



Your Place to Stay Active & Connected

MARCH/APRIL 2021

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

ENTERTAINMENT SERIES AT NEXT

Enjoy this amazing entertainer in the Next gymnasium where there is ample room for social distancing!



GRATITUDE STEEL DRUM PERFORMANCE

Tuesday, March 16 at 6:00 pm

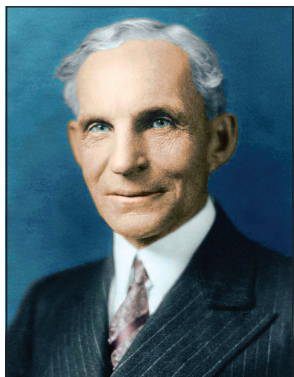
Cost: Complimentary members / \$5 guests

The steel drum has a rich history! Invented on the island of Trinidad around WWII where African slaves endured constant struggles. Many lost their native languages and music was their only link to their heritage. Join Chaz Russell, Gratitude Steel Drum musician as he entertains and transports us to a warm Caribbean beach lined with palm trees! Nothing captures the mood and relaxing atmosphere of the islands like live steel drums. Kindly sponsored by Affordable HomeCare.

HENRY FORD: LIFE & TIMES at Next

Tuesday, March 9 at 1:00 pm

Cost: Complimentary members / \$5 guests



Todd Bryan, a historian from the Henry Ford Heritage Association will give you a biographical look at Henry Ford and his accomplishments both inside the Ford Motor Company and beyond. Join us for this exciting opportunity to learn more about Detroit's beloved Mr. Ford. Kindly sponsored by Samaritas Senior Living.

THE EDMUND FITZGERALD INVESTIGATIONS at Next and via Zoom

Thursday, March 4 at 6:00 pm

Cost: Complimentary members / \$5 guests

The mighty Fitz is the Great Lakes largest shipwreck, resting in two major pieces on the bottom of Lake Superior just over the Canadian border. It was lost in a killer storm in 1975 and its entire crew of 29 vanished into the waves. Shipwreck historian, Ric Mixter is one of a handful of people who have visited the wreck in a submarine to explore the site. That visit was the beginning of more than 20 years of research for Mixter, who has collected one of the largest film archives in the world. Presented by The Jeffares Speaker Series.



NEXT IS HONORED TO PRESENT: CULTIVATING MENTAL HEALTH IN THE ERA OF COVID-19 via Zoom

Wednesday, March 24 at 1:30 pm

Cost: Complimentary members / \$5 guests

Next is excited to be presenting highly acclaimed speaker, Dr. Gretchen Moran Marsh, Ph.D. to share



her expertise. COVID has brought mental health challenges to the forefront. As a psychologist, specializing in mental health and the treatment of depression and anxiety, Dr. Marsh will provide guidance

on how to navigate life with the constant stressor of COVID. She will go on to share specific coping strategies to help individuals and families during these challenging times.



HAPPENINGS AT NEXT

NEXT SAFETY PROTOCOLS

- ▶ You may enter through the east door where you will be logged in with your name, phone number and a no-touch temperature check. After answering a few questions and using the hand sanitizer, you are on your way.
- ▶ Frequent and thorough cleaning and disinfecting daily, multiple hand sanitizer stations throughout the building.
- ▶ Masks that cover the nose and mouth must be worn at all times.
- ▶ Please maintain 6-feet social distancing at all times.
- ▶ We encourage you to register for classes and programs on the website or feel free to call the office with registration and credit card information.
- ▶ Participation in classes and presentations will be dictated by room size based on proper social distancing guidelines.
- ▶ No outside food intended for sharing will be allowed in the building.
- ▶ Bottled water will be available free of charge. There will be no coffee service at this time.
- ▶ We will be introducing programs that we can offer safely, but other programs will need to be suspended until a later date.

Of course, Next is open to our members! We continue to offer programs, support services and use of the building including the library and computer center. If anything changes, we will update the website and reach out to our members by phone or email.

THE BEST OF CURRENT STREAMING AT NEXT

For a nice change we are showing some popular films and series that you won't want to miss!

HOLLYWOOD IDOLS

Wednesdays at 11:30 am

Cost: Complimentary - Members only

Hollywood Idols presents riveting portraits of classic movie stars of the Golden Age of Hollywood, that will delight movie fans of all ages. Each program is filled with memorable film clips and interviews with friends and relatives, providing personal and intimate perspectives of these Hollywood legends' sometimes controversial lives.

March 10 Grace Kelly and Cary Grant

April 7 Gregory Peck and Michael Caine



THE SOCIAL DILEMMA:

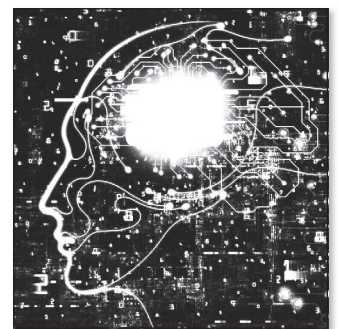
Film & Discussion

Wednesday, March 31

from 12:00 to 2:30 pm

Cost: Complimentary members / \$5 guests

The Social Dilemma explores the dangerous human impact of social networking, with tech experts sounding the alarm on their own creations. Join us for a viewing of the film, followed by a group discussion. Set in the dark underbelly of Silicon Valley, *The Social Dilemma* fuses investigative documentary with enlightening narrative drama. Expert testimony from tech whistleblowers exposes our disturbing predicament: the services Big Tech provides — search engines, networks, instant information, etc. — are merely the candy that lures us to bite. Once we're hooked and coming back for more, the real commodity they sell is their prowess to influence and manipulate us.





