



Your Place to Stay Active & Connected

MARCH/APRIL 2017

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

2121 Midvale Street • Birmingham, Michigan 48009-1509 • 248-203-5270 • www.BirminghamNext.org



SPEAKER SERIES:

NPR's It's Just Politics at Next

Thursday, April 27 at 6:00 pm

Next welcomes back NPR's Zoe Clark, along with Rick

Pluta, to help make sense of all the post election news from cabinet appointments and executive orders, to dramatic policy shifts. With significant changes occurring almost daily, what can we expect in the coming months and years? How will the new policies of the current administration impact the average American? *Join us as we listen and learn together.*

MANUFACTURING & ROBOTICS IN THE AUTO INDUSTRY

Tuesday, April 25 at 1:00 pm

Cost: Complimentary members / \$5 non-members

This presentation will give a brief early history of how and why computers influenced the manufacturing of automobiles after WWII. Some of the recent uses of computers will be illustrated. Retired GM scientist Dr. David Field targets a general audience in this presentation, although he will address technical questions if asked.

CUT THE CORD: Cancel your cable package?

Wednesday, April 5 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Pre-registration required

Have you been considering canceling your cable package but are not quite sure how to access your favorite content without it? Maria Williams, Head of Adult Services at the Baldwin Public Library, will provide an overview of some of the most popular and user-friendly alternatives. *Attendees will have a chance to see and try devices made by Apple, Roku and Amazon.*

SAVE THE DATE!! Details to follow!

Volunteer Luncheon - Tuesday, May 2
Annual Next Golf Classic - Monday, June 5

2017 DETROIT TIGER'S OPENING DAY...ON THE BIG SCREEN AT NEXT

Friday, April 7 at 12:00 noon

Game time 1:10 pm

Cost: \$9 - RSVP by Friday, March 31



Come cheer on the Tigers for Opening Day!

Enjoy a delicious pizza and salad lunch. Join in the camaraderie of your fellow Next members as you watch the game on the big screen and root the Tigers on to victory over the Boston Red Sox as the baseball season begins. We encourage all Red Sox fans to join in the fun, too!

Sponsored by Kathi Jones-Cutler of Max Brook

CLEARING THE CLUTTER

Tuesday, March 28 at 6:00 pm

Cost: Complimentary members / \$5 non-members

Downsizing? Ready to clear out your clutter? Karli Pletscher from *Everything But The House* and Jen Heard from *Clean Sweep* share helpful hints on how to clear out through selling, donating or preserving your possessions. They will guide you through different options to "clear the clutter"!

Jacobson's

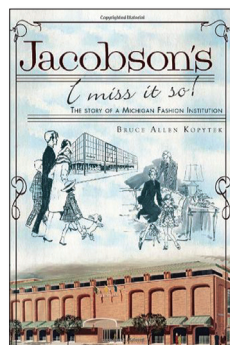
THE STORY OF A MICHIGAN FASHION INSTITUTION

Thursday, March 9 at 10:30 am

Cost: Complimentary members / \$5 non-members

Pre-registration required

Though founded in 1868 in Reed City, Jacobson's entered the Birmingham market in 1950, and quickly became one of the community's premiere shopping destinations.



This deluxe specialty store gave customers a unique social, shopping and dining destination. Join department store historian and author, Bruce Allen Kopytek, as he shares the story behind his award-winning book, *Jacobson's: I miss it so! The Story of a Michigan Fashion Institution*. Books will be sold for \$20. *Sponsored by Samaritas Senior Living, Bloomfield Hills*

Golf League Kick-Off Meetings, April 26 — See page 4 for details.



PLEASE NOTE

Thank you for your generous donations throughout the year. Because of you, we are better able to meet the growing needs of our community.

With little tax payer support, Next, a 501 (c) 3, relies on the kindness of donors like you.

TO SUPPORT NEXT ALL YEAR LONG, HERE ARE 4 WAYS TO MAKE A MEANINGFUL DIFFERENCE

DONATE TODAY

1. Give cash. This is perhaps the simplest way to support Next. Not only can you enjoy the satisfaction of seeing your gift at work today, your gift is also tax deductible.
2. Donate stocks or mutual funds. Even if these types of assets have lost value in recent years, for tax purposes they are still considered appreciated property if their current value is more than what you originally paid for them. You can claim an income tax charitable deduction and eliminate any capital gains tax.

OTHER WAYS TO GIVE

1. Remember Next in your will. This is a popular gift because it is easy and flexible. You can complete the gift with as little as one or two sentences, and because you're not giving away any assets until after your lifetime, your current income isn't affected and you're free to change your mind at any time.
2. Name Next as a beneficiary of your retirement account or life insurance policy. This gift doesn't impact your current income, and you retain complete control over your assets during your lifetime. After your lifetime, whatever amount or percentage you designate to Next, transfers to help your senior neighbors.

As Next continues to enrich lives and support independence, we are grateful for your donation!

PEANUT BUTTER & JELLY DRIVE

April 3 to May 31, 2017

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

DID YOU KNOW NEXT OFFERS FREE INCOME TAX ASSISTANCE THROUGH AARP?

Tuesdays through April 11 from 9:00 am to 2:00 pm
By appointment only - Call the Next office to schedule an appointment

AARP Tax-Aide trained volunteers and certified counselors provide free tax preparation and filing of Federal, State and local returns. Service is available for taxpayers in low to moderate income brackets, especially those 60 and older. *Bring your social security card, photo-id, income/interest/dividend statements, last year's tax return, and bank direct deposit information (including bank's ABA routing number).*

PLEASE PRE-REGISTER

As Next grows, so does the popularity of our classes, programs, movies, lectures and day trips. To best serve our members and guests, it is now necessary to pre-register for the programs and classes you'd like to attend. Pre-registration is used to determine which rooms to use, room set up, materials needed, staff scheduling and more. Registration is easier than ever with the ability to register online at BirminghamNext.org, by calling or stopping into the Next Office. And if you find yourself on a wait list, realize that there are often cancellations. *Please help us serve you better by pre-registering as early as possible. Thank you!*

DO WE HAVE YOUR EMAIL ADDRESS?

We send email communications to our members once a week or so with updates and announcements such as date changes, school closings and featured programs. *If you are not receiving our emails, please contact the office to verify the email address we have on file for you. Thank you.*

2017 ANNUAL MEMBERSHIP MEETING All Next members are invited!

Tuesday, April 18 at 12:30 pm - *Please RSVP with Next Office*

HELP SPREAD THE WORD

If you are on Facebook please take a moment to "Like" Next — *Your Place to Stay Active and Connected* and help spread the word about what a great place Next is!



DON'T MISS OUT ON INTERGENERATIONAL FUN! WEEKLY VISITS TO GREENFIELD ELEMENTARY

Thursdays from 9:00 to 11:00 am - *No visit April 6
No experience necessary - Please pre-register*

A bus from Next will take interested members to Greenfield Elementary where from 9:30 to 10:30 am you will be teamed up with students for activities such as: reader workshops, writer's workshops, editing, listening to students read, math, science, and much more. Teachers in each class will show you what to do and be there to assist if needed. *You may drive yourself if you prefer.*



FEATURED PRESENTATIONS

HOW TO ENGAGE IN VALUABLE BUT POLITICALLY TENSE CONVERSATIONS

Three consecutive Monday afternoons:
March 6, 13 and 20 from 1:00 to 3:00 pm
Cost: Complimentary - Please pre-register in Next office by Wednesday, March 1

The 2016 election highlighted the deep divisions in our culture. It intensified the fear that many of us have to speak from our hearts to one-another. For our Democracy and our community to survive and flourish, we have to find ways to come together and work together. We have to listen to the truth of others and share our own truth in ways that are respectful, productive and fulfilling. **Next member and Minister Barbara Clevenger** will facilitate three (two-hour) discussions based on the five Habits of the Heart in Parker Palmer's book, *Healing the Heart of Democracy*. Each session will provide time for personal reflection and honest sharing. It will be highly beneficial to read the book beforehand.

