



Senior Services

4315 Andover Road, Bloomfield Township, MI 48302

Winter 2024-2025



DISCOVER WHAT'S NEW

FRIENDSHIP CLUB - Reopening Soon

Friendship Club is an Adult Day Service program dedicated to assisting people to maintain their highest level of ability through social connection in an encouraging environment.



See pg. 17

NEW SERVICES! SENIOR CHORE PROGRAM

Grant funds can be utilized for some or all of the following yard services:

- Snow removal*
- Lawn mowing*
- Yard Clean Up
- Bush Trimming
- Gutter Cleaning

See pg. 17



LEARN TO PLAY EUCHRE!

Learn to play euchre in this fun, interactive class designed especially for beginners. Euchre is a fast-moving social card game. The class will cover basic gameplay and strategies. No partners required. See pg. 16



LEARN TO PLAY MAHJONG!

Unlock the ancient game of Mahjong! In this class, you'll learn the basics of this captivating tile-based game, including rules, strategies, and scoring techniques.

Perfect for beginners.

See pg. 16



WE ARE NOW A PARTNER LOCATION!

BT Township residents with SilverSneakers may register for complimentary Open Hours and our indoor Track opportunities. See pg. 9



SilverSneakers
by Tivity Health

Promoting Wellness ~ Supporting Independence ~ Strengthening Community ~ Cultivating Vitality

www.bloomfieldtwp.org/seniors

248-723-3500

Serving Adults 50+

Bloomfield Township Senior Services



TOPICS	PAGES
Registration/Policies	3
Donations/Volunteers	3,5
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
New Service! Chore Program	17
Nutrition/Meals on	18
Minor Home Repair	19
Transportation Services	19

Bloomfield Twp. Senior Services

4315 Andover Rd.
Bloomfield Twp., MI 48302

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

**Director,
Christine Tvaroha**

**Deputy Director,
Ruth Frketich**

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

Mark your Calendars!
The Center will be closed on
Nov 28 & 29 - Thanksgiving
Dec 24 & 25 - Christmas
Jan 1 - New Year's

Bloomfield Township
Main Phone: 248-433-7700

Christine's Comments

Big news...we've secured grants to expand services!

Exhale for Caregivers provides for two new programs:

Caregiver Connect is a caregiver guided program delivering respite, programs, and information they desire while their care receiver is engaged in complimentary adult day service in our Friendship Club. See details on back cover.

Companion Café is an opportunity for caregivers and receivers to participate in something creative, social and enjoyable together in a safe, positive and supportive setting. The 2-hour program meets monthly and builds trust, confidence and joyful moments. Details on pg.17

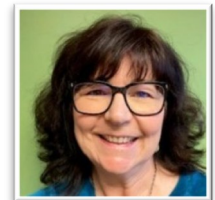
Friendship Club Adult Day Service will reopen in December with support from the R.C. Wilson Foundation. Details on pg.17

Chore Service Program will assist adults 62+ with yard maintenance such as snow removal, lawn mowing, leaf clean up and tree trimming. Funding comes from an Oakland County ARPA grant. Details on pg.17

Please help us spread the word about these new, valuable services.

The BTSS Team, wishes you a healthy and peaceful holiday season!

Christine Tvaroha
ctvaroha@bloomfieldtwp.org



Special Thank You to our Winter Sponsors:



STONE & ELMWOOD



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



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

- ⇒ Full payment is due at registration. Non-sufficient funds checks will incur a fee.
- ⇒ **Registration for BT residents begins 11/01/24, Non-residents registration begins 11/15/24** (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.bloomfieldtwp.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@bloomfieldtwp.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





WELCOME OUR NEW TEAM MEMBERS



**Fitness
Coordinator:**

Amanda Dupree

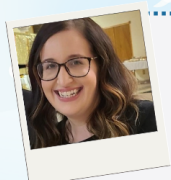
Amanda Dupree has been in fitness for 26 years. Her last 14 years were spent in multi-unit Regional Fitness management. She holds multiple certifications such as Kick boxing, Pilates, Cycle, Zumba, TRX, Group fitness, Personal training, Certified Life Guard, and Certified Pool Operator. In her spare time she has competed in many races, and competitive body building. In addition Amanda has competed in and organized several fitness fundraising events. She is a compassionate extrovert that loves helping people.



**Associate
Fitness
Coordinator:**

Jason Schaefer

Jason Schaefer has a bachelor's degree in Exercise Science and more than 20 years experience in the health and fitness field. He brings with him expertise in human movement and managerial/event planning experience. He has owned and operated three fitness businesses and received national certifications by National Academy of Sports Medicine and MovNat, and is now also lifeguard certified. Combined with his heart for aging populations and passion to help others reach their full potential, he's eager to be a part of such an amazing team rowing the boat together!



**Recreation
Coordinator:**

Katelyn Pesola

Katelyn Pesola has 5 years of program management for independent residents in a well-known senior living community. She directed a minimum of 5 activities daily along with special events and holiday programming. She has two Associate's degrees; Exercise Science and Graphic Design. Her knowledge and experience closely mirrors the Recreation Coordinator responsibilities and she is excited to get to know our members and continue to bring a wide variety of enriching programs!