THE MORE YOU KNOW

TRIVIA TIME! at Next

Mondays, March 15 and April 19 from 3:00 to 5:00 pm

Cost: Complimentary members / \$5 guests

Enjoy an afternoon of trivia with a professional trivia host. Teams of four will enjoy friendly competition with a chance to win bragging rights.

LANDSCAPING WITH NATIVE PLANTS via Zoom

Wednesday, March 24 at 12:30 pm

Cost: Complimentary members / \$5 guests

Landscaping with native plants is critical to build habitat, reduce resource inputs, and build healthy outdoor living areas. Learn why only native plants can do this and some design tips to make your native landscape beautiful as well. Drew Lathin has been working with native plants in landscapes for nearly 20 years, most recently as the owner of Creating Sustainable Landscapes. He is a fierce advocate for the need to rewild our urban and suburban landscapes using native plants in thoughtful and legible designs to bring biological diversity and beauty to our everyday lives. Drew is also the President of the Board of the Wildflower Association of Michigan.

OF ICEBERGS & INQUIRIES: Michiganders on the Titanic via Zoom

Wednesday, April 14 at 12:00 noon

Cost: Complimentary members / \$5 guests

When the luxury ocean liner RMS Titanic went down in 1912, many Michiganders tragically lost their lives. Within a week, U.S. Senator William Alden Smith of Grand Rapids convened the U.S. inquiry into the disaster. Join us to learn about the Michigan survivors and victims, as well as Senator Smith's far-reaching quest for answers. Robert Myers, Director of Education with the Historical Society of Michigan, presents this exciting program.



HEALTH SERIES

BOOSTING YOUR IMMUNE SYSTEM via Zoom

Thursday, March 18 at 1:30 pm

Cost: Complimentary members / \$5 non-members

Our immune system fights off bad bacteria and viruses that can make us sick. A healthy lifestyle is the first line of defense in building and maintaining a strong immune system. Join in on a discussion of how to build a stronger immune system and find out about some simple habits that can keep us healthy. Robin Danto, Food Safety and Nutrition educator at the Michigan State University Extension, Oakland County returns to Next for this program.

ESSENTIAL OILS WITH CARYN GALLAGHER

▶ Introduction to Essential Oils

Monday, March 15 at 1:30 pm

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

Join us in learning about the basics of using essential oils safely and effectively for personal self-care and within your home. All participants will receive an intro oil trio — lemon, lavender and peppermint — and will make a customized mister with the optional addition of wild orange. Registration fee includes oil trio and supplies for make and take mister.

▶ Essential Oils & Emotions

Monday, April 12 at 1:30 pm

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

Our emotional health can directly influence how the rest of our body feels and functions. Learn how to use essential oils to directly influence your emotional health by creating a sense of calmness and well-being or producing an uplifting environment. All participants will make a mister for their emotions. Registration fee includes a make and take mister and emotions brochure.

EXILED TO MOTOWN: Detroit's Japanese Americans via Zoom

Thursday, April 29 at 1:00

Cost: Complimentary members / \$5 guests



After World War II's Japanese-American incarceration, Detroit served as one of the resettlement program's major destinations. Learn how Japanese Americans were able to preserve their culture in various forms throughout the area. This session will also cover the history of Japanese Americans within the broader industrial and racial history of Detroit.

Mika Kennedy, Ph.D., University of Michigan, who created the exhibition, *Exiled to Motown*, presents this eye opening experience. Generously sponsored by Samaritas Senior Living.

LIVE YOUR LIFE IN BALANCE at Next

Wednesday, April 28 at 11:30 am

Cost: Complimentary members / \$5 guests

Aaron Wallace, CEO of Balance Your Fitness, will share his expertise about how to live life at your highest potential. Whether you are looking to lose weight, decrease your pain or improve your golf game, Aaron will highlight how very achievable your goals can be when you take a holistic, whole body approach to your journey. Aaron has a BS in Exercise and Health Science and is a C.H.E.K. Health Practitioner, Holistic Lifestyle Coach and Golf Performance Specialist. He can't wait to help you live a life in balance.



ENRICHMENT

POPULAR READS BOOK CLUB via Zoom

Mondays, March 8 and April 12 at 1:00 pm

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The March book selection is *Interior Chinatown* by Charles Yu — and the April book selection is *The Push* by Ashley Audrain. Register at Next — and Baldwin Public Library will provide the book!

NON-FICTION BOOK GROUP via Zoom

Tuesdays, March 9 and April 13 at 10:00 am

Facilitated by Mick Howey, Adult Services Librarian, join us to discuss *Hidden Figures* by Margot Lee Shetterly in March — and *On Immunity* by Eula Biss in April. Register at Next and Baldwin Public Library will provide the book!

WRITER'S CORNER

Thursdays, March 4 and April 1 at Next and March 18 and April 15 via Zoom 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. For additional information, contact facilitator Sara Burnside at 248-649-1813.

WOMEN'S ROUNDTABLE

Tuesdays at 11:00 am

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

MEN'S ROUNDTABLE

Wednesdays at 9:00 am

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

SOCIAL HOUR via Zoom at Home

Tuesday, March 9 at 1:00 pm
and Wednesday, April 7 at 11:00 am
Cost: Complimentary - Members only

Let's get together and have some fun conversation! Please join other Next members and a couple of staff members for some light hearted conversation and connection. Let's gather together from our homes and offices! We don't need a holiday or special occasion to have a good time! Bring your questions and comments. We'd like to hear what's on your mind.

CURRENT EVENTS DISCUSSION GROUP via Zoom

Fridays at 12:00 noon

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



TED TALKS AT NEXT: Be inspired at Next only

Thursdays at 10:30 am

Cost: Complimentary - Members only

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

March 11 The love and lies of fireflies

April 8 What reading slowly taught me about writing

CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

BINGO

Mondays, March 1, 15 and April 5, 19 at 1:00 pm

Admission cost: Complimentary members / \$2 guests

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

Join the fun for eight games of regular Bingo with your fellow Next members and their guests.