MAKE THE PERFECT OMELETTE

Friday, March 10 at 10:00 am
Cost: Complimentary
Pre-register by Wednesday, March 8

Come join fellow **Next member Alice Lezotte** who will teach you the technique on how to make the perfect omelette!! Alice will also be making her delicious fruit cup recipe to serve on the side. *Tastings and recipes will be provided.*

SIMPLE & DELICIOUS MEAL IDEAS

Tuesday, March 21 at 5:30 pm
Cost: \$7 members / \$9 non-members
Pre-Register by Saturday, March 18

Cooking enthusiast and caterer **Debbi Ward** is back to share her simple and delicious meal ideas using wholesome ingredients. She will be preparing Tuscan Bean soup, toasted sandwich recipes and a light dessert using grilled fruit! Debbi will be bringing copies of her new cookbook *Permission to play in the Kitchen*. *Recipes and Tastings provided.*

RETIREMENT REIMAGINED

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

Clearing the Clutter

Tuesday, March 28 at 6:00 pm - *See front cover for details.*
(Retirement Reimagined is not meeting in April)



A GREAT DAY IN HARLEM

Thursday, April 20 at 1:00 pm
Cost: Complimentary members / \$5 non-members

The Michigan Jazz Record Collectors (MJRC) is a local group dedicated to the preservation of jazz music. As an outreach of the MJRC, **Mr. Stuart Johnson** developed a series of Jazz lectures. This presentation is built around Art Kane's famous jazz photograph of 57 musicians in front of a Harlem brownstone. Mr. Johnson will present an in-depth back story of the picture, a short biography of some of the artists and play recordings of some of their featured songs.

THE TITANIC REMEMBERED

Wednesday, March 29 at 10:00 am - *Pre-registration required*
Cost: Complimentary members / \$5 non-members

You are invited aboard the Titanic in this heartfelt lecture which covers not only the loss of life, but the loss of innocence. **History-teller Maureen Esther** is back to share "Titanic Remembered". *Sponsored by Level One Bank, Birmingham*

BLOSSOMS Presents: The Basics of Fresh Floral Arrangements

Wednesday, April 19 from 10:30 am to 12:00 noon
Cost: \$25 member / \$28 non-member
Pre-register in Next office by Thursday, April 13
Meet at BLOSSOMS, 33866 Woodward Avenue in Birmingham

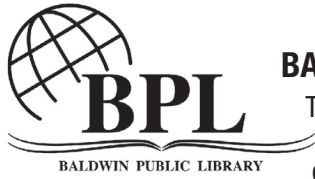
Always on the cutting edge of new trends, BLOSSOMS has been voted "Best Florist" in Detroit many times over the years. **Blossoms owner, and talented floral designer, Dale Morgan** shares his expertise as he teaches the basics of floral design. You'll then have the opportunity to apply these ideas as you compose your own fresh arrangement to take home. *Cost includes all materials, flowers and vase.*

SLEEP & RELAXATION:

Are you an Owl, a Lark or a Hummingbird?

Tuesday, May 9 at 10:30 am - *Pre-registration required*
Cost: Complimentary members / \$5 non-members

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



**NEXT WELCOMES THE
BALDWIN PUBLIC LIBRARY**

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

*Learners of ALL ages are welcome.
These classes will take place in the Next computer lab.*

Computer Basics

Mondays, March 6, 13 at 6:30 pm - Cost: \$10

Learn the basics of computing from mastering mouse skills to managing and saving files in this 2-session class.

Word 2010: An Introduction

Monday, March 20 at 6:30 pm - Cost: \$5

Learn fundamentals of word processing with Microsoft Word.

Cloud Storage

Monday, March 27 at 6:30 pm - Cost: \$5

Learn about popular providers of cloud storage and file sharing services.

Build A Website

Monday, April 3, 10 at 6:30 pm - Cost: \$10

Create a basic website for yourself or for your business.

PowerPoint 2010: An Introduction

Monday, April 17, 24 at 6:30 pm - Cost: \$10

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

Photo Editing with Online Tools

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

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

Excel 2010: Spreadsheet Basics

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

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

LinkedIn

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

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



ESSENTRICS® Restore, Rebalance, Renew

8 class series: Tuesdays and Fridays from 9:00 to 9:55 am

Series 1: March 7 through March 31

Series 2: April 4 through May 2 - *No class April 14*

Cost per series: \$50 members / \$55 non-members

Certified Classical Stretch/Essentrics Instructor, Sheridan Hainline comes to Next with over 14 years of group fitness experience. This class will help release tight muscles, rebalance joints and restore your body. Essentrics is an age-reversing workout that will restore movement in your joints, flexibility and strength in your muscles, relieve pain, and stimulate your cells to increase energy, vibrancy and your immune system. A slow-paced, full body workout created by the author of the New York Times bestseller, *Aging Backwards*. *Must be able to move easily from floor to standing. Please bring mat.*

FOUNDATION TRAINING

3 consecutive week class series:

Thursdays, March 9, 16, 23 from 1:00 to 2:00 pm

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

Pre-register by Monday, March 6

Foundation Training redefines your core and gives you new tools to conquer back pain and move with more confidence. Learn to shift focus from the front of your body to the back. By strengthening the back portion of your body and correcting poor movement patterns, you will move with confidence and strength while improving your posture. Certified Foundation Training Instructor Lori Harbour, is an AFAA certified instructor with 25+ years of group exercise experience and an Older Adult specialty certification. *Participants must feel comfortable getting up/down from the floor. Performed barefoot. Please bring a mat and water.*

GOLF LEAGUE KICKOFF MEETINGS

Wednesday, April 26

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

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

Springdale League: Plays Mondays at 9:37 am
League Manager: Jerry Mercier 248-514-2853

Lincoln Hills League: Plays Wednesdays at 10:00 am
League Manager: Pat Callanan 248-642-7129



FEATURED ART PROGRAMS

ZENTANGLE

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

"Zen Gems"

Tuesday, March 7 from 1:00 to 3:00 pm
Cost: \$15 members / \$18 non-members

Create dazzling Zen Gems! Using colored pencils and micron markers, we will create glowing gems surrounded by tangled "bezels" on paper stock. Gems and tangles will be cut out and placed in a real bezel with a glass top and chain. *Bring your micron 01 pen and white gelli roll pen (or purchase them from instructor for an additional \$5.00). The \$8 kit fee is payable directly to instructor.*

"The Art of Notan and Zentangle"

Tuesday, April 11 from 1:00 to 3:00 pm
Cost: \$15 members / \$18 non-members

Learn the art of Notan, a Japanese technique using light and dark. **Pam Signorelli** will teach you how to create these beautiful patterns by using scissors to cut out the shapes, followed by pens to apply tangles to the spaces. Remember you do not have to be a trained artist to create beautiful art with the Zentangle method. You just have to know how to draw a straight line, a dot, a curved line and a circle. They will be mounted on a 9"x 9" mat board backing for display. *The \$5 kit fee, payable directly to instructor, includes all materials and mat.*

"Zentangle Diptych"

Tuesday, May 9 from 1:00 to 3:00 pm
Cost: \$15 members / \$18 non-members

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

ANYONE CAN PAINT

The always popular **Steve Wood** returns to Next! Steve combines his instruction with humor and encouragement, for beginner to intermediate painters. By the end of class, participants will complete an 11"x14" acrylic painting. *Fee includes all supplies. Cost: \$28 member / \$33 non-member*

Subject: "Window Flower Box"

Wednesday, March 15 from 9:30 to 11:30 am
Pre-register by Thursday, March 9

Subject: "Mountain Runoff"

Wednesday, May 17 from 9:30 to 11:30 am
Pre-register by Thursday, May 11

BATIK SILK SCARF DESIGN

2-part class: Tuesdays, March 21 and 28 from 1:30 to 3:30 pm
Cost: \$55 per person, includes all materials
Register in Next Office by Monday, March 13

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 natural silk scarf using professional grade dyes, which 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.*

BEGINNING BEADING: Peyote Stitch Bracelet

Thursday, April 6 from 1:00 to 4:00 pm
Cost: \$15 material fee payable directly to instructor
Pre-register by Friday, March 31