**MOBILE OFFICE
IS COMING TO YOU**

Thursday, January 23 10-2:30pm



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.

**CELEBRATE VETERANS DAY
MONDAY, NOV. 11TH**



Meet & Greet the Bradford Team 11-1:00PM

Join us at the Senior Center to celebrate Veteran's Day with a snack & refreshment. Meet the team from The Bradford and learn about how Veteran's benefits can aid in covering a portion of assisted living costs in a wonderful Senior Living Community.

Followed by...

Jazz Band Veteran Celebration 1-2:00PM

Join us this Veterans Day for a soulful live jazz performance in honor of our veterans. Enjoy smooth melodies and a memorable tribute of music and appreciation!





THURSDAY, DEC. 5TH

8:00AM - 2:00PM



SAVE A LIFE, DONATE BLOOD

BLOOD DRIVE

Visit RedCrossBlood.org
or call the Red Cross at
1-800-733-2767
Sponsor Code: BHRotary



Centenarian Party

Wednesday, Dec. 4th
1:30-2:30

The capstone to our
Decades Party Series!
Enjoy a live performance by
Michael Krieger, lighthearted trivia
and memories. Light refreshments
included. Open to ALL 50+ guests
for celebration of those who have
reached this incredible milestone!



Res/Free, Non-Res/\$2



Music & Mingle

Friday, Dec. 20th
10-11:00AM

Listen to a musical performance by
Bloomfield Hills High School choir members,
enjoy refreshments and conversation.
RSVPs are encouraged.

Res/Free
Non-Res/\$2

Tree of Life Fundraiser

Nearly 6000 meals are provided
each year to seniors in our
community who are frail and/or
homebound. The meal comes
with a smiling volunteer
and a wellness check. Please
consider making their
holiday special by
sponsoring meals for
seniors who are in need.

Purchase a sponsor card for an \$8 meal and help
us decorate our Tree of Life located in our main
level café. You can donate in person at the
Senior Center or by phone at 248-723-3500



HOLIDAY MARKET TUESDAY, DEC. 3RD 9:30AM - 1:00PM

Just in time for the Holidays!
We will have handmade
hats, scarves, shawls and
more available for sale.
All proceeds will go to
benefit the Senior
Center. Items made
by our very own
Chicks-with-Sticks





GROUP FITNESS SCHEDULE

DEC / JAN / FEB

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
--------	---------	-----------	----------	--------

LAND

LaBlast Dance 9:00 am	S.G.P.T. 7:30 am	Strength & Balance Lvl 2 9:00 am	S.G.P.T. 7:30 am	Strength & Balance 9:00 am
Barre Balance 10:30 am	Cardio, Conditioning & Core 9:00 am	Tai Chi Continuing 10:30 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	Ageless Yoga 11:30 am	Gentle Moves Yoga 10:30 am	S.G.P.T. 11:30 am
Drum Happy 1:00 pm	Mindful Meditation 11:45 am	Barre Balance 12:45 pm	S.E.A.T. 1:30 pm	Golf Conditioning 1:00 pm
Tai Chi Beginner 2:00 pm	Yoga for Back & Shoulders 1:00 pm	Zumba LaBlast 5:15 pm (virtual only)		Power Hour Pop-Up 2:00 pm
Zumba LaBlast 5:15 pm (virtual only)	S.E.A.T. 1:30 pm			



A MATTER OF
BALANCE



MANAGING CONCERNS ABOUT FALLS

Fri. Feb 7-Mar 28 12-2:00 pm Free! See Pg. 7

AQUA

No December Swim Classes

Lap Swim 7:15 am	Aqua Boot Camp 7:15 am	Lap Swim 7:15 am	Aqua Boot Camp 7:15 am	Lap Swim 7:15 am
Pool Noodle 8:30 am	Total Body Aqua 8:30 am	Aqua Sports Fitness 8:30 am	Total Body Aqua 8:30 am	Pool Noodle 8:30 am
Aqua Interval 9:30 am	Aqua Resistance 10:00 am	Aqua Interval 9:30 am	Aqua Resistance 10:00 am	Aqua Strong & Fit 9:30 am
Endurance Core & Balance 11:00 am	Aqua Energy & Flow 12:00 pm	LaBlast Splash 11:00 am	Aqua Energy & Flow 12:00 pm	Water Walking 11:00 am
Water Walking 1:30 pm	Lap Swim 2:00 pm	Aqua Flow 1:30 pm	Lap Swim 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 mat. [Live]

Tue. Dec 3-17	9-10 am	3 Classes / \$30
Tue. Jan 7-28	9-10 am	4 Classes / \$40
Tue. Feb 4-25	9-10 am	4 Classes / \$40

Cardio Dance Party w/ Teresa

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. Dec 5-19	9-10 am	3 Classes / \$27
Thu. Jan 2-30	9-10 am	5 Classes / \$45
Thu. Feb 6-27	9-10 am	4 Classes / \$36

LaBlast® Dance Fitness w/ Donna

(December Sub instructor TBD)

