tigers on to victory over the Pittsburgh Pirates as the baseball season begins. Pirates fans, come and join in the fun! Hot dogs will be served. Sponsored by Kathi Jones-Cutler of Max Brook.

SMART HOME TECHNOLOGY

Tuesday, April 10 from 10:30 to 11:30 am

Cost: Complimentary members / \$5 non-members

Next welcomes **Adult Services Librarian Sarah Bowman** from the Baldwin Public Library to talk about smart home technology. What is a Smart Home? Do you want to have a Smart Home? Would it help me in terms of safety and in general making life at home easier? Learn the answers to these and many more questions at this presentation.

GIFT WRAPPING 101

Tuesday, April 10 from 3:30 to 4:30 pm

Cost: Complimentary members / \$5 non-members

Lisa Gleeson formerly of **Lisa's Gift Wrappers** will teach you the secrets of beautiful gift wrapping techniques. You will wrap a box with a gorgeous bow to take home and show off your new skills! All supplies provided.

SELF DEFENSE FOR SENIORS

Wednesday, April 11 from 11:00 to 11:55 am - Cost: \$15

Instructor **Sensei Jaye Spiro**, a 7th degree black belt in Ai Mute Shotokan Karate, has taught martial arts and self-defense classes all over the world from Detroit to California as well as Central America and Europe. Join Sensei Jaye to learn how to recognize dangerous situations, create strategies for escape or defense and to make safe and effective decisions. This class is appropriate for all ages and physical abilities. Please wear comfortable clothing and athletic footwear.



FEATURED PROGRAMS

GOLF LEAGUE KICKOFF MEETINGS

Wednesday, April 11

Springdale at 10:00 am / Lincoln Hills at 1:00 pm

Please plan to attend one of these kickoff meetings if you are interested in playing in either league. Details about greens fees, golf rules, start dates, etc. will be discussed. League participation is on a first-come, first-serve basis. To reserve your spot, pre-payment is necessary. You must be a Next member to play. If you're unable to attend the meeting, 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

BIKE CLINIC: Basic Adjustment & Maintenance

Tuesday, April 24 at 5:30 pm

Cost: Complimentary members / \$5 non-members

Let **Myron Sedman** walk you through the fundamentals of bicycle maintenance and adjustment. This will be a "hands-on" clinic emphasizing basic activities that participants can perform at home on their own bikes to increase the safety and pleasure of their rides! Topics to be covered, but not limited to: seat height/angle, handlebar/wheel alignment, tire direction/pressure, tire repair/replacement.

TROY: FROM WILDERNESS TO A GREAT CITY

April 26 at 1:00 pm

Loraine Campbell, Executive Director of the Troy Historic Village traces the development of Troy from wilderness to becoming the largest city in Oakland County. Before it was the site of shopping centers, corporations, and universities, Troy was a pioneer settlement comprised of farms and small knots of buildings at simple crossroads. School bells and harvesting seasons punctuated simple country lives. By the end of World War II, subdivisions replaced farms, the township was incorporated — and gracious homes and new businesses replaced clapboard structures which was a significant step in the development of Troy, our beautiful neighboring city.

AARP INCOME TAX PREPARATION

Tuesdays, through April 10 from 9:00 am to 2:00 pm

Complimentary. By appointment only.

Call Next at 248-203-5270 to make appointment.

AARP Tax-Aide trained and certified counselors provide free tax preparation and filing of Federal, State and local returns. Service is available for taxpayers of low to moderate income brackets, special attention to those 60 and older. Please bring a copy of last year's tax return, W-2s, 1099s, Social Security statement, interest/dividend statements, all other income, deductions and bank direct deposit information (including bank's ABA routing number). Please bring your Social Security card and a photo ID.

GOOD HEALTH SERIES

KEEP YOUR FOCUS

Dr. Paul Kimbro, OD

Henry Ford West Bloomfield

Thursday, March 8 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Dr. Paul Kimbro graduated from the Michigan College of Optometry and practices at Henry Ford Hospital in West Bloomfield. Dr. Kimbro will talk about cataracts, glaucoma, macular degeneration and dry eye. Join us for this informative presentation.

LET'S TALK: MENTAL WELLNESS & COPING

Toby Beach, LMSW

Wednesday, March 21 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Toby Beach, LMSW is a therapist and educator in the mental health field with over seven years of experience counseling families and individuals. Learn more about mental health and how better to cope with life's many challenges. What are the signs of depression and anxiety and what can you do to help loved ones or even yourself? Learn strategies for coping so you can live life to the fullest!

THE ART OF MINDFUL LIVING

Julie Levinson, Henry Ford

West Bloomfield Yoga Therapist

Wednesday, May 16 at 3:00 pm

Cost: Complimentary members / \$5 non-members

It's easy to get distracted and feel overwhelmed by our busy schedules and the ever-changing world around us. Bring calm and peacefulness into your life by learning how to be present in the moment. **Henry Ford West Bloomfield Hospital's Certified Yoga Therapist, Julie Levinson** will lead eating-with-intention techniques and meditation exercises. Incorporating holistic methods, such as the power of intention, guided imagery, and mindful eating will leave you with a new sense of focus and joy for the moment.

NEW MEMBER COFFEE

Tuesday, April 24 at 11:00 am

Join us for coffee, treats and an afternoon with the Next staff. Come hear about all the great classes, programs, and services we offer while getting to know other members. We will cover how to utilize our user-friendly website, and all the benefits of being a member of Next. We can't wait to see you there.



NEW SPRING FITNESS

STRETCH INTO SPRING

Complimentary Demo Class

Thursday, March 1 from 2:15 to 3:15 pm

Thursdays from 2:15 to 3:15 pm

Series 1: March 8, 15, 22, 29

Series 2: April 12, 19, 26 and May 3

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

Come join Jan Chaney, 200 hour registered yoga teacher, in a gentle yoga practice to help prepare you for your spring activities. Open your shoulders to strengthen your golf game, limber up your lower back for gardening or cycling and practice a variety of postures to enhance your hobby or favorite spring activity. Learn yoga tools for a healthier you! Appropriate for beginners and all levels. Please bring a towel, mat and water bottle.

