



Senior Services

4315 Andover Road, Bloomfield Township, MI 48302

Fall 2024

**3 DECADES!
3 PARTIES!**



SEPTUAGENARIAN
Fri Sep 20th



OCTOGENARIAN
Fri Oct 11th



NONAGENARIAN
Fri Nov 15th

Music, Trivia and More!
Open to ALL 50+ guests

See Pg. 15 for more Details!

Expect good friends and great food!

NATIONAL SENIOR CENTER MONTH "Powering Connections"



Join us, and the other 10,000+ senior centers in communities and neighborhoods across the country, to celebrate National Senior Center Month, sponsored by Cedarbrook Senior Living. See Pg. 4 for just a sampling of all our Center has to offer in September!



NEW
BTSS RESOURCE FAIR
WED, SEPT. 18 9-12 PM

The theme for this year's National Senior Center Month is "powering connections." So come join us at the center as we help connect you with valuable resources and information. Learn about senior living options, hearing services, home & hospice care, community programs, home repair programs, library services and more! **See Pg. 5 to learn what sponsors and vendors will be onsite.**

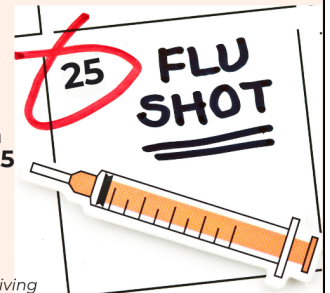
Flu Shot Clinic

See pg. 17 for details & requirements

Friday
Oct 25
9-1 pm

Registration begins Sep. 25 at 9AM

Sponsored by:
American House:
Stone & Elmwood
Cedarbrook Senior Living



FALL FLING

Wed. Sep, 25 11-12 pm

Enjoy a meal at the center while you listen to live music by The Jazz 3! Register by 9/19.

See Pg. 5 for menu & more details

Sponsored by: American House: Stone & Elmwood

\$10 meal

SENIOR SERVICES FRIENDSGIVING!

FRIDAY, NOVEMBER 22 12:00 - 2:00 PM
BT RES \$15 / \$20 NON-RES

See Pg. 5 for menu & more details

Promoting Wellness ~ Supporting Independence ~ Strengthening Community ~ Cultivating Vitality

www.bloomfieldtp.org/seniors

248-723-3500

Serving Adults 50+

Bloomfield Township Senior Services



TOPICS	PAGES
Registration/Policies	3
Donations/Volunteers	3
Special/Featured Events	4-5
Fitness Classes: Land	6-9
Fitness Classes: Aqua	10-11
Day Trips	12-13
Enrichment/Games/	14-16
Health/Support Services	17-18
Nutrition/Meals on	18
Minor Home Repair	19
Transportation Services	19

Bloomfield Twp Senior Services
 4315 Andover Rd.
 Bloomfield Twp., MI 48302
 (S of Long Lk. & W of Telegraph)

Phone: 248-723-3500
 Fax: 248-723-3519
www.bloomfieldtwp.org/seniors

Christine Tvaroha, Director
Ruth Frketich, Deputy Director

Senior Center Hours
 Monday-Friday
 7 AM - 3:30 PM

Mark your Calendars!
 The Center will be closed on
 Sep 2 - Labor Day
 Nov 28 & 29 - Thanksgiving

Bloomfield Township
Main Phone: 248-433-7700
Bloomfield Township Board
 Dani Walsh, Supervisor
 Martin Brook, Clerk
 Michael Schostak, Treasurer
 Neal Barnett, Trustee
 Stephanie Fakih, Trustee
 Valerie Murray, Trustee
 Chris Kolinski, Trustee

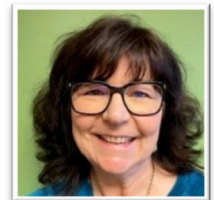
Christine's Comments

September is National Senior Center Month and we are celebrating that senior centers are the place for powerful connections. BTSS empowers people 50+ to grow, explore, and be a part of the community. Create your own unique connections here!

New fall programs include three celebrations of decades, a jazz luncheon, a Resource Fair, even Friendsgiving! Check your wellness with hearing or mobility screening and get your flu shot here. Learn about Medicare, Veterans benefits, self defense, brain health, driving Route 66, The Met and area senior living communities.

Additionally, reopening Friendship Club is not far off. We have been working with private foundations for startup support as more families are impacted by dementia. Enrollment will open in October with service in November. The Friendship Club space has been utilized for classes and personal training but we look forward to offering our valuable adult day services once again.

Companion Café is available now for people experiencing changes in memory, it is the first Wednesday of each month. Care partners participate in the music, craft and social activities as well. Please connect with us for these programs; ctvaroha@bloomfieldtwp.org to express your interest or ask questions.



Wishing you wellness,
Christine Tvaroha
ctvaroha@bloomfieldtwp.org

Special Thank You to our Fall Sponsors:



The printing of our catalog is supported by the advertisers listed on pages 20-23. Please see the businesses who help make this catalog viable. Be sure to let them know that you appreciate their contribution to our programs. Sponsors, speakers and advertisements in this newsletter are not necessarily endorsements by BTSS or Bloomfield Township.

Weekly E-Newsletter & Social Media

Subscribe at www.bloomfieldtwp.org/Seniors All operational updates will be sent via eNews. We will never share your email.



facebook.com/BTSeniorCenter

Follow-Ups & stay up to date with events and news at the Center!



Eligibility/Registration - Call 248-723-3500 or visit www.bloomfieldwp.org/Seniors

- ⇒ Full payment is due at registration. Non-sufficient funds checks will incur a fee.
- ⇒ **Registration for BT residents begins 08/01/24, Non-residents registration begins 08/15/24** (Non-Res pay additional \$10 fee per class/trip, unless otherwise noted).
- ⇒ No refunds for circumstances beyond our control (i.e. closure due to power outages/severe weather).
- ⇒ **Cancellations/Transfers for Classes/Programs:** Will incur \$10 cancellation fee for the original program session. No refund 2 business days prior to start of class. No transfer once class has begun. Refunds will be given if classes/programs are cancelled due to low enrollment or if no instructor is available.
- ⇒ **Cancellations for Trips:** Will incur \$10 cancellation fee + any costs already incurred by the Center (i.e. prepaid tickets). No refunds two business days prior to trip.
- ⇒ **Account Credits:** Credits expire within 90 days or on March 31 of each year if not used or refunded.
- ⇒ We reserve the right to substitute instructors to maintain program continuity.
- ⇒ **ID Cards** - An ID card is required for every visit. Please plan to get your photo taken at your first visit. Replacements will be issued at a cost of \$10.
- ⇒ **Travel Policies:** Every effort is made to inform travelers about the physical requirements of trips. Descriptions may include: walking tour, many stairs, or uneven terrain. Each traveler must decide if a trip is appropriate and be prepared to travel safely. BTSS retains the right to decline a traveler based on their level of independence per the code of conduct: www.bloomfieldtp.org/PDFForms/Senior-Services/CodeOfConduct.aspx Please register an assistant for the trip if it will ensure your safety; trip fees apply to assistants & are paid with your registration. Please alert staff if a wheelchair will be used.
- ⇒ **Gifts & Gratuities** - Staff may not accept any gifts or gratuities from residents, customers, or the public. The highest level of customer service is expected from all staff & we regularly strive to meet this standard. If someone is inclined, please donate to support the Meals on Wheels, Senior Services, or to a local charity in our name.

Late Start Registrations: Although classes start the first week of the month, you may register for a "Late Start" if the class has not reached capacity. Class fees are reduced with each passing week. You may even register for the last class of the month for a one-time visit. This is a great way to try a class without the commitment of a full month. It also helps you stay active after travel, illness recovery or other schedule limitations. **Note, Late Starts must be paid in advance and are processed by phone or in person: they are not available online.*

BECOME A VOLUNTEER!

Applicants must be at least 18 years of age, a BT resident, and agree to complete a volunteer application & background check. Contact Ruth Frketich, BTSS Deputy Director: rfrketich@bloomfieldtp.org.

REGISTER EARLY! Programs fill quickly; program fees are essential to maintain BTSS and help to avoid class cancellations due to low enrollment.

Donations & Program Fees are essential to maintain BTSS



The Senior Service Millage is three fifths of a penny from each BT tax dollar.

"Bloomfield Township and BTSS cannot guarantee that a donor's donation will be tax deductible and donors should check with a tax professional as to the deductibility of their donations."

BTSS T-SHIRTS \$15



Buy A Brick Program

Honor your loved one with a memorial paver brick which will be placed along the BTSS walkways. Your tribute can be in support of Meals on Wheels, Transportation or Senior Services. Bricks available with a \$150 contribution

In Memory of





NATIONAL SENIOR CENTER MONTH

Powering Connections

Join us, and the other 10,000+ senior centers in communities and neighborhoods across the country, to celebrate National Senior Center Month! Our center is more than just a social hub; it connects people to vital community services that can help them stay healthy and independent. It also empowers people to keep learning, growing, and expanding their world as they age. It is where friendships blossom, wellness is ignited, & connections abound!



