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**JULY/AUGUST 2020**

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

## **WELCOME BACK!**

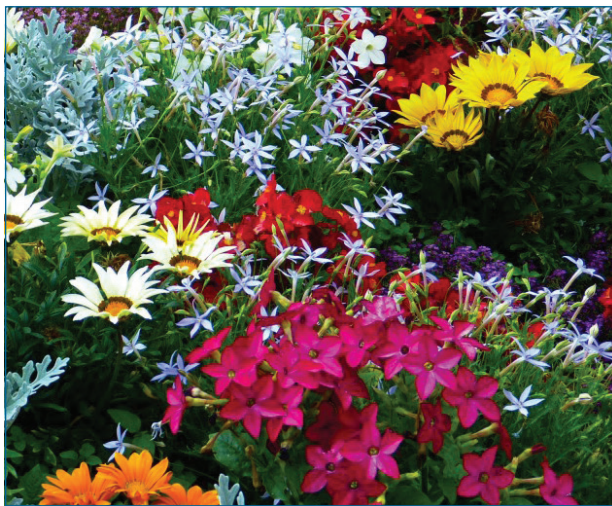
Under the strict guidance of the Center for Disease Control, we will be reopening in phases and implementing best practices and protocols to guard your health and safety. As we gradually reopen and reintroduce some of our programming, you will notice the building has been redesigned to allow for social distancing and other safety measures while rigorous protocols have been implemented. Please see pages 2 and 3 for details.

### **DOWNSIZING WORKSHOP PART I & II: Selling & Moving**

**Wednesdays, July 15 and August 19 at 1:00 pm**

**Cost: Complimentary members / \$5 guests**

Join Realtor Kathi Jones-Cutler and John Green of Morse Moving to get tips from the pros on starting the moving process. They will discuss how to clear the clutter and prepare your home for the market. Learn how to pack the right way including "how to" box, wrap and label your possessions. Kindly sponsored by Kathi Jones-Cutler of Max Broock Realtors and Morse Moving.



### **GARDEN CLUB**

**Wednesday, July 15 at 2:30 pm**

Join us to learn more about the new Garden Club. Learn about the gardens here at Next and how you can have a part in keeping them beautiful! We will take a tour of the Next gardens and make a plan for maintaining them. No gardening experience is needed. We welcome all levels of physical ability.

### **FIT PARK**

The Next Fit Park offers members another great way to stay active and connected! The Fit Park is available for your use all day, every day! Utilize seven pieces of low impact resistance equipment designed to promote flexibility, balance and strength. Instructional video on each piece available. Please disinfect equipment before and after use. Cleaning supplies and hand sanitizer will be provided on the courtyard picnic table during business hours.

### **COSTUME JEWELRY SHOPPING AT NEXT!**

Time to clean out your jewelry box! Donate your costume jewelry to the Next office — and it will be part of the 2nd Annual Next Costume Jewelry Sale! We welcome all types of jewelry: rings, necklaces, earrings, bracelets, pins and brooches! All proceeds will benefit Next! Remember — one person's donation is another person's treasure!

### **Golf Classic to Benefit Next**

**Coming this Fall!  
Details to follow!**

- 1:00 pm Silent Auction & Registration
- Scramble Format
- 2:00 pm Shotgun Start

**Cost per person: \$75 includes golf, cart, evening activities / \$25 dinner, evening activities only**

Golfers, enjoy an afternoon on the links — and compete in several contests. Enjoy the Social Hour with appetizers and wine and later awards and dinner overlooking the golf course. All friends of Next are welcome to join us for the Silent Auction and evening activities. Please call the Next office at 248-203-5270 or register at [www.BirminghamNext.org](http://www.BirminghamNext.org).





## HELLO NEXT MEMBERS

We are so excited to welcome you back to Next! While Next has continued to provide transportation, Meals on Wheels, well-check calls and outreach for our community throughout the past several months, the building has been too quiet! We realize it will take time for some of our members to feel comfortable returning to their daily routines — but when you are ready, Next will be here to help ease the transition.

