



Your Place to Stay Active & Connected

SEPTEMBER/OCTOBER 2017

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



BOOMER SUMMIT for Boomers & Beyond

Join thought leaders from around the nation for this exciting and collaborative event. This high-energy program features speakers, music and giveaways and will offer ideas, opportunities and inspiration to help Boomers & Beyond make the most of the next and best years ahead.

Saturday, October 14, 2017
Birmingham Seaholm High School
Registration & Showcase: 8:00 am
Program: 9:00 am to 12:00 noon
Tickets: \$10 - Register at www.BirminghamNext.org

Presented by: Next • The Principal Shopping District
The City of Birmingham • Baldwin Public Library

Thank you to our Premier Sponsor, The Jeffares Group



Chuck Gaidica, Award winning media personality known for excellence and innovation, and one of the most trusted media figures in Michigan. Chuck's mission is to be a force for good while encouraging others to do the same. Chuck will share his own experience and explain that choosing an unconventional path to retirement, might just be the right one! Facilitator and Speaker. *So You're Retired, Now What?*



Alicia Simon, Former Director of The College for Creative Studies Lifelong Learning Department, currently with U of M. Alicia Simon has worked in higher education for over a decade with an emphasis on programs to assist adults of all ages reach their fullest potential. Alicia is a working artist who believes that creativity and experiential learning keeps adults active and fulfilled! *Creativity: Stimulate Your Mind – Release Your Inner Artist*



Dave Bing, NBA Hall of Fame, 10 years with the Detroit Pistons, Detroit Mayor 2009-2013, awarded National Minority Business Person of the Year in 1984 as the founder and CEO Bing Steel. Hear how Dave successfully reinvented himself over and over again. With grit, determination and drive, Dave's story is truly remarkable. *Transitions: The Dave Bing Journey*



Ginna Holmes, Executive Director of the Michigan Community Service Commission. The MCSC is the state's lead agency on volunteerism. Since the inception, the MCSC has been utilizing service as a strategy to address the state's most pressing issues and empowering volunteers to strengthen their communities. *Volunteering: Why, and How to Get Involved*



Kerry Hannon, Nationally recognized expert and strategist on career transitions, personal finance and retirement. Author of a dozen books, a contributing writer for The NYT, Forbes, the Wall Street Journal and Money Magazine — and a regular guest on ABC News, CNN, PBS & NBC Nightly News. Kerry focuses on empowering yourself in the next, and best years that lie ahead! *Live Well: Financially, Physically, Spiritually*



Lomas Brown, 1985 first round NFL draft pick, 18 year NFL career-12 years with the Detroit Lions, 7 consecutive pro-bowl appearances, ESPN analyst and broadcaster, business entrepreneur and mentor. For the past decade, Lomas has been helping start-ups not only become successful, but thrive! *Second Acts: How to Go From Success to Significance*



A Vendor Showcase will be open before, during and after the event with local businesses, life-long learning programs and non-profits focused on amenities, services and resources designed for you!



FEATURED PROGRAMS

2nd ANNUAL OKTOBERFEST AT BEVERLY PARK

Thursday, September 14 at 5:00 pm

Cost: \$10 - Please register by Friday, September 8



Enjoy Die Rhinelanders as they play authentic festive Oktoberfest music. Brats, sauerkraut, potato salad, streusel and beer will be served. Looking forward to another fun evening.

Our sponsors for the evening include: Baldwin House, Clarity Advanced Eyecare, Everything But The House, First & Main of Bloomfield Township, Hall & Hunter Birmingham, and Joanne Carter - Seniors Real Estate Specialist. In the event of inclement weather, the event will be held at Midvale.

HEALTH EXPO & FLU SHOT CLINIC

Tuesday, September 26 from 10:00 am to 1:00 pm
FREE! No registration required. Walk-ins welcome!

Registered Nurses from Henry Ford Health Systems will be providing blood pressure, glucose, cholesterol and body mass index (BMI) checks. The nurses will also assess your heart health. And don't forget you can receive your flu shot as well! Please remember to bring your identification, insurance cards and copies of both. Most insurances, including Medicare are accepted.

More than 45 companies will be at the Health Expo & Flu Shot Clinic to display their services and all they have to offer Boomers and Beyond. Vendors will be donating prizes and many will have giveaways!! This is a wonderful opportunity to learn what is available in our community! So bring your questions and join us!

DANCE TO THE MARK JAMES BAND

Tuesday, October 3 from 6:00 to 7:30pm

Cost: \$5 members and non-members
Pre-register by Friday, September 29

Come and enjoy an evening of dance with The Mark James Band featuring Jimmy Howard on drums, percussion and vocals, and Mark James on keys. Be sure and get a good night's sleep and put on your dancing shoes!

The band will entertain us with classic pop music that will have you tapping your toes! Delicious refreshments in the Next gym will make this a special musical night!!

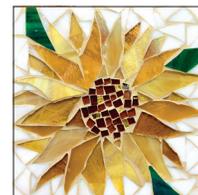


SUNFLOWER MOSAIC CLASS

Monday, September 11 from 1:00 to 3:30 pm

Cost: \$35 members / \$40 non-members
Please pre-register by Friday, September 1

Create an absolutely beautiful 6 x 6 mosaic tile under the instruction of Mary Gilhuly, Art Director/Co-founder of Song & Spirit Institute for Peace. Create this masterpiece using small, colored pieces of glass and stone on a blank tile. No experience necessary.



EVERYDAY COMMUNICATIONS

Thursday, September 21 from 1:00 to 2:00 pm

Cost: Complimentary members / \$5 non-members

In your everyday communications is it possible to reduce polarization and yet be powerful and kind? Reverend Barbara Clevenger will share her own story, and those of others, illustrating simple ways for us to show up, participate, support and let go.

VALUABLE, BUT TENSE CONVERSATIONS

3 sessions: Mondays, October 16, 23, 30 from 1:00 to 3:00 pm

Cost: Complimentary - Pre-register by Wednesday, October 11

Recent political developments have highlighted divisions in our culture. For our communities to flourish, we must share in ways that are respectful and productive. Next member and Reverend Barbara Clevenger will facilitate 3 discussions based on Parker Palmer's book, *Healing the Heart of Democracy*. Reading the book is optional as topics are introduced before discussions.

EXPEDITION TO ANTARCTICA TRAVELOGUE

Thursday, September 28 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Join adventurous travelers Jim and Py Wolfe for a presentation of their latest expedition to the Chilean fjords, the Strait of Magellan, the Beagle Channel and Cape Horn. Then, cross the dangerous Drake Passage to Antarctica for several stops, before flying back to Buenos Aires, Argentina.

LEARN TO PLAY THE KEYBOARD

6 lessons: Tuesdays, October 3, 10, 17, 24, 31 and November 7 from 6:00 pm to 7:00 pm

Cost: \$43 members / \$45 non-members (plus material fee)
Pre-register by Thursday, September 28 - Space is limited

All music lovers learn to play the keyboard in just six weeks! Lisa Young from Evola Music will be teaching recreational music, playing music for fun and relaxation. You do not have to be a musician or have a music background. An electronic keyboard will be provided for the lesson. A material fee of \$15 is to be paid to the instructor on the first day of class. Upon completion of this class, enjoy two complimentary, private lessons at Evola Music in Bloomfield.



