



*Your Place to Stay Active & Connected*

MAY/JUNE 2017

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

2121 Midvale Street • Birmingham, Michigan 48009-1509 • 248-203-5270 • [www.BirminghamNext.org](http://www.BirminghamNext.org)

## NEXT TO MOVE TO BEVERLY SCHOOL FOR THE SUMMER MONTHS

As of June 21st until mid-August, Next will temporarily move to Beverly Elementary School while Midvale undergoes much needed infrastructure improvements. Beverly School is located next to Beverly Park, just west of Southfield Road on Beverly Road (13½ Mile Road).

The school is spacious with central air conditioning and more available parking, a gym that will accommodate two pickleball courts, a large media center with plenty of room for cards, movies and speakers, a fully equipped computer lab, an art room with a kiln, outdoor spaces, and several other classrooms we can utilize. *Please note, any classes after June 21st will be at Beverly.*

Support Services will also be moving to Beverly. Nothing will change including Meals on Wheels, home medical equipment loans, and transportation, as well as the caring customer service you have come to rely on.

We are excited to take advantage of our temporary home and offer much of our same programming, while introducing new offerings that will uniquely fit into Beverly. *Think of it as summering in a new vacation home!*

### Please join us! 2017 Golf Classic to Benefit Next

June 5th at Lincoln Hills

- 2:00 pm tee off
- scramble format

Enjoy a fun afternoon on the links with your Next friends and community members, followed by dinner, contests, great prizes and an amazing silent auction.

*For more information and details, please look on our web site — [BirminghamNext.org](http://BirminghamNext.org)*



**New fitness programs on page 4 — "Slow-Roll" Bike and Summer Walking Groups, as well as a Pilates Class — and get ready for our Golf Leagues!**

## BOOGIE AT BEVERLY

Wednesday, June 28 from 1:30 to 3:00 pm

*Cost: Complimentary - Register by Friday, June 23*

Come check out our summer residence at Beverly Elementary School. Enjoy an ice cream sundae and take a look around. Entertainment provided by Ragtime, Boogie and Blues pianist Matthew Ball, "The Boogie Woogie Kid". He'll feature a rollickin' concert of old time piano fun with favorites like "The Entertainer," "Swanee River," "Over the Rainbow," "Those were the Days," "Bumble Boogie," and many more. *Generously sponsored by Baldwin House. See you there!*



## LIVING WITH PARKINSONS: What You & Your Family Should Know

Thursday, June 1 from 1:00 to 3:00 pm

*Cost: Complimentary - Pre-registration required*

Dr. Neepa J. Patel, MD, Neurologist and Movement Specialist from Henry Ford Health System, will share her insight on what Parkinson's disease is, how to manage it, and the latest treatments available. *Sponsored by the Michigan Parkinson Foundation.*

## ANIMAL ASSISTED THERAPY from Beaumont

Thursday, May 25 at 1:00 pm - *Cost: Complimentary*

Beaumont's Animal Assisted Therapy program helps hundreds of patients each year cope with the stress of hospitalization through interactions with furry, four-legged volunteers. In providing comfort, encouraging social interaction, and promoting positive non-threatening physical contact, Animal Assisted Therapy has been shown to have a number of benefits. Volunteer Coordinator at Beaumont Health System, Carla Grava, will bring a few of these wonderful therapy dogs along with their handlers to Next as she discusses this unique program.

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



## FEATURED PROGRAMS

### ASK THE FINANCIAL ADVISOR

Fridays, May 5 and June 2 from 1:00 to 2:00 pm

*Cost: Complimentary (members only please)*

*Pre-registration required*

Certified financial advisor Jonathan Strong CRPC from UBS, will provide assistance with your financial questions. Please schedule your complimentary 30 minute appointment.

### THE BASICS OF MEDICARE

Monday, May 8 from 6:30 to 8:00 pm

*Cost: Complimentary members / \$5 non-members*

Turning 65? Still working at 67 and not sure how to handle Medicare enrollment? Attend this class to learn the basics of Medicare: When to sign up, how to sign up, and products to choose when you need to supplement your original Medicare. WDIV's Medicare Expert, Joanne Giardini-Russell, will share all the details! *Come get all of your questions answered.*

### SLEEP & RELAXATION:

#### Are you an Owl, a Lark or a Hummingbird?

Tuesday, May 9 at 10:30 am

*Cost: Complimentary members / \$5 non-members*

*Pre-registration required*

Certified Brains and Balance Specialist™ Kathy Housey will help you understand factors that affect your sleep including chronotypes and circadian rhythms. She will also offer simple, practical strategies for better sleep and relaxation. Attendees will be led through a guided meditation exercise.

### ANTIQUES APPRAISAL SHOW NIGHT

Tuesday, May 9 at 6:00 pm

*Cost: Complimentary members / \$5 non-members*

*Pre-registration required*

Do you have undiscovered treasures in your house that you would like to know more about? Jere Rush from Rush Appraisals will be here to tell you about your art, antiques, and collectibles. You may bring one item in (no jewelry please). Items will be appraised on a first come first serve basis. *Have fun hearing about what you and your friends bring to share!*

### LEARN TO PLAY CHESS

3 consecutive weeks: Tuesdays, May 16, 23, 30 at 5:00 pm

*Cost: Complimentary members / \$5 non-members*

*Pre-registration required*

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

### YOU HAVEN'T SOLD A HOME IN YEARS?

#### Snack-n-Chat with Kathi Jones-Cutler

Wednesdays, May 17 and June 14 from 3:00 to 5:00 pm

*Pre-registration required*

It's a whole new Real Estate World out there. Learn about the MLS selling on the internet, electronic contracts, and how television has changed the rules! *Refreshments served. All attendees receive Kathi's book free.*

### WHEN GENERATIONS COLLIDE

Thursday, May 18 at 1:00 pm

*Cost: Complimentary members / \$5 non-members*

We hear a lot about the four generations — Traditionals, Baby Boomers, Gen Xers and Millennials. But what defines each of these generations? And how do they communicate? **Class facilitator Diane Henderson** has had a 40-year career in educational program development and management training. Ms. Henderson will explore the characteristics of each of the generations and identify how to cross the divide that often separates them.

### SUMMER CONTAINER GARDENING

Tuesday, May 23 at 1:00 pm

*Cost: Complimentary members / \$5 non-members*

*Pre-register by Thursday, May 18*

Join Master Gardener Kathy Schein in the Next courtyard for a demonstration on successful container gardening this summer. Kathy will share her extensive knowledge of annual planting materials to make your container gardens exceptional this year! *This class is a demonstration to inspire you, not a hands-on class. Kathy generously volunteers her time each summer to plant and maintain the beautiful Next gardens!*

### BEAUTY OVER 50: Hair & Makeup Tips

Tuesday, May 23 at 6:00 pm

*Cost: Complimentary members / \$5 non-members*

*Pre-register required by Friday, May 19*

As time passes, how we care for our skin, hair and wear makeup should be updated. Simple steps can be taken to bring back the shine and glow of our natural beauty! Come join Kathy Partin, hair educator and color specialist, and makeup artist Victoria Palusevic from Spa Renaissance will show you how to look fabulous at any age!!