BIRMINGHAM STAMP CLUB

Tuesdays, March 2, 16 and April 6, 20 at 5:00 pm

For information contact Ken Rusch at 248-968-3505.

COIN CLUB

Monday, March 15 and April 19 at 5:00 pm

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

COMPUTER LAB

Computer Lab will be available during business hours.



NEW FITNESS OFFERINGS - SOCIALLY DISTANCED

NEW FITNESS OFFERINGS at Next with Caryn Ciagne

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

Caryn Ciagne, Concierge Wellness Coach and owner of CC Yoga, discovered yoga to reduce stress and anxiety. She continues to enjoy yoga and its myriad of benefits and looks forward to sharing what she has learned!

Monday Yoga Strong

Mondays from 9:00 to 10:00 am

Beginning with a yoga warm-up and ending with a cool down, we will add strengthening moves to basic yoga postures. Suitable for all who are open to variety and challenges. Please bring a yoga mat, water bottle for hydration and an optional towel. Weights are optional, bring your own or borrow our sanitized weights.

Wednesday Flow Yoga

Wednesdays from 9:00 to 10:00 am

A slow yet strong flow practice suitable for all who may be interested in expanding their yoga practice. This class will explore sun salutations, traditional standing, seated and supine postures to strengthen, improve balance, stretch and calm one's presence. Please bring a yoga mat, water, yoga blocks, strap and an optional towel.

Chair Yoga & Meditation

Tuesdays and Thursdays from 12:00 noon to 1:00 pm

Utilizing a chair to sit and to stand beside for support, we will gently stretch and breathe our way into our body. Through this gentle practice, we will release tension and tightness, increase flexibility, strength, body awareness, range of motion and balance, while promoting a feeling of relaxation and calm.

Agebusters

Tuesdays at 9:00 am

Exercising to music, this fun class focuses on low impact aerobic moves building endurance and strength.

ZUMBA GOLD! NEW! at Next

Thursdays at 10:00 am

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

Cost 1 drop-in class: \$10

Shake it at your own pace! This is the dance party for the young at heart. Join certified Zumba Gold® instructor, LaLa Breton, for a low impact, fun session of great moves and great music.

SLOW FLOW YOGA at home via Zoom

Tuesdays and Thursdays from 10:00 to 10:50 am

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

Yoga instructor Jan Chaney will bring strength and balance into your life. Let your breath guide you through a series of postures.

CHAIR YOGA at home via Zoom

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

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

Experience improved flexibility, strength and balance with Karen Lutz, E-RYT. Learn to focus on breathing with gentle stretching and adaptive yoga movements both seated with the option to stand with the support of a chair.

MAT YOGA at home via Zoom

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

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

All levels are welcome to join Karen Lutz, E-RYT to learn gentle, adaptable yoga moves that help improve your breathing practices, core strength, balance and flexibility.

MINDFULNESS & MEDITATION at home via Zoom

Wednesdays at 2:30 pm - Sessions last 30 to 60 minutes

Cost: Complimentary - Donations to Next appreciated.

Begin or deepen your meditation practice in a safe, welcoming environment with Karen Lutz, E-RYT.

TENNIS LEAGUE - MIXED DOUBLES

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

Next members enjoy indoor play at the Birmingham Racquet Club as a regular league player or sub. Contact David Young at davidmpyoung@gmail.com for information.

BOWLING LEAGUE

Fridays at 10:00 am - Cost: \$7 - Members only

All levels welcome for bowling and camaraderie at Country Lanes at 30250 West Nine Mile Road, Farmington Hills. Cost includes three games, shoes and coffee. No need to register, just drop in. Contact Margie Janks for details at 248-646-0271.

PICKLEBALL

Cost: Complimentary - Members only

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

Tuesdays, Wednesdays and Thursdays from 4:00 to 7:00 pm

Fridays from 12:30 to 2:30 pm

LINE DANCING! JOIN THE FUN!

Mondays from 10:15 am to 12:00 noon

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

Cost 1 drop-in class: \$10

Dance Instructor, Christine Stewart invites you to join her in exercising body and mind by learning new steps and line dances as you move to different types of music. Eight student minimum.

LIMBER UP

Mondays, Wednesdays and Fridays at 10:00 am

Cost: Complimentary

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

THE JEFFARES SPEAKER SERIES

PLEASE NOTE: We have updated our website! Speakers can now be found under the Activities tab in the Speakers category.

March 11 - MAD FOR MODERN - DETROIT DESIGN AT MID CENTURY - Format TBD

Deborah Lubera Kawsy, Ph.D., Art Historian, Professor of Art History - Madonna University

The current resurgence of interest in Detroit has inspired a rediscovery of Detroit's (and Michigan's) role in the modern movement. Indeed, at mid century, Metro Detroit was home to innovative architects and designers — like Charles and Ray Eames, Eero Saarinen, Minoru Yamasaki, Alexander Girard and Ruth Adler Schnee — and to forward-thinking institutions like Cranbrook Art Academy and the Herman Miller furniture company — each dedicated to using modern design to enhance life in the post-war era. Join us to explore examples of mid-century modern design in Michigan, from a recently restored Alexander Girard home to a ground-breaking modern design exhibition held in 1949 at the DIA!