PROTECT YOUR PRIVACY ONLINE

Thursday, October 5 at 1:00 pm - Pre-registration required
 Cost: Complimentary members / \$5 non-members

In this class librarian Josh Rouan, from the Baldwin Public Library, will address the biggest online threats that face the average Internet user today. Attendees will learn about different tactics online scammers use, and practical techniques for keeping yourself and your personal information safe online. This is a presentation, not one-on-one instruction.

LEARN THE WARNING SIGNS OF ESTATE PLANNING & ANNUITY SCAMS

Wednesday, October 11 at 1:00 pm
 Cost: Complimentary - Pre-registration required

This presentation on how to avoid estate planning mistakes provides essential estate planning information and warning signs of deceptive practices. Attend this seminar from the State Bar of Michigan's Living Trust Initiative to gain empowerment in making estate planning decisions.

TAKING CONTROL: Retirement Financial Stability for Women

Thursday, October 12 from 1:00 pm to 3:00 pm
 Cost: Complimentary members / \$5 non-members
 Pre-registration required

Learn about the unique challenges women face when preparing for retirement, especially when starting later in life. You'll learn how you can overcome these challenges, arrive at retirement prepared, and remain financially comfortable for the remainder of your life. Join Investment Advisors Andrea Carnick and Lori Oancea, J.D. from Michigan Financial Companies as they share their knowledge and insight. Men welcome as well!

TURN OVER A NEW LEAF

Tuesday, October 17 from 4:00 to 5:00 pm
 Cost: \$5 members / \$7 non-members
 Pre-register by Saturday, October 14 - Space is limited

Celebrate the beauty of autumn by painting a watercolor leaf silhouette picture; pretty enough to display in your home year round. Bev Singer, Next Staff Member will lead the group to create a masterpiece by using real leaves in a process that is virtually foolproof. No experience necessary. Supplies provided.

VIETNAM & CAMBODIA TRAVELOGUE

Tuesday, October 24 at 1:00 pm
 Cost: Complimentary member/ \$5 non-member

Next members and world travelers Maureen and David Field share their latest adventure to Vietnam and Cambodia, highlighting many famous and beautiful sights. Their presentation features Hanoi, the historic capital of Vietnam. Additionally, you'll see Siem Reap, the gateway to the ruins of Angkor, Cambodia and the picturesque temples there.

BACK CARE CLINIC

Series 1: Thursdays, October 12, 19, 26 and November 2 from 1:30 to 2:30 pm

Series 2: Thursdays, November 9, 16, 30 and December 7 from 1:30 to 2:30 pm (no November 23 class)

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

This class will focus on lengthening and strengthening the hamstrings, hips and lower back, supporting alignment and promoting core strength. Jan Chaney, RYT-200, will work within your range of motion as we move from the floor to standing and back to the floor or chair, ending with a meditation. Bring a mat and water.

Complimentary Demonstration Class

Thursday, October 5 from 1:30 to 2:30 pm

Class size limited, so pre-register by September 28 to reserve your spot!

INTRODUCTION TO BRIDGE

4-consecutive class series: Wednesdays, October 18, 25 and November 1, 8 from 9:30 to 11:30 am

Cost: \$80 member / \$86 non-member

Pre-register by Thursday, October 12

Always wanted to learn how to play bridge? Want to learn more about the fundamentals of bidding? Play in a coached setting? Our instructor, Silver life master Jim Bloom, has more than 10 years experience teaching bridge to beginner and intermediate players. Required book, *Bidding in the 21st Century*, may be purchased from instructor.

HALLOWEEN PUMPKIN CARVING PARTY

Thursday, October 26 from 4:30 to 5:30 pm
 Cost: \$5 members / \$7 non-members
 Pre-register by Tuesday, October 24 - Space is limited

Let's have some Halloween fun carving a spooky or friendly little Jack O' Lantern together! After carving we will light up our pumpkins and share some cider and donuts. Children accompanied by an adult are welcome. Pumpkins and safe carving tools will be provided.

ZONJIC MEETS MOTOWN CONCERT

Hosted by the Senior Men's Club of Birmingham



Thursday, November 16 at 6:30 pm
 Tickets: \$50 includes Afterglow

The Senior Men's Club of Birmingham invites members of Next to this intimate concert featuring Detroit's very own Alexander Zonjic at the Birmingham Community House. Very limited seating. Contact the Next Office for tickets.



ART & CREATIVITY

▶ ADVANCED POTTERY STUDIO

Thursdays from 9:30 am to 12:30 pm

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

▶ ANYONE CAN PAINT

Cost: \$28 member / \$33 non-member

Fee includes all supplies

The always popular Steve Wood returns to Next, combining his instruction with humor and encouragement for beginner to intermediate painters. Participants will complete an 11" x 14" painting.

Subject: "Misty Morning"

Wednesday, September 20 from 9:30 to 11:30 am

Pre-register by Thursday, September 14

BEGINNING BEADING

Learn to create beautiful jewelry in a variety of beading techniques. Classes require the ability to thread small needles, so bring your reading glasses. Artisan/Instructor Susan Fraser has been making and designing jewelry for 15 years, and has exhibited at events throughout Michigan.

Kumihimo Weaving

Tuesday, October 17

from 1:00 to 4:00 pm

Cost: \$13 for members / \$15 for non-members
(plus a \$15 or \$20 kit fee payable to instructor)

Please pre-register by Friday, October 13

Using a small hand-held loom, learn to use the Japanese braid-weaving technique known as Kumihimo to create a bracelet (\$15) or necklace (\$20) with beads and fine cord. Kits will include the loom and a selection of thread and bead colors to create the design of your choice.



Herringbone Bracelet with a Twist

Tuesday, November 14 from 1:00 to 4:00 pm

Cost: \$13 for members / \$15 non-members
(plus a \$15 kit fee payable to instructor)

Please pre-register by Friday, November 10

A bracelet done in herringbone stitch in bronze or dark purple with a sprinkling of glass leaves for interest. You will also learn how to make a beaded toggle closing to complete the design. Kits will provide all materials required.

▶ DRAWING & WATERCOLOR OPEN STUDIO

Most Wednesdays at 1:00 pm

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

ARTIST'S DISPLAY

The beautiful artwork and photography displayed in our lobby represents the creative work of the Oil & Acrylic Class, Studio Art Class, Palette & Brush Group and Photography Group. In September and October, the Oil & Acrylic Class will feature recent examples of their work in Next's ongoing arts programs. Enjoy continued creative displays!

▶ KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

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

▶ NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

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

▶ PAINTING WITH ACRYLICS & OILS

Beginners through advanced students

10-week class: Tuesdays, September 12 through November 21 from 9:30 am to 12:00 noon (no class September 26)

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

Artist/instructor Karen Halpern's class lessons focus on color theory, subject, techniques and design. Individual guidance and personal encouragement will help you develop your own style. Bring a 12"x18" sketch pad, 18"x24" canvas or larger, #2 desk pencil, eraser, and painting supplies to first class.

