



Your Place to Stay Active & Connected

MARCH/APRIL 2019

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

THE BEAUTY OF NATIVE PLANTS: Their Function in Supporting Wildlife in Urban & Suburban Landscapes

Tuesday, March 26 at 6:30 pm
Cost: Complimentary members
\$5 non-members



Native plants can withstand our Michigan weather without supplemental water, fertilizers, or sprays. In addition, native plants co-evolved relationships with our native insects, and together, form the foundation of the food chain that supports butterflies, bees, birds, and predators. Join Drew Lathin, Owner of Creating Sustainable Landscapes, as he shares his expertise and passion for sustainable landscaping. Kindly sponsored by Waltonwood Royal Oak.

WILDFLOWER SEED BOMBS

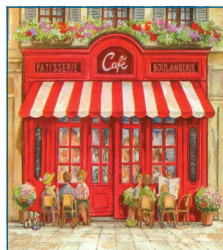
Tuesday, April 23 from 1:00 to 2:30 pm
Cost: \$15 members / \$20 non-members

In honor of Earth Day, join Next's own Jolee Hentgen in assembling wildflower seed bombs. These little balls of life are meant to help build ecosystems. Even if you aren't quite the green-thumb, with a little water, flowers will begin to grow wherever you place (toss) your seed bomb. Let's liven things up, from a vacant lot, to your own backyard and beautify our surroundings. They also make lovely gifts for friends and loved ones!

APRIL IN PARIS MUSICAL EVENING

Tuesday, April 9 from 6:00 to 7:00 pm
Cost: Complimentary members / \$5 non-members

Join the Waterstones for an evening of springtime tunes that will get you in that "April in Paris" mood! While listening to the melodic sounds of piano and saxophone, imagine yourself in a French café at Springtime. French inspired treats will be served. Ooh La La! See you there! Generously sponsored by Samaritas Senior Living of Bloomfield Hills.



AN AMAZING MUSICAL REVUE

Thursday, April 25 at 6:00 pm
Cost: Complimentary members
\$5 non-members

Chris Ayotte, entertainer and celebrity impersonator is an international award-winning celebrity impressionist! He has entertained at a variety of venues across the country with his distinct voice and fun-loving style of comedy. Chris is especially recognized for his vocal likeness to Elvis and for his ability to re-create many celebrities! Those who have heard Chris call him "one of the best!"



CHEVROLET GRAND PRIX PRESENTED BY LEAR

Tuesday, March 12 at 12:30 pm
Cost: Complimentary members / \$5 non-members

As the Chevrolet Detroit Grand Prix presented by Lear prepares to celebrate the 30th Grand Prix in Detroit's history, join Grand Prix Communications Director Merrill Cain as we look ahead to the May 31 through June 2 event at the Raceway at Belle Isle Park. Mr. Cain will share all the inside details about the race and some exciting new enhancements. So, start your engines and learn more about this summer's celebration! Generously sponsored by Jeffares Group of Max Brook Realtors.

CELEBRATE AT NEXT!

Thursday, May 2 at 1:00 pm
Cost: Complimentary members / \$5 non-members

Join us for a special celebration as we sample this colorful, fun and history-rich holiday. Cinco de Mayo — translated "Fifth of May" — commemorates the Mexican Army's victory over the French Empire in the Battle of Puebla on May 5, 1862. In the United States, Cinco de Mayo has become a celebration of Mexican-American culture. We will enjoy food, music and a fun game of Loteria, traditional Mexican bingo. Generously sponsored by All Seasons of Birmingham.





SPRING SPORTS

FIT PARK AT NEXT!

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.

STRONG!

Wednesdays from 6:30 to 7:20 pm

Series 1: March 6, 13, 27

Cost 3-class series: \$23 members / \$28 non-members

Series 2: April 3, 10, 17, 24

Cost 4-class series: \$35 members / \$40 non-members

Choose 5 drop-in classes from either series:

\$50 members / \$55 non-members

Lori Harbour will help women increase their strength and overall fitness. Join her for this high intensity strength training and cardio combo class. Participants must be able to move easily from standing to kneeling to floor positions. Bring a yoga mat and water and be ready to SWEAT!

GAZELLE SPORTS SHOE CLINIC AT NEXT:

Find The Right Shoe for You

Monday, March 25 at 6:00 pm

Cost: Complimentary members / \$5 non-members

The Right Shoe for You clinic will educate beginning runners and walkers about proper footwear and how footwear contributes to running success. Gazelle Sports specialists will discuss available products, different types of feet, varying types of support shoes, biomechanics and running gait. Proper running knowledge can help get you and keep you moving!

NEXT BIKE GROUPS

Kick-Off Meeting - Tuesday, April 30 at 5:30 pm

Join us as we kick-off the new cycling season at Next! You will meet fellow riders and hear about the exciting additions to these weekly rides.

Next Slow Roll Bike Group

Every Tuesday night beginning May 7 at 5:30 pm

This group will travel through quiet, relatively flat neighborhoods and avoid traffic on main roads. Questions? Join us at the kick-off meeting or contact Terri McCardell, Next Program Planner, at 248-203-5280 or tmccardell@birmingham.k12.mi.us.

Next Advanced Bike Group

Every Thursday, beginning May 16 at 1:00 pm

This group will take more advanced rides that will run on local main streets in adjacent neighborhoods. The pace of this group will be approximately 12-15 mph with a starting distance of 20 miles. Questions? Join us at the kickoff meeting or contact chief biker Israel Olivarez at ISRAEL.OLIVAREZ@comcast.net or (517) 803-8161.

NEXT GOLF LEAGUE KICKOFF MEETINGS

Wednesday, April 10 - Members only

Springdale at 11:30 am / Lincoln Hills at 12:30 pm

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

SAVE THE DATE! GOLF CLASSIC TO BENEFIT NEXT

June 10, 2019 at Lincoln Hills Golf Course

PLAY BALL!! NEXT MEN'S 50+ SOFTBALL LEAGUES

Two men's softball teams are being formed for the season from May through early August. One team is in a 55+ league that plays Monday and Wednesday mornings. This league consists of teams from Oxford, Clarkston, and Rochester in addition to the Birmingham Next team. If you are interested, please email Joe Cunnings at jcunnings@comcast.net. The second team plays in the 50+ Troy Recreation softball league that plays on Thursday evenings. If you are interested in this option, please email Stuart Jeffares at stuartjeffares@gmail.com.

THANK YOU TO THESE ADDITIONAL SPONSORS FOR HELPING MAKE NEXT A SUCCESS!

Health Series
Bank of Ann Arbor

Programming
Samaritas Senior Living
Pomeroy Living

Beverage Station
Rutkowski Law Firm

Hospitality
Trifound

Senior Services
Affordable HomeCare
Waltonwood Royal Oak

Friends of Next
Baldwin House
St. Anne's Mead



UNIQUE OFFERINGS

THE NEW TAX LAW: Make it work for you!