### EASY SUMMER SUPPERS with Nancy Weinert

Tuesday, June 13 from 5:30 to 7:00 pm

*Cost: \$7 members / \$12 non-members*

*Pre-register by Friday, June 9*

Cooking and entertaining expert Nancy Weinert is back! She will share with us new and unique seasonal recipes and tips using fresh flavorful ingredient's to create a perfect summer time supper. Some of the recipes on the menu we will be tasting are fresh gazpacho, garden pizza, stone fruit salad and marinated flank steak.

**SUMMER MOVIE FESTIVAL**

Tuesdays at 1:00 pm

*Cost: Complimentary members / \$5 non-members*

**June 27 - Wild Strawberries (subtitles)**

This 1957 movie is about a crotchety retired doctor, Isak Borg (Victor Sjöström), who travels from Stockholm to Lund, Sweden, with his pregnant and unhappy daughter-in-law, Marianne (Ingrid Thulin), in order to receive an honorary degree from his alma mater. Along the way, they encounter a series of hitchhikers, each of whom causes the elderly doctor to muse upon the pleasures and failures of his own life.

**July 11 - Driving Miss Daisy**

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

**July 18 - Tokyo Story (subtitles)**

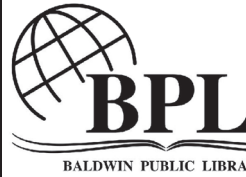
An elderly couple visit their children and grandchildren in the city. The visit does not go as they had hoped. See what happens in this 1953 Award Winning film.

**July 25 - Trouble With The Curve**

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

**August 1 - Out Of Africa**

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

**NEXT WELCOMES THE  
BALDWIN PUBLIC LIBRARY**

The Baldwin Public Library is partnering with Next to offer you the classes below.

*Learners of ALL ages are welcome.*

*These classes will take place in the Next computer lab.*

**Photo Editing with Online Tools**

Monday, May 1 at 6:30 pm - *Cost: \$5*

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

**Excel 2010: Spreadsheet Basics**

Monday, May 8, 15 at 6:30 pm - *Cost: \$10*

Learn the fundamentals of spreadsheet creation with Microsoft Excel in this two-session class.

**LinkedIn**

Monday, May 22 at 6:30 pm - *Cost: \$5*

Build and nurture your professional identity with LinkedIn, the world's largest network of its kind.

**Computer Basics**

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

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

**Intro to PowerPoint**

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

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

**Photo Editing with Online Tools**

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

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

**THE DONATION YOU SEND TO NEXT HAS THE POWER TO CHANGE A LIFE**

**As the needs of our community continue to grow, supporting independence is our first priority.**

Next not only provides a warm and welcoming place to gather with friends — but for those who need a little more assistance, Next also offers transportation to area doctors, Meals on Wheels, Medicare support, tax preparation, medical equipment loans, and referrals for in-home services. But most importantly, Next provides a listening ear and compassionate heart for seniors and those who care for them.

***Please give to the 2017 Annual Fund Drive - Donations can be made on-line, by phone or through The Spring Fund mailer coming soon to your home. We are grateful for your donation!***





## NEW SPRING/SUMMER FITNESS OFFERINGS

### PILATES

**10 drop-in classes:** Mondays and Wednesdays from 10:00 to 10:50 am (beginning Monday, May 8)

**Cost:** \$70 members / \$80 non-members

Sheridan Hainline, STOTT certified Pilates instructor brings Pilates to Next. The goal of Pilates is optimal musculoskeletal performance, flexibility, endurance and strength without building bulk or risking injury. We will focus on core stability, using pelvic and shoulder girdle stabilization to help create neutral alignment, spinal correction, tension relief and enhanced self-confidence. This results in moving with greater ease, long lean muscles, core strength and stability, improved posture.

*Please bring a water bottle and mat. No Pilates experience necessary. Participants must be able to easily get up and down from the floor.*

### FREE Pilates Demonstration

Wednesday, May 3 at 10:00 am - **Cost:** Complimentary

Although there is no charge for this demonstration, registration required as space is limited. *Please bring a water bottle and mat. No Pilates experience necessary. Participants must be able to easily get up and down from the floor.*

### "SLOW ROLL" BIKE GROUP

Every Tuesday night, beginning May 16 at 5:30 pm

Organizational meeting: Tuesday, May 9 at 5:30 pm

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

Next is forming a "Slow Roll" bike group this spring. The group will gather in the Next lobby at 5:30 pm every Tuesday evening. The length of ride depends on weather, ability and size of group that evening. Typically, the riders will enjoy a nice, easy ride to a local park, take a water break and then return to Next. We will travel through quiet, relatively flat neighborhoods and avoid the traffic on main roads. Questions? Join us at the May 9 organizational meeting to learn more, or contact chief biker **Myron Sedman** at (248) 891-2757 or [myron1950@aol.com](mailto:myron1950@aol.com). *All participants must wear a bicycle helmet.*

### SUMMER WALKING GROUP

Mondays and Wednesdays from 9:00 to 10:00 am (beginning Wednesday, June 21)

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

### NEXT GOLF LEAGUES

With Spring just around the corner would you like to get out and play golf on a more regular basis? Get back in to the game? Just learning to play? If so, join one of these fun loving leagues to play regularly!

**Cost:** \$225 for the season / \$10 to sub, pay as you play  
*Members only - Call Golf League Manager for details*

Springdale League plays Mondays at 9:37 am (beginning Monday, May 15)

**League Manager:** Jerry Mercier (248) 514-2853 or [jerrmarl@comcast.net](mailto:jerrmarl@comcast.net)

Lincoln Hills League plays Wednesdays at 10:00 am (beginning Wednesday, May 17)

**League Manager:** Pat Callanan (248) 642-7129



## FEATURED ART PROGRAMS

### ANYONE CAN PAINT: Mountain Runoff

Wednesday, May 17 from 9:30 to 11:30 am

**Cost:** \$28 member / \$33 non-member - *Fee includes all supplies*  
*Pre-register by Thursday, May 11*

The always popular Steve Wood returns to Next, combining his instruction with humor and encouragement for beginner to intermediate painters. *Participants will complete an 11"x14" painting.*

### BEGINNING BEADING: Swarovski Pendant using Peyote & Herringbone Stitches

Tuesday, May 9 from 10:00 am to 1:00 pm

**Cost:** \$13 members / \$16 non-members (plus material fee)  
*Please pre-register by Tuesday, May 2*

Learn to create a beautiful Swarovski crystal pendant and neck chain using peyote and herringbone stitches with Artisan Susan Fraser. *Class requires the ability to thread small needles, so bring your reading glasses! No prior beading experience required. Additional kits to make matching earrings will be available from instructor, and can be completed at home. The \$15 material fee is payable directly to the instructor.*