▶ PALETTE & BRUSH CLUB

Thursdays from 9:30 am to 12:30 pm (resumes September 14)

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

▶ PHOTOGRAPHY CLUB

Select Tuesdays, September 19 and October 17

from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 non-members

The Next Photography Club seeks to bring together people who have an interest in photography and wish to advance their skill, regardless of prior experience or type of camera. Chuck Green will be available to "coach" members, and is also available for one-on-one Photoshop lessons at Next. Contact Chuck at 248-647-0477 or chazgreen@wowway.com.

▶ STUDIO ART CLASS

10-week class: Thursdays, September 14 through November 30 from 1:00 to 3:30 pm (no class September 21 or November 23)

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

Bring your own art project to class and artist/instructor Karen Halpern will assist you to develop your ideas in the medium you choose and offer direction for advancement. You choose the style, subject and medium — and remember to bring your supplies.



ZENTANGLE

Looking for a way to unwind from stress, focus your thoughts or explore your creative side? If you can draw a line, you can learn Zentangle. It's a Zen-like way of creating an abstract piece of art with easy-to-learn repetitive patterns. Certified Zentangle instructor Pam Signorelli has been teaching art for 35 years. Please bring your basic Zentagle kit (includes Micron pen 01 and 05, pencil, tortillion blending stump) or you may purchase a kit from instructor in class for \$7. No experience necessary.

3-D Tangles

Tuesday, September 19 from 1:00 to 3:00 pm
 Cost: \$15 members / \$18 non-members

Learn a variety of 3-Dimensional Tangles and how to shade them. "Fool the Eye" tangles make your work look like it's popping off the page.

Meandering Tangle Book

Tuesday, October 10 from 1:00 to 3:00 pm
 Cost: \$15 members / \$18 non-members

These fun little books will have a hard front and back and are easy to make from one sheet of paper. Then, we will "tangle" them. A perfect gift for family and friends.



Tangled Gift Boxes

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

First, we'll create a foldable "pillow box" from a template that you can use at home, too. Then, we will add the perfect decorative tangles and learn ways to add bling and color to your work.



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FEATURE FILMS

ADMIT ONE

**DINNER &
A CLASSIC**



presented by

Every Wednesday Evening @ 5:30pm
Dinner & A Classic - Last Wednesdays @ 5:00pm
Cost: Complimentary members / \$5 non-members

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September 6 - LO & BEHOLD, REVERIES OF THE CONNECTED WORLD - DOCUMENTARY

Filmmaker Werner Herzog contemplates the Internet. The digital age is the perfect subject for Herzog, a rare filmmaker who's a bigger personality than most of the people he makes films about. If you spend time online you will appreciate the way Herzog comes to this subject — from a borderline-layman's perspective. He's equally interested in the subjects being discussed and the personalities of the experts.
Rated PG-13 1 hours 38 minutes

September 13 - THE MAN WHO KNEW INFINITY

Written and directed by Matthew Brown, this film tells the true story of friendship that forever changed mathematics. In 1913, Srinivasa Ramanujan (Dev Patel), a self-taught Indian mathematics genius, traveled to Trinity College, Cambridge. Over the course of five years, he forged a bond with his mentor, the brilliant and eccentric professor, G.H. Hardy (Jeremy Irons), and fought against prejudice to reveal his mathematic genius to the world. This is Ramanujan's story as seen through Hardy's eyes. Rated PG-13 1 hour 54 minutes

September 20 - A HOLOGRAM FOR THE KING

Cultures collide when an American businessman (Tom Hanks) is sent to Saudi Arabia to close what he hopes will be the deal of a lifetime. Baffled by local customs and stymied by an opaque bureaucracy, he eventually finds his footing with the help of a wise-cracking taxi driver (Alexander Black) and a beautiful Saudi doctor (Sarita Choudhury). Rated R 1 hour 38 minutes

September 27 - THE JACKIE ROBINSON STORY

Dinner & A Classic 5:00 pm

After a successful baseball career in college and as a coach in the military, Jackie Robinson (playing himself) attracts the attention of Major League Baseball's Branch Rickey (Minor Watson). Rickey wants Robinson to play in the minor leagues, believing he can become the first player to break the color barrier and play in the majors. The only catch: he is forbidden from defending himself against racial bigotry. Supported by his wife (Ruby Dee), Robinson is steadfast in his determination to win. Rated G 1 hour 17 minutes

October 4 - GIFTED

Frank Adler (Chris Evans) is a single man raising a child prodigy — his spirited young niece Mary (Mckenna Grace) — in a coastal town in Florida. Frank's plans for a normal school life for Mary are foiled when the 7-year-old's mathematical abilities come to the attention of Frank's formidable mother, Evelyn (Lindsay Duncan), whose plans for her granddaughter threaten to separate Frank and Mary. Rated PG-13 1 hour 41 minutes

October 11 - THE FOUNDER

The true story of how Ray Kroc (Michael Keaton), a struggling salesman from Illinois, met Mac (John Carroll Lynch) and Dick McDonald (Nick Offerman), who were running a burger operation in the 1950s. Kroc was impressed by the brothers' speedy system of making the food and saw franchise potential. Kroc underhandedly pulls the company from the brothers and creates the McDonalds empire. Rated PG-13 1 hour 55 minutes

October 18 - A UNITED KINGDOM

A United Kingdom is based on extraordinary true events. In 1947, Seretse Khama, the King of Botswana, met Ruth Williams, a London office worker. They were a perfect match, yet their proposed marriage was challenged by the British and South African governments. The latter introduced the policy of apartheid and found the notion of a biracial couple ruling a neighboring country intolerable. South Africa threatened the British: either thwart the couple or be denied access to South African uranium and gold resources and face the risk of South Africa invading Botswana. PG-13 1 hour 51 minutes

October 25 - SUNSET BOULEVARD

Dinner & A Classic 5:00 pm

Aging silent film queen (Gloria Swanson) refuses to accept that her stardom has ended. She hires a screenwriter (William Holden) to set up her movie comeback. The screenwriter believes he can manipulate her, but he soon finds out he is wrong. The screenwriter's ambivalence about their relationship and her unwillingness to let go leads to a situation of violence, madness, and death. Not Rated 1 hour 55 minutes



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Cost: Complimentary members / \$5 non-members

September 7 - THE UNDERGROUND RAILROAD IN DETROIT

Jamon Jordan, Historian & Educator

Jamon Jordan, founder of the Black Scroll Network, will discuss how abolitionists worked to destroy slavery and share how Detroit, and the Detroit River area, was one of, if not the most important area of the Underground Railroad. Was the abolitionist movement the first civil rights movement in America? Mr. Jordan will discuss this and important strategic sites, such as the Second Baptist Church of Detroit, and significant events including The Robert Cromwell escape!

September 14 - NO SPEAKER

JOIN US FOR NEXT'S 2ND ANNUAL OKTOBERFEST

See page 2 for details.