Wednesday, March 6 at 1:00 pm

Rescheduled after weather related cancellation January 23.

Cost: Complimentary members / \$5 non-members

How do the new tax laws affect retirees and retirement planning as well as tax liabilities? Many of the new laws are geared towards minimizing taxes — which means more money in your pocket and less paid out to Uncle Sam! Join **Eric Giddings**, **Trifound Certified Public Accountant** to learn about the critical items that could affect you now and in the future.

MINDFUL RELAXATION & BRAIN HEALTH

Thursday, March 7 at 11:00 am

Cost: Complimentary members / \$5 non-members

Join **Kathy Housey**, “Brains and Balance” instructor, as she presents the latest findings on the aging brain. This fourth lecture will reveal the importance and lasting effects both relaxation and sleep have on achieving and maintaining brain health. Kathy will offer tips for getting a better night’s sleep. You will enjoy a seven minute guided relaxation at the end of the lecture. Generously sponsored by Bellbrook of Rochester.

ESSENTIAL OILS WITH CARYN GALLAGHER

🕒 **Chakra Balancing with Restorative Yoga & Essential Oils**

Friday, March 8 at 1:30 pm

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

Caryn will discuss how to balance physical, emotional and mental imbalances and blocks with specific postures and oils. You will leave feeling more aligned, lighter and brighter!

🕒 **Spring Cleaning with Essential Oils**

Wednesday, March 27 at 11:30 am

Cost: \$15 members / \$20 non-members

The average household cleaner contains over 50 toxic chemicals, leaves behind toxic odors and costs a pretty penny. Join us as Caryn shares tips for healthier and more cost affective alternatives to store bought cleaners. Your Spring cleaning will be off to a great start and you will leave with a supply of an all purpose cleaner in a beautiful, reusable spray bottle!

TRIVIA NIGHT?

Mondays, March 18 and April 29 from 4:00 to 6:00 pm

Cost: Complimentary members / \$5 non-members

Enjoy an evening of trivia in a lively, interactive quiz-like atmosphere with a professional and entertaining trivia host! Teams of four can enjoy a little friendly competition with a chance to win bragging rights! Pizza provided! Kindly sponsored by our Hospitality Sponsor, Trifound.

H.O.P.E.: WHAT YOU EAT MATTERS

Monday, April 22 at 6 pm

Cost: Complimentary members / \$5 non-members

H.O.P.E. is a life-changing documentary — uncovering and revealing the effects of our typical Western diet on our health, the environment and animals. It has a clear message: By changing our eating habits, we can change the world! This film is part of a larger project to promote health through a plant based diet.

THERE’S AN APP FOR THAT: APP CHAT

Cost: Complimentary members / \$5 non-members

Join us for this information-sharing session about the latest apps for your smartphone, with a focus on specific uses for seniors.

Terri McCardell, **Next Programmer**, will demonstrate on an iPhone, but all users are welcome. We will discuss specific apps in each category and demonstrate as needed. This class requires a basic knowledge of smartphone use. Class limited to 10 people.

Medical Apps

Wednesday, March 13 at 11:30 am

Navigation & Travel Apps

Thursday, March 28 at 11:30 am

Photo & Video Apps

Wednesday, April 17 at 11:30 am

OAKLAND COUNTY CLERK/REGISTER OF DEEDS OFFERS SERVICES & RECORDS

Thursday, March 28 from 1:30 to 3:00 pm

Cost: Complimentary

Representatives will be paying a “local office visit” to Next! The following is offered: copies of birth, death, marriage certificates and marriage license applications, copies of Oakland County Circuit documents, copies of property documents, business registration or renewals, voter registration, and absentee voter and notary public applications. The cost of these services will be the same cost charged by the Oakland County office.

SHREDDER COMPLIMENTS OF SOCRRA & NEXT

Saturday, May 4 from 10:00 am to 2:00 pm

Shredding is intended for sensitive documents only. Junk mail and magazines/newspapers do not need to be shredded. Paper must be free of all plastic/metal bindings, covers, inserts, etc. Staples are accepted, but paper clips must be removed. Please allow time to shred your own documents. Limit 3 boxes per person.

MARY TODD LINCOLN: After the White House

Thursday, May 9 at 11:00 am

Cost: Complimentary members / \$5 non-members

Pam Dawson, amazing storyteller and impersonator is returning by popular demand! This time, we will learn about Mary Todd Lincoln’s life after the White House. This is a first-person presentation that will fascinate the audience by making history come alive. Kindly sponsored by Pomeroy Living.

SPEAKER SERIES

Premier Speaker Series Every Thursday at 6:00 pm



Cost: Complimentary members / \$5 non-members

March 7 - HATE GROUPS & THE ANTI-DEFAMATION LEAGUE **Carolyn Normandin, Regional Director of ADL Michigan**

The Anti-Defamation League combats anti-Semitism and bigotry of all kinds through advocacy, community service and anti-bias education. Ms. Normandin will discuss the history and current status of hate groups in Michigan and how we can help combat anti-Semitism and bigotry.

March 14 - THE PLEASURES OF WINE & ITS COMPLEXITIES **John Jonna, Wine Expert, Owner of Vinology & Vinoteca Wine Bars**

Wine, often considered as a food and a beverage, has thousands of varying and ever-changing flavors as a result of man and nature working together! Wine is a pleasure to enjoy and a reward to study. Learn about wine's incredible history whose production involves agriculture, gastronomy, chemistry, biology and romance! Mr. Jonna will share his passion for food and wine and the story of his long and lovely life.

March 21 - THE CHAUTAUQUA MOVEMENT: ITS IMPACT & PRESENCE IN MICHIGAN **Jim Craft, B.A., M.A., Historian**

The Chautauqua movement began in New York and emphasized religion, education, recreation and the arts. Some Chautauquas had permanent locations while others traveled. Many acted as a forum for the discussion of public issues, including women's suffrage, trust busting and child labor. For fifty years, they were a central part of American Society and — while they are past their heyday — they still exist today!

March 28 - ORIGINS OF BIG BUSINESS IN THE USA **Professor Francis S. Blouin, Information & History, UM College of LSA**

How did we go from constructing carriages one unit at a time in the late 19th Century to Ford's production of over one million vehicles per year by 1920? The answer is a complicated one and addresses the transformation of the American economy from the age of individualized production to the era of big business. This story discusses cars, railroads, department stores, advertising, consumer culture and more!

April 4 - FAKE NEWS: WHERE ARE WE HEADED? **Garry Gilbert, Journalism Program Director Oakland University, Advisor to Oakland Press**

Truth is principle to journalism. It's also the most confusing — as the truth is complicated. We often disagree on truth — especially in today's political climate. Who killed JFK? Did the Russians help Donald Trump win the 2016 election? Journalists should dig for verifiable information and make sense of those facts. Today, we're seeing a rise in "truth decay". Professor Gilbert will discuss how we can differentiate fact from fiction.