🕒 At the time of print, Next's current business hours are Tuesday, Wednesday and Thursday from 10:00 am to 4:00 pm if you would like to stop in. Summer Hours (please see back cover) begin July 13 when we will be resuming some classes and programs with a hybrid approach of small groups, outdoors or on Zoom.

Please keep in mind these timetables and guidelines may be altered at any time as we must be able to quickly adapt to changing circumstances. For your safety and the safety of your fellow Next members, thank you for patience and compliance.

### PROTOCOLS FOR SUMMER 2020

- Frequent and thorough cleaning/disinfecting daily, multiple hand sanitizer stations throughout the building.
- Masks must be worn upon entering the building and through all general membership areas at all times, no exceptions. This means the lobby, hallways, office, bathrooms, etc.
- Enter only through the east door, closest to Glenhurst. Upon entering, you will be greeted by our staff to log you in with your name, phone number, date and administer a no-touch temperature check. You will be asked a few routine questions and requested to use the touchless hand sanitizer before you're on your way.
- Please maintain 6-feet social distancing at all times including if you are waiting your turn to enter or exit the building or a room.
- We encourage you to register for all classes or programs online through our website — or feel free to call the office with your registration request and credit card information, if needed, in order to minimize the exchange of money.
- One member in the office at a time and please enter through the customary entrance, but exit through the workroom to alleviate any bottlenecks.
- Participation in classes and presentations will be dictated by room size based on proper social distancing guidelines.
- We will be able to utilize the gym and the outdoors for the summer making social distancing in exercise classes much easier to execute.
- Café food will be available. The refrigerator has been relocated — please go to the office with your food choice and we will retrieve it for you. No outside food intended for sharing will be allowed in the building.
- Bottled water will be available free of charge. There will be no coffee service at this time.
- We will be slowly introducing programs that we can offer safely, but other programs will need to be suspended until the fall. Please see the grid at the right for further details.

► PROGRAM & CLASS SCHEDULE FOR SUMMER 2020 WITH RESTRICTIONS & PROTOCOLS IN PLACE ◀

Currently Providing	Resumes in June	Resumes July 13 / August	Resumes / Pending for Fall
Meals on Wheels	Open Doors	Health Series Presentations	Golf Classic Fundraiser
Transportation	Lobby & Courtyard	All Open Studios	Travel & Day Trips
Medical Equipment Loans	Library (Books & Puzzles)	Thursday Evening Speakers via Zoom	Painting
Well-Check Calls	Computer lab (For Individual Use)	Films	Games (Pinochle, Bridge, Socki, Mah Jongg, Trivia, etc.)
Lawn Service	Ask the Attorney	Book Clubs via Zoom & Photo Club	Computer Lessons
Minor Home Repairs	Golf Leagues	Pickleball	Community Housing Tours
Outreach (Information & Referrals)		Men's & Women's Roundtable & Current Events	Annual Flu Shot Clinic & Blood Pressure Screenings
		Yoga, Barre, Meditation, Agebusters, Limber-up & Line Dancing	Vision & Writer's Groups
		Softball	New Member Welcome
			Volunteers



## HEALTH SERIES

### BECOMING THE GUARDIAN OF YOUR OWN HEALTH

Tuesday, August 11 at 12:30 pm

Cost: Complimentary members

In this presentation, Dr. Paul Kilgore will present tools and techniques that you can use immediately to improve your health. These tools focus on taking care of existing conditions and dealing with current and new health challenges. Dr. Kilgore will also provide an overview of what preventive health tools you can use now to reduce your risk of severe diseases in the future. Generously sponsored by Bank of Ann Arbor.

