



Bloomfield Township Senior Services



Serving 50+ Adults

Spring 2017

Enriching lives with learning opportunities ≈ Providing services that support well-being and independence ≈ Building Community

INDEX (SS = supplement)

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DETROIT TIGERS OPENING DAY

Friday, April 7
(SEV17-B1701)

Big screen pre-game excitement and ball park hot dogs. Red Sox vs Detroit Tigers. Show your colors and come cheer them on. Tiger baseball trivia contest! Sponsored by Woodward Hills. Preregistration required. **Res \$3 / Non-Res \$5**
12:30 PM (pregame fun) 1:10 PM (game time)

Unique Topics... uniquely for you!

Check out our exciting schedule of speakers on pages 10-12. Detailed flyers available at the Center. Preregistration required.

- ☞ Lost Towns of Eastern Michigan, 3/6
- ☞ Movie Palaces of Downtown Detroit, 3/24
- ☞ Dessert and DIA, 4/5
- ☞ Brain Health - 3/16, 4/27, 5/11
- ☞ Travel Talks - 3/20, 4/4, 4/12, 5/23
- ☞ WWII & Detroit, 5/16
- ☞ Bibles to Baseballs, 5/19

Non Resident ID Card Scan Begins

Beginning March 6, all participants utilizing the Senior Center must present their BTSS picture ID upon entering the building. The ID cards are part of our POS scan system. Get yours today!

1. Stop by the lower level reception desk during regular business hours to have your photo taken.
2. You'll be notified when your photo ID is ready for pick up at the main level reception desk.



Buy a Brick Program

Honor your loved one with a tribute in support of therapeutic activities for Friendship Club, Meals on Wheels or Transportation services. Purchase a memorial paver brick, which will be placed along the BTSS walkways beginning Spring 2017.

Each donor will receive a certificate and be notified when their brick is installed. One size 4" x 8" available for a contribution of \$150. Order forms are available in the center or online at www.bloomfieldtp.org/SeniorServices.

GET MOVING

Indoor Triathlon

Friday, February 24



5K Run/Walk

Saturday, May 20

See pg. 7 and back cover for details!

BTSS FUNDING

*Did you know....*The Senior Service Millage is **one half of one percent of your BT tax dollar** and provides **only 50%** of the BTSS budget. See *Christine's Comments* on page 2 for more information.

Christine's Comments...

The Senior Service Millage is **one half of one percent of a BT tax dollar*** and provides **only 50%** of the BTSS budget.

We must generate **approximately \$750,000 annually** to maintain our current level of services.

A full 85% of the non-tax funding comes from user fees and co-pays for services. We believe that those benefiting from programs and services should support them unless they have demonstrated low income.

Annually, we welcome 70-75,000 visits and provide a high level of customer service in a friendly atmosphere. Our supportive services translate into 26,000 "units" representing a ride to the center or medical appointment, an hour of respite care for a loved one living with dementia or a hot meal delivered to a homebound senior. BTSS is a truly cost effective investment in this community; we are turning your dollars into wellness and independence for many. Thank you for your ongoing support!

*Only 28 cents of every tax dollar paid stays in Bloomfield Township for all Township services. 72% of taxes support schools and community colleges, the county, the library, SMART, the Zoo and DIA.

Subscribe to our E-Newsletter

Visit the Township website at
www.bloomfieldtp.org/seniors
and click on the
Mailing List tab at the top of the page.

*Thank You for Your Donations**... Joseph & Kay McGlynn, Robert & Lillian Hoy, George Francoeur, John Hoban, Sandra Larson, Ray McPartlin, Josefine Wagner, William Cline, Dennis Zielinski, Donald Meier, David McKendry, AAUW Birmingham, Lois Benson, Helen Levy, Louise Lewis, Carol Secreto, Elizabeth Schermer, Eva Topalian, Kenneth Madigan, Manmohan Badhwar, Mary Louise Rynski, United Home Owners' Assn. of Bloomfield Twp.