April 11 - OUR ENVIRONMENT **Nicholas Schroeck, Environmental Law Expert, Professor, University of Detroit Mercy School of Law**

There are many issues facing our environment. What are the latest advancements, threats and trends in Michigan and nationally? Join us to learn more about environmental and public health concerns in our region — from the Great Lakes to air quality to PFAs (per- and polyfluoroalkyl substances) to climate change.

April 18 - WHEN I'M NINETY-FOUR **Robin Boyle, Retired Professor of Urban Studies & Planning, Wayne State University & Birmingham Planning Commission Member**

Setting the "aging of America" into a national and international context, Professor Boyle's talk will focus on the civic implications of aging in place — and will examine those that will shape urban society in the coming decades: security and insecurity, mobility and immobility, adapting the home, technology and income.

April 25 - AN AMAZING MUSICAL REVUE **Chris Ayotte, international award winning celebrity impressionist, is coming to Next to delight and entertain us all!**

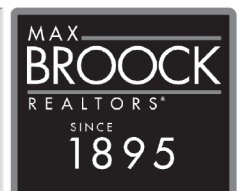
Details for this special show are on the front cover! Join us for this fun and special evening!

Insight, in sight



Stuart Jeffares, MBA
Associate Broker, Residential Builder

248.321.2120 TheJeffaresGroup.com
275 S.Old Woodward, Downtown Birmingham





INVIGORATE YOUR BODY

CORE STRENGTH & FOUNDATION

TRAINING: Next Level

Wednesdays from 5:30 to 6:20 pm

Series 1: March 6, 13, 27

Cost 3-class series: \$45 members / \$50 non-members

Series 2: April 3, 10, 17, 24

Cost 4-class series: \$60 members / \$65 non-members

A strong, flexible core underpins almost everything we do and provides a sturdy central link between the upper and lower body. Whether you're hoping to tighten your abs, prevent back injury, or add power to your golf game, this class will make you a stronger YOU! Lori Harbour, Certified AFAA instructor, will continue to build on previously taught Foundation Method™ techniques as part of this class. Please bring water and a yoga mat if you have one.

BARRE CLASS

Saturdays from 11:10 to 12:00 noon

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

Space is limited.

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

LINE DANCING - NEW FORMAT!

Mondays from 10:00 am to 12:00 noon

Series 1: March 4, 11, 18, 25

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

Series 2: April 1, 8, 15, 22, 29

Cost 5-week series: \$35 members / \$40 non-members

Walk-ins welcome for \$8 per class

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. Check out her website at ilovemywork.com. Please bring a water bottle and wear comfortable shoes. We must have 8 people registered to run these classes.

AGEBUSTERS

Tuesdays and Thursdays at 9:00 am

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

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

Thursdays: Shelley Rubinstein, AFAA certified teacher leads this circuit class, with no aerobics. Please bring a mat and water.

STRENGTH & BALANCE

Tuesdays from 11:30 am to 12:15 pm

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

Series 1: March 5, 12, 19 and April 2

Series 2: April 9, 16, 23 and 30

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

CHAIR YOGA

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

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

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

SLOW FLOW YOGA

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

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

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

MAT YOGA

Tuesdays and Thursdays from 4:30 to 5:30 pm

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

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

YOGA FOR WELL BEING

Saturdays from 10:10 to 11:00 am

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

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

LIMBER UP

Mondays, Wednesdays and Fridays at 9:00 am

Cost: Complimentary

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



NEXT NOTES

PICKLEBALL AT NEXT

Cost: Complimentary - Members only

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

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

Saturdays from 9:00 am to 2:00 pm

The 1st Saturday of each month from 9:00 to 10:30 am is set aside for true beginners skills and drills mini-clinic.

TAI CHI

Tuesdays from 9:45 to 11:15 am / Fridays from 10:00 to 11:30 am

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

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

TENNIS LEAGUE - MIXED DOUBLES

Wednesdays from 2:30 to 4:00 pm / Fridays from 2:00 to 4:00 pm

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

BOWLING LEAGUE

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

Cost: \$7 fee includes 3 games, shoes and coffee

Join us at Hartfield Lanes at 3490 West 12 Mile in Berkley, 248-543-9338. New bowlers welcome! Contact Jeff Getchell for details at Jeffrey.Getchell.NEXT.Bowling@gmail.com.

CHARACTER COUNTS

At Next, we are excited about our journey to become an accredited Organization of Character. Through deliberate reflection and intentional practice, our staff and board are working to create a community center that is warm, welcoming and inclusive.

We strive for continuous improvement and remain steadfast in our commitment to provide the highest quality programs with exceptional care. As our journey continues, look for further updates in the newsletter and around the center.

CAFÉ NEXT NOW OPEN

For a nominal cost, you can enjoy a snack or light lunch at Café Next. The hallway right off the gym has been transformed into a mini café serving locally made fresh wrapped sandwiches and small salads from **Stacked Deli** in downtown Birmingham. Share a bite with a friend or relax between programs!

OFFICE VOLUNTEERS AT NEXT

Are you looking for meaningful volunteer work in a friendly environment? If so, we could use your help in the Next office. Our office volunteers are the face of Next and assist with the daily operations of a busy community center. If you could share a few hours a week, we would love to talk to you! Please contact the front office for more information at 248-203-5270.



HEALTH SERIES Thank you Bank of Ann Arbor! 2019 Health Series Sponsor

THE NOSE KNOWS!

Thursday, March 14 at 1:00 pm

Cost: Complimentary members

\$5 non-members

Trouble with smell? Sinus infections and a runny nose? Snoring? You are not alone! Chronic sinus disorders affect millions and can lead to activity, work and social limitations. Join **Dr. Schleimer**, board-certified Otolaryngologist who will identify problematic conditions and discuss sinus and nasal care solutions to improve your quality of life.

FOOD LABELS: What do all the terms and claims mean?

Thursday, March 21 at 11:30 am

Cost: Complimentary members

\$5 non-members

Are you ever overwhelmed by all of the "claims" on food labels: healthy, grain or grass fed, pasture-raised, organic, fair trade, non-GMO, fat types, etc.? What do they all mean? Join **Chriss Belisario**, Certified Integrative Nutrition Health Coach, as she explains the terms we find on our food choices. Chriss is a health coach, teacher, healthy event promoter and activist in 5G and food quality.

CHINESE MEDICINE FOR THE WESTERN MIND

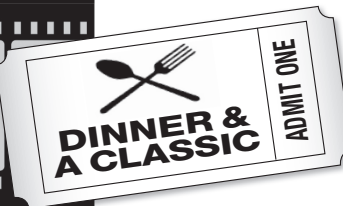
Tuesday, April 23 at 11:30 am

Cost: Complimentary members

\$5 non-members

According to the World Health Organization, acupuncture has been proven to be an effective treatment for several health conditions. Why, then, do people hesitate to seek out Chinese medicine for their health concerns? Licensed Acupuncturist, **Robert Simon**, will explore how Chinese medicine works from a Western perspective. He will demystify many of its techniques and concepts, showing that acupuncture is a deeply physiological and neurological medicine.

