



Your Place to Stay Active & Connected

MAY/JUNE 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



MICHIGAN MODERN: An Architectural Legacy

Wednesday, June 19 at 12:00 noon

Cost: Complimentary members / \$5 non-members

This beautiful book takes readers on a privileged tour of iconic buildings and interiors designed by some of the world's most renowned and celebrated architects and interior designers. One breathtaking view after another invites readers to enter what are often private realms not open to the public to explore the innovative and often breathtaking designs. Author **Brian D. Conway** and photographer **James Haefner** join us to discuss the vibrant design culture that thrives to this day in Michigan.



THE ARTISTIC INTIMACY OF FLOWERS

Tuesday, May 21 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Local artist **Laurie Tennent**, will share her incredible works of botanical art. Laurie, who studied at Center for Creative Studies in Detroit, has had her work on exhibit in and around Michigan, the United States

and the world. It has been said that "...the viewer of Laurie's work become immersed within the intriguing world of plant anatomy." Photographers, gardeners and lovers of nature will not want to miss this program!

WARTIME MUSIC THAT INSPIRED A NATION

Thursday, June 6 at 12:30 pm

Cost: Complimentary members \$5 non-members

To honor the 75th anniversary of D-Day, Music Historian **Stu Johnson** will share songs that played a significant role during the war years. He will describe the importance of music to our nation and the soldiers that fought for us. Enjoy a sentimental and patriotic review of some of our most beloved tunes of the 1940s. And later in the day, join us for the Speaker Series lecture at 6:00 on the historical perspectives of D-Day. Generously sponsored by Health Alliance Plan.



D-DAY: June 6, 1944

Thursday, June 6 at 6:00 pm

Cost: Complimentary members / \$5 non-members

Join us as **Professor Bruce Zellers, B.A., M.A.**, from **Oakland University**, gives us insight into this historic event. Defeating Germany involved the interests of the great powers — the Soviet Union desperately needed relief, Great Britain focused on the future of the empire, and the United States concentrated on postwar leadership. Everything came together on that fateful day.

HISTORY OF THE BEATLES

Tuesday, May 28 at 12:30 pm

Cost: Complimentary members / \$5 non-members

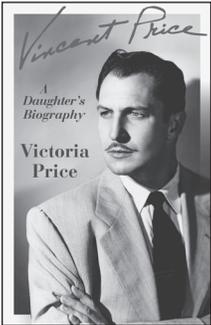


Henry Feinberg, Music Historian will focus on how The Beatles transformed themselves from an unknown Liverpool band into the most popular rock group of all time.

He'll explore their early days in the late 50s up until their breakup in 1970. Listen to their hits and discuss what made them so unique. If you're a fan, then this lecture is for you! Kindly sponsored by Samaritas Senior Living of Bloomfield Hills.



UNIQUE OFFERINGS



A TRIBUTE TO VINCENT PRICE: by his daughter, Victoria Price

Tuesday, April 30 at 6:00 pm

Cost: Complimentary members / \$5 non-members

Join Ms. Price, daughter and biographer, in this intimate and insightful talk about Vincent Price, the King of Horror and the Man Behind the Mask. She shares stories and rare photos of the man behind the mask, insights about his career and co-stars, as well as their personal father/daughter relationship. The talk will be followed by a book sale and signing by Ms. Price. And on May 1, join us at 5:30 pm for a viewing of the House of Usher. Both events kindly sponsored by Affordable HomeCare.

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.



NEW! GET FIT & HAVE FUN WITH HULA HOOPING IT’S NOT JUST FOR KIDS!

🕒 Hoop-Making Class

Wednesday, May 8 at 3:00 pm

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

You and fellow Next Hoopers will use everyday materials to make your very own custom fitted hoop for hula hooping. Whether you register for the classes or not, join us to create a hoop that will fit your body and ability level. Materials and instruction provided by instructor. Have all your hooping questions answered by instructor Danielle Odette.

🕒 Waist Hooping Classes

Wednesdays, May 15, 22, 29 and June 5 at 3:00 pm

Cost 4-week series: \$60 members / \$70 non-members

Hoopng is a fun way to work out, build coordination, confidence, community, and remove self-limiting beliefs. Not only is waist hooping fun, but it can also help you burn calories, shed fat and tone your muscles for a slim waist. Join instructor **Danielle Odette** for this latest addition to Next Fitness. Class may be held outdoors if weather permits. Class size is limited. Hoop Making Class not required for participation.

TWO SPECIAL EVENTS ON THURSDAY, MAY 9!

🕒 Next Costume Jewelry Sale

10:00 am to 1:00 pm

Fellow members have cleaned out their jewelry boxes and now it’s time to see what treasures you can find! Rings, necklaces, earrings, brooches, bracelets and pins have been donated and will be for sale, with all proceeds to benefit Next. Donations are still needed, so please bring yours to the Next office! Unsold pieces will be used in an upcoming creative class on repurposing jewelry to be scheduled next fall.

🕒 Mary Todd Lincoln: After the White House

11:00 am - 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 you by making history come alive. Kindly sponsored by Pomeroy Living.

WHAT'S HAPPENING IN BIRMINGHAM

Tuesday, May 7 at 1:00 pm - Cost: Complimentary

Learn about Birmingham’s current and planned initiatives to update the city’s Master Plan, increase parking downtown and get answers to your questions about the city. **Birmingham City Manager Joe Valentine** will share the latest happenings impacting the City of Birmingham, along with other interesting information about what makes Birmingham such a treasured community.

STATE REPRESENTATIVE MARI MANOOGIAN

Friday, May 10 at 10:00 am - Cost: Complimentary

Join us for a conversation with newly elected Representative **Mari Manogian**. We will learn about what is happening in Lansing, and you will have the opportunity to let her know which issues are important to you. This is meant to be an intimate experience. As such, space is extremely limited. Please register early. If we are at capacity, no walk-ins will be permitted.

TRIVIA NIGHT?

Monday, May 13 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 Health Alliance Plan.

CONY DETROIT WITH JOE GRIMM

Wednesday, May 22 at 11:30 am

Cost: Complimentary members / \$5 non-members

Local author **Joe Grimm**, returns to Next to discuss his book *Coney Detroit* — which traces the history of the coney island restaurant. Coney Islands existed in many cities but thrived nowhere as they did in Detroit. Joe will cover the traditions, rivalries and differences between the restaurants and the people who created Detroit’s favorite food.