*Tree of Life Donations**...Maggie Barclay, Suzanne Bauman, Eugenie Beall, Esther Boehm, Susan Chapnick, Padmanabham Cherukuri, Maxine Davison, Donna Dupuis, Trayce Fenton, George Francoeur, Carol Goldstein, Frances Grabowski, Sue Han, Cynthia Hayward, Renita Linkner, Kurmanath Manyam, Patty McGillivray Daniel Michelini, Walter Oehrlein, Arvind Patel, Bloomfield Red Hats, Dawn Roth, Mary Louise Rynski, Brian & Christine Smith, GERALYNN SMITH, Richard Stahl, Kathy Stroh, Paul Thomas, Bruce Upyke, Carlene VanVoorhies, Mary Walosin, Mark Waltherhouse, Michael Wasielewski, Barbara Woolf, Janice Zehnder

* CHARITABLE CONTRIBUTIONS AND GIFTS - An individual may deduct under Internal Revenue Code Sec. 170 (subject to maximum deduction of 50% of a taxpayer's contribution base) any charitable contribution which is made within the taxable year, to a state, federal or local government units, or any political subdivision thereof, only if the contribution of gift is made exclusively for public purpose.

Gifts/Gratuities Policy

Senior Center staff and instructors may not accept any gifts or gratuities from residents, customers or the public. The highest level of customer service is expected from all staff and we regularly strive to meet this standard. We ask that if someone is so inclined, they donate to support the Home Delivered Meals, Adult Day Service or to a local charity in our name.

Bloomfield Township Senior Services **4315 Andover Road**

(South off Long Lake or West off Telegraph)

Phone: (248) 723-3500 Fax: (248) 723-3519

Christine Tvaroha, Director

Senior Center*: Monday - Thursday 7 AM – 8 PM
Friday 7 AM – 6 PM
Saturdays 8 AM – 2 PM

Adult Day Service/Friendship Club: Mon-Fri 9 AM-4 PM

www.bloomfieldtp.org/seniors

BLOOMFIELD TOWNSHIP BOARD

Bloomfield Township Main Phone: 248-433-7700

Leo C. Savoie, Supervisor
Janet Roncelli, Clerk Brian E. Kepes, Treasurer
David Buckley, Trustee Neal J. Barnett, Trustee
Michael Schostak, Trustee Dani Walsh, Trustee

BTSS ADVISORY COUNCIL

Steve Eskoff, Chairman
John & Janice Bellefleur, Maxine Davison
Don Foehr, Victor & Suzanne Goldstein
Elizabeth Mahoney, Tom & Ginnie Richard

BTSS will be closed on:

Saturday, May 27
Monday, May 29

Eligibility: Adults 50 years and older*

*BT Residents – all programs open for participation;
completion of profile required

* Non- Residents – many programs open for participation
for additional fee, completion of profile required.

Sponsors for BTSS events are not necessarily endorsed by
BTSS or Bloomfield Townshin.

Registration / Cancellation / Refund Policies

- Registration only for confirmed BT profiles now through 2/14; nonresidents begin 2/15.
- Non- residents pay additional \$10 per session or trip, unless otherwise noted.
- Checks with insufficient funds will incur \$30 fee.
- Full payment required with registration.
- Prorating of class fees subject to instructor approval.
- Emergency Card must be presented at trip check-in.
- Trips depart promptly at posted time; return times are approximate.
- If you use a wheelchair or need a special accommodation for a trip, please indicate at time of registration. You must have a registered companion.
- Classes/Programs: no refund within 2 business days of start. No refund once class has begun.
Cancellation fee: 50% of cost if less than \$10; \$5 if cost \$10 or more.
- Trips: nonrefundable within 3 business days.
Cancellation fee \$5 + costs incurred (i.e. prepaid tickets).