FEATURE FILMS



presented by



PROVISION LIVING

Senior Living Communities

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

Enjoy popcorn provided by Next.

**Last Wednesday
Evening Every
Month @ 5:00 pm**

March 6 - 78/52

An in-depth look at the most famous movie scene ever... the screen murder that profoundly changed world cinema. Recall the 3-minute iconic shower scene in Alfred Hitchcock's "Psycho" which required 78 setups and 52 cuts. Released in 2017, this documentary features many renowned actors and commentators including **Jamie Lee Curtis**, **Guillermo del Toro** and **Marli Renfro**, who was the body double for Janet Leigh in the shower scene.

Not Rated 1 hour 31 minutes

March 13 - FIRST MAN

On the heels of their Academy Award winning smash, *La La Land*, director **Damien Chazelle** and star **Ryan Gosling** reteam for *First Man*, the riveting story of NASA's mission to land a man on the moon, focusing on **Neil Armstrong (Ryan Gosling)** from 1961 to 1969. The movie explores the sacrifices made by Armstrong and by the nation for one of the most dangerous missions in our history.

Rated PG13 2 hours 18 minutes

March 20 - KEEPING UP WITH THE JONESES

The Gaffneys' lives are interrupted by the arrival of new neighbors, whose stunning looks are matched only by their sophistication. **Tim Jones (Jon Hamm)** is a travel writer whose hobbies include blowing glass — and his wife, **Natalie**, a social media consultant, cooking blogger and heroine to orphans. The Joneses real lives are very different from the story they tell the Gaffneys and the Gaffneys soon find themselves in the center of a storm of international espionage.

Rated PG13 1 hour 45 minutes

March 27 - A HARD DAY'S NIGHT

Dinner & A Classic at 5:00 pm

The Beatles, in their feature film debut, star in a great rock and roll comedy adventure! The film has a fully restored negative and digitally restored soundtrack. The film takes on the just-left-of reality style of a mock-documentary, following "a day in the life" of **John, Paul, George and Ringo** as fame takes them by storm.

Rated G 1 hour 32 minutes

April 3 - GREY GARDENS

This documentary explores the lives of two aging, eccentric relatives of **Jackie Kennedy Onassis**. **Edie Bouvier Beale** and her mother, **Edith**, are the sole inhabitants of a Long Island estate. During filming, they discuss their habits, desires and former loves with the filmmakers. The women reveal themselves to be misfits with outsized, engaging personalities. The conversation is centered on their pasts, as mother and daughter now rarely leave home.

Rated PG 1 hour 40 minutes

April 10 - WOMAN IN GOLD

Based on a true story, **Maria (Helen Mirren)**, an elderly Jewish woman who left Vienna sixty years ago, attempts to reclaim family possessions that were seized by the Nazis. Among them is a famous portrait: **Gustave Klimt's "Portrait of Adele Bloch-Bauer I."** With the help of a lawyer, **Randy Schoenberg (Ryan Reynolds)**, Maria embarks upon a legal battle to recover this painting and others, but it will not be easy, for Austria considers them national treasures.

Rated PG13 1 hour 49 minutes

April 17 - THE JOURNEY IS THE DESTINATION

Inspired by a true story, spirited 22-year-old photojournalist and activist, **Dan Eldon** abandons his life in London to document the struggle, heartbreak and hope of a war-torn and famine-ridden region of Africa. Placing his life in danger, he rushes to the frontline of a dangerous relief effort for **Somalian refugees** in this biopic film.

Rated PG13 1 hour 57 minutes

April 24 - MOULIN ROUGE

Dinner & A Classic at 5:00 pm

Enjoy an exquisite biopic of **Toulouse-Lautrec**, the crippled painter whose work perfectly captured the spirit of bohemian Paris in the 1890s. Portrayed as an embittered loner, he is tormented by his doomed relationships with prostitute **Marie Charlet** and sympathetic model, **Myriamme**. Directed and produced by **John Huston**, this 1952 release delves into the life of this painter who chronicled the Parisian belle époque and features well-known actor, **Zsa Zsa Gabor**.

Not Rated 1 hour 59 minutes



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KATHI JONES-CUTLER

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ART & CREATIVITY

KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

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

PAINTING WITH ACRYLICS & OILS

Tuesdays, April 9 through June 11
from 9:30 am to 12:00 noon

Cost 10-week class: \$160 members / \$170 non-members

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 an 18" x 24" canvas or larger, sketch pad, #2 desk pencil, eraser, and painting supplies to first class. Beginner through advanced students welcome! Supply list available in Next office.

PHOTOGRAPHY CLUB

Tuesdays, March 19 and April 16
from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 non-members

The Next Photography Club seeks to bring together people who have an interest in photography and wish to advance their skill, regardless of prior experience or type of camera. **Chuck Green** will be available to "coach" members, and is also available for one-on-one Photoshop lessons at Next. Contact Chuck at 248-762-4345 or NextPhotoClub@gmail.com.

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.

WATERCOLOR PAINTING WORKSHOP

Wednesdays, April 10 through June 12
from 2:00 pm to 4:00 pm

Cost 10-week class: \$140 members / \$150 non-members

Noted Michigan artist and popular watercolor instructor, Karen Halpern will provide watercolor classes at Next — for both beginning and experienced students. In this course you will learn basic skills, color mixing, color theory and design painting techniques, as you develop your art. Each student will work at their own level of ability in a supportive setting with individualized attention. Supply list available in Next office.

PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm

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

FELTING CLASSES

Tuesdays from 1:00 to 3:00 pm

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

Artist and instructor, Pam Signorelli teaches the unique art of felting. It's simple in concept, yet looks complex in execution, and the results are elaborate sculptures made completely out of wool. All materials will be provided. No experience needed.



March 12 - Felted Shamrock Brooch

Erin Go Braugh! Learn to needle felt this wool pin to wear with pride. Multiple shades of green. Perfect for beginners as well as experienced felters.

April 9 - Felted Snail

Create your very own felted forest dweller! This whimsical forest snail is yet another one of designer Pam's magical felt masterpieces.



POTTERY STUDIO

Advanced Studio: Thursdays from 9:30 am to 12:30 pm

Open Pottery Studio: Saturdays from 9:00 am to 2:00 pm

Enjoy the open studio to develop your pottery projects! Beginners through experts welcome! Potters work independently.

STUDIO ART CLASS

Thursdays, April 11 through June 20

from 1:00 to 3:30 pm - No class April 18

Cost 10-week class: \$160 members / \$170 non-members

Work on a piece of art of your choice. Bring your own subject, reference material, and the supplies you typically work with. Instructor Karen Halpern will foster critical thinking and make suggestions, as you advance with your individualized project. Her goal is to broaden your viewpoint and develop your skills and knowledge. Students typically work with acrylics, oils, collage, or watercolor. Prior experience required in a class using the materials of your choice.