Artisan **Susan Fraser** has been making and designing jewelry for 15 years and has exhibited at events throughout Michigan. Sue will guide you through the creation of one of these beautiful beaded bracelets in two-drop peyote. Peyote stitch is a versatile technique that can be used in many designs. Two color choices will be available for each style. *Class requires the ability to thread small needles, so bring your reading glasses! This project may not be fully completed during the class period.*

CRAFTING WITH JAPANESE WASHI TAPE

Tuesday, April 11 at 4:30pm
Cost: Complimentary - Pre-Register by Saturday April 8

Washi tape is a DIY delight! It is a colorful printed adhesive tape made from natural fibers that is fun and easy to use for all types of projects. We will be making decorative bookmarks in this class — make one for yourself and one to give as a gift or tuck in an Easter Basket! *Children are welcome to attend this activity. All supplies included and snacks provided.*

PAINT LIKE A PRO II

Tuesday, April 18 from 5:00 to 6:30 pm
Cost: \$26 members / \$31 non-members

Accomplished artist, **Deborah Roelofs** is back to teach you how to paint your own 12" x 9" beautiful masterpiece using her simple techniques. This time you will be using a wash of colors and outlining them in patterns with black ink. Come join the fun and learn to paint like a pro! *No experience necessary. Fee includes all materials. Please wear clothes for painting.*

FEATURE FILMS

ADMIT ONE

**DINNER &
A CLASSIC**


presented by

Every Wednesday Evening @ 5:30pm

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

Cost: Complimentary members / \$5 non-members

THE EFFARES GROUP
RESIDENTIAL REAL ESTATE

MAX BROOK
REALTY
1895

March 1 - SUFFRAGETTE

In early 20th-century Britain, the growing suffragette movement forever changes the life of working wife and mother Maud Watts (Carey Mulligan). Galvanized by political activist Emmeline Pankhurst (Meryl Streep), Watts joins a diverse group of women who fight for equality and the right to vote as they faced increasing police action. *Rated PG -13 106 minutes*

March 8 - GHOST

While out on the town one evening, New York couple Sam (Patrick Swayze) and Molly (Demi Moore) are confronted by a mugger. After submitting to his demands, Sam is murdered anyway. He then finds himself a disembodied spirit but soon finds help in a psychic (Whoopi Goldberg), and together, the two set out to serve justice. Blending comedy, romance, action, and horror. *Rated R (language) 86 minutes*

March 15 - RADIO DAYS

A series of vignettes involving radio personalities is intertwined with the life of a working class family in Rockaway Beach, NY circa 1942. The common denominator in all the stories is the presence of the radio — it brought music, news, stories, escape and comfort, made stars of everyday people and was often the glue in families and relationships. *Rated PG 88 minutes*

March 22 - THE KING'S SPEECH

The King's Speech the story of the man who became King George VI, (Colin Firth) the father of Queen Elizabeth II. After his brother abdicates, George ('Bertie') reluctantly assumes the throne. Plagued by a dreaded stammer and considered unfit to be king, Bertie engages the help of an unorthodox speech therapist named Lionel Logue (Geoffrey Rush). *Rated R 119 minutes*

March 29 - BREAKFAST AT TIFFANY'S

Dinner & A Classic 5:00 pm

In an idealized New York City during the early '60s, Holly Golightly (Audrey Hepburn) is a charming socialite with a youthful zest for life. Holly's carefree independence is changed when she meets her neighbor, aspiring writer Paul (George Peppard). Just when Holly and Paul are developing their sweet romance, Doc (Buddy Ebsen) appears on the scene and complicates matters, revealing the truth about Holly's past. *Rated G 130 minutes*

April 5 - DEEP WATER HORIZON

On April 20, 2010, the Deepwater Horizon drilling rig explodes in the Gulf of Mexico, igniting a massive fireball that kills several crew members. Chief electronics technician Mike Williams (Mark Wahlberg) and his colleagues find themselves fighting for survival as the heat and the flames become stifling and overwhelming. Banding together, the co-workers must use their wits to make it out alive amid all the chaos. *Rated PG 13 97 minutes*

April 12 - JACKIE

Following the assassination of President John F. Kennedy, First Lady Jacqueline Kennedy fights through grief and trauma to regain her faith, console her children, and define her husband's historic legacy. *Rated R for brief strong violence and some language 140 Minutes*

April 19 - HACKSAW RIDGE

Hacksaw Ridge is the extraordinary true story of Desmond Doss (Andrew Garfield) who, in Okinawa during the bloodiest battle of WWII, saved 75 men without firing or carrying a gun. He was the only American soldier in WWII to fight on the front lines without a weapon, as he believed that while the war was justified, killing was nevertheless wrong. As an army medic, he single-handedly evacuated the wounded from behind enemy lines, Doss was the first conscientious objector to ever earn the Congressional Medal of Honor. *Please note: Rated R (intense realistically graphic sequences of war violence) 139 minutes*

April 26 - THE AFRICAN QUEEN

Dinner & A Classic 5:00 pm

This classic stars Humphrey Bogart in his Oscar-winning portrayal of Charlie Allnut, the slovenly, gin-swilling captain of a tramp steamer called the African Queen. Katharine Hepburn plays Rose Sayer, the maiden-lady sister of a prim British missionary, Rev. Samuel Sayer (Robert Morley). When Germans invade and Samuel dies, Allnut offers to take Rose back to civilization. Together the disparate duo work to ensure their survival on the treacherous waters and devise an ingenious way to destroy a German gunboat. *Rated PG 125 minutes*



**Thanks to Woodward Hills for
providing Next with Movies and Popcorn**

SPEAKER S E R I E S

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Cost: Complimentary members / \$5 non-members

March 2 - INSPIRING THE NEXT GENERATION OF SCIENTISTS

Paulette Epstein

Paulette Epstein from the Michigan Science Center will present on why it's important for all of us, not just children, to understand science as it impacts the world around us, including government policies that affect scientific initiatives. Pulling from real world experiences, Ms. Epstein will get you, and the next generation, eager to learn!

March 9 - THREATS TO THE POWER GRID

Dr. Dale Partin

Dr. Dale Partin, Ph.D. discusses the vulnerability of the North American electrical grid. "The Grid" is the system that delivers electricity to the entire country; so, is "The Grid" safe? According to our speaker, it is not! Dr. Partin will discuss the current threats to the U.S. electric power grid, including the greatest, yet least considered threat: Coronal Mass Ejection (CME) from the sun. Dr. Dale Partin has a Master of Science degree in Physics, a Ph.D. in Electrical Engineering and is a fellow of the American Physical Society.

March 16 - WHAT IS FAKE NEWS?

Nolan Finley

Mr. Finley, Detroit News editor and columnist, will discuss the growing influence of fake news. Fake news stories are cropping up right alongside of well researched, fact based news and are becoming more and more difficult to discern. But what qualifies as fake news? The onus is on the reader to exercise caution when digesting the daily news, and more importantly surfing the internet which is an open forum for basement bloggers working to persuade popular opinion. Is the news you are reading real or fake, or does the truth lie somewhere in between?

March 23 - POSTWAR DETROIT: REBUILDING THE PARIS OF THE MIDWEST

Karen Miller

Karen Miller, Associate Professor of History at Oakland University, will discuss how the wartime economy in Detroit brought hope that the city would return to economic greatness. Detroiters eagerly sought to rebuild the city to its glory years of the 1920s. However, this attempt to build a new Detroit was thwarted by theories of urban renewal and inattention to the needs of the neighborhoods.

March 30 - THE COYOTE: OUR URBAN ADAPTOR

Laurel Zoet

Please welcome back Laurel Zoet, CIG, Naturalist and Educator. Native Americans told legends about the coyote; yet today, this wild canine only seems to get bad press. How can one animal be feared by some and revered by others? Laurel Zoet, from Nature on the Go, will discuss the coyote that is becoming more prevalent in our urban/suburban areas.

April 6 - ALBERT KAHN'S ARCHITECTURAL LEGACY

Casie Blovsky

Detroit Historical Society's Casie Blovsky will discuss how in the first half of the 20th Century, Detroit architect Albert Kahn revolutionized the design of industrial buildings around the world. He also influenced the artistic and aesthetic elements of commercial and residential structures, in a variety of styles and form. This presentation will examine his career and the vast legacy of architectural treasures he created for the people of Detroit.

