



Your Place to Stay Active & Connected

SEPTEMBER/OCTOBER 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

NEXT ANNUAL OKTOBERFEST AT BEVERLY PARK

Thursday, September 12 at 5:00 pm

Cost: \$10 - Please register by Friday, September 6



Please join us for the Next Oktoberfest, an event to bring us together again to celebrate! This festive Barvarian event will feature live music and a tasty menu of brats, sauerkraut, potato salad, streusel, beer and other beverages. Kindly sponsored by Affordable HomeCare, Cedarbrook Senior Living of Bloomfield Hills, Comfort Keepers, Rutkowski Law Firm, and Trifound.

OUT OF RUSHMORE'S SHADOW

Tuesday, September 24 at 12:30 pm

Cost: Complimentary members / \$5 non-members

Award winning storyteller Lou Del Bianco portrays his grandfather, Luigi Del Bianco, and tells the story of his unique contribution as chief carver on our nation's greatest memorial. Lou uses authentic photos, maps and timelines to bring Luigi's story to life! This is a unique program about history, ancestry, perseverance and advocating for human rights. Mr. Del Bianco will also have copies of his recently published book about his grandfather for purchase and signing. Generously sponsored by Samaritas Senior Living of Bloomfield Hills.



HEALTH EXPO & FLU SHOT CLINIC

Tuesday, October 1 from 10:00 am to 1:00 pm

Please join us for this fun and information packed event featuring 45 vendors from various senior related industries and also some local restaurants/markets who will offer samples of their delicious specialties. Oakland County Health Division (OCHD) will administer the Flu Shots — the Senior/High Dose, Regular Dose or Flumist (nasal). Please bring a photo ID and your insurance card. See additional information on page 18.



STRANGE, SPOOKY, WICKED MICHIGAN

Thursday, October 31 at 1:00 pm

Cost: Complimentary members / \$5 non-members

What a way to celebrate Halloween! This program covers a range of stories featuring mysteries, old legends, creepy creatures, ghosts, haunted locations and a dab of true crime from all over the mitten state. Amberrose Hammond, author and researcher, will have you on the edge of your seat! Kindly sponsored by Waltonwood Royal Oak.

LAURIE JOHNSON: Talent Unmatched!

Tuesday, October 22 at 6:30 pm

Cost: Complimentary members / \$5 non-member

Detroit's powerhouse vocalist brings her passion for music to Next for what is sure to be a top-notch performance. Laurie's seemingly endless music selection includes hits from Motown, the sixties, seventies disco, the 80s, as well as R&B and Jazz. Generously sponsored by All Seasons of Birmingham.

GREETINGS FROM THE NEW BOARD PRESIDENT

On behalf of the Board of Directors of Next, I want to thank you for being part of our growing community! It is an exciting time to be a member at Next. We have increased our hours, and expanded our programming and support services to meet the needs and interests of our members. In the coming months we look forward to sharing our plans to become an Organization of Character, and to solidify an inter-local agreement with our municipalities. Our staff works hard to ensure a friendly, inclusive environment of which we can all be proud. Enjoy perusing this fall newsletter and come see what's Next!

— Lori Soifer, President



NEXT NOTES

- We have updated the Activities Room with a fresh coat of paint, new chairs and wall to wall carpet. We think it looks great! Please help us keep the room, and the refurbished hallway carpet clean by using lids on your coffee cups!
- In September we will be sending out a brief member survey. Please take a moment to respond so we can improve our programs and services in order to provide the best experience possible for our members. Thank you in advance for your time!
- Beginning in September, the west door (closest to Seaholm) will be locked at 6:30 pm. After a program, you will be able to exit through either door for your convenience.

THANK YOU FOR YOUR CONTRIBUTION TO THE SPRING FUND DRIVE!

The expansion of our programs and services depends largely on the support and generosity of our donors!

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Linda Allen
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Denise and Bob Borgen
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Stephen & Marcia Wilkinson
Barbara York
Jean & Tony York
Wendy & James Zabriskie

SPEAKER S E R I E S

Premier Speaker Series Thursdays at 6:00 pm



Cost: Complimentary members / \$5 non-members

We have updated our website! All speakers and afternoon presentations can now be found under the Activities tab in the Speakers category.

September 5 - PHIL POWER & THE CENTER FOR MICHIGAN

Join Phil Power, The Center for Michigan and Bridge Magazine Founder and Chairman as he shares his passion for "Democracy in America" and moving Michigan forward. Bridge's mission is to inform citizens through nonpartisan journalism identifying critical issues. With more than two million readers, this non-profit magazine strives to improve the lives of Michiganders.

September 12 - NEXT OKTOBERFEST (No Speaker)

See front page for details.

September 19 - HEADING TOWARDS CLEAN ENERGY IN AN UNEXPECTED WAY

**Chris J. Kobus, Ph.D, Associate Professor,
School of Engineering and Computer Science - OU**

Today, many conditions that have plagued humanity have been largely solved and our greatest challenge is no longer survival but rather sustainability. How do we continue to have a standard of living that was unimaginable two generations ago? Energy management is fundamental to this challenge, having implications in our everyday lives and geopolitics.

September 26 - CONSTITUTION, CONGRESS, THE PRESIDENT & THE TWO PARTY SYSTEM

Robert Sedler, B.A., J.D., Professor - WSU

This interactive presentation will discuss the constitutional structure of our government under our 18th century constitutional system and the powers of Congress and the President. Prof. Sedler will examine the impact of the two-party system and the Trump Presidency and divided Congress.

October 3 - OH DEER!

Laurel Zoet, Naturalist, Educator & Author,

Whitetail deer are one of the largest and most easily recognized animals in Michigan! Considered majestic by some and a nuisance by others, this fascinating mammal is adapted to survive Michigan's ever changing landscape and four seasons. Laurel Zoet will discuss the natural and seasonal cycles of Whitetail deer, how they communicate and how they survive!

October 10 - LEVERAGING TECHNOLOGY TO AVOID THE TECH TRAP

**Dr. Julie Braciszewski, Psychologist,
Monarch Behavioral Health**

How do we help developing minds learn to be tech saavy without being tech-obsessed? In our culture of screens, many parents and grandparents worry about the effect of smart-phones, video games, tablets and televisions. When children rely on screens for entertainment, gratification, connecting and self-soothing, they can fall into a "Tech Trap". Dr. Julie will discuss how screen time affects brain development and overall wellbeing and strategies to use technology positively to help children grow and develop.

