Next
Your Place to Stay Active & Connected

MAY/JUNE 2018

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

DISCOVER YOUR FAMILY TREE

Tuesday, May 22 at 6:00 pm
Cost: Complimentary members
$5 non-members

If you have the family history bug, learn how to begin and what tools are helpful. **Diane Oslund, skilled genealogist,** will provide strategies and share examples of common research mistakes. This presentation gives tips on how to find what you need to uncover the past! Light refreshments provided! Generously sponsored by Kathi Jones-Cutler of Max Broock Realtors.

ACOUSTIC GUITAR & VOCALS by John D. Lamb

Wednesday, June 6 at 1:00 pm
Cost: Complimentary members
$5 non-members

Enjoy an hour of music and singing with award winning John D. Lamb. John's CD, *Feel That*, is the winner of the 2007 Detroit Music Award for Outstanding Acoustic/Folk Recording. Enjoy songs from the 50s and beyond. There are bound to be a few songs that will take you back in time! Kindly sponsored by Affordable HomeCare.

BIRMINGHAM'S BICENTENNIAL: The Saginaw Trail & Founding of Birmingham

Wednesday, June 13 at 1:00 pm
Cost: Complimentary members / $5 non-members

Next welcomes **Birmingham Museum's Director** and **author, Leslie Pielack**, to share some little known details about the unique circumstances that made all the difference in the origin and success of Birmingham. Questions will be answered such as "How and why did the founders of Birmingham (Elijah Willits, John Hamilton, and John West Hunter) settle the wilderness in a location that has become some of the most valuable real estate in the nation?" and "What was their connection to each other, and why was the Saginaw Trail (Woodward Avenue) the key to their success?"

FIT PARK AT NEXT!

The Next Fit Park to be installed in early May offers members another great way to stay active and connected! Utilize seven pieces of low impact resistance equipment designed to promote flexibility, balance and strength. **See Page 4 for orientation and circuit training classes.**

PICKLEBALL AT BIRMINGHAM ICE RINK

This summer, enjoy 6 courts in a climate controlled setting with indoor amenities and easy parking. Details on page 5.

ANNIVERSARY FUND DRIVE - 1978 to 2018

A lot has changed at Next over the years, but our commitment to the community has not. Thank you for supporting the Anniversary Fund Drive by giving a gift that makes a difference. **Donate online at www.BirminghamNext.org/donate or look for your Anniversary Fund Drive note in your mailbox.**

Please join us for the Golf Classic to Benefit Next

GOLF Classic To Benefit Next

Monday, June 11 at
Lincoln Hills Golf Course

- **2:00 pm tee off**
- **scramble format**

Cost: $75 per golfer includes cart and dinner

Enjoy an afternoon on the links with your Next friends and community members! The fun continues with an amazing silent auction, contests, wine tasting and a delicious dinner under the pavilion overlooking the golf course! **For more information, please visit our website @ BirminghamNext.org.**

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

SPEAKER SERIES

bank of ann arbor helps

ENGAGE. ENRICH. KNOW MORE.

Premier Speaker Series Every Thursday at 6:00 pm
Cost: Complimentary members / $5 non-members

May 3 - MICHIGAN ROADS & INFRASTRUCTURE
Lori Swanson, Projects & Contracts Administration Engineer, Michigan Department of Transportation

Ms. Swanson will share her perspectives on our infrastructure and what the future holds for Oakland County in the 5-year Strategic Plan. Ms. Swanson was the lead engineer for the design and construction of Michigan's first Diverging Diamond Interchange in Auburn Hills at University and I-75, and many other high profile projects in Oakland County.

May 10 - MIDDLE EAST EXPERTISE & PERSPECTIVES
Professor Saeed Khan, JD
Department of Near East & Asian Studies - WSU

Professor Khan is an expert on U.S. policy, globalization, Middle East and Islamic Studies and bioethics. He has contributed to C-span, NPR, Voice of America, National Press Club, CBC and the BBC. He founded a think tank and policy center examining the condition of immigrant groups in North America and Europe. Professor Khan also consults with American and British governments to assist with Muslim communities.

May 17 - ARTIFICIAL INTELLIGENCE IN OUR SOCIETY
Professor David Ostrowski, BBA, MS, PhD - LTU

Artificial intelligence predates modern computing. It started in the 1940s by those in the fields of medicine and mathematics who were interested in the activity of the brain. It influences our daily lives, including our purchase decisions, transportation, and even how we wash our clothes.

May 24 - LET'S HAVE SOME MAGICAL FUN
Joshua Wilde, Magician

A graduate of Second City Improv in Chicago, comedian and magician Joshua Wilde will treat magic like an art and demonstrate a unique style of juggling that you've gotta see to believe. Be entertained by the magician who promises the "highest form of magical entertainment".

May 31 - WHAT'S HAPPENING IN LATIN AMERICA
Gus Mondalek, Religious Scholar & International Affairs Expert

Hezbollah in the Americas — Hezbollah with Iranian support has been establishing a presence in South and Central America for the purpose of trafficking drugs. Now they have moved to Mexico. What are the implications?

June 7 - MICHIGAN WAR DOGS
Phillip Weitlauf, U.S. Army Veteran

Military War Dogs have been fighting alongside our soldiers. In WWI they were called Ambulance Dogs. In WWII they were scouts, trackers and messengers, saving 15,000 lives. In Korea, one War Dog Platoon saved thousands of lives. In Vietnam, working dogs saved more than 10,000 lives. In Iraq, war dogs detected IEDs and worked in roadside check points. They continue on duty today in Afghanistan with 600 teams deployed, saving lives every day. Military War Dog Ziva will make an appearance at Next!

June 14 - ALGIERS MOTEL MURDERS
Professor Danielle McGuire, BA, MA, PhD
College of Literature Arts & Sciences - WSU

Today, as protestors around the country demand an end to police violence — and cities like Chicago, Ferguson and Baltimore simmer and seethe with racial tension — understanding the causes and consequences of the Algiers Motel murders and the history of the 1967 Detroit uprising holds the promise for reconciliation and future change. Failure to heed this history can only lead to what James Baldwin called "the fire next time."

June 21 - COLD WAR CRISIS: KOREAN WAR 1950 - 1953
Professor Bruce Zellers, MA, BA
Oakland University

As the Cold War between Communism and the West developed after 1945, a military clash became more likely. It arrived with the American intervention in Korea in 1950. Like the later war in Vietnam, this conflict proved to be costly and frustrating. But unlike Vietnam, the United States forces remain in Korea and thereby vulnerable to any renewal of hostilities on that peninsula.

June 28 - PERSPECTIVES ON MARIJUANA
Matthew Abel, Attorney, Exec. Director - NORML

The aim of the National Organization for the Reform of Marijuana Laws is to move public opinion sufficiently to achieve the legalization of non-medical marijuana so that the responsible use of cannabis by adults, including cultivation for personal use is no longer subject to penalty. What would this mean for Michigan? What are the benefits of legalizing marijuana?