### NOTE CARDS WITH HAND PAINTED BORDERS

Friday, June 2 from 10:00 am to 12:00 noon

**Cost:** \$10 members / \$13 non-members  
*Pre-register by Thursday, May 25*

Create a set of six notecards and matching envelopes with a lovely impressionistic flower border. We will use acrylic paint, so wear your paint clothes. Artist/instructor Diane Bert will lead you through this process step-by-step. *You do not need to know how to paint to take this class. All materials included.*





## FEATURED ART PROGRAMS

### MAKE A COLORFUL GLASS ORNAMENT

Tuesday, June 27 at 4:00 pm

*Cost: \$10 members / \$13 non-members (plus material fee)*

*Registration required by Wednesday, June 21*

Create your own garden art using beautiful colored glass plates and bowls. Artist/instructor Diane Bert leads in the creation of beautiful year-round glass garden ornaments to plant in your garden. *\$18 material fee payable to instructor at time of class. Children 8 years and older welcome with adult.*

### ZENTANGLE

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

#### Zentangle Diptych

Tuesday, May 9 from 1:00 to 3:00 pm

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



Working in the round, you'll learn how to create a free standing Zentangle Art Work on a piece of card stock. Learn some of the new official Tangles with this project. *Bring your black and brown micron pens, pencil and blending stump or they will be available to purchase (\$7) from the instructor.*

#### Black & White Polymer Heart Pendant

Tuesday, June 27 from 1:00 to 3:00 pm

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



Zentangle patterned polymer clay heart pendant. Using slices of pre-made clay canes, lay out your pattern, smooth and bake. Leave with a finished pendant on a leather cord. *Taught by Pam Signorelli and Bonnie Goldmacher.*

#### Colored Pencil Mandalas

Tuesday, July 11 from 1:00 to 3:00 pm

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



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

#### Feeling Knotty

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

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



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



## ONGOING ART PROGRAMS

### KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

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

### NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

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

### PAINTING WITH ACRYLICS & OILS

Beginners through advanced students

10 week class: Tuesdays, April 4 through June 13  
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, 16"x20" canvas or larger, #2 desk pencil, eraser, and painting supplies to first class.*

### PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm

(through June 8, then resumes on September 14)

*The group is currently at capacity; however, if you are interested in joining the club, please contact [paletteandbrush.org](http://paletteandbrush.org).*

### STUDIO ART CLASS

10-week class: Thursdays through June 8 from 1:00 to 3:30 pm

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

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

### PHOTOGRAPHY CLUB

Select Tuesdays, May 16 and June 13

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 they use. We encourage an atmosphere where everyone is comfortable asking questions, sharing their opinions and enjoying our common interest. *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](mailto:chazgreen@wowway.com).*

# FEATURE FILMS

**Every Wednesday Evening @ 5:30pm**

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

**Cost: Complimentary members / \$5 non-members**

ADMIT ONE

**DINNER &  
A CLASSIC**

  
**presented by**

**THE EFFARES GROUP**  
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**MAX BROOK**  
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SINCE 1895

## May 3 - HELL OR HIGH WATER

Two brothers — Toby, a straight-living, divorced father and Tanner, an ex-con come together to rob branch after branch of the bank that is foreclosing on their family land. Vengeance seems to be theirs until they find themselves in the crosshairs of a relentless Texan looking for one last triumph on the eve of his retirement. As the brothers plot a final bank heist, a showdown looms where the last honest law man and a pair of brothers with nothing to live for except family collide.

**Rated R 1 hour 42 minutes**

## May 10 - HIDDEN FIGURES

The untold story of three brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race, and galvanized the world. The visionary trio crossed all gender and race lines to inspire generations to dream big. **Rated PG 2 hours 7 minutes**

## May 17 - LION

A five-year-old Indian boy gets lost on the streets of Calcutta, thousands of kilometers from home. He survives many challenges before being adopted by a couple in Australia; 25 years later, he sets out to find his lost family. **Rated PG-13 1 hour 58 minutes**

## May 24 - FENCES

Fences is the story of Troy Maxson, a mid-century Pittsburgh sanitation worker who once dreamed of a baseball career, but was too old when the major leagues began admitting black players. He tries to be a good husband and father, but his lost dream of glory eats at him, and causes him to make a decision that threatens to tear his family apart. **Rated PG-13 2 hours 19 minutes**

## May 31 - THE PHILADELPHIA STORY

**Dinner & A Classic 5:00 pm**

Philadelphia heiress Tracy Lord throws out her playboy husband C.K. Dexter Haven shortly after their marriage. Two years later, Tracy is about to marry respectable George Kittredge whilst Dexter has been working for "Spy" magazine. Dexter arrives at the Lord's mansion the day before the wedding with writer Mike Connor and photographer Liz Imbrie, determined to spoil things.

**Unrated (1941) 1 hour 52 minutes**

## June 7 - SHERLOCK HOLMES - DRESSED TO KILL

Sherlock Holmes sets out to discover why a trio of murderous villains, including a dangerously attractive female, are desperate to obtain three unassuming and inexpensive little music boxes. **Starring Basil Rathbone and Nigel Bruce.**

**Unrated (1946) 1 hour 9 minutes**

*Join us for the June 8th speaker presentation on Sherlock Holmes by Mark McPherson, popular lecturer, journalist, author, actor, playwright, filmmaker and historical detective.*

## June 14 - LA LA LAND

The story of Mia, an aspiring actress, and Sebastian, a dedicated jazz musician, struggling to make ends meet while pursuing their dreams in a city known for destroying hopes and breaking hearts. With modern day Los Angeles as the backdrop, this musical about everyday life explores what is more important: a once-in-a-lifetime love or the spotlight.

**Rated PG-13 2 hours 8 minutes**

## June 21 - LOVING

The story of Richard and Mildred Loving, an interracial couple, whose challenge of their anti-miscegenation arrest for their marriage in Virginia led to a legal battle that would end at the US Supreme Court. **Rated PG-13 2 hours 3 minutes**

## June 28 - CITIZEN KANE

**Dinner & A Classic 5:00 pm**

When a reporter is assigned to decipher newspaper magnate Charles Foster Kane's dying words, his investigation gradually reveals the fascinating portrait of a man who rose from obscurity to staggering heights. Though Kane's friend and colleague Jedediah Leland, and his mistress, Susan Alexander, shed fragments of light on Kane's life, the reporter fears he may never penetrate the mystery of the elusive man's final word, "Rosebud."

**Rated PG-13 1 hour 59 minutes**



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for providing Next  
with Movies and Popcorn**

# SPEAKER S E R I E S

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**Cost: Complimentary members / \$5 non-members**

**May 4 - THE CHANGING SCALE OF CONSERVATION**  
**Helen Taylor, Michigan State Director**  
**of the Nature Conservancy**

Helen Taylor will discuss the changing scale of conservation as organizations, communities and leaders are faced with increasingly complex problems. Solutions, policies and practices are expanding the scope and impact of conservation work from site to systems, to sustainability, in order to achieve the long-term health of places we care about like the Great Lakes.