**Come celebrate the whole month of September, sponsored by Cedarbrook Senior Living
Here is just a sampling of all our Center has to offers in September**



**Monday, Sept. 16
10:30-1:30 pm**

Senior Housing Tour Cedarbrook

Join us for a tour and meal Experience attractive amenities, meet supportive team members, and learn about enriching activities. This upscale full-service retirement community has many unique features. Simple elegance and can be found in the heart of Bloomfield Hills.

Please register by 9/12



**Wednesday, Sept. 18
9:00-12:00 pm**

BTSS Resource Fair

Following the "powering connections" theme, join us to connect with valuable resources and information. Many great sponsors and vendors will be here to share information and answer your questions.
(See pg 5 for vendor listing)



**Thursday, Sept. 19
11:30-1:00 pm**

Lunch & Learn Veteran's Burial Benefits

Join us to learn about securing burial benefits for veterans and their spouses, options for burial or cremation, and differences between national and private cemeteries. We'll cover pre-arrangements and how to help create the perfect tribute. Sponsored by A.J. Desmond & Sons.
Please register by 9/13



**Thursday, Sept 19
8:30-12:30 pm**

Day Trip - O.A.C. Michigan's Mushrooms

Have you ever wondered what goes into fungi foraging? Join Lorenzo Lo Piccolo to learn about Michigan's mushrooms. This presentation will include fungi facts and anatomy, foraging tips and safety, foraging etiquette and sustainability, information on mushroom poisoning, and a search and identification activity!

My Journey with Sumi

*A firsthand account of caring for my wife who was diagnosed with Alzheimer's disease at age 59
by Kanu "KC" Mehta*

**Friday, Sept. 20
10:00-11:00 am**

Unique Topic -Lecture Journey with Sumi

Meet KC Mehta as he shares a firsthand account of caring for his wife of 46 years, Sumi, after she was diagnosed with early onset Alzheimer's disease. A moving tale, arrive prepared to laugh, cry and smile every step of the way.
A true love story.



**Friday, Sept 20
1:00-2:00 pm**

Septuagenarian Party

Come celebrate with us! The Septuagenarian Party highlights the rich experiences of 70-somethings. Enjoy live music from Gordy Hunt and light refreshments! Open to ALL 50+ guests.



BTSS Resource Fair Wednesday, Sept. 18, 9-12:00 pm

September is national senior center month and this year's theme is "powering connections" - join us at the senior center as we help connect you with valuable resources and information. Learn about senior living options, hearing services, home & hospice care, community programs, home repair programs, library services and more! The following sponsors/vendors will have staff and information available to share and discuss with you.



Photo Contest Give us your best shot!

A picture is worth...free programs! We are looking for photos of all the joy, friendships, laughter, and action that occurs through BTSS. Photos will be displayed in the center and some will be shared in catalog (with permission). Voting will lead to prizes!



Send photo to:
ctvaro@bloomfieldtwp.org
subject: Photo Contest

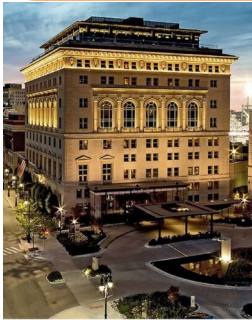


FALL FLING Wed. Sep. 25 11-12 pm

Enjoy a meal at the center while you listen to **live music by The Jazz 3!** Register by 9/19.

Paprika Chicken, Baby Baked Potato, Fresh Green Beans, Dinner Roll, Garden Salad & Cannoli.

Event & meal created & sponsored by:



Detroit Athletic Club Art Tour

Tue, Oct. 8 9:30-12 pm Fee: Res \$26/Non-Res \$36

Exclusive tour of one of Detroit's premier establishments; founded in 1887! Move through each of its exquisite rooms filled with a world class collection of fine art. Please refrain from wearing jeans and gym shoes on the tour.

Business casual attire required.

Thanksgiving CURBSIDE meal

Thursday, Nov. 28th
10-10:30 am

Menu includes a **breakfast AND a dinner. Breakfast:** Western Omelet, sausage, hash brown potatoes, biscuit & jelly, juice and **Dinner:** Roast Turkey & gravy, cornbread stuffing, green peas with red peppers, garden salad with dressing, cranberry sauce, dinner roll, pumpkin pie.

\$20 Meal

Register by 11/20



Celebrate Fall: Meet the Autumn House Team!



Tue, Oct. 15 11-1:00 pm
Fee: Complimentary

Join us at the Senior Center to celebrate fall with a snack and refreshment. Meet the team from Autumn House and learn about a wonderful Senior Living Community.

SENIOR SERVICES FRIENDSGIVING!

EXPECT GOOD FRIENDS
AND GREAT FOOD!

FRIDAY, NOVEMBER 22
12:00 - 2:00 PM
RES \$15 / \$20 NON-RES

Join us for a delicious Thanksgiving meal, shared with your friends at BTSS! Indulge in turkey, stuffing, green beans, mashed potatoes, candied yams and a piece of pumpkin pie for dessert! Register early for this delicious and heartwarming experience!

Please register by 11/15.



GROUP FITNESS SCHEDULE

SEP/OCT/NOV

LIVE, VIRTUAL & HYBRID CLASSES!

Registration required before attendance. Instructors, full descriptions, fees and sessions dates follow on pages 7-11. Popular classes fill quickly, so register early! Non-residents are welcome after resident priority registration & will pay additional \$10 fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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LAND

LaBlast Dance 9:00 am	S.G.P.T. 7:30 am	Indoor Circuit 7:30 am	S.G.P.T. 7:30 am	Strength & Balance 9:00 am
Barre Balance 10:30 am	Cardio, Conditioning & Core 9:00 am	Strength & Balance Lvl 2 9:00 am	Cardio Dance Party 9:00 am	Mindful Movement Pilates 10:15 am
Chair Yoga 11:30am	Gentle Moves Yoga Lvl 2 10:30 am	Tai Chi Continuing 10:30 am	Gentle Moves Yoga 10:30 am	S.G.P.T. 11:30 am
Drum Happy 1:00 pm	Mindful Meditation 11:45 am	Ageless Yoga 11:30 am	Pickleball Conditioning 12 pm	Golf Conditioning 1:00 pm
Tai Chi Beginner 2:00 pm	S.E.A.T. 1:30 pm	Barre Balance 12:45 pm	S.E.A.T. 1:30 pm	
Zumba LaBlast 5:15 pm (virtual only)	Yoga for Back & Shoulders 1:00 pm	No Flexion Pilates 1:45 pm		
		Zumba LaBlast 5:15 pm (virtual only)		
Thu, Sep 12-Oct 31 12-2:00 pm Free! See Pg. 7				

AQUA

Lap Swim M/W 7:15 am	Aqua Resistance 7:15 am	Lap Swim M/W 7:15 am	Aqua Resistance 7:30 am	Lap Swim 7:15 am
Pool Noodle 8:30 am	Total Body Aqua 8:30 am	Pool Noodle 8:30 am	Total Body Aqua 8:30 am	Pool Noodle 8:30 am
Aqua Circuit 9:30 am	Aqua Energy & Flow 10:00 am	Aqua Interval 9:30 am	Aqua Energy & Flow 10:00 am	Aqua Strong & Fit 9:30 am
Endurance Core & Balance 11:00 am	Aqua Boot Camp 11:30 am	LaBlast Splash 11:00 am	Aqua Boot Camp 11:30 am	Water Walking 11:00 am
Water Walking 1:30 pm	Lap Swim T/Th 2:00 pm	Aqua Flow 1:30 pm	Lap Swim T/Th 2:00 pm	Open Swim 1:30 pm

BCTV

Cardio Interval 10:00 am	Strength & Balance 10:00 am	Cardio Interval 10:00 am	Strength & Balance 10:00 am	Gentle Moves Yoga 10:00 am
Balance, Stretch & Meditate 1:00 pm	Chair Cardio & Strength 1:00 pm	Gentle Moves Yoga 1:00 pm	Seated Cardio & Strength 1:00 pm	Balance, Stretch & Meditate 1:00 pm

SUNDAY:

Balance, Stretch & Meditate 10:00 am

Tune into BCTV on Comcast channel 15 & AT&T channel 99 for daily exercise classes



Cardio & Cardio Dance

Cardio, Core, Conditioning w/ Dondra

Low impact aerobics improves coordination and balance with easy to-follow patterns and movements, while muscle training increases strength & endurance. Abdominal work focuses on core girdle. Bring exercise

Tue. Sep 3-24	9-10 am	4 Classes / \$40
Tue. Oct 1-29	9-10 am	5 Classes / \$50
Tue. Nov 5-26	9-10 am	4 Classes / \$40

Cardio Dance Party w/ Maggie

Whether you have dance skills or two left feet, everyone can enjoy movement to great music from pop to country, classics and international flavors! Simple dance moves intertwined with fitness moves for a head-to-toe workout experience! [\[Live, Virtual, Hybrid\]](#)