FEATURED PROGRAMS

NEW! VISION ENRICHMENT SUPPORT GROUP
Thursdays, May 10 and June 14 from 9:00 to 11:00 am
Cost: Complimentary??

Facilitated by the **Greater Detroit Agency for the Blind and Visually Impaired**. Those who are visually challenged are welcome to join to discuss issues and hear speakers. Family and care-givers are also invited to join us.

WHAT'S YOUR STORY?
Friday, May 11 from 10:30-11:30 am
Cost: Complimentary members / $5 non-members

Retired Pastor and founder of Birmingham Grace Baptist Church, Charles Whitfield, will talk to you about the importance of creating an autobiography. Some of the topics discussed will be what to include, how to recall memories and why family will find this of importance. Come with an open mind and heart!

KLM BIKE & FITNESS PRESENTS: Bicycle Computers & Fitness Tracking
Thursday, May 17 at 1:00 pm
Cost: Complimentary members / $5 non-members

Let the experts from KLM Bike and Fitness walk you through the fundamentals of bicycle computers and fitness tracking. This will be a "hands-on" clinic demonstrating different types of bicycle computers their benefits and how to choose the perfect tool for the job! Topics to be covered, but not limited to: measuring speed and distance, what is cadence, gps for computers, and apps for smartphones.

SUMMER MOVIE FESTIVAL
Fridays at 2:00 pm
Cost: Complimentary members / $5 non-members

▶ June 15 - Stand by Me
After the death of a friend, a writer recounts a boyhood journey to find the body of a missing boy.

▶ June 29 - The Notebook
A poor yet passionate young man falls in love with a rich young woman, giving her a sense of freedom, but they are soon separated because of their social differences.

▶ July 13 - The Trouble with the Curve
A daughter tries to remedy her dysfunctional relationship with her ailing father, a decorated baseball scout, by helping him on a recruiting trip which could be his last.

▶ July 27 - Breaking Away
A small-town boy obsessed with the Italian cycling team vies for the affections of a college girl.

A special thanks to Baldwin Public Library for supplying our movies!

VACCINES: What You Need to Know
Wednesday, June 27 at 1:00 pm

The Oakland County Health Division will be presenting information and answering questions regarding routinely recommended vaccines. This will include an update on the newly recommended shingles vaccine, Shingrix by GlaxoSmithKline — as well as information on flu vaccine, pneumonia vaccine (need two types) and Tdap.

WHAT TO DO IF YOU FIND YOURSELF IN AN ACTIVE SHOOTER SITUATION
Wednesday, May 23 from 1:30 to 3:30 pm
Cost: Complimentary

Commander Scott Grewe, Birmingham Police Department, has presented active shooter training (ALICE) at local schools and businesses, sharing valuable safety information for dangerous situations. Active shooter concerns are unpredictable and evolve quickly. Because these situations are often over within 10 to 15 minutes, sometimes before law enforcement arrives on the scene, individuals must be prepared both mentally and physically to deal with an active shooter. These are not building specific directions, but practical steps to minimize risk and harm, wherever you are.

SEARCH FOR THE ELLIS OUTHOUSE
Thursday, May 24 at 1:00 pm
Cost: Complimentary members / $5 non-members

Carol Bacak-Egbo, Oakland University Professor, Historian and Project Advisor for Oakland County Parks, returns to discuss the outhouse located on the site of the historic Ellis Farmstead in Springfield Township, Michigan. Ever wonder why archaeologists go digging for old outhouses? Historic archaeologists have great interest in outhouses because they often contain artifacts of the past that people tossed either intentionally or accidentally down the deep, dark hole never to be seen again (so they thought). Learn more about how and why archaeologists would dig up the site of an old outhouse and what the Ellis Farmhouse dig revealed about local history! Kindly sponsored by Oakland County Parks.

COOKING WITH FRIENDS!
Tuesday, June 5 from 5:30 to 6:30 pm
Cost: $8 members / $11 non-members

Come join Next's own **Bev Singer** and **Dennys Grady**, who will share their favorite easy recipes for healthy snacks! You can enjoy these recipes for a mid-day bite, lunch or late night snack that are also healthy! Tastings included.

DOWNSIZING WORKSHOP
Thursday, June 7 at 10:00 am
Cost: Complimentary members / $5 non-members

Join **Realtor Kathi Jones-Cutler** and **John Green of Morse Moving** to get tips from the pros on starting the process of moving. They will discuss how to clear the clutter and prepare your home for the market — then packing the right way, box basics, wrapping and "how to" labeling hints.

GOOD HEALTH SERIES

OPTICAL UPDATE
Dr. Phillip Ellston, Optometrist
Wednesday, May 9 at 10:30 am
Cost: Complimentary members / $5 non-members

Over 35 million Americans have chronic conditions of dry eye disease and glaucoma. Many of these people are undiagnosed and continue to suffer without proper management. What can we do about this? Dr. Phillip Elston, from Clarity Advanced Eyecare and Michigan Dry Eye Center in Birmingham, returns to discuss why dry eye and glaucoma are so often improperly diagnosed and treated. He will touch on risk factors, treatments, and when to know a thorough workup of your condition is necessary. He will also offer a simple screening of risk factors associated with glaucoma. Don't miss this opportunity to learn more about eye health and get your dry eye and glaucoma questions answered.

THE ART OF MINDFUL LIVING
Julie Levinson, Certified 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 of power of intention, guided imagery, and mindful eating will leave you with a new sense of focus and joy for the moment.

DON'T GET OLD, BE BOLD!!
Tips & Tricks to Make Aging an Advantage
Thursday, June 21 at 1:00 pm
Cost: Complimentary members / $5 non-members

Aging is not the end — it's just the beginning! Learn how to take advantage of aging. Make the most of your time, energy and resources. **Kelly Scheer**, **president of Blossom Collection**, will discuss why growing BOLD (not old) is the next BEST chapter.

Many thanks to our Health Series Sponsor!

LIFE IN FULL BLOOM
BLOSSOM COLLECTION

LIVING WITH & UNDERSTANDING PARKINSON'S DISEASE

MICHIGAN PARKINSON FOUNDATION™

Cost per presentation:
Complimentary members
$5 non-members
Please pre-register by calling 248-203-5270 or on our website www.BirminghamNext.org.

This 5-class series provides information and discussion on all aspects of living with Parkinson's Disease. This program is of value to the newly diagnosed as well as patients and families dealing with Parkinson's Disease for several years. Kindly presented by the Michigan Parkinson Foundation™.

▶ Introduction: What is Parkinson's Disease & Managing Medication
Tuesday, May 8 from 1:00 to 3:00 pm

Learn what causes Parkinson's, the motor and non-motor symptoms, diagnosis and treatment options. Review of Parkinson's medications, how they are administered, effectiveness, and side effects.