October 17 - THE GIFTS OF APOLLO: A TOUR OF THE SOLAR SYSTEM

Cliff Marko, Attorney & Historian

Using stunning NASA photographs from Apollo, Voyager, Magellan, Cassini, Galileo, New Horizons, Helios, Venera and more, Cliff Marko's tour looks at the history of solar system exploration and the latest discoveries from these remarkable robots.

October 24 - UNDERSTANDING IRAN

Gus Mondalek, Middle East Expert & Religious Scholar

Gus will present the significant role Iran plays in geopolitics in the Middle East. He will discuss the domestic economic and political pressures facing Iran's theocratic government, and make sense of Iran's impact on the regional and world stage. Will diplomacy, foreign policy or economic sanctions help bring the region into a more peaceful territory, or embolden Iran to continue creating dangerous inequities in the Middle East?

October 31 - REDISTRICTING & VOTER RIGHTS

Christine Allen, Voters, not Politicians

Last year, Michigan voters passed two important initiatives for expanding democracy in Michigan. First, we will discuss the constitutional amendment adding the Independent Citizens Redistricting Commission, what the commissioners will be responsible for and how you can become a commissioner or be involved to have your voice heard. Next, we will cover the important changes to the Michigan voting rights such as same day registration (or address change) and no reason absentee ballots. These presentations are brought to you by volunteers from Voters Not Politicians and the ACLU.



THE MORE YOU KNOW



TED TALKS AT NEXT: Be inspired!
Wednesdays at 10:30 am - Members only
Come once or come every time!

Join fellow Next members to explore some of the most popular and inspiring Ted Talks to date. We will view the talk, then spend time discussing its influence for us and our society.

- September 11 Why we get mad and why it's healthy.
- September 25 How your brain's executive function works and how to improve it.
- October 9 The power of introverts.
- October 23 What almost dying taught me about living.

CLARA BRYANT (1866-1950): The Believer

Thursday, September 5 at 12:30 pm

Cost: Complimentary members / \$5 non-members

In 1938, auto pioneer Henry Ford said, "The greatest day of my life was the day I married Mrs. Ford." From their first meeting at a dance, Clara was her husband's great believer — bringing common sense, a charitable spirit, energy and enthusiasm to Henry's many pursuits and her own activities. Here is a closer look at the "woman behind the man" and her impact on her husband's life and Ford Motor Company. A historian, from the Henry Ford Heritage Association, will join us for this exciting opportunity to learn more about Detroit's beloved Ford family. Generously sponsored by Henry Ford Village.

CONQUERING STRESS & ANXIETY

Tuesday, September 10 at 12:30 pm

Cost: Complimentary members / \$5 non-members

Join Kathy Housey, "Brains and Balance" instructor, for yet another informative lecture! This presentation, her latest, will cover techniques for reducing stress and eliminating anxiety. You will be able to use these techniques right away and see lasting change! Kindly sponsored by Affordable HomeCare.

MEDICARE 101: Made Simple

Thursday, September 12 at 1:00 pm

Deb Harris, Medicare Expert at Trifound will provide answers to questions like: Should I leave my Group Plan? What are Parts A, B, C, D, F and G? What is VA Medicare Insurance? What is IRMMA? And, you might be wondering, will this presentation be helpful if you already have Medicare? The answer is yes, Deb Harris will provide updates on all of the recent Medicare changes.

TRIVIA TIME!

Mondays, September 16 and October 14 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! Generously sponsored by St. Anne's Mead.

BIRMINGHAM COMMISSION CANDIDATE FORUM

Tuesday, September 17 at 6:00 pm

All politics are local! This November, Birmingham residents will be asked to elect four commissioners to the city council. Please join us, along with the eight candidates vying for the four open seats, for an informative evening. Come with your questions and learn firsthand about each candidate and their vision for Birmingham's future.

THE HISTORY OF ROYAL OAK

Wednesday, September 18 at 12:30 pm

Cost: Complimentary members / \$5 non-members

Next welcomes Royal Oak Historical Society museum curator, Muriel Versagi. Muriel will take us back in time to Royal Oak Township's early days, share stories of the people who lived and shaped what is now Royal Oak, and reflect on the influence of the city on the surrounding area.

CHRONIC PAIN SELF-MANAGEMENT PROGRAM

Thursdays, September 19, 26 and

October 3, 10, 17 and 24 from 9:30 am to 12:00 noon

Cost: Complimentary

This workshop, presented by Area Agency on Aging 1-B, is designed to provide participants with techniques and skills they need for day-to-day management of chronic pain. Individuals with chronic pain and/or their caregivers are encouraged to participate. Topics discussed include: dealing with difficult emotions, communicating effectively, evaluating new treatments, pacing activity, and rest and appropriate medications. Registration will be handled by AAA 1-B only. You can register by emailing wellnessprograms@aaa1b.org or by calling 1-833-262-2200.

ISLE ROYALE: Wilderness Island

Thursday, September 19 at 1:00 pm

Cost: Complimentary members / \$5 non-members

In this presentation, best selling author and adventurer Loreen Niewenhuis will explore Isle Royale's unique geology and how it was formed. Then, she'll delve into the human history of the island (including copper mining and fishing culture) and the transition to becoming a National Park. This dynamic presentation features photos and videos taken on Isle Royale by the presenter! Kindly sponsored by Samaritas Senior Living of Bloomfield Hills.

LET'S MAKE PICKLES!

Tuesday, September 24 from 3:30 to 4:30 pm

Cost: \$8 members/\$10 non-members

Join Next's Bev Singer to make a jar of lovely, crunchy, fresh pickles that are not too sour or too sweet. Delicious as a snack or side with a sandwich. Bring home a 16oz. jar of pickles with recipe to make more at home! A great way to use the cucumbers from your garden or from our local Farmers Markets.

SELF AWARENESS & SELF DEFENSE

Officer Casey Pederson, Birmingham Police

Tuesday, October 8 from 1:00 to 3:00 pm

Cost: Complimentary members / \$10 non-members

This class is being repeated due to popular demand and focuses on safety in all aspects of life. Learn the value of awareness and how that will help prevent you becoming a victim. Learn about current issues, crimes and scams and conflict resolution tactics. Streetsmart skills will be presented in a safe training environment. Class size is limited to 14 people, so register early.