LET'S GO GREEN @ Franklin Village Offices

Thursday, May 30 at 12:00 noon

Cost: Complimentary members/ \$5 non-members

The environment is the basis of the web of life — and a healthy environment can only be assured through environmentally knowledgeable citizens acting responsibly. "Let's Go Green" is a powerful Environmental Awareness Presentation that adapts to all ages and defines current environmental issues. Join us as we take Next "on the road" to Franklin. This program will be held at 32325 Franklin Road in Franklin.

BBQ WITH GREENFIELD STUDENTS AT NEXT

Friday, May 31 at 11:45 am

Complimentary, Next members only - Pre-registration required.

Greenfield Elementary students are coming to Next for a delicious BBQ lunch. Calling Next members to join this fun event — and enjoy conversation and camaraderie with students from our partner school.

HOT DOG FRIDAYS ARE BACK!

Beginning June 7 at 12:00 noon, Chef Charles and Judy Nave will be grilling in the Next courtyard. Join us for lunch on the patio each Friday through the summer. Complimentary for members only.

SPECTRUM OF LONG-TERM CARE

Thursday, June 13 at 12:00 noon

Cost: Complimentary members / \$5 non-members

You've no doubt heard about independent and assisted living, but there are many other long-term care options available. Collin Dickey, Attorney from Rutkowski Law Firm, will provide an introduction to these options. He will discuss the differences and provide insight into legal and financial implications of various options. Learn how to make an informed decision when the time comes. Generously sponsored by the Rutkowski Law Firm.

SELF AWARENESS & SELF DEFENSE

Officer Casey Pederson,
Birmingham Police



Tuesday, June 11 from 1:00 to 3:00 pm

Cost: Complimentary members / \$10 non-members

Join this 2-hour, interactive class focusing on safety in all aspects of life. You will learn the value of awareness and how that alone will increase your chances of survival and prevent you from becoming a victim. We will discuss current issues including ever-evolving cyber and financial crimes, phone scams, common crimes in our area, target-hardening your home, real-life "what-if" scenarios, tips for surviving a critical incident or active shooter event, and hands-on conflict resolution tactics. The physical tactic portion is optional and one can learn just by observing. Basic, street smart survival skills will be presented in a safe training environment at a pace at which all ages can participate! Class size is limited to 14 people, so register early!

DRAWING LESSONS: How to See Like an Artist

Tuesdays, June 25 through July 16 from 1:00 to 3:00 pm

Cost 4-week class: \$60 member / \$70 non-member

Kathleen Boettcher, artist and former art teacher will provide lessons on the observation of negative, positive and linear texture and the analysis of composition, shadow parts and measurement will be covered. In addition, instruction on shape in perspective and artistic value will be included. Supply list available in the Next office. All levels welcome.

BRAIN NEUROBICS

Thursday, June 27 at 11:00 am

Cost: Complimentary members / \$5 non-members

Join Kathy Housey, "Brains and Balance" instructor, for an hour of fun and challenging brain drills. There will be a focus on memory and cognitive processing speed. Apply what you have learned through her lectures in a single session! Generously sponsored by Bellbrook of Rochester.



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

HEALTHY BONES & JOINTS

Wednesday, May 15 at 11:30 am

Cost: Complimentary members / \$5 non-members

Dr. Bruce Henderson, Orthopedic Surgeon from St. Joseph Mercy Oakland, will introduce us to the program at the Bone Health and Lifetime Wellness Center. This innovative program combines the very latest knowledge of both conventional and complementary medicine to improve bone health, while at the same time making major improvements in overall health, longevity, and wellness!

SLEEP DISORDERS

Tuesday, June 25 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Sleep problems can mean more than just feeling tired. Keith Pizzo, RPSGT, of Beaumont Sleep Evaluation Services, will discuss the cumulative effect of sleep loss and sleep disorders that can put you at risk for depression, diabetes, heart attack, hypertension, obesity and stroke. Learn what can be done to avoid problems with sleep and how existing issues can be identified and treated.

SPEAKER S E R I E S

Premier Speaker Series Every Thursday at 6:00 pm



Cost: Complimentary members / \$5 non-members

May 2 - CHEVROLET GRAND PRIX PRESENTED BY LEAR

Merrill Cain, Grand Prix Spokesman

As the Chevrolet Detroit Grand Prix presented by Lear prepares to celebrate the 30th Grand Prix in Detroit's history, join **Grand Prix Spokesman 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!

May 9 - EUROPEAN UNION AT THE CROSSROADS Dr. Frederic S. Pearson, Professor of Political Science, Director of Center for Peace & Conflict Studies - WSU

Somehow the European Union, one of the great peacemaking achievements in world history, finds itself in difficulty, with the pending withdrawal of Great Britain and troubling economic and social pressures throughout the 27 member organization. Dr. Pearson will review the history of the EU and its likely path for the future. Issues to consider are nationalism, immigration, economic demands and cultures, regional tensions and market and trade interests.

May 16 - THE HISTORY OF THE KKK IN HOWELL, MI Buddy Moorehouse, Former Editor of the Livingston County Press, Historian

Learn how Howell's reputation of being a hotbed of activity for the Ku Klux Klan dates back to Robert Miles, the former Grand Dragon of the Michigan Ku Klux Klan. Miles, who has been dead for 25 years, tainted Howell's reputation. Learn what Howell has been doing to fight back against this unfair legacy.

May 23 - CURRENT DRUG USE TRENDS Rich Isaacson, Community Outreach Specialist, DEA

Mr. Isaacson will provide an overview of the U.S. Drug Enforcement Administration, and introduce the DEA as a community resource for drug education information. The presentation will also detail the current opioid epidemic afflicting the United States, including fentanyl-related issues. Other drug issues to be covered will include prescription drugs (other than opioids), growth in cocaine use, marijuana and THC current issues, vaping and Electronic Nicotine Delivery Systems (ENDS).

May 30 - LOOKING AT RUSSIA FROM AN INTERNATIONAL VIEWPOINT

**Gus Mondalek, International Affairs Expert
& Religious Scholar**

Russia, the largest country on earth, has emerged from post-Soviet economic and political turmoil to reassert itself as a world power. Putin, in power since 2000, has adopted a stridently nationalist course in the international community. Gus will discuss Russia's new partnerships and alliances, and focus on the country's international strategy moving forward.

June 6 - D-DAY: June 6, 1944

Professor Bruce Zellers, B.A., M.A. - OU

Join us for this special evening...details on the front cover!