▶ The Role of Rehab Therapy & Exercise in Managing Parkinson's
Tuesday, May 15 from 1:00 to 3:00 pm

Presented by a physical therapist and occupational therapist. Exercise is a critical component of living well with Parkinson's. Learn how to incorporate exercise into your daily routine. An occupational therapist will teach how to manage "freezing", gait issues, and activities of daily living.

▶ Speech & Swallowing Issues
Tuesday, May 22 from 1:00 to 3:00 pm

Parkinson's can cause problems with speech and swallowing. A speech therapist will explain the mechanisms of speech and swallowing and provide exercises participants can do at home to address these problems.

▶ Non-Motor Symptoms of Parkinson's
Tuesday, June 5 from 1:00 to 3:00 pm

Discuss non-motor symptoms associated with Parkinson's Disease and how to manage them. Symptoms include urinary problems, constipation, sexual concerns, orthostatic hypotension, thermoregulation, sweating, skin problems, pain, fatigue, sleep disorders, and fatigue.

▶ Mental Health Issues: Coping with Depression & Anxiety
Tuesday, June 12 from 1:00 to 3:00 pm

Review common feelings people with Parkinson's and their family members experience with a diagnosis and the progression of a chronic condition. Discuss the common stages people go through in adapting to changes created by this condition, coping methods, and warning signs that additional support may be needed.

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NEW SUMMER FITNESS

MEMORY CARE CHAIR YOGA

Mondays May 14, 21 June 4, 11 from 12:30 to 1:00 pm
Cost 4-class series: $28 members / $33 non-members

Instructor Karen Lutz, E-RYT 500, brings several years of memory care instruction to this class. This offering is designed for both memory care patients as well as their caregivers. It is known that yoga can help the brain learn new patterns of connection. Yoga for memory care will focus on repetitive movements that may be done seated and with the option of standing. These sessions should benefit both patient and caregiver.

BALLROOM DANCE

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.

Tango

Thursdays, May 17, 24, 31 from 6:30 to 7:30 pm
Cost 3-week series: $30 members / $36 non-members

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

Smooth Dance Review - Waltz & Tango

Thursdays, June 7 and 14 from 6:30 to 7:30 pm
Cost 2-week series: $20 members / $26 non-members

Rhythm Dance Review - Merengue, Rumba & East Coast Swing

Thursdays, July 12 and 19 from 6:30 to 7:30 pm
Cost 2-week series: $20 members / $26 non-members

BEGINNING LINE DANCING

Series 1: Mondays, May 7, 14, 21 and June 4 from 9:00 to 9:50 am
Cost 4-week series: $25 members / $30 non-members

Series 2: Mondays, June 11, 18, 25 and July 2, 9 from 9:00 to 9:50 am
Cost 5-week series: $30 members / $35 non-members

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.

NEW! FIT PARK ORIENTATION

Session 1: Tuesday, May 22 from 10:30 to 11:00 am
Session 2: Wednesday, May 23 from 3:00 to 3:30 pm
Session 3: Wednesday, May 30 from 3:00 to 3:30 pm
Session 4: Thursday, May 31 from 9:30 to 10:00 am
Cost: Complimentary - Please pre-register

Safety first! Learn how to use the new equipment safely and correctly in this orientation. AFAA certified instructor, Lori Harbour will lead this orientation and help you get the most out of this Fit Park, safely.

NEW! FIT PARK CIRCUIT TRAINING

Tuesdays, June 5, 12, 19, 26 from 10:30 to 11:15 am
Cost 4-class series: $60 members / $65 non-members
Space is limited to 7 students!

Enjoy the NEW outdoor adult Fit Park in a small group setting, with personalized attention! Enjoy the social aspect of making new friends and working out together! Engage in some fun activities utilizing the Fit Park as well as other equipment, such as balls, bands and weights. Join **Lori Harbour**, **AFAA certified instructor**, for a 45 minute session.

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 advanced 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.

PICKLEBALL COMING THIS SUMMER TO THE BIRMINGHAM ICE RINK!

Next will be hosting Pickleball at the Birmingham Ice Rink this summer. Enjoy 6 courts in a climate controlled setting with indoor amenities and easy parking. Balls and paddles available for use.

Friday Night Kick-off Mixer

Friday, June 1 from 6:00 to 9:00 pm (details to follow)

Open Drop-In Play

June 2 through August 5

- Mondays, Wednesdays, Fridays from 10:00 am to 8:00 pm
- Tuesdays and Thursdays from 10:00 am to 4:30 pm
- Saturdays from 9:00 am to 2:00 pm

Cost per drop-in: $1 Next members / $3 non-members
Punch cards available in the Next Office

Ladder Play

- Tuesdays from 2:00 to 4:00 pm (no session July 3)

Cost 8-week session: $20.00 Next members
$30.00 non-members

When registering please indicate skill level — beginner, intermediate, or advanced.

Beginner Pickleball Lessons

Available for newcomers or advanced beginners.
8-week series (maximum of 7 people per lesson)

A comprehensive series of 8 lessons — led by **IPTPA Certified Pickleball Instructor, Tom Wehner —** will cover all the fundamentals needed for enjoyable and successful play. No sessions during the week of July 4th.

Sessions offered:

- Saturdays at 11:00 am
- Saturdays at 12:30 pm
- Mondays at 6:30 pm
- Wednesdays at 6:30 pm

Groups of three or four people assures individual attention, get your friends together as a group!

- To arrange alternative series schedules or individual instruction, contact Tom at 248-885-1203 or e-mail him at twehner@ameritech.net.
- Full group series of 8 lessons for $60 per person. Individual lessons at $10 per hour.

Registration and payments directly to instructor. Please contact Tom Wehner to make arrangements.

PICKLEBALL AT NEXT

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 2:30 pm

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

Saturdays from 9:00 am to 2:00 pm

All Saturday mornings from 9:00 to 10:30 am are set aside for true beginners, with skills and drills mini-clinics on the 1st and 3rd Saturday of each month.

Many thanks to the Next Pickleball Sponsor!!!

TRIFOUND

MORNING WALKING GROUP

Mondays and Wednesdays at 9:30 am

Join other Next members for a little camaraderie while walking through the neighborhood or take advantage of the Seaholm track right behind Next. You can also add more variety to your fitness routine by incorporating the new Next Fit Park into your morning before or after your walk. This is a non-facilitated group. Stop in the Next lobby and join other members looking to walk in a group dynamic.

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.

TENNIS LEAGUE - MIXED DOUBLES

Wednesdays from 2:30 to 4:00 pm
and Fridays from 2:00 to 4:00 pm
(Last day is Friday, May 4 and fall start-up is Wednesday, September 12 and Friday, September 14)

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.

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.

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!

Karen Lutz, E-RYT, will teach both seated and standing barre in this class. We will use the barre or chair to move into gentle stretches, gain flexibility and strength in balance positions. Move with your own range of motion, and at your own pace.

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.