GUARDIANS OF DETROIT: Architectural Sculpture in the Motor City

Wednesday, October 9 at 1:30 pm

Cost: Complimentary members / \$5 non-members

Local author Jeff Morrison, will share what has been called “an extended loveletter to the historic architecture of a great Midwestern city, the driving force of America’s industrial power.” This book documents Detroit’s amazing collection of sculptures adorning the city’s buildings, some of which have been hidden from public view for over 100 years. Some of the book’s 770 up close photos will be shared. Generously sponsored by Pomeroy Living.

EARTH-FRIENDLY COMPOSTING

Thursday, October 24 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Join Lillian Dean, Southeastern Oakland County Water Authority Master Composter, as she teaches us how to start a composting bin. Lillian will go over the materials needed and bin choices. We will also learn about the compost web and have our pertinent questions answered.

NEW TO YOU: Repurposing Old Jewelry Pieces

Tuesday, October 22 at 1:00 pm

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

Bring your own brooches, pins, clasp earrings, and/or cufflinks — or use ours to create “new to you” statement jewelry. We will use the costume jewelry from our Spring sale to make dazzling new creations, including rings and necklaces. You will make 2 to 3 pieces of jewelry to give as holiday gifts or to keep for yourself! Then, we will make more for us to sell at our Next Holiday Sale on November 18. No fee if you only want to make pieces for our sale. This class is taught by Next Staff Members, Jolee Hentgen and Terri McCardell. Light refreshments will be served.

AREA AGENCY ON AGING

Medicare Seminar

Wednesday, October 16 at 1:30 pm

Presented by Area Agency on Aging 1-B, learn about Medicare Parts A, B, C and D, and the basics of what Medicare covers.

Medicare Part D Enrollment

Friday, November 1 from 10:00 am to 3:00 pm

Please call 800-803-7174 to register for an appointment. Call early to reserve your time as appointments fill up quickly.

The Area Agency on Aging 1-B is holding a Medicare Part D Enrollment Assistance Day at Next. Enrollment can take up to an hour per person. A letter confirming appointments and detailing what to bring will be sent to you. At your appointment, a counselor meets with you to determine the best option.



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

AGING IN PLACE:

Simple Steps to Stay in Your Home Longer

Thursday, September 26 at 1:00 pm

Cost: Complimentary members / \$5 non-members

Occupational Therapist and Certified Aging in Place Specialist Bridget Benoit will help you identify safety hazards in your home, teach you how to prevent injuries in the home, and will provide specific strategies for situations that challenge your ability to live safely at home. Presentation will include considerations for wheelchair and walker use in the home.

SITTING IS THE NEW SMOKING:

Why you should be sitting less and moving more!

Wednesday, October 16 at 12:00 noon

Cost: Complimentary members / \$5 non-members

Marichelle Ehred, Beaumont Hospital Physical Therapist and Certified Geriatric Specialist, will discuss the important reasons to include physical activity in your daily routine. Physiological changes as we age, risks of inactivity, physical and mental benefits of physical activity and how to get started will all be covered topics. Marichelle will also discuss different types of exercises that have been shown to benefit older adults, how to measure your progress and how to stay motivated, even when you have barriers to activity.



INVIGORATE YOUR BODY

DROP-IN OPTION!

4 drop-in sessions: \$50 members only

For your convenience, effective this fall, we will be offering drop-ins for many of our classes: Core Strength & Foundation Training, Strength & Balance and STRONG! You will still be able to register for sessions, which will save you a few dollars. We hope this option will allow more of our members to participate in these classes without the worry of missing a class and losing money. Drop-ins are class specific and can be used at any time.

PRE-REGISTRATION IS IMPORTANT!

- Pre-registration for fitness classes helps prevent cancellation of classes so please register as early as possible.
- These classes* must have 4 people registered in order to run each week, drop-ins included. Please register in the Next office or by phone at least 48 hours prior to the start of class.

STRENGTH & BALANCE*

Tuesdays from 11:30 am to 12:15 pm

Series 1: September 3, 10, 17, 24

Series 2: October 8, 15, 22, 29

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

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

CORE STRENGTH & FOUNDATION TRAINING*

Wednesdays from 5:00 to 5:45 pm - New lower price!

Series 1: September 11, 18, 25 and October 2

Series 2: October 9, 16, 23, 30

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

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

STRONG!*

Wednesdays from 6:00 to 6:45 pm

Series 1: September 11, 18, 25 and October 2

Series 2: October 9, 16, 23, 30

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

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

SMALL GROUP PERSONAL TRAINING*

Thursdays from 2:00 to 3:00 pm

Series 1: September 5, 12, 19, 26

Series 2: October 3, 10, 17, 24

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

Drop in option: \$72 members only, 4 drop-in sessions

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 and NTEA Certified Personal Trainer, 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!

JOIN THE FUN! LINE DANCING

Mondays from 10:00 am to 12:00 noon

Series 1: September 9, 16, 23, 30

Series 2: October 7, 14, 21, 28

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

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

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. We must have 8 people registered to run these classes.

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.

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.

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.

MINDFULNESS & MEDITATION

Wednesdays from 3:00 to 4:00 pm

Cost: Complimentary - Donations to Next appreciated.

Begin or deepen your meditation practice in a safe, welcoming environment with Karen Lutz, E-RYT. All Next members are welcome. Attend once or as often as you like.

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.

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

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 a skills and drills mini-clinic for true beginners.

FIT PARK

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

WOMEN EXERCISING TO LIVE LONGER (WELL)

Informational Meeting: Thursday, September 19 at 6:30 pm

Beaumont Health & Wellness Center, 4949 Coolidge, Royal Oak

For specifics please pick up a copy from the Support Services Board or request a copy from the Next Support Service Office at 248-203-5277.

TENNIS LEAGUE - MIXED DOUBLES

Wednesday, September 11 from 2:30 to 4:00 pm

Friday, September 13 from 2:00 to 4:00 pm

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

BOWLING LEAGUE

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

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

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



Shine on Seniors!