September 21 & 28 - GLOBAL TERRORISM UPDATE

**Gus Mondalek, Religious Scholar
& Middle East Expert**

Gus Mondalek returns with a two-part update on terrorism across the globe. One of the challenges in understanding terrorism in the world today is how rapidly allegiances shift, and objectives, tactics and targets change. To help make sense of the complexities of global terrorism, Gus Mondalek, one of the area's foremost and most respected experts on terrorism and the Middle East, presents a two-part examination of the current state of terrorism worldwide.

October 5 - THE IMPACT OF DETROIT'S 1967 RIOT ON THE CITY'S DECLINE

John Mogk, WSU Law Professor

Professor Mogk, Wayne State University Law Professor, will explain why the 1967 riot was not the cause of the city's slide into today's abandonment and severe economic decline. Toxic decisions involving the exodus of industry, federal programs, blockbusting and school bussing were the overriding factors. At times, the city government appeared helpless! Let's look back at one of the most serious and troubling times in our recent history and delve into the issues rather than the headlines!!

October 12 - GLOBAL WARMING & CLIMATE CHANGE: CHALLENGE FOR SURVIVAL

Jim Nash, Oakland County

Water Resources Commissioner

Saving the environment could be this century's greatest challenge! Jim Nash, Oakland County Water Resources Commissioner, will explain the manifestations and signals of global warming on the local scale, and will explain the impact of greenhouse gases on Earth's surface. How can we help? What can we do? Mr. Nash will provide clear suggestions on how we can help reverse global warming by changing our activities and how we live our lives!

October 19 - DÉTENTE: MAJOR EVENTS OF THE '70S & EASING THE HOSTILITY

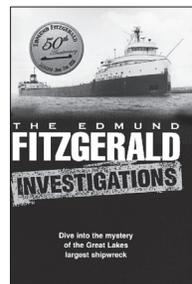
**Stephen Steinhardt, Attorney, WSU & MCC
Professor & former Assistant Prosecutor**

Come join Professor Steinhardt for a lively discussion of major events of the 70's, including the opening of China, The Yom Kippur War, oil shortages, and conflicts in Central America and Afghanistan. While there were some successes in the early 70's such as the SALT and other agreements with Russia, by the end of the decade, a new cold war and dangerous confrontation ensued. Many high tension conflicts led to President Nixon and Secretary of State Henry Kissinger reaching out to Russia to ease international tensions.

October 26 - THE EDMUND FITZGERALD & OTHER SHIPWRECKS

**Ric Mixer, Shipwreck Researcher
& Underwater Expert**

Ric Mixer is known on PBS and the Discovery Channel as The Shipwreck Researcher, diving over 100 shipwrecks



in the Great Lakes, including the Edmund Fitzgerald. In this engaging and fascinating presentation, Mr. Mixer tours the Great Lakes region and will share riveting stories about the causes of some most famous shipwrecks. What can we learn from this history? Visit www.lakefury.com to learn more about this interesting topic and speaker!



DAY TRIPS

DETROIT ZOO: Senior Day

Wednesday, September 6

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

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

Please pre-register

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

LUNCH BUNCH

Enjoy lunch at delicious restaurants in our surrounding area.

Bus departs Next at 11:15 am, returns about 1:00 pm

Cost: \$5 members / \$8 non-members - Participants are responsible for lunch and gratuity

Thursday, September 7

Pronto! - Royal Oak

Tuesday, October 3

Mitchell's - Birmingham

Thursday, November 16

Salvatore Scallopini - Birmingham

Tuesday, December 12

Grape Leaves - Troy

AMERICA'S THANKSGIVING PARADE® TOUR

Monday, September 18

Bus departs Next 9:00 am, returns about 12:00 pm

Cost: \$20 members / \$25 non-member

Venture into the magical Paradeland and experience a behind the scenes look at America's Thanksgiving Parade®. Learn more about the Parade's fascinating history, explore the 200,000 square-foot storyland of floats and see how the award-winning artisans bring them to life. On the tour, marvel at the world's largest collection of papier-mâché heads that resemble local icons and famous characters. There is a considerable amount of walking on this tour.

GRAND RAPIDS ART PRIZE

Tuesday, September 26

Bus departs First Presbyterian Church at 7:00 am, returns at about 7:00 pm

Cost: \$90 members / \$95 non-member

Please register ASAP

This docent led tour includes round-trip motor coach transportation, lunch, raffles and more! Art from around the world pops up in every inch of downtown in over 160 venues. The bus will stop at several of these locations, accompanied by a docent. Lunch at the Olive Garden is included. Please note that there is a considerable amount of walking on this trip. Trip offered by Step On Bus Tours.

► CULTURAL DIVERSITY OUTINGS

Our Greater Detroit Community is rich in its many diverse cultures. Join Next as we tour a few of them. Please note, there is a considerable amount of walking on all of these tours. Please pre-register, as space is limited.

St. John Armenian Apostolic Orthodox Church

Wednesday, October 11

Bus departs Next at 9:15 am, returns about 2:00 pm

Cost: \$38 member / \$43 non-member

St. John's Armenian Apostolic Orthodox Church, "the Church with the Golden Dome", has invited us to experience their traditions and learn more about their community. First enjoy a 1-hour tour of the sanctuary, accompanied by music, and the museum. After the tour, enjoy an Armenian inspired buffet lunch.

Arab American National Museum

Tuesday, October 26

Bus departs Next at 9:15 am, returns about 2:00 PM

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

Enjoy a 90-minute docent-led tour of this fascinating museum. The Arab American National Museum strives to foster a better understanding and appreciation for Arab and Arab American culture through education and presentation of the arts. Lunch on your own at Ollie's.

Holocaust Memorial Center

Tuesday, November 14

Bus departs Next at 9:15 am, returns about 1:00 pm

Cost: \$26 member / \$31 non-member

First enjoy a continental breakfast at 8:30 am at Next. While at the Holocaust Memorial Center Zekelman Family Campus, take a 90 minute, docent-led tour as well as additional time with a Holocaust survivor. Please note both photography and videography is prohibited.

National Shrine of the Little Flower

Monday, December 4

Bus departs Next at 11:15 am, returns about 3:00 pm

Cost: \$20 member / \$25 non-member

First enjoy lunch on your own at Crispelli's, then take a docent-led tour of National Shrine of the Little Flower. In 1998, the United States Bishops' Conference declared the site a National Shrine, one of only five in the country.

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.

STRATFORD FESTIVAL DAY TRIP: "Guys and Dolls"

Thursday, October 5

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

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

Pre-registration required - Limited availability

Trip includes round trip transportation on a luxury motor coach complete with a tour director escort. While in Stratford, enjoy a buffet lunch at the Queen's Inn (included), then explore the downtown shopping area. Lastly enjoy the musical, "Guys and Dolls". Trip offered by Bianco Tours. Travel is through Canada, so you MUST have a valid passport or enhanced driver's license.

MICHIGAN SCIENCE CENTER

Thursday, November 2

Bus departs Next at 9:15 am, returns about 2:30 PM

Cost: \$27 members / \$32 non-members

Please pre-register

Explore the Michigan Science Center guided by a Science Center representative. Spend some time in the Planetarium where you will go inside a virtual universe flying past 9,000 stars, planets and galaxies. Also enjoy a featured film in an IMAX Dome theatre. While at the Science Center, enjoy lunch on your own at the Cosmic Café.