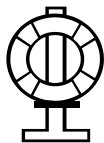
Knowing and understanding there are certain risks involved in your voluntary decision to participate in these activities, we recommend that you consult your doctor before starting any exercise program.

Warming up and cooling down are a vital part of a safe and effective exercise class. Please arrive on time to participate in the warm-up for each class and remain through completion of the cool down stretch.

Aquatics: Warm Water Fitness

* Non-residents pay additional \$10 fee per session.

Showers required prior to pool use. Bring water bottle, lock & towel. Water shoes are recommended.



Certified Lifeguards are needed.
Job description and employment application available:

<http://www.bloomfieldtpw.org/Government/EmploymentOpportunities.htm>

Aqua Cardio Core

Lisa Chavis

Focuses on high level cardio conditioning paired with strength, movement, & balance that challenge the body's core muscles. Improve overall functional strength, balance & coordination.

Thursday

9:30 – 10:30 AM

Mar 2 – Apr 13 (FIT118-AB1701)

7 classes/\$49*

Apr 20 – May 25 (FIT118-B1701)

6 classes/\$42*

Aqua Cardio Party *NEW DAY & TIME!* Maggie Barclay

30-40 minutes of cardio, including aerobics, HIIT, circuit, boxing, and dance including Aqua Zumba®! 20-30 minutes of core training with noodles, buoys and other equipment.

Tuesday

3 – 4 PM

Feb 28 – Apr 11 (FIT131-AB1701)

7 classes/\$49*

Apr 18 – May 23 (FIT131-B1701)

6 classes/\$42*

Thursday

3 - 4 PM

Mar 2 – Apr 13 (FIT131-AB1702)

7 classes/\$49*

Apr 20 – May 25 (FIT131-B1702)

6 classes/\$42*

Aqua Endurance, Core & Balance

Stan Witkowski

Endurance training plus dynamic core and balance conditioning with some muscle work. A challenging low impact but high intensity workout to increase heart rate.

Tuesday

9:30 – 10:30 AM

Feb 28 – Apr 11 (FIT133-AB1701)

7 classes/\$49*

Apr 18 – May 23 (FIT133-B1701)

6 classes/\$42*

Aqua Interval

Karen Ockner

Challenge your cardiovascular system performing various moves in sequence, followed by a recovery period. Strength & core work included. Work at your own level.

Monday

5:45 - 6:45 PM

Feb 27 – April 10 (FIT134-AB1701)

7 classes/\$56*

April 17 – May 22 (FIT134-B1701)

6 classes/\$48*

Aqua Yoga Flow

Kathy Housey

A relaxing way to benefit from the water while doing vertical yoga poses. Carefully sequenced fluid stretches which build gradually as you work the entire body in warm water.

Monday

11 AM – 12 PM

February 27 – April 10 (FIT114-AB1701)

7 classes/\$56*

April 17 – May 22 (FIT114-B1701)

6 classes/\$48*

Aqua Fit

Lori Harbour

Cardio & strength workout that increases your cardiovascular endurance, strengthen/stretch major muscle groups, improve balance & reduce stress! Moderate intensity, joint gentle class.

Wednesday

9:30 – 10:30 AM

Mar 1 – Apr 5 (FIT96-AB1701)

6 classes/\$48*

Apr 12 – May 24 (FIT96-B1701)

7 classes/\$56*

Friday

9:30 – 10:30 AM

Mar 3 – Apr 7 (FIT96-AB1702)

6 classes/\$48*

Apr 14 – May 26 (FIT96-B1702)

7 classes/\$56*

Aqua Power Aerobics Level 1

Annie Chi

Great aqua cardio workout with continuous motion to elevate your heart rate with creative strength and conditioning exercises.