April 13 - NO LECTURE

April 20 - THE LOST CAR COMPANIES OF DETROIT

Alan Naldrett

The average person has no idea that there were over 200 companies that have built cars in Michigan. Many of these companies were well-known, including Packard and Hudson, others like Dragon, not so well-known. Alan Naldrett discusses his book, *Lost Car Companies of Detroit*. Mr. Naldrett has a master's degree in Archival Sciences, is a retired librarian and has written seven history books.

April 27 - NPR'S IT'S JUST POLITICS

Zoe Clark and Rick Pluta

Next welcomes back NPR's Zoe Clark, along with Rick Pluta, to help make sense of all the post election news from cabinet appointments and executive orders, to dramatic policy shifts. With significant changes occurring almost daily, what can we expect in the coming months and years? How will the new policies of the current administration impact the average American? Join us as we listen and learn together.



DAY TRIPS

SIGNAL-RETURN TOUR, DEMO & LUNCH

Tuesday, March 14

Bus departs Next at 9:15 am, returns about 1:30 pm

Cost: \$45 members / \$50 non-members

Registration required. Please register by February 24.

Take a trip to Signal-Return near Eastern Market. Signal-Return is a working letterpress studio dedicated to teaching and producing, and a retail store stocked primarily with the work of Michigan artists. Enjoy a guided tour of the print studio. Learn about printing presses, their type collection and how the presses work. You will also be a part of a typesetting and printing demo — and receive one copy of a printed piece to take away. *Enjoy lunch on your own at Roma Cafe.*

DETROIT HISTORICAL MUSEUM TOUR & LUNCH

Tuesday, March 21

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

Cost: \$20 members / \$25 non-members - Includes bus and ticket, lunch on your own. *Registration required.*

Enjoy the Detroit Memories and Moments Tour at the Detroit Historical Museum. Experience 300 years of Detroit history with visits to the Frontier to Factories: Detroiters at Work, 1701-1901, America's Motor City and Streets of Old Detroit exhibits, and several others. *After the tour, enjoy lunch on your own at Mario's. Having been around since 1948, Mario's is a Detroit favorite!*

NORTHVILLE THEATRE OUTING Genitti's & Tipping Point Theatre

Wednesday, April 12

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

Cost: \$60 members / \$65 non-members

Registration required. Please register by March 17.

Enjoy an Italian feast at Genitti's Hole-In-The-Wall. Lunch will include Italian wedding soup, garlic bread, Antipasto Salad, Baked Chicken, Mostaccioli, Vegetable, Oven Roasted Potato and dessert. After lunch, walk a few blocks to the Tipping Point Theatre and experience Sam Shepard's "True West". The play makes you ponder the question, "Can someone really change in the end?" Brothers Austin and Lee might help to answer that question. *Transportation, lunch and theater ticket included. Please note that we will be walking several blocks from lunch to the theatre.*



DETROIT ZOO: Senior Day

Wednesday, April 26

Bus departs Next at 9:30 am, returns about 2:00 PM

Cost: \$7 members / \$10 non-members

Please pre-register.

Go to the zoo with Next! Senior Day at the Detroit Zoo features live music, tram tours, bingo, zookeeper talks and a senior resource area. *Lunch on your own.*

LUNCH BUNCH

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

Tuesday, March 7 - Vinsetta Garage, Berkley

Lots to choose from... Burgers, Build Your Own Pasta Bowl, several Salads and much more!

Tuesday, April 18 - Bill's, Bloomfield Hills

Several options to choose from... French Dip, Roasted Turkey Sandwich, Salads, Soups just to name a few!

Tuesday, May 16 - Recipes, Troy

Such a diverse menu! Order a Frittata, Omelet, Reuben, Turkey Club, Salad, etc. There's something for everyone.

Tuesday, June 13 - Mex, Bloomfield Hills

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

DETROIT SYMPHONY ORCHESTRA: MORNING COFFEE CONCERT SERIES

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

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

RODGERS & HAMMERSTEIN

Friday, April 28

The very best of Rodgers and Hammerstein on Broadway.



MEIJER GARDENS & GERALD FORD MUSEUM

Monday, May 8

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

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

Spend time at Fredrick Meijer Gardens and Sculpture Park as well as the Gerald Ford Museum. This trip includes entry to both locations and a \$12 lunch voucher to be used at Meijer Gardens. Meijer Gardens is one of the leading cultural destinations in Michigan, featuring 132 acres of indoor and outdoor gardens. Both a tram ride, as well as a guided tour, will be provided. After lunch, head to the Gerald Ford Museum for a short film with time to explore exhibits including the spotlight exhibit "Space: A Journey to Our Future". *Please note that there is a considerable amount of walking on this trip. Trip offered by Bianco Tours.*

STRATFORD FESTIVAL DAY TRIP: "Guys and Dolls"

Thursday, October 5

Bus departs Next at 6:45 am, returns about 9:30 pm

Cost: \$155 members / \$160 non-members

Pre-registration required. Travel is through Canada, so you MUST have a passport or enhanced driver's license.

Trip includes round trip transportation on a luxury motor coach complete with a tour director escort. While in Stratford, enjoy a buffet lunch at the Queen's Inn (included), then explore the downtown shopping area. Lastly enjoy the musical, "Guys and Dolls". *Trip offered by Bianco Tours.*



OVERNIGHT TRAVEL

HOLLAND & SAUGATUCK TRIP

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

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

NIAGARA ON THE LAKE

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

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

- *Registration is not complete until payment is received.*
- *Once tickets have been purchased, refunds will only be given if we are able to fill your spot or the trip is cancelled.*
- *For those trips \$5 and under, a credit will be given.*

THANK YOU FOR YOUR GENEROUS CONTRIBUTIONS TO THE SHARE THE SPIRIT FUND DRIVE!