A BENEFIT FOR ST. ANNE'S MEAD MISSION: POSSIBLE!
Thursday, October 17, 2019 | 6:00 pm | Dinner, Drinks, Dancing
The Community House of Birmingham | 380 S. Bates

A Musical Tribute featuring world-renowned jazz bassist and Michigan State University Professor, Rodney Whitaker | Hosted by Sherry Margolis

Tickets are \$125 available at www.stannesmead.org or 248.557.1221
For further information email us at info@stannesmead.org

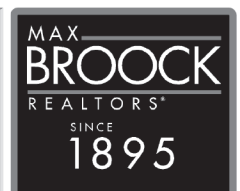
Exciting Sponsorship Opportunities

Insight, in sight



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ART & CREATIVITY

NEW!!! AUTUMN LEAF CANDLE HOLDER

Tuesday, October 8
from 1:00 pm to 2:30 pm

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

Jolee Hentgen, Next Staff Member, is at it again — this time crafting autumnal candle holders. For this project, we will decoupage fall decorations onto a glass jar creating leaf lanterns. The lanterns are such a pretty way to celebrate and illuminate this cool, crisp season and are a perfect adornment for the mantle or a stunning addition to a Thanksgiving table. We will each make two lanterns. All materials provided.



PAINTING WITH ACRYLICS & OILS

Tuesdays, September 17 through November 26
from 9:30 am to 12:00 noon - No class October 1 and 8
Cost 9-week class: \$144 members / \$154 non-members

Artist and instructor Karen Halpern's class lessons focus on color theory, subject, techniques and design. Individual guidance and personal encouragement will help you develop your own style. Bring an 18" x 24" canvas or larger, sketch pad, #2 desk pencil, eraser, and painting supplies to first class. Materials list available in front office.

PHOTOGRAPHY CLUB

Tuesdays, September 17 and October 15
from 10:00 am to 12:00 noon

Cost: Complimentary members / \$5 non-members

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

STUDIO ART CLASS

Thursdays, September 19 through November 21
from 1:00 to 3:30 pm

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

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

WATERCOLOR PAINTING WORKSHOP

Wednesdays, September 18 through November 27
from 2:00 pm to 4:00 pm - No class October 9

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. In this 10-week course you will learn basic skills, color mixing, color theory and design painting techniques as you develop your art. Each student will work at their own level of ability in a supportive setting with individualized attention. Supply list available in Next office upon registration.

QUILLING CLASSES

Tuesdays, September 24 and October 15 from 1:00 to 3:00 pm
Cost per session: \$25 members / \$30 non-members

Quilling or paper filigree 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. In September we will make a Comb Flowers piece — and in October we will make a piece featuring Fall Leaves. Classes are all suitable for beginners and all materials will be supplied.



NEW!!! ANYONE CAN PAINT: Scary Cemetery

Wednesday, October 9 from 9:30 to 11:30 am

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

Let award winning television artist, Steve Wood help develop the "artist" in you! Steve's methods are applicable to beginner as well as advanced painters. His unique ability to blend humor and encouragement results in a very enjoyable, relaxing experience. If you have ever had the desire to paint, this class is for you! Fee includes everything you need: paint, brushes, and canvas boards.

NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

Calling all needle artists! Do you crochet, knit, quilt, sew, needle-point or embroider? We welcome these and all needle artists to join our weekly group. Drop in as you like and stay as long as you can!

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 at 9:00 am to 2:00 pm

FEATURE FILMS

DINNER & A CLASSIC

Last Wednesday of
the month @ 5:00 pm

ADMIT ONE

Wednesday Evenings @ 5:30 pm | Popcorn provided.

Cost: Complimentary members / \$5 non-members

September 4 - THE INTERSHIP

After old-school salesmen Billy (Vince Vaughn) and Nick (Owen Wilson) find themselves downsized, Billy decides that, despite their lack of technological savvy, they should work for Google. The friends manage to finagle internships at the Internet giant and head out to Silicon Valley. Viewed with disdain by most of their fellow interns, Billy and Nick join forces with the rest of the misfit "nooglers" to make it through a series of team challenges. Rated PG13 1 hour 59 minutes

September 11 - CRAZY RICH ASIANS

Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse — Nick's disapproving mother. Rated PG13 1 hour 59 minutes

September 18 - THE HIGHWAYMEN

In 1934, after years on the run as robbers and killers, Bonnie and Clyde break associates out a prison in Texas. Former Texas Rangers Frank Hamer (Kevin Costner) and Maney Gault (Woody Harrelson) join forces to try and capture these notorious outlaws. The Highwaymen is from the exciting perspective of the Texas Rangers in the pursuit of Bonnie and Clyde Barrow. Rated R 2 hours 12 minutes

September 25 - MR. BLANDINGS BUILDS HIS DREAM HOME

Dinner & A Classic at 5:00 pm

When advertising executive Jim Blandings (Cary Grant) discovers his wife's (Myrna Loy) plan to redecorate their New York apartment, he counters with a proposal that they move to Connecticut. She agrees, and the two are soon conned into buying a house that turns out to be a complete nightmare. Construction and repair bills accumulate quickly, and Jim worries that their future hangs in the balance unless he can come up with a catchy new jingle that will sell ham. Not Rated 1 hour 34 minutes
Kindly sponsored by Noodles and Company in Bingham Farms.

October 2 - LOVING VINCENT

Seven years in the making and composed of some 65,000 frames produced by more than 120 artists, this portrait of Vincent Van Gogh is billed as the world's first fully painted feature film! This movie explores the theory that Van Gogh's death was murder, not suicide examining the painter's acquaintances in Arles. Rated PG13 1 hour 35 minutes

October 9 - STAN & OLLIE

Enjoy Laurel and Hardy (Steve Coogan and John C. Reilly), the world's greatest comedy team, as they face an uncertain future as their golden era of Hollywood films become just a memory. Diminished by age, the duo set out to reconnect with their fans by touring variety halls in Britain in 1953. The shows become an instant hit, but long-buried tension and Hardy's failing health start to threaten their precious partnership. Rated PG 1 hour 39 minutes