**May 11 - DIA PRESENTS DIEGO RIVERA**  
**Kathy Lewand, Detroit Institute of Arts**

Diego Rivera's art continues to live on at the Detroit Institute of Art. Many of his murals and art exhibits focus on his paintings and life, as well as that of Frida Kahlo (his wife), and draw large crowds. Rivera's paintings continue to show the struggles of people all over the world while holding onto their specific place in time. Learn about what has made Diego Rivera's art timeless classics.

**May 18 - THE FALL OF THE SOVIET UNION**  
**& THE RISE OF PUTIN'S RUSSIA**  
**Professor Aaron Retish PhD**

On Christmas Day 1991, the Soviet flag flew over the Kremlin in Moscow for the last time. By the year 2000, Putin was elected to President and has been ruling Russia ever since. Aaron Retish, History Professor at Wayne State University will discuss the Soviet Union, its collapse and the rise of Putin's Russia. How has Putin's political ideology and world view shaped the Russian Federation of today? What will the Russian relationship with the US and the led Western world look like in the next decade(s)?

**May 25 - OAKLAND COUNTY'S ECONOMIC OUTLOOK**  
**Matthew A. Gibb, J.D., Deputy County Executive**

Mr. Gibb oversees all aspects of Economic Development and Community Affairs for Oakland County including the County's role in planning, business attraction and expansion, community development, home assistance programming, workforce, and a variety of related issues and services. Mr. Gibb will update us on what is happening in Oakland County.

**June 1 - THE COMPLEXITIES OF IMMIGRATION**  
**Rachel Settlage**

Rachel Settlage, Director of the Asylum and Immigration Law Clinic at Wayne State Law School, will discuss why the immigration system is so complex and why it is so difficult to obtain legal status in America. Why is the path to citizenship so costly, tedious and lengthy? Professor Settlage will walk us through the immigration process and point out unavoidable stumbling blocks that slow down or deny applicants, asylum seekers, and refugees the ability to become a legal US citizen.

**June 8 - SHERLOCK ACCORDING TO DOYLE**  
**Mark McPherson**

Enjoy a dramatic exploration of the character, image and literary legend of Sir Arthur Conan Doyle's immortal fictional detective, Sherlock Holmes. Presented by Mark McPherson, popular lecturer, journalist, author and actor — whose personal adventures have garnered him many distinctions including numerous accolades from the Arthur Conan Doyle Society and a host of international scion organizations.

**June 15 - THE SURPRISING RISE OF HATE IN AMERICA: WHAT IS HAPPENING? WHAT CAN WE DO?**  
**Rabbi Mark Miller**

Mark Miller, Senior Rabbi at Temple Beth El, will speak to the surprising rise of hate in America. All too often we hear of incidents of racism, Islamophobia, homophobia, anti-Semitism, and anti-immigrant sentiments that have become a growing threat to humanity. What circumstances have contributed to the unprecedented amount of discourse we are currently witnessing? How can we, as individuals and communities, promote a democratic civil society where all people, regardless of affiliation, feel a sense of safety and belonging?

**June 22 - NO SPEAKER - Move to Beverly School**

**June 29 - CRANBROOK HOUSE & GARDENS**  
**Judy Lindstrom, Docent and Speaker**

Judy Lindstrom will discuss Cranbrook House, the oldest manor home in metro-Detroit and its beautiful gardens! There are incredible vistas and the feeling of history and architectural wonder all around. This presentation will provide lots of information about our National Historic Landmark in Bloomfield Hills! *Don't miss the Cranbrook House Tour on August 15 - see page 8*





## DAY TRIPS

### MEIJER GARDENS & GERALD FORD MUSEUM

Monday, May 8

Bus departs Next at 7:45 am, returns about 7:00 pm

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

Spend time at Fredrick Meijer Gardens and Sculpture Park as well as the Gerald Ford Museum. This trip includes entry to both locations and a \$12 lunch voucher to be used at Meijer Gardens. Both a tram ride, as well as a guided tour, will be provided. After lunch, head to the Gerald Ford Museum for a short film with time to explore exhibits including the spotlight exhibit "Space: A Journey to Our Future". *Please note that there is a considerable amount of walking on this trip. Trip offered by Bianco Tours.*

### HIGHLIGHTS TOUR: The Detroit Institute of Arts

Thursday, June 29 - *Please register by Wednesday, June 21*

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

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

The DIA has invited Next members and friends to an afternoon "Highlights Tour". This enjoyable experience includes motor coach transportation to and from the DIA, a guided tour of museum highlights, and an afternoon coffee/tea/cookie reception.

### EDSEL & ELEANOR FORD HOUSE & GROUNDS TOUR

Tuesday, July 18

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

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

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

### TAKE ME OUT TO THE BALLGAME

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

Detroit Tigers vs Kansas City Royals: Tuesday, July 25

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

*Cost: \$61 members / \$66 non-members*

*Please register by Monday, June 19*

Seats are in section 323 on first base line.

Detroit Tigers vs New York Yankees: Wednesday, August 23

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

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

*Please register by Monday, July 17*

Seats are in section 113 on first base line.

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

### LUNCH BUNCH ON TUESDAYS

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

#### May 16 - Recipes, Troy

This diner-like restaurant has a diverse menu! Order a Frittata, Omelet, Reuben, Turkey Club, Salad, etc. There's something for everyone.

#### June 13 - Mex, Bloomfield Hills

Try the Build Your Own Salad, Fajita Bowl, White Bean Chicken Chili, etc. All are so delicious, you can't go wrong.

#### July 11 - Roadside Bar and Grill, Bloomfield Hills

So much to choose from! Try the Daily Omelet, Grilled Salmon Burgers, Southwest Grilled Shrimp Salad and much more!

#### August 8 - Benihana Sushi & Japanese Steak House

Benihana is both delicious and entertaining! A few popular menu options include Hibachi Scallops and Hibachi Steak.