Tuesday

4:45 – 5:45 PM

Feb 28 – Mar 28 (FIT27a-A1705)

5 classes/\$40*

Apr 4 – Apr 25 (FIT27a-B1701)

4 classes/\$32*

May 2 – May 23 (FIT27a-B1703)

4 classes/\$32*

Thursday

4:45 – 5:45 PM

Mar 2 – Mar 30 (FIT27a-A1706)

5 classes/\$40*

Apr 6 – Apr 27 (FIT27a-B1702)

4 classes/\$32*

May 4 – May 25 (FIT27a-B1704)

4 classes/\$32*

Aqua Power Aerobics Level 2

Annie Chi

Fun, fast-paced water aerobics emphasizing strength and endurance by using a variety of equipment. Advanced level class.

Tuesday

6 – 7 PM

Feb 28 – Mar 28 (FIT27b-A1705)

5 classes/\$40*

Apr 4 – Apr 25 (FIT27b-B1701)

4 classes/\$32*

May 2 – May 23 (FIT27b-B1703)

4 classes/\$32*

Thursday

6 – 7 PM

Mar 2 – Mar 30 (FIT27b-A1706)

5 classes/\$40*

Apr 6 – Apr 27 (FIT27b-B1702)

4 classes/\$32*

May 4 – May 25 (FIT27b-B1704)

4 classes/\$32*

Aqua Resistance Training (Intermediate) Ernie Thomas

Movement in the water creates resistance which has a positive effect on cardiovascular fitness and muscle toning. The intensity of resistance you experience is determined by you in the water.

Tuesday

8 – 9 AM

Feb 28 – Apr 11 (FIT146-AB1701)

7 classes/\$42*

Apr 18 – May 23 (FIT146-B1701)

6 classes/\$36*

Fluid Moves

Moderate level aerobics class using equipment to raise heart rate & increase circulation. Yoga style stretches improve balance, strength & coordination. End with a relaxing float.

Wednesday

Mar 1 – Apr 12 (FIT86-AB1701)

Apr 19 – May 24 (FIT86-B1701)

Saturday

Mar 4 – Apr 8 (FIT86-AB1702)

Apr 15 – May 20 (FIT86-B1702)

Kathy Housey

11 AM – 12 PM

7 classes/\$56*

6 classes/\$48*

10:30 – 11:30 AM

6 classes/\$48*

6 classes/\$48*

H₂O Boot Camp

High energy workout to strengthen & increase endurance. For actively exercising people who would like to add water aerobics to their cross training routine.

Saturday

Mar 4 – Mar 25 (FIT32-A1703)

Apr 1 – Apr 29 (FIT32-B1701)

May 6 – May 20 (FIT32-B1702)

Annie Chi

9 – 10 AM

4 classes/\$32*

5 classes/\$40*

3 classes/\$24*

H₂O Gentle Joints

Gentle range of motion exercises focusing on core balance and flexibility. A no-impact class that also strengthens the muscles using water resistance.

Thursday

Mar 2 – Apr 13 (FIT148-AB1701)

Apr 20 – May 25 (FIT148-B1701)

Lisa Chavis

11 AM – 12 PM

7 classes/\$49*

6 classes/\$42*

New! Hydro Force

Sports and strength training mixed with cardio for a splashing good time! Get your heart rate up with fun drills and find athletic skills you never knew you had!

Thursday

Mar 2 – Apr 13 (FIT157-AB1701)

Apr 20 – May 25 (FIT157-B1701)

Lisa Chavis

8 – 9 AM

7 classes/\$49*

6 classes/\$42*

H₂O HIIT

Take your aqua exercise to the next level. Aqua HIIT uses the water's resistance along with high intensity interval training to develop muscle tone, flexibility and cardiovascular fitness.

Friday

Mar 3 – Apr 14 (FIT128-AB1701)

Apr 21 – May 26 (FIT128-B1701)

Lisa Chavis

11 AM – 12 PM

7 classes/\$49*

6 classes/\$42*

Swim Lessons - Beginners

Whatever your ability, this small group instruction will help improve your skills and self-confidence. Designed for those with little or no experience in the water. Focus is on water submersion, front and back floats, and the beginner stroke.