October 16 - GOSFORD PARK

Robert Altman, one of America's most distinctive filmmakers, journeys to England for the first time to create a unique film mosaic with an outstanding ensemble cast, including Maggie Smith, Helen Mirren and Clive Owen. Set in the 1930's, "Gosford Park" brings a group of pretentious rich and famous together for a weekend of relaxation at a hunting resort. When a murder occurs, each one of these interesting characters becomes a suspect. Rated R 2 hours 17 minutes

October 23 - THE OLD MAN & THE GUN

At the age of 70, Forrest Tucker (Robert Redford) makes an audacious escape from San Quentin, conducting an unprecedented string of heists that confound authorities and enchant the public. Wrapped up in the pursuit is detective John Hunt, who becomes captivated with Forrest's commitment to his craft, and a woman who lives him in spite of his chosen profession. Rated PG13 1 hour 34 minutes

October 30 - THE PIT & THE PENDULUM

Dinner & A Classic at 5:00 pm

Elizabeth has died in the prime of life and her brother, Francis wants to know why. Elizabeth's husband, Nicholas (Vincent Price) and her doctor disagree but Francis learns that Nicholas' mother may have been buried alive. He begins to investigate his brother-in-law and is stunned by what he finds. Not Rated 1 hour 20 minutes

Kindly sponsored by La Strada Dolci e Caffé in Birmingham.



ENRICHMENT

WRITER'S CORNER

Thursdays, September 5, 19 and October 3, 17
from 9:30 to 11:00 am

Join Next members who love to gather and share their common interest in writing. For additional information, contact facilitator Sara Burnside at 248-649-1813.

POPULAR READS BOOK CLUB

Mondays, September 9 and October 14 at 1:00 pm

Rebekah Craft, Associate Director of the Baldwin Public Library, leads book discussions of popular books. The September selection is *The River* by Peter Heller and the October selection is *A Woman is No Man* by Etaf Rum. Register at Next — and Baldwin Public Library will provide the book!

NON-FICTION BOOK GROUP

Thursdays, September 12 and October 10 at 10:00 am
Cost: Complimentary

Facilitated by Baldwin Library professionals, join us to discuss *Paris 1919: Six Months That Changed the World* by Margaret McMillan in September and *Killers of the Flower Moon* by David Grann in October. Register at Next and Baldwin Public Library will provide the book!

NEW & PROSPECTIVE MEMBER COFFEE

Thursday, October 17 at 1:00 am

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 - Note new time!

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.

RESTORE YOUR INNER BALANCE



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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.

Google Drive

Tuesday, September 3 from 6:30 to 7:30 pm

Learn to store files on Google servers, synchronize files across devices, and share files.

Selling on eBay

Tuesday, October 1 from 6:30 to 7:30 pm

Learn valuable tips on how to boost your eBay sales.

Photo Editing

Tuesday, November 5 from 6:30 to 7:30 pm

Edit photos, apply photo effects, add frames, graphics, and text.

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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DAY TRIPS

ST. JOHN ARMENIAN APOSTOLIC ORTHODOX CHURCH

Wednesday, September 25 - Registration required
Bus leaves Next at 9:15 am, returns about 2:00 pm
Cost: \$40 member / \$45 non-member

"The Church with the Golden Dome", has invited us to experience their traditions, learn about their community, and their ancient culture. Enjoy a mesmerizing tour of the sanctuary, accompanied by music. Tour the Alex and Marie Manoogian Museum, the largest Armenian museum in North America. Models will be showcasing authentic costumes from the 13th to 19th century, as part of their "Heritage Collection". Relics from this museum were recently shared at the Metropolitan Museum of Art in New York. After the tour, savor a traditional Armenian buffet luncheon. Baked goods will also be available for sale. This trip has proven to be a favorite, so if you missed it last year, here's your opportunity.

DETROIT HISTORICAL MUSEUM TOUR, LUNCH & CURATOR CHAT

Friday, September 27 - Registration required
Bus leaves Next at 9:00 am, returns about 3:15 pm
Cost: \$30 member / \$35 non-member

Experience 20th-century Detroit as we follow our city's growth into America's Motor City. Track our conversion into the Arsenal of Democracy, while also showcasing our iconic people, places and movements in the Allesee Gallery of Culture. Visit will also include new temporary exhibitions on the Negro Leagues and Lindell AC. After the tour an assortment of catered box lunches will be provided. Then sit down, relax and enjoy a curator chat on The Detroit Lions and the Early NFL. The presentation examines the instability of the infant NFL and how the Lions won the hearts of Detroiters to become the institution they are today — tracking the team from the beginning through its golden age in the 1950s and into the present.

DETROIT INSTITUTE OF ARTS: A-Z Tour & Café DIA

Thursday, October 3 - Registration required
Bus leaves at 11:15 am, returns about 3:30 pm
Cost: \$15 members / \$20 non-members

The Detroit Institute of Arts has one of the largest and most significant art collections in the United States. With more than 65,000 artworks that date from the earliest civilizations to the present, the museum offers visitors an encounter with human creativity from all over the world. Join us on an 90-minute "from A-Z" guided tour. Learn something new with an in-depth tour of the galleries, and one of the nation's best permanent collections. We will schedule time to shop at the DIA museum store. Treat yourself to something uniquely Detroit or find the perfect artistic gift. Grab a bite to eat first, on your own, inside café DIA.



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, October 11 - Queens of Soul

Featuring a special musical and video tribute to the Queen of Soul, Aretha Franklin, celebrate the reigning divas of Soul and R&B. Enjoy the hits from strong and soul women, including Tina Turner, Patti LaBelle, Gladys Knight, Etta James, Whitney Houston, Alicia Keys, and Adele.

Friday, November 22 - The Paul Simon Songbook

From Simon and Garfunkel to solo albums Graceland and Rhythm of the Saints, Paul Simon has distinguished himself as a unique songwriter, crafting songs that have become themes for love, family and social commentary. Hear hits like "Bridge Over Troubled Water," "Me and Julio Down By The Schoolyard," "The Sound of Silence," "50 Ways to Leave Your Lover," and "Graceland," fully orchestrated for the DSO by Jeff Tyzik.