### ROYAL OAK FARMERS MARKET

Friday, July 28

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

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

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

### CRANBROOK HOUSE TOUR

Tuesday, August 15

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

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

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

### DIAMOND JACK'S RIVER TOURS

Wednesday, August 16 - *Please register by Monday, July 31*

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

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

Diamond Jack's has been providing exciting Detroit River Tours for more than 20 years. Come aboard and see Detroit like you've never seen it before! *Begin with lunch on your own at Andrews on the Corner. Trip offered in partnership with Bloomfield Township Senior Services.*



## OVERNIGHT TRAVEL

### DETROIT REVITALIZATION TOUR

Friday, September 15 - *Please register by Friday, June 23*  
Bus departs Next at 8:30 am, returns at about 2:30 pm  
*Cost: \$48 members / \$58 non-member*

Linda Yellin, from Feet on the Street Tours, will board the Next bus and take us on a fun, informative and interactive tour. On this guided tour, enjoy an overview of the recent revitalization and current developments in Detroit, including highlights in Detroit's downtown, the International RiverWalk, Campus Martius, Woodward Avenue, and Capitol Park. In addition, the tour will feature highlights of Midtown including the site of the new Hockey Arena (District Detroit), historic Brush Park and the Cass Corridor. We will get off the bus at the Detroit International RiverWalk/Rivard Plaza and one other site to be determined. *Lunch on your own at Traffic Jam & Snug.*

### GRAND RAPIDS ART PRIZE

Tuesday, September 26 - *Please register ASAP*  
Bus departs Next at 7:00 am, returns at about 7:00 pm  
*Cost: \$90 members / \$95 non-member*

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

### STRATFORD FESTIVAL DAY TRIP: "Guys and Dolls"

Thursday, October 5 - *Pre-registration required*  
Bus departs Next at 6:45 am, returns about 9:30 pm  
*Cost: \$155 members / \$160 non-members*

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

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

### HOLLAND & SAUGATUCK TRIP

Wednesday and Thursday, June 21 and 22 - 2 days / 1 night  
Bus departs TBD (Troy Community Center or Next)  
*Cost: members - private room \$418, double \$350 per person, triple \$328 per person / non-members - private room \$428, double \$360 per person, triple \$338 per person*

Take a trip to the western part of the state. This trip includes lodging and round-trip transportation on a deluxe motorcoach, as well as a cruise and three meals. Enjoy lunch at **Coral Gables** and shopping in downtown Saugatuck, an art colony with 30 art galleries and several boutiques. Upon arrival in Holland, check in at the **Haworth Inn**, nestled between Hope College and Holland's historic downtown. That evening, board the **Holland Princess** for a dinner cruise on Lake Macatawa and Lake Michigan. The next day, enjoy shopping in downtown Holland as well as a trip to Windmill Island Gardens. Before returning home, spend some time at Holland State Park. *Please note that there is a considerable amount of walking on this trip. Trip offered by Bianco Tours.*

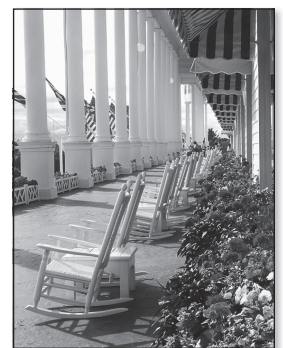
### NIAGARA ON THE LAKE

Friday, August 18 through 20 - 3 days / 2 nights  
*Cost: private room \$999, double room \$799 per person*  
*Register for this trip by calling Zelma at 810-287-0066*

Next is partnering with Zelma Travels to offer you this trip. Discover the most enchanting city located just beyond our borders. This trip includes a 2-night stay at the marvelous **Prince of Wales Hotel**, which is located in the center of town. It also includes round trip motorcoach transportation, hotel stay with breakfast each morning and 2 dinners, as well as 2 evening theatre performances. These performances include "The Madness of George III" and "Me and My Girl". On the return trip, a photo opportunity at Niagara Falls will be provided. *Travelers must have a valid Enhanced License or Passport.*

**GRAND GETAWAY: Mackinac Island's Grand Hotel**  
3 nights, 4 days - Monday, October 23 to Thursday, October 26  
*Cost: \$826 double / \$754 triple / \$1,116 single*

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



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## STIMULATE YOUR MIND WITH ONGOING PROGRAMS

### ► CURRENT EVENTS DISCUSSION GROUP

Every Friday at 12:00 noon (no meeting Friday, June 16)

With everything going on in the world today, it can be difficult to keep up with it all. Come join other members for this casual discussion group about current events — from what's going on in Michigan to what is happening around the globe. *This is a drop in, non-facilitated group dialogue.*

### ► GENEALOGY/FAMILY HISTORY:

#### One-on-One Searching for Your Ancestors

*By appointment only - Call to reserve 30-minute appointment*  
Appointments available Thursday, May 18 from 1:00 to 2:30 pm  
*Cost: Complimentary members / \$5 non-members*

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

### ► MEN'S BREAKFAST

Every Wednesday at 9:00 am (note change from Friday)

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

### ► POPULAR READS BOOK CLUB

Monday, June 12 from 1:00 to 2:00 pm

Join Rebekah Craft, Associate Director of the Baldwin Public Library, to discuss *The Wonder* by Emma Donoghue. Rebekah will be leading book discussions of popular and award-winning books several times throughout the year. *When you register, you'll be given a copy of the book, provided by Baldwin Public Library.*

### DON'T MISS OUT ON INTERGENERATIONAL FUN!

Thursdays from 9:00 to 11:00 am (through Thursday, June 8 then resumes in September) - *Please pre-register*

A bus from Next will take interested members to Greenfield Elementary where from 9:30 to 10:30 am 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.*



Meemic

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### ► RETIREMENT REIMAGINED

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

#### When Generations Collide

Thursday, May 18 at 1:00 pm

*For more information on this presentation see page 2.*

#### The Importance of Friendships in Retirement

Friday, June 9 at 1:00 pm

*Cost: Complimentary members / \$5 non-members*

Friendships are important to promoting both physical and mental health. Join the conversation about building new relationships and renewing old friendships in retirement.

### ► WRITER'S CORNER

1st and 3rd Thursdays, May 4, 18  
and June 1 and 15 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 Celia Ransom 248-644-6291 for additional information.*

### ► WRITING TIME

Select Mondays, May 1, 15 and June 12 from 9:30 to 11:00 am  
Writers please join us for concentrated writing time. Work on something you've already started, or polish something you've almost finished. Computer, laptop, tablet, and pen and ink writers are all welcome! *Contact facilitator Celia Ransom 248-644-6291 for additional information.*



## CARDS & CLUBS

### ♣ B-I-N-G-O

1st and 3rd Fridays, May 5, 19 and June 2 at 1:00 pm  
(no Bingo Friday, June 16)

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

### ♣ CARDS & TILES

#### 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.*

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

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

#### Pinochle

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

#### Euchre

Tuesdays from 12:00 noon to 3:00 pm

#### Hearts

Thursdays from 12:00 noon to 3:00 pm

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

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

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

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

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

### ♣ BIRMINGHAM STAMP CLUB

Tuesdays, May 2, 16 and June 6, 27 at 6:00 pm  
then July 18 and August 1, 15  
*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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### ♣ ONE-ON-ONE COMPUTER INSTRUCTION

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

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

# If you haven't sold a home in years...



## Come join Kathi for a Snack-n-Chat!

It's a whole new Real Estate World out there. Learn about the MLS selling on the internet, electronic contracts, and how television has changed the rules for homeowners. If you haven't bought or sold a home in the last 15 years, you can't afford to miss this!