March 25 - MICHIGAN'S ABANDONED WELLS via Zoom

Adam W. Wygant, Director and State Geologist-Oil, Gas and Minerals Division - Department of Environment, Great Lakes and Energy

Long-gone prospectors in the 1800s drilled wells for oil and gas in Michigan, looking to cash in and fuel the American Industrial Revolution. When wells dried up and drillers went bust, wells were left uncapped, their decaying pipes plunging deep and left behind in forests, fields or farms that were later developed into towns and cities. Some operators left the pipes open — while others plugged them with mud, scrap lumber or leftover construction material. These are called orphaned wells. If not properly remediated, they can leak greenhouse gasses into the atmosphere and contribute to global warming. This presentation will give an overall history of oil and gas production in our state and the Orphan Well Program's accomplishments, which includes the plugging of nearly 400 orphan wells over the past few decades.



March 18 - THE PURPLE GANG at Next Only

Paul R. Kaveff, Author and Crime Historian

The Detroit Purple Gang was one of the most ruthless organized crime groups in U.S. history. The gang had its roots in Detroit's lower eastside during WWI. During the 20s, they rose to become the dominant force in the Detroit underworld through murder, intimidation and official protection. Detroit Police estimated that over 500 unsolved murders in Detroit could be attributed to the Gang. With strong connections to other U.S. organized crime groups, they controlled gambling, drugs, extortion and illegal liquor and beer manufacturing in Southeast Michigan for approximately five years from 1927 to 1932. Lengthy prison sentences and internal sniping caused the Purple Gang to essentially self-destruct by 1935.



April 1 - MOTOWN at Next and via Zoom

Henry Feinberg, Composer, Musician and Instructor - Oakland Community College

Starting from humble origins in 1959, Motown with Berry Gordy at the helm, became one of the most loved and influential styles in all of American popular music. Join Henry Feinberg as he presents an exciting show on the development of the Motown label amid the revolution and turbulent times of the 1960s. You'll hear how The Supremes, The Temptations, Stevie Wonder, Marvin Gaye and many others became international stars and remain popular to this day. Accompanying the presentation will be recordings of many of Motown's hits.



Bringing a breadth of experience to "advantage" our clients in their real estate transactions.

Presented by Stuart Jeffares at Max Broock Realtors

Join us on Thursdays at 6:00 pm

Cost: Complimentary members / \$5 guests



April 8 - COACHING EFFECTIVELY ACROSS THE GENERATION GAP at Next and via Zoom

Andy Driska, Ph.D., Assistant Professor, Department of Kinesiology - Michigan State University

Competitive youth sports have evolved over the past 20 years, and as the stakes have gotten higher, coaches are under more pressure to develop successful athletes. Many coaches have different values about sport that can clash with the athletes' values. Andy will share some research about Generation Z athletes and the experiences of older coaches who have coped well with intergenerational differences. Professor Driska will share some methods for communication, relationship-building and skill development that we emphasize in the coaching degree program at Michigan State University.



April 22 - IN THE GARDEN via Zoom Docent - Detroit Institute of Arts

Let the Detroit Institute of Arts come to you as you enjoy these beautiful works of art in the comfort of your home. With a goal of providing free access to the DIA's world-renowned collection, In the Garden is provided with opportunities for reflection, connection, expression and delight while you stay at home. In honor of Earth Day, this talk explores the hidden meanings behind the images of flowers and plants and features some of our most loved works of art.



April 15 - DETROIT - THEN AND NOW at Next and via Zoom

Linda Yellin, Founder and Owner - Feet on the Street

Join Linda for a photographic tour of Detroit's architecture and historic neighborhoods. Learn more about Detroit's history and what's happening now. Linda will share updates on the beautiful RiverWalk, and some remarkable Brush Park mansions that were built in the 1890s and now sell for more than \$800,000. Linda will also give us a tour of the historic Eastern Market and the revitalized Book Cadillac Hotel. Finally, we will see some new parks, greenways, murals and pieces of art.



April 29 - THE RURAL ROOTS OF OAKLAND COUNTY PARKS at Next and via Zoom Carol Bacak-Egbo, Oakland County Parks Historian

Our Oakland County Parks are filled with waterways, hiking trails, camping grounds and fishing spots. They are also filled with history. All 14 of our County Parks were once farms, most going back to the 1830s. All those farms, and the people who lived on them, have stories of their own. Some are tragic, some are humorous — all are part of the rich rural heritage of our Parks. Come join Parks historian Carol Bacak-Egbo as she shares some of those wonderful stories.



FEATURE FILMS

Wednesday Evenings @ 5:00 pm

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

March 3 - JIRO DREAMS OF SUSHI

This delectable 2010 documentary profiles sushi chef Jiro Ono, an 85-year-old master whose 10-seat, \$300-a-plate restaurant is legendary among Tokyo foodies. Ono is also a father, whose sons struggle to live up to his legacy and make their own marks. Rated PG 1 hour 21 minutes

March 10 - THE BOOKSHOP

Free-spirited widow Florence Green (Emily Mortimer) puts grief behind her and risks everything to open up a bookshop — the first such shop in the sleepy seaside town of Hardborough, England. But this mini social revolution soon brings her fierce enemies, including the town's less prosperous shopkeepers and Mrs. Gamart (Patricia Clarkson). Mrs. Gamart is Harborough's vengeful, embittered alpha female who is a wannabe "respected expert" of the local arts scene. Narrated by Julie Christie. Rated PG 1 hour 58 minutes

March 17 - DARK WATERS

Inspired by a shocking true story, a tenacious attorney (Mark Ruffalo) uncovers a dark secret that connects a growing number of unexplained deaths to one of the world's largest corporations. In the process, he risks everything — his future, his wife (Anne Hathaway), his family, and his own life — to expose the truth. Also starring Tim Robbins and Bill Pullman. Rated PG13 2 hours

March 24 THE LEISURE SEEKER

Starring acclaimed actors, Helen Mirren and Donald Sutherland as a runaway couple going on an unforgettable journey in the faithful old RV they call The Leisure Seeker, traveling from Boston to the Ernest Hemingway Home in Key West. They recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up to the very end. Rated R 1 hour 52 minutes