Shirley and Dan Abbinante, Sandra Abbott, Gretchen Anderson, Fay Baker-Miller, Betty and Irving Baron, Gloria Baykian, Mary Jo and Tom Beagen, Dr. Sheila Becker, Sharon and Harris Berman, Maggie Bicz, Mary Billing, Birmingham Bloomfield Audiology, Marilyn Bishop, Mrs. William Bones, Jr., Christine Bookmyer, Denise and Bob Borgon, Carolyn Borman, Susan Boyle, Donald Bratt, Cris and Tom Braun, Hugh Brennan, Salvador Bricio, Marceline Bright, Patricia Brooks, Enid Brown, Jaye Brown, Patricia and Donald Brundirks, Nancy Buck, Carol Jean Burns, Ellen Cataline, Don Cavanaugh, Pei Lei Chan, Mike Choly, Marilyn Citron, Dorothy Coordes, Mary Cope, Faith and John Corey, Patience Crimmins, Lois Cromie, Mona and Sante Cundari, Irene Curmi, Mrs W.F. (Nancy) Daines, Suann Darmody, Susan Davis, Marilyn Dean, Sandy Debicki, Florence deBono, Jesusa and Fernando DeLeon, Charlotte and Art Del Vero, Carol and Ron Denton, Pamela and Carroll DeWeese, Karen DiChiera, Mrs. J. (Julianne) Dichting, Susan and Russell Dixon, Lynn Doelle, Dorothy Ducker, Peggy Dufault, Carol Dunshee, Carol Edwards, Richard Ehrlich, Mary Elliott, Mary Ensroth and Andrew Spencer, Lucille Entwistle, Jan Erichsen, Muffy Ernster, Pamela Farlow-Wolgast, Frank Fedorchak, Maureen and David Field, Eugenia Florek, Patricia and Richard Forbush, Lydia Francis, Edna Freier, Larry Frincke, Eleanor Froehlich, Jean Giddens, Shelley Goodman-Taub, Zelma and Gil Gottlieb, Dennys Grady, William Guspie, Barbara and Mike Hanchin, Kristi Hansen, Joyce Hargrave-Thomas, Patricia Haupt, Eleanor and Ray Heald, Rita Herpel, Elaine Hirt, John Horiszny, Cherry and Steven Howell, Elaine and John Hretz, Pat and Brad Hubert, Ann Iverson, Beth Jamieson, Susan and Thomas Jones, Kathi Jones-Cutler, Florence Kassab, Donna and Mark Kelly, Carol and Frederick Kneisler, Robert Koenigsknecht, Dolores Kornblum, Dr. John Kroell, Robert Kutzen, George Landmann, Dolores Lane, Nancy Lee, Maurice Lefford, Alice Lezotte, Georgette Lhyle, Kathleen Lorencz, Harriet Lytle, Mary Lou Mabee, Rhonda and Charles Main, Ray Malover, Cheryl and Ben Mangiapane, Eugenia Maynard, C. Reid McCulloch, Mary McDougall, JoAnn and Chuck Melekian, Craig Mercier, Pat Meyers, Rita Morisette, Joan and Bert Mount, Mary Mueller, Judy and Charles Nave, Adolph Neeme, Yasuko Nelson, Jean and Daniel Nerad, Nancy and Jim Nordlie, Joan Norton, Clemens Nowak, Sr., Ellen and Lyle Nustad, Debra O'Hara, Joe Pallischeck, Marian Parkins, Olga Pawlowski, Patti Peacock, Genevieve Peters, Keith Petherick, Dorothy Pfeifer, Mrs. Carl (Anna) Posther, Annis Pratt, Alice Prior, Sharon and Ed Pugh, Jr., Del Puscas, Joann and Charles Raeder, Celia Ransom, Helen Reilly, Elsa Roberts, Ruth Roberts, Karen Rock, Marjorie Ross, Rosso Family Foundation, Helen Roth, R. Jean Ruth, Janet and Dale Schairer, Kathleen Schein, Haim Schlick, Irene Schmidt, Lucille and Clarence Schmitt, Ed Schouten, Jean and Bob Schuler, Antoinette Segitz, Mary Ann Sekuterski, Charles Sestok, III, Barbara Shapiro, Helen Sharpe, Greg Shuraleff, Ingrid and Stevan Simich, Madeline Simone, Nancy Smith, Charlotte and Richard Snee, Joan Sneyd, Lori and Doug Soifer, Dolores and Ruben Steimel, Fred Steiner, Maryann and Chet Sternicki, Sally Struck, Judy Stucky, Dorothy Sullivan, S. James Tanury, Michele Tillman, Dee Trainor, Sondra and Charles Travers, Richard Travis, Alice Trocke, Virginia Turner, Joanne and James Umphrey, David Underdown, Judith Velleman, Sally Versaci, Lydia Wallace, Dorothy Warren, Dr. W. Douglas Weaver, Karen White, Nancy and Harley Wood, Wilbur Wood, Jean and Tony York, David Young

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STIMULATE YOUR MIND WITH ONGOING PROGRAMS

🕒 BOOK TALK

Mondays at 2:30 pm - Resumes Monday, March 27

The group is reading *The Best American Short Stories of 2014*, guest editor Jennifer Egan. *Contact facilitator Ann Plunkett at 248-737-9395 to learn more.*

🕒 POPULAR READS BOOK CLUB

Tuesday, April 11 from 10:00 to 11:00 am

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

🕒 SOCRATES CAFÉ®

Drop-in Friday, March 24 and April 28 from 1:00 to 3:00 pm

Drop in to this lively discussion group based on Christopher Phillip's National Bestseller, *Socrates Cafe*®. Participants develop questions which facilitator Annis Pratt reads to the group. The group votes on which question to discuss for the next two hours.

🕒 GENEALOGY/FAMILY HISTORY:

One-on-One Searching for Your Ancestors

By appointment only - Call to reserve 30-minute appointment

Appointments available on Thursdays,

March 16 and April 20 from 1:00 to 2:30 pm

Cost: Complimentary members / \$5 non-members

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

MEN'S BREAKFAST

Every Friday 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. This is just an opportunity for the men of Next to gather and enjoy each other's company. *We will provide the breakfast and coffee, you provide the conversation.*

🕒 THE NEXT LIBRARY

The Next Library in room 2, is filled with a large variety of books and puzzles for our members' convenience. Stocked with current fiction and non-fiction titles, large print and reference books, as well as jigsaw, and crossword puzzles, there is plenty to choose from. In addition, we have a kiosk in the lobby with books and movies from the Baldwin Library. The Next library and Baldwin kiosk are on the honor system. *Please enjoy.*

🕒 WRITER'S CORNER

1st and 3rd Thursdays, March 2, 16

and April 6, 20 from 9:30 to 11:00 am

Join Next members who love to gather and share their common interest in writing. Members of this group enjoy writing poetry, memoirs, social commentary, short stories and novels. Read your material and get constructive feedback. *Contact facilitator Diana Plopa 248-914-4027 for additional information.*

🕒 WRITING TIME

Select Mondays, March 13

and April 3, 17 from 9:30 to 11:00 am

Writers please join us for concentrated writing time. Work on something you've already started, or polish something you've almost finished. Computer, laptop, tablet, and pen and ink writers are all welcome! *Contact Diana Plopa at 248-914-4027 for more details.*

🕒 NEW! 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 for this casual discussion group about current events — from what's going on in Michigan to what is happening around the globe. *This is a drop in, non-facilitated group dialogue.*

🕒 COMPUTER LAB

The lab is open during center hours for members to use any one of our many PCs or our Mac.

🕒 ONE-ON-ONE COMPUTER INSTRUCTION

We offer one-on-one computer instruction, on one of our many lab PCs or our MAC, by one of our talented instructors.

🕒 NAVIGATING YOUR IPAD, IPHONE, TABLET & MORE

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

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

Did you know that the center has WiFi? It is available free to members. Stop in the office for the password.



INVIGORATE YOUR BODY WITH ONGOING FITNESS PROGRAMS

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

AGEBUSTERS

Tuesdays and Thursdays at 9:00 am

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

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

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

CHAIR YOGA

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

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

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

LIMBER UP

Mondays, Wednesdays and Fridays at 9:00 am

Cost: Complimentary

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

MAT YOGA FOR WELL BEING

Tuesdays and Thursdays at 4:30 pm

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

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

PICKLEBALL

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

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

Saturdays from 9:00 am to 2:00 pm

Cost: Complimentary members / \$2 non-members

Beginning March 4: 1st and 3rd Saturdays from 9:00 to 10:00 am reserved for beginner instruction/mini-clinics

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

PERSONAL TRAINING

One-on-One Personal Training Sessions

Monday evenings / Tuesday and Wednesday afternoons

Cost: \$60 for one hour-long session

Call Next Office to reserve your private session

Working out but not getting the results you wanted? Need extra encouragement and motivation? Next is now offering one-on-one Personal Training with ACE Certified Personal Trainer, Sharon Claye. Whether you want to strengthen your core, improve your golf game, or just take your workout to the next level, Sharon will work with you individually to get the outcomes you desire.

Cancellations or rescheduling require 2 days notice directly to Sharon Claye at 248-562-7111.

Small Group Personal Training Series

Early Spring Series: 6 classes on Tuesdays,

March 14, 21, 28 and April 4, 11, 18 from 2:00 to 3:00 pm

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

Pre-registration required - Class limited to six participants

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

STANDING BARRE CLASS

Saturdays from 10:00 to 10:50 am

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

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

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

SEATED BARRE CLASS

Saturdays from 11:00 to 11:50 am

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

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

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

SENIOR FIT

Monday, Wednesday and Friday at 3:00 pm

Currently at capacity. *To get on a waitlist, please call St. Joseph Mercy Oakland at 248-858-2545.*

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☛ TAI CHI

Tuesdays from 10:30 am to 12:00 noon

Fridays from 10:15 to 11:45 am

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

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

☛ BOWLING LEAGUE @ HARTFIELD LANES

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

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

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

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

☛ TENNIS LEAGUE - MIXED DOUBLES

Wednesdays from 2:30 to 4:00 pm

Fridays from 2:00 to 3:30 pm

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

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IGNITE NEW PASSIONS WITH ONGOING ART PROGRAMS

▶ ADVANCED POTTERY STUDIO

Thursdays from 9:30 am to 12:30 pm

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

▶ DRAWING & WATERCOLOR OPEN STUDIO

Most Wednesdays at 1:00 pm

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

▶ KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

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

▶ NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

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

▶ "DROP-IN" STUDIO FOR ARTISANS

Drop-in on 1st and 3rd Fridays, March 3, 17 and April 7, 21 from 1:00 to 3:00 pm - *Please note day of the week change.*