---

**Wednesday, May 17  
and Wednesday, June 14  
from 3:00 to 5:00 pm**

***Pre-registration required***

***Refreshments served and all attendees  
will receive a free copy of  
Kathi's book "Cashing in on Design"***



## Kathi Jones-Cutler

*I am a Senior Real Estate Specialist  
and a member of Next who  
proudly serves on the Next board.*

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## INVIGORATE YOUR BODY WITH ONGOING FITNESS PROGRAMS

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

### AGEBUSTERS

Tuesdays and Thursdays at 9:00 am

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

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

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

### CHAIR YOGA

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

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

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

### LIMBER UP

Mondays, Wednesdays and Fridays at 9:00 am

*Cost: Complimentary*

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

### MAT YOGA FOR WELL BEING

Tuesdays and Thursdays at 4:30 pm

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

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

### PICKLEBALL

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

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

Saturdays from 9:00 am to 2:00 pm

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

*Cost: Complimentary members / \$2 non-members*

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

### "SENIOR FIT" EXERCISE CLASS

Start: September through April

*Cost: Complimentary (limited spaces)*

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

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

### SMALL GROUP PERSONAL TRAINING SERIES

**Late Spring Series:** 6 class series on Tuesdays, May 2, 9, 16, 23, 30 and June 13 from 2:00 to 3:00 pm (no class Tuesday, June 6)

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

*Pre-registration required - Class limited to six participants*

You'll receive the guidance and attention of a Personal Trainer, yet still benefit from the energy and excitement of others. In this small group setting, A.C.E. Certified Personal Trainer **Sharon Claye** will focus on endurance, strength, and balance, along with special targeted exercises and helpful tips to meet your fitness goals. Join us for a fun, energetic workout with lots of variety.

### STANDING BARRE CLASS

Saturdays from 10:00 to 10:50 am

(through Saturday, June 10, then resumes in September)

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

*By reservation only! Call the Next office every week (beginning the Monday before class) to reserve your spot in class*

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

### SEATED BARRE CLASS

Saturdays from 11:00 to 11:50 am

(through Saturday, June 10, then resumes in September)

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

*By reservation only! Call the Next office every week (beginning the Monday before class) to reserve your spot in class*

This yoga inspired barre class will begin seated with gentle stretching, and a focus on breathing. We will move to the barre and continue into gentle stretches, and balance positions. Instructor: **Karen Lutz, E-RYT**. The sessions will end seated in the chair to wind down the practice, and end with 5 minutes of seated meditation. *First class complimentary.*

### ► TAI CHI

Tuesdays from 10:30 am to 12:00 noon

Fridays from 10:15 to 11:45 am

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

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

### ► BOWLING LEAGUE @ HARTFIELD LANES

Fridays at 10:00 am - No need to register, just drop in! (through Friday, May 5, then resumes in September)

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

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

New bowlers more than welcome! *For additional information, contact League Manager, Steve Kates at 248-977-9992.*

### ► TENNIS LEAGUE - MIXED DOUBLES

Wednesdays from 2:30 to 4:00 pm and Fridays from 2:00 to 3:30 pm (through Friday, May 5, then resumes in September)

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

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*Move in by 9/1/17  
New residents only*





## SUPPORT SERVICES

### ► INFORMATION ABOUT COMMUNITY RESOURCES

Jeanne Nance and Sandi Cassar are available to Next members, seniors in the community, in-town and out-of-town family members, and caregivers. Come in or call with any questions; the team is here to help with resources, information, and referrals in a whole range of areas. *The Next Support Services Department welcomes you Monday through Friday.*

#### COMMUNITY HOUSING TOURS

Join us to tour local senior living communities — there are many wonderful options in the area and this is a great opportunity to gather information. You will be picked up, returned to Next and you will enjoy a complimentary lunch as part of the tour. *Please call 248-203-5270 to RSVP.*

**Sanctuary at Bellbrook**  
Wednesday, May 3  
Bus departs at 10:30 am

**Stonecrest of Troy**  
Wednesday, June 14  
Bus departs at 11:00 am

### ► ASK THE ATTORNEY

Tuesday, May 2 from 1:30 to 2:15 pm  
and Tuesday, June 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. Members only.*

### ► EARLY STAGE MEMORY LOSS SUPPORT GROUP

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

### ► FINANCIAL ASSISTANCE

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

### ► MINOR HOME REPAIR for BEVERLY HILLS RESIDENTS

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

### ► LAWN MOWING for BIRMINGHAM & BEVERLY HILLS RESIDENTS

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

### ► TRANSPORTATION

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

### FOUNDATION FOR BIRMINGHAM SENIOR RESIDENTS

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

*Assistance comes in two forms:*

- Funding for minor home repairs such as handrail installations, plumbing, roof, electrical work, etc. *These funds do not need to be repaid.*
- Interest-free loans for major home repairs such as replacing a roof, furnace, windows, etc. *These loans are repaid after the sale of the home.*

*Please call Jeanne Nance or Sandi Cassar for more information.*

### ► HEARING AID & EYEGLASSES DONATIONS & RECYCLING

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

### ► LET'S HEAR FROM YOU

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



## The one **Beaumont** doctors choose

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

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Rehabilitation | Skilled Nursing Care | Assisted Living

19933 W. 13 Mile Road | Southfield, MI 48076 | 248-203-9000 | [www.BeaumontHRC.org](http://www.BeaumontHRC.org)



## HEALTH & NUTRITION

### ► MEDICAL EQUIPMENT LOANS

Our loan closet contains wheelchairs, walkers, canes, commodes, bath benches and shower stools available for up to three months at no charge. Simply call to reserve the equipment you need. We also accept donations of above items. *This is a free service, with a refundable \$20 per item deposit required for non-members.*

### ► NUTRITION SUPPORT

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

### ► BLOOD PRESSURE & BLOOD OXYGEN SCREENING

1st Wednesdays, May 3 and June 7 from 10:00 to 11:00 am  
*No appointment is necessary. Free of charge.*

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

### ► PODIATRISTS AT NEXT

Wednesdays, May 24 and June 28 from 9:00 to 11:00 am  
*Call Next to make an appointment*

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

### ► MEALS ON WHEELS

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

### ► MEDICARE/MEDICAID GUIDANCE

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

### ► NURSE ON CALL

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

### ► BETTER CHOICES FOR A BETTER ENDING

Friday, May 19th at 2:00pm.

*Cost: Complimentary*

*Dr. Sklar, along with Attorney, Ed Pugh will discuss end of life planning as well as the importance of Advance Directives. Please join us informative presentation.*

### ► ELDER ABUSE

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

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



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Specializing in short-term rehabilitation, patients at Woodward Hills recover in well-appointed private room suites, all while mastering the day-to-day tasks, essential for a successful return home. This Five-Star rated facility, shares an affiliation with Beaumont Health and is recognized for delivering advanced care in a state-of-the-art environment of health and wellness.