BEGINNING LINE DANCING

Complimentary Demo Class

Monday, March 26 from 9:00 to 9:50 am

Mondays from 9:00 to 9:50 am

Series 1: April 9, 16, 23, 30

Series 2: May 7, 14, 21 and June 4

Cost: 4-class series - \$25 member / \$30 non-member

New to Line Dancing? Haven't danced in a while? Not a problem. Instructor Kelly Johnson, Recreation Therapist, has the ability to teach anyone the joy of line dancing. You will learn how to dance, have fun doing it, get great exercise, laugh and make new friends. No dance experience necessary. All fitness levels are welcome. Please wear comfortable shoes and bring water bottle.

BALANCE & STABILITY

Mondays, April 9, 16, 23, 30 from 10:00 to 11:00 am

Cost: 4-class series - \$40 members / \$45 non-members

Join Lori Harbour, Certified AFAA instructor and Older Adult Specialty to develop greater balance and stability. With this class, you will recognize improvements in coordination, mobility and posture. This will result in fewer injuries and greater stability as you age which can help prevent falls and keep you both strong and independent longer. Must be comfortable standing from seated position and standing in 5 minute increments. Please wear comfortable shoes and bring water.

SLOW FLOW YOGA

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

and Saturdays from 10:00 to 10:50 am

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

On Tuesdays and Thursdays, Yoga Instructor, Jan Chaney and on Saturday, Yoga Instructor, Karen Lutz 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.

INTERESTED IN CYCLING?

Next has two groups to choose from!

Next Slow Roll Bike Group

Kickoff Meeting: Tuesday, May 1 at 5:30 pm

Every Tuesday night beginning May 8 at 5:30 pm

Next welcomes back this group for a second season!

The group will gather in the Next lobby at 5:30 pm every Tuesday evening. The length of the ride depends on weather, ability, and group size. Typically, riders will enjoy a nice, easy ride to a local destination, take a water break and then return to Next. The group will travel through quiet, relatively flat neighborhoods and avoid traffic on main roads. Questions? Join us at the kickoff meeting or contact chief biker Myron Sedman at (248) 891-2757 or Myron.sedman@gmail.com. Helmets are a must!

NEW! Next Advanced Bike Group

Kickoff Meeting: Wednesday, May 2 at 1:00 pm

Every Wednesday, beginning May 16 at 1:00 pm

This new group will take more advance rides that will run on local main streets in adjacent neighborhoods. Rides will be similar to those being run by already established bike clubs. The pace of this group will be approximately 12-15 mph with a starting distance of 20 miles. Questions? Join us at the kickoff meeting or contact chief biker Israel Olivarez at (517) 803-8161 or ISRAEL.OLIVAREZ@sbcglobal.net.

TENNIS LEAGUE - MIXED DOUBLES

Wednesdays from 2:30 to 4:00 pm

and Fridays from 2:00 to 4:00 pm

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.

BOWLING LEAGUE @ HARTFIELD LANES

Fridays at 10:00 am - No need to register, just drop in!

Cost: \$7.00 fee includes 3 games, shoes and coffee

Hartfield Lanes, 3490 W. 12 Mile, Berkley, 248-543-9338.

New bowlers more than welcome! Contact Jeff Getchell for details at Jeffrey.Getchell.NEXT.Bowling@gmail.com.

NEXT MEN'S 50+ SOFTBALL LEAGUE

Two teams are being formed for the season from May through early August. One team plays Monday and Wednesday morning and the other will play Thursday evening. All levels welcome. If you are interested, please email Jim Luzod at jamesluzod@hotmail.com ASAP.

CO-ED VOLLEYBALL

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

All levels are welcome to drop-in at Birmingham First United Methodist Church Christian Life Center. Contact Brenda Shufelt at 248-644-1689 for more information.



INVIGORATE YOUR BODY WITH FITNESS PROGRAMS

🕒 AGEBUSTERS

Tuesdays and Thursdays at 9:00 am

Cost: 10 drop-in classes - \$60 members / \$70 non-members
Please bring a mat and water.

Tuesdays: Lori Harbor, AFAA certified teacher leads this fun class focusing on endurance, including low impact aerobic moves to music and strength training.

Thursdays: Shelley Rubinstein, AFAA certified teacher leads this circuit class, with no aerobics.

🕒 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.

🕒 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.

🕒 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. Each session will begin and end with a few minutes of meditation. Please bring a yoga mat and water.

🕒 "SENIOR FIT" EXERCISE CLASS

Mondays, Wednesdays and Fridays at 3:00 pm

Cost: Complimentary (limited spaces)

Class at capacity. To join wait list, please call St. Joseph Mercy Oakland at 248-858-3952.

🕒 SMALL GROUP PERSONAL TRAINING SERIES

Tuesdays from 2:00 to 3:00 pm

Winter Series 1: March 6, 13, 20, 27

Winter Series 2: April 10, 17, 24 and May 1

Cost: 4-class series - \$65 members / \$70 non-members

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 AFAA certified instructor, Lori Harbour, will help you improve your health — strength, energy and stamina in a fun and lively environment. Enjoy motivating music, as you participate in this energizing circuit training program. Class limited to six participants.

🕒 TAI CHI

Tuesdays from 10:30 am to 12:00 noon

and 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.

🕒 BARRE CLASS

Saturdays from 11:00 to 11:50 am

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

Space is limited. Call Next by Thursday before each class to reserve your spot at the barre!

Both seated and standing barre will be taught in this class. We will use the barre or chair to 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.

PICKLEBALL

Cost: Complimentary members

Please note pickleball is available to MEMBERS ONLY.

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

Mondays and Thursdays from 12:30 to 2:15 pm

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

Saturdays from 9:00 am to 2:00 pm

Beginning Instruction/Mini-Clinics

Saturdays from 9:00 to 10:30 am

with the 1st and 3rd Saturdays for skills and drills.

Due to Birmingham Public Schools Spring Break, pickleball hours are extended April 2, 5, 6 from 10:00 am to 3:00 pm.

**Next member,
Tom Wehner**
takes Gold in
mixed doubles
pickleball at the
Senior
Olympics!
Congratulations!



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



FEATURED ART CLASSES

BEADING DESIGN

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

Next welcomes highly sought after instructor Susan Fraser to teach two very different beading classes. Sue has been making and designing jewelry for 15 years, exhibited at events throughout Michigan and is a member of the Great Lakes Beadworkers Guild. Finished samples of each piece of jewelry is on display in the Next lobby.