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. Dec 2-23	9-10 am	4 Classes / \$40
Mon. Jan 6-27	9-10 am	4 Classes / \$40
Mon. Feb 3-24	9-10 am	4 Classes / \$40

Zumba® / LaBlast® w/ Mari Ann

Partner-free ballroom dance along with dance moves from around the world! [Virtual only]

Mondays

Mon Dec 2-16	5:15-6 pm	3 Classes / \$27
Mon. Jan 6-27	5:15-6 pm	4 Classes / \$36
Mon Feb 3-24	5:15-6 pm	4 Classes / \$36

Wednesdays

Wed. Dec 4-18	5:15-6 pm	3 Classes / \$27
Wed. Jan 8-29	5:15-6 pm	4 Classes / \$36
Wed. Feb 5-26	5:15-6 pm	4 Classes / \$36

Power Hour Pop-Up w/ Amanda & Jason

Power hour is a fun filled hour of strength, cardio and Pilates inspired movements, stimulate the brain, speed up tactical reaction and improve visual memory all while burning calories and having fun!

Circuit

Fri. Dec 6-27	2-3 pm	4 Classes /Res \$0/NR \$20
---------------	--------	----------------------------

Pound

Fri. Jan 3-31	2-3 pm	5 Classes /Res \$0/NR \$25
---------------	--------	----------------------------

Balls & Bands

Fri. Feb 7-28	2-3 pm	4 Classes /Res \$0/NR \$20
---------------	--------	----------------------------

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/Amanda

Wed. Dec 4-18	9-10 am	3 Classes / \$27
Wed. Jan 8-29	9-10 am	4 Classes / \$36
Wed. Feb 5-26	9-10 am	4 Classes / \$36

Fridays w/ Lola

Fri. Dec 6-20	9-10 am	3 Classes / \$27
Fri. Jan 3-31	9-10 am	5 Classes / \$45
Fri. Feb 7-28	9-10 am	4 Classes / \$36

Barre Balance w/ Donna

(December Sub Instructor TBD)

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. Dec 2-23	10:30-11:15 am	4 Classes / \$40
Mon. Jan 6-27	10:30-11:15 am	4 Classes / \$40
Mon. Feb 3-24	10:30-11:15 am	4 Classes / \$40

Wednesdays

Wed. Dec 4-18	12:45-1:30 pm	3 Classes / \$30
Wed. Jan 8-29	12:45-1:30 pm	4 Classes / \$40
Wed. Feb 5-26	12:45-1:30 pm	4 Classes / \$40

A Matter of Balance w/AgeWays

A Matter of Balance classes are designed just for people 60 and up. Classes focus on working on balance to prevent falls, reduce the fear of falling, build confidence and be more active. Classes include practical tips and techniques, along with confidence-building and mobility exercises. Classes meet for two hours a week for eight weeks.

Fri. Feb 7-Mar 28	12-2 pm	8 Classes / Free*
-------------------	---------	-------------------

*Free-Residents Only



Tai Chi

Tai Chi Chuan Beginner w/ Holly

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

Mon. Jan 6-Feb 24	2-3 pm	8 Classes / \$80
-------------------	--------	------------------

Tai Chi Chuan Continuing w/ Han

A continuation for those experienced in Tai Chi. [Live]

Wed. Jan 8-Feb 12	10:30-11:15 am	6 Classes / \$60
Wed. Feb 26-Mar 26	10:30-11:15 am	5 Classes / \$50



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. Dec 4-18	11:30 -12:20 pm	3 Classes / \$30
Wed. Jan 8-29	11:30 -12:20 pm	4 Classes / \$40
Wed. Feb 5-26	11:30 -12:20 pm	4 Classes / \$40

Chair Yoga w/ Donna (December class w/Lisa)

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. Dec 2-23	11:30-12:30 pm	4 Classes / \$40
Mon. Jan 6-27	11:30-12:30 pm	4 Classes / \$40
Mon. Feb 3-24	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. Dec 3-17	1:30-2:15 pm	3 Classes / \$27
Tue. Jan 7-28	1:30-2:15 pm	4 Classes / \$36
Tue. Feb 4-25	1:30-2:15 pm	4 Classes / \$36

Thursdays w/ Lea

Thu. Dec 5-19	1:30-2:15 pm	3 Classes / \$27
Thu. Jan 2-30	1:30-2:15 pm	5 Classes / \$45
Thu. Feb 6-27	1:30-2:15 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. Dec 5-19	10:30-11:30 am	3 Classes / \$27
Thur. Jan 2-30	10:30-11:30 am	5 Classes / \$45
Thur. Feb 6-27	10:30-11:30 am	4 Classes / \$36

Gentle Moves Yoga Lvl 2 w/ Jannan

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. Dec 3-17	10:30-11:30 am	3 Classes / \$27
Tue. Jan 7-28	10:30-11:30 am	4 Classes / \$36
Tue. Feb 4-25	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, Virtual, Hybrid]

Fri. Dec 6-20	10:15-11:15 am	3 Classes / \$30
Fri. Jan 3-31	10:15-11:15 am	5 Classes / \$50
Fri. Feb 7-28	10:15-11:15 am	4 Classes / \$40