June 13 - THE MARRIAGE OF WINE & CHEESE John Jonna, Wine Sommelier, Gourmet Food Savant

Join John on a tour of the history of cheese and the cheese making process. Explore cheese's amazing affinity for variety and style worldwide. John will also discuss the art of wine and cheese pairing and will offer samples of a few cheeses to explain the differences and make you smile.

June 20 - THE CURRENT SITUATION IN THE MIDDLE EAST & THE FACTORS AFFECTING THE REGION

**Gus Mondalek, International Affairs Expert
& Religious Scholar**

The Middle East region is in a constant state of change. Israel is facing unprecedented political shifts that impact the entire area — and the security threat in the Middle East continues to remain volatile with the resurgence of ISIS and Al-Quada in Syria. Join us as Middle East expert Gus Mondalek helps us make sense of this complicated and fluid situation.

June 27 - MICHIGAN NATIONAL PARKS & RIVER RAISIN NATIONAL BATTLEFIELD PARK

Jami Keegan, Community Educator, National Park Services

The National Park Service operates five parks in Michigan that attract more than 2.5 million visitors each year. Ms. Keegan will discuss the rich history of the River Raisin Park which commemorates the War of 1812 and the formation of the State of Michigan. The rally cry "Remember the Raisin" spurred U.S. support for the rest of the War of 1812. As the Park celebrates its 10th anniversary, learn future plans for its development.



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INVIGORATE YOUR BODY

NEW! STEP, STRENGTH & STRETCH

Tuesdays from 11:30 am to 12:30 pm

Series 1: May 7, 14, 21 and 28

Series 2: June 4, 11, 18 and 25

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

Join Lori Harbour, Certified AFAA Instructor, in this class that incorporates walking/running on the Seaholm track, strength at the Next FitPark and stretching. Rain or shine, meet in Room 3 and then move outside. May be held indoors if needed.

SMALL GROUP PERSONAL TRAINING

Thursdays from 2:00 to 3:00 pm

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

Series 1: May 2, 9, 16 and 23

Series 2: June 6, 13, 20 and 27

Need a little personal help in reaching your fitness goals, but still enjoy a group class? This group of highly motivated members, along with Lori Harbour, Certified AFAA Instructor, will help you improve your health, strength, energy and stamina in a fun and lively environment. Class may be held outside, weather permitting. 4 student minimum, 6 student maximum.

MATTER OF BALANCE:

Managing Concerns About Falls

Tuesdays, May 7, 14, 21, 28 and

June 4, 11, 18, 25 from 10:00 am to 12:00 noon

Cost: Complimentary - For more information or to register, call Area Agency on Aging 1-B at 833-262-2200 or email them at wellnessprograms@aaa1b.com

Area Agency on Aging 1-B instructors will lead this class at Next, which emphasizes practical strategies to reduce fear and increase activity levels. Participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; how to get up safely after a fall; and exercise to increase strength and balance.

JOIN THE FUN! LINE DANCING

Mondays from 10:00 am to 12:00 noon

Series 1: May 6, 13, 20 and June 3

Series 2: June 10, 17, 24 and July 1

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

MORNING WALKING GROUP

Tuesdays and Thursdays at 9:30 am

Meet in the Next Office to join fellow Next members for a little camaraderie while walking through our beautiful neighborhood or on the nearby Seaholm track. Please call the Next Office to be added to this fun, non-facilitated, dynamic group. No obligation to walk every week — join us when it is convenient for you!

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.

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.

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.

AGEBUSTERS

Tuesdays and Thursdays at 9:00 am

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

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

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

BARRE CLASS

Saturdays from 11:10 to 12:00 noon - Space is limited.

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

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

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.

PICKLEBALL AT THE BIRMINGHAM ICE RINK

Enjoy six courts of open play in the climate controlled setting with indoor amenities and easy parking. Detailed information on open play, ladder leagues and lessons can be found on our website @ BirminghamNext.org.

► Open Play

June 4 through August 2 - Tuesdays through Friday from 10:00 am to 12:00 pm and 2:00 to 4:00 pm.

No afternoon play on Tuesdays.

Saturdays from 10:00 am to 2:00 pm

Drop-in cost: \$1 members / \$3 non-members

► Ladder League

Tuesdays from 2:00 to 4:00 pm

Cost 8-week session: \$20 members / \$25 non-members

Register online or in the office.

► Lessons

Drop-in cost applies: \$1 members / \$3 non-members

Pickleball lessons for all skill levels offered by Certified Pickleball Instructor Tom Wehner. Six-week comprehensive series or single lessons available. Please contact Tom directly at tgwehner@cs.com or 248-885-1203.

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. Instructional video for each piece available. Please contact the Next office for more information.

INTERESTED IN CYCLING?

Next has two groups to choose from!

► Next Slow Roll Bike Group

Every Tuesday night beginning May 7 at 5:30 pm

Next welcomes back this group for a second season! The group will gather in the Next lobby at 5:30 pm every Tuesday evening. The length of the ride depends on weather, ability, and group size. Typically, riders will enjoy a nice, easy ride to a local destination, take a water break and then return to Next. The group will travel through quiet, relatively flat neighborhoods and avoid traffic on main roads. Questions? Contact Next Programmer Terri McCardell at TMcardell@birmingham.k12.mi.us. Helmets are a must!

► Next Advanced Bike Group

Every Wednesday, beginning May 15 at 10:00 am

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

NEXT GOLF LEAGUES

Join fellow golfers for some fun on the links! For further information 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

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

Two men's softball teams begin in May and play through early August. One team is in a 55+ league that plays Monday and Wednesday mornings. 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.

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**

May 1 - HOUSE OF USHER

Based on the classic story "The Fall of the House of Usher" by Edgar Allan Poe, this thriller features Vincent Price as Roderick Usher, a man who believes his family to be cursed by incurable madness. So sure is he of his family's doom, that when his sister announces her engagement to Philip Winthrop, Roderick will stop at nothing to prevent their marriage and keep the Usher bloodline from continuing. Kindly sponsored by Affordable HomeCare.

Not rated 1 hour 9 minutes

May 8 - AGE OF ADALINE

Adaline Bowman (Blake Lively) has miraculously remained a youthful 29 years of age for 80 years, never letting herself get close to anyone lest they discover her secret. A chance encounter with a philanthropist named Ellis Jones (Michiel Huisman) reawakens Adaline's long-suppressed passion for life and romance. When a weekend with Ellis' parents threatens to expose the truth, Adaline makes a decision that changes everything.