March 31 - PORTRAIT OF JENNIE

In 1934, impoverished Eben Adams (Joseph Cotton) meets a little girl named Jennie (Jennifer Jones) in Central Park. She is wearing old-fashioned clothing. He makes a sketch of her from memory which connects him to an art dealer Miss Spinney (Ethel Barrymore) who sees his potential. This inspires him to paint a portrait of Jennie. Eben encounters Jennie at intermittent intervals and strangely, she appears to be growing up more rapidly than is possible. Eventually he learns the truth about her and, though tragedy ensues, she continues to be an inspiration

to Eben's art as his career takes off with his portrait of Jennie. Not Rated 1 hour 26 minutes

April 7 - PAVAROTTI

From director Ron Howard comes an intimate portrait of Luciano Pavarotti, the most beloved opera singer of all time, by interweaving Pavarotti's genre-defining performances with revealing, never-before-seen footage. Rated PG13 1 hour 54 minutes

April 14 - TRUMBO

Based on a true story, Trumbo is set in 1947, when Dalton Trumbo (Bryan Cranston) was Hollywood's top screenwriter until he and other artists were jailed and blacklisted for their political beliefs. Trumbo recounts how Dalton used words and wit to win two Academy Awards and expose the absurdity and injustice of the blacklist, which entangled everyone from gossip columnist Hedda Hopper (Helen Mirren) to John Wayne, Kirk Douglas and Otto Preminger. Also stars Diane Lane, John Goodman and Elle Fanning. Rated R 2 hours 3 minutes

April 21 - SEASONS in honor of Earth Day

Enjoy this third installment of Jacques Perrin and Jacques Cluzaud's trilogy of nature documentaries that began with Winged Migration and Oceans. Narration is used sparingly in Seasons, allowing for immersion into the wordless world of animals conveying much more than words ever could. This film is the awe-inspiring tale of the long shared history that binds humankind and nature, traveling throughout Europe to film brown bears, wild horses, wolves and other animals in their natural habitat. Rated PG 1 hour 36 minutes

April 28 - TO CATCH A THIEF

Notorious cat burglar, John Robie (Cary Grant) has long since retired to tend vineyards on the French Riviera. When a series of robberies is committed in his style, John must clear his name. Armed with a list of people who own the most expensive jewels currently in the area, John begins following the first owner, young Francie (Grace Kelly). When her jewels are stolen, Francie suspects John, destroying their tentative romance. John goes on the lam to catch the thief and clear his own name. Rated PG 1 hour 46 minutes

THANK YOU FOR YOUR GENEROUS CONTRIBUTIONS TO THE 2020 SHARE THE SPIRIT FUND DRIVE!

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Malcolm and June Hendy
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Dolores Lane
Georgette Lhyle
Robert Littman
Phyllis Livermore
Eleftherios and Janice
Logothetis

Sandra Logue
Therese Longe
Karen Lutz Students
Sandra Mackle
John and Julie Mandich
Tom and Missy Mark
John Marsh
Marie Matice
Ian McEwan
Richard McMains
Kathi McWilliams
Charles and JoAnn Melekian
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Janet Stenger
Carol Stetter
Doug and Kaoru Stratton
Kathleen Strettar
Lawrence Sweet
Sally Swift
Linda Tanner
Mary Ryan Taras
Dede Taylor
Joan Topping
Richard Travis
Alice Trocke
David Underdown
Judith Velleman
Sally Versaci
Brennen Waugh
and Jeanne Brooks
Joanne Weaver
Doug Weaver
and Judy St. Romain
Vern and Evie Wheat
Franklin and Shirley White
Charles and Anne Whitelaw
Sylvia Whitmer
Paulette Width
William Wilkerson
Dian Wilkins
Stephen and Marcia
Wilkinson
Skip Williams
Joseph and Sally Wolf
Uwe and Cheryl
Wolffe-Beckert
Phebe Wong
Christine Zecman
Roman and Zirka Zubar



ART & CREATIVITY

WATERCOLOR PAINTING WORKSHOP (all levels) via Zoom

Wednesdays, March 31 through May 19 from 2:00 to 4:00 pm
Cost 8-week class: \$120 members / \$128 guests

Join noted Michigan artist Karen Halpern on Zoom, as she presents a new subject each week with information, directions, and examples. A copy of the lesson will also be emailed to each student. Karen will present a narrative providing instruction, as well as answering questions. The interaction of the students is enjoyable, and each will actually paint during class, in their home location. Karen encourages painters to email their work to her during the week for her comments, support, and suggestions. Ask for supply list at Next.

PHOTOGRAPHY CLUB via Zoom

Tuesdays, March 16 and April 20
from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 guests

The Next Photography Club seeks to bring people together who have an interest in photography. For information, contact Ed Morykwas at Ed@riveroftime.net or Joyce Harding at joyceharding6@gmail.com. For information on Photoshop lessons or coaching contact Chuck at info@birminghamphotoclub.org or 248-762-4345.

KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

Enjoy lively discussion with this group of lovely ladies.
Tips and ideas shared!

NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

A great group for quilting, needlepoint, sewing and cross-stitch!
All levels welcome!

POTTERY OPEN STUDIO

Thursdays from 10:00 am to 12:30 pm

Enjoy the Open Studio to develop your beautiful pottery projects.



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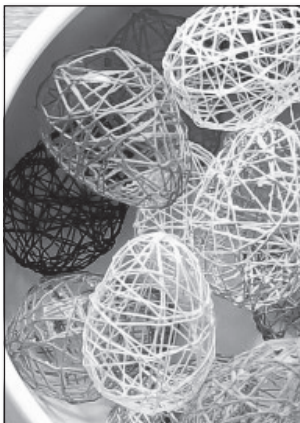
CRAFTING & CONVERSATION

Join Jolee Hentgen, Program Coordinator for an array of craft classes where you will create beautiful items to use as gifts for family and friends throughout the year or in your own home.