Specialty Classes

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. Dec 2-16	1-1:45 pm	3 Classes / \$30
Mon. Jan 6-27	1-1:45 pm	4 Classes / \$40
Mon. Feb 3-24	1-1:45 pm	4 Classes / \$40



Golf Conditioning w/ Becca

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

Fri. Dec 6-20	1-1:45 pm	3 Classes / \$30
Fri. Jan 3-31	1-1:45 pm	5 Classes / \$50
Fri. Feb 7-28	1-1:45 pm	4 Classes / \$40

Mindful Meditation w/ Jannan

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. Dec 3-17	11:45-12:15 pm	3 Classes / \$15
Tue. Jan 7-28	11:45-12:15 pm	4 Classes / \$20
Tue. Feb 4-25	11:45-12:15 pm	4 Classes / \$20



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/ Jason [Live]

Tue. Dec 3-17	7:30-8:30 am	3 Classes / \$57
Tue. Jan 7-28	7:30-8:30 am	4 Classes / \$76
Tue. Feb 4-25	7:30-8:30 am	4 Classes / \$76

Thursdays w/ Jason [Live]

Thu. Dec 5-19	7:30-8:30 am	3 Classes / \$57
Thu. Jan 2-30	7:30-8:30 am	5 Classes / \$95
Thu. Feb 6-27	7:30-8:30 am	4 Classes / \$76
Thu. Dec 5-19	12:00-12:45 pm	3 Classes / \$57
Thu. Jan 2-30	12:00-12:45 pm	5 Classes / \$95
Thu. Feb 6-27	12:00-12:45 pm	4 Classes / \$76

Fridays w/ Lola [Live]

Fri. Dec 6-20	11:30-12:30 pm	3 Classes / \$57
Fri. Jan 3-31	11:30-12:30 pm	5 Classes / \$95
Fri. Feb 7-28	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. Dec 3-17	1-2 pm	3 Classes / \$57
Tue. Jan 7-28	1-2 pm	4 Classes / \$76
Tue. Feb 4-25	1-2 pm	4 Classes / \$76

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



BTSS is now a partner location!

BT residents with **SilverSneakers** may register for complimentary **Open Hours** and our indoor **Track** opportunities.

Attendance scanning required. Exercise classes are not included. Complimentary orientation is required.

Call for an appointment.

248-723-3500

We look forward to seeing you!



Bloomfield Township Senior Services



PARDON OUR DUST!

The pool will be undergoing a major renovation project during December. Look for pop-up classes when construction ends!



Aqua Boot Camp w/ Ernie **NEW TIME!**

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. Jan 7-28 7:15-8:15 am 4 Classes / \$36
Tue. Feb 4-25 7:15-8:15 am 4 Classes / \$36

Thursdays

Thu. Jan 2-30 7:15-8:15 am 5 Classes / \$45
Thu. Feb 6-27 7:15-8:15 am 4 Classes / \$36

Aqua Energy & Flow w/ Becca **NEW TIME!**

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. Jan 7-28 12-1 pm 4 Classes / \$36
Tue. Feb 4-25 12-1 pm 4 Classes / \$36

Thursdays

Thu. Jan 2-30 12-1 pm 5 Classes / \$45
Thu. Feb 6-27 12-1 pm 4 Classes / \$36

Aqua Flow w/ Becca

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. Jan 8-29 1:30-2:15 pm 4 Classes / \$36
Wed. Feb 5-26 1:30-2:15 pm 4 Classes / \$36

Aqua Interval w/ Ernie **NEW DAY ADDED!**

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.

Mon. Jan 6-27 9:30-10:30 am 4 Classes / \$36
Mon. Feb 3-24 9:30-10:30 am 4 Classes / \$36
Wed. Jan 8-29 9:30-10:30 am 4 Classes / \$36
Wed. Feb 5-26 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. Jan 6-27 11 am-12 pm 4 Classes / \$36
Mon. Feb 3-24 11 am-12 pm 4 Classes / \$36

Pool Notes: 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.

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.

Aqua Resistance Training w/Ernie **NEW TIME!**

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. Jan 7-28 10-11 am 4 Classes / \$36
Tue. Feb 4-25 10-11 am 4 Classes / \$36

Thursdays

Thu. Jan 2-30 10-11 am 5 Classes / \$45
Thu. Feb 6-27 10-11 am 4 Classes / \$36

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. Jan 3-31 9:30-10:30 am 5 Classes / \$45
Fri. Feb 7-28 9:30-10:30 am 4 Classes / \$36

Aqua Sports Fitness w/ Ernie **NEW CLASS!**

Enjoy exercising and having fun at the same time. Class will focus on playing water basketball, volleyball, football, and other team sports. You do not have to be a swimmer to participate. Water shoes recommended.

Wed. Jan 8-29 8:30-9:15 am 4 Classes / \$36
Wed. Feb 5-26 8:30-9:15 am 4 Classes / \$36



MEET THE NEW FITNESS TEAM & SHARE YOUR IDEAS!