Class One: Quick & Simple Designs

Friday, March 16 from 10:00 am to 12:00 noon

Learn to create a charming memory wire bracelet that is light, easy to put on and comfortable to wear and a leather adjustable cord beaded necklace in this 2 hour class. There will be a choice of bead colors and charms and all supplies will be provided in the kit fee of \$15. You'll leave class with 2 finished jewelry pieces and know-how!

Class Two: Kumihimo Half Cuff Bracelet

Friday, April 20 from 10:00 am to 12:00 noon

Remember those camp days when you wove a lanyard? Here is a chance to put those skills to work. Learn to weave a beaded cord on a Kumihimo disk and then attach a metal finding to create a beautiful half cuff bracelet. All supplies are included in the kit fee of \$20 and you have the loom to take home for creating other treasures.

MOSAIC CLASSES

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

Make one of these stunning 6"x 6" mosaic tiles under the direction of instructor Mary Gilhuly, Art Director/Co-Founder of Song & Spirit Institute for Peace. Mary will lead you through the creative process using colored pieces of glass and mirror on a blank tile. No experience necessary.

Dahlia Mosaic

Monday, March 19 from 1:00 to 3:30 pm

American Flag Mosaic

Monday, April 30 from 1:00 to 3:30 pm

ZENTANGLE

Cost: \$20 members / \$23 non-members

A Zen-like way of creating an piece of art with easy-to-learn repetitive patterns. Certified Zentangle instructor Pam Signorelli has been teaching art for 35 years. No experience necessary.

Meditative Round

Tuesday, March 13 from 1:00 to 3:00 pm

Using Zendala Tiles to draw on, create a beautiful nautilus-like work of art. Practice tangles you know and learn new ones. Bring basics kit or purchase from instructor for \$5.00 (micron pen pencil and blending stick).



Meandering Books

Tuesday, April 10 from 1:00 to 3:00 pm

Create a foldable book from one sheet of paper. Decorate your cover and create a closure with a wide choice of materials. Zentangle on the inside, add a poem or message. Take home a unique work of art to keep or give as a gift.

PAINTING WITH ACRYLICS & OILS

10-week class: Tuesdays, April 10 through

June 12 from 9:30 am to 12:00 noon

Cost: \$150 member / \$160 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, 18"x24" canvas or larger, #2 desk pencil, eraser, and painting supplies to first class. \$10 fee for printed materials paid directly to instructor. Beginners through advanced students welcome!

STUDIO ART CLASS

10-week class: Thursdays, April 12 through

June 14 from 1:00 to 3:30 pm

Cost: \$150 member / \$160 non-member

Work on a piece of art of your choice. Bring your subject, reference material, and the supplies you typically work with. Instructor Karen Halpern will foster critical thinking and assist you as you advance in an individualized way. \$10 fee for printed materials payable directly to the instructor.

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ONGOING 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.

▶ DRAWING & WATERCOLOR OPEN STUDIO

Most Wednesdays at 1:00 pm

Join this talented group of artists! They will gladly guide novices. Bring your own materials.

▶ 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.

▶ PHOTOGRAPHY CLUB

Tuesday, April 17 from 10:00 am to 12:00 noon

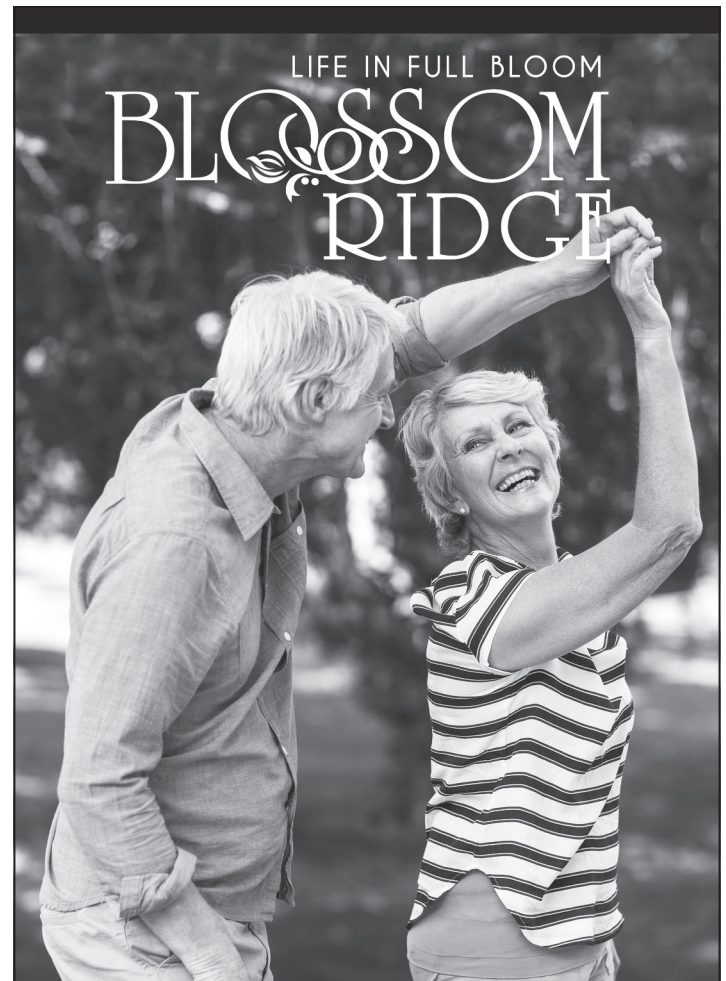
Cost: Complimentary members / \$5 non-members

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.

▶ 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.