### CATARACT SURGERY: FACTS & BENEFITS

Thursday, August 20 at 6:00 pm

Cost: Complimentary members

Dr. W. Scott Wilkinson is a third generation ophthalmologist in one of the oldest medical practices in the State of Michigan. Dr. Wilkinson specializes in cataract extraction with intraocular lens implantation and will share his expertise on the surgery and it's benefits for patients. Kindly sponsored by Bank of Ann Arbor.



## THE MORE YOU KNOW

### MEDICARE 2020

Tuesday, July 21 at 1:00 pm

Cost: Complimentary members / \$5 guests

Are you new to Medicare or considering retirement? Please join us for information and a discussion on Medicare, the different parts and what you need to sign up for, costs and plan options for 2020. Army Veteran Kyle Crume, General Manager and founder of the Senior Health Shop will share his knowledge on all things Medicare. We are here to help you!



### TED TALKS AT NEXT: Be inspired!

Thursdays at 10:30 am

Cost: Complimentary - Members only

Ted Talks include perspectives on scientific, cultural, political and academic topics. Join fellow Next members to explore some of the most popular and inspiring TED Talks to date. We will view the Talk and discuss its influence for our society and ourselves. You're welcome to come once or every time!

July 16 Why we laugh

August 13 A visual history of human knowledge



**Classes will be held outside when feasible, inside when allowable or otherwise on Zoom.**

### **LIMBER UP**

Mondays, Wednesdays and Fridays at 10:00 am  
Cost: Complimentary - Please note time change.

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

### **LINE DANCING! JOIN THE FUN!**

Resumes Monday, August 3 - No class in July

Mondays from 10:15 am to 12:00 noon

Cost 10 drop-in classes: \$80 members / \$90 guests

Christine Stewart has been teaching line dancing for 13 years. She loves her work and invites you to join her in exercising body and mind as you move to different types of music and learn new steps and dances. There is an 8-student minimum.

### **AGEBUSTERS**

Tuesdays at 9:00 am - Next will open to these members.

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

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

### **MINDFULNESS & MEDITATION**

Wednesdays at 3:00 pm - Sessions last 30 to 60 minutes

Cost: Complimentary - Donations to Next appreciated.

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

### **BARRE CLASS**

Saturdays from 11:10 am to 12:00 noon

Cost 10 drop-in classes: \$80 members / \$90 guests

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

### **PICKLEBALL**

Cost: Complimentary - Members only

New Safety Protocols for Pickleball: You must bring your own racquet, no loaners will be available. Each player will have a different colored ball assigned to them during play and will only be touched by that person. After you are finished playing for the day, please return your ball to the bucket with disinfectant. When waiting for your turn, please observe 6-feet social distancing.

Pickleball hours will differ slightly during July and August

Mondays from 12:30 pm to 4:30 pm

Wednesdays and Thursdays from  
12:30 pm to 2:30 pm and 4:30 pm to 7:00 pm

Fridays from 12:30 pm to 2:30 pm

Saturdays from 10:00 am to 2:00 pm

### **CHAIR YOGA**

Mondays and Wednesdays from 1:00 to 2:00 pm

Cost 10 drop-in classes: \$80 member / \$90 guests

Please note summer time change.

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

### **SLOW FLOW YOGA**

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

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

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. This class is available live via Zoom. If you would like to access the class via Zoom while at home, please notify the office so you will be given the meeting link.

### **MAT YOGA**

Tuesdays and Thursdays from 4:00 to 5:00 pm

Cost 10 drop-in classes: \$80 member / \$90 guests

Please note summer time change.

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

### **WALKING CLUB**

Calling Next members who are interested in walking through our beautiful neighborhood and sharing a little camaraderie. Please call the office if you're interested in joining this newly formed group. Days and time will be determined by group consensus.

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## ENRICHMENT

### POPULAR READS BOOK CLUB

Mondays, July 13 and August 10 at 1:00 pm via Zoom

Rebekah Craft, Associate Director of the Baldwin Public Library, leads book discussions of popular books. The July book selection is *Nothing to See Here* by Kevin Wilson — and the August book selection is *The Dutch House* by Ann Patchett. Register at [www.BirminghamNext.org](http://www.BirminghamNext.org). Copies of these selections are available in the Next office.