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. Jan 8-29	11-11:50 am	4 Classes / \$40
Wed. Feb 5-26	11-11:50 am	4 Classes / \$40

Lap Swim

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

BT residency required.

Mondays

Mon. Jan 6-27	7:15-8 am	4 Classes / \$36
Mon. Feb 3-24	7:15-8 am	4 Classes / \$36

Tuesdays

Tue. Jan 7-28	2-2:45 pm	4 Classes / \$36
Tue. Feb 4-25	2-2:45 pm	4 Classes / \$36

Wednesdays

Wed. Jan 8-29	7:15-8 am	4 Classes / \$36
Wed. Feb 5-26	7:15-8 am	4 Classes / \$36

Thursdays

Thu. Jan 2-30	2-2:45 pm	5 Classes / \$45
Thu. Feb 6-27	2-2:45 pm	4 Classes / \$36

Fridays

Fri. Jan 3-31	7:15-8 am	5 Classes / \$45
Fri. Feb 7-28	7:15-8 am	4 Classes / \$36

Open Swim

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

Fri. Jan 3-31	1:30-2:15 pm	5 Classes / \$45
Fri. Feb 7-28	1:30-2:15 pm	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. Jan 7-28	8:30-9:30 am	4 Classes / \$36
Tue. Feb 4-25	8:30-9:30 am	4 Classes / \$36

Thursdays

Thu. Jan 2-30	8:30-9:30 am	5 Classes / \$45
Thu. Feb 6-27	8:30-9:30 am	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 while strengthening and toning muscles.

Mondays

Mon. Jan 6-27	8:30-9:15 am	4 Classes / \$36
Mon. Feb 3-24	8:30-9:15 am	4 Classes / \$36

Fridays

Fri. Jan 3-31	8:30-9:15 am	5 Classes / \$45
Fri. Feb 7-28	8:30-9:15 am	4 Classes / \$36

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. Jan 6-27	1:30-2:15 pm	4 Classes / \$36
Mon. Feb 3-24	1:30-2:15 pm	4 Classes / \$36

Fridays

Fri. Jan 3-31	11-11:50 am	5 Classes / \$45
Fri. Feb 7-28	11-11:50 am	4 Classes / \$36

Come on in, the water's nice!

Embrace the Warmth, Dive into Fitness. Our Heated Indoor Pool, Set at a Cozy 82 Degrees, Offers the Perfect Balance of Comfort and Challenge for Your Aquatic Workouts. Make a Splash Towards Better Health!



Bloomfield Township Senior Services



12/3	Tue	The Bradford Senior Housing Tour
12/10	Tue	OAC: Rum Running Stories
12/11	Wed	Schoolcraft-American Harvest Lunch
12/13	Fri	DSO: Home for the Holidays
12/17	Tue	American House Stone Housing Tour
12/20	Fri	Holiday Tea at the Whitney
2/14	Fri	DSO: Broadway Love Songs
3/14	Fri	DSO: La Vida Loca

DSO: Home for the Holidays

Fri Dec 13 9:30 am-3:15 pm Fee: Res \$77/Non-Res \$87
Gather your friends for one of the best holiday traditions in Detroit! The DSO and special guests play all your favorites inside warm and wonderful Orchestra Hall. Concert only–no meal stop.



OutdoorAdventureCenter: 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.



Schoolcraft–American Harvest Luncheon

Wed Dec 11 10:45-2:00 pm Fee: Res \$15/Non-Res \$25

Come enjoy a refined dining experience in an upscale casual atmosphere served by Schoolcraft College Culinary Students. The menu will feature Asian cuisine and includes freshly baked breads, gourmet soups, delicious salads, creative entrees and an extensive selection of tempting deserts. Meal on your own; prices vary.



Holiday Tea at the Whitney

Fri Dec 20 12:15-3:00PM Fee: Res \$94/Non-Res \$104

Mansion Tea service at The Whitney transforms you to a time when mid-day was meant for relaxing. Put on a beautiful hat, leave your cares behind as you sip champagne upon arrival. Then enjoy The Whitney lifestyle over tea, scones, strawberries in double cream, canapes, warm hors d'oeuvres, and pastries. Live piano with Joel



DSO: Broadway Love Songs

Fri Feb 14 9:30-1:15PM Fee: \$77/Non-Res \$87

The DSO plus an all-star cast of vocalists perform Broadway's heart-on-sleeve classics, featuring timeless songs by Rodgers, Hammerstein and more. Concert Only–No meal stop.

DSO: La Vida Loca

Fri Mar 14 9:30-1:15 pm Fee: Res \$77/Non-Res \$87

Get on your feet and let's get loud with the greatest hits of the '90s and '00s Latin pop explosion! Celebrates artists including Enrique Iglesias, Gloria Estefan, Santana, Ricky Martin and more. Concert Only–No meal stop.





FRIENDSGIVING!

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 order by 11/15/24**

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



Trips Roundtable



Tuesday, November 19th
10:00-11:00am



Meet our new
 Recreation Coordinator,
 Katelyn Pesola
**& SHARE YOUR
 TRIP IDEAS!**

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.