Colorful String Easter Eggs

Tuesday, March 9 at 10:30 am
Cost: \$15

This string Easter egg craft is a fun and simple project that will brighten up your home for a vibrant and long-awaited welcome to spring. A “color-filled”, fresh spring décor idea, just in time for Easter. Once the eggs have dried, you can use them to fill glass vases or bowls for the ideal centerpiece, tuck into baskets, make into a garland, or you might want to dangle them from some branches in a vase. The technique used in this craft can be used for pumpkins, ornaments — as well as a variety of seasonal tablescapes ideas. It’s a festive way to invite a burst of spring color inside. Now let’s HOP TO IT!



Michigan Cookie Cutter Bird Seed Feeders

Tuesday, April 13 at 10:30 am
Cost: \$15

With spring in the air, we thought what better time to share some love with our “over-wintering” birds. It’s the perfect opportunity to create a fun, useful project and interact with nature. The sun is out, the air is warm and the birds are probably looking for a few snacks. With just a few simple ingredients and a Michigan-shaped cookie cutter (that is yours to take home), you will have trees sprinkled with cute homemade feeders and some very happy feathered friends!



Carrot Sugar Scrub

Tuesday, March 23 at 10:30 am
Cost: \$15

We are all so happy that spring is around the corner. Bright, cheery colors and scents lift us up after a long winter. Carrot sugar scrub bags are perfect for slipping into Easter baskets as well as handing out as party favors to dinner guests. Not only will these carrot-shaped bags of luxurious scrub visually delight the recipient, they will provide a functional shower or bath experience! Body scrubs are great for lifting away dirt and excess oil, stimulating circulation, removing dead skin cells and exfoliation. The simple but beautiful packaging is what really makes this a special spring treat. Here’s to a fresh spring complexion!



Terracotta Citronella Candles

Tuesday, April 27 at 10:30 am
Cost: \$20

Ah, those lazy, crazy, hazy days of summer are almost here. Fire up the grill, mix up a pitcher of Tom Collins (or whatever it is people are drinking these days) and hit the backyard. This is what summer is all about. Don’t let pesky mosquitoes or bugs ruin your outdoor parties with family and friends.

Terracotta citronella “Don’t Bug Me” candles are easy to make and will help ensure a bug free zone. And if you like, you can paint them a trendy pattern with watercolors! When you’re done, you can add accessories and give them to friends as a unique summer-time gift or keep for yourself.



COSTUME JEWELRY SHOPPING AT NEXT!

Time to clean out your jewelry box! Donate your costume jewelry to the Next office by April 28 and it will be part of the Next Costume Jewelry Sale on May 5! We welcome all types of jewelry. 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!





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 Support Services welcome you Monday through Thursday, 9:00 am to 4:00 pm and Friday, 9:00 am to 3:00 pm.

ASK THE ATTORNEY

Tuesdays, March 2 and April 6 from 1:00 to 1:45 pm

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

TRANSPORTATION

Door-to-door transportation service is available for seniors and disabled adults residing in Birmingham, Beverly Hills, Bingham Farms, and Franklin. 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 Thursday. For reservations, please call 248-203-5270 at least three working days in advance to request a ride.

LAWN MOWING & SNOW REMOVAL for Birmingham & Beverly Hills Residents

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

FINANCIAL ASSISTANCE

Michigan Seniors Benefits Enrollment Center can help find services and programs to ease the strain of a tough financial situation. 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 seniors — and income-eligible disabled residents — in Birmingham and Beverly Hills with minor home repairs. Please call Next Support Services for more information.

LET'S HEAR FROM YOU!

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

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.

OAKLAND COUNTY EMERGENCY CELL PHONE PROGRAM

Cell phone distribution: Fridays from 9:00 am to 12:00 noon
Oakland County Sheriff's Office, 1200 N. Telegraph Road,
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Providing seniors with a mobile means of getting help in an emergency. For more information, please call 248-975-9700.



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HEALTH & NUTRITION

MEDICAL EQUIPMENT LOANS

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

HEARING AID & EYEGLASSES DONATIONS & RECYCLING PROGRAM

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

NUTRITION SUPPORT

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

MEALS ON WHEELS

To get information on this program, call Oakland Meals on Wheels at 248-689-0111. We are looking for additional volunteers to help package and deliver meals. So, if you're available, please call Judy Murrell at 248-203-5281. Your help is needed and would be appreciated!

NURSE ON CALL

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

EARLY STAGE MEMORY LOSS SUPPORT GROUP

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



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MEDICARE/MEDICAID GUIDANCE

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

BLOOD PRESSURE & BLOOD OXYGEN CLINIC

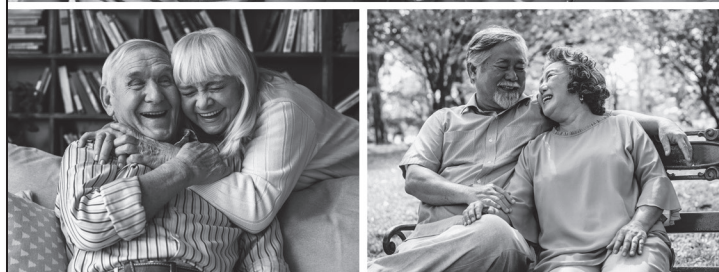
Mondays, March 1 and April 5 from 10:00 to 11:00 am
Cost: Complimentary - No appointment is required.

A trained healthcare professional will screen your blood pressure and blood oxygen levels

VISION ENRICHMENT SUPPORT GROUP

Monday, March 1 from 10:00 to 11:00 am

Welcome back Marcie Brink-Chaney as the facilitator. Please bring ideas for speakers and topics to discuss.