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## PLEASE PRE-REGISTER

As Next grows, so does the popularity of our classes, programs, movies, lectures and day trips. Pre-registration is used to determine which rooms to use, room set up, materials needed, staff scheduling and more. To ensure a spot, pre-register as early as possible online at [BirminghamNext.org](http://BirminghamNext.org) or with the Next office. And if you find yourself on a wait list, realize that there are often cancellations. *Thank you!*

## MEET OUR NEWEST MEMBERS...

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

*Mary Agarwal, Jeanette Agnew, Arland Corder, Helena Daley, Barbara Davidson, Carol Demos, Russell Donovan, Carroll Falberg, Linda and Oz Forrester, Amie Friedman, Ayesha Gaggino, Doris Godwin, Frankie Harris, Suzanne Lareau, Dottie Latson, Connie Limia, Judy and Al Lowery, Patrick McNamara, Joanne and Wynn Miller, John Miller, Gwen Prais, Jerome Rivard, Sharon and Ronald Rose, Susan and Dave Rugenstein, Cheryl Shettel, Kathleen and Neil Skaar, Bobbie Soeder, Robert Stoner, Marsha Suszan, Joanne Von Mach, Ralph Williams, Diane Yessaia Costa, and Catherine Zimmerman*

### *We are thinking of you...*

*Lois Appledorn, Mary Billing, Morris Brackenbury, Dorothy Coordes, Shirley Gach, Pat Hernlund, Georgette Lhyle, Barb Maria, and Laverne Smith*

### *Our condolences to the families of...*

*Audrey Cobb, Kathy Hendrickson, Grace Huising, Sona Nahabedian, Joe Papp and Al Reyman*

## Donations Received through March 31, 2017

### GROUP ORGANIZATIONS

Birmingham Bloomfield Coin Club

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In memory of Audrey Cobb

Next Pickleball Players in c/o Al Rosie

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## PEANUT BUTTER & JELLY DRIVE through May 31, 2017

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 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.*

# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 9:00 Limber Up 9:30 Writing Time 10:00 Beginning Bridge Knitting <b>Birthday Coffee</b> 10:30 Mah Jongg 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg Tense Conversations 12:00 Pinochle 1:30 Chair Yoga 5:30 Pickleball 6:30 Photo Editing	<b>2</b> 9:00 Agebusters Essentrics 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre <b>12:30 Volunteer Lunch</b> 1:30 Ask the Attorney 2:00 Small Group PT 2:30 Partners Bridge 4:30 Mat Yoga 5:30 NO Pickleball 6:00 Stamp Club	<b>3</b> 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Blood Pressure Pilates Demo 10:30 Housing Tour 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League <b>5:30 Movie - Hell or High Water</b> Pickleball	<b>4</b> 9:00 Agebusters 9:30 Advanced Pottery Writer's Corner Palette & Brush 12:00 Hearts 12:15 Pickleball 1:00 Studio Art Class 4:30 Mat Yoga 5:30 Pickleball <b>6:00 Lecture - Changing Scale of Conservation in Michigan</b>	<b>5</b> 9:00 Limber Up 10:00 Bowling 10:15 Tai Chi 12:00 Pinochle Current Events 1:00 Bingo Ask the Financial Advisor 2:00 Tennis League	<b>6</b> 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
<b>8 Meijer Gardens</b> 9:00 Limber Up 10:00 Beginning Bridge Knitting Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga 5:30 Pickleball 6:30 Spreadsheet Basics <b>Basics of Medicare</b>	<b>9</b> 9:00 Agebusters 9:30 Painting Class 10:00 Beading Class <b>10:30 Owl, Lark, Humingbird</b> Tai Chi 12:00 Euchre <b>1:00 Zentangle</b> 2:00 Small Group PT 2:30 Partners Bridge 4:30 Mat Yoga <b>5:30 Slow Roll Meeting</b> Pickleball <b>6:00 Antique Appraisals</b>	<b>10</b> 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Pilates 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga <b>5:30 Movie - Hidden Figures</b> Pickleball	<b>11</b> 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush 12:00 Hearts 12:15 Pickleball 1:00 Studio Art Class <b>1:30 New Member Coffee</b> 4:30 Mat Yoga 5:30 Pickleball <b>6:00 Lecture - DIA: Diego Rivera</b>	<b>12</b> 9:00 Limber Up 10:15 Tai Chi 12:00 Pinochle Current Events	<b>13</b> 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
<b>15</b> 9:00 Limber Up 9:30 Writing Time <b>9:37 Springdale Golf</b> 10:00 Beginning Bridge Knitting Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga 5:30 Pickleball 6:30 Spreadsheet Basics	<b>16 Lunch Bunch</b> 9:00 Agebusters 9:30 Painting Class <b>10:00 Photo Club</b> 10:30 Tai Chi 12:00 Euchre <b>1:00 Board Meeting</b> 2:00 Small Group PT 2:30 Partners Bridge 4:30 Mat Yoga <b>5:00 Chess Class</b> <b>5:30 Slow Roll</b> Pickleball 6:00 Stamp Club	<b>17</b> 9:00 Limber up Men's Breakfast <b>9:30 Anyone Can Paint</b> 10:00 Lincoln Hills Golf Needle Arts Pilates 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga <b>3:00 Home Sale</b> <b>5:30 Movie - Lion</b> Pickleball 7:00 Coin Club	<b>18</b> 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush Writers Corner 12:00 Hearts 12:15 Pickleball <b>1:00 Generations Collide</b> Studio Art Class Genealogy 4:30 Mat Yoga 5:30 Pickleball <b>6:00 Lecture - Putin's Russia</b>	<b>19</b> 9:00 Limber Up 10:15 Tai Chi 12:00 Pinochle Current Events 1:00 Bingo <b>2:00 The Importance of Advance Directives</b>	<b>20</b> 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
<b>22</b> 9:00 Limber Up <b>9:37 Springdale Golf</b> 10:00 Beginning Bridge Knitting Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga 5:30 Pickleball 6:30 LinkedIn Intro	<b>23</b> 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre <b>1:00 Container Gardening</b> 2:00 Small Group PT 2:30 Partners Bridge 4:30 Mat Yoga 5:00 Chess Class 5:30 Slow Roll Pickleball <b>6:00 Beauty Over 50</b>	<b>24</b> 9:00 Limber Up Podiatrist Men's Breakfast <b>10:00 Lincoln Hills Golf</b> Needle Arts Pilates 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga <b>5:30 Movie - Fences</b> Pickleball	<b>25</b> 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush 12:00 Hearts 12:15 Pickleball <b>1:00 Therapy Dogs</b> Studio Art Class 4:30 Mat Yoga 5:30 Pickleball <b>6:00 Lecture - Oakland County Economic Outlook</b>	<b>26</b> 9:00 Limber Up 10:15 Tai Chi 12:00 Pinochle Current Events	<b>27</b> 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
<b>29</b> <b>Next Closed for Memorial Day</b>	<b>30</b> 9:00 Agebusters 9:30 Painting Class <b>9:37 Springdale Golf</b> 10:30 Tai Chi 12:00 Euchre 2:00 Small Group PT 2:30 Partners Bridge 4:30 Mat Yoga 5:00 Chess Class 5:30 Slow Roll Pickleball	<b>31</b> 9:00 Limber up Men's Breakfast <b>10:00 Lincoln Hills Golf</b> Needle Arts Pilates 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga <b>5:00 Dinner &amp; A Classic - The Philadelphia Story</b> Pickleball			



# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush Writers Corner 12:00 Hearts 12:15 Pickleball <b>1:00 Living with Parkinson's Studio Art Class</b> 4:30 Mat Yoga 5:30 Pickleball <b>6:00 Lecture - Complexities of Immigration</b>	<b>2</b> 9:00 Limber Up <b>10:00 Note Card Class</b> 10:15 Tai Chi 12:00 Pinochle Current Events 1:00 Bingo Ask the Financial Advisor	<b>3</b> 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
<b>5</b> 9:00 Limber Up <b>10:00 Birthday Coffee</b> Beginning Bridge Knitting Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg <b>1:00 Golf Classic</b> 1:30 Chair Yoga 5:30 Pickleball	<b>6</b> 9:00 Agebusters 9:30 Painting Class <b>9:37 Springdale Golf</b> 10:30 Tai Chi 12:00 Euchre 1:00 Ask the Attorney 2:00 NO Small Group PT 2:30 Partners Bridge 4:30 Mat Yoga 5:30 Slow Roll Pickleball 6:00 Stamp Club	<b>7</b> 9:00 Limber Up Men's Breakfast <b>10:00 Lincoln Hills Golf</b> Blood Pressure Needle Arts Pilates 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga <b>5:30 Movie - Sherlock Holmes Dressed to Kill</b> Pickleball	<b>8</b> 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush 12:00 Hearts 12:15 Pickleball 1:00 Studio Art Class 4:30 Mat Yoga 5:30 Pickleball <b>6:00 Lecture - Sherlock Holmes according to Doyle</b>	<b>9</b> 9:00 Limber Up 10:15 Tai Chi 12:00 Pinochle Current Events <b>1:00 Retirement Reimagined</b>	<b>10</b> 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
<b>12</b> 9:00 Limber Up 9:30 Writing Time <b>9:37 Springdale Golf</b> 10:00 Beginning Bridge Knitting Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg <b>1:00 Popular Reads</b> 1:30 Chair Yoga 5:30 Pickleball	<b>13 Lunch Bunch</b> 9:00 Agebusters 9:30 Painting Class <b>10:00 Photo Club</b> 10:30 Tai Chi 12:00 Euchre <b>1:00 Board Meeting</b> 2:00 Small Group PT 2:30 Partners Bridge 4:30 Mat Yoga <b>5:30 Summer Suppers</b> Slow Roll Pickleball	<b>14</b> 9:00 Limber up Men's Breakfast <b>10:00 Lincoln Hills Golf</b> Needle Arts Pilates <b>11:00 Housing Tour</b> 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga <b>3:00 Home Sale</b> <b>5:30 Movie - La La Land</b> Pickleball	<b>15</b> 9:00 Agebusters 9:30 Advanced Pottery Writers Corner 12:00 Hearts 12:15 Pickleball 4:30 Mat Yoga 5:30 Pickleball <b>6:00 Lecture - Hate in America</b>	<b>16</b> 9:00 Limber Up 10:15 Tai Chi  <b>Move to Beverly Elementary</b> <b>Next Closes at 12:00 noon</b>	<b>17</b> <b>Move to Beverly Elementary</b> <b>Next Closed</b>
<b>19</b> <b>Move to Beverly Elementary</b> <b>Next Closed</b>  <b>9:37 Springdale Golf</b>	<b>20</b> <b>Move to Beverly Elementary</b> <b>Next Closed</b>	<b>21 Holland &amp; Saugatuck</b> 9:00 Walking Group Limber Up Men's Breakfast <b>10:00 Lincoln Hills Golf</b> Needle Arts Pilates 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga <b>5:30 Movie - Loving</b> Pickleball 7:00 Coin Club	<b>22</b> 9:00 Agebusters 9:30 Advanced Pottery 12:00 Hearts 12:15 Pickleball 4:30 Mat Yoga 5:30 Pickleball <b>6:00 NO Lecture</b>	<b>23</b> 9:00 Limber Up 10:15 Tai Chi 12:00 Pinochle Current Events	<b>24</b> 9:00 Open Pottery Studio Pickleball
<b>26</b> 9:00 Walking Group Limber Up <b>9:37 Springdale Golf</b> 10:00 Beginning Bridge Knitting Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga 5:30 Pickleball	<b>27</b> 9:00 Agebusters 10:30 Tai Chi 12:00 Euchre <b>1:00 Summer Movie - Wild Strawberries</b> Zentangle 2:30 Partners Bridge <b>4:00 Glass Ornament</b> 4:30 Mat Yoga 5:30 Slow Roll Pickleball 6:00 Stamp Club	<b>28</b> 9:00 Walking Group Limber up Podiatrist Men's Breakfast <b>10:00 Lincoln Hills Golf</b> Needle Arts Pilates 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Boogie at Beverly Chair Yoga <b>5:00 Dinner &amp; A Classic - Citizen Kane</b> Pickleball	<b>29 DIA</b> 9:00 Agebusters 9:30 Advanced Pottery 12:00 Hearts 12:15 Pickleball 4:30 Mat Yoga 5:30 Pickleball <b>6:00 Lecture - Cranbrook House &amp; Gardens</b>	<b>30</b> 9:00 Limber Up 10:15 Tai Chi 12:00 Pinochle Current Events	<b>JULY 1</b> <b>Next Closed for Fourth of July</b>



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## NEW MEMBER COFFEE

Thursday, May 11 at 1:30 pm

*Please RSVP by Monday, May 8*

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.*

## HOTDOG FRIDAYS ARE BACK!!

Every Friday from 12:00 to 1:00 pm

Beginning June 1st hotdogs will once again be grilling on the courtyard patio! *No need to worry! Hotdog Fridays will continue at Beverly School!*

## ACTIVITY

## PAGE

Featured Programs.....	Cover and 2-3
Tech @ Next.....	3
New Spring/Summer Fitness Offerings .....	4
Featured Art Programs .....	4-5
Ongoing Art Programs .....	5
Feature Films.....	6
Speaker Series .....	7
Day Trips / Overnight Travel .....	8-9
Stimulate Your Mind with Ongoing Programs....	11
Cards & Clubs .....	12
One-On-One Computer .....	12
Ongoing Fitness Programs .....	14-15
Support Services .....	17
Health & Nutrition .....	19
New Members / Donations / PB&J Drive .....	21
Calendars.....	22-23

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

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9:00 am to 2:00 pm

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