Interested in enjoying the inspiring and friendly company of other artists as you work on your own creations? Drop in on this group of talented artists, each of whom works independently. This is not a class. *Sorry, no hot metal or glass work in this studio.*

▶ PAINTING WITH ACRYLICS & OILS

Beginners through advanced students

10 week class: Tuesdays, April 4 through June 13

from 9:30 am to 12:00 noon - No April 11 class

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

Artist/instructor Karen Halpern's class lessons focus on color theory, subject, techniques and design. Individual guidance and personal encouragement will help you develop your own style. *Bring a 12"x18" sketch pad, 16"x20" canvas or larger, #2 desk pencil, eraser, and painting supplies to first class.*

▶ PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm

This group of artists meets weekly to paint, with a focus on portraits and figures. Models are hired for each painting session. To join this group, you must be an accomplished artist and member of the Palette & Brush Club. *The group is currently at capacity; however, if you are interested in joining the club, please contact paletteandbrush.org.*

▶ PHOTOGRAPHY CLUB

Select Tuesdays, March 21 and April 18

from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 non-members

Interested in photography as a hobby — or just taking better pictures? Want to learn how to fully utilize your camera? Facilitators Gregory Burry and Chuck Green will be available to "coach" members. Chuck is also available for one-on-one Photoshop lessons at Next. *For further information contact Greg Burry at 248-302-1156 or gregoryburry@sbcglobal.net or Chuck Green at 248-647-0477 or chazgreen@wowway.net.*

▶ STUDIO ART CLASS

10-week class: Thursdays, April 6 through June 8

from 1:00 to 3:30 pm

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

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



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CONNECT & PLAY

► B-I-N-G-O WITH BARB

1st and 3rd Fridays, March 3, 17 and April 7, 21 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.*

► CARDS & TILES

Monday Mah Jongg

Mondays from 10:30 am to 12:30 pm and 12:30 to 2:30 pm
This group is looking for substitute players only. *Contact Sandy Moore at xsandy16@yahoo.com if interested in subbing.*

BRIDGE...for everyone at every level!
Beginning Bridge Instruction - Instructor: Al Rosie
 Mondays from 10:00 am to 12:00 noon

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

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

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

CARDS...come and join the fun!

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

- Pinochle**
 Mondays, Wednesdays, Fridays from 12:00 noon to 3:00 pm
-
- Euchre**
 Tuesdays from 12:00 noon to 3:00 pm
-
- Hearts**
 Thursdays from 12:00 noon to 3:00 pm



FIND NEW INTERESTS

► 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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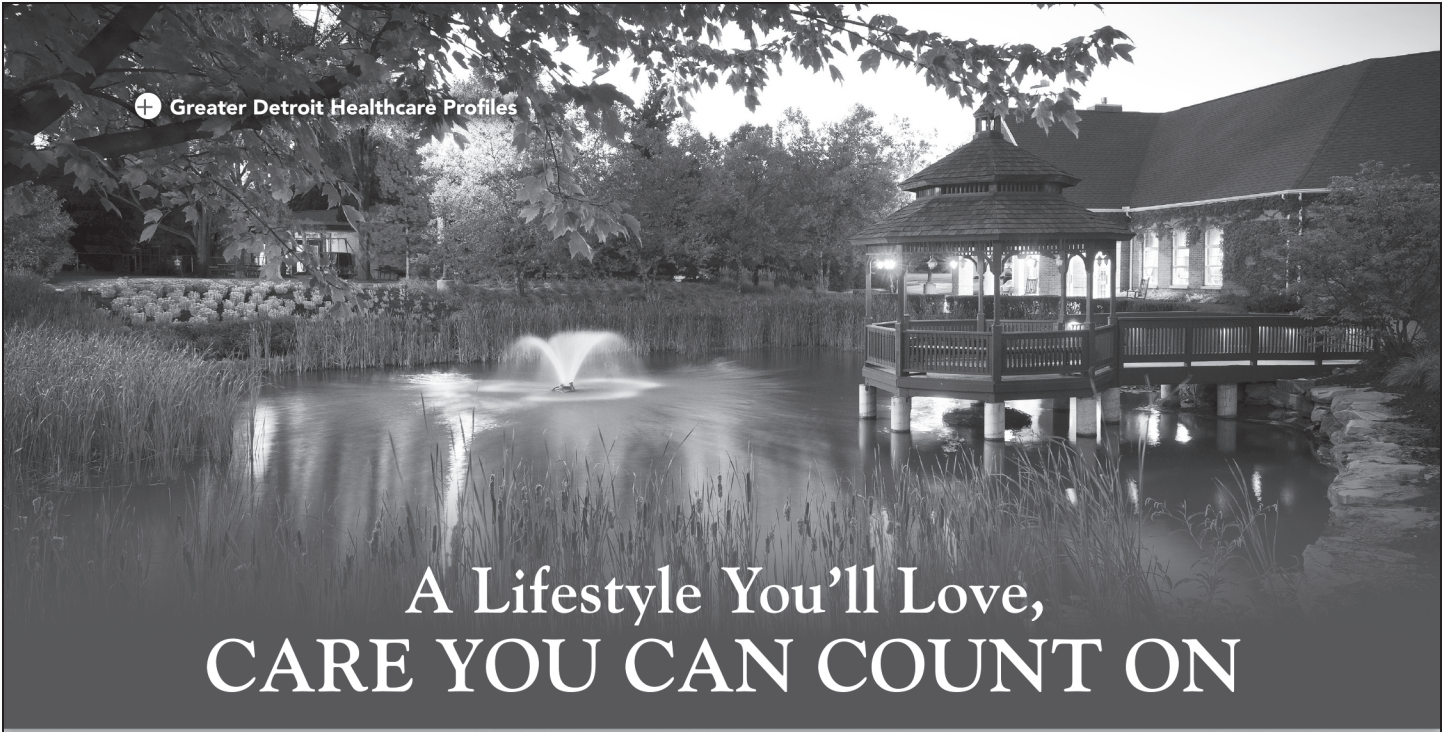
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A Lifestyle You'll Love, CARE YOU CAN COUNT ON

Samaritas Senior Living of Bloomfield Hills offers a welcoming community of luxury amenities and uncompromised service.



Transitioning yourself or a loved one to a senior living community can be a challenging decision, but it's one that's made easier knowing there is a community nearby that offers upscale amenities and an unparalleled quality of life.

"At Samaritas Senior Living of Bloomfield Hills, we become an extension of your family," says Executive Director Suzanne Upward. "Formerly called Maple Village, our new name is a clearer reflection of our mission: to embody the compassionate service of

the Good Samaritan and to empower residents to live their fullest life possible."

Extraordinary Living

Nestled on six acres of picturesque woodlands and walking paths, Samaritas Senior Living is also near premier shopping, dining, and entertainment destinations. A bustling activities calendar includes fitness classes, bridge and bingo groups, and music and educational programs as well as off-site excursions to nearby theaters and museums.

In the formal dining room, residents are treated

to fine restaurant-style menus prepared daily by an Executive Chef and served by a friendly wait staff.

"New residents always have someone to sit with on their first day at dinner because we make it a point to introduce them to people in the community," says Gloria Krass, Director of Marketing.

Peace of Mind

Samaritas Senior Living offers 73 independent living residences and 18 assisted living residences. "We call our assisted living program Catered Living Plus because we truly deliver one-on-one care that is catered to

individual needs," says Krass.

Both independent and assisted living residents wear emergency response bracelets that can call for staff assistance 24/7 if a need arises.

"Being a smaller, close-knit community, our team does a stellar job of identifying needs and changes in our residents," says Upward. "We know everyone by name, and we're aware of their day-to-day activities so that we can alert families if something doesn't seem right."

"People never think they're quite ready for a senior living community, but our advice is to not wait until there is an accident," says Krass. "We encourage people to join our community early and take advantage of all the lifestyle opportunities available."



6257 Telegraph Road, Bloomfield Hills, MI 48301

Samaritas.org

Call 248-723-6275 for more information or to schedule a private tour.