Rated PG13 1 hour 52 minutes

May 15 - BOHEMIAN RHAPSODY

Queen and extraordinary lead singer Freddie Mercury (Rami Malek - 2019 Oscar, Best Actor) are celebrated! Defying convention, Mercury rose to become one of the most beloved entertainers on the planet. The film traces the meteoric rise of Queen, their revolutionary sound and Mercury's decision to pursue a solo career. Just in time for Live Aid, Mercury reunites with his bandmates. While facing a diagnosis of AIDS, Mercury leads the band in one of the greatest performances in the history of rock music.

Rated PG13 2 hours 13 minutes

May 22 - FREE SOLO

Receiving the Academy Award for Best Documentary Film, Free Solo is a stunning, intimate and unflinching portrait of the free soloist climber Alex Honnold as he prepares to achieve his lifelong dream: climbing the face of the world's most famous rock — El Capitan in Yosemite National Park — without a rope. Honnold's climb set the ultimate standard: perfection or death. Free Solo is both a thriller and inspiring portrait of an athlete exceeding all expectations.

Rated PG13 1 hour 40 minutes

May 29 - TREASURE OF THE SIERRA MADRE

Dinner & A Classic at 5:00 pm

In this adventure film, two rough-and-tumble wanderers, Dobbs (Humphrey Bogart) and Curtin meet up with a veteran prospector in Mexico and head into the Sierra Madre mountains to find gold. Although they discover treasure, they also find plenty of trouble, not only from ruthless bandits lurking in the dangerous Mexican wilderness but from their own greed, bringing conflict at every moment.

Not rated 2 hours 6 minutes

June 5 - THE WIFE

Joan (Glenn Close) and Joe remain complements after nearly 40 years of marriage. Where Joe is casual, Joan is elegant. Joe enjoys his very public role as a great American novelist, Joan pours her considerable intellect, grace, charm and diplomacy into the private role of a great man's wife. As Joe is to be awarded the Nobel Prize for his acclaimed body of work, Joan starts to think about the shared secrets and betrayals.

Rated R 1 hour 41 minutes

June 12 - CAN YOU EVER FORGIVE ME?

Based on a true story, celebrity biographer Lee Israel (Melissa McCarthy) makes her living profiling famous sophisticates. When Lee is no longer able to get published because she has fallen out of step with current tastes, she turns her art form to deception.

Rated R 1 hour 47 minutes

June 19 - AT ETERNITY'S GATE

Inspired by Van Gogh's (William Dafoe) life, this is a journey inside the mind of an artist who created some of the world's most beloved and stunning works of art. This is not a biography, rather scenes based on Van Gogh's letters and common agreement about events in his life.

Rated R 1 hour 51 minutes

June 26 - FUNNY FACE

Dinner & A Classic at 5:00 pm

NYC fashion photographer Dick Avery (Fred Astaire) is struck by the beauty of Jo Stockton (Audrey Hepburn). He convinces her to go to France where he photographs her. In the process, they fall for each other only to find hurdles in their way.

Not rated 1 hour 43 minutes



**Stop
Worrying
& Start**

Living

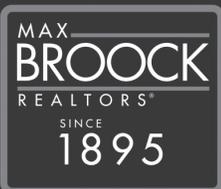
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KATHI JONES-CUTLER

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ART & CREATIVITY

FELTED SOAP

Tuesday, May 14 from 1:00 pm to 3:00 pm
Cost: \$25 members / \$30 non-members



Join artist and instructor Pam Signorelli and learn the unique art of felting soap. The wool is very gently exfoliating, and can replace a washcloth in the shower. All materials will be provided.

PHOTOGRAPHY CLUB

Tuesdays, May 21 and June 18 from 10:00 am to 12:00 noon
Cost: Complimentary members / \$5 non-members

The Next Photography Club seeks to bring together people 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.

NEW! SCRAPBOOKING MADE EASY

Friday, May 24 from 10:00 am to 1:00 pm
Cost: \$45 members / \$50 non-members

Join Lori Rothschild from Paper Source to create beautiful lasting memory books for your friends and family to enjoy for years to come. Learn how to design an organization system for your treasured photos, create page layouts that tell a story, and embellish each page with an assortment of fantastic materials. Bring your own album and photos and we'll have the rest!

HANDMADE BIRTHDAY CARDS

Friday, June 14 from 10:00 am to 12:00 noon
Cost: \$30 members / \$35 non-members

Let's get crafty by creating four handmade birthday cards with Lori Rothschild from Paper Source. We'll be using stamps, heat embossing, punches, watercolor and pretty hand crafted papers to make cards that your friends will cherish. No experience is necessary. Lori will be bringing all of the materials to class. Just bring your creativity!

PAINTING WITH ACRYLICS & OILS

Tuesdays, June 25 through August 27
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. Supply list available in Next office.

WATERCOLOR PAINTING WORKSHOP

Wednesdays, June 26 through August 28
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 for both beginning and experienced students. You will learn basic skills, color mixing, color theory and design. Supply list available in Next office.

NEW! QUILLING CLASSES

Tuesdays from 1:00 to 3:00 pm
Cost: \$25 members
\$30 non-members



Quilling is an art form that involves the use of strips of paper that are rolled, shaped, looped, curled, twisted and glued together to create decorative shapes and designs. Join artist and instructor Pam Signorelli and learn this beautiful art form. These classes are all suitable for beginners and all materials will be supplied.

June 11 - Black & White Quilling

Create a 5"x7" work of art that will be ready to place in a frame or give as a gift.

July 9 - Quilled Angels

Create multiple little angels with sparkle or holding hearts.

August 13 - Quilled Dragonfly

Create a gorgeous dragonfly on 4"x6" card stock for your own enjoyment or a lovely gift.

STUDIO ART CLASS

Thursdays, June 27 through August 29
from 1:00 to 3:30 pm - No class July 4
Cost 9-week class: \$144 members / \$154 non-members

Work on a piece of art of your choice. Instructor Karen Halpern will foster critical thinking and make suggestions, as you advance with your individualized project.

NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm

KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

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



COLLECTORS CLUBS

COIN CLUB

Wednesdays, May 15 and June 19 at 7:00 pm
For information contact Robert Beuter at 248-646-9657.