Tuesday

Feb 28 – Apr 11 (FIT48-AB1701)

Ernie Thomas

11 AM – 12 PM

7 classes/\$42*

Swim Fitness

Designed for individuals who want to continue improving their swimming fitness skills. Learn how to do flip turns, rhythmic breathing, and other swim techniques to help increase your speed & build up swimming endurance.

Tuesday

Apr 18 – May 23 (FIT48-B1701)

11 AM – 12 PM

6 classes/\$36*

Ultimate H2O

Get ready to shake it up with this creative, fun and effective class! Enjoy a variety of cardio, strength training, flexibility, & balance workouts. All levels welcome! Modifications offered.

Monday

February 27 – April 10 (FIT95-AB1701)

April 17 – May 22 (FIT95-B1701)

Lisa Chavis

9:30 - 10:30 AM

7 classes/\$49*

6 classes/\$42*

Water Walking Workout

Fun and simple class helps strengthen muscles, build cardio and aide in balance. Use proper technique and work at your own pace moving to music! Class includes core training and stretching. Progressions will be made using pool equipment.

Monday - Level 1

Feb 27 – April 10 (FIT99-AB1701)

April 17 – May 22 (FIT99-B1701)

Wednesday - Level 2

Mar 1 – Apr 12 (FIT99-AB1702)

Apr 19 – May 24 (FIT99-B1702)

Ernie Thomas

2:30 - 3:15 PM

7 classes/\$42*

6 classes/\$36*

2:30 - 3:15 PM

7 classes/\$42*

6 classes/\$36*

Open Swim (FIT30-varies)

Register monthly for unlimited visits during scheduled times. Shower and check in with lifeguard before entering pool. Calendar available online & at Center. *BT Residency required.*

\$15/month

\$7.50/half month (1st - 15th or 16th - end)

Land Fitness

To protect the equipment & flooring, you are required to "carry in not wear in" your clean workout shoes – no street shoes.

Change shoes before beginning your class or workout. This is a year-round policy.

CARDIO

Cardio Party & Core

Cardio fun (interval training, aerobics, dance) followed by core strength & stretching (non-traditional standing moves, sit ups, mat Pilates, body weight). Intermediate level class. *Wear supportive shoes, bring a mat & water bottle.*

Monday

February 27 – April 10 (FIT119-AB1701)

April 17 – May 22 (FIT119-B1701)

Maggie Barclay

9 – 10 AM

7 classes/\$42*

6 classes/\$36*

Drums Alive®

High energy rhythmical workout! Combines simple aerobic movements with the powerful beat of the drum using stability balls & drumsticks! Workout for the entire body.

Thursday (NEW DAY!)

Mar 2 – Apr 13 (FIT47-AB1701)

Apr 20 – May 25 (FIT47-B1701)

Maggie Barclay

11:30 – 12:15 AM

7 classes/\$42*

6 classes/\$36*

Cardio, Core, Conditioning (Three Cs)

Dondra Elie

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 hand weights, mat, water.*

Tuesday

February 28 – April 11 (FIT109-AB1701)
April 18 – May 23 (FIT109-B1701)

9 – 10 AM
7 classes/\$42*

Thursday

March 2 – April 13 (FIT109-AB1702)
April 20 – May 25 (FIT109-B1702)

9 – 10 AM
7 classes/\$42*
6 classes/\$36*

Cardio, Strength & Balance Level 1

Rhonda Jean

See full description on page 6 under STRENGTH.

Cardio, Strength & Balance Level 2

Rhonda Jean

A great TOTAL body workout in a fun, relaxed environment. Improve strength (bands & weights), flexibility (stretching), balance (agility & mobility exercises), the cardio system (cardio interval training) & brain strength with mind exercises.