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FEATURE FILMS



Every Wednesday Evening @ 5:30pm
Cost: Complimentary members / \$5 non-members

*Thanks to Woodward Hills for providing
Next with movies and popcorn.*



REAL ESTATE



Last Wednesdays @ 5:00pm

March 7 - DUNKIRK

In May 1940, Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were saved. Rated PG 13 1 hour 46 minutes

March 14 - BATTLE OF THE SEXES

The 1973 tennis match between women's #1 Billie Jean King (Emma Stone) and ex-champ Bobby Riggs (Steve Carell) was billed as THE Battle of the Sexes and was the most watched sports event of all time. The match sparked a global conversation on gender equality and feminism. With a husband supporting her, King was also coming to terms with her own sexuality. King and Riggs served up a spectacle that resonated far beyond the tennis courts. Rated PG 13 2 hours 1 minutes

March 21 - LAST FLAG FLYING

In 2003, 30 years after serving together in the Vietnam War, Navy medic Doc Shepherd (Steve Carell) reunites with Marines Sal (Bryan Cranston) and Mueller (Laurence Fishburne) to bury Doc's son, a Marine killed in the Iraq War. Doc decides to forgo burial at Arlington Cemetery and, with the help of his old buddies, takes the casket up the East Coast to suburban New Hampshire. Along the way, Doc, Sal and Mueller come to terms with experiences of the war that continue to shape their lives. Rated R 2 hours 4 minutes

March 28 - SINGIN' IN THE RAIN

Dinner & A Classic at 5:00 pm

Enjoy one of the greatest and most successful musicals ever filmed with memorable songs, lavish routines and Kelly's fabulous song-and-dance number performed in the rain. Set during the advent of "talkies," Don Lockwood (Gene Kelly) has risen to stardom during Hollywood's silent-movie era — paired with the beautiful, jealous and dumb Lina Lamont (Jean Hagen). When Lockwood becomes attracted to young studio singer Kathy Selden (Debbie Reynolds), Lamont has her fired. But Lockwood finds his career in jeopardy after audiences laugh when they hear Lamont speak in her shrill voice for the first time... until the studio decides to use Selden to dub her voice. Rated G 1 hour 43 minutes

April 4 - VICTORIA & ABDUL

When Abdul Karim (Ali Fazal), a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen (Judi Dench). As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity. Rated PG 13 1 hour 46 minutes

April 11 - WONDER

Based on the New York Times bestseller, Wonder tells the incredibly inspiring and heartwarming story of August Pullman (Jacob Tremblay), a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time. His mother (Julia Roberts) and father (Owen Wilson) face challenges as well to help their son navigate his life. Rated G 1 hour 53 minutes

April 18 - GOODBYE CHRISTOPHER ROBIN

Enjoy a rare glimpse into the relationship between children's author A. A. Milne (Domhnall Gleeson) and his son Christopher Robin (Will Tilston and Alex Lawther), whose toys inspired the world of Winnie the Pooh. With his mother Daphne (Margot Robbie), and his nanny Olive (Kelly Macdonald), Christopher Robin and his family are swept up in the success of the books; the enchanting tales bringing hope to England after WWI. With the eyes of the world on Christopher Robin, what will the cost be to the family? Rated 1 hour 47 minutes

April 25 - GIGI - Winner of 9 Academy Awards

Dinner & A Classic at 5:00 pm

Home, motorcar, servants, the latest fashions: man-about-town Gaston (Louis Jourdan) offers them all to Gigi (Leslie Carron). But Gigi, who's gone from girlish gawkishness to cultured glamour before our eyes, yearns for something money can't buy. Honore Lachaille (Maurice Chevalier) intrigues with his memorable rendition of "Thank Heaven for Little Girls". Rated G 1 hour 55 minutes

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Cost: Complimentary members / \$5 non-members

March 1 - ONE MAN'S QUEST TO SEE THE WORLD **Rufus McGaugh, Author, Traveler, Marine** **and Purple Heart Recipient**

In 2017, Mr. McGaugh completed his quest to visit every country and continent on Earth; 50 states, 7 continents and 252 countries and lands. He then authored *Longitude and Latitude with Attitude: One Man's Quest to See the Entire World* to capture these experiences. Join Rufus as he shares his interesting and adventurous path of life.

March 8 - DETROIT'S ARCHITECTURAL REVITALIZATION

Mark Farlow, Director of Design,
Hamilton Anderson Associates

Detroit is leading the nation in architectural design — and for over 23 years, Hamilton Anderson has been dedicated to improving the environment through creative, contemporary design. Their process combines analysis, intuitive curiosity and thoughtful execution to creative inspiring solutions. Mark will bring information and pictures demonstrating the impact HAA has had in Detroit!

March 15 - SHARING AMERICAN INDIAN CULTURAL HISTORY FROM THE GREAT LAKES NATIONS

Euphemia "Sue" Franklin, Executive Director
of South Eastern Michigan Indians, Inc.

Ms. Franklin, member of the Sault Ste. Marie Tribe of Chippewa Indians and her husband, Chris Franklin, member of the Oneida of the Thames 1st Nations will discuss the Anishinabe Tribes in Michigan and Urban American issues including historical trauma, elder services and child and family services. The importance of education, services and protection of youth will be explored.

March 22 - SEXUAL HARASSMENT & TRAFFICKING **Mary Engelman, Deputy Director,** **Michigan Department of Civil Rights**

Join this advocate for women's issues and the impact these issues have on the integration of women in society, the subordination of women to men and the effect on human dignity. Ms. Engelman discusses these human rights violations and how we can take action to prevent continued recurrences.

March 29 - DETROIT AUTOWORKERS & THE ELUSIVE POSTWAR BOOM **Daniel Clark, Professor-Associate** **Professor of History, Oakland University**

1945-1960 was thought to be a heyday for Detroit autoworkers with lucrative contracts from automakers providing increased wages and benefits. Many said autoworkers entered the middle class when actually they didn't. Chronic layoffs and other events meant workers experienced job instability.

April 5 - THE OPIOID CRISIS: A PSYCHOLOGIST'S CLINICAL VIEWPOINT **Jordan Braciszewski, Ph.D.,** **Clinical Psychologist and Researcher**

Opioids are a common treatment for pain and have become more prevalent, making opioids the most commonly prescribed class. This talk will focus on the opioid crisis, treatment and policy solutions, and how the community can help.

April 12 - THE CONFEDERACY MYTH, MONUMENTS & SEGREGATION **Stephen Steinhardt, Attorney, WSU & MCC** **Professor & former Assistant Prosecutor**

The Myth holds that southerners fought against great odds and had no chance of winning. This justified the carnage that occurred when the real reason was to re-establish white supremacy. To some, monuments are evidence of a brave history. To others, they represent slavery.