BIRMINGHAM STAMP CLUB

Tuesdays, May 7, 21 and June 4, 18 at 6:00 pm
Contact Ken Rusch at 248-968-3505.



COMPUTER LAB & CLASSES

BALDWIN PUBLIC LIBRARY COMPUTER CLASSES

Classes will take place in the Next computer lab.
Cost per class: \$5 - Learners of ALL ages welcome.

▶ WORD: An Introduction

Tuesday, June 4 from 6:30 to 7:30 pm

Learn the fundamentals of word processing.

▶ EXCEL: Create a Budget

Tuesday, July 2 from 6:30 to 7:30 pm

Learn the fundamentals of creating a budget spreadsheet.

▶ POWERPOINT: An Introduction

Tuesday, August 6 from 6:30 to 7:30 pm

PowerPoint makes it easy to create, collaborate, and present your ideas in dynamic, visually compelling ways.

COMPUTER LAB & LESSONS

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

We offer one-on-one computer instruction on one of our many computers by one of our talented instructors. Please contact the Next office to schedule an appointment and purchase your computer card.

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TRAVEL

THE HEIDELBERG PROJECT & SISTER PIE

Wednesday, May 22 - Registration required (Limited to 10)
Bus departs Next at 10:15 am, returns about 1:00 pm
Cost: \$20 members / \$30 non-members

Explore the history and mission of the Heidelberg Project — including key installations and the elements of the canvas at the site, as well as the philosophy behind Tyree Guyton's work. This is a docent-led outdoor walking tour of about a block and a half, and approximately 30 minutes in length. After the tour, we head to Sister Pie, a bright corner bakery and finalist for the prestigious James Beard Award for Outstanding Baker in Detroit's West Village. Bakery treats not included in price.

DELIGHTFUL OAKLAND COUNTY SPRING TOUR

Thursday, May 30 - Registration required
Bus leaves Next at 9:00 am, returns about 4:30 pm
Cost: \$45 members / \$50 non-members

Start the day at Waterford Oaks County Market with a cooking demonstration, make a miniature succulent planter, shop the local vendors for flowers or produce, then head to Independence Oaks for a boxed lunch, learn about the history of the area, and enjoy a pontoon boat ride. End the day with a stop at Cook's Farm Dairy for ice cream before heading back. Remember to wear comfortable shoes as short walks will be part of the day. This trip is brought to you by Oakland County Parks.

ELLIS BARN TEA & TASTING PARTY

Wednesday, June 5 - Registration required
Bus leaves Next at 1:30 pm, returns about 4:30 pm
Cost: \$30 members / \$35 non-members

Enjoy the Ellis Barn at Springfield Oaks and learn about the history of tea while sampling a variety of appetizers, desserts and of course, a plethora of tea! Remember to wear your favorite spring party clothes and hat! This trip is brought to you by Oakland County Parks.

FRANKLIN GARDEN WALK & ARTISAN MARKET

Wednesday, June 12 - Registration required
Bus departs Next at 9:00 am,
returns about 12:00 pm
Cost: \$20 members / \$25 non-members

Join the Franklin Garden Club for its annual Garden Walk. This year the walk will feature an all new set of beautiful homes with beautiful gardens to wander through, in and around lovely Franklin. Spend a leisurely morning outside experiencing a variety of gardening styles, design ideas, and growing tips. The Garden Club will also host a "Made in Michigan" Artisan Market on the Village Green for some "pre-tour" indulging.



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.

GOVERNOR WARNER MANSION & ANNA'S HOUSE

Wednesday, June 26 - Registration required
Bus leaves Next at 11:00 am, returns about 3:00 pm
Cost: \$20 members / \$25 non-members

Enjoy a 1-hour docent-led tour of the museum and former home of Michigan governor, Fred Warner (1905-1911). Located in Farmington, the Warner Mansion is a Victorian Italianate structure built in 1867. Furnished in late Victorian style, the mansion is filled with historic artifacts and memorabilia from 1850 through 1920. The property sits on approximately three acres of impeccably landscaped grounds and gardens, that you will have an extra 30 minutes to experience self-guided. This home is not ADA compliant, and includes a fair amount of walking through the gardens. Brunch first on your own at Anna's House...DELICIOUS!

EDSEL & ELEANOR FORD HOUSE

Wednesday, July 10 - Registration required
Bus leaves Next at 9:00 am, returns about 1:30 pm
Cost: \$25 members / \$30 non-members

The Estate Tour begins with a video that provides an historic overview of the Ford family. Guides will lead you on a tour of this Albert Kahn designed home to discover its stories and spectacular treasures. A highlighted walk through the grounds features a look at some of the most impressive areas of the 87-acre estate and a visit to some of the outer buildings such as the Play House, Recreation Building and Gate Lodge Garage. To make the most of the visit we will allow 2½ hours for the tour. This home is not handicap accessible and requires going up and down flights of stairs. Snacks will be provided on ride home.

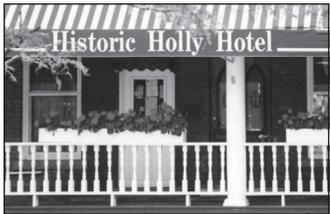
HISTORIC HOLLY: Great Lakes National Cemetery, The Holly Hotel & Heavenly Scent Herb Farm

Wednesday, July 17 - Registration required

Bus leaves Next at 9:15 am, returns about 4:45 pm

Cost: \$74 members / \$79 non-members

Begin with a guided drive-through tour of one of Michigan's abundantly beautiful National cemeteries. A lush canopy of 100-year-old trees serves as a fitting stately entrance to the sacred grounds, and final resting place for military veterans. One hundred American flags overlook rows of white marble tombstones. The property's rolling hills are teeming with wild-life, including a magnificent bald eagle that has made the cemetery its home. Next stop, a sit-down plated lunch at The Historic Holly Hotel, established in 1891. Experience the essence of award-winning American and nouvelle cuisine in an elegant Victorian atmosphere. Lastly a visit to the Heavenly Scent Herb Farm. Stroll through ten exquisitely themed gardens, bursting with bright colors and stunning fragrances. Shop in a 1910 barn, painted to look like three European store fronts, offering a variety of home décor items, gifts, and more! End the garden journey at the greenhouse with a variety of baskets, plants, herbs and flowers — all available for purchase. This trip is brought to you by Bianco Tours.



Next stop, a sit-down plated lunch at The Historic Holly Hotel, established in 1891. Experience the essence of award-winning American and nouvelle cuisine in an elegant Victorian atmosphere.