The Bradford

Tue Dec 3 10:30-1:30pm Res FREE/Non-Res \$5

Join us for a tour and meal, meet supportive team members and learn about all this community has to offer.

Please register by date 11/27/24



American House – Stone

Tue Dec 17 10:30-1:30pm Res FREE/Non-Res \$5

Join us for a tour & meal and be dazzled by their Festive themed holiday trees throughout their community. Learn about their amenities and enjoy a chef prepared meal! **Please register by date 12/12/24**

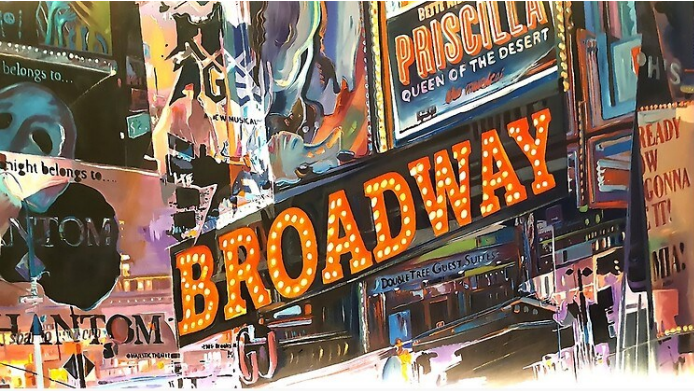


Unique Topics



The Birth of Broadway

Tue Dec 3 1-2 pm Fee: Res FREE/Non-Res \$2
Join Rochelle Forester and learn about the early popular composers who helped to birth the Broadway musicals we know and love today!



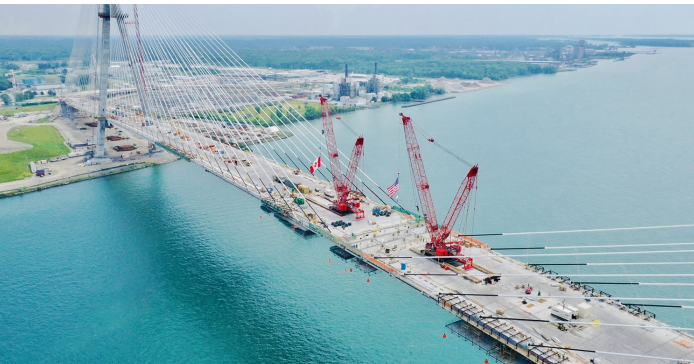
Friends of the Rouge

Thu Dec 12 10-11:00 am Fee: Complimentary
Learn about the mighty Rouge with the Development Director of this wonderful organization, Lara Edwards.



Windsor Bridge Authority Update

Tue Dec 17 10:30-11:30 am Fee: Res FREE/Non-Res \$2
Come hear the latest on the Gordie Howe Bridge project which is being built to connect Detroit and Windsor, Ontario over the Detroit River. The representative will answer any and all questions about the build!



Hope for the Holidays with Hospice of MI

Thu Dec 19 10-11:00 am Fee: Complimentary
Designed to offer support to those who are grieving the death of a loved one during a season of memories, family, and traditions. Specific strategies for handling special occasions and taking care of yourself during this emotionally laden season will be discussed with Hospice of MI staff.

Ikebana Detroit

Fri Jan 10 10-11:00 am Fee: Res \$2/Non-Res \$4
Join Leslie Rosinski of Ikebana Detroit International for a presentation on the Japanese art of flower arrangement that involves arranging flowers, leaves, and stems in containers to convey a feeling or emotion.



Baseball: A Truly American Pastime

Mon Jan 13 10-11:00 am Fee: Res FREE/Non-Res \$2
Growing up, Bloomfield Township's very own Jose Guzman knew the importance of his Puerto Rican heritage while fully embracing American culture. Baseball, with its rich history of inclusion, became the perfect marriage of both identities. As he grew older, Jose found new appreciation for the game that has seamlessly integrated just about every cultural group from Italians to Irish to Jewish to Germans to the monumental inclusion of African Americans led by Jackie Robinson. Come learn how baseball truly embodies the "American Ideal" where greatness and genius lie in its diversity! Engage with Jose as he shares the riveting tale of how Baseball is, was and will be forever The American Dream.



Ordinary People by Extraordinary Artists -

Fri Jan 17 10-11:00 am Fee: Res Comp/NR \$5
Some of the most important French artists of the 19th century resisted the elitist aesthetic of the academic art tradition by emphasizing the people around them, and the human experience as a subject matter. Join Carlene VanVoorheis of the DIA as she explains the psyche and works of these great masters!