SMALL GROUP PERSONAL TRAINING SERIES

Tuesdays from 2:00 to 3:00 pm
Spring Series 1: May 8, 15, 22, 29
Spring Series 2: June 5, 12, 19, 26
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? 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. (4 student minimum, 6 student maximum)

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.

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

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.

SLOW FLOW YOGA

Tuesdays and Thursdays from 1:00 to 1:50 pm
Cost 10 drop-in classes: $60 members / $70 non-members

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

YOGA FOR WELL BEING

Saturdays from 10:00 to 10:45 am
Cost 10 drop-in classes: $70 members / $80 non-members

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

Many thanks to our Friends of Next Sponsor! We are grateful for your support.

St. Anne's Mead
Assisted Living | Nursing Care | Memory Care

FEATURE FILMS

Every Wednesday Evening @ 5:30pm
Cost: Complimentary members / $5 non-members
Thanks to Woodward Hills for providing Next with movies and popcorn.

JEFFARES GROUP
REAL ESTATE

PRESENTS
DINNER & A CLASSIC
ADMIT ONE
Last Wednesdays @ 5:00pm

May 2 - PLACES IN THE HEART

In 1935 Texas, widowed Edna Spaulding (**Sally Field**) struggles with two children, a farm to run and very little money in the bank. Edna is aided by her sister, Margaret; a boarder, Mr. Will (**John Malkovich**); and a would-be thief, Moze (**Danny Glover**), who decide to teach Edna how to plant and harvest cotton.
Rated PG 1 hour 51 minutes

May 9 - BREATHE

An inspiring true love story between Robin Cavendish (**Andrew Garfield**) and his wife Diana (**Claire Foy**), an adventurous couple who refuse to give up. When Robin is struck with polio, he is confined to a hospital bed and given only months to live. With the help of Diana's twin brothers and the groundbreaking ideas of inventor Teddy Hall (**Hugh Bonneville**), Robin and Diana escape the hospital to seek a full and passionate life raising their son, traveling and devoting their lives to helping other polio patients.
Rated PG 1 hour 58 minutes

May 16 - SPIDER-MAN HOMECOMING

A young Peter Parker/Spider-Man (**Tom Holland**) begins to navigate his newfound identity as the web-slinging super hero. Thrilled by his experience with the Avengers, Peter returns home where he lives with his Aunt May (**Marissa Tomei**), under the watchful eye of his new mentor Tony Stark. Peter tries to fall back into his normal daily routine, distracted by thoughts of proving himself. When the Vulture emerges as a new villain, everything that Peter holds most important is threatened.
Rated PG13 2 hours 13 minutes

May 23 - MURDER ON THE ORIENT EXPRESS - 2017

What starts out as a lavish train ride through Europe quickly unfolds into one of the most stylish, suspenseful and thrilling mysteries ever told. From the novel by author Agatha Christie, this is the tale of thirteen strangers (**Judi Dench**, **Penelope Cruz**, **William Dafoe**, **Kenneth Branagh**) stranded on a train, where everyone's a suspect. One man must race against time to solve the puzzle before the murderer strikes again.
Rated PG13 1 hour 54 minutes

May 30 - ALL ABOUT EVE

Dinner & A Classic at 5:00 pm

Jealousy, manipulation, and betrayal unfold in this 1950 tour de force drama of an ambitious wannabe, Eve (**Anne Baxter**), who sets her sights on stealing the spotlight from legendary stage actress Margo Channing (**Bette Davis**). Insecurities and designer gowns abound as Margo desperately tries to hold on.
Not rated 2 hours 18 minutes

June 6 - BOMBSHELL: THE HEDY LAMARR STORY

Hedy Lamarr was a ravishing actor of the 1930s whose visage was the inspiration for Snow White. She also was a technological trailblazer who perfected a radio system to throw Nazi torpedoes off course and whose concepts were the basis of cell phone and bluetooth technology. Weaving interviews with clips of Hedy, the film presents her life as an Austrian Jewish émigré, glittering Hollywood movie star, groundbreaking inventor, and sadly later, as an impoverished recluse.
Not rated 1 hour 28 minutes

June 13 - MANCHESTER BY THE SEA

Lee Chandler (**Casey Affleck**) is a brooding irritable loner who works as a handy man in a Boston apartment block. One damp winter day he gets a call summoning him to his hometown north of the city. His brother's heart has given out suddenly, and he's been named guardian to his 16-year-old nephew (**Lucas Hedges**). As if losing his only sibling and doubts about raising a teenager weren't enough, his return to the past re-opens an unspeakable tragedy.
Rated R 2 hours 17 minutes

June 20 - ARRIVAL

When several mysterious spacecrafts touch down across the globe, an elite team led by linguist Louise Banks (**Amy Adams**) is brought together to investigate. As mankind teeters on the verge of global war, Banks and her team race against time for answers. To find them, she takes a chance that could threaten her life and quite possibly humanity's existence.
Rated PG 1 hour 56 minutes

June 27 - VERTIGO

Dinner & A Classic at 5:00 pm

Hitchcock's romantic story of obsession, manipulation and fear. A detective (**James Stewart**) is forced to retire after his fear of heights causes the death of a fellow officer and the girl (**Kim Novak**) he was hired to follow. He sees a double of the girl, causing him to transform her image onto the dead girl's body. This leads him into a cycle of madness and lies.
Not rated 2 hours 3 minutes

FEATURED ART CLASSES

PAINTING ON TILES
Tuesday, May 8 from 4:00 to 5:30 pm
Cost: $18 members / $20 non-members

Artist Deborah Roelofs will show you how to paint on a 6x6 tile using her design ideas or free style a design of your choice! No experience necessary. Fee includes all materials. Please wear painting clothes.

PHOTOGRAPHY CLUB
Tuesdays, May 15 and June 19 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.

PLAYFUL PARTY PLATES
Tuesday, May 22 from 1:00 to 3:30 pm
Cost: $17 members / $22 non-members
($20 material cost paid to instructor)

Choose from dozens of playful napkins to decorate two glass plates. This makes a perfect hostess gift and one to keep for yourself. This class is taught by **artist and art instructor**, **Virginia LaMont Naegeli**. Wear painting clothes and have some fun!

BATIK SILK SCARF DESIGN
Mondays, June 4 and 11 from 1:30 to 3:30 pm
Cost 2-part class: $55 (includes all materials)

Create a beautiful, one-of-a-kind, hand painted silk scarf at this unique scarf painting workshop. Produce a design and apply it to a 11x60 natural silk scarf using professional grade dyes that give vibrant color to the silk. **Artist and art instructor Ann Marie Curley** leads you through this process. Ms. Curley has taught both fine and fiber art classes throughout the state. All materials provided. Wear painting clothes.