NATIONAL SENIOR DAY AT INDEPENDENCE OAKS

Wednesday, August 21 - Registration required

Bus leaves Next at 8:30 am, returns about 4:30 pm

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

Come celebrate National Senior Day at Independence Oaks County Park. Experience a climbing tower, fishing, archery, nature education program, paddle boats and pontoon boat rides. There will be plenty of helpful staff on hand to offer assistance if any activities are new for you. Listen to live music while enjoying a barbeque lunch. This trip is brought to you by Oakland County Parks.

NORTHERN EXPOSURE

Sunday, July 28 through Tuesday, July 30 (2 nights / 3 days)

Cost per person: single \$879, double \$699

Registration deadline: June 1 - \$200 deposit to reserve space.

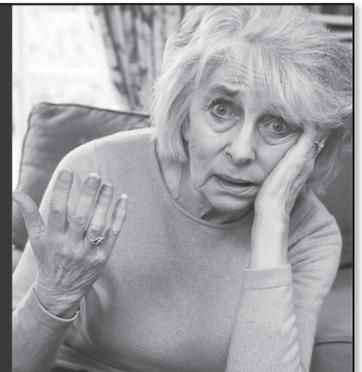
Register by calling Zelma Travels at 810-287-0066

We will explore Charlevoix, Harbor Springs and Petosky resorts and top off the trip with a day on Mackinaw Island! Tour the historic Mushroom houses in Charlevoix and overnight at the Perry Davis Hotel. Visit a beautiful lavender farm in Petosky. Spend the afternoon and evening exploring "the jewel overlooking the bay" in Harbor Springs. Finally, depart on Shepler's Ferry for Mackinaw Island for an afternoon — complete with a horse and carriage service and a majestic lunch at The Grand Hotel. This trip is not to be missed! Contact Zelma for details.

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.

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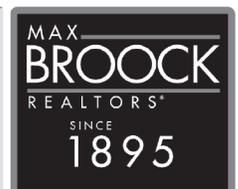
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ENRICHMENT

POPULAR READS BOOK CLUB

Mondays, May 13 and June 10 at 1:00 pm

Rebekah Craft, Associate Director of the Baldwin Public Library, leads discussions of popular books. The May selection is *Alternate Side* by Anna Quindlen and the June selection is *The Great Believers* by Rebecca Makkai. Register at Next and Baldwin Public Library will provide the book!

NON-FICTION BOOK GROUP

Thursdays, May 9 and June 13 at 10:00 am

Cost: Complimentary

Facilitated by Baldwin Library professionals, join us to discuss *In the Kingdom of Ice* by Hampton Sides in May and *Death and Life of the Great Lakes* by Dan Egan in June. Register at Next and Baldwin Public Library will provide the book!

WRITER'S CORNER

Thursdays, May 2, 16 and June 6, 20 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, June 20 at 1:00 pm

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

MEN'S BREAKFAST

Drop-in every Wednesday at 9:00 am

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

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.

CURRENT EVENTS DISCUSSION GROUP

Drop-in 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.

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CARDS & TILES

MAH JONGG

Mondays from 10:30 am to 12:30 pm and 1:00 to 4:00 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 is on Mondays at 1:00 pm. If you are interested, contact the Next office.

AMERICAN MAH JONGG LESSONS

Fridays, May 31 and June 7, 14, 21, 28
from 1:00 to 4:00 pm

Cost: 5 week series - \$50 members / \$60 non-members
\$9 materials fee paid directly to the instructor, if you need a current Mah Jongg card.

Instructor Judy Shell incorporates techniques acquired in her 37 years as an educator, and teaches both beginners and those wanting a review. Learn the rules of the game, how to make a hand, and how to play.

PINOCHLE...come and join the fun!

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

All skill levels welcome. For additional information, contact Ed Schouten at edward.schouten@gmail.com.

SOCKI

Tuesdays from 12:30 to 2:30 pm - Note new time!

Socki is a card game for 2-8 players that plays like an open-faced gin rummy with a few unique twists. Facilitator and creator: Jenny Deason Copeland.

BRIDGE LESSONS

Wednesdays from 9:30 to 11:30 am

Series 1: May 1, 8, 15, 22

Series 2: June 19, 26 and July 3, 10

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

Please specify beginner or intermediate when registering.

Silver Life Masters Jim and Cheryl Bloom have years of experience teaching both beginning and intermediate players this classic game of strategy. Learn the techniques that will improve your declarer play. *Play of the Hand in the 21st Century* is required and can be purchased in class.

BRIDGE...for everyone at every level!

Beginning Bridge Instruction - Mondays from 10:00 to 11:15 am - Instructor Al Rosie

Duplicate Bridge - Mondays from 11:30 to 2:30 pm
Facilitator Al Rosie

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 - Fridays from 12:30 to 3:30 pm
Facilitator Irv Feldman, 248-828-5346

CHESS LESSONS FOR BEGINNER & INTERMEDIATE PLAYERS

4 weeks: Thursdays, May 9, 16, 23, 30 from 4:00 to 5:00 pm

Cost: Complimentary members / \$5 non-members

Fellow Next members Chris Dow and Bruce Dobras will be teaching beginner and intermediate chess players tactics and positioning with time to play.

CHESS CLUB

Thursday evenings from 5:00 to 7:00 pm

Cost: Complimentary members / \$5 non-members

This 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.

CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

BINGO

1st and 3rd Fridays, May 3, 17 and June 7, 21 at 1:00 pm

Admission cost: Complimentary members / \$2 non-members

Cost to play: \$2 per card members and non-members

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

Go Ahead and Take a Vacation!



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Whether you are going on vacation or have obligations that take you out of town, our **Memory Care Respite Suites** provide all the comforts of home in a secure environment. Our engaging programming and sincere desire to honor those who reside with us, gives each resident the opportunity to continue "celebrating life every day."



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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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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.

ASK THE ATTORNEY

Tuesdays, May 7 from 1:00 to 1:45 pm
and June 18 from 2:30 to 3:15 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.

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.

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.

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.

PEANUT BUTTER & JELLY DRIVE

Collecting through Friday, May 31

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

OAKLAND COUNTY EMERGENCY CELL PHONE PROGRAM

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

Oakland County's 911 Emergency Senior Cell Phone Program will provide seniors with a mobile means of getting help in an emergency. The cell phones are available to any Oakland County Senior Citizen free of charge — and there is no monthly service fee to use the phones for emergency use. **The Sheriff's Office also accepts donations of unwanted inactive cell phones.** They must be in good condition and include the AC/DC recharging unit. Donations can be dropped off or mailed to the same address. For more information, please call 248-975-9700.