### NON-FICTION BOOK GROUP

Thursdays, July 9 and August 13 at 10:00 am via Zoom

Facilitated by professionals from Birmingham's Baldwin Library, join us to discuss *Heartland* by Sarah Smarsh in July — and *The Butchering Art* by Lindsey Fitzharris in August. Register at [www.BirminghamNext.org](http://www.BirminghamNext.org). Copies of these selections are available in the Next office.

### WOMEN'S ROUNDTABLE

Tuesdays at 11:00 am

Join us to get to know other women here at Next. This group will give women the opportunity to gather in the spirit of friendship and camaraderie.

### MEN'S ROUNDTABLE

Wednesdays at 10:00 am

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

### CURRENT EVENTS DISCUSSION GROUP

Fridays at 12:00 noon

With so much going on in the world today, it can be difficult to keep up with it all. Come join other members in this casual discussion group about current events.

### BINGO

Fridays, July 17 and August 7, 21 at 1:00 pm

Admission cost: Complimentary members / \$2 guests

Cost to play: \$2 per card for members and guests

Join the fun for eight games of regular Bingo with your fellow Next members and their guests. One time use Bingo cards and disposable chips will be provided.

### PHOTOGRAPHY CLUB

Tuesdays, July 21 and August 18 from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 guests

For information on Photoshop lessons or coaching, contact Chuck at 248-762-4345 or [NextPhotoClub@gmail.com](mailto:NextPhotoClub@gmail.com)

Contact Ed Morykwas at [Ed@riveroftime.net](mailto:Ed@riveroftime.net) or Joyce Harding at [joyceharding6@gmail.com](mailto:joyceharding6@gmail.com).

### OPEN STUDIOS

Knitting & Crocheting: Mondays at 10:00 am

Needle Arts: Wednesdays at 10:00 am

Advanced Pottery: Thursdays from 10:00 am to 12:30 pm

Pottery: Saturdays at 10:00 am to 2:00 pm

### COMPUTER LAB

Computer Lab will be available during business hours.



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# THE JEFFARES SPEAKER SERIES

Presented by Stuart Jeffares  
at Max Broock Realtors via Zoom



Thursdays at 6:00 pm / Cost: Complimentary members / \$5 guests

## **July 16 - THE FOSTER CARE SYSTEM via Zoom** **Brenda Baker-Mbacke, CARE House** **of Oakland County**

There are more than 400,000 children and teens in the Foster Care system throughout the nation and every single one deserves a chance at happiness, belonging, safety and love. Many of us have heard about foster care and much focuses on the negative aspects. The foster care system is a temporary arrangement where adults provide for the care of a child or children whose birth parents are unable to care for them. Foster care is where children go when their parents cannot, for a variety of reasons, care for them. Foster care can be informal or arranged through the courts or a social service agency and the goal is usually for the child to be reunited with their birth family but, may be changed to adoption when this is in the child's best interest.

## **July 23 – FLINT WATER CRISIS via Zoom** **Dr. Mona Hanna-Attisha, Pediatrician, Professor** **& Public Health Advocate**

Dr. Mona's research exposed the Flint water crisis. Her research revealed that children were exposed to dangerous levels of lead in Flint, Michigan. She is director of an initiative to mitigate the impact of the crisis and has written a book, *What the Eyes Don't See: A Story of Crisis, Resistance and Hope in an American City*. Dr. Mona's book has been selected as the 2020 Great Michigan Reads, a statewide effort to advocate education and reading. The first 20 Next members who sign up will receive a complimentary copy of Dr. Mona's publication.