ALCOHOL INK TILES
Tuesday, June 5 from 1:00 to 3:30 pm
Cost: $22 members / $27 non-members
($20 material cost paid to instructor)

In this class, you will create four beautiful ceramic coasters! Explore the use of alcohol inks to create vibrant one-of-a-kind coasters perfect for a gift or to keep for yourself. **Artist and art instructor**, **Virginia LaMont Naegeli** will guide you through the process. Wear painting clothes, just in case! Bring your desire to explore and have some fun!

ZENTANGLE
Zentangle is a Zen-like way of creating a beautiful piece of art taught by **certified instructor**, **Pam Signorelli**. Bring your basic supplies, the rest will be provided. Basic kits available from the instructor for $7.

Collage & Tangle Cards
Tuesday, May 15 from 1:00 to 3:00 pm
Cost: $20 members / $23 non-members

Create greeting cards using collage techniques and Zentangle. So many unique papers to choose from, you won't want to stop making them!

Miniature Zentangle Charms
Tuesday, June 12 from 1:00 to 3:00 pm
Cost: $23 members / $26 non-members

Use shrinkable plastic to create lovely miniature charms to use as earrings, key chains, gift tags, or pendants. Learn new tangles that lend themselves to this medium. Bring your micron pens.

Colorful Mandalas
Tuesday, July 17 from 1:00 to 3:00
Cost: $23 members / $26 non-members

Create a mandala without using a compass or ruler. Add color using water based Koi markers and water pens.

IKEBANA FLOWER ARRANGING
Tuesdays, June 12, 19 from 3:00 to 4:00 pm
Cost 2-class series: $12 members / $15 non-members

Let **Yasuko Nelson**, **a trained Japanese Ikebana professional**, guide you in how to create this beautiful form of flower arranging that emphasizes form and balance in nature. Please bring a vase (4"- 5" tall) of your choosing to class. All other materials provided.

PAINTING WITH ACRYLICS & OILS
Tuesdays, June 19 through August 28
from 9:30 am to 12:00 noon (No class July 3)
Cost 10-week class: $150 members / $160 non-members
($10 fee for printed materials paid to instructor)

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. Beginners through advanced students welcome!

STUDIO ART CLASS
Thursdays, July 12 through August 30 from 1:00 to 3:30 pm
Cost 8-week class: $120 members / $130 non-members
($5 fee for printed materials payable to the instructor)

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 to advance in an individualized way.

ONGOING ART & CREATIVITY

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.

Thank you to our Programming Sponsor for their continued support!

OAKMONT®

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.

PALETTE & BRUSH CLUB
Thursdays from 9:30 am to 12:30 pm
(Last class before summer hiatus is June 7)

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

ADVANCED POTTERY STUDIO
Thursdays from 9:30 am to 12:30 pm

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

OPEN POTTERY STUDIO
Saturdays at 9:00 am

Enjoy the Open Studio to develop your pottery projects! Beginners through experts welcome!

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DAY TRIPS

CRANBROOK ACADEMY OF ART GRADUATE DEGREE EXHIBITION

Wednesday, May 9
Bus departs Next at 12:30 pm, returns about 2:30 pm
Guided Tour from 1:00 to 2:00 pm
Cost: $20 Next members / $25 non-Next members
Bonus $8 discount for Cranbrook Art Museum members
Regsitration required

See the work from the next generation of architects, artists and designers featuring pieces that are the culmination of two years of studio work from more than 70 graduates as they launch their careers.

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 - Register required 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.

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

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

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.

We are grateful to our Hospitality Sponsors. Thank you!

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NEW! CRANBROOK ART MUSEUM

Tuesday, June 26
Bus departs Next at 10:45 am, returns about 1:30 pm
Cost: $25 members / $30 non-members
Registration required

Enjoy a guided tour of *Punk: Too Fast to Live, Too Young to Die*. This exhibition explores the unique visual language of the punk movement from the mid-1970s to the mid-1980s through hundreds of its most memorable graphics — flyers, posters, albums, and promotions. Then spend some time independently exploring the Collections Wing, which showcases a collection of nearly 6,000 artworks.

NEW!! GUIDED FOOD TOUR OF EASTERN MARKET: "Come Hungry, Leave Happy"

Tuesday, September 11
Bus departs Next at 8:15 am, returns about 1:00 pm
Cost: $45 members / $50 non-members
Strolling brunch included - Register by June 14

On this tour we will stroll from shed to shed and visit specialty stores to learn about unique products, hear fun facts and history of the area, while going behind the scenes and sampling various foods. We'll get to know local growers and vendors, their products and some tips for improving our health with Michigan foods. We'll also visit an art collective or a letterpress shop. Find seasonal fruits, vegetables, and flowers, while eating your way through the market! At the completion of the tour, you will have an hour to stroll through the market at your leisure. **Please note that this is slow paced walking tour.**

NEW! STRATFORD FESTIVAL: *To Kill A Mockingbird*

Saturday, October 27
Bus departs First Presbyterian Church at 8:00 am, returns about 8:00 pm
Cost: $199 per person, $100 deposit to hold spot
Register by calling Zelma Travels at 810-287-0066

Enjoy lunch at the Annex Restaurant before seeing *To Kill a Mockingbird* at the Festival Theatre. On the return trip, travelers will receive a boxed lunch on the bus. **Travelers must have a valid Passport or Enhanced License.**

Many thanks to the Next Senior Services Sponsor...

helping to assure seniors have the resources they need!

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TRAVERSE CITY VINES, WINES & ADVENTURE

Sunday, June 17 through Tuesday, 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 Dennos 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

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! **Travelers must have a valid Passport or Enhanced License.**

Many thanks to the Next Senior Services Sponsor... their support assures resources are available!

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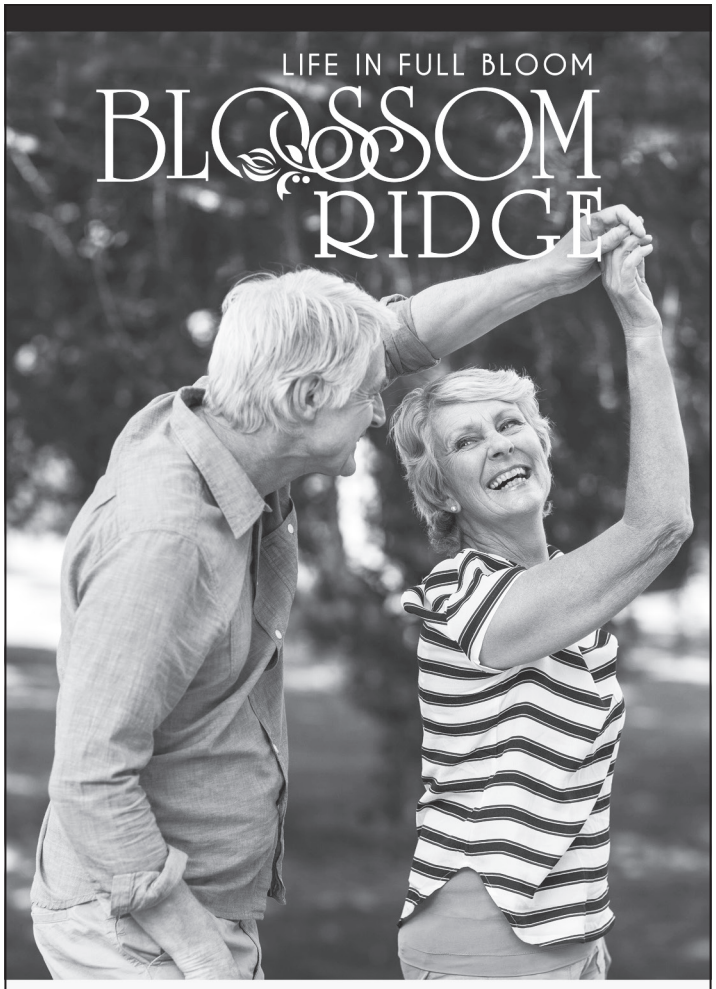