COOKING DEMO: THE ART OF MINDFUL LIVING & LUNCH

Wednesday, November 8

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

Cost: \$32 members / \$37 non-members

Join the Henry Ford Hospital, West Bloomfield, culinary team for healthy yet delicious cooking demonstrations, in their state-of-the-art kitchen, where the food is truly worth savoring. A Vita wellness center expert will lead meditation exercises and eating-with-intention techniques. Incorporating holistic methods, such as the of power of intention, guided imagery, and mindful eating will leave you with a new sense of focus and joy for the moment. Receive an \$8.00 voucher to enjoy lunch in the cafeteria before leaving.

AFTERNOON TEA AT THE TOWNSEND

Thursday, November 30

Bus departs Next at 11:45 am, returns about 2:10 pm

Cost: \$55 members / \$65 non-members

Join us for an English tradition where afternoon tea is served as a social, relaxing and unique experience. Fine, loose rolled teas are enhanced with satisfying fare that will make your mouth water. Classical music, Waterford chandeliers and mahogany wood provide a charming backdrop for this celebration.

MEADOWBROOK THEATRE PRESENTS

Bus departs Next at 1:00 pm, returns about 5:00 pm

Wednesday, October 18 - Shear Madness

Cost: \$40 member / \$45 non-member

Please register by Wednesday, September 13

This unique comedy-whodunit takes place today in the "Shear Madness" hair salon and is chock full of up-to-the-minute spontaneous humor. During the course of the action, a murder is committed and the audience gets to spot the clues, question the suspects, and solve the funniest mystery in the annals of crime.

Wednesday, January 31 - Nana's Naughty Knickers

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

Please register by Tuesday, December 19

Bridget and her Grandmother are about to become room-mates. However, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer quickly turns into an experience she'll never forget.

SHOPPING & LUNCH

Thursday, December 7

Bus departs Next at 9:45 am, returns about 2:00 pm

Cost: \$10 members / \$15 non-members

Enjoy the festive atmosphere at The Somerset Collection while you shop, walk and get into the holiday spirit. Meet up for lunch on your own at Brio Tuscan Grille before heading back to Next.



DETROIT SYMPHONY ORCHESTRA MORNING COFFEE CONCERTS

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

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

Please pre-register, space is limited.

Friday, October 6 - Ella & Louis

Byron Stripling and Carmen Bradford's chemistry lights up the stage for a journey through the most famous duets and solos recorded by two of jazz's greatest legends, Ella Fitzgerald and Louis Armstrong.

Friday, December 15 - Home for the Holidays

Share Detroit's favorite holiday musical tradition with family and friends and marvel in the spectacle of the season.

Friday, March 9 - Blockbuster Broadway

You'll find musical hits behind every Broadway blockbuster. An acclaimed cast of Broadway artists perform show-stopping songs you love from the great musicals.

Friday, May 18 - The Doo Wop Project

Follow the evolution of Doo Wop from tight harmonies sung on street corners to today's biggest hits.

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- Birmingham Planning Board Member
- Birmingham Neighborhood Assoc. Presidents Council



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ENRICHMENT

▶ CURRENT EVENTS DISCUSSION GROUP

Every Friday at 12:00 noon

With everything going on in the world today, it can be difficult to keep up with it all. Come join other members in this casual discussion group about current events — from what’s going on in Michigan to what is happening around the globe. A variety of opinions make for more engaging conversations. All viewpoints welcomed and encouraged to participate. This is a drop in, non-facilitated group dialogue.

MEN’S BREAKFAST

Drop-in every Wednesday at 9:00 am

Cost: Complimentary

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

▶ POPULAR READS BOOK CLUB

Monday, September 11 at 1:00 pm

Join Rebekah Craft, Associate Director of the Baldwin Public Library, as she leads book discussions of popular and award-winning books several times throughout the year. The September book selection is *Into the Water*, by Paula Hawkins. When you register at Next, you’ll be given a copy of the book, provided by Baldwin Public Library.

▶ DON’T MISS OUT ON INTERGENERATIONAL FUN!

Tuesdays from 1:30 to 2:30 pm

and Thursdays from 9:30 to 10:30 am

(resumes Tuesday, October 3)

Pre-registration in the Next office required

A bus from Next will take interested members to Greenfield Elementary where you will be teamed up with students for activities such as: reader workshops, writer’s workshops, editing, listening to students read, math, science, and much more. Teachers in each class will show you what to do and be there to assist if needed. You may drive yourself if you prefer. No experience necessary.

▶ WRITER’S CORNER

1st and 3rd Thursdays from 9:30 to 11:00 am

(resumes September 7)

Join Next members who love to gather and share their common interest in writing. Members of this group enjoy writing poetry, memoirs, social commentary, short stories and novels. Read your material and get constructive feedback. Contact facilitator Celia Ransom 248-644-6291 for additional information.

RETIREMENT REIMAGINED

Select Fridays at 1:00 pm (resumes in September)

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

Building Bridges Across Generations

September 8 at 1:00 pm

Join the conversation about building relationships across generations:

- Dealing with different generations in everyday life (doctors/co-workers/retail clerks)
- Cross-generational conflict in the family unit
- Successful techniques to build relationships with other generations

Don’t miss this important discussion!

No meeting in October: Please join us at the October 14 Boomer Summit!

The Holidays are coming! OH NO!

November 10, 2017 at 1:00 pm

Oftentimes, the holiday season can be accompanied by “holiday stress” or the “holiday blues”. The older we get, the more we confront loss: loved ones, cherished traditions, health status, and other significant life changes that contribute to stress. Psychologist Peggy Brunhofer, PhD returns by popular demand to lead this interactive program, which will address strategies to manage and limit “holiday stress” and identify methods to enhance one’s well being during the holiday season.

SAVE THE DATE!

ANNUAL HOLIDAY SHOPPING AT NEXT

Monday, November 13 from 9:30 am to 3:00 pm

Hand-Knitted Items - The totally talented “Monday Morning Knitters” sell their creative, one-of-a kind hand-knitted and crocheted goods. All proceeds go to Next.

Pottery - Next’s accomplished potters sell their unique pottery pieces made during their open studio sessions. All proceeds go to Next.



CARDS, TILES & COLLECTOR'S CLUBS

► B-I-N-G-O

1st and 3rd Fridays, September 15 and October 6, 20 at 1:00 pm (no Bingo September 1)

Eight games of regular bingo are played. The cost to play is \$2 per card. Non-members welcome for a \$2 admission fee.

► MAH JONGG

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

This group is looking for substitute players only. Contact Sandy Moore at xsandy16@yahoo.com if interested in subbing.

BRIDGE...for everyone at every level!

Beginning Bridge Instruction - Instructor: Al Rosie
Mondays from 10:00 am to 12:00 noon

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

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

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

► CARDS...come and join the fun!