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DAY TRIPS

ST. PATRICK'S DAY LUNCH AT DICK O'DOWS

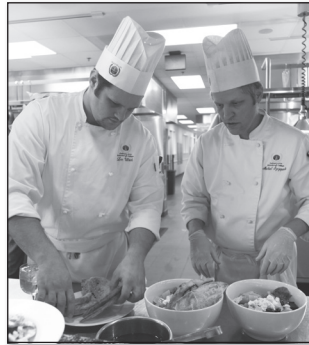
Thursday, March 14 – Registration required
Bus departs Next at 11:20 am, returns about 12:45 pm
Cost: \$5 members / \$8 non-members

Everyone is a little Irish on St. Patrick's Day! Enjoy lunch on your own at Dick O'Dows, Birmingham's own Irish public house. Go green and enjoy traditional favorites like shepherd's pie, corned beef and cabbage, or Irish stew in a warm and cozy atmosphere. This pub is a perfect spot to celebrate, not to mention the best pint outside Dublin! Wishing you all the luck of the Irish! Happy St. Patrick's Day!

LUNCH AT THE AMERICAN HARVEST RESTAURANT SCHOOLCRAFT CULINARY SCHOOL

Wednesday, March 20 - Registration required
Bus departs Next at 11:15 am, returns about 1:30 pm
Cost: \$10 members / \$15 non-members

Savor a gourmet lunch skillfully prepared and served by Schoolcraft's Culinary Art students. The menu, which changes daily, includes freshly baked breads, soup, salad, a choice of entrée and a selection from the tempting dessert table. All items are a la carte (soup, salad, dessert and entrée are all separate prices). Lunch is not included in trip cost.



ROYAL OAK HISTORICAL MUSEUM & LUNCH AT CAFÉ MUSE

Friday, March 29 - Registration required
Bus departs Next at 11:30 am, returns about 2:45
Cost: \$12 members / \$15 non-members

Founded in 1939, The Royal Oak Historical Society has collected and preserved information and objects of Royal Oak's past for current and future generations. We will visit and tour this quaint museum, located in the former Northwood Fire Station. Learn the rich history of the city, and many other surprises, at this treasure in our own backyard. Lunch first, on your own at Café Muse.

MAMA MIA! AT THE BONSTELLE THEATRE - WSU

Wednesday, April 10 - Registration required
Bus departs Next at 1:00 pm, returns about 4:45 pm
Cost: \$45 members / \$50 non-members

The celebrated musical enjoyed by more than 54 million people. People from all around the world have fallen in love with the characters, the story, and the music that make *Mamma Mia!* the ultimate feel-good show. A mother. A daughter. Three possible dads. And a trip down the aisle you'll never forget!

SEALED FOR FRESHNESS AT THE WYANDOTTE THEATRE & LUNCH AT THE FORD YACHT CLUB

Thursday, April 11 - Registration required
Bus departs Next at 9:45 am, returns about 5:15 pm
Cost: \$80 members / \$85 non-members

Set in the 1960s on a hilarious journey of self-discovery, *Sealed for Freshness* is the story of five Midwestern women who believe in being good wives, good mothers and good neighbors. They were raised to trade their dreams, hopes and desires for social norms — and now they want them back. These hermetically sealed, airtight lives unravel during a side-splitting Tupperware party gone awry. The women of *Sealed for Freshness* are struggling with lost youth, missed opportunities — and deviled egg containers. In other words, they're the original 'Desperate Housewives.' Lunch first at the Ford Yacht Club (Grosse Isle). Please specify when registering, chicken, salmon, or beef. This trip is provided by Bianco Tours.

KIRK IN THE HILLS TOUR & LUNCH AT 5TH TAVERN

Thursday, April 25 - Registration required
Bus departs Next at 10:30 am, returns about 2:00 pm
Cost: \$15 members / \$20 non-members

We will visit and take a one-and-a-half-hour docent-led tour of Kirk in the Hills, the dream and vision of Colonel Edwin S. George. Colonel George, a Detroit businessman, gifted his home and estate (Cedarholm) in 1947, intending the Kirk to be a community church serving the area. View the Pewabic ceramic tile, Marshall Fredrick's sculptures, and the tower which houses one of the world's largest carillon with 77 bells. The Gothic design church was patterned after the once famous 13th century Melrose Abbey in Scotland, and is one of the last truly Gothic structures built in America. Lunch on your own after at 5th Tavern.

DETROIT OPERA THEATRE: THE GRAPES OF WRATH

Friday, May 10 - Registration required
Bus departs Next at 10:00 am, returns about 2:15 pm
Cost: \$45 members / \$50 non-members

Experience the dress rehearsal, the day before opening night! This heart-wrenching opera, based on the classic novel by John Steinbeck, tells the story of the Joad family on their quest for survival during the 1930s Dust Bowl. Featuring jazz-inspired, folksy music by Ricky Ian Gordon, *The Grapes of Wrath* has been called "the great American opera". Running time about 2.5 hours

DAY TRIP & OVERNIGHT TRAVEL POLICIES

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



**DETROIT SYMPHONY ORCHESTRA
MORNING COFFEE CONCERTS**

Bus departs Next at 9:00 am,
returns about 1:00 pm
Cost: \$60 members / \$66 non-members
Please pre-register, space is limited.

Friday, May 17 - REVOLUTION: The Beatles

REVOLUTION is a symphonic journey through the history of The Beatles at Abbey Road told through the Fab Four's #1 Hits and Jeff Tyzik's restorative arrangements of the original recordings for singers and orchestra.

Friday, June 14 - The Music of Oz

Defy gravity and follow the yellow brick road on a musical journey over the rainbow. Frank Baum's classic novel, *The Wonderful Wizard of Oz*, took the world by storm — and for over one hundred years has inspired storytellers and composers on Broadway (*Wicked, The Wiz*), in Hollywood (*The Wizard of Oz, Return to Oz*) and on the radio ("Good-bye Yellow Brick Road"). Relive all the wonderful music of Oz based on the original tale in one magical concert event.

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ENRICHMENT

POPULAR READS BOOK CLUB

Mondays, March 11 and April 8 at 1:00 pm

Calling all readers! Rebekah Craft, Associate Director of the Baldwin Public Library, leads book discussions of popular books. The March book selection is *Washington Black* by Esi Edugyan and the April book selection is *The Dry* by Jane Harper. Register at Next — and Baldwin Public Library will provide the book!

NON-FICTION BOOK GROUP

Thursdays, March 14 and April 11 at 10:00 am

Cost: Complimentary

In March, join us to discuss *Dopesick* by Beth Macy and in April our book is *The Piano Shop on the Left Bank* by Thaddeus Carhart. May 9 - *In the Kingdom of Ice* by Hampton Sides
June 13 - *Death and Life of the Great Lakes* by Dan Egan

WRITER'S CORNER

Thursdays, March 7, 21 and April 4, 18 from 9:30 to 11:00 am

Join Next members who love to gather and share their common interest in writing. Read your material and get constructive feedback. Contact facilitator Sara Burnside at 248-649-1813 for additional information.