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CURRENT EVENTS DISCUSSION GROUP
Every Friday at 12:00 noon

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 makes 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
Monday, May 7 at 1:00 pm

Rebekah Craft, Associate Director of the Baldwin Public Library, leads book discussions of popular books. The May book selection is ***The Music Shop*** **by Rachel Joyce.** 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
(Last class before summer hiatus is June 21)

Join Next members who love to gather and share their common interest in writing. Members of this group enjoy writing poetry, memoirs, social commentary, short stories and novels. Read your material and get constructive feedback. Contact facilitator Sara Burnside at 248-649-1813 for additional information.

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COMPUTER LAB & CLASSES

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The lab is open during center hours for Next members.

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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 and purchase your computer card. Members only.

BALDWIN PUBLIC LIBRARY COMPUTER CLASSES
Classes will take place in the Next computer lab.
Cost per class: $5
Learners of ALL ages welcome.

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.

NEXT NOTES

HOT DOG FRIDAYS ARE BACK!
Beginning June 1 at 12:00 noon, **Chef Charles Nave** will be grilling in the Next courtyard. Join us for lunch on the patio each Friday through the summer months. Complimentary for Next members only.

ATTENTION GARDENERS!
Like getting your hands a little dirty? Next is looking for a few people to help maintain our gardens with watering and general upkeep. Please contact the office if interested.

BBQ AT GREENFIELD ELEMENTARY
Wednesday, May 30 from 12:30 to 1:30 pm

Next members have been invited to a BBQ lunch with our young friends at Greenfield Elementary. Enjoy conversation and camaraderie while getting better acquainted with students from our partner school. Complimentary for Next members only.

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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

BRIDGE LESSONS

Wednesdays, May 2, 9, 16, 23 from 9:30 to 11:30 am
Cost 4-week series: $80 member / $86 non-member
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

Come with your own Mah Jongg table partners or stop by the office to sign up if you are interested in playing. More players always welcome. Contact Sandy Moore at xsandy16@yahoo.com if interested in subbing.

B-I-N-G-O

1st and 3rd Fridays, May 4,18 and June 1,15 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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Memory Café
Hosted by Arden Courts

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

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

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

Rusty Bucket Restaurant and Tavern
30450 Telegraph Road
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There is no charge for this program, but please register by calling (248) 644-8100 or e-mailing BinghamFarms@arden-courts.com

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SUPPORT SERVICES

INFORMATION ABOUT COMMUNITY RESOURCES

Support Services are available to Next members, seniors in the community, in-town and out-of-town family members, and caregivers. Come in or call with any questions; we are here to help with resources, information, and referrals in a wide range of areas. **Jeanne Nance** and **Sandi Cassar** in Next Support Services welcome you Monday through Friday, 9:00 am to 4:00 pm.

LET'S HEAR FROM YOU

Support Services often refers members to reputable companies that provide services for home repair needs, such as plumbing, electrical, handyman work, cleaning, etc. If you have a licensed/insured company to recommend, please call to share your contact. It's a great service to other Next and community members.

MINOR HOME REPAIR for Beverly Hills Residents

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

LAWN MOWING & SNOW REMOVAL for Birmingham & Beverly Hills Residents

Lawn moving 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.

FINANCIAL ASSISTANCE

Michigan Seniors Benefits Enrollment Center can help find services and programs to ease the strain of a tough financial situation. Experts are available via a toll-free number to discuss options available for tax credit assistance, food assistance, utility payments, home improvement costs, help with medical premiums and prescription costs. All recommendations are based on individual situations. Call 800-347-5297 to discover what may be available.

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 at least three working days in advance to request a ride.

COMMUNITY HOUSING TOURS

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

First & Main of Bloomfield

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

This is where senior life happens. A place where seniors can find the care they need to stay well and live active, vibrant, and healthy lives. All this in an upscale atmosphere that feels like home.

Oakmont Rochester

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

Oakmont Senior Communities understand the importance of choosing the right care and offer four types of living options tailored to suit the needs of their residents — independent, enhanced independent, assisted living and memory care.

ASK THE ATTORNEY

Tuesday, May 1 and June 5 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.

❍ PEANUT BUTTER & JELLY DRIVE

Drop-off anytime through May 31 in the Next lobby!

Join Next and **Lighthouse of Oakland County** 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. We embrace our part in the community and thank you in advance for your kindness.

JVS MEMORY CLUB INTRODUCTION

Friday, June 8 at 1:00 pm
Cost: Complimentary for members / $5 non-members

Ronnie Berman, **Memory Club Coordinator from JVS**, will be here to share information about the Memory Club held at their Southfield location. She will share some tips and techniques to help individuals who are just beginning to experience memory problems.

❍ 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.

❍ FOUNDATION FOR BIRMINGHAM SENIORS

Founded in 1983 and administered by 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.

❍ 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.

❍ EARLY STAGE MEMORY LOSS SUPPORT GROUP

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

HEALTH & NUTRITION

❍ MEDICAL EQUIPMENT LOANS

Cost: Complimentary members
$20 refundable deposit per item for non-members

Our loan closet contains wheelchairs, walkers, canes, commodes, bath benches and shower stools available for up to 3 months. 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.

❍ NUTRITION SUPPORT

Ensure Plus (vanilla or chocolate flavor) is offered at a reduced price with a physician's prescription and completed application. Please call Next for more information or to place your order.

❍ BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Wednesdays, May 2 and June 6 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.

❍ PODIATRISTS AT NEXT

Wednesdays, May 23 and June 27 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. Volunteers are always needed to help deliver meals. If you're available once a week, once a month, or once in a while to deliver or package meals, please call Judy Murrell at **248-203-5281**. Your help is welcome and most appreciated!

❍ 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 **noc@oakgov.com**.

❍ 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.

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

Anathea Alexa, Bob Capps, Betty and Jerry Flury, Richard Norling, and Patricia Ray

Our condolences to the family of...

Shirley Fraser and Barbara MacDonald

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Phyllis Clark in memory of Edward A Proctor, Jr.