Monday

Feb 27 – Apr 10 (FIT137-AB1701)
Apr 17 – May 22 (FIT137-B1701)

10:30 - 11:15 AM
7 classes/\$42*
6 classes/\$36*

Creative Cross Training *(New instructor/classes)*

Lisa Chavis

Avoid workout plateaus by cross training! Unlimited classes taught by Lisa Chavis. Includes: Ultimate H2O, Take A Seat, Strength & Balance 2, Aqua Cardio Core, H2O Gentle Joints, Aqua Cardio Party & H2O HIIT. Not included: Triathlon training. *BT Residency required. (** Special introductory fee!)*

M/T/W/TH/F

Feb 27 – May 26 (FIT77-AB1701)

Times Vary
49 Sessions/\$110**

Zumba[®]

Instructors/Times Vary

Fuses hypnotic Latin and international rhythms with simple moves to create a dynamic workout system that's fun and easy to do! *Bring supportive shoes and a water bottle.*

Monday (Andrea Morman)

Feb 27 – Apr 10 (FIT78-AB1701)
Apr 17 - May 22 (FIT78-B1701)

5:30 - 6:15 PM
7 classes/42*
6 classes/\$36*

Wednesday (Mari Ann Pace)

Mar 1 – Apr 12 (FIT78-AB1702)
Apr 19 – May 24 (FIT78-B1702)

6:30 – 7:30 PM
7 classes/\$42*
6 classes/\$36*

Friday (Maggie Barclay)

Mar 3 – Apr 14 (FIT78-AB1703)
Apr 21 – May 26 (FIT78-B1703)

7:45 – 8:45 AM
7 classes/\$42*
6 classes/\$36*

PICKLEBALL

Court time available as a drop in and by reservation. Township residents can reserve a maximum of 2 periods per month. Reserving patron responsible for set up & clean up.

Tuesday (drop in only) 3:30 PM – 5:15 PM

Thursday (drop in only) 2:45 PM – 4:30 PM

Saturday (by reservation only) (FIT22-VARIES)

11:45 AM – 1:30 PM

Players scan in at the main level reception when coming to play.
Non-resident \$2 (SOC44)

PERSONAL FITNESS

Small Group Personal Training (SGPT)

New to working out or at a workout/weight loss plateau? SGPT could improve your results! Personalized attention within a group may help you reach health & fitness goals! Limited class size.

Does not include fitness equipment.

Monday (Lauren Olesiak)

February 27 – April 10 (FIT103-AB1701)
April 17 – May 22 (FIT103-B1701)

2 - 3 PM

7 classes/\$105*

6 classes/ \$90*

Tuesday (Maggie Barclay)

February 28 – April 11 (FIT103-AB1702)
April 18 – May 23 (FIT103-B1702)

7:30 – 8:30 AM

7 classes/\$105*

6 classes/\$90*

Wednesday (Lola Faleix)

Mar 1 – Apr 12 (FIT103-AB1703)
Apr 19 – May 24 (FIT103-B1703)

2 - 3 PM

7 classes/\$105*

6 classes/\$90*

Thursday (Maggie Barclay)

March 2 – April 13 (FIT103-AB1704)
April 20 – May 25 (FIT103-B1704)

7:30 – 8:30 AM

7 classes/\$105*

6 classes/\$90*

Friday (Lola Faleix)

Mar 3 – Apr 7 (FIT103-AB1705)
Apr 21 – May 26 (FIT103-B1705)

1 - 2 PM

6 classes/\$90*

6 classes/\$90*

1 on 1 Personal Training (FIT142-VARIES)

Using the "machines" but not seeing the outcome you'd hoped for? Ready to take your equipment workouts to the next level? 1 on 1 personal training may improve your results! Personalized attention to your health & fitness goals! One hour session with a personal trainer. Following registration, trainer will contact you to set up your personal appointment. *BT Residents Only. Does not include fitness studio use. Pre-requisite: Equipment Class or Orientation/Refresher.*

Appointment must be scheduled within 30 days of registration. 2 business days' notice directly to trainer required for cancellations/rescheduling.
1 session/\$60

TABLE TENNIS DROP IN

Wednesdays 4 – 5:30 PM Fridays 2:30 - 4 PM

☛ *Drop-In Program: Participants scan in at main level reception. BT Resident **free**. Guest/Non Resident \$2*

Transportation to the Center is available for select fitness classes. See Services Supplement for info.