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.

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.

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.

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.

VISION ENRICHMENT SUPPORT GROUP

Thursdays, May 9 and June 13 from 9:30 to 11:00 am
Please note new start time.

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.

SOCRRA SHREDDER AT NEXT!

Saturday, May 4 from 10:00 am to 1:30 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.

LET'S HEAR FROM YOU

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

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Arden Courts
Memory Care Community

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.



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 of their Assisted Living residents. Community features include an elegant dining room with three healthy meals served daily, exercise room, 24-hour supervised care and social activities and programs.



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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 would be 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. Simply 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, May 1 and June 5
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, May 22 and June 26 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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MEET OUR NEWEST MEMBERS...

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

Lou Baughman, Robert and Rosemary Belke, Bonita Bohl, Donald Byerlein, Tana Lee Casey, Kelly Cerny, Daniel and Peggy Cook, Douglas Davis, Rizkallah Deghein and Viviane Signor, Valerie Derrick, Dolores Dudek, Carol Eaton, Elizabeth Finnell, Ron Fiorani, Susan Fish, Robert and Carolyn Folin, Dale and Mary Kay Gayeski, Kim Gibson, Shirley Hansen, John and Mary Ann Huss, Susan Kovac, Don Kuffner, Paul Landau, Kay Lurie, Joseph and Kathleen Maczko, Waneda Mathis, Richard McMains, John and Janet Mooney, Mildred Murdock, Elise Norwood, Mary Reed, Doug and Mindy Roberts, Glenn Ellan Rubright, Ravi Shenava, Margo Siegel, Scott Staton, Catherine Stoll, Sally Swift, Alice Valentich, Edna Zawacki

Our condolences to the family and friends of...

Joyce Hargrave-Thomas, Camilla Kavanaugh, June Lynch, Gale McFedries, Richard Norling, A. Bill Rolf, Wilbur Wood

Our thoughts are with you...

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MEMORIAL GIFTS

In memory of Bill Rolf – Mrs. Mary Jo Agbabian, Ms. Christine Bookmyer, Mrs. Karen Carlson, Mr. and Mrs. Paul Pilzner, Ms. Sandra Springer and Mr. and Mrs. Jerry Weddell

In memory of Tom Jones – Mr. and Mrs. Don Brundirks

In memory of Shirley Kenning – Ms. Phyllis Clark

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Michele Chittick, Jane Conway, Ed and Sharon Pugh, Denise Riley, Susan Rokosz, Barbara SaFran, Betty Singer, Mike Waterman, Robert Zimmerer.