SUPPORT SERVICES

► INFORMATION ABOUT COMMUNITY RESOURCES

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

FOUNDATION FOR BIRMINGHAM SENIOR RESIDENTS

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

Assistance comes in two forms:

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

Please call Jeanne Nance or Sandi Cassar for more information.

► FINANCIAL ASSISTANCE

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

► MINOR HOME REPAIR for BEVERLY HILLS RESIDENTS

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

► ASK THE ATTORNEY

Tuesdays, March 7 and April 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. Members only.*

► LAWN MOWING & SNOW REMOVAL for BIRMINGHAM & BEVERLY HILLS RESIDENTS

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

► TRANSPORTATION

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

► HEARING AID & EYEGLASSES DONATIONS & RECYCLING

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

► EARLY STAGE MEMORY LOSS SUPPORT GROUP

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

COMMUNITY HOUSING TOURS

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

Fox Run
Wednesday, March 22 - Bus departs at 10:30 am

Oakmont of Rochester Hills
Wednesday, April 19 - Bus departs at 10:30 am

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

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



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HEALTH & NUTRITION

► MEDICAL EQUIPMENT LOANS

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

► NUTRITION SUPPORT

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

► BLOOD PRESSURE & BLOOD OXYGEN SCREENING

1st Wednesdays, March 1 and April 5 from 10:00 to 11:00 am
No appointment is necessary. Free of charge.

Sponsored by Home Care Assistance of Birmingham

► PODIATRISTS AT NEXT

Wednesdays, March 22 and April 26 from 9:00 to 11:00 am
Call Next to make an appointment

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

► MEALS ON WHEELS

Please call Emerald Foods at 248-689-0001 to enroll in this nutrition program. In addition, volunteers are 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. We welcome you to begin this rewarding experience!*

Senior Meals on Wheels is looking for paid drivers.

Days and hours are flexible. For more information please contact Steve@seniormealsonwheels.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.*

► NURSE ON CALL

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

► ELDER ABUSE

Elder and vulnerable adult abuse, neglect and exploitation are behaviors committed against an elder or vulnerable adult who is unable to protect himself or herself due to a mental or physical impairment or due to advanced age.

- **Abuse** is harm or threatened harm to an adult's health or welfare caused by another person.
- **Neglect** is the inability or failure of the adult, or an individual responsible for the care of the elder or vulnerable adult, to provide adequate food, shelter, clothing, medical care, etc.
- **Exploitation** is the misuse of an adult's funds, property or personal dignity by another person.

The perpetrators are often trusted family, friends, neighbors or caregivers. This can occur in the person's home, in the home of another person or in licensed settings such as adult foster care, homes for the aged or nursing homes. *Visit www.michigan.gov.*

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LET'S HEAR FROM YOU

The Next Support Services Department is often asked for the names of reputable companies that provide services such as plumbing, electrical, handyman work, cleaning, etc.

If you know of a licensed and insured company that you really enjoy working with, please call us and share your recommendation. It would be very helpful to us and a great service to your fellow Next members and community members.

MEET OUR NEWEST MEMBERS...

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

Ellen Bagley, Linda and Ronald Buchanan, Joe Canfield, Zuhura Cheeks, Carla and Jim Cleary, Frances and Prospero Dagbovie, Elnora Dears, Debra and John Dorr, Marion Forman, Marylyn and Charles Frederick, Marie-Ann and Richard Halladay, Marjorie Hirschfield, Joan and Carl Koelsch, Nancy Kulish, Robert Lokar, Al Magnus, Marie and Warren Matice, Suzanne Nazoyan, Mary and Charles Neff, Sandy and Kevin Nickerson, M. Kay Nienberg, Fran O'Connor, Patricia Pooler, Carol Posen, Martin Reisig, Sylise Ruemenapp, Janet Sauerbrey, Mauel Sklar, Arthur Stuart, Lawrence Sweet, Sherry Tattie, Nancy and Tom Trimmer, Mary Jane Valanty

We are thinking of you...

Mary Billing, Dorothy Coordes, Patti-Rae Given, Joe Papp, John Rady, Pat Simon, Chet Sternicki, Pat Stevens

Our condolences to the families of...

Jack Fawcett and Lois Keros

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Donations Received

through January 31, 2017

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Birmingham Stamp Club, Ferndale Stamp Club, and Senior Men's Club of Birmingham

FOUNDATIONS & GRANTS

St. James Episcopal Church

GOODS & SERVICES

Linda Allen, Chris Bookmyer, Alfred Bosley, Mary Cox, Chuck Green, Elenore and Karl Herkommer, David Kellett, D.A. Maxwell, Celia Ransom and Marge Wilner

INDIVIDUALS

Patricia Dahlin, Jesusa and Fernando DeLeon, June and Malcolm Hendy, Ellen and Stephen Kates, and Catherine O'Connor

MUNICIPALITIES

Village of Beverly Hills

EVENT BAKERS

Jim Bird, Jean Giddens, Oldham Hanna, Judy Murrell, Genevieve Peters and Alice Trocke

WITH GRATITUDE

A big thank you goes out to Greenfield School, Jay Smith and Patrick Mulrooney for the holiday gift cards for a very deserving Birmingham family.

And, thank you to the Palette & Brush Group for their generous donation of the hanging wall system displaying rotating art by our members. *It is a beautiful addition to the lobby!*

Have you seen the new Donor Recognition Wall recently installed in the lobby?

You are the reason Next is able to provide quality programming and exceptional Support Services to your community! This installation represents our gratitude to all the donors over the years, and to those in the future, that kindly contribute to Next. *We are humbled, and grateful.*