NEW MEMBER COFFEE

Thursday, April 18 at 1:00 pm

Join us for coffee and treats to hear about all the great opportunities we offer and learn about our website — while getting to know other new members.

MEN'S BREAKFAST

Drop-in every Wednesday at 9:00 am

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

WOMEN'S COFFEE & CONVERSATION

Drop-in every Tuesday 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. This is a fun way to connect and discuss upcoming plans, travel and anything else that might be on your mind. Enjoy coffee and other light refreshments while you chat!

CONVERSATIONAL SPANISH

Mondays, March 11, 18, 25 and April 1, 8, 15, 22

from 6:00 from 7:00 pm - April 29 make-up, if necessary
Cost: \$70 members / \$75 non-members

Join Lisa Limia, Spanish interpreter and teacher, as she teaches the fundamentals of Spanish. This class includes basic conversation, verb conjugation and how to communicate in Spanish while traveling. After living in Spain, Lisa has the experience to introduce you to the Spanish language.

CURRENT EVENTS DISCUSSION GROUP

Every Friday 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. A variety of opinions makes for more engaging conversations. All viewpoints welcomed. This is a drop-in, non-facilitated group dialogue.

COMPUTER LAB & LESSONS









Cost for all computer instruction: \$5 for one hour and \$20 for 5 one-hour sessions - Members only

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To learn more about how we can protect the lifestyle you've worked so hard to achieve, we invite you to attend one of our complimentary planning workshops, hosted by Birmingham resident and Attorney, Collin Dickey. We look forward to meeting you in person.



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MAH JONGG

Mondays from 10:30 am to 12:30 pm and 12:30 to 2:30 pm

Come with your own Mah Jongg table partners or stop by the office to sign up if you would like to play. You must be able to play independently. Beginner play will be Mondays at 1:00 pm starting March 4. If you are interested, contact the office. And look for Mah Jongg lessons to begin in the spring.

PINOCHLE...come and join the fun!

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

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

BRIDGE...for everyone at every level!

Beginning Bridge Instruction - Instructor: Al Rosie

Mondays from 10:00 to 11:15 am

Duplicate Bridge - Facilitator: Al Rosie

Mondays from 11:30 to 2:30 pm

Partners Bridge - Tuesdays from 2:00 to 5:00 pm

Come with your partner. Experienced players, please.

Party Bridge

Wednesdays from 12:00 noon to 3:15 pm

Duplicate Bridge - Facilitator: Irv Feldman. 248-828-5346

Fridays from 12:30 to 3:30 pm

BRIDGE LESSONS

Wednesdays from 9:30 to 11:30 am

Note: March/April series will be pushed forward one week.

March series: Wednesdays, March 13, 20, 27 and April 3

April series: April 10, 17, 24 and May 1

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

Learn techniques that will improve your declarer play. Silver Life Master Jim Bloom has years of experience teaching. The book *Play of the Hand in the 21st Century* is required and can be purchased. Beginner and intermediate players welcome.

CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

CHESS CLUB

Thursday evenings from 5:00 to 7:00 pm

Cost: Complimentary members / \$5 non-members

The Next Chess Club seeks to bring together people who have an interest in chess and wish to advance their skill, regardless of prior experience. All are welcome. For additional information, please contact Chris Dow at 248-647-0728.

WE'RE YOUR FRIENDS AND NEIGHBORS.



Member FDIC

Patricia Burling | Bloomfield Hills | 248.737.4242
Branch Manager | 4140 W. Maple Rd.

Ania Dworzecki | Beverly Hills | 248.647.5900
Branch Manager | 32800 Southfield Rd.

COIN CLUB

Wednesdays, March 20 and April 17 at 7:00 pm

For information contact Robert Beuter at (248) 646-9657.

BIRMINGHAM STAMP CLUB

Tuesdays, March 5, 19 and April 2, 16 at 6:00 pm

Contact Ken Rusch at (248) 968-3505.

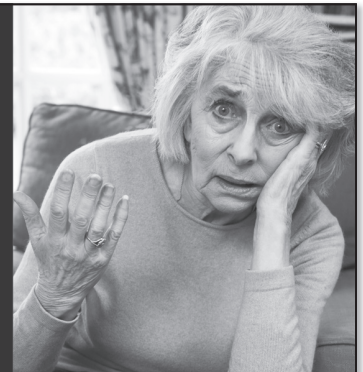
BINGO

Fridays, March 1, 15 and April 5 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.

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SUPPORT SERVICES

INFORMATION ABOUT COMMUNITY RESOURCES

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

ROAD-WISE REVIEW FOR MATURE OPERATORS

Thursday, April 25 from 10:00 am to 2:00 pm

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

AAA of Michigan presents this program as a quick refresher on driving defensively for experienced drivers. You will learn techniques and tips to help compensate for changing vision, reflexes and response time. Topics include adjusting speed, margin of safety, seeing/communicating, and driving emergencies. Several interactive activities will be used, including CarFit, AAA's individualized 16-point safety check list in YOUR OWN car. Increase your confidence behind the wheel with this informative, interactive experience!

VISION ENRICHMENT SUPPORT GROUP

Thursday, April 11 from 9:30 to 11:00 am

Please note new start time - No meeting in March

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

ASK THE ATTORNEY

Tuesdays, March 5 and April 2 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.

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 800-347-5297 to discover what may be available.

MINOR HOME REPAIR

for Beverly Hills & Birmingham Residents

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

TRANSPORTATION

Door-to-door transportation service is available for seniors and disabled adults residing in Birmingham, Beverly Hills, Bingham Farms, and Franklin. Our friendly Next drivers will take you to medical, dental, personal appointments, shopping, or activities at Next. Transportation hours are 8:30 am to 6:00 pm, Monday through Thursday — and 8:30 am to 4:30 pm on Friday. For reservations, please call 248-203-5270 at least 3 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.

EARLY STAGE MEMORY LOSS SUPPORT GROUP

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

LAWN MOWING & SNOW REMOVAL for Birmingham & Beverly Hills Residents

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

HEARING AID & EYEGLASSES DONATIONS & RECYCLING PROGRAM

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

LET'S HEAR FROM YOU

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

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. Enjoy a complimentary lunch as part of the tour. You will depart from and return to Next! Please call 248-203-5270 to make a reservation if you would like to join us.



Bellbrook of Rochester

Wednesday, March 20 - Bus departs at 10:30 am

Bellbrook is a warm, friendly neighborhood of elders and associates who share life experiences together. This is a Life Plan community with options including independent living, assisted living and memory care. If your needs change, your home doesn't have to.

Provision Living of West Bloomfield

Wednesday, April 24 - Bus departs at 10:30 am

Come join us on a tour of this brand new upscale senior living community. Provisions of West Bloomfield covers 11 acres that will offer elegant hospitality and residential areas including landscaped courtyards and patios. This community offers assisted living as well as memory care.