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GOODS & SERVICES

Karen Guenther, Officer Casey Pederson
 and Ruben Steimel



FROM THE NEXT STAFF!

Thank you for making Next
 a great place to be!

Cris Braun, Executive Director
 Sara Callender, Office Support
 Sandi Cassar, Support Services
 Sandy Catterall, Financial Administrator
 Susan Gwizdz, Marketing & Communications
 Jolee Hentgen, Program Planner
 Kim Holmes, Facility Operations
 Terri McCardell, Program Planner
 Calvin Moss, Van Driver
 Judy Murrell, Meals on Wheels
 Jeanne Nance, Support Services
 Fletcher Reliford, Van Driver
 Bev Singer, Office Support
 Kathleen Tillson, Office Supervisor



MEET OUR NEWEST MEMBERS...

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

Mark Beyer, Dewey and Sandra Bowers, Frank and
 Joyce Ferfecki, Robert and Michele Mills, Janice Pinson,
 Frank Pisano, Mary Louise Stubbs, Richard Tavel and
 Leonard Trotta.

Our condolences to the family and friends of...

Roy Albert, Larry Colwell Jr.,
 Dick Gause, Dianne Hilborn, Jack Hretz
 and Gloria Wise.



Our thoughts are with you...Donna Barion and Jean York.

NEXT NOTES

As a reminder, AARP will not be preparing taxes at Next this year. There are limited site locations available in the area. Information can be found on the AARP website or by calling 888-687-2277 for more information. Additional tax service locations and assistance may be found through the Area Agency on Aging 1B website or by calling 800-852-7795.

POLICY REMINDERS

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



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NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 Monday Yoga Strong 10:00 Blood Pressure & Blood Oxygen Clinic Vision Support Group Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Bingo Chair Yoga	2 9:00 Agebusters 10:00 Slow Flow Yoga 11:00 Women's Roundtable 12:00 Chair Yoga & Meditation 1:00 Ask the Attorney Chess 4:00 Mat Yoga Pickleball 5:00 Stamp Club 6:00 Comedy Central Live at Next!	3 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 1:00 Chair Yoga 2:30 Mindfulness & Meditation Tennis 4:00 Pickleball 5:00 Movie: Jiro Dreams of Sushi	4 9:30 Writer's Corner 10:00 Slow Flow Yoga Zumba Gold Advanced Pottery Studio 12:00 Chair Yoga & Meditation 12:30 Pickleball 4:00 Mat Yoga Pickleball 6:00 Lecture: The Edmund Fitzgerald Investigations	5 10:00 Bowling Limber Up 12:00 Current Events 12:30 Pickleball 2:00 Tennis	6 Closed
8 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Chair Yoga Popular Reads	9 9:00 Agebusters 10:00 Slow Flow Yoga Non-Fiction Book Club 10:30 Crafting & Conversation: String Easter Eggs 11:00 Women's Roundtable 12:00 Chair Yoga & Meditation 1:00 Henry Ford: Life & Times Social Hour Chess 4:00 Mat Yoga Pickleball	10 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:30 Streaming: Hollywood Idols 1:00 Chair Yoga 2:30 Mindfulness & Meditation Tennis 4:00 Pickleball 5:00 Movie: The Bookshop	11 10:00 Slow Flow Yoga Zumba Gold Advanced Pottery Studio 10:30 Ted Talks 12:00 Chair Yoga & Meditation 12:30 Pickleball 4:00 Mat Yoga Pickleball 6:00 Lecture: Mad for Modern - Detroit Design at Midcentury	12 10:00 Bowling Limber Up 12:00 Current Events 12:30 Pickleball 2:00 Tennis	13 Closed
15 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Bingo Chair Yoga 1:30 Essential Oils 3:00 Trivia Time! 5:00 Coin Club	16 9:00 Agebusters 10:00 Slow Flow Yoga Photography Club 11:00 Women's Roundtable 12:00 Chair Yoga & Meditation 1:00 Board Meeting Chess 4:00 Mat Yoga Pickleball 5:00 Stamp Club 6:00 Gratitude Steel Drum Performance	17 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 1:00 Chair Yoga 2:30 Mindfulness & Meditation Tennis 4:00 Pickleball 5:00 Movie: Dark Waters Happy St. Patrick's Day	18 9:30 Writer's Corner 10:00 Slow Flow Yoga Zumba Gold Advanced Pottery Studio 12:00 Chair Yoga & Meditation 12:30 Pickleball 1:30 Boosting Your Immune System 4:00 Mat Yoga Pickleball 6:00 Lecture: The Purple Gang	19 10:00 Bowling Limber Up 12:00 Current Events 12:30 Pickleball 2:00 Tennis	20 Closed
22 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Chair Yoga	23 9:00 Agebusters 10:00 Slow Flow Yoga 10:30 Crafting & Conversation: Carrot Sugar Scrub 11:00 Women's Roundtable 12:00 Chair Yoga & Meditation 1:00 Chess 4:00 Mat Yoga Pickleball	24 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:30 Native Plants 1:00 Chair Yoga 1:30 Mental Health in the Era of COVID 2:30 Mindfulness & Meditation Tennis 4:00 Pickleball 5:00 Movie: The Leisure Seeker	25 10:00 Slow Flow Yoga Zumba Gold Advanced Pottery Studio 12:00 Chair Yoga & Meditation 12:30 Pickleball 4:00 Mat Yoga Pickleball 6:00 Lecture: Michigan Abandoned Wells	26 10:00 Bowling Limber Up 12:00 Current Events 12:30 Pickleball 2:00 Tennis	27 Closed
29 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Chair Yoga	30 9:00 Agebusters 10:00 Slow Flow Yoga 11:00 Women's Roundtable 12:00 Chair Yoga & Meditation Chess 4:00 Mat Yoga Pickleball	31 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Streaming: The Social Dilemma 1:00 Chair Yoga 2:00 Watercolor Workshop 2:30 Mindfulness & Meditation Tennis 4:00 Pickleball 5:00 Movie: Portrait of Jennie			