April 19 - THE MICHIGAN HUMANE SOCIETY **Adrian Kozlowski, Advancement Office**

Learn how the largest and oldest animal welfare organization in Michigan provides animal welfare and sheltering services. Interestingly, events at the Society were featured in the Animal Planet channel's reality television series *Animal Cops: Detroit*.

April 26 - THE AMERICAN ARMY IN NORMANDY FROM OMAHA BEACH TO THE FALAISE GAP **Jim Craft, B.A., M.A., Career Consultant & Historian**

Success on D-Day was the beginning the ultimate defeat of Germany. Learn how despite sustaining horrible loses, the American army breached the Atlantic Wall and gained control of the bluffs overlooking Omaha Beach.



DAY TRIPS

DETROIT FILM THEATRE

Matinee @ the DIA: Modern Times

Thursday, March 22

Bus departs Next at 12:15 pm, returns about 4:00 pm

Cost: \$10 members / \$15 non-members

Please pre-register by March 15

The DIA/DFT has invited Next members to enjoy "Modern Times" by Charlie Chaplin. This is a romantic comedy from 1936.

ORCHARD LAKE PHILHARMONIC presents "Overtures to Spring"

Friday, March 23

Bus departs Next at 2:30 pm, returns about 4:30 pm

Cost : \$8 members / \$13 non-members

Registration required

Admission is \$5 at the door. Cash only please.

Enjoy an array of music from Elgar's Enigma Variations Op. 39, Tchaikovsky's Waltzer from Serenade for String Orchestra Op. 48, and Berlioz's Hungarian March.

NORTHVILLE THEATRE OUTING Genitti's & Tipping Point Theatre

Wednesday, April 4

Bus departs Next at 11:45 am,
returns about 6:00 pm

Cost: \$70 members / \$75 non-members

Registration required - Please register by March 7

Enjoy an Italian feast at Genitti's Hole-In-The-Wall. Lunch will include Italian wedding soup, garlic bread, antipasto salad, baked chicken, mostaccioli, vegetable, oven roasted potato and dessert. After lunch, walk several blocks to the Tipping Point Theatre and view "Ripcord: A Dangerously Funny Battle of Wills". This hilarious play takes place at Bristol Place Senior Living. Transportation, lunch and theater ticket included.



DETROIT PUBLIC LIBRARY TOUR & LUNCH

Thursday, April 12

Bus departs Next at 10:15 am, returns about 3:00 pm

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

This event is at capacity. Please call Next office to be added to the wait list

WSU BONSTELLE THEATRE: SISTER ACT

Wednesday, April 18

Bus departs Next at 1:00 pm, returns about 4:30 pm

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

Registration required

Leave the hassle of driving and parking to Next! Enjoy "Sister Act: The Musical" at the Bonstelle Theatre (Wayne State University). Sister Mary Clarence comes to the stage with sass, spirit and disco as she transforms the nuns and their choir in this delightfully energetic musical comedy adaptation of the 1991 film.



DETROIT SYMPHONY ORCHESTRA MORNING COFFEE CONCERTS

Bus departs Next at 9:00 am,
returns about 1:00 pm

Cost: \$60 member / \$66 non-member

Please pre-register, space is limited.

Friday, March 9 - Blockbuster Broadway

Event at capacity. Please call Next office to be added to the waiting list.

Friday, May 18 - The Doo Wop Project

Follow the evolution of Doo Wop from tight harmonies sung on street corners to today's biggest hits.



LITTLE CAESAR'S ARENA TOUR

Tuesday, April 24

Bus departs Next at 8:00 am, returns about 6:00 pm

Cost: \$85 members / \$90 non-members - Lunch included

Registration required

The day will start with a 90 minute, docent led, tour of the arena. Experience the state-of-the-art facility and see behind-the-scenes areas. Modified tours may be conducted due to arena operations. Next, enjoy lunch at Pizza Papalis in Greektown. Before leaving, have some fun at the Greektown Casino. We will be traveling with a neighboring senior center, so do not wait to register. There is a lot of walking on this trip. Trip offered by Bianco Tours.

LUNCH BUNCH: Diamond Jim's - Royal Oak

Thursday, April 26

Bus departs Next at 11:30 am, returns about 1:30 pm

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

Enjoy lunch at delicious restaurants in our surrounding area. Participants are responsible for lunch and gratuity

DETROIT PUBLIC THEATER: BIRTHDAY CANDLES

Wednesday, May 30

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

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

Registration required - Please register by May 9

"Birthday Candles" by internationally acclaimed playwright Noah Haidle will take audiences on a magic 100-year journey with Ernestine Ashworth as she travels from her 17th birthday through her 117th. This world premiere was commissioned by the Detroit Public Theater.



DAY TRIPS continued

NEW! ROYAL EAGLE RUSSIAN TEA LUNCHEON

Thursday, June 21

Bus departs Next at 11:15 am, returns about 2:30 pm

Cost: \$44 members / \$51 non-members

Registration required

In the tradition of the Grand and Elegant Court of Imperial Russia, the Royal Eagle in Harper Woods offers a 7-course Russian Tea luncheon. The menu will include an exotic selection of luncheon foods, homemade soup and other heavy hors d'oeuvres, as well as a selection of tea varieties from around the globe. And, if time permits, enjoy a walk around the beautiful campus. Please note dress code: No shorts or capri pants, dresses/skirts must be below the knee, no low-cut blouses or bare shoulders.

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.



OVERNIGHT TRAVEL

TRAVERSE CITY VINES, WINES & ADVENTURE

Sunday, June 17 through June 19 (2 nights/3 days)

Cost: private room \$699 / double room \$575 per person

Register by calling Zelma Travels at 810-287-0066

Enjoy two nights at the deluxe Indigo Hotel with breakfast each morning and 2 dinners. Have some fun shopping, wine tasting and touring charming wineries with a tour of Interlochen as well. Tour of the wonderful Dennon Art Museum included!

NIAGARA ON THE LAKE & STRATFORD

Register early for this Theater Combo Trip!

Thursday, August 30 through September 1 (2 nights/3 days)

Cost: private room \$1,199 / double room \$999 per person

Register by calling Zelma Travels at 810-287-0066

Travelers must have a valid Enhanced License or Passport

Discover this most enchanting city! This trip includes a 2-night stay at the marvelous Prince of Wales Hotel with breakfast each morning and 2 dinners. Enjoy two evening performances: *Grand Hotel* and *The Hound of Baskervilles*. On the return trip, enjoy lunch at the Annex restaurant in Stratford and a performance of *Music Man*. \$200 reserves your spot!