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

Pinochle

Mondays, Wednesdays, Fridays from 12:00 noon to 3:00 pm

Euchre

Tuesdays from 12:00 noon to 3:00 pm

Hearts

Thursdays from 12:00 noon to 3:00 pm

► BIRMINGHAM STAMP CLUB

1st and 3rd Tuesdays at 6:00 pm
Contact Ken Rusch at (248) 968-3505

► COIN CLUB

3rd Wednesdays at 7:00 pm
For information contact Robert Beuter at (248) 646-9657



COMPUTER LAB & CLASSES

► COMPUTER LAB

The lab is open during center hours for members.

► ONE-ON-ONE COMPUTER INSTRUCTION

We offer one-on-one computer instruction, on one of our many computers, by one of our talented instructors.

► NAVIGATING YOUR IPAD, IPHONE, TABLET & MORE

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

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



NEXT WELCOMES THE BALDWIN PUBLIC LIBRARY

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

Classes will take place in the Next computer lab. Learners of ALL ages welcome.

Build a Website

Tuesday, September 19 and 26 at 6:30 pm
Cost: \$10

Create a basic website for yourself or for your business in this three-session class.

Photo Book: Making Memories

Tuesday, October 10 and 17 at 6:30 pm
Cost: \$10

Explore different online photo services that enable you to create your very own photo album and much more!

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a change of space?

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INVIGORATE YOUR BODY WITH ONGOING FITNESS PROGRAMS

▶ **AGEBUSTERS**

Tuesdays and Thursdays at 9:00 am

Cost: 10 drop-in classes - \$60 members / \$70 non-members
Please bring a mat and water.

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

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

▶ **BOWLING LEAGUE @ HARTFIELD LANES**

Fridays at 10:00 am (resumes Friday, September 8)
Cost: \$7.00 fee includes 3 games, shoes and coffee
No need to register, just drop in!

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

▶ **CHAIR YOGA**

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

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

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

▶ **LIMBER UP**

Mondays, Wednesdays and Fridays at 9:00 am

Cost: Complimentary

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

PICKLEBALL

Cost: Complimentary members / \$2 non-members

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

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

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

Saturdays from 9:00 am to 2:00 pm

Beginner Instruction/Mini-Clinics

1st and 3rd Saturdays from 9:00 to 10:00 am

▶ **MAT PILATES**

Mondays and Wednesdays from 10:00 to 10:50 am

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

Sheridan Hainline is a STOTT certified Pilates instructor.

The goal of Pilates is optimal musculoskeletal performance, flexibility, endurance and strength without building bulk or risking injury. We will focus on core stability, using pelvic and shoulder girdle stabilization to help create neutral alignment, spinal correction, tension relief and enhanced self-confidence. This results in moving with greater ease, long lean muscles, core strength and stability and improved posture. Please bring a water bottle and mat. Beginners welcome. Participants must be able to get up and down from the floor easily.

▶ **MAT YOGA**

Tuesdays and Thursdays at 4:30 pm

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

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

▶ **"SENIOR FIT" EXERCISE CLASS**

Mondays, Wednesdays and Fridays at 3:00 pm

(begins Friday, September 8, and runs through April 2018)

Cost: Complimentary (limited spaces)

Class at capacity. To join wait list, please call St. Joseph Mercy Oakland at 248-858-3952.

▶ **"SLOW ROLL" BIKE GROUP**

Meet in Next lobby every Tuesday night at 5:30 pm

(through Tuesday, October 3)

Cost: Complimentary

The length of ride depends on weather, ability and size of group that evening. We will travel through quiet, relatively flat neighborhoods, avoiding the traffic on main roads. All participants must wear a bicycle helmet. Questions? Contact chief biker Myron Sedman at 248-891-2757 or myron1950@aol.com.

▶ **SEATED BARRE CLASS**

Saturdays from 11:00 to 11:50 am (resumes September 9)

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

Call Next by Thursday before each class to reserve your spot.

This yoga-inspired barre class will begin seated with gentle stretching, and a focus on breathing. We will move to the barre and continue into gentle stretches, and balance positions.

Instructor: Karen Lutz, E-RYT. The sessions will end seated to wind down the practice with 5 minutes of meditation.

First class complimentary.

🕒 STANDING BARRE CLASS

Saturdays from 10:00 to 10:50 am (resumes September 9)
Cost: 10 classes - \$60 members / \$70 non-members
Call Next by Thursday before each class to reserve your spot.

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

🕒 SMALL GROUP PERSONAL TRAINING SERIES

Fall Series: Tuesdays, September 12, 19
and October 3, 10, 17, 24 from 2:00 to 3:00 pm
(no class September 26)

Cost: 6-class series - \$95 members / \$100 non-members
Pre-registration required - Class limited to six participants

Do you need a little personal help in reaching your fitness goals, but still enjoy the energy of a group class? In a small group setting you will have both! This group of highly motivated members, along with AFAA certified instructor, Lori Harbour, will help you improve your health — strength, energy and stamina — in a fun and lively environment. Enjoy motivating music, as you participate in this energizing circuit training program.

🕒 TAKE THE NEXT STEP...Calling all WALKERS!

Mondays and Wednesdays from 9:00 to 10:00 am
(weather permitting) Meet at Next (Midvale School)
Cost: Complimentary

Join Next friends for outdoor walking adventures in beautiful Birmingham this Fall. Possible walking routes include: Linden Park Trail along the Rouge River, Quarton Lake Trail and exploring nearby neighborhoods. For more information contact Lynn Doelle at (248) 835-9085/ lynndoelle@att.net or Susan Randall at (248) 563-7112 or susan.m.randall@sbcglobal.net.

🕒 TAI CHI

Tuesdays from 10:30 am to 12:00 noon
Fridays from 10:15 to 11:45 am
Cost: 10 classes \$60 members / \$70 non-members

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

🕒 TENNIS LEAGUE - MIXED DOUBLES

Wednesdays from 2:30 to 4:00 pm and Fridays
from 2:00 to 4:00 pm
(Fall Season begins on Wednesday, September 13)

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

Mayo Clinic recommends at least 150 minutes per week of moderate-intensity exercise, or 75 minutes per week of vigorous exercise because exercise is a great way to feel better, boost your health and have fun.

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

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Move in by 11/1/17
New residents only



SUPPORT SERVICES

▶ INFORMATION ABOUT COMMUNITY RESOURCES

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

▶ LET'S HEAR FROM YOU

The Support Services Department is often asked for the names of reputable companies that provide services such as plumbing, electrical, handyman work, cleaning, etc. If you know of a licensed and insured company that you really enjoyed working with, please call us and share your recommendation. It would be very helpful to us and a great service to your fellow Next members and community members.

▶ FINANCIAL ASSISTANCE

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

▶ MINOR HOME REPAIR for BEVERLY HILLS RESIDENTS

Beverly Hills Community Development Block Grant funds are available to assist low and moderate income residents in with minor home repairs. Please call Jeanne Nance or Sandi Cassar at Next for more information.

▶ LAWN MOWING for BIRMINGHAM & BEVERLY HILLS RESIDENTS

Lawn mowing 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.

▶ ASK THE ATTORNEY

Tuesday, September 5 and October 3 from 1:00 to 1:45 pm
Local attorney, Ed Pugh, will be at Next to provide assistance with your legal questions. Please call Next to schedule your complimentary 15-minute appointment. Members only.