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Thank you to our volunteers for all they do to make Next a success!!

We couldn't do it without you.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Pinochle 1:00 Ask the Attorney Slow Flow Yoga 2:00 Small Group Personal Training Partners Bridge 4:30 Mat Yoga Pickleball 5:30 Slow Roll Bike Kick-Off Meeting 6:00 Stamp Club 6:30 Start a Blog	**2** 9:00 Limber Up Men's Breakfast 9:30 Bridge Lesson Walking Group 10:00 Needle Arts Blood Pressure 12:00 Bridge Pinochle 1:00 Advanced Bike Kick-Off Meeting Drawing & Watercolor 1:30 Chair Yoga 4:30 Pickleball 5:30 Movie - Places in the Heart	**3** 9:00 Agebusters 9:30 Advanced Pottery Writer's Corner 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 Pickleball 6:00 Lecture - MI Roads and Infrastructure	**4** 9:00 Limber Up Life Transitions 10:00 Tai Chi 12:00 Pinochle Current Events 1:00 Bingo 2:00 Tennis League	**5** 9:00 Open Pottery Studio Pickleball 10:00 Yoga for Well Being 11:00 Barre Class
7 9:00 Limber Up Line Dancing 9:30 Walking Group 10:00 Birthday Coffee Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball Mah Jongg 1:00 Popular Reads Volleyball 1:30 Chair Yoga 4:30 Pickleball	**8** 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Pinochle 1:00 Living with Parkinson's #1 Slow Flow Yoga 2:00 Small Group Personal Training Partners Bridge 4:00 Painting Tiles Class 4:30 Mat Yoga Pickleball 5:30 Slow Roll	**9** 9:00 Limber Up Men's Breakfast 9:30 Bridge Lesson Walking Group 10:00 Needle Arts 10:30 Optical Update 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Volleyball 1:30 Chair Yoga 4:30 Pickleball 5:30 Movie - Breathe	**10** 9:00 Agebusters Vision Support Group 9:30 Advanced Pottery Palette & Brush 9:45 Flex 12:00 Pinochle 12:30 Pickleball 1:00 Studio Art Class Slow Flow Yoga 4:30 Mat Yoga Pickleball 6:00 Lecture - Middle East Expertise & Perspective	**11** 9:00 Limber Up Life Transitions 10:00 Tai Chi 10:30 What's Your Story? 12:00 Pinochle Current Events	**12** 9:00 Open Pottery Studio Pickleball 10:00 Yoga for Well Being 11:00 Barre Class
14 9:00 Limber Up Line Dancing 9:30 Walking Group 9:37 Springdale Golf League 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball Mah Jongg Memory Care Chair Yoga 1:00 Volleyball 1:30 Chair Yoga 4:30 Pickleball	**15** 9:00 Agebusters 9:30 Painting Class 10:00 Photo Club 10:30 Tai Chi 12:00 Pinochle 1:00 Living with Parkinson's #2 Board Meeting Zentangle Slow Flow Yoga 2:00 Small Group Personal Training Partners Bridge 4:30 Mat Yoga Pickleball 5:30 Slow Roll 6:00 Stamp Club	**16** 9:00 Limber up Men's Breakfast 9:30 Bridge Lesson Walking Group 10:00 Lincoln Hills Golf League Needle Arts 10:30 Housing Tour: First & Main of Bloomfield 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Advanced Bike Volleyball 1:30 Chair Yoga 3:00 Mindful Living 4:30 Pickleball 5:30 Movie - Spiderman Homecoming 7:00 Coin Club	**17** 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush Writer's Corner 9:45 Flex 12:00 Pinochle 12:30 Pickleball 1:00 Studio Art Class Slow Flow Yoga KLM Cycle Clinic 4:30 Mat Yoga Pickleball 6:00 Lecture - Artificial Intelligence in Our Society 6:30 Ballroom Dance	**18** DSO 9:00 Limber Up Life Transitions 10:00 Tai Chi 12:00 Pinochle Current Events 1:00 Bingo	**19** 9:00 Open Pottery Studio Pickleball 10:00 Yoga for Well Being 11:00 Barre Class
21 9:00 Limber Up Line Dancing 9:30 Walking Group 9:37 Springdale Golf League 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball Mah Jongg Memory Care Chair Yoga 1:00 Volleyball 1:30 Chair Yoga 4:30 Pickleball	**22** 9:00 Agebusters 9:30 Painting Class 10:30 Fit Park Orientation Tai Chi 12:00 Pinochle 1:00 Living with Parkinson's #3 Slow Flow Yoga Playful Party Plates 2:00 Small Group Personal Training Partners Bridge 4:30 Mat Yoga Pickleball 5:30 Slow Roll 6:00 Genealogy - Discover Your Family Tree	**23** 9:00 Limber Up Men's Breakfast 9:30 Bridge Lesson Walking Group 10:00 Lincoln Hills Golf League Podiatrists Needle Arts 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Volleyball Advanced Bike 1:30 Active Shooter Chair Yoga Staff Training 3:00 Fit Park Orientation Senior Fit 4:30 Pickleball 5:30 Movie - Murder on the Orient Express	**24** 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush 9:45 Flex 12:00 Pinochle 12:30 Pickleball 1:00 Lecture - Search for the Ellis Outhouse Studio Art Class Slow Flow Yoga 4:30 Mat Yoga Pickleball 6:00 Lecture - Let's Have Some Magical Fun 6:30 Ballroom Dance	**25** 9:00 Limber Up Life Transitions 10:00 Tai Chi 12:00 Pinochle Current Events	**26** 9:00 Open Pottery Studio Pickleball 10:00 Yoga for Well Being 11:00 Barre Class
28 **MEMORIAL DAY** **Next Closed**	**29** 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Pinochle 1:00 Slow Flow Yoga 2:00 Small Group Personal Training Partners Bridge 4:30 Mat Yoga Pickleball 5:30 Slow Roll	**30** **Detroit Public Theater** 9:00 Limber up Men's Breakfast 9:30 Walking Group 10:00 Needle Arts Lincoln Hills Golf League 12:00 Bridge Pinochle 12:30 BBQ - Greenfield Elementary 1:00 Drawing & Watercolor Volleyball Advanced Bike 1:30 Chair Yoga 3:00 Fit Park Orientation Senior Fit 4:30 Pickleball 5:00 Dinner & A Classic - All About Eve	**31** 9:00 Agebusters 9:30 Fit Park Orientation Advanced Pottery Palette & Brush 9:45 Flex 12:00 Pinochle 12:30 Pickleball 1:00 Studio Art Class Slow Flow Yoga 4:30 Mat Yoga Pickleball 6:00 Lecture - What's Happening in Latin America 6:30 Ballroom Dance		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:00 Limber Up Life Transitions 10:00 Tai Chi 12:00 Hot Dog Friday! Pinochle Current Events 1:00 Bingo	**2** 9:00 Open Pottery Studio Pickleball 10:00 Yoga for Well Being 11:00 Barre Class