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🕒 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 all are encouraged to participate. This is a drop-in, non-facilitated group dialogue.

🕒 MEN'S BREAKFAST

Drop-in every Wednesday at 9:00 am

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 a light breakfast and coffee, you provide the conversation. Generously sponsored by Boulevard Health.

🕒 POPULAR READS BOOK CLUB

Mondays, March 5 and May 7 at 1:00 pm

Rebekah Craft, Associate Director of the Baldwin Public Library, leads book discussions of popular books. The March book selection is *Saints for All Occasions* by J. Courtney Sullivan. Register at Next — and Baldwin Public Library will provide the book!

🕒 WRITER'S CORNER

1st and 3rd Thursdays from 9:30 to 11:00 am

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 Sara Burnside at 248-649-1813 for additional information.

🕒 DO YOU HAVE AN HOUR TO SHARE WITH A YOUNG STUDENT?

Tuesdays from 1:30 to 2:30 pm
and Thursdays from 9:30 to 10:30 am

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. **No volunteering on April 3 and 5 due to Spring Break!**



CARDS, TILES, COLLECTORS

🕒 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 11:30 to 2:30 pm

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

Wednesday Bridge

Wednesdays from 12:00 noon to 3:15 pm

NEW! BRIDGE LESSONS

Wednesdays from 9:30 to 11:30 am

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

Series 1: April 4, 11, 18, 25

Prerequisite: Completion of Introduction to Play Class

Series 2: May 2, 9, 16, 23

Beginner and intermediate players welcome.

Learn play techniques that will improve your declarer play. Instructor, Silver Life Master Jim Bloom, has more than 10 years experience teaching bridge. The book *Play of the Hand* in the 21st century is required and can be purchased from Jim Bloom.

🕒 PINOCHLE...come and join the fun!

Monday through Friday from 12:00 noon to 3:00 pm

If you have never played pinochle, 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 seasoned players and those new to the game. For additional information, contact Ed Schouten at edward.schouten@gmail.com.

🕒 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.

🕒 B-I-N-G-O

1st and 3rd Fridays, March 2, 16 and April 6, 20 at 1:00 pm

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

🕒 BIRMINGHAM STAMP CLUB

1st and 3rd Tuesdays 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

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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.

BALDWIN PUBLIC LIBRARY COMPUTER CLASSES

Classes will take place
in the Next computer lab.

Cost: \$5 per class

Learners of ALL ages welcome.



Excel 2016: Building Basic Formulas

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

Learn the fundamentals of spreadsheet creation in Microsoft Excel.

Word 2016: An Introduction

Tuesday, April 3 from 6:30 to 7:30 pm

Learn the fundamentals of word processing with Microsoft Word.

Start a Blog

Tuesday, May 1 from 6:30 to 7:30 pm

Learn how to start your blog, create content, and build an audience in this single session class.



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The Third Wednesday of Every Month

Beginning at 11:00 am

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Thank you for your generous contributions to Next's annual Share the Spirit Fund Drive!



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Thank you to the KATHLEEN BREEN FOUNDATION for their very generous donation to Next!

This very thoughtful gift will allow Next to put the finishing touches on the outdoor Fit Park and offer continued support of the Next transportation program that continues to expand to meet the growing needs of area residents.

Next was also the recipient of a very thoughtful anonymous donation. With this gift, we will be able to upgrade the storage capacity in the art studio with new cabinets and help fund improvements to the gymnasium.

Next is deeply committed to the 50-plus population. Working with limited resources, your support and confidence makes all the difference. Thank you! Thank you! Thank you!



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.

◆ MINOR HOME REPAIR for Birmingham & Beverly Hills Residents

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

◆ 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.

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

FOUNDATION FOR BIRMINGHAM SENIORS

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

- 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.

Please call us for more information.

◆ HEARING AID & EYEGLASSES DONATIONS & RECYCLING PROGRAM

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

◆ ASK THE ATTORNEY

Tuesday, March 6 and April 3 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.

◆ LIFE TRANSITIONS: Conversation/Companionship Every Friday morning at 9:00 am

Have you experienced a significant transition recently? Perhaps the loss of a spouse or child, divorce or a move? This new group meets weekly to provide a little comfort, and mutual support to one another. Coordinator Maryann Schlie will join Next members who are looking to connect to others with similar life-changing experiences. Gather for support, advice and companionship.

Go Ahead and Take a Vacation!



*The best way to take care of your loved one is to
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Whether you are going on vacation or have obligations that take you out of town, our **Memory Care Respite Suites** provide all the comforts of home in a secure environment. Our engaging programming and sincere desire to honor those who reside with us, gives each resident the opportunity to continue "celebrating life every day."



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HEALTH & NUTRITION

COMMUNITY HOUSING TOURS

Please join us for a complimentary lunch and a private tour at local senior living communities. There are many wonderful options in the area and this is a great opportunity to gather information. You will be picked up and returned to Next. Please call 248-203-5270 to register.

American House West Bloomfield

Wednesday, March 7 - Bus departs at 10:30 am

Elegant senior community in heart of Oakland County offering independent living, assisted living, respite care and hospice. Amenities include restaurant style dining, maintenance free apartments, community rooms, and a broad range of activities.

Henry Ford Village - Dearborn

Wednesday, April 4 - Bus departs 10:30 am

Offering independent living, assisted and memory care, skilled nursing and rehab. Maintenance free living will give you time to expand your world and allow you to do what you most enjoy. Choice of three outstanding dining restaurants, private car and driver and 24-hour security and gated community.

First & Main of Bloomfield

Wednesday, May 16 - Bus departs at 10:30 am

Offering assisted living and memory care in an elegant upscale atmosphere that feels like home. Beautiful indoor and outdoor spaces. 24-hour access to all amenities and full care services. Brand new facility.

Oakmont Rochester

Wednesday, June 13 - Bus departs at 10:30 am

Offering attractively priced luxury apartments for independent senior living. If you need an assisted living, memory or skilled nursing care at some point you can remain on the Rochester campus. Chef prepared meals, personal laundry service and a variety of diverse activities.