▶ ELDER ABUSE

Elder and vulnerable adult abuse, neglect and exploitation are behaviors committed against an elder or vulnerable adult who is unable to protect himself or herself due to a mental or physical impairment or due to advanced age. The perpetrators are often trusted family, friends, neighbors or caregivers. This can occur in the person's home, in the home of another person or in licensed settings such as adult foster care, homes for the aged or nursing homes. Visit www.michigan.gov.

If you suspect abuse or neglect, call 855-444-3911 any time day or night. This toll-free phone number allows you to report abuse or neglect of any child or adult. One number. One call. One person can make a difference.

FOUNDATION FOR BIRMINGHAM SENIOR RESIDENTS

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

Assistance comes in two forms:

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

Please call Jeanne Nance or Sandi Cassar for more information.

▶ TRANSPORTATION

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

▶ HEARING AID & EYEGASSES DONATIONS & RECYCLING PROGRAM

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



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HEALTH & NUTRITION

▶ MEDICAL EQUIPMENT LOANS

Cost: Complimentary members
\$20 refundable deposit non-members

Our loan closet contains wheelchairs, walkers, canes, commodes, bath benches and shower stools available for up to three months at no charge. Simply call to reserve the equipment you need. We also accept donations of above items.

▶ NUTRITION SUPPORT

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

▶ BLOOD PRESSURE & BLOOD OXYGEN CLINIC

Wednesdays, September 6 and October 4
from 10:00 to 11:00 am
No appointment is necessary. Free of charge.

A trained healthcare professional will provide free blood pressure and blood oxygen level screenings. Sponsored by Home Care Assistance of Birmingham

▶ PODIATRISTS AT NEXT

Wednesdays, September 27 and October 25
from 9:00 to 11:00 am
Call Next to make an appointment

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

▶ MEALS ON WHEELS

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

▶ MEDICARE/MEDICAID GUIDANCE

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

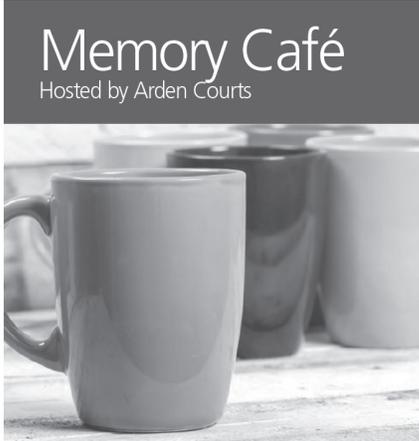
▶ NURSE ON CALL

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

MEDICARE OPEN ENROLLMENT

Friday, November 3 from 10:00 am to 3:00 pm
Call 800-803-7174 to register

The Area Agency on Aging 1-B is holding a Medicare Part D Enrollment Assistance Day at Next. Enrollment can take up to one hour per person. A letter will be sent to confirm appointments and will include what to bring. A counselor will meet with individuals to determine which option is best. Appointments fill up quickly, so please call early to reserve your time.



Memory Café
Hosted by Arden Courts

Join us each month for coffee and conversation specifically for people with memory loss and their caregivers.

The challenges of living with memory loss can sever social connections at a time when they are needed most. Memory Café is a gathering place where people can relax and enjoy themselves in a safe, supportive, engaging environment to share stories and socialize. Many attendees develop new friendships which help lend support to one another.

arden-courts.com

The Third Wednesday of Every Month
Beginning at 11:00 am

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

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We are thinking of you...

Jerry Agron, Camilla Kavanagh, Judy Nave, Michael Pierno, Donna Scott and Marcia Wilkinson

Our condolences to the family of...

Betty Ladewig

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As Next grows, so does the popularity of our classes, programs, movies, lectures and trips. To ensure a spot, pre-register as early as possible — online at BirminghamNext.org or with the Next Office. Thanks!

While Next is unable to endorse any of the products or services of our newsletter sponsors, we appreciate the support of these businesses.

Donations Received
through July 25, 2017

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Ms. Lucille Entwistle in memory of Clare Rourke