4 9:00 Limber Up Line Dancing 9:30 Walking Group 9:37 Springdale Golf League 10:00 Birthday Coffee Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball Mah Jongg Memory Care Chair Yoga 1:00 Volleyball 1:30 Chair Yoga Batik Scarf Class 4:30 Pickleball	**5** 9:00 Agebusters 9:30 Painting Class 10:30 Fit Park Circuit Training Tai Chi 12:00 Pinochle 1:00 Living with Parkinson's #4 Ask the Attorney Slow Flow Yoga Alcohol Inks Class 2:00 Small Group Personal Training Partners Bridge 4:30 Mat Yoga Pickleball 5:30 Slow Roll Cooking with Friends 6:00 Stamp Club	**6** 9:00 Limber Up Men's Breakfast 9:30 Walking Group 10:00 Lincoln Hills Golf League Needle Arts Blood Pressure 12:00 Bridge Pinochle 1:00 Music: Acoustic Guitar & Vocals by John D. Lamb Drawing & Watercolor Advanced Bike Volleyball 1:30 Chair Yoga 4:30 Pickleball 5:30 Movie - Bombshell: The Hedy Lamarr Story	**7** 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush Writer's Corner 9:45 Flex 10:00 Downsizing Workshop 12:00 Pinochle 12:30 Pickleball 1:00 Studio Art Class Slow Flow Yoga 4:30 Mat Yoga Pickleball 6:00 Lecture - Michigan War Dogs 6:30 Ballroom Dance	**8** 9:00 Limber Up Life Transitions 10:00 Tai Chi 12:00 Hot Dog Friday! Pinochle Current Events 1:00 Memory Club Introduction	**9** **Cranbrook Art** 9:00 Open Pottery Studio Pickleball 10:00 Yoga for Well Being 11:00 Barre Class
11 **Golf Classic** 9:00 Limber Up Line Dancing 9:30 Walking Group 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball Mah Jongg Memory Care Chair Yoga 1:00 Volleyball 1:30 Chair Yoga Batik Scarf Class 4:30 Pickleball	**12** 9:00 Agebusters 9:30 Painting Class 9:37 Springdale Golf League 10:30 Fit Park Circuit Training Tai Chi 12:00 Pinochle 1:00 Living with Parkinson's #5 Zentangle Slow Flow Yoga 2:00 Small Group Personal Training Partners Bridge 3:00 Ikebana Flower Arranging Class 4:30 Mat Yoga Pickleball 5:30 Slow Roll	**13** 9:00 Limber up Men's Breakfast 9:30 Walking Group 10:00 Lincoln Hills Golf League Needle Arts 10:30 Housing Tour: Oakmont Rochester 12:00 Bridge Pinochle 1:00 Birmingham Historical Lecture Drawing & Watercolor Volleyball Advanced Bike 1:30 Chair Yoga 4:30 Pickleball 5:30 Movie - Manchester by the Sea	**14** 9:00 Agebusters Vision Support 9:30 Advanced Pottery 12:00 Pinochle 12:30 Pickleball 1:00 Studio Art Class Slow Flow Yoga 4:30 Mat Yoga Pickleball 6:00 Lecture - Algiers Motel Murders 6:30 Ballroom Dance	**15** 9:00 Limber Up Life Transitions 10:00 Tai Chi 12:00 Hot Dog Friday! Pinochle Current Events 1:00 Bingo 2:00 Summer Movie Stand By Me	**16** 9:00 Open Pottery Studio Pickleball 10:00 Yoga for Well Being 11:00 Barre Class **Traverse City Vines, Wines & Adventure Sunday, June 17 through Tuesday, June 19**
18 9:00 Limber Up Line Dancing 9:30 Walking Group 9:37 Springdale Golf League 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball Mah Jongg 1:00 Volleyball 1:30 Chair Yoga 4:30 Pickleball	**19** 9:00 Agebusters 9:30 Painting Class 10:00 Photo Club 10:30 Fit Park Circuit Training Tai Chi 12:00 Pinochle 1:00 Board Meeting Slow Flow Yoga 2:00 Small Group Personal Training Partners Bridge 3:00 Ikebana Flower Arranging Class 4:30 Mat Yoga Pickleball 5:30 Slow Roll 6:00 Stamp Club	**20** 9:00 Limber Up Men's Breakfast 9:30 Walking Group 10:00 Lincoln Hills Golf League Needle Arts 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Advanced Bike Volleyball 1:30 Chair Yoga 4:30 Pickleball 5:30 Movie - Arrival 7:00 Coin Club	**21** **Royal Eagle** 9:00 Agebusters 9:30 Advanced Pottery Writer's Corner 12:00 Pinochle 12:30 Pickleball 1:00 Don't Get Old, Be Bold Slow Flow Yoga 4:30 Mat Yoga Pickleball 6:00 Lecture - Korean War	**22** 9:00 Limber Up Life Transitions 10:00 Tai Chi 12:00 Hot Dog Friday! Pinochle Current Events	**23** 9:00 Open Pottery Studio Pickleball 10:00 Yoga for Well Being 11:00 Barre Class
25 9:00 Limber Up Line Dancing 9:30 Walking Group 9:37 Springdale Golf League 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball Mah Jongg 1:00 Volleyball 1:30 Chair Yoga 4:30 Pickleball	**26** **Cranbrook Art** 9:00 Agebusters 9:30 Painting Class 10:30 Fit Park Circuit Training Tai Chi 12:00 Pinochle 1:00 Zentangle Slow Flow Yoga 2:00 Small Group Personal Training Partners Bridge 4:30 Mat Yoga Pickleball 5:30 Slow Roll	**27** 9:00 Limber up Men's Breakfast 9:30 Walking Group 10:00 Lincoln Hills Golf League Podiatrists Needle Arts 12:00 Bridge Pinochle 1:00 Vaccines: What You Need to Know Drawing & Watercolor Advanced Bike Volleyball 1:30 Chair Yoga 4:30 Pickleball 5:00 Dinner & A Classic - Vertigo	**28** 9:00 Agebusters 9:30 Advanced Pottery 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga 4:30 Mat Yoga Pickleball 6:00 Lecture - Perspectives on Marijuana	**29** 9:00 Limber Up Life Transitions 10:00 Tai Chi 12:00 Hot Dog Friday! Pinochle Current Events 2:00 Summer Movie The Notebook	**30** 9:00 Open Pottery Studio Pickleball 10:00 Yoga for Well Being 11:00 Barre Class

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Tuesday, September 25
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All community members are invited to attend this event featuring more than 50 vendors providing raffle prizes and giveaways!

Walgreens of Birmingham will be on-site administering the high dose influenza vaccine for seniors 65 and older along with the traditional flu shot. And, the **Birmingham Police Department** will be accepting old medications through Operation Medicine Cabinet. **So, be sure and save the date!**

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