► MEDICAL EQUIPMENT LOANS

Cost: Complimentary members

\$20 refundable deposit - non-member

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, or stop in to check it out. We also accept donations of above items. Please make sure they are clean and in good working order.

► 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.

► PODIATRISTS AT NEXT

Wednesdays, March 28 and April 25 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 — 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. Help is welcome and most appreciated!

► NUTRITION SUPPORT

Ensure Plus, vanilla or chocolate flavor, 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

Wednesdays, March 7 and April 4 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.

PEANUT BUTTER & JELLY DRIVE

April 2 to May 31, 2018

We encourage your participation as we collect peanut butter and jelly to help financially-challenged families whose children will soon be out for the summer and therefore without school-based food assistance. At Next we embrace our part in the greater community and we thank you in advance for your kindness and participation. Drop-off in the Next lobby anytime we're open.



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

David and Lori Anderson, Tom and Gretchen Anderson, Randy and Arlene Brakeman, Rob and Marilyn Cantin, J.C and Mary Cataldo, Alice Chateau, Mike Clement, Brent Coeling, Susan Elliott, Chuck and Mary Elser, Karry and Laura Evans, Lucetta Franco, Robert and Katherine Johnson, Frankie Lynne Kreitz, Lynne Garza, David and Maria Goike, Mary Beth Grim, David Gurevitch, Christopher and Madlyn Holton, Jack and Dianne Johnson, Demi Kazanis, Marlene Kehoe, Ardis Kenealy, Susan Kowitz, Joan Krempel, Elaine McLain, Joan Nedeljkovic, Sandra Needle, Karen Olsen, Gilbert Quon, Elizabeth Reid, Douglas Reinhard, Annette Saylor, Joel and Helena Shavell, Wade Shull, Karen Street, Cindy Van Dusen, David and Marie West, and Carole White

We are thinking of you. Hope you feel better..

Sheila Becker, Bob Capps, Lois Cromie,
Karen DiChiera, Karen Halpern, Richard Norling,
Donna Scott, Fred Steiner and Jean York

Our condolences to the family of...

Elizabeth Jacobites, Myra Quill and Joyce Watters

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through January 31, 2018

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Ferndale Stamp Club

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for all they do to make
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NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush Writer's Corner 9:45 Flex 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga 2:15 DEMO: Spring Stretch 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - One Man's Quest to See the World	2 9:00 Life Transitions Limber Up 10:00 Bowling League Tai Chi 12:00 Current Events Pinochle 1:00 Bingo 2:00 Tennis League 3:00 Senior Fit	3 9:00 Open Pottery Studio Pickleball 10:00 Slow Flow Yoga 11:00 Barre Class
5 9:00 Limber Up 10:00 Beginning Bridge Birthday Coffee Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:00 Popular Reads 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	6 9:00 Agebusters AARP Tax Prep 9:30 Painting Class 10:30 Tai Chi 12:00 Pinochle 1:00 Ask the Attorney Slow Flow Yoga 2:00 Partners Bridge SGPT 4:30 Mat Yoga 5:30 Pickleball 6:00 Stamp Club 6:30 Excel 2016: Building Basic Formulas	7 9:00 Limber Up Men's Breakfast 10:00 Blood Pressure Needle Arts 10:30 Housing Tour: American House, West Bloomfield 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Movie - Dunkirk Pickleball	8 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush 9:45 Flex 12:00 Pinochle 12:30 Pickleball 1:00 Good Health: Eye Care Slow Flow Yoga 2:15 Spring Stretch 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - Detroit's Architectural Revitalization 6:30 Ballroom Dance	9 DSO Trip 9:00 Life Transitions Limber Up 10:00 Bowling League Tai Chi 12:00 Current Events Pinochle 2:00 Tennis League 3:00 Senior Fit	10 9:00 Open Pottery Studio Pickleball 10:00 Slow Flow Yoga 11:00 Barre Class
12 9:00 Limber Up 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	13 9:00 Agebusters AARP Tax Prep 9:30 Painting Class 10:30 Tai Chi 12:00 Pinochle 1:00 NO Slow Flow Yoga Zentangle 2:00 Partners Bridge SGPT 4:30 Mat Yoga 5:30 Pickleball 6:00 Chess Lesson Financial Update Discussion Life By Design	14 9:00 Limber up Men's Breakfast 10:00 Needle Arts 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Movie - Battle of the Sexes Pickleball	15 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush Writer's Corner 9:45 Flex 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga 2:15 Spring Stretch 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - Sharing American Indian Cultural History from the Great Lakes Nations 6:30 Ballroom Dance	16 9:00 Life Transitions Limber Up 10:00 Beading Class Bowling League Tai Chi 12:00 Current Events Pinochle 1:00 Bingo 2:00 Tennis League 3:00 Senior Fit	17 9:00 Open Pottery Studio Pickleball 10:00 Slow Flow Yoga 11:00 Barre Class
19 9:00 Limber Up 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:00 Mosaic: Dahlia 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	20 9:00 Agebusters AARP Tax Prep 9:30 Painting Class 10:30 Tai Chi 12:00 Pinochle 1:00 Board Meeting Slow Flow Yoga 2:00 Partners Bridge SGPT 4:30 Mat Yoga 5:30 Pickleball 6:00 Chess Lesson Financial Update Stamp Club	21 9:00 Limber Up Men's Breakfast 10:00 Needle Arts 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Good Health: Mental Health 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Movie - Last Flag Flying Pickleball 7:00 Coin Club	22 Detroit Film Theatre Trip 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush 9:45 Flex 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga 2:15 Spring Stretch 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - Sexual Harassment & Trafficking 6:30 Ballroom Dance	23 Orchard Lake Philharmonic Trip 9:00 Life Transitions Limber Up 10:00 Bowling League Tai Chi 12:00 Current Events Pinochle 2:00 Tennis League 3:00 Senior Fit	24 9:00 Open Pottery Studio Pickleball 10:00 Slow Flow Yoga 11:00 Barre Class
26 9:00 Limber Up DEMO: Line Dancing 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	27 9:00 Agebusters AARP Tax Prep 9:30 Painting Class 10:30 Tai Chi 12:00 Pinochle 1:00 Slow Flow Yoga 2:00 Partners Bridge SGPT 4:00 Trivia Time! 4:30 Mat Yoga 5:30 Pickleball 6:00 Chess Lesson Financial Update	28 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Podiatrists 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:00 Dinner & A Classic - Singin' in the Rain 5:30 Pickleball	29 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush 9:45 Flex 12:00 Detroit Tigers Opening Day Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga 2:15 Spring Stretch 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - Detroit Autoworkers & The Elusive Postwar Boom	30 Next Closed	31 Next Closed