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:00 Limber Up 10:15 Tai Chi 12:00 Pinochle Current Events Next will close at 12:00 noon	4 Next Closed
4 Happy Labor Day Next Closed	5 9:00 Agebusters 10:30 Tai Chi 12:00 Euchre 1:00 Ask the Attorney 2:30 Partners Bridge 4:30 Mat Yoga 5:30 Pickleball Slow Roll 6:00 Stamp Club	6 Detroit Zoo 9:00 Limber Up Men's Breakfast Walking Group 10:00 Needle Arts Pilates Blood Pressure 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 5:30 Movie - Reveries of the Connected World (Documentary) Pickleball	7 Lunch Bunch 9:00 Agebusters 9:30 Advanced Pottery Writers Corner Hearts 12:00 Pickleball 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - The Underground Railroad in Detroit	8 9:00 Limber Up 10:00 Bowling League 10:15 Tai Chi 12:00 Pinochle Current Events 1:00 Retirement Reimagined 3:00 Senior Fit Orientation	9 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
11 Garden Tour 9:00 Limber Up Walking Group 9:37 Springdale Golf 10:00 Birthday Coffee Beginning Bridge Knitting Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 12:45 Springdale Golf Banquet 1:00 Popular Reads Mosaic Class: Sunflower 1:30 Chair Yoga 3:00 No Senior Fit 5:30 Pickleball	12 9:00 Agebusters 9:30 Painting Class 10:30 New Member Coffee Tai Chi 12:00 Euchre 2:00 SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:30 Pickleball Slow Roll	13 9:00 Limber up Men's Breakfast Walking Group 10:00 Needle Arts Pilates Lincoln Hills Golf 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Chair Yoga 2:30 Tennis League 3:00 NO Senior Fit 5:30 Movie - The Man Who Knew Infinity Pickleball	14 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush 12:00 Hearts 12:15 Pickleball 1:00 Studio Art Class 4:30 Mat Yoga 5:00 Oktoberfest at Beverly Park 5:30 Pickleball 6:00 NO Lecture	15 Detroit Revitalization Tour 9:00 Limber Up 10:00 Bowling League 10:15 Tai Chi 12:00 Pinochle Current Events 1:00 Bingo 2:00 Tennis League 3:00 NO Senior Fit	16 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
18 Parade Company 9:00 Limber Up Walking Group 9:37 Springdale Golf 10:00 Beginning Bridge Knitting Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga 3:00 NO Senior Fit 5:30 Pickleball	19 9:00 Agebusters 9:30 Painting Class 10:00 Photo Club 10:30 Tai Chi 12:00 Euchre 1:00 Board Meeting Zentangle 2:00 SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:30 Pickleball Slow Roll 6:00 Stamp Club 6:30 Build A Website 5:00 am to 8:00 pm ECC Curriculum Night	20 9:00 Limber Up Men's Breakfast Walking Group 9:30 Anyone Can Paint 10:00 Needle Arts Pilates Lincoln Hills Golf Banquet 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Chair Yoga 2:30 Tennis League 3:00 Senior Fit Begins 5:30 Movie - A Hologram for the King Pickleball 7:00 Coin Club	21 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush Writers corner 12:00 Hearts 12:15 Pickleball 1:00 Everyday Communications NO Studio Art Class 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - Global Terrorism Update 1	22 9:00 Limber Up 10:00 Bowling League 10:15 Tai Chi 12:00 Pinochle Current Events 2:00 Tennis League 3:00 Senior Fit	23 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
25 9:00 Limber Up Walking Group 9:37 Springdale Golf 10:00 NO Beginning Bridge Knitting Pilates 10:30 Mah Jongg NO AFTERNOON PROGRAMS	26 NO MORNING PROGRAMS 2:30 NO SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:30 Pickleball Slow Roll 6:30 Build A Website 9:00 am -1:00 pm Health Expo & Flu Shot Clinic	27 9:00 Limber up Men's Breakfast Podiatrist Walking Group 10:00 Needle Arts Pilates 12:00 Bridge Pinochle 1:00 Drawing & Watercolor Chair Yoga 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:00 Dinner & A Classic - The Jackie Robinson Story Pickleball	28 9:00 Agebusters 9:30 Advanced Pottery Palette & Brush 12:00 Hearts 12:15 Pickleball 1:00 Antarctica Travelogue Studio Art Class 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - Global Terrorism Update 2	29 9:00 Limber Up 10:00 Bowling League 10:15 Tai Chi 12:00 Pinochle Current Events 2:00 Tennis League 3:00 Senior Fit	30 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9:00 Limber Up 10:00 Birthday Coffee Beginning Bridge Knitting Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	3 Lunch Bunch 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre 1:00 Ask the Attorney 1:30 Inter-Gen Fun 2:00 SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:30 NO Pickleball 6:00 Stamp Club Keyboard Lessons Music & Dancing	4 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Blood Pressure Pilates 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Movie - Gifted Pickleball	5 Stratford 9:00 Agebusters 9:30 Inter-Gen Fun Advanced Pottery Palette & Brush Writer's Corner Studio Art Class Protect Your Privacy Online 1:30 Back Clinic Demonstration 12:00 Hearts 12:15 Pickleball 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - Impact of '67 Riot on Detroit's Decline	6 DSO 9:00 Limber Up 10:00 Bowling League 10:15 Tai Chi 12:00 Pinochle Current Events 1:00 Bingo 2:00 Tennis League 3:00 Senior Fit	7 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
9 9:00 Limber Up 10:00 Beginning Bridge Knitting Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	10 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre 1:00 Zentangle 1:30 Inter-Gen Fun 2:00 SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:30 Pickleball 6:00 Keyboard Lessons 6:30 Making Memories Computer Class	11 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Pilates 12:00 Bridge Pinochle 1:00 Estate Planning Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Movie - The Founder Pickleball	12 9:00 Agebusters 9:30 Inter-Gen Fun Advanced Pottery Palette & Brush 12:00 Hearts 12:15 Pickleball 1:00 Financial Stability Studio Art Class 1:30 Back Clinic 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - Global Warming & Climate Change: Challenge	13 9:00 Limber up 10:00 Bowling League 10:15 Tai Chi 12:00 Pinochle Current Events 2:00 Tennis League 3:00 Senior Fit	14 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class 8:00 am -12:00 noon Boomer Summit
16 9:00 Limber Up 10:00 Beginning Bridge Knitting Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:00 Tense Conversations 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	17 9:00 Agebusters 9:30 Painting Class 10:00 Photo Club 10:30 Tai Chi 12:00 Euchre 1:00 Board Meeting Beading Class 1:30 Inter-Gen Fun 2:00 SGPT 2:30 Partners Bridge 4:00 Leaf Art Class 4:30 Mat Yoga 5:30 Pickleball 6:00 Stamp Club Keyboard Lessons 6:30 Making Memories Computer Class	18 Meadowbrook Theater 9:00 Limber Up Men's Breakfast 9:30 Bridge Lesson 10:00 Needle Arts Pilates 12:00 Bridge Pinochle Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:30 Movie - A United Kingdom Pickleball 7:00 Coin Club	19 9:00 Agebusters 9:30 Inter-Gen Fun Advanced Pottery Writer's Corner Palette & Brush 12:00 Hearts 12:15 Pickleball 1:00 Studio Art Class 1:30 Back Clinic 4:30 Mat Yoga 5:30 Pickleball 6:00 Lecture - Détente: Major Events of the '70s & Easing the Hostility	20 9:00 Limber Up 10:00 Bowling League 10:15 Tai Chi 12:00 Pinochle Current Events 1:00 Bingo 2:00 Tennis League 3:00 Senior Fit	21 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
23 Mackinac Trip 9:00 Limber Up 10:00 Beginning Bridge Knitting Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:00 Tense Conversations 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	24 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre 1:00 Vietnam & Cambodia Travelogue 1:30 Inter-Gen Fun 2:00 SGPT 2:30 Partners Bridge 4:30 Mat Yoga 5:30 Pickleball 6:00 Keyboard Lessons	25 9:00 Limber Up Men's Breakfast Podiatrist 9:30 Bridge Lesson 10:00 Needle Arts Pilates 12:00 Bridge Pinochle 1:00 Drawing & Watercolor 1:30 Chair Yoga 2:30 Tennis League 3:00 Senior Fit 5:00 Dinner & A Classic - Sunset Boulevard 5:30 Pickleball	26 Arab American Museum 9:00 Agebusters 9:30 Inter-Gen Fun Advanced Pottery Palette & Brush 12:00 Hearts 12:15 Pickleball 1:00 Studio Art Class 1:30 Back Clinic Studio Art Class 4:30 Pumpkin Carving Mat Yoga 5:30 Pickleball 6:00 Lecture - The Edmund Fitzgerald	27 9:00 Limber Up 10:00 Bowling League 10:15 Tai Chi 12:00 Pinochle Current Events 2:00 Tennis League 3:00 Senior Fit	28 9:00 Open Pottery Studio Pickleball 10:00 Standing Barre Class 11:00 Seated Barre Class
30 9:00 Limber Up 10:00 Beginning Bridge Knitting Pilates 10:30 Mah Jongg 12:00 Pinochle 12:15 Duplicate Bridge Pickleball 12:30 Mah Jongg 1:00 Tense Conversations 1:30 Chair Yoga 3:00 Senior Fit 5:30 Pickleball	31 Happy Halloween 9:00 Agebusters 9:30 Painting Class 10:30 Tai Chi 12:00 Euchre 1:30 Inter-Gen Fun 2:00 SGPT (Make-up) 2:30 Partners Bridge 4:30 Mat Yoga 5:30 Pickleball 6:00 Keyboard Lessons				



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HEALTH EXPO & FLU SHOT CLINIC

Tuesday, September 26 from 10:00 am to 1:00 pm
FREE! No registration required. Walk-ins welcome!

Registered Nurses from Henry Ford Health Systems will be providing blood pressure, glucose, cholesterol and body mass index (BMI) checks. The nurses will also assess your heart health. And don't forget you can receive your flu shot as well! Please remember to bring your identification, insurance cards and copies of both. Most insurances, including Medicare are accepted. For more detail see page 2.

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