## **August 6 - DETROIT: PHOTOGRAPHS & PLANNING HISTORY via Zoom** **Rod Arroyo, City Planner, Photographer and Adjunct Professor-WSU**

Rod Arroyo will discuss the planning history of Detroit and share some of his images of the city. Ever wonder where our mile roads come from? Where will you find the only art deco lighthouse in the United States? What impact did Chicago's Columbian Exhibition of 1893 have on Detroit? You will learn the answers to these questions and much more during the presentation. He will also share some of his images of Birmingham and he will sign copies of *A History Lover's Guide to Detroit* after the presentation.

## **August 13 - MONARCH BUTTERFLIES via Zoom** **Christina Funk, Naturalist, Educator - Troy Stage** **Nature Center**

The monarch butterflies of North America travel up to 3,000 miles during their unique two-way migration every year. September is the time of year when many of Michigan's monarchs are beginning their journey to Mexico. We will explore the habitat of the monarch butterfly and discover their natural history. You will also learn about the tagging and release of live monarchs to further research about this fascinating butterfly.

## **August 27 - CHALLENGES IN THE MIDDLE EAST & EAST ASIA via Zoom** **Dr. Frederic S. Pearson, Professor of Political Science,** **Director of Center for Peace & Conflict Studies - WSU**

Persistent challenges confront world politics and US policy in both the Middle East and East Asia. Issues ranging from US-Iranian relations to Russian penetration, Syrian and Yemeni civil wars, Turkish and Saudi excesses and lack of a Palestinian agreement plague the region. The complicated future of US-Chinese relations, ranging from military confrontation over the South China Sea to trade and technology policy — plus concerns about nuclear armed North Korea — similarly create Asian uncertainties. We will review both situations and their complexities, prospects and dangers.

**PLEASE NOTE:** Speakers can now be found under the Activities tab in the Speakers category.

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# FEATURE FILMS

**Wednesday Evenings @ 5:30 pm**

**Cost: Complimentary members / \$5 guests - Please register!**

## **July 15 - A DOG'S WAY HOME**

As a puppy, Bella finds her way into the arms of Lucas, a young man who gives her a wonderful home. When Bella becomes separated from Lucas, she finds herself on an epic 400-mile journey to reunite with her beloved owner. Along the way, the lost but spirited dog touches the lives of an orphaned mountain lion, a down-on-his-luck veteran, and some friendly strangers who happen to cross her path.

Rated PG 1 hour 37 minutes

## **July 22 - HITCHCOCK**

Following his great success with *North by Northwest*, director Alfred Hitchcock (Anthony Hopkins) makes a daring choice for his next project: an adaptation of Robert Bloch's novel *Psycho*. When the studio refuses to back the picture, Hitchcock decides to pay for it himself in exchange for a percentage of the profits. His wife Alma Reville (Helen Mirren), has serious reservations about the film but supports him nonetheless.

Rated PG13 1 hour 38 minutes

## **July 29 - DOWNTON ABBEY**

Return to the worldwide phenomenon Downton Abbey as the beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England will unleash scandal, romance and intrigue that will leave the future of Downton hanging in the balance!

Rated PG13 2 hours 2 minutes

## **August 5 - LINDA RONSTADT: THE SOUND OF MY VOICE**

Since bursting onto the music scene in 1967, Linda Ronstadt has been an icon for more than 50 years. Her extraordinary vocal range and ambition created unforgettable songs like "You're No Good," "When Will I Be loved" and "Blue Bayou." Ronstadt guides us through her early years, her reign as the rock queen of the 70s and 80s. Unfortunately, her singing voice was stilled by illness but her music and influence remain as timeless as ever. Enjoy moving performance footage by other musical stars and enjoy the music that made generations of fans fall in love with her and the sound of her voice.

Rated PG13 1 hour 35 minutes

## **August 12 - BILLY ELLIOT**

The life of 11-year-old Billy Elliot (Jamie Bell), a coal miner's son in Northern England, is forever changed one day when he stumbles upon a ballet class during his weekly boxing lesson. Before long, he finds himself in dance, demonstrating the kind of raw talent seldom seen by the class's exacting instructor, Mrs. Wilkinson. With a tart tongue and never-ending stream of cigarettes in her hand, Mrs. Wilkinson's zest for teaching is revived when she sees Billy's potential.