MUSIC THROUGH THE DECADES

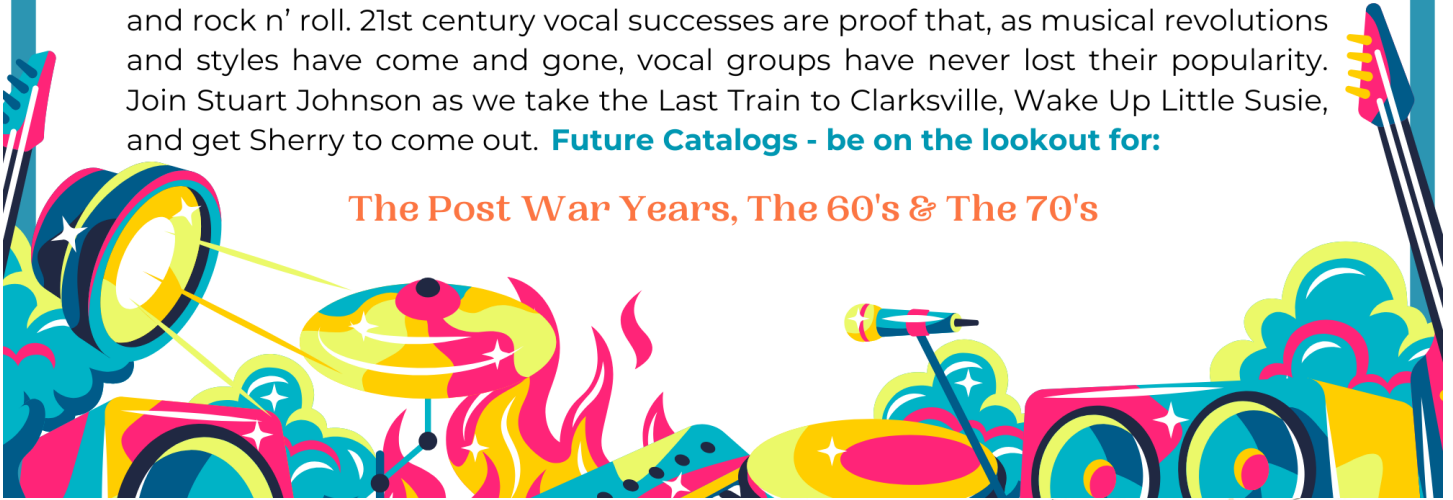
10-11:00
Free
 (Non-Res \$2)

THURSDAYS:
Jan. 16th - The 20's
Feb. 20th - The Depression Era
Mar. 13 - Big Band Countdown

*7-Part Series
 w/Stu Johnson!
 Come see them all!*

There have been many types of group vocal music through the years, from classic jazz groups, straight forward pop groups, modern jazz groups, doo-wop, and rock n' roll. 21st century vocal successes are proof that, as musical revolutions and styles have come and gone, vocal groups have never lost their popularity. Join Stuart Johnson as we take the Last Train to Clarksville, Wake Up Little Susie, and get Sherry to come out. **Future Catalogs - be on the lookout for:**

The Post War Years, The 60's & The 70's



Pre-Op and Post-Op by Dr. Jeff Bellefleur

Tue Jan 21 10-11:00 am Fee: Res Free/Non-Res \$2

This engaging veteran anesthesiologist shares pre-op and post-op perspectives. Q & A welcome.



MLK Lecture w/ Bruce Zellers

Fri Jan 24 10-11:00 am Fee: Res Comp/NR \$2

Martin Luther King emerged in the late 1950s as a leading voice in the Civil Rights Movement. His words had the power to inspire millions of people of all races. An assassin's bullet ended his life, but his message lives on powerfully into our own times.

History of the Superbowl

Fri Feb 7 10-11:00 am Fee: Res Comp/NR \$2

Calling all football fans! Join longtime Detroit Country Day Head Coach Dan MacLean as he presents the interesting history of the Superbowl before Sundays big game. Show your spirit and support your favorite team with your best gear!



Pop-Up Librarian	<u>Wednesday, Dec. 11, 10:00-11:00am</u> Talk with one of your local librarians about books, movies & tech.
Book Talk	<u>Wednesday, Jan. 15, 10:00-11:00am</u> Hear about popular new books and find your next read!
Lecture	<u>Wednesday, Feb. 12, 10:00-11:00am</u> Learn about undiscovered library databases. Such as Mango Languages, Value Line, Creativebug, Consumer Reports,

Norman Rockwell: America's Storyteller

Fri Feb 28 10-11:00 am Fee: Res Comp/NR \$2

No one has captured American life more vividly than artist Norman Rockwell. Wendy Evans will explore several of his best-loved covers for the Saturday Evening Post as well as a selection of other works from his long and productive career.

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-Jong	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
Dec: No Meeting Jan 3: Moby Dick by Herman Melville Feb 7: Killers of the Flower Moon by David Grann		

Paper Dolls

Every other Thu. 12:30-3 pm

Facilitator: Arlene Pinkos
Our dolls are on their winter hiatus. Keep your eye out for their return this spring!

Meet the new Police Dept. Community Liaison Officer Heather Glowacz



Tuesday, January 14th
10-11:00am

Res/Free, Non-Res/\$2

Chicks with Sticks Mondays 12:30-2:30

Facilitator: Chris Muir

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



Jazz Band: Cool & Complimentary! Mondays 1:00-2:30PM

Syncopation and improvisation, enjoy some of the best jazz around! Stop in for hot coffee & a true American art form.



LEARN TO PLAY MAHJONG!

Unlock the ancient game of Mahjong! In this class, you'll learn the basics of this captivating tile-based game, including rules, strategies, and scoring techniques. Perfect for beginners.