GREATER DETROIT GEM, MINERAL & FOSSIL SHOW

Friday, October 11 - Registration required
Bus leaves Next at 12:30 pm, returns about 3:30 pm
Cost: \$20 members / \$25 non-members

Come celebrate the 75th year, as The Michigan Mineralogical Society hosts the largest event of professionals and hobbyists in the Midwest. The Greater Detroit Gem, Mineral and Fossil Show features some of the most respected dealers in the country as well as displays from world famous museums such as the Royal Ontario Museum, Smithsonian, and the A.E. Seaman Mineral Museum. Join some of your fellow enthusiasts and don't miss this educational event complete with lectures from experts and over 84 display exhibits featuring top level collectors. The expo also features 64 dealers selling some of the most beautiful jewelry, magnificent gems, and minerals and fossils imaginable. We will spend approximately 2 hours at the expo.

FALL COLOR TOUR AT ADDISON OAKS

Tuesday, October 15 - Registration required
Bus leaves Next at 8:30 am, returns about 3:00 pm
Cost: \$42 members / \$47 non-members

Fall is the perfect time to experience the tranquil outdoors of Oakland County. Start with a historical tour of the 100-year-old Buhl Estate at Addison Oaks. Next indulge in a salad and pasta bar lunch in the banquet hall. Finally, head outdoors and witness the landscape's picturesque autumnal transition on a hay wagon ride through the park, complete with fresh cider and donuts! Please take into account the temperature, and dress accordingly. This trip is brought to you by Oakland County Parks.



DAY TRIPS continued

KIRK IN THE HILLS TOUR & LUNCH AT 5th TAVERN

Thursday, October 17 - Registration required

Bus departs Next at 10:30 am, returns about 2:00 pm

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

We will visit and take a 90-minute docent led tour of Kirk in the Hills, the dream and vision of Col. Edwin S. George. View the Pewabic ceramic tile, Marshall Fredrick's Sculptures, and the tower, which houses the world's largest carillon of 77 bells. Lunch on your own after at 5th Tavern.

FORD PIQUETTE AVENUE PLANT GUIDED TOUR & THE DETROIT COOKIE CO.

Wednesday, October 23 - Registration required

Bus leaves Next at 10:15 am, returns about 2:00 pm

Cost: \$35 members / \$40 non-members

Experience an 90-minute guided tour at the birthplace of the Ford Model T, the original Ford factory. Built in 1904 the Ford Piquette Avenue Plant is recognized as one of the most significant automotive heritage sites in the world. Birthplace of a revolution, rich with Detroit and automotive history, and an absolutely superb collection of vehicles. Car lover or not, you shouldn't miss this one! The building can be drafty, please dress warmly. On the way back we'll visit The Detroit Cookie Co. in Ferndale. This bakery takes "cookie" to a whole new level, with over 25 different scrumptious selections. Treat yourself (not included in ticket price) to a variety of made-from-scratch gourmet cookies, and an "in house" roasted coffee. Trust us, you'll be back.

LUNCH AT THE AMERICAN HARVEST RESTAURANT SCHOOLCRAFT CULINARY SCHOOL

Friday, October 25 - Registration required

Bus leaves Next at 11:15 am, returns about 2:45 pm

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

This trip was so popular the first two times, we thought we would run it one more time! Savor a gourmet lunch skillfully prepared and served by Schoolcraft's Culinary Art students. The menu, which changes daily, includes freshly baked breads, soup, salad, a choice of entrée and a selection from the tempting dessert table. All items are a la carte (soup, salad, dessert and entrée are all separate prices). Lunch is not included in trip cost.

DETROIT PUBLIC LIBRARY

Thursday, November 14 - Registration required

Bus leaves Next at 10:15, returns about 1:15 pm

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

Enjoy a 90-minute docent-led tour of the Detroit Public Library. The tour highlights the architecture of Cass Gilbert, as well as many works of famed craftsmen and architects. The docent will share with you the history, art and architecture of Detroit's acclaimed Main Library. You will discover the Grand Staircase, the Pewabic fireplace, the Ernie Harwell Room, and other surprises along your one-mile walking journey.

WSU BONSTELLE THEATRE: A Christmas Carol

Wednesday, December 4 - Registration required

Bus leaves Next at 12:45 pm, returns about 4:15 pm

Cost: \$35 members / \$40 non-members

Scrooge and his ghostly guides are back for a 4th year of this beloved holiday tale. *A Christmas Carol* follows miserly old Scrooge when he's visited by his former business partner, Jacob Marley. Warned that his humbuggery will curse him in the afterlife, Marley sends the Spirits of Christmas Past, Present and Future to help Scrooge reform his curmudgeonly ways. Will the old codger redeem himself? Can the spirits inspire him to a greater purpose? Utilizing magical special effects and a mechanically marvelous set, *A Christmas Carol* will delight everyone who experiences it.

CLASSIC CHRISTMAS AT GLEN OAKS

Monday, December 9 - Registration required

Bus leaves Next at 10:00 am, returns about 3:00 pm

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

Deck the halls and 'Tis the Season to enjoy an elegant, holiday inspired buffet at Glen Oaks located in Farmington Hills. Tour the historical 1920s English-style clubhouse while it is decorated beautifully for the holidays. Learn the history of the building and of Christmas goodies and treats, then listen to the seasonal music of the Twelfth Night Singers. This trip is brought to you by Oakland County Parks.

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NEW!!! CANASTA LESSONS

Thursdays, September 19, 26 and October 3, 10

from 1:00 to 3:00 pm - 8 person maximum

Cost 4-week series: \$5 materials fee paid to instructor

Canasta is a unique card game in several ways. Each card has a scoring value that is most often not the numerical value of the card, some cards have special uses, and suits are not relevant. This game involves melding, adding to melds and the right to take the whole discard pile. Join fellow Next member Karen Falck and learn the objective, how to play, playing as teams, and the other basics of this fast-paced, high-scoring and unpredictable card game. Once mastered you'll have a great way to pass the time with a few competitive friends.

AMERICAN MAH JONGG LESSONS

Fridays, September 13, 20, 27 and October 4, 11 from

1:00 to 4:00 pm - Classes will be offered again in Spring 2020

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's Mah Jongg journey began at Next and we are excited to have her back to share her "addiction" and love of the game! Judy incorporates techniques acquired in her 37 years as an educator, and teaches for beginners and those wanting a review. Learn the rules of the game, how to make a hand, and how to play. Classes will not be held again until Spring 2020.

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 Next office to sign up if you would like to play. You must be able to play independently.

PINOCHLE...come and join the fun!