Rated R 1 hour 51 minutes

## **August 19 - LOVE, GILDA**

*Love, Gilda* pays gentle, unequivocal tribute to Gilda Radner — with excerpts from diaries, audiotapes, videotapes and testimonies from friends and colleagues offering insight into the life and career of Gilda Radner. This special movie captures the jubilant spirit of the beloved comic and actress who became the first female superstar on *Saturday Night Live*.

Documentary 1 hour 24 minutes

## **August 26 - MIDWAY**

On December 7, 1941, Japanese forces launch a devastating attack on Pearl Harbor, the U.S. naval base in Hawaii. Six months later, the Battle of Midway commences on June 4, 1942, as the Japanese navy once again plans a strike against American ships in the Pacific. For the next three days, the U.S. Navy and a squad of brave fighter pilots engage the enemy in one of the most important and decisive battles of World War II.

Rated PG13 2 hours 18 minutes

PLEASE NOTE: We will not be serving popcorn.





## 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, 10:00 am to 4:00 pm.

### ASK THE ATTORNEY

Tuesdays, July 14 and August 4 from 1:00 to 1:45 pm

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

### TRANSPORTATION

Door-to-door transportation service is available for seniors and disabled adults residing in Birmingham, Beverly Hills, Bingham Farms and Franklin. Friendly Next drivers will take you to medical, dental, personal appointments, shopping or activities at Next. For reservations, call 248-203-5270 at least three working days in advance to request a ride. Partially funded by The Birmingham Foundation for Senior Residents and Beaumont Health.

### FOUNDATION FOR BIRMINGHAM SENIORS

The Foundation provides two forms of financial assistance to Birmingham senior residents who income-qualify. Please call us for more information.

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

### MINOR HOME REPAIR

#### for Beverly Hills & Birmingham Residents

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

### OAKLAND COUNTY EMERGENCY

#### CELL PHONE PROGRAM

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

Providing seniors with a mobile means of getting help in an emergency. For more information, please call 248-975-9700.

### FINANCIAL ASSISTANCE


Michigan Seniors Benefits Enrollment Center can help find services and programs to ease the strain of a tough financial situation. All recommendations are based on individual situations. Call 866-400-9164 to discover what may be available.

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

Lawn mowing and snow removal services are available for income-eligible seniors — and income-eligible disabled residents — in Birmingham and Beverly Hills. 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.

### LET'S HEAR FROM YOU!

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



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## HEALTH & NUTRITION

### MEDICAL EQUIPMENT LOANS

Our loan closet contains wheelchairs, walkers, canes, bath benches, shower stools and commodes available for up to 3 months — and transport wheelchairs for 3 weeks — at no charge to members of Next. Guests pay a \$20 fee per item. Simply call to reserve the equipment you need. We also accept donations of any of the above items. Please make sure they are clean and in good working order. Due to space limitations we cannot always take all items, so please call 248-203-5288 before bringing any items to Next.

### MEALS ON WHEELS

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

### NUTRITION SUPPORT

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

### NURSE ON CALL

This program offers information about health-related resources. Oakland County Health Department public health nurses answer questions regarding communicable diseases, immunizations, prescription assistance, nutrition and more. Call 800-848-5533 or email [noc@oakgov.com](mailto:noc@oakgov.com).

### MEDICARE/MEDICAID GUIDANCE

Are you new to Medicare or considering retirement? The Area Agency on Aging 1-B Medicare Medicaid Assistance Program (MMAP) provides unbiased help with Medicare and Medicaid — at no charge. Please call 800-803-7174. Counselors can help over the phone or you can make an appointment to meet with a MMAP counselor in person.