All Seasons of Birmingham

Wednesday, May 15 - Bus departs at 11:00 am

All Seasons Independent Senior living is located in the heart of downtown Birmingham, amidst the best in shops, dining and entertainment. All Seasons is uniquely designed to offer today's seniors a world of quality and luxury combined with the best travel and residential experiences. Many amenities and services are offered including transportation, fine dining and diverse educational and cultural programs.

The James of Ferndale

Wednesday June 12 - Bus departs at 10:30 am

The James is an all-inclusive community with every need located on site, including convenient shuttles, gourmet meals and educational and cultural activities. The James offers independent living for today's modern senior located in vibrant downtown Ferndale.

Waltonwood Royal Oak

Wednesday July 17 - Bus departs at 11:00 am

Waltonwood is dedicated to nurturing the spirit — and improving the quality of life for their Assisted Living residents. Community features include elegant dining room with three healthy meals served daily, exercise room, 24-hour supervised care and social activities and programs.



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As Birmingham's only independent, family-owned pharmacy, our reputation for exceptional service is built on a foundation of trust that gets stronger with each prescription we fill and every customer we welcome back. And when it comes to caring for your family — from young children to aging parents — Mills Owner and Pharmacist, Pierre Boutros, and his team will always provide expert advice and personal attention you can depend on. So whether you're new to Mills or have been with us since the start, now more than ever, you'll find just what you and your family need just around the corner.

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HEALTH & NUTRITION

MEALS ON WHEELS

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

MEDICAL EQUIPMENT LOANS

Our loan closet contains wheelchairs, walkers, canes, commodes, bath benches and shower stools — available for up to 3 months at no charge to members of Next. A donation of \$20 per item is due upon loan to anyone who is not a member of Next. Please call to reserve the equipment you need. We will accept donations of durable medical equipment if they are clean, in good working order and the Next storage can accommodate. Please call Support Services to confirm before bringing the equipment to Next.

MEDICARE/MEDICAID GUIDANCE

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

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Wednesdays, March 6 and April 3
from 10:00 to 11:00 am - Complimentary

A trained healthcare professional will provide blood pressure and blood oxygen level screenings. No appointment is necessary.

NUTRITION SUPPORT

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

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 e-mail noc@oakgov.com.

PODIATRISTS AT NEXT

Wednesdays, March 27 and April 24
from 10:00 to 11:30 am - Call Next to make an appointment

Drs. Robert Adas, DPM, and Larry Wexler, DPM, provide basic foot care. Most services are covered by insurance. Pay podiatrists directly. Appointments are appreciated, but walk-ins are welcome.



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FOUNDATIONS & GRANTS

Foundation for Birmingham Senior Residents
Rosso Family Foundation
Sutar-Sutaruk-Meyer Foundation

MEMORIAL GIFTS

In memory of Bert Mount – Pat Brooks
In memory of Robert Schuler – Phyllis Clark
In memory of E. Leroy Wheatley – Dante Lanzetta

BEQUEST

Harriet A Lytle Living Trust

GOODS & SERVICES

Jeanne Brooks, Mary Claire Heller, Michael Jones, Karen Lutz, Patti Manning, Dottie Marx, Jennifer Ross, Robert Zimmerer

BAKERS

Oldham Hanna, Joan Mount, Judy Murrell, Genevieve Peters, Marge Tanney and Alice Trocke

MEET OUR NEWEST MEMBERS...

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

Susan Anderson, Richard Balamucki, Albert and Margaret Beke, Dario and Lisa Benedetti, Harry Craig, Christopher Doozan, William and Nancy Duffy, DeWitt Dykes and Silverenia Kanoyton-Dykes, Julia Gragg, Elizabeth Groesbeck, Steve and Colleen Hittson, Margaret Hursley, Dennis Jacobs, Lisa Kaminski, Greg Kehoe, Beata Lamparski, Susan Lanciers, Eleftherios and Janice Logothetis, Alan Marshall, John Marshall, Greg and Diana McComas, David Miller, Marianne Moran, Jim Moriarty, Gene and Nancy Muenchausen, Thomas and Karen Norman, Gwendolyn Norwood, Keith and Ida O'Malley, Marsha Percefull, Nathaniel Proctor, Lynn Rosen, Frances Schneider, Robert and Patricia Stoner, Donna Sullivan, Gregory Sumner, Hope Swann, Karen Swanson, Kathy Tertzag, Norman Thorpe, Fred and Barbara Van Every, Christopher and Susan Wilhelm, Marshall Zumberg

Our condolences to the family and friends of...

Lucille Entwistle, Tom Jones, Shirley Kenning, June Lynch, Bert Mount, Joyce Munro, Patricia Wenstrand

Our thoughts are with you...

Gloria Baykian, Jim Bird, Hugh Brennan, John Brice, Steve Hess, Robert Siewert

POLICY REMINDERS

- ▶ 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.
- ▶ 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!