Thu. Sep 5-26	9-10 am	4 Classes / \$36
Thu. Oct 3-31	9-10 am	5 Classes / \$45
Thu. Nov 7-21	9-10 am	3 Classes / \$27

LaBlast® Dance Fitness w/ Donna

This program is based on the basic patterns of Ballroom Dancing! Done partner free, it covers every style of dancing, such as waltz, tango, foxtrot, swing dances and more! Weight work is integrated into some dances to give full body, fun workout. Developed by 3x world ballroom champion L. Van Amstel and presented to you by MI Master Trainer Donna Tomassi. [\[Live\]](#)

Mon. Sep 9-30	9-10 am	4 Classes / \$40
Mon. Oct 7-28	9-10 am	4 Classes / \$40
Mon. Nov 4-25	9-10 am	4 Classes / \$40

Zumba® / LaBlast® w/ Mari Ann

Partner-free ballroom dance along with dance moves

Mondays

Mon Sep 9-30	5:15-6 pm	4 Classes / \$36
Mon. Oct 14-28	5:15-6 pm	3 Classes / \$27
Mon Nov 4-25	5:15-6 pm	4 Classes / \$36

Wednesdays

Wed. Sep 11-25	5:15-6 pm	3 Classes / \$27
Wed. Oct 2-30	5:15-6 pm	5 Classes / \$45
Wed. Nov 6-20	5:15-6 pm	3 Classes / \$27

September is National Senior Center Month
"Powering Connections"

BTSS Resource Fair

Wednesday, September 18, 9-12 PM

Join us to connect with valuable resources and information. Many great sponsors and vendors to share information and answer your questions.

Strength & Balance

Strength & Balance Lvl 2

Advanced level class focuses on core based movement using body weight, dumbbells, and balance to work through compound and asymmetrical moves, challenging both the body and mind. Bring a mat and water bottle. [\[Live, Virtual, Hybrid\]](#)

Wednesdays w/Maggie

Wed. Sep 4-25	9-10 am	4 Classes / \$36
Wed. Oct 2-30	9-10 am	5 Classes / \$45
Wed. Nov 6-27	9-10 am	4 Classes / \$36

Fridays w/ Becca

Fri. Sep 6-27	9-10 am	4 Classes / \$36
Fri. Oct 4-25	9-10 am	4 Classes / \$36
Fri. Nov 1-22	9-10 am	4 Classes / \$36

A Matter of Balance w/Becca

This award-winning program is designed to manage falls with practical strategies and increase activity levels. Offered in partnership with St. Joseph Mercy Oakland & Ageways. [\[Live\]](#)

Thu. Sep 12-Oct 31	12-2 pm	8 Classes / Free*
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*(no class Aug 6) *Free-Residents Only*

Barre Balance w/ Donna

Standing class using the barre for balance and gentle strength training. May also incorporate some basic ballet moves at the barre. Please bring a mat to class. Intermediate Level. [\[Live\]](#)

Mondays

Mon. Sep 9-30	10:30-11:15 am	4 Classes / \$40
Mon. Oct 7-28	10:30-11:15 am	4 Classes / \$40
Mon. Nov 4-25	10:30-11:15 am	4 Classes / \$40

Wednesdays

Wed. Sep 4-25	12:45-1:30 pm	4 Classes / \$40
Wed. Oct 2-30	12:45-1:30 pm	5 Classes / \$50
Wed. Nov 6-27	12:45-1:30 pm	4 Classes / \$40

Tai Chi

Tai Chi Chuan Beginner w/ Holly

This practice enhances balance and body awareness with slow, gentle, graceful & precise movements. [\[Live\]](#)

Mon. Sep 9-Oct 28	2-3 pm	8 Classes / \$80
Mon. Nov 4-Dec 23	2-3 pm	8 Classes / \$80

Tai Chi Chuan Continuing w/ Han

A continuation for those experienced in Tai Chi. [\[Live\]](#)

Wed. Sep 4-Oct 16	10:30-11:15 am	7 Classes / \$70
Wed. Oct 23-Dec 4	10:30-11:15 am	6 Classes / \$60

(No class 11/27)





Seated Classes

Ageless Yoga w/ Karen

Find balance, strength & flexibility as we move through standing yoga postures using the support of a chair. New to yoga or not, this is for all levels. Each session will begin and end with seated meditation. [\[Live\]](#)

Wed. Sep 4-25	11:30 -12:20 pm	4 Classes / \$40
Wed. Oct 2-30	11:30 -12:20 pm	5 Classes / \$50
Wed. Nov 6-27	11:30 -12:20 pm	4 Classes / \$40

Chair Yoga w/ Donna

Connect gentle body movement with your breathing as you work to gain more strength, flexibility and balance in seated and optional standing postures, using a chair for support. For standing, wear supportive shoes. No sandals or slip-ons; bare feet are acceptable.

[\[Live, Virtual, Hybrid\]](#)

Mon. Sep 9-30	11:30-12:30 pm	4 Classes / \$40
Mon. Oct 7-28	11:30-12:30 pm	4 Classes / \$40
Mon. Nov 4-25	11:30-12:30 pm	4 Classes / \$40

S.E.A.T.

Supported Exercise & Ability Training

Chair-assisted workout encompasses cardio fitness, strength, agility and balance training in a supported, fun, & socially engaging environment. [\[Live\]](#)

[Tuesdays w/ Becca](#)

Tue. Sep 3-24	1:30-2:15 pm	4 Classes / \$36
Tue. Oct 1-29	1:30-2:15 pm	5 Classes / \$45
Tue. Nov 5-26	1:30-2:15 pm	4 Classes / \$36

[Thursdays w/ Lea](#)

Thu. Sep 5-26	1:30-2:15 pm	4 Classes / \$36
Thu. Oct 3-31	1:30-2:15 pm	5 Classes / \$45
Thu. Nov 7-21	1:30-2:15 pm	3 Classes / \$27

Drum Happy w/ Mari Ann

Drum to a variety of music in this unique class & enhance sensory & motor skills. This program will bring joy and fun to everyone who participates! [\[Live\]](#)

Mon. Sep 9-30	1-1:45 pm	4 Classes / \$36
Mon. Oct 14-28	1-1:45 pm	3 Classes / \$27
Mon. Nov 4-25	1-1:45 pm	4 Classes / \$36

Yoga (Please bring your own mat)

Gentle Moves Yoga w/ Lea

Learn basic yoga poses to help strengthen your core, improve balance, practice simple relaxation and meditation techniques. Must be able to get up and down from floor. [\[Live, Virtual, Hybrid\]](#)

Thur. Sep 5-26	10:30-11:30 am	4 Classes / \$36
Thur. Oct 3-31	10:30-11:30 am	5 Classes / \$45
Thur. Nov 7-21	10:30-11:30 am	3 Classes / \$27



Gentle Moves Yoga Lvl 2 w/ Maggie

Move forward in your yoga practice with more advanced poses & flowing asana geared toward strengthening muscles throughout the body with a focus on the core. Yoga experience and ability to move from standing to floor & back. [\[Live, Virtual, Hybrid\]](#)

Tue. Sep 3-24	10:30-11:30 am	4 Classes / \$36
Tue. Oct 1-29	10:30-11:30 am	5 Classes / \$45
Tue. Nov 5-26	10:30-11:30 am	4 Classes / \$36

Pilates

Mindful Movement Pilates w/ Amy

Create better mind body connections through the regular practice of Pilates. Exercises focus on lengthening and strengthening the body, and more specifically the core, to create healthier movement patterns and improved balance. [\[Live\]](#)

Fri. Sep 6-27	10:15-11:15 am	4 Classes / \$40
Fri. Oct 4-25	10:15-11:15 am	4 Classes / \$40
Fri. Nov 1-22	10:15-11:15 am	4 Classes / \$40

No Flexion Pilates w/ Amy

This class will be for students with scoliosis and other debilitating back issues. [\[Live, Virtual, Hybrid\]](#)

Wed. Sep 4-25	1:45-2:15 pm	4 Classes / \$40
Wed. Oct 2-30	1:45-2:15 pm	5 Classes / \$50
Wed. Nov 6-27	1:45-2:15 pm	4 Classes / \$40

Specialty Classes

Golf Conditioning w/ Becca

Golf specific muscular strength, stability & balance training. Wear supportive shoes & bring your favorite driver. [\[Live, Virtual, Hybrid\]](#)

Fri. Sep 6-27	1-1:45 pm	4 Classes / \$40
Fri. Oct 4-25	1-1:45 pm	4 Classes / \$40
Fri. Nov 1-22	1-1:45 pm	4 Classes / \$40

Pickleball Conditioning w/ Becca

Want to improve fitness & performance on the court? Join us to work on your endurance, strength training, agility, flexibility & balance. Bring mat & water bottle. [\[Live, Virtual, Hybrid\]](#)

Thur. Sep 5-26	12-12:45 pm	4 Classes / \$40
Thur. Oct 3-31	12-12:45 pm	5 Classes / \$50
Thur. Nov 7-21	12-12:45 pm	3 Classes / \$30

Mindful Meditation w /Maggie

Practice mindfulness and relaxation with this meditative class! Class will start with simple and gentle movement to warm the body, then move into an extended meditation. Find your comfort zone standing, seated, or on the floor. Come prepared to let go, relax, and just breathe! [\[Live, Virtual, Hybrid\]](#)

Tue. Sep 3-24	11:45-12:15 pm	4 Classes / \$12
Tue. Oct 1-29	11:45-12:15 pm	5 Classes / \$15
Tue. Nov 5-26	11:45-12:15 pm	4 Classes / \$12



Small Group Personal Training

Small Group Personal Training (SGPT)

New to working out or at a plateau? SGPT could improve your results. Personalized attention within a group may help you reach your goals! Limited class size. Does not include fitness equipment use.