Mondays, Tuesdays, Wednesdays, Fridays
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

Socki is a card game for 2-8 players that plays like an open-faced gin rummy with a few unique twists. Join facilitator and creator Jenny Deason Copeland for this fun and exciting game that is easy to learn.

BINGO

1st and 3rd Fridays, September 6, 20
and October 4, 18 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.

CHESS LESSONS FOR BEGINNER & INTERMEDIATE PLAYERS

4 weeks: Thursdays, October 3, 10, 17, 24

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!

BRIDGE LESSONS

Wednesdays from 9:30 to 11:30 am

Series 1: September 4, 11, 18, 25

Series 2: October 2, 9, 16, 23

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 the required book 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

COIN CLUB

Wednesdays, September 18 and October 16 at 7:00 pm

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

BIRMINGHAM STAMP CLUB

Tuesdays, September 3, 17 and October 1 at 6:00 pm

Contact Ken Rusch at 248-968-3505.



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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

Tuesday, September 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. 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.

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.

HEALTH EXPO & FLU SHOT CLINIC DETAILS

Tuesday, October 1 from 10:00 am to 1:00 pm

Oakland County Health Department accepts Medicare, Medicare Part B, Medicaid, cash or credit card (+small fee to use cc). There are no private insurances that OCHD can bill at this time.

Cost of the 2019/2020 vaccine when paying cash —

Regular Flu injectable (6 mos – 64 years): \$24

Highdose flu injectable (65+ years): \$53

Flumist (nasal): \$30

OCHD will also offer FIT (Fecal Immunochemical Test) Kits for those who are between the ages of 45 and 75, have not had a colonoscopy within the past 10 years and have not completed a colorectal cancer screening test (FIT or FOBT) within the last year. OCHD will offer a fall prevention assessment where after a 10-minute client assessment, education and resources will be provided along with fall risk assessment results.

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

Providing seniors with a mobile means of getting help in an emergency. For more information, please call 248-975-9700.

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.

LET'S HEAR FROM YOU!

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



HEALTH & NUTRITION

MEALS ON WHEELS

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 welcomed and appreciated!

MEDICAL EQUIPMENT LOANS

Our loan closet contains walkers, canes, commodes, bath benches and shower stools, available for up to 3 months — as well as wheelchairs for up to 3 weeks — 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, September 4 and October 2
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 the Next office 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, September 25 and October 23
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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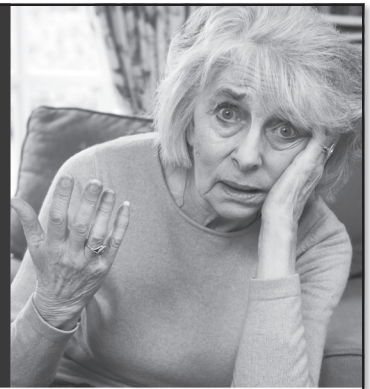
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Our condolences to the family and friends of... Bill Bush, Sante Cundari, Dr. Hind Maatouk Hanna, John Thomas

Our thoughts are with you... Dorothy Cordes, Karen Di Chiera, Joyce Hamburg, Ardis Kenealy, Fred Steiner

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► 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 SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Closed for Labor Day	3 9:00 Agebusters 9:37 Springdale Golf 9:45 Tai Chi 11:00 Women's Coffee & Balance 11:30 Strength 12:00 Pinochle 12:30 Socki Free Play 1:00 Ask the Attorney Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club 6:30 Google Drive Class	4 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Lincoln Hills Golf Blood Pressure & Blood Oxygen Needle Arts 12:00 Open Studio Pinochle Party Bridge 1:30 Chair Yoga 3:00 Mindfulness & Meditation 4:30 Pickleball 5:30 Movie: The Internship	5 Shinola Tour 9:00 Agebusters 9:30 Writer's Corner Pottery Studio Palette & Brush 10:00 Moderate Roll Bike 12:00 Canasta 12:30 Clara Bryant Pickleball 1:00 Slow Flow Yoga 2:00 Small Group Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Bridge Magazine	6 9:00 Limber Up 10:00 Bowling Tai Chi 10:30 Mari Manooagian 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Bingo	7 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
9 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 Popular Reads Mah Jongg 1:30 Chair Yoga 4:30 Pickleball	10 9:00 Agebusters 9:45 Tai Chi 11:00 Women's Coffee & Balance 11:30 Strength 12:00 Pinochle 12:30 Conquering Stress & Anxiety Socki Free Play 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball	11 Capitol Park Strolling Brunch Tour 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Lincoln Hills Golf Needle Arts 10:30 Open Studio 10:30 Ted Talks 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:00 Core/Foundation 5:30 Movie: Crazy Rich Asians 6:00 STRONG!	12 9:00 Agebusters 9:30 Pottery Studio Palette & Brush 10:00 Non Fiction Book Group Moderate Roll Bike 12:00 Canasta 12:30 Pickleball 1:00 Medicare 101 Slow Flow Yoga 2:00 Small Group Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 NO Lecture! Next Oktoberfest at Beverly Park	13 Shinola Trip 2 9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Mah Jongg Lessons 2:00 Tennis League	14 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
16 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 4:00 Trivia Time! 4:30 Pickleball	17 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 10:00 Photography Club 11:00 Women's Coffee & Balance 11:30 Strength 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Board Meeting Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Candidate Forum Stamp Club	18 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Lincoln Hills Golf Needle Arts 10:30 Open Studio 12:00 Pinochle Party Bridge 12:30 History of Royal Oak 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:00 Core/Foundation 5:30 Movie: The Highwaymen 6:00 STRONG! 7:00 Coin Club	19 American Harvest Lunch (Schoolcraft) 9:00 Agebusters 9:30 Writer's Corner Chronic Pain Pottery Studio Palette & Brush 10:00 Moderate Roll Bike 12:00 Canasta 12:30 Pickleball 1:00 Canasta Lessons Slow Flow Yoga Isle Royale Studio Art 2:00 Small Group Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Clean Energy	20 9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Bingo Mah Jongg Lessons 2:00 Tennis League	21 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
23 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 6:00 League of Women Voters	24 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee & Balance 11:30 Strength 12:00 Pinochle 12:30 Mt. Rushmore Program Socki Free Play 1:00 Slow Flow Yoga Chess Quilling Comb Flowers 2:00 Partners Bridge 3:30 Let's Make Pickles! 4:30 Mat Yoga Pickleball	25 St. John Armenian Church 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Lincoln Hills Golf Podiatrists Needle Arts 10:30 Open Studio 10:30 Ted Talks 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:00 Core/Foundation Dinner & A Classic: Mr. Blandings Builds His Dream House 6:00 STRONG!	26 9:00 Agebusters 9:30 Chronic Pain Pottery Studio Palette & Brush 10:00 Moderate Roll Bike 12:00 Canasta 12:30 Pickleball 1:00 Canasta Lessons Slow Flow Yoga Aging in Place: Simple Steps to Stay in Your Home Longer Studio Art 2:00 Small Group Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Constitution, Congress & The President	27 Detroit Historical Museum 9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Mah Jongg Lessons 2:00 Tennis League	28 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
30 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 No programs after 2:00 pm due to the Health Expo on October 1					