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:00 Limber Up 10:00 Needle Arts Blood Pressure 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Movie - Suffragette Pickleball	2 9:00 Greenfield Elementary Agebusters 9:30 Advanced Pottery Writer's Corner Palette & Brush 10:00 Birmingham String Ensemble 12:00 Hearts 12:15 Pickleball 1:00 Studio Art Class 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - Inspiring Next Generation of Scientists	3 9:00 Men's Breakfast Limber Up Essentrics 10:00 Bowling 10:15 Tai Chi 10:30 Beginning Pottery 12:00 Current Events Dialogue Pinochle 1:00 Bingo Artisan Studio 2:00 Tennis League Mixed Doubles 3:00 Senior Fit	4 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
6 9:00 Limber Up 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 12:00 Pinochle 1:00 Tense Conversations 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball 6:30 Computer Basics	7 Lunch Bunch 9:00 Agebusters Tax Prep Essentrics 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre 1:00 Zentangle Ask the Attorney 2:30 Partners Bridge 3:00 1-on-1 PT 4:30 Mat Yoga 5:30 Pickleball 6:00 Stamp Club	8 9:00 Limber Up 10:00 Needle Arts 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 2:30 Tennis League 1:30 Chair Yoga 3:00 Senior Fit 5:30 Movie - Ghost Pickleball	9 9:00 Greenfield Elementary Agebusters 9:30 Advanced Pottery Palette & Brush 10:30 History of Jacobson's 12:00 Hearts 12:15 Pickleball 1:00 Core Foundation Studio Art Class 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - Threats to the Power Grid	10 9:00 Men's Breakfast Limber Up Essentrics 10:00 Make the Perfect Omelette Bowling 10:15 Tai Chi 12:00 Current Events Dialogue Pinochle 2:00 Tennis League Mixed Doubles 3:00 Senior Fit	11 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
13 9:00 Limber Up 9:30 Writing Time 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:00 Tense Conversations 1:30 Chair Yoga 3:00 Senior Fit 4:00 1-on-1 PT 5:30 Pickleball 6:30 Computer Basics	14 Signal-Return 9:00 Agebusters Tax Prep Essentrics 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre 2:00 Small Group Training 2:30 Partners Bridge 3:00 1-on-1 PT 4:30 Mat Yoga 5:30 Pickleball	15 9:00 Limber up 9:30 Anyone Can Paint 10:00 Needle Arts 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 4:00 1-on-1 PT 5:30 Movie - Radio Days Pickleball 7:00 Coin Club	16 9:00 Greenfield Elementary Agebusters 9:30 Advanced Pottery Palette & Brush Writers Corner 12:00 Hearts 12:15 Pickleball 1:00 Core Foundation Studio Art Class Genealogy 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - What is Fake News?	17 9:00 Men's Breakfast Limber Up Essentrics 10:00 Bowling 10:15 Tai Chi 12:00 Current Events Dialogue Pinochle 1:00 Bingo Artisan Studio 2:00 Tennis League Mixed Doubles 3:00 Senior Fit	18 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
20 9:00 Limber Up 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:00 Tense Conversations 1:30 Chair Yoga 3:00 Senior Fit 4:00 1-on-1 PT 5:30 Pickleball 6:30 Word Intro	21 Detroit Museum 9:00 Agebusters Tax Prep Essentrics 10:00 Photo Club 10:30 Tai Chi 12:00 Euchre 1:00 Board Meeting 1:30 Silk Scarf Class 2:00 Small Group Training 2:30 Partners Bridge 3:00 1-on-1 PT 4:30 Mat Yoga 5:30 Simple Meals Pickleball 6:00 Stamp Club	22 9:00 Limber Up Podiatrist 10:00 Needle Arts 10:30 Housing Tour: Fox Run 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 4:00 1-on-1 PT 5:30 Movie - The King's Speech Pickleball	23 9:00 Greenfield Elementary Agebusters 9:30 Advanced Pottery Palette & Brush 12:00 Hearts 12:15 Pickleball 1:00 Core Foundation 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - Postwar Detroit	24 9:00 Men's Breakfast Limber Up Essentrics 10:00 Bowling 10:15 Tai Chi 12:00 Current Events Dialogue Pinochle 1:00 Socrates Cafe 2:00 Tennis League Mixed Doubles 3:00 Senior Fit	25 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
27 9:00 Limber Up 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga 2:30 Book Talk Resumes 3:00 Senior Fit 4:00 1-on-1 PT 5:30 Pickleball 6:30 Cloud Storage	28 9:00 Agebusters Tax Prep Essentrics 10:30 Tai Chi 12:00 Euchre 1:30 Silk Scarf Class 2:00 Small Group Training 2:30 Partners Bridge 3:00 1-on-1 PT 4:30 Mat Yoga 5:30 Pickleball 6:00 Clearing the Clutter	29 9:00 Limber up 10:00 Needle Arts Maureen Esther: Titanic 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 4:00 1-on-1 PT 5:00 Dinner & A Classic - Breakfast at Tiffany's Pickleball	30 9:00 Greenfield Elementary Agebusters 9:30 Advanced Pottery Palette & Brush 12:00 Hearts 12:15 Pickleball 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - The Coyote: Our Urban Adaptor	31 9:00 Men's Breakfast Limber Up Essentrics 10:00 Bowling 10:15 Tai Chi 12:00 Current Events Dialogue Pinochle 2:00 Tennis League Mixed Doubles 3:00 Senior Fit	APRIL 1 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 9:00 Limber Up 9:30 Writing Time 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga 2:30 Book Talk 3:00 Senior Fit 5:30 Pickleball 6:30 Build a Website	4 9:00 Agebusters Tax Prep Essentrics 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre 1:00 Ask the Attorney 2:00 Small Group Training 2:30 Partners Bridge 3:00 1-on-1 PT 4:30 Mat Yoga 5:30 Pickleball 6:00 Stamp Club	5 9:00 Limber Up 10:00 Needle Arts Blood Pressure 12:00 Bridge Pinochle 1:00 Cut the Cord Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 4:00 1-on-1 PT 5:30 Movie - Deep Water Horizon Pickleball	6 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush Writer's Corner 12:00 Hearts 12:15 Pickleball 1:00 Beginning Beading Studio Art Class 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - Albert Kahn's Architectural Legacy	7 9:00 Men's Breakfast Limber Up Essentrics 10:15 Tai Chi Bowling 12:00 Tigers Opening Day Current Events Dialogue Pinochle 1:00 Bingo Artisan Studio 2:00 Tennis League Mixed Doubles 3:00 Senior Fit	8 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class Seated Barre Class
10 9:00 Limber Up 10:00 Birthday Coffee Beginning Bridge Knitting 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga 2:30 Book Talk 3:00 Senior Fit 4:00 1-on-1 PT 5:30 Pickleball 6:30 Build a Website	11 9:00 Agebusters Tax Prep Essentrics 9:30 NO Painting Class 10:00 Popular Reads 10:30 Tai Chi 12:00 Euchre 1:00 Zentangle 2:00 Small Group Training 2:30 Partners Bridge 3:00 1-on-1 PT 4:30 Washi Tape Mat Yoga 5:30 Pickleball	12 Northville Theatre Outing 9:00 Limber Up 10:00 Needle Arts 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 4:00 1-on-1 PT 5:30 Movie - Jackie Pickleball	13 9:00 Greenfield Elementary Agebusters 9:30 Advanced Pottery Palette & Brush 12:00 Hearts 12:15 Pickleball 1:00 Studio Art Class 4:30 Mat Yoga 5:30 Pickleball 6:00 NO Lecture	14 Closed	15 Closed
17 9:00 Limber Up 9:30 Writing Time 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga 2:30 Book Talk 3:00 NO Senior Fit 4:00 1-on-1 PT 5:30 Pickleball 6:30 PowerPoint Intro	18 Lunch Bunch 9:00 Agebusters Essentrics 9:30 Painting Class 10:00 Photo Club 10:30 Tai Chi 12:00 Euchre 12:30 Annual Meeting 2:00 Small Group Training 2:30 Partners Bridge 3:00 1-on-1 PT 4:30 Mat Yoga 5:00 Paint Like A Pro 5:30 Pickleball 6:00 Stamp Club	19 9:00 Limber up 10:00 Needle Arts 10:30 Blossoms Housing Tour: Oakmont 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 4:00 1-on-1 PT 5:30 Movie - Hacksaw Ridge Pickleball 7:00 Coin Club	20 9:00 Greenfield Elementary Agebusters 9:30 Advanced Pottery Palette & Brush Writers Corner 12:00 Hearts 12:15 Pickleball 1:00 Harlem/Jazz Presentation Studio Art Class Genealogy 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - The Lost Car Companies of Detroit	21 9:00 Men's Breakfast Limber Up Essentrics 10:00 Bowling 10:15 Tai Chi 12:00 Current Events Dialogue Pinochle 1:00 Bingo Artisan Studio 2:00 Tennis League Mixed Doubles 3:00 Senior Fit	22 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class Seated Barre Class
24 9:00 Limber Up 10:00 Beginning Bridge Knitting 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga 2:30 Book Talk 3:00 Senior Fit 4:00 1-on-1 PT 5:30 Pickleball 6:30 PowerPoint Intro	25 9:00 Agebusters Essentrics 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre 1:00 Robotics in the Auto Industry 2:30 Partners Bridge 3:00 1-on-1 PT 4:30 Mat Yoga 5:30 Pickleball	26 Detroit Zoo 9:00 Limber Up Podiatrist 10:00 Springdale Golf Meeting Needle Arts 12:00 Bridge Pinochle 1:00 Lincoln Hills Golf Meeting Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 4:00 1-on-1 PT 5:30 Dinner & A Classic - The African Queen	27 9:00 Greenfield Elementary Agebusters 9:30 Advanced Pottery Palette & Brush 12:00 Hearts 12:15 Pickleball 1:00 Studio Art Class 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - NPR's It's Just Politics	28 DSO 9:00 Men's Breakfast Limber Up Essentrics 10:00 Bowling 10:15 Tai Chi 12:00 Current Events Dialogue Pinochle 1:00 Socrates Cafe 2:00 Tennis League Mixed Doubles Senior Fit (make-up) 3:00	29 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class Seated Barre Class



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THE BIRMINGHAM MUSICALE STRING ENSEMBLE

Thursday, March 2 at 10:00 am

Cost: Complimentary members / \$5 non-members

Join us for 45 delightful minutes of classical and contemporary string music! The Birmingham Musicale String Ensemble, which consists of 20-25 string players, performs under the direction of Music Director Tim Nicolia. *Funds raised by special events support annual music awards, outreach programs and other philanthropic endeavors of the Birmingham Musicale.*

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