Please carry in clean shoes for all fitness programs. This is a year round policy.
THANK YOU!

SEATED

Take a Seat!

Lisa Chavis
Gentle cardio, core and more, all while seated! Strengthen your muscles, gain flexibility and work through range of motion. Wear comfortable clothing and bring a water bottle.

Tuesday 11:30 AM - 12:15 PM
Feb 28 – Apr 11 (FIT151-AB1701) 7 classes/\$42*
Apr 18 – May 23 (FIT151-B1701) 6 classes/\$36*

Chair Yoga

Donna Tomassi/Karen Lutz
Connect gentle body movement with your breathing as you work to gain more strength, flexibility and balance in seated and optional standing postures, using the chair for support. *For standing postures, wear supportive shoe. No thongs, sandals or slip-ons, however, bare feet are acceptable.*

Monday (Donna Tomassi) 11:30 AM – 12:30 PM
February 27 – April 3 (FIT56-AB1701) 6 classes/\$36*
April 10 – May 22 (FIT56-B1702) 7 classes/\$42*
Wednesday (Karen Lutz) 11:30 AM – 12:30 PM
Mar 1 – Mar 29 (FIT56-A1704) 5 classes/\$30*
Apr 5 – Apr 26 (FIT56-B1701) 4 classes/\$24*
May 3 – May 24 (FIT56-B1703) 4 classes/\$24*

STRENGTH

Barre Balance

Donna Tomassi
Standing class using the bar for balance and gentle strength training. May also incorporate some basic ballet moves at the bar. All levels welcome. Please bring a mat to class.

Monday 12:45 – 1:30 PM
February 27 – April 3 (FIT101-AB1701) 6 classes/\$36*
April 10 – May 22 (FIT101-B1701) 7 classes/\$42*
Wednesday 12:45 – 1:30 PM
Mar 1 – Apr 5 (FIT101-AB1702) 6 classes/\$36*
Apr 12 – May 24 (FIT101-B1702) 7 classes/\$42*

Cardio Strength & Balance Level 1

Rhonda Jean
Work on range of motion, strength, balance and cognitive development while having FUN!! All of this is done via various types of exercises using a band, weights, no weights, and a ball. Lets not forget cardio intervals for a healthy heart! Class conducted in both seated and standing positions. *Wear supportive shoes. Small hand ball needed for class.*

Tuesday 12:45 – 1:30 PM
February 28 – April 11 (FIT136-AB1701) 7 classes/\$42*
April 18 – May 23 (FIT136-B1701) 6 classes/\$36*
Thursday 12:45 – 1:30 PM
March 2 – April 13 (FIT136-AB1702) 7 classes/\$42*
April 20 – May 25 (FIT136-B1702) 6 classes/\$36*

Equipment Orientation/Refresher (FIT33-VARIES)

Required for fitness participants before registering for Open Hours. Also a refresher for those who have previously completed a class or Orientation. 1-1/2 hour personalized training on all equipment for safe & effective use. *Bring clean indoor shoes. BT Residents Only. 2 business days' notice required for cancellations/rescheduling.*

1 class/\$35

Fitness Open Hours (FIT02-VARIES)

Pre-requisite: Class or Orientation. Self-supervised. Exchange BTSS ID for Open Hours I.D. tag and KEEP VISIBLE during each visit. *BT Residency required.*

\$18/mo or \$9/half month (1st - 15th or 16th - end)

\$96/6 consecutive months (6 month registration must be processed by BTSS staff, not online)