Tuesdays w/ Becca & Maggie [Live]

Tue. Sep 3-24 7:30-8:30 am 4 Classes / \$76

Tue. Oct 1-29 7:30-8:30 am 5 Classes / \$95

Tue. Nov 5-26 7:30-8:30 am 4 Classes / \$76

Thursdays w/ Becca & Maggie [Live]

Thu. Sep 5-26 7:30-8:30 am 4 Classes / \$76

Thu. Oct 3-31 7:30-8:30 am 5 Classes / \$95

Thu. Nov 7-21 7:30-8:30 am 3 Classes / \$57

Fridays w/ Lola [Live]

Fri. Sep 6-27 11:30-12:30 pm 4 Classes / \$76

Fri. Oct 4-25 11:30-12:30 pm 4 Classes / \$76

Fri. Nov 1-22 11:30-12:30 pm 4 Classes / \$76

Yoga for Back and Shoulders w/ Catherine

A small group class with a therapeutic focus on using props, including foam rollers, bands & the wall to facilitate building strength & flexibility in the muscles of the shoulders & back.. [Live]

Tue. Sep 10-24 1-2 pm 3 Classes / \$57
(No class 9/3)

Tue. Oct 8-29 1-2 pm 4 Classes / \$76
(No class 10/1)

Tue. Nov 12-26 1-2 pm 3 Classes / \$57
(No class 11/5)

Personal Training / 1-on-1's

1-On-1 Personal Training

Our certified personal trainers guide you to a healthier lifestyle! Whether you are brand new to exercise or a seasoned athlete, our trainers have the skills & knowledge to help you succeed. With personalized attention, you will work toward meeting your health & fitness goals.

1 Hour - \$70 Res/\$80 Non-Res

Scolio Pilates Personal Training w/ Amy

Scolio Pilates is a 3-dimensional scoliosis-specific exercise form to assist those living with scoliosis through four strategies of movement: elongation, breathing, corrective positioning and three dimensional strengthening. Amy has trained with Karena Thek, founder of Scolio Pilates.

1 Hour - \$85 Res/\$95 Non-Res

All 1-on-1 Trainings must be registered by phone.

Cancellations must be 2 business days prior to appointment. Please note-We will share your contact information with the trainer who may reach out to you.

Equipment & Track

Equipment Orientation

BT residency is required to use the equipment. An orientation is required **before** registering for Fitness Open Hours. Orientations are a 1-hour personalized training session on all the equipment for safe & effective use. A refresher course is also available if needed. Comfortable clothing & clean indoor shoes required. *2 business days notice required to cancel or reschedule. 1 class/ \$35

Fitness Open Hours

Pre-requisite: Equipment Orientation and BT residency. Self-supervised. Includes the fitness equipment and the walking track. Requires a change into clean shoes.

\$20/month or \$10/half-month (1st -15th or 16th - end)

Walking Track

Self-supervised; a change into clean shoes is required. Also available to non-residents for increased fee.

BT \$10/month \$5 half Non-Res \$15/month \$7.50 half

Complimentary Fitness Open Hours & Track for Residents

Township residents age 65+, with specific UHC Medicare Supplement policies may be eligible for complimentary Fitness Open Hours, Equipment Orientations and Walking Track use. Advance enrollment required. Please call the center for assistance or the number on the back of your insurance card. Benefit requires a safety orientation and scanning with your BTSS ID card with EVERY visit.

Renew Active
by UnitedHealthcare

NEVER GIVE UP



Bloomfield Township Senior Services



Pool: Lifeguard on duty. You don't need to know how to swim but must be comfortable in water. The pool is 4 feet deep, entry is by ramp or stairs, temperatures average 83 - 88 degrees. Showers are required prior to pool use. For efficiency, please arrive with your suit under your clothes. Water shoes are recommended. Bring water bottle and towel. Lockers are available, or you may use the baskets on pool deck for clothes/personal items.

Aqua Boot Camp w/ Ernie

High intensity, interval workout using resistance equipment to increase your strength & endurance. Combines strength training, aerobic conditioning with the resistance from the water to give you an awesome overall body workout.

Tuesdays

Tue. Sep 3-24	11:30-12:30 pm	4 Classes / \$36
Tue. Oct 1-29	11:30-12:30 pm	5 Classes / \$45
Tue. Nov 5-26	11:30-12:30 pm	4 Classes / \$36

Thursdays

Thu. Sep 5-26	11:30-12:30 pm	4 Classes / \$36
Thu. Oct 3-31	11:30-12:30 pm	5 Classes / \$45
Thu. Nov 7-21	11:30-12:30 pm	3 Classes / \$27

Aqua Circuit w/ Becca

Take your circuit training to the water! Get a full body workout using a variety of equipment as you move through stations. This class will encompass cardio, strength, balance and core.

Mon. Sep 9-30	9:30-10:20 am	4 Classes / \$36
Mon. Oct 7-28	9:30-10:20 am	4 Classes / \$36
Mon. Nov 4-25	9:30-10:20 am	4 Classes / \$36

Aqua Energy & Flow w/ Becca

Intro to functional and circuit training for strength and mobility. Use of a variety of pool equipment for resistance. Includes extended full body stretching.

Tuesdays

Tue. Sep 3-24	10-11 am	4 Classes / \$36
Tue. Oct 1-29	10-11 am	5 Classes / \$45
Tue. Nov 5-26	10-11 am	4 Classes / \$36

Thursdays

Thu. Sep 5-26	10-11 am	4 Classes / \$36
Thu. Oct 3-31	10-11 am	5 Classes / \$45
Thu. Nov 7-21	10-11 am	3 Classes / \$27

Aqua Flow w/ Ernie

Introduction to functional training for strength and mobility. Includes extended balance and full body stretch. This class will focus on techniques, taking the workout at your own pace and listening to your body.

Wed. Sep 4-25	1:30-2:15 pm	4 Classes / \$36
Wed. Oct 2-30	1:30-2:15 pm	5 Classes / \$45
Wed. Nov 6-27	1:30-2:15 pm	4 Classes / \$36

Aqua Interval w/ Ernie

Let's improve your endurance and muscle. Using a variety of equipment, you will get a total body workout mixed with bursts of higher intensity movement.

Wed. Sep 4-25	9:30-10:30 am	4 Classes / \$36
Wed. Oct 2-30	9:30-10:30 am	5 Classes / \$45
Wed. Nov 6-27	9:30-10:30 am	4 Classes / \$36

Aqua Resistance Training w/ Ernie

Movement in the water creates resistance for a positive effect on cardiovascular fitness and muscle toning. You determine the level of intensity. [\[Intermediate\]](#)

Tuesdays

Tue. Sep 3-24	7:15-8:15 am	4 Classes / \$36
Tue. Oct 1-29	7:15-8:15 am	5 Classes / \$45
Tue. Nov 5-26	7:15-8:15 am	4 Classes / \$36

Thursdays

Thu. Sep 5-26	7:15-8:15 am	4 Classes / \$36
Thu. Oct 3-31	7:15-8:15 am	5 Classes / \$45
Thu. Nov 7-21	7:15-8:15 am	3 Classes / \$27

Aqua Strong & Fit w/ Marci

A fun, athletic approach to water fitness training. An all-inclusive workout using a variety of equipment that combines aerobic conditioning, strength training & flexibility. You do not need to know how to swim but should feel comfortable in the water.

Fri. Sep 6-27	9:30-10:30 am	4 Classes / \$36
Fri. Oct 4-25	9:30-10:30 am	4 Classes / \$36
Fri. Nov 1-22	9:30-10:30 am	4 Classes / \$36

Endurance, Core & Balance w/ Ernie

Aqua Endurance training plus dynamic core and balance conditioning with some muscle work. A challenging, low impact but high intensity workout to increase heart rate. [\[Intermediate\]](#)

Mon. Sep 9-30	11 am-12 pm	4 Classes / \$36
Mon. Oct 7-28	11 am-12 pm	4 Classes / \$36
Mon. Nov 4-25	11 am-12 pm	4 Classes / \$36

LaBlast® Splash w/ Donna

Shallow aqua dance fitness workout based on ballroom dance. Fun moves inspired by TV's DWTS! All levels. Water shoes are required.