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NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 DSO: Heroes & Villains 9:00 Limber Up 10:00 Tai Chi Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 1:00 Bingo 2:00 Tennis	2 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
4 9:00 Limber Up 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga Volleyball 4:30 Pickleball	5 8:30 AARP Tax Prep 9:00 Agebusters 9:45 Tai Chi 11:00 Women's Coffee & Conversation 11:30 Strength & Balance 12:00 Pinochle 1:00 Ask the Attorney Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club	6 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Blood Pressure & Blood Oxygen Needle Arts 12:00 Pinochle Party Bridge 1:00 The New Tax Law: Make it work for you! 1:30 Chair Yoga Volleyball 2:30 Tennis 4:30 Pickleball 5:30 Core Strength & Foundation Movie: 78/52 6:30 STRONG!	7 9:00 Agebusters 9:30 Writer's Corner Advanced Pottery Studio Palette & Brush 11:00 Mindful Relaxation & Brain Health 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Hate Groups & The Anti-Defamation League	8 9:00 Limber Up 10:00 Tai Chi Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 1:30 Essential Oils: Chakra Balancing with Restorative Yoga 2:00 Tennis	9 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
11 9:00 Limber Up 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:00 Popular Reads 1:30 Chair Yoga Volleyball 4:30 Pickleball 6:00 Conversational Spanish	12 8:30 AARP Tax Prep 9:00 Agebusters 9:45 Tai Chi 11:00 Women's Coffee & Conversation 11:30 Strength & Balance 12:00 Pinochle 12:30 Chevrolet Grand Prix by Lear 1:00 Slow Flow Yoga Chess Shamrock Felting Class 2:00 Partners Bridge 4:30 Mat Yoga Pickleball	13 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Needle Arts 11:30 Medical Apps 12:00 Pinochle Party Bridge 1:30 Chair Yoga Volleyball 2:30 Tennis 4:30 Pickleball 5:30 Core & Strength Foundation Movie: First Man 6:30 STRONG!	14 Dick O'Dows Lunch 9:00 Agebusters 9:30 Advanced Pottery Studio Palette & Brush 10:00 Non-Fiction Book Group 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga The Nose Knows! 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: The Pleasures of Wine & Its Complexities	15 9:00 Limber Up 10:00 Tai Chi Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 1:00 Bingo 2:00 Tennis	16 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
18 9:00 Limber Up 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga Volleyball 4:00 Trivia Night? 4:30 Pickleball 6:00 Conversational Spanish	19 8:30 AARP Tax Prep 9:00 Agebusters 9:45 Tai Chi 10:00 Photography Club 11:00 Women's Coffee & Conversation 11:30 Strength & Balance 12:00 Pinochle 1:00 Slow Flow Yoga Board Meeting Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club	20 Schoolcraft Culinary School Lunch 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Needle Arts 10:30 Housing Tour: Bellbrook Rochester 12:00 Pinochle Party Bridge 1:30 Chair Yoga Volleyball 2:30 Tennis 4:30 Pickleball 5:30 Movie: Keeping Up with the Joneses 7:00 Coin Club	21 9:00 Agebusters 9:30 Writer's Corner Advanced Pottery Studio Palette & Brush 11:30 Food Labels: What do they mean? 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: The Chautauqua Movement: Its Impact & Presence in Michigan	22 9:00 Limber Up 10:00 Tai Chi Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 2:00 Tennis	23 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
25 9:00 Limber Up 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga Volleyball 4:30 Pickleball 6:00 Gazelle Sports Shoe Clinic Conversational Spanish	26 8:30 AARP Tax Prep 9:00 Agebusters 9:45 Tai Chi 11:00 Women's Coffee & Conversation 12:00 Pinochle 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:30 The Beauty of Native Plants	27 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Podiatrists Needle Arts 11:30 Essential Oils for Spring Cleaning 12:00 Pinochle Party Bridge 1:30 Chair Yoga Volleyball 2:30 Tennis 4:30 Pickleball 5:00 Dinner & A Classic: A Hard Day's Night 5:30 Core & Strength Foundation 6:30 STRONG!	28 9:00 Agebusters 9:30 Advanced Pottery Studio Palette & Brush 11:30 Navigation & Travel Apps 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga 1:30 Oakland County Clerks Office at Next 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Origins of Big Business in the USA	29 Royal Oak Historical Museum 9:00 Limber Up 10:00 Tai Chi Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 2:00 Tennis	30 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 Limber Up 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga Volleyball 4:30 Pickleball 6:00 Conversational Spanish	2 8:30 AARP Tax Prep 9:00 Agebusters 9:45 Tai Chi 11:00 Women's Coffee & Conversation 11:30 Strength & Balance 12:00 Pinochle 1:00 Ask the Attorney Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club	3 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Blood Pressure & Blood Oxygen Needle Arts 12:00 Pinochle Party Bridge 1:30 Chair Yoga Volleyball 2:30 Tennis 4:30 Pickleball 5:30 Movie: Grey Gardens Core & Strength Foundation 6:30 STRONG!	4 9:00 Agebusters 9:30 Writer's Corner Advanced Pottery Studio Palette & Brush 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Fake News: Where are we Headed?	5 9:00 Limber Up 10:00 Tai Chi Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 1:00 Bingo 2:00 Tennis	6 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
8 9:00 Limber Up 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:00 Popular Reads 1:30 Chair Yoga Volleyball 4:30 Pickleball 6:00 Conversational Spanish	9 8:30 AARP Tax Prep 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee & Conversation 11:30 Strength & Balance 12:00 Pinochle 1:00 Slow Flow Yoga Chess Felting Snails 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 April in Paris Musical Evening	10 <i>Mama Mia!</i> 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Needle Arts 11:30 Golf: Springdale League Kick Off 12:00 Pinochle Party Bridge 12:30 Golf: Lincoln Hills League Kick Off Chair Yoga 1:30 Volleyball 2:00 Watercolor Workshop 2:30 Tennis 4:30 Pickleball 5:30 Movie: Woman in Gold Core & Strength Foundation 6:30 STRONG!	11 <i>Sealed for Freshness</i> 9:00 Agebusters 9:30 Vision Enrichment Advanced Pottery Studio Palette & Brush 10:00 Non-Fiction Book Group 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Our Environment	12 9:00 Limber Up 10:00 Tai Chi Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 2:00 Tennis	13 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
15 9:00 Limber Up 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga Volleyball 4:30 Pickleball 6:00 Conversational Spanish	16 <i>Sander's Trip (rescheduled)</i> 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 10:00 Photography Club 11:00 Women's Coffee & Conversation 11:30 Strength & Balance 12:00 Pinochle 1:00 Slow Flow Yoga Board Meeting Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club	17 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Needle Arts 11:30 Photo & Video Apps 12:00 Pinochle Party Bridge 1:30 Chair Yoga Volleyball 2:00 Watercolor Workshop 2:30 Tennis 4:30 Pickleball 5:30 Movie: The Journey is the Destination Core & Strength Foundation 6:30 STRONG! 7:00 Coin Club	18 9:00 Agebusters 9:30 Writer's Corner Advanced Pottery Studio Palette & Brush 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art New Member Coffee 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: When I'm Ninety-Four	19 Closed Good Friday	20 Closed Happy Easter
22 9:00 Limber Up 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga Volleyball 4:30 Pickleball 6:00 H.O.P.E. Movie: What You Eat Matters Conversational Spanish	23 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee & Conversation 11:30 Strength & Balance Chinese Medicine for the Western Mind 12:00 Pinochle 1:00 Slow Flow Yoga Wildflower Seed Bombs Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball	24 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Podiatrists Needle Arts 10:30 Housing Tour: Provision Living West Bloomfield 12:00 Pinochle Party Bridge Chair Yoga 1:30 Volleyball 2:00 Watercolor Workshop 2:30 Tennis 4:30 Pickleball 5:00 Dinner & A Classic: Moulin Rouge Core & Strength Foundation 6:30 STRONG!	25 <i>Kirk in the Hills Tour & Lunch</i> 9:00 Agebusters 9:30 Advanced Pottery Studio Palette & Brush 10:00 AAA Safe Driving 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: An Amazing Musical Revue	26 9:00 Limber Up 10:00 Tai Chi 10:00 Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 2:00 Tennis	27 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
29 9:00 Limber Up 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Mah Jongg Pickleball 1:30 Chair Yoga Volleyball 4:00 Trivia Night? 4:30 Pickleball	30 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee & Conversation 11:30 Strength & Balance 12:00 Pinochle 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 5:30 Bike Groups Kick Off				



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COSTUME JEWELRY SHOPPING AT NEXT!



Time to clean out your jewelry box! Donate your costume jewelry to the Next office by May 6 and it will be part of the Next Costume Jewelry Sale on May 9! We welcome all types of jewelry: rings, necklaces, earrings, bracelets, pins and brooches! All proceeds will benefit Next! And unsold pieces will be used in an upcoming creative class on repurposing jewelry this summer. Remember...one person's donation is another person's treasure!

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