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Health Expo & Flu Shot Clinic All programs before 2:00 pm are cancelled due to the Health Expo 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:00 Stamp Club 6:30 Selling on eBay Class	2 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Blood Pressure & Blood Oxygen Needle Arts Open Studio 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:00 Core/Foundation 5:30 Movie: Loving Vincent 6:00 STRONG!	3 DIA A-Z Tour 9:00 Agebusters 9:30 Writer's Corner Chronic Pain Pottery Studio Palette & Brush 12:00 Canasta 12:30 Pickleball 1:00 Canasta Lessons Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Oh Deer!	4 9:00 Limber Up 10:00 Bowling Tai Chi 10:30 Mari Manooagian 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Bingo Mah Jongg Lessons 2:00 Tennis League	5 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
7 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	8 9:00 Agebusters 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Autumn Leaf Candle Holder Chess Self Defense 2:00 Partners Bridge 4:30 Mat Yoga Pickleball	9 9:00 Limber Up Men's Breakfast 9:30 Anyone Can Paint Bridge Lessons 10:00 Needle Arts Open Studio 10:30 Ted Talks 12:00 Pinochle Party Bridge Chair Yoga Guardians of Detroit 2:00 NO Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:00 Core/Foundation 5:30 Movie: Stan & Ollie 6:00 STRONG!	10 9:00 Agebusters 9:30 Chronic Pain Pottery Studio Palette & Brush 10:00 Non Fiction Book Group 12:00 Canasta 12:30 Pickleball 1:00 Canasta Lessons Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Leveraging Technology	11 DSO Trip & Gem Show 9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge Gem, Mineral & Fossil Show 1:00 Mah Jongg Lessons 2:00 Tennis League	12 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
14 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 Popular Reads Mah Jongg Chair Yoga 4:00 Trivia Time! 4:30 Pickleball	15 Fall Colors Tour at Addison Oaks 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 10:00 Photography Club 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Board Meeting Chess Quilling Fall Leaves 2:00 Partners Bridge 4:30 Mat Yoga Pickleball	16 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Needle Arts Open Studio 12:00 Party Bridge Sitting is the New Smoking: Why you should be sitting less, moving more! 1:30 Medicare Seminar Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:00 Core/Foundation 5:30 Movie: Gosford Park 6:00 STRONG! 7:00 Coin Club	17 Kirk in the Hills Tour & 5th Tavern 9:00 Agebusters 9:30 Writer's Corner Chronic Pain Pottery Studio Palette & Brush 10:30 Kirk in the Hills 12:00 Sitting is the New Smoking 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga New Member Coffee Studio Art 2:00 Small Group Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Solar System	18 9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 1:00 Bingo 2:00 Tennis League	19 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
21 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	22 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga New to You: Repurposing Jewelry Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball 6:30 Laurie Johnson	23 Ford Piquette Plant Tour & Detroit Cookie Co. 9:00 Limber Up Men's Breakfast 9:30 Bridge Lessons 10:00 Podiatrists Needle Arts Open Studio 10:30 Ted Talks 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:00 Core/Foundation 5:30 Movie: The Old Man & The Gun 6:00 STRONG!	24 9:00 Agebusters 9:30 Chronic Pain Pottery Studio Palette & Brush 12:00 Canasta 12:30 Pickleball 1:00 Composting Slow Flow Yoga Studio Art 2:00 Small Group Personal Training 4:00 Chess Lessons 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Understanding Iran	25 American Harvest Lunch 9:00 Limber Up 10:00 Bowling Tai Chi 12:00 Pinochle Current Events 12:30 Duplicate Bridge 2:00 Tennis League	26 9:00 Open Pottery Pickleball 10:10 Yoga for Well Being 11:10 Barre Class
28 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 6:00 League of Women Voters	29 9:00 Agebusters 9:30 Painting with Acrylics & Oils 9:45 Tai Chi 11:00 Women's Coffee 11:30 Strength & Balance 12:00 Pinochle 12:30 Socki Free Play 1:00 Slow Flow Yoga Chess 2:00 Partners Bridge 4:30 Mat Yoga Pickleball	30 9:00 Limber Up Men's Breakfast 10:00 Needle Arts Open Studio 12:00 Pinochle Party Bridge 1:30 Chair Yoga 2:00 Watercolor Workshop 2:30 Tennis League 3:00 Mindfulness & Meditation 4:30 Pickleball 5:00 Core/Foundation Dinner & A Classic: The Pit & The Pendulum 6:00 STRONG!	31 9:00 Agebusters 9:30 Pottery Studio Palette & Brush 12:00 Canasta 12:30 Pickleball 1:00 Slow Flow Yoga Strange, Spooky Wicked Michigan Studio Art 4:30 Mat Yoga Pickleball 5:00 Chess Club 6:00 Lecture: Redistricting & Voter Rights		



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SAVE THE DATE! Next Holiday Sale!

Monday, November 18 from 9:30 am to 3:00 pm

Our Annual Holiday Sale will be bigger than ever this year featuring Next talented artists, crafters, knitters, quilters, potters and photographers who are donating their one-of-a kind creations, with all proceeds going to Next. Like most nonprofits, Next relies heavily on the time, treasures and talents of its members. Don't miss this Holiday Shopping event! It's a wonderful place to purchase the lovely work of our talented members as a holiday gift.

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Saturday
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