Wed. Sep 4-25	11-11:50 am	4 Classes / \$40
Wed. Oct 2-30	11-11:50 am	5 Classes / \$50
Wed. Nov 6-27	11-11:50 am	4 Classes / \$40

Safety: Consult your doctor before starting any exercise program to ensure your safe participation. Commit to both a warm up and cool down which are vital to safety & effectiveness. Bring a refillable bottle to class to stay hydrated.



Lap Swim

Self-paced for lap workouts only. Walk or swim.

BT residency required.

Mondays/Wednesdays

Wed. Sep 4-30	7:15-8 am	8 Classes / \$64
Wed. Oct 2-30	7:15-8 am	9 Classes / \$72
Mon. Nov 4-27	7:15-8 am	8 Classes / \$64

Tuesdays/Thursdays

Tue. Sep 3-26	2-2:45 pm	8 Classes / \$64
Tue. Oct 1-31	2-2:45 pm	10 Classes / \$80
Tue. Nov 5-26	2-2:45 pm	7 Classes / \$56

Fridays

Fri. Sep 6-27	7:15-8 am	4 Classes / \$32
Fri. Oct 4-25	7:15-8 am	4 Classes / \$32
Fri. Nov 1-22	7:15-8 am	4 Classes / \$32

Open Swim

Independent program where you decide to walk or exercise with equipment. No lap swim.

Fri. Sep 6-27	1:30-2:15 pm	4 Classes / \$36
Fri. Oct 4-25	1:30-2:15 pm	4 Classes / \$36
Fri. Nov 1-22	1:30-2:15 pm	4 Classes / \$36

Pool Noodle Workout w/ Ernie

Low impact, high intensity workout with noodles provides the resistance with much less stress to your joints. Improve cardiovascular fitness and stamina

Mondays

Mon. Sep 9-30	8:30-9:15 am	4 Classes / \$36
Mon. Oct 7-28	8:30-9:15 am	4 Classes / \$36
Mon. Nov 4-25	8:30-9:15 am	4 Classes / \$36

Wednesdays

Wed. Sep 4-25	8:30-9:15 am	4 Classes / \$36
Wed. Oct 2-30	8:30-9:15 am	5 Classes / \$45
Wed. Nov 6-27	8:30-9:15 am	4 Classes / \$36

Fridays

Fri. Sep 6-27	8:30-9:15 am	4 Classes / \$36
Fri. Oct 4-25	8:30-9:15 am	4 Classes / \$36
Fri. Nov 1-22	8:30-9:15 am	4 Classes / \$36

Total Body Aqua w/ Ernie

Intermediate level class with a fun mix of cardio and resistance training, combined with invigorating core work and stretching.

Tuesdays

Tue. Sep 3-24	8:30-9:30 am	4 Classes / \$36
Tue. Oct 1-29	8:30-9:30 am	5 Classes / \$45
Tue. Nov 5-26	8:30-9:30 am	4 Classes / \$36

Thursdays

Thu. Sep 5-26	8:30-9:30 am	4 Classes / \$36
Thu. Oct 3-31	8:30-9:30 am	5 Classes / \$45
Thu. Nov 7-21	8:30-9:30 am	3 Classes / \$27

Water Walking Workout w/ Ernie

Fun and simple class helps strengthen muscles, build cardio and balance. Use proper technique and work at your own pace moving to music! Class includes core training and stretching.

Mondays

Mon. Sep 9-30	1:30-2:15 pm	4 Classes / \$36
Mon. Oct 7-28	1:30-2:15 pm	4 Classes / \$36
Mon. Nov 4-25	1:30-2:15 pm	4 Classes / \$36

Fridays

Fri. Sep 6-27	11-11:50 am	4 Classes / \$36
Fri. Oct 4-25	11-11:50 am	4 Classes / \$36
Fri. Nov 1-22	11-11:50 am	4 Classes / \$36

A Morning Ritual of Comfort. Our Pool's Gentle 82 Degrees Invites You to Swim Your Way to Wellness!



Bloomfield Township Senior Services



9/6	Fri	Bower's Farm Luncheon & Tour
9/13	Fri	Wint Nature Center Tour
9/16	Mon	Housing Tour: Cedarbrook of Blmfld
9/17	Tue	Masonic Temple Tour
9/19	Thu	OAC: Michigan's Mushrooms
9/25	Wed	DIA Highlights Tour
9/27	Fri	Selfridge Air Museum
10/1	Tue	Addison Oaks–Fall into History
10/4	Fri	DSO: Star Wars
10/8	Tue	Detroit Athletic Club Art Tour
10/16	Wed	Housing Tour: AH-Village at Blmfld
TBD	TBD	Steam Railroading Institute, Owosso
10/18	Fri	Pontiac Transportation Museum
10/25	Fri	DSO: Music of the Knights
10/30	Wed	Meadowbrook: Strangers on a Train
11/7	Thu	OAC: Rouge River Revived
11/13	Wed	Cranbrook Art Lab & Museum Tour
11/15	Fri	DSO: Under the Streetlamp
12/10	Tue	OAC: Rum Running Stories

Bower's School Farm Luncheon & Tour

Fri, Sep 6 10:30-2:30 pm Fee: Res \$28/Non-Res \$38

Join the Director of the farm, Alan Jaros, as he offers a historical perspective on the Farmhouse and how it came to be. Indulge in a Farm Scratch turkey and cheddar sandwich on freshly baked sourdough bread with seasonal fruit, a cookie, chips and water. Finish with shopping at the Farm Store for local goods to wrap up your day at the farm!



Wint Nature Center Tour

Fri Sep 13 12:30-3:00 pm Fee: Res \$25/Non-Res \$35

The Nature Center at Independence Oaks County Park near Clarkston has provided rich nature education experiences for all ages since 1985. Start with a presentation in the exhibit room and then explore on your own (30 min.). You may stay in the center or traverse over gorgeous paved and wood chipped paths. Please wear appropriate clothing for walking.

Masonic Temple Tour

Tue Sep 17 9:30-11:30 am Fee: Res \$39/Non-Res \$49

Nestled in the heart of the Cass Corridor, the Detroit Masonic Temple stands as a testament to timeless mystique and architectural grandeur. As you step across its threshold, prepare to be transported to a realm where history intertwines with symbolism, and where the whispers of ancient brotherhood echo through its hallowed halls. No Meal.

OAC: Michigan's Mushrooms

Thu Sep 19 8:30-12:30 am Fee: Res \$34/Non-Res \$44

Have you ever wondered what goes into fungi foraging? Join Lorenzo Lo Piccolo to learn fungi facts and anatomy, foraging tips and safety, foraging etiquette & sustainability plus how to avoid mushroom poisoning. Optional search and identification activity included. No Meal, light refreshment provided.

DIA Highlights Tour

Wed Sep 25 12:15-3:45 pm Fee: Res \$18/Non-Res \$28

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. Come and see some of the highlights with a guided tour or explore on your own. The DIA Café will be open for refreshments.

Selfridge Air Museum

Fri Sep 27 9:30-3:00 pm Fee: Res \$45/Non-Res \$55

In 1975, the Michigan Air Guard Historical Association (MAGHA) and the Selfridge Military Air Museum were formed by a group of ANG officers and enlisted personnel. Their mission is to preserve the heritage and traditions of the MANG, Selfridge ANG Base, and the units that are/or were stationed there. Exceptional exhibits! Lunch on your own to follow the tour.

Addison Oaks County Park–Fall Into History

Tue Oct 1 10:15-3:00 pm Fee: Res \$74/Non-Res \$84

Enjoy the fall season with an elegant buffet at the Buhl Estate at Addison Oaks County Park. Learn about the history of the park, enjoy a wagon ride, and cozy up with delicious cider and donuts. Please dress appropriately for fall weather!

DSO: Star Wars

Fri Oct 4 9:30-3:45 pm Fee: Res \$77/Non-Res \$87

Feel the force of the entire Star Wars saga as the DSO performs the best of John Williams's film music from every episode in the series. Plus, selections from Michael Giacchino's score for Rogue One: A Star Wars Story. Lunch on your own after at Maggiano's Little Italy.

Detroit Athletic Club Art Tour

Tue Oct 8 9:30-12 pm Fee: Res \$26/Non-Res \$36

Exclusive tour of one of Detroit's premier establishments; founded in 1887! Move through each of its exquisite rooms filled with a world class collection of fine art. Please refrain from wearing jeans and gym shoes on the tour. **Business casual attire required.**



Steam Railroading Institute, Owosso

Date/Time/Fees - TBD

Journey with BT resident Bob Thatcher to this unique working museum. Artifacts include steam locomotive Pere Marquette #1225 and a number of passenger cars and cabooses.

Please wear comfortable shoes for walking the grounds. There will be an opportunity to climb aboard, steps to board are not



ADA accessible. Afterwards, enjoy a stop at the Wrought Iron Grill for an included lunch.

Pontiac Transportation Museum

Fri Oct 18 9:45-12 pm Fee: Res \$30/Non-Res \$40

One of America's deepest legacies of transportation history, innovation, and accomplishment is in Pontiac, Michigan. While Detroit is known as "The Motor City," in Pontiac during the late 19th and early 20th centuries some of the nation's most successful manufacturers of horse-drawn buggies and carriages evolved into the earliest car and truck companies. Come see incredible examples of this work from a culture that changed the world! No meal stop.