八萬

發

中

Tuesdays, 10-11:30AM
Jan. 7-28 4 classes/\$40

\$15 Card Fee paid to Instructor.

東

四萬

一萬

LEARN TO PLAY EUCHRE

Learn to play euchre in this fun, interactive class designed especially for beginners. Euchre is a fast-moving social card game played across the metro area. In this class we'll cover the basics, including gameplay and strategies.

Fridays, February 7-28 10-11:00am
Fee: Res \$60 / Non-Res \$70



NEW SERVICES! – SENIOR CHORE PROGRAM



- **Snow Removal**
- **Lawn Mowing**
- **Yard Cleanup**
- **Gutter Cleaning**
- **Bush Trimming**

Announcing the new **Senior Chore Program!** With funding provided through a grant from Oakland County, residents aged 62 and older with an income at/under \$53,700 for one person; \$61,400 for two people are eligible. Individuals 50-61 years of age with a disability may also be eligible. Through contractors, Senior Services will provide some or all of the following yard services: snow removal, lawn mowing, leaf clean up, bush trimming, and gutter cleaning. For more information, contact Jeff Howes at 248-723-3512



Caregiver Support Group

Together, we can support one another.

Thursdays, 10-11:00 am
Dec 19 / Jan 16 / Feb 13
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.

Companion Cafe

is an opportunity for caregivers and receivers to participate in something creative, social and enjoyable together in a safe, positive and supportive setting. It provides camaraderie with peers, fail-free activities like crafts and games, as well as professional entertainment. Bloomfield Hills Rotary provided funding to create this program and the feedback has been very positive. New Exhale grant funding will sustain the program for three years to continue building trust, confidence and joyful moments.

Residency & Advanced Registration Required.

Sponsored by:  Rotary

Wednesdays 1-3:00 pm
Dec 4 / Jan 8 / Feb 5

Friendship Club Opening in December

Friendship Club (FC) is a social model Adult Day Service offering engaging, fail-free and safe programming for older adults experiencing dementia or memory challenges. FC is dedicated to assisting people maintain their highest level of ability through social connection in an encouraging environment. Research indicates early intervention is important and positively impacts mood, sleep patterns and family relationships. This partnership in caregiving also enables families to keep their loved ones at home by providing much needed respite and support. We will be hosting events so the public may learn more about FC. Please subscribe to the Senior Service eNews to stay informed. You may also add your contacts to an Interest List by calling 248-723-3500



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.



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.



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



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

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 is available Monday thru Friday!

Contact Jeff Howes, Transportation Coordinator—248-723-3512

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.

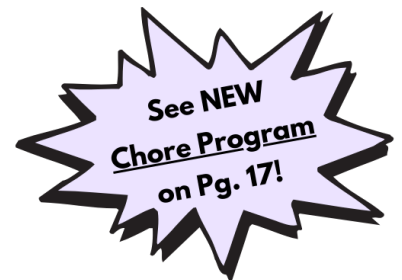
MHR project examples may include but are not limited to:

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

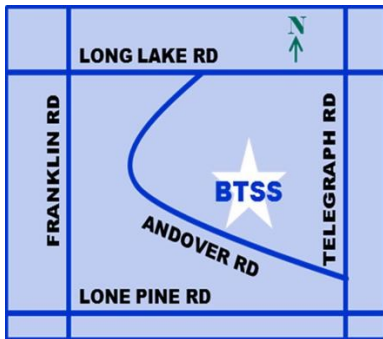
For more info. go to: <https://www.bloomfieldtwp.org/Resources/Forms/Assessing.aspx>



Senior Services
4315 Andover Road
Bloomfield Twp. MI



Monday-Friday: 7 AM - 3:30 PM



Big News!

We are expanding services in the following ways:

CAREGIVER CONNECT is a caregiver guided program offering respite, information, and programs while their care receiver is engaged in complimentary adult day service in our Friendship Club. "Family caregivers of all ages are essential to providing older adults with the extra support and compassion needed. But to effectively fill this role, caregivers must also care for themselves. Relief or respite can improve caregiver well-being, leading to better health, better social-emotional outcomes, and even lower costs of care. But caregivers need support to find time to clear their minds, take a breath, and take care of their own health and well-being." Exhale; the Family Caregiver Initiative.
Funding provided by: Exhale Family Caregiver Initiative

Family Caregivers of Bloomfield Twp., please join us on **Wed. 11/20/24 at 1 PM** to discuss the grant goals and provide input on how to meet them. Your input on the What, When and How will be invaluable. Let's reimagine respite. Please email ctvaroha@bloomfieldtwp.org to RSVP or request more information.

COMPANION CAFE is an opportunity for caregivers and receivers to participate in something creative, social and enjoyable together in a safe, positive and supportive setting. New Exhale grant funding will sustain the program for three years to continue building trust, confidence and joyful moments.

FRIENDSHIP CLUB (FC) is a social model Adult Day Service offering engaging, fail-free and safe programming for older adults experiencing dementia or memory challenges. Research indicates early intervention is important & positivity impacts mood, sleep patterns & family relationships.

See Pg. 17 for more info on these programs