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9:00 Limber Up 10:00 Beginning Bridge Knitting Pickleball 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg 1:30 Chair Yoga 3:00 NO Senior Fit 5:30 Pickleball	3 9:00 Agebusters AARP Tax Prep 10:30 Tai Chi 12:00 Pinochle 1:00 Ask the Attorney Slow Flow Yoga 2:00 Partners Bridge 4:30 Mat Yoga 5:30 Pickleball 6:00 Stamp Club 6:30 Word 2016: An Introduction	4 Tipping Point 9:00 Limber Up Men's Breakfast 9:30 Bridge Lesson 10:00 Blood Pressure Needle Arts 10:30 Housing Tour: Henry Ford Village, Dearborn 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Islands of the Great Lakes 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Movie - Victoria & Abdul Pickleball	5 9:00 Agebusters 9:30 Advanced Pottery Writer's Corner Palette & Brush 10:00 Pickleball 12:00 Pinochle 1:00 Slow Flow Yoga 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - The Opioid Crisis: A Psychologist's Viewpoint	6 9:00 Life Transitions Limber Up 10:00 Bowling League Pickleball Tai Chi 12:00 Current Events Pinochle 1:00 Bingo 2:00 Tennis League 3:00 Senior Fit	7 9:00 Open Pottery Studio Pickleball 10:00 Slow Flow Yoga 11:00 Barre Class
9 9:00 Limber Up Line Dancing 10:00 Balance & Stability Beginning Bridge Birthday Coffee Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	10 9:00 Agebusters AARP Tax Prep 9:30 Painting Class 10:30 Smart Home Tai Chi 12:00 Pinochle 1:00 Slow Flow Yoga Zentangle 2:00 Partners Bridge SGPT 3:30 Gift Wrap 101 4:30 Mat Yoga 5:30 Pickleball 6:00 Financial Update	11 9:00 Limber Up Men's Breakfast 9:30 Bridge Lesson 10:00 Golf Kickoff: Springdale Needle Arts 11:00 Self Defense 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Golf Kickoff: Lincoln Hills 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Movie - Wonder Pickleball	12 Detroit Public Library Trip 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush 9:45 Flex 12:00 Pinochle 12:30 Pickleball 1:00 Studio Art Class Slow Flow Yoga 2:15 Spring Stretch 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - The Confederacy 6:30 Ballroom Dance	13 9:00 Life Transitions Limber Up 10:00 Bowling League Tai Chi 12:00 Current Events Pinochle 2:00 Tennis League 3:00 Senior Fit	14 9:00 Open Pottery Studio Pickleball 10:00 Slow Flow Yoga 11:00 Barre Class SOCCRA Shredder 10:00 am to 12:00 noon
16 9:00 Limber Up Line Dancing 10:00 Balance & Stability Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	17 9:00 Agebusters 9:30 Painting Class 10:00 Photo Club 10:30 Tai Chi 12:00 Pinochle 1:00 Board Meeting Slow Flow Yoga 2:00 Partners Bridge SGPT 4:30 Mat Yoga 5:30 NO Pickleball 6:00 Stamp Club The Mark James Band	18 WSU Bonstelle Theatre Trip 9:00 Limber up Men's Breakfast 9:30 Bridge Lesson 10:00 Needle Arts 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Movie - Goodbye Christopher Robin Pickleball 7:00 Coin Club	19 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush Writer's Corner 9:45 Flex 11:00 American Cheese Revolution 12:00 Pinochle 12:30 Pickleball 1:00 Studio Art Class Slow Flow Yoga 2:15 Spring Stretch 4:30 Mat Yoga 5:30 Pickleball 6:00 The Michigan Humane Society 6:30 Ballroom Dance	20 9:00 Life Transitions Limber Up 10:00 Beading Class Bowling League Tai Chi 12:00 Current Events Pinochle 1:00 Bingo 2:00 Tennis League 3:00 Senior Fit	21 9:00 Open Pottery Studio Pickleball 10:00 Slow Flow Yoga 11:00 Barre Class
23 9:00 Limber Up Line Dancing 10:00 Balance & Stability Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	24 Little Caesar's Arena Tour 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 11:00 New Member Coffee 12:00 Pinochle 1:00 Slow Flow Yoga 2:00 Partners Bridge SGPT 4:00 Trivia Time! 4:30 Mat Yoga 5:30 Bike Basics Clinic Pickleball	25 9:00 Limber Up Men's Breakfast 9:30 Bridge Lesson 10:00 Needle Arts Podiatrists 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:00 Dinner & A Classic - Gigi 5:30 Pickleball	26 Lunch Bunch 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush 9:45 Flex 12:00 Pinochle 12:30 Pickleball 1:00 History of Troy Slow Flow Yoga Studio Art Class 2:15 Spring Stretch 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - The American Army in Normandy 6:30 Ballroom Dance	27 9:00 Life Transitions Limber Up 10:00 Bowling League Tai Chi 12:00 Current Events Pinochle 2:00 Tennis League 3:00 Senior Fit	28 9:00 Open Pottery Studio Pickleball 10:00 Slow Flow Yoga 11:00 Barre Class
30 9:00 Limber Up Line Dancing 10:00 Balance & Stability Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:00 Mosaic: American Flag 1:30 Chair Yoga 3:00 Senior Fit (last) 5:30 Pickleball					



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SHREDDING EVENT AT NEXT by SOCRRA

Saturday, April 14 from 10:00 am
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Shredding is intended for sensitive documents only — junk mail and magazines/newspapers do not need to be shredded. Paper must be free of all plastic and metal bindings, covers, inserts, etc. Staples are ok, but paper clips must be removed. Limit 3 boxes per person. You do not need to be a resident of the SOCRRA communities to participate.

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