DSO: Music of the Knights

Fri Oct 25 9:30-3:45 pm Fee: Res \$77/Non-Res \$87

They are music's royalty—Sir Andrew Lloyd Webber, Sir Elton John, and Sir Paul McCartney. Experience the crown jewels of Broadway and pop at Orchestra Hall, featuring "Can You Feel the Love Tonight," "Circle of Life," "Phantom of the Opera," "Yesterday," "Memory," "Hey Jude," and more! Lunch, on your own, to follow at Sedona Taphouse.

Meadowbrook: Strangers on a Train

Wed Oct 30 11:15-5:30 pm Fee: Res \$97/Non-Res \$107

Enjoy lunch at the Auburn Standard inside the Crown Plaza Hotel followed by a chilling afternoon of mystery. Guy and Charles meet on a train and, because they are strangers, they think they can say anything while chatting. Bruno suggests that they could get away with murder - he could kill Guy's unfaithful wife while Guy could eliminate his hated father. Guy does not take him seriously, but Bruno is dead serious. Meal included, lim-

OAC: Rouge River Revived

Thu Nov 7 8:30-12:30 pm Fee: Res \$34/Non-Res \$44

During the 1960s-early 1980s, the Rouge River was one of the most polluted streams in the Great Lakes Basin. Then in the mid-1980s a "tipping point" impacted the health and safety of the river. Join Dr. John Hartig, a visiting scholar, to discover the how the watershed is coming back to life! Light refreshments served.

Cranbrook Art Lab & Museum Tour

Wed Nov 13 12:45-4:00 pm Fee: Res \$57/Non-Res \$67

Exercise your creativity with a trip to the Cranbrook Art Lab! View the archives, pick your print and engage in a patterning workshop and take home your creations! After, enjoy a coffee break in the café and independent gallery viewing. Cost includes material fee.

DSO: Under the Streetlamp

Fri Nov 15 9:30-3:45 pm Fee: Res \$77/Non-Res \$87

Former cast members from the hit musical Jersey Boys match tight harmonies and slick dance moves with old-school hits by The Drifters, Roy Orbison, Nat King Cole, The Beach Boys, and The Beatles, plus a show stopping celebration of Frankie Valli and the Four Seasons. Lunch after, on your own, at Kruse & Muer on Woodward.

OAC: Rum Running Stories

Tue Dec 10 8:30-12:30 pm Fee: Res \$34/Non-Res \$44

The Detroit River was a pretty busy place during Prohibition! With tremendous amounts of illegal liquor entering the US from Canada during the 1920's and early 1930's, stories abound. Join some young "old timers" as we travel back to the era of blind



pigs, rum-running and panther sweat. Participants are even encouraged to share a few stories of your own! Light refreshment served.

Senior Housing Tours

Join us as we travel on the Senior Center bus, to tour, taste, experience and learn about local Senior Living Communities & their amenities.



Cedarbrook of Bloomfield

Mon Sep 16 10:30-1:30 pm Fee: Res FREE/Non-Res \$5

Join us for a tour and meal. Experience attractive amenities, meet supportive team members, and learn about enriching activities. This upscale, full-service community has many unique features. Simple elegance and can be found in the heart of Bloomfield Hills.



Please register by 9/12

American House – Village at Bloomfield

Wed Oct 16 10:30-1:30 pm Fee: Res FREE/Non-Res \$5

You're invited to tour our community nestled in a wooded area, behind local shopping, overlooking a scenic wetland. Learn about amenities and enjoy a chef prepared meal!



Please register by 10/10

Village at Bloomfield

Unique Topics



Lifestyle Changes to Promote Brain Health

Mon Sep 9 10-11:00 am Fee: Res FREE/Non-Res \$2

Dr. Ana Daugherty, WSU Institute of Gerontology shares her expertise on how the brain ages. She offers everyday activities you can do to promote your brain health and build resiliency against cognitive challenges.

Self Defence with BTPD

Wed Sep 11 10-11:00 am Fee: Res FREE/Non-Res \$2

Join Ofr. Bryan Pizzuti for an empowering presentation. You'll learn skills to avoid and prevent confrontation and enhance your safety.

Farming & Flowers

Thu Sep 12 10-11:00 am Fee: Res FREE/Non-Res \$2

Join Farmer Chelsea of The Farm at Trinity Health for a presentation on fall farming as well as a flower bar using fresh cut flowers! Bring your favorite vase to fill with the beautiful blooms.

Journey with Sumi

Fri Sep 20 10-11:00 pm Fee: Res FREE/Non-Res \$2

Meet KC Mehta as he shares a firsthand account of caring for his wife of 46 years, Sumi, after she was diagnosed with early onset Alzheimer's disease. A moving tale, arrive prepared to laugh, cry and smile every step of the way.

Drivin' Route 66

Mon Sep 23 10-12:00 pm Fee: Res \$3/Non-Res \$5


Take a trip along the Mother Road - Route 66 - from Illinois to Chicago in a yellow 1957 Chevy BelAir. See what the old road, gas stations, motels and restaurants look like now. Join Bob Feldmaier as he recounts his one of a kind cruise down this historic route!



Lunch & Learn: Veteran's Burial Benefits

Thu Sep 19 11:30-1 pm Fee: Res FREE/Non-Res \$5

Join us to learn about securing burial benefits for veterans and their spouses, options for burial or cremation, and differences between national and private cemeteries. We'll cover pre-arrangements and how to help create the perfect tribute.

Register by 9/13. Sponsored by: 

Lunch & Learn: Balance & Fall Prevention

Thu Oct 24 11-12:00 pm Fee: Res FREE/Non-Res \$5

Join us and learn from Nancy Butty about the physiological changes within the body that contribute to the risk of falls and the steps that can be taken to reduce those risks. Enjoy a meal prepared by Pomeroy Living's culinary team.

Register by 10/18 Sponsored by: 

Health & Happiness

Thu Oct 3 10-11:00 am Fee: Res FREE/Non-Res \$2

"Are We Old Yet?: A casual conversation about aging" by Gary Cole is an engaging read that delves into the complexities of aging with wit and wisdom. Meet Gary as he shares his optimism about getting older. By the end of the hour you will have learned, laughed and maybe found a new friend.

The Metropolitan Museum of Art

Mon Oct 7 10-11:00 am Fee: Res FREE/Non-Res \$2

Delve into the most important works at one of the greatest museums in the world - The MET! Join popular expert Wendy Evans as she guides you through a beautiful visual presentation on one of American's finest institutions!

How to Dispose of Unused/Expired Meds

Tue Oct 8 10-11:00 am Fee: Complimentary

Oakland County Health Division Educators will share how to dispose of medications safely and properly. Learn what local stores in Oakland County accept medications and provide safe medication disposal kiosks.

America's Greatest Battle: Meuse-Argonne, 1918

Fri Oct 11 10-11:00 am Fee: Complimentary

In the Fall of 1918, the United States launched the largest military operation in its history to that point: the Meuse-Argonne offensive. Many doughboys had to learn by doing in the heat of combat. Ultimately, Americans succeeded in driving the Germans back and contributed significantly to Allied victory in WW 1.

Simplify Your Move: Stress-Free Downsizing

Thu Oct 17 11-12:00 pm Fee: Comp BT Res/\$5 NR

Join us for an informative session to discover effective strategies for downsizing and simplifying your move. We will cover practical organizing tips, discuss the process of moving to a smaller home or senior living community and share insights on planning a successful moving sale. Learn how to navigate the emotional aspects of leaving a long-time home and understand how enlisting a professional can ease the stress. Enjoy a light snack and refreshment. Sponsored by Real T Moves.



**HELP DESK
W/ BT COMMUNITY TV**
Thu, Sep 26 10-11 am
Complimentary

*BT Staff will be assisting
with downloading and
helping to learn how to
use the new BT App!*





Unique Topics / Enrichment



M UNIVERSITY OF MICHIGAN

VIDEO Presentation: Tea Talk

Fri Sep 27 10-11:30 am Fee: Complimentary BT Res

A Tea Tasting Experience with TeaHaus of Ann Arbor and Lisa McDonald, tea sommelier and owner of

VIDEO Presentation: Chocolate!

Fri Oct 18 10-11:30 am Fee: Complimentary BT Res

Everything You Always Wanted to Know about Chocolate with Barbara Wilson, Co-Owner of Mondo Chocolate.

DIA: Seeking the Sacred

Mon Nov 18 10-11:00 am Fee: Res \$3/Non-Res \$5

Art has played a significant role in expressing and reinforcing ideas about religion, spirituality, and cosmology across cultures and epochs. Let's explore some fascinating aspects led by our friend and expert docent, Carlene VanVoorhies.

Rhapsody in Blue: Gershwin w/Stu Johnson

Thu Nov 21 10-11:30 am Fee: Res \$3/Non-Res \$5

During his short life and meteoric rise to fame, George Gershwin composed some of the greatest music of all time. His creation of mainstream music puts him alongside, Irving Berlin, Cole Porter, and Harold Arlen. However, Gershwin can also be called America's greatest classical composer as well. Explore all the facets of the great one!