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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.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 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 2:00 Watercolor 2:30 Tennis 4:30 Pickleball 5:30 Movie: House of Usher	2 9:00 Agebusters 9:30 Walking Group Writer's Corner Pottery Studio Palette & Brush 12:00 Pinochle 12:30 Pickleball 1:00 Cinco de Mayo Slow Flow Yoga Studio Art 2:00 Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Grand Prix by Lear	3 9:00 Limber Up 10:00 Tai Chi Bowling 12:00 Current Events Pinochle 12:30 Duplicate Bridge 1:00 Bingo 2:00 Tennis	4 9:00 Open Pottery Studio Pickleball 10:00 SOCRRA Shredder 10:10 Yoga for Well Being 11:10 Barre Class
6 Meadow Brook Variety Show Birthday Monday 9:00 Limber Up 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	7 9:00 Agebusters 9:30 Walking Group Acrylics & Oils 9:45 Tai Chi 10:00 Balance 11:00 Women's Coffee 11:30 Step, Strength 12:00 Pinochle 12:30 Socki 1:00 Birmingham City Update Ask the Attorney Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 5:30 Slow Roll 6:00 Stamp Club	8 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Needle Arts 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor 3:00 Hula Hoop Making 4:30 Pickleball 5:30 Movie: Age of Adaline	9 9:00 Agebusters 9:30 Walking Group Vision Pottery Studio Palette & Brush 10:00 Non-Fiction Book Group Jewelry Sale 11:00 Mary Todd Lincoln 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Brexit	10 Michigan Opera Theatre The Grapes of Wrath 9:00 Limber Up 10:00 Mari Manooagian Tai Chi 12:00 Current Events Pinochle 12:30 Duplicate Bridge	11 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
13 9:00 Limber Up 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg Popular Reads 1:30 Chair Yoga 4:00 Trivia 4:30 Pickleball	14 9:00 Agebusters 9:30 Walking Group Acrylics & Oils 9:45 Tai Chi 10:00 Balance 11:00 Women's Coffee 11:30 Step, Strength 12:00 Pinochle 12:30 Socki 1:00 Slow Flow Yoga Chess Felted Soap 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 5:30 Slow Roll	15 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Lincoln Hills Golf Needle Arts Advanced Bike Housing Tour: All Seasons 11:30 Joint Health & Bone Density Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor 3:00 Waist Hooping Class 4:30 Pickleball 5:30 Movie: Bohemian Rhapsody 7:00 Coin Club	16 9:00 Agebusters 9:30 Walking Group Writer's Corner Pottery Studio Palette & Brush 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball Chess Club Lecture: History of the KKK	17 DSO - Revolution: The Beatles 9:00 Limber Up 10:00 Tai Chi 12:00 Current Events Pinochle 12:30 Duplicate Bridge 1:00 Bingo	18 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
20 9:00 Limber Up 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	21 9:00 Agebusters 9:30 Walking Group Acrylics & Oils 9:45 Tai Chi 10:00 Balance Photography 11:00 Women's Coffee 11:30 Step, Strength 12:00 Pinochle 12:30 Socki 1:00 Slow Flow Yoga Board Meeting Artistic Flowers Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 5:30 Slow Roll 6:00 Stamp Club	22 Heidelberg Project & Sister Pie 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Lincoln Hills Golf Podiatrists Needle Arts Advanced Bike 11:30 Coney Detroit 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor 3:00 Waist Hooping Class 4:30 Pickleball 5:30 Movie: Free Solo	23 9:00 Agebusters 9:30 Walking Group Pottery Studio Palette & Brush 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Current Drug Use Trends	24 9:00 Limber Up 10:00 Tai Chi Scrapbooking Made Easy 12:00 Current Events Pinochle 12:30 Duplicate Bridge	27 Closed for Memorial Day
27 Closed for Memorial Day	28 9:00 Agebusters 9:30 Walking Group Acrylics & Oils 9:37 Springdale Golf 9:45 Tai Chi 10:00 Balance 11:00 Women's Coffee 11:30 Step, Strength 12:00 Pinochle 12:30 The Beatles Socki 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 5:30 Slow Roll	29 9:00 Limber Up Men's Breakfast 10:00 Lincoln Hills Golf Needle Arts Advanced Bike 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor 3:00 Waist Hooping Class 4:30 Pickleball 5:00 Dinner & A Classic: Treasure of Sierra Madre	30 Oakland Co. Spring Tour 9:00 Agebusters 9:30 Walking Group Pottery Studio Palette & Brush 12:00 Let's Go Green Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Looking at Russia	31 9:00 Limber Up 10:00 Tai Chi 11:45 Greenfield BBQ 12:00 Current Events Pinochle 12:30 Duplicate Bridge 1:00 American Mah Jongg Lessons	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
3 Birthday Monday 9:00 Limber Up 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	4 9:00 Agebusters 9:30 Walking Group Acrylics & Oils 9:45 Tai Chi 10:00 Balance 11:00 Women's Coffee 11:30 Step, Strength 12:00 Pinochle 12:30 Socki 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 5:30 Slow Roll 6:00 Stamp Club 6:30 Word Computer Class	5 Ellis Barn Tea Party Trip 9:00 Limber Up Men's Breakfast 10:00 Lincoln Hills Golf Blood Pressure & Blood Oxygen Needle Arts Advanced Bike 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor 3:00 Waist Hooping Class 4:30 Pickleball 5:30 Movie: The Wife	6 9:00 Agebusters 9:30 Walking Group Writer's Corner Pottery Studio Palette & Brush 12:00 Pinochle 12:30 Wartime Music that Inspired a Nation Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: D-Day	7 9:00 Limber Up 10:00 Tai Chi 12:00 Current Events Hot Dog Friday Pinochle 12:30 Duplicate Bridge 1:00 Bingo American Mah Jongg Lessons	8 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
10 Next Golf Classic 9:00 Limber Up 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg Popular Reads 1:30 Chair Yoga 4:30 Pickleball	11 9:00 Agebusters 9:30 Walking Group Acrylics & Oils 9:37 Springdale Golf 9:45 Tai Chi 10:00 Balance 11:00 Women's Coffee 11:30 Step, Strength 12:00 Pinochle 12:30 Socki 1:00 Slow Flow Yoga Black & White Quilling Chess Self Defense 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 5:30 Slow Roll	12 Franklin Garden Walk 9:00 Limber Up Men's Breakfast 10:00 Lincoln Hills Golf Needle Arts Advanced Bike 10:30 Housing Tour: The James of Ferndale 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor 4:30 Pickleball 5:30 Movie: Can You Ever Forgive Me?	13 9:00 Agebusters 9:30 Vision Enrichment Walking Group Writer's Corner Pottery Studio Palette & Brush 10:00 Non-Fiction Book Group 12:00 Spectrum of Long Term Care Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Wine & Cheese	14 DSO - The Music of OZ 9:00 Limber Up 10:00 Handmade Birthday Cards Tai Chi 12:00 Current Events Hot Dog Friday Pinochle 12:30 Duplicate Bridge 1:00 American Mah Jongg Lessons	15 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
17 9:00 Limber Up 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	18 9:00 Agebusters 9:30 Walking Group Acrylics & Oils 9:45 Tai Chi 10:00 Balance Photography 11:00 Women's Coffee 11:30 Step, Strength 12:00 Pinochle 12:30 Socki 1:00 Slow Flow Yoga Chess Board Meeting 2:00 Partners Bridge 2:30 Ask the Attorney 4:30 Mat Yoga Pickleball 5:30 Slow Roll 6:00 Stamp Club	19 Volunteer Appreciation 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Lincoln Hills Golf Needle Arts Advanced Bike 12:00 Michigan Modern Pinochle Party Bridge 1:30 Chair Yoga 4:30 Pickleball 5:30 Movie: At Eternity's Gate 7:00 Coin Club	20 9:00 Agebusters 9:30 Walking Group Writer's Corner Pottery Studio Palette & Brush 10:45 Leader Dogs Tour & Lunch at Camp Ticonderoga #2 12:00 Pinochle 12:30 Pickleball 1:00 New Member Coffee Slow Flow Yoga Studio Art 2:00 Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Middle East	21 9:00 Limber Up 10:00 Tai Chi 12:00 Current Events Hot Dog Friday Pinochle 12:30 Duplicate Bridge 1:00 Bingo American Mah Jongg Lessons	22 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
24 9:00 Limber Up 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Line Dancing 10:30 Mah Jongg 11:30 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	25 9:00 Agebusters 9:30 Walking Group Acrylics & Oils 9:45 Tai Chi 10:00 Balance 11:00 Women's Coffee 11:30 Step, Strength 12:00 Pinochle 12:30 Socki 1:00 3-D Drawing Sleep Disorders Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 5:30 Slow Roll	26 Gov. Warner Mansion & Anna's House 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Lincoln Hills Golf Podiatrists Needle Arts Advanced Bike 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor 4:30 Pickleball 5:00 Dinner & A Classic: Funny Face	27 9:00 Agebusters 9:30 Walking Group Pottery Studio Palette & Brush 11:00 Brain Neurobics 12:00 Pinochle 12:30 Pickleball 1:00 Slow Flow Yoga Studio Art 2:00 Personal Training 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: National Parks	28 9:00 Limber Up 10:00 Tai Chi 12:00 Current Events Hot Dog Friday Pinochle 12:30 Duplicate Bridge 1:00 American Mah Jongg Lessons	29 9:00 Open Pottery Studio Pickleball 10:10 Yoga for Well Being 11:10 Barre Class



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Join us for the Golf Classic to Benefit Next



Monday, June 10 at
Lincoln Hills Golf Course

- 1:00 pm Silent Auction and Registration
- 2:00 pm Shotgun Start

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

Golfers, enjoy an afternoon on the links. The tournament is a scramble format with several contests, then appetizers and wine tasting in the club house with a delicious dinner and awards ceremony under the pavilion overlooking the golf course! All friends of Next are welcome to join us for the Silent Auction and evening activities. For more information, visit our website @ BirminghamNext.org.

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