### EARLY STAGE MEMORY LOSS SUPPORT GROUP

The Alzheimer's Association offers support groups for people in early stages of Alzheimer's or related dementias. Care partners and family members are welcome to attend the virtual meetings. Please call 800-272-3900 for pre-assessment.

### 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.

## Protecting Everyone You Love and Everything You Own Through Thoughtful Planning



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- Estate Planning
- Elder Law/Medicaid Planning
- Asset Protection Planning
- Long-Term Care Planning
- Special Needs Planning
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### Our thoughts are with you...

Rosemarie Battey, Tom Hughes, Pam Ross and Marion Trabucchi

### Our condolences to the family

and friends of... Sheila Becker, Jim Bird, Bill Cline, Walter Connolly, Robert Cooper, Bob Deneweth, Ray Geitka, Madeline Haddad, David Hershey, Eugene Hill, John Horizney, Joe Janik, Bob Smith (of Franklin) and Dee Trainor

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- For our new and existing members, the Next Member Policy Handbook is available on our website and in the office. Thank you for adhering to the Next member policies — and for your commitment to making Next the best place to stay active & connected!
- Please pre-register for all Next programs. It helps us plan for seating, class materials and refreshments. No refunds given after a program or speaker presentation. We are not able to offer classes or programs on a prorated basis.
- While Next is unable to endorse any of the products or services of our newsletter sponsors, we appreciate the support of these businesses.

# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN JULY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Open 10:00 am to 4:00 pm for limited visits....on Tuesday, Wednesday and Thursday.					
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Open 10:00 am to 4:00 pm for limited visits....on Tuesday, Wednesday and Thursday.					
<b>13</b> 10:00 Limber Up Knitting & Crocheting Open Studio 12:30 Pickleball 1:00 Popular Reads Book Club Chair Yoga	<b>14</b> 9:00 Agebusters 11:00 Women's Roundtable 1:00 Ask the Attorney Slow Flow Yoga 4:00 Mat Yoga	<b>15</b> 10:00 Men's Roundtable Limber Up Needle Arts Open Studio 12:30 Pickleball 1:00 Chair Yoga Downsizing Workshop Part I 2:30 Garden Club 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: A Dog's Way Home	<b>16</b> 10:00 Advanced Pottery Open Studio 10:30 Ted Talks 12:30 Pickleball 1:00 Slow Flow Yoga 4:00 Mat Yoga 4:30 Pickleball 6:00 Zoom Lecture: The Foster Care System	<b>17</b> 10:00 Limber Up 12:00 Current Events 12:30 Pickleball 1:00 Bingo	<b>18</b> 10:00 Pottery Open Studio Pickleball 11:10 Barre Class
<b>20</b> 10:00 Limber Up Knitting & Crocheting Open Studio 12:30 Pickleball 1:00 Chair Yoga	<b>21</b> 9:00 Agebusters 10:00 Photography Club 11:00 Women's Roundtable 1:00 Medicare 2020 Slow Flow Yoga 4:00 Mat Yoga	<b>22</b> 10:00 Men's Roundtable Limber Up Needle Arts Open Studio 12:30 Pickleball 1:00 Chair Yoga 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Hitchcock	<b>23</b> 10:00 Advanced Pottery Open Studio 12:30 Pickleball 1:00 Slow Flow Yoga 4:00 Mat Yoga 4:30 Pickleball 6:00 Zoom Lecture: Flint Water Crisis	<b>24</b> 10:00 Limber Up 12:00 Current Events 12:30 Pickleball	<b>25</b> 10:00 Pottery Open Studio Pickleball 11:10 Barre Class
<b>27</b> 10:00 Limber Up Knitting & Crocheting Open Studio 12:30 Pickleball 1:00 Chair Yoga	<b>28</b> 9:00 Agebusters 11:00 Women's Roundtable 1:00 Slow Flow Yoga 4:00 Mat Yoga	<b>29</b> 10:00 Men's Roundtable Limber Up Needle Arts Open Studio 12:30 Pickleball 1:00 Chair Yoga 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Downton Abbey	<b>30</b> 10:00 Advanced Pottery Open Studio 12:30 Pickleball 1:00 Slow Flow Yoga 4:00 Mat Yoga 4:30 Pickleball	<b>31</b> 10:00 Limber Up 12:00 Current Events 12:30 Pickleball	

# NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN AUGUST 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> 10:00 Pottery Open Studio Pickleball 11:10 Barre Class
<b>3</b> 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Chair Yoga	<b>4</b> 9:00 Agebusters 11:00 Women's Roundtable 1:00 Ask the Attorney Slow Flow Yoga 4:00 Mat Yoga	<b>5</b> 10:00 Men's Roundtable Limber Up Needle Arts Open Studio 12:30 Pickleball 1:00 Chair Yoga 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Linda Ronstadt: The Sound of My Voice	<b>6</b> 10:00 Advanced Pottery Open Studio 12:30 Pickleball 1:00 Slow Flow Yoga 4:00 Mat Yoga 4:30 Pickleball 6:00 Zoom Lecture: Detroit: Photographs & Planning History	<b>7</b> 10:00 Limber Up 12:00 Current Events 12:30 Pickleball 1:00 Bingo	<b>8</b> 10:00 Pottery Open Studio Pickleball 11:10 Barre Class
<b>10</b> 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Popular Reads Book Club Chair Yoga	<b>11</b> 9:00 Agebusters 11:00 Women's Roundtable 12:30 Becoming the Guardian of Your Own Health at Next 1:00 Slow Flow Yoga 4:00 Mat Yoga	<b>12</b> 10:00 Men's Roundtable Limber Up Needle Arts Open Studio 12:30 Pickleball 1:00 Chair Yoga 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Billy Elliot	<b>13</b> 10:00 Advanced Pottery Open Studio Non-Fiction Book Group 10:30 Ted Talks 12:30 Pickleball 1:00 Slow Flow Yoga 4:00 Mat Yoga 4:30 Pickleball 6:00 Zoom Lecture: Monarch Butterflies	<b>14</b> 10:00 Limber Up 12:00 Current Events 12:30 Pickleball	<b>15</b> 10:00 Pottery Open Studio Pickleball 11:10 Barre Class
<b>17</b> 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Chair Yoga	<b>18</b> 9:00 Agebusters 10:00 Photography Club 11:00 Women's Roundtable 1:00 Slow Flow Yoga 4:00 Mat Yoga	<b>19</b> 10:00 Men's Roundtable Limber Up Needle Arts Open Studio 12:30 Pickleball 1:00 Downsizing Workshop Part II Chair Yoga 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Love, Gilda	<b>20</b> 10:00 Advanced Pottery Open Studio 12:30 Pickleball 1:00 Slow Flow Yoga 4:00 Mat Yoga 4:30 Pickleball 6:00 Cataract Surgery: Facts & Benefits at Next	<b>21</b> 10:00 Limber Up 12:00 Current Events 12:30 Pickleball 1:00 Bingo	<b>22</b> 10:00 Pottery Open Studio Pickleball 11:10 Barre Class
<b>24</b> 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Chair Yoga	<b>25</b> 9:00 Agebusters 11:00 Women's Roundtable 1:00 Slow Flow Yoga 4:00 Mat Yoga	<b>26</b> 10:00 Men's Roundtable Limber Up Needle Arts Open Studio 12:30 Pickleball 1:00 Chair Yoga 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: Midway	<b>27</b> 10:00 Advanced Pottery Open Studio 12:30 Pickleball 1:00 Slow Flow Yoga 4:00 Mat Yoga 4:30 Pickleball 6:00 Zoom Lecture: Challenges in the Middle East & East Asia	<b>28</b> 10:00 Limber Up 12:00 Current Events 12:30 Pickleball	<b>29</b> 10:00 Pottery Open Studio Pickleball 11:10 Barre Class
<b>31</b> 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Chair Yoga					



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

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