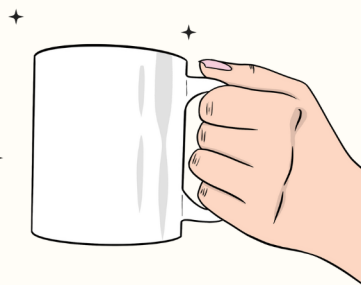
Coffee &
Conversation
w/Police & Fire

Complimentary

Tue Aug 20

Tue Oct 15

10-11:00 am



3 DECADES! 3 PARTIES!

Enjoy live performances of the formative music for each decade. Lighthearted trivia, memories and refreshments included. Each party is open to ALL 50+ guest for a unique "review" of each period. Bring your favorite stories for informal sharing.



**Fri Sep 20th 1-2:00 PM
BT Res Free/NonRes \$2**

Live Music performed by Gordy Hunt



**Fri Oct 11th 1-2:00 PM
BT Res Free/NonRes \$2**

Live Music performed by Terry Altman



**Fri Nov 15th 1-2:00 PM
BT Res Free/NonRes \$2**

Live Music performed by Gary Sacco



**CENTENARIAN
Coming in
December!**



Bloomfield Township Public Library

Pop-Up Librarian

**Wed, Sep 18 10-11:00 am
Complimentary**

Libraries are much more than beloved books and BTPL is the best of the best. Talk with a librarian about online resources, movies, music, languages & technology.

Book Talk

**Wed, Oct 16 10-11:00 am
Complimentary**

Similar to speed dating; your librarian will provide quick reviews of many of the trending books this season. Come find your next read!

Avoiding Scammers

**Wed, Nov 13 10-11:00 am
Complimentary**

Scammers are vile but unfortunately very crafty. Join BTPL for an informative talk on the common signs of a scam & how to protect yourself. Knowledge is power.



CLUBS / GROUPS / GAMES

Drop-In Game/Clubs Fee: Res \$3/Non-Res \$5

Billiards	Facilitator: B. Haw Group play, all levels welcome. Call for availability.	Tue & Thu 1:00-3:00
Duplicate Bridge	Facilitator: C. Wood Maximum 7 tables. Arrive at 11:30 for table assignments.	Tue 12-3:00
Mah-Jongg	Facilitator: M.A. Williams Promotes brain health & memory skills.	Tue & Thu 12-3:00
Poker	Facilitator: A. Rubin Ladies & Gents, enjoy a friendly game.	Wed 11-3:00
Crafts & Conversation	Bring your projects to enjoy camaraderie with other crafty people. Casual group that shares ideas, conversation and fun.	Tue 12:30-2:30
Book Club	Facilitator: Fern Stoffer Registration required. Limited Space!	1st Fri 10-11:30

Sep 6: French Braid by Anne Tyler
Oct 4: The Second Life of Mirelle West by A. Skenandore
Nov 8: The Boys from Biloxi by John Grisham

Chicks with Sticks Mondays 12:30-2:30 pm

Facilitator: Chris Muir
Join a friendly group that knits and crochets warm and cozy items for donation to a variety of worthwhile organizations. At-home knitters needed too! Also, need new or "like new" yarn donations.

Paper Dolls Every other Thu. 12:30-3 pm

Facilitator: Arlene Pinkos
Join this dedicated group that designs and sells beautiful, repurposed greeting cards. Used greeting card donations appreciated, please leave inside greeting intact. All proceeds go towards Meals on Wheels.

Caregiver Support Group

Together, we can support one another.

Thursdays, 10-11:00 am
Sep 19 / Oct 17 / Nov 21
Complimentary



If you are caring for someone with dementia, who is caring for you? You are not alone. This supportive group for caregivers will help you to learn more about the disease as well as understand feelings about the changes dementia has made in daily life.

LEARN TO PLAY BRIDGE!

Cheryl & Jim Bloom are certified ACBL Instructors & Silver Life masters.

Learning Bridge–Beginner

Fri Sep 13-Nov 1 1-3 pm Fee: Res \$160/Non-Res \$170

Learn the basics including bidding and declarer play. No prior experience needed; also, for those with some bridge skill . **Book Fee of \$25 paid first week.**

Beginner, Part 3 - Defense

Fri Sep 13-Nov 1 10-12 pm Fee: Res \$160/Non-Res \$170

Continue learning bridge. Improve your play of the hand and continue working on defense. Either prior summer session bidding class or beginning knowledge of bridge required. **Book fee of \$25 paid first week.**

Continue Learning Bridge–Review Class

Fri Nov 8-Dec 13 10-12 pm Fee: Res \$160/Non-Res \$170
(no class 11/29)

Let's put it all together-review of bidding play & defense .

Photo Contest - Give us your best shot!

A picture is worth...free programs! We are looking for photos of all the joy, friendships, laughter, and action that occurs through BTSS. Pictures really do tell stories and we would like to see your happy & successful ones. Photos will be displayed in the center and some will be shared in catalog (with permission). Voting will lead to prizes! Send photo to ctvaroha@bloomfieldtwp.org with the **subject: Photo Contest**



Friendship Club – Adult Day Service



Our social-model dementia care program will be reopening this fall. **Please call to be added to the interest list.** We will reach out to you with more information and details in early October.

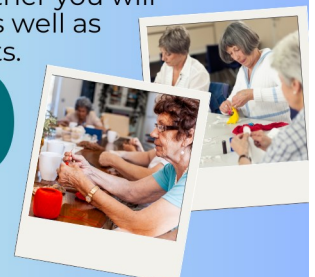
Companion Cafe

Welcoming events for individuals who are memory challenged AND their caregivers, for a shared experience. Together you will enjoy games, music and art as well as camaraderie and refreshments.

Wednesdays 1-3:00 pm
Sep 4 / Oct 2 / Nov 6

Complimentary Program, Residency & Advanced Registration Required.

Sponsored by: Rotary



Take advantage of these FREE health services!

Blood Pressure Check
Sep 19/Oct 17/Nov 21
11:30-12:30 PM

Take charge of your health with our free blood pressure monitoring service. Regular checks can help prevent serious health issues catching potential health concerns early. Stop by for a quick, easy check-up and take control of your well-being. Early detection and management can make a significant difference in your quality of life.



Save the date!
Blood Drive - Dec 5th

Movement Screening
Mobility & Balance
Wed, Oct 9 9-11:00 AM

Modified Functional Movement Screen with Douglas Johnson Foundation Manual Physical Therapy. Get your free screening onsite at the Senior Center. This consists of 5 movement patterns that will assess mobility, motor control and balance. Handouts with exercise and stretching examples based on test results. Call for an appt. **Register by 10/3.**



Hearing Screening
Tue, Oct 22 9-11:00 AM

Get your free hearing screening onsite at the Senior Center. Call for an appointment.
Why get a hearing test?
 One in every 3 people over the age of 65 have hearing loss, which often progresses quite slowly, making any deterioration easy to miss until the damage is irreversible. Hearing tests help track your hearing over time and catch hearing loss early. Screenings provided by:



Flu Shot Clinic
Fri, Oct 25 9-1:00 PM

Flu Shots provided by UM Ambulatory Care Immunization. Limited flu shots available to BT Residents 50+ years. Shots FREE for seniors 65+ w/Medicare B. All other participants shots are billed to insurance provider. Appts. required. Blood pressure checks by BTSS Volunteers. **Register by phone or at BTSS beginning Sept, 25th at 9AM.** Bring proof of residency & Medicare Card to appt. Sponsored by:



MICHIGAN SECRETARY OF STATE
MOBILE OFFICE IS COMING TO YOU
Monday, September 30
10-2:30 pm



The SOS is bringing their office to us for the day. Skip the lines and make an appointment today! The Mobile Office offers most services available at a regular office. Visitors can renew their license plate tabs and driver's licenses, register to vote, change their address and sign up on the Michigan Organ Donor Registry. Residency and appointment required. Call with questions.

MEDICARE & YOU
 Understanding Your Medicare Choices
Free Medicare Counseling
Wednesdays, 11-3:00 pm
Sep 25 / Oct 23 / Nov 20
 (Private, 1-hour appointments)

Join AgeWays counselor, Susan Gibbs, who will assist you with understanding Medicare & Medicare Advantage health plans, explain prescription drug coverage, review supplemental insurance needs and provide applications for the Medicare Savings Program. Residents only, aged 65+. Registration and appointment required. Must bring photo ID, Medicare (& Medicaid card if applicable) to scheduled, 1-hour appointment.



MMAP
 MICHIGAN MEDICARE ASSISTANCE PROGRAM
 Navigating Medicare
Open Enrollment Counseling for BT Residents
Thursday, November 14
Appointments Only: 9-3:00 pm
 Call in advance to schedule.