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN APRIL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30 Writer's Corner 10:00 Slow Flow Yoga Zumba Gold Advanced Pottery Studio 12:00 Chair Yoga & Meditation 12:30 Pickleball 4:00 Mat Yoga Pickleball 6:00 Lecture: Motown	2 Closed in observance of Good Friday	3 Closed
5 9:00 Monday Yoga Strong 10:00 Blood Pressure & Blood Oxygen Clinic Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Chair Yoga Bingo	6 9:00 Agebusters 9:30 Golf: Springdale Kick Off Meeting 10:00 Slow Flow Yoga 11:00 Women's Roundtable 12:00 Chair Yoga & Meditation 12:30 Golf: Lincoln Hills Kick Off Meeting 1:00 Ask the Attorney Chess 4:00 Mat Yoga Pickleball 5:00 Stamp Club	7 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:00 Social Hour 11:30 Streaming: Hollywood Idols 1:00 Chair Yoga 2:00 Watercolor Workshop 2:30 Mindfulness & Meditation Tennis 4:00 Pickleball 5:00 Movie: Pavarotti	8 10:00 Slow Flow Yoga Zumba Gold Advanced Pottery Studio 10:30 Ted Talks 12:00 Chair Yoga & Meditation 12:30 Pickleball 4:00 Mat Yoga Pickleball 6:00 Lecture: Coaching Effectively Across The Generation Gap	9 10:00 Bowling Limber Up 12:00 Current Events 12:30 Pickleball 2:00 Tennis	10 Closed
12 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Chair Yoga Popular Reads 1:30 Essential Oils	13 9:00 Agebusters 10:00 Slow Flow Yoga Non-Fiction Book Club 10:30 Crafting & Conversation: Michigan Cookie Cutter Bird Feeders 11:00 Women's Roundtable 12:00 Chair Yoga & Meditation 1:00 Chess 4:00 Mat Yoga Pickleball	14 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 RMS Titanic 1:00 Chair Yoga 2:00 Watercolor Workshop 2:30 Mindfulness & Meditation Tennis 4:00 Pickleball 5:00 Movie: Trumbo	15 9:30 Writer's Corner 10:00 Slow Flow Yoga Zumba Gold Advanced Pottery Studio 12:00 Chair Yoga & Meditation 12:30 Pickleball 4:00 Mat Yoga Pickleball 6:00 Lecture: Detroit Then & Now	16 10:00 Bowling Limber Up 12:00 Current Events 12:30 Pickleball 2:00 Tennis	17 Closed
19 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Bingo Chair Yoga 3:00 Trivia Time! 5:00 Coin Club	20 9:00 Agebusters 10:00 Slow Flow Yoga Photography Club 11:00 Women's Roundtable Chair Yoga & Meditation 1:00 Board Meeting Chess 4:00 Mat Yoga Pickleball 5:00 Stamp Club	21 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 1:00 Chair Yoga 2:00 Watercolor Workshop 2:30 Mindfulness & Meditation Tennis 4:00 Pickleball 5:00 Movie: Seasons	22 10:00 Slow Flow Yoga Zumba Gold Advanced Pottery Studio 12:00 Chair Yoga & Meditation 12:30 Pickleball 4:00 Mat Yoga Pickleball 6:00 Lecture: In the Garden	23 10:00 Bowling Limber Up 12:00 Current Events 12:30 Pickleball 2:00 Tennis	24 Closed
26 9:00 Monday Yoga Strong 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 12:30 Pickleball 1:00 Chair Yoga	27 9:00 Agebusters 10:00 Slow Flow Yoga 10:30 Crafting & Conversation: Terracotta Citronella Candles 11:00 Women's Roundtable Chair Yoga & Meditation Chess 4:00 Mat Yoga Pickleball	28 9:00 Men's Roundtable Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:30 Live Your Life in Balance 1:00 Chair Yoga 2:00 Watercolor Workshop 2:30 Mindfulness & Meditation Tennis 4:00 Pickleball 5:00 Movie: To Catch a Thief	29 10:00 Slow Flow Yoga Zumba Gold Advanced Pottery Studio 12:00 Chair Yoga & Meditation 12:30 Pickleball 1:00 Exiled to Motown: Japanese Americans 4:00 Mat Yoga Pickleball 6:00 Lecture: The Rural Roots of Oakland County Parks	30 10:00 Bowling Limber Up 12:00 Current Events 12:30 Pickleball 2:00 Tennis	



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NEXT GOLF LEAGUE KICKOFF MEETINGS

Tuesday, April 6 - Members only
 Springdale at 9:30 am / Lincoln Hills at 12:30 pm

Please plan to attend if you are interested in playing in either league. Details about green 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: Plays Mondays at 9:37 am
 League Manager: Jerry Mercier at 248-514-2853

Lincoln Hills: Plays Wednesdays at 10:00 am
 League Manager: Bob Borgon and Jack Nanry at 248-431-4003 or jack.nanry@gmail.com

ACTIVITY	PAGE
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Gratitude Steel Band / Henry Ford: Life & Times	
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HOURS

Monday and Tuesday
 from 8:30 am to 5:00 pm
 Wednesday and Thursday
 from 8:30 am to 7:00 pm
 Friday
 from 8:30 am to 3:00 pm

HOLIDAY HOURS

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

MEMBERSHIP DUES

Residents of Birmingham, Bingham Farms, Beverly Hills, and Franklin
 \$45/year Single Membership
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