MMAP is a free service offered through AgeWays to help you make more informed health benefit decisions. Attend a one-hour session with certified counselors who will assist with understanding Medicare and Medicare Advantage health plans, explain prescription drug coverage, review supplemental insurance needs and provide applications for the Medicare Savings Program. **Registration and appt. required.** Must be 65+ & bring photo ID, Medicare card (& Medicaid if applicable) to schedule your appointment.



SUPPORTIVE SERVICES



FRIENDLY CALLERS PROGRAM

If you or someone you know lives alone and would like to receive a daily wellness call, we would be happy to include you in our program. Volunteers call on selected days, Monday-Friday between 9-11AM for a friendly conversation and to check on the welfare of the person. You may choose 1-5 days for a call.



Thanksgiving CURBSIDE meal

**Thursday, Nov. 28th
10-10:30 am**

Menu includes a **breakfast AND a dinner**. **Breakfast:** Western Omelet, sausage, hash brown potatoes, biscuit & jelly, juice and **Dinner:** Roast Turkey & gravy, cornbread stuffing, green peas with red peppers, garden salad with dressing, cranberry sauce, dinner roll, pumpkin pie.

**\$20
Meal**



Register by 11/20

MEDICAL EQUIPMENT LOAN CLOSET

We collect donations of wheelchairs/transport chairs, walkers and shower benches. We have limited storage and varied stock so please call to confirm a need for your item in advance. Once confirmed, you may drop it off at the senior center's front door. Items must be clean, gently used and in good condition. This equipment is available for free, short term use by BT residents. Please call to confirm availability of item and schedule pickup at the center.



NUTRITION SERVICES

Here in BT the Meals on Wheels program is not just for low-income residents. Anyone 62 years or older living in the service area is eligible for home delivered meals. We offer hot meals, a frozen meal with side items such as bread, fruit and a beverage or the very popular frozen entree-only meals. Meals can be requested as an on-going service or ordered as you need them. They are prepared with a higher grade of ingredient than most MOW programs and offer a variety of menus. If you are not cooking much anymore, the service offers a great way to have nutritious meals delivered right to your door. There is a cost for the service but financial support may be available for residents in need. For information or to request an application, contact **Mary Osborne MSW, Nutrition Coordinator at 248-723-3500**.



MEALS on WHEELS Meals are available either in frozen bulk pack (3 or 5 meals) or can be delivered hot and ready to eat. Frozen options are delivered on Mondays only, but hot meals can be received daily or as many or few times a week as needed. The meals are prepared to provide 1/3 of the USDA recommended daily nutrition for older adults. They are delivered between 10:30 AM and noon by one of our BTSS volunteers. See the current menu for what is being prepared each day.

SAMPLE WEEKLY MENU—HOT MEALS

Pineapple Glazed Ham -#11 Lyonnaise Potatoes Mixed Greens Pears Corn Muffin & Margarine	Chicken Alfredo Casserole -#12 Penne Noodles Steamed Broccoli Applesauce French Bread & Margarine	Cubed Steak -#13 w/ Brown Gravy Rosemary Roasted Potatoes Glazed Carrots Mandarin Oranges Corn Muffin & Margarine	Oven Fried Chicken -#14 AuGratin Potatoes Steamed Cabbage Mixed Fruit Dinner Roll & Margarine	BBQ Meatballs -#15 Macaroni & Cheese Spinach Fruit Cup Corn Muffin & Margarine
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On-The-Go Senior Meals:

We now have nutritious frozen meals available for purchase. Prepared with the nutritional needs of an older person in mind, they are lower in salt than other frozen meals and are low fat and have no added sugar. They come frozen in a bulk pack of 3 or 5 meals. Easy to just stick in your freezer for when you need them. These meals are great during the winter months when the weather can delay you getting to the grocery store or when you don't feel like cooking. Just pop them into the microwave and reheat. Meals are available on Monday mornings for pickup or then can be delivered to your home. They are \$5.35 each meal and must be ordered a week in advance.

Nutritional Supplements:



With medical necessity, Ensure® Plus is available for purchase at a reduced cost. A physician's order or letter is recommended and should be faxed (248-723-3519) to the Nutrition Coordinator. Nutritional supplements come in cases of 24 and can be delivered to your home or picked up from the Senior Center.



TRANSPORTATION SERVICES

Transportation is available Monday thru Friday! Contact Jeff Howes, Transportation Coord.

Center Transportation:

Rides are available to qualified candidates to and from the Senior Center Monday through Friday at no charge. Available to senior residents 60+ of Bloomfield Hills and Bloomfield Township through SMART funding. Application and eligibility for program required.

Rides to Medical Appointments:

BTSS offers subsidized, low cost transportation for BT seniors for medical appointments. Non-Ambulatory and wheelchair transportation is available Monday-Friday 8 a.m. to 4 p.m. 3 - 5 business days' notice needed. We contract with Jewish Family Services who provide transportation with vetted and trained drivers.

Community Transit:

Curb-to-curb advance registration transportation service in Bloomfield and surrounding communities. Service area is within a 10 mile radius of your beginning destination. Service hours are 6 AM to 6 PM, Monday through Friday. Call up to 6 days in advance for medical trips, up to 2 days in advance for general service. Reservation hrs:



Mon-Fri 7AM to 4PM *Subsidy possible for those eligible.
To reserve call **866-962-5515**.



HOME REPAIR & FINANCIAL ASSISTANCE PROGRAMS



BTSS facilitates the Minor Home Repair Program (MHR) with funding from Community Development Block Grant (CDBG) funds. The program is designed to help low to moderate income households complete more complicated home maintenance.

To Qualify: Residents must be 60 years of age or older and a resident of Bloomfield Township. The gross annual 2023 household income per household is \$53,700 (or below) with one person. The maximum household income for two residents is \$61,400 (please call for additional income limits). The maximum home value is \$420,000 and the maximum in financial assets is \$50,000 per household member. Financial documents, proof of income and an application are required. There are no fees to homeowners for repairs facilitated in this program.



Repairs must fit the MHR criteria and may not exceed \$5,000 in a program calendar year. Repairs are subject to federal lead-based paint regulations. The application form is available on the Township website (Application for MCL 211.7u Poverty Exemption) or by calling Senior Services at **248-723-3500**. BTSS Program staff are available to help residents through the application process and to administer projects through completion.

MHR project examples may include but are not limited to:

Repairs to: Furnace, chimney, porch, stairs, electrical, plumbing, gutters, water/waste lines.

Replacement of: Water heater, garbage disposal, toilet, faucets, shower, light fixtures, locks, handrails, driveways, furnace/AC and ADA compliant ramps.

Removal: Dangerous trees/limbs, structural barriers & large items around the home.

Corrections of: Single code violations.

Oakland County Home Improvement Loan Program

Qualified homeowners may receive interest-free loans of up to \$23,000 to make needed home repairs, including barrier free access and energy saving upgrades. There are no monthly payments and the total loan is due and payable only when you sell your home. Oakland County staff are with you all the way from helping you apply for the loan to overseeing all repair work and paying pre-screened contractors. This can be in addition to BTSS Minor Home Repair program. **248-858-5401 CHI@OakGov.com**

Financial Assistance - For Property Taxes and/or Solid Waste Fees

If you are in need of financial aid please complete **one form** to request a hardship exemption for property taxes and waiver of solid waste fees. Those over age 60 who meet guidelines can request minor home repair assistance with funding from the Community Development Block Grant program.

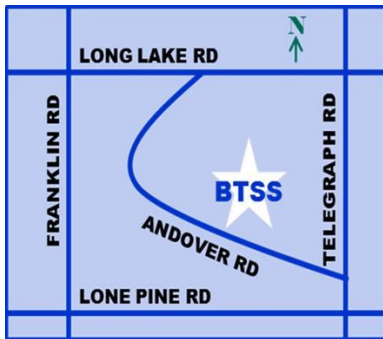
For more info. go to: <https://www.bloomfieldtwp.org/Resources/Forms/Assessing.aspx>



Senior Services
4315 Andover Road
Bloomfield Twp. MI

Monday-Friday: 7 AM - 3:30 PM

PRST STD
U.S. POSTAGE
PAID
PERMIT NO. 40
BLOOMFIELD HILLS
MI



Helping to Connect You to the Services You Need



MMAP
MICHIGAN MEDICARE
ASSISTANCE PROGRAM
Navigating Medicare

**Open Enrollment
Counseling for BT Residents**

Thursday, November 14
Appointments Only: 9-3:00 pm
Call in advance to schedule.

See Pg.17 for more details
and requirements

**MOBILE OFFICE
IS COMING TO YOU**
Monday, September 30
10-2:30 pm



Companion Cafe

Welcoming events for individuals who are memory challenged AND their caregivers, for a shared experience. Together you will enjoy games, music and art as well as camaraderie and refreshments.

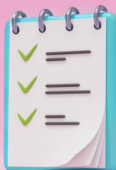
Wednesdays 1-3:00 pm
Sep 4 / Oct 2 / Nov 6

Complimentary Program, Residency & Advanced Registration Required.

Sponsored by: **Rotary** 



Friendship Club – Adult Day Service



Our social-model dementia care program will be reopening this fall. **Please call to be added to the interest list.** We will reach out to you with more information and details in early October.