Pilates, Strength, & Balance

Karen Ockner
Build strength, improve balance, and strengthen your core muscles. Exercises will be performed standing, seated, and on the floor using your own body weight, light weights, and bands. *Please bring a mat and water bottle to class.*

Monday 4:15 - 5:15 PM
February 27 – April 10 (FIT139-AB1701) 7 classes/\$42*
April 17 – May 22 (FIT139-B1701) 6 classes/\$36*
Thursday 5 – 6 PM
Mar 2 – Apr 13 (FIT139-AB1702) 7 classes/\$42*
Apr 20 – May 25 (FIT139-B1702) 6 classes/\$36*

STOTT® Mat Pilates

Beth Berk
Increase your strength, flexibility, mobility, balance and body awareness. This contemporary approach to the original exercise of Joseph Pilates will have you walking away from your mat feeling taller, stronger and more connected to yourself. We will work your abs, arms, legs and back. This class is suited for all levels.

Friday 10:15 - 11:00 AM
Mar 3 – Apr 14 (FIT155-AB1701) 7 Classes/\$42*
Apr 21 – May 26 (FIT155-B1701) 6 Classes/\$36*
Saturday 10:30 - 11:15 AM
Mar 4 – Apr 15 (FIT155-AB1702) 7 Classes/\$42*
Apr 22 – May 20 (FIT155-B1702) 5 Classes/\$30*

New! ZS3 - Zone, Stretch and Strengthen Lisa Chavis
Stretching then strengthening muscle groups working all 3 zones; upper, lower and core. Making gains in flexibility, range of motion, balance and strength is our goal.

Tuesday 5:30 – 6:30 PM
February 28 – April 11 (FIT156-AB1701) 7 Classes/\$42*
April 18 – May 23 (FIT156-B1701) 6 Classes/\$36*

Strength & Balance – Level 2

Barclay/Chavis
Advanced level class done standing and on the floor using hand weights, stability balls, foam rollers & your body weight. Must be able to balance on stability ball. *Bring hand weights, mat & water.*

Wednesday (Lisa Chavis) 8:30 – 9:30 AM
Mar 1 – Apr 12 (FIT80-AB1701) 7 classes/\$42*
Apr 19 – May 24 (FIT80-B1701) 6 classes/\$36*
Friday (Maggie Barclay) 9 – 10 AM
Mar 3 – Apr 14 (FIT80-AB1702) 7 classes/\$42*
Apr 21 – May 26 (FIT80-B1702) 6 classes/\$36*

MIND  BODY

Yoga for Well-Being

Karen Lutz

A gentle yoga practice to help balance and restore calmness using a combination of traditional postures and stretches. Class will offer meditation. All levels are welcome. *Bring your yoga mat.*

Friday NEW DAY!

11:30 – 12:30 AM

Mar 3 – Mar 31 (FIT152-A1703)

5 classes/\$30*

Apr 7 – Apr 28 (FIT152-B1701)

4 classes/\$24*

May 5 – May 26 (FIT152-B1703)

4 classes/\$24*

Saturday

8:30 - 9:30 AM

Mar 4 – Mar 25(FIT152-A1704)

4 classes/\$24*

Apr 1 – Apr 29 (FIT152-B1702) (no class 4/15)

4 classes/\$24*

May 6 – May 20 (FIT152-B1704)

3 classes/\$18*

Chair Yoga

Karen Lutz

See full description on page 6 under SEATED.

Gentle Moves Yoga

Maggie Barclay

Learn basic yoga poses, strengthen your core, improve balance, and practice simple relaxation/meditation techniques. Must be able to get down on floor. *Wear comfortable clothing. Bring water bottle & yoga mat.*

Tuesday

10:15 - 11:15 AM

Feb 28 – Apr 11 (FIT94-AB1701)

7 classes/\$42*

Apr 18 – May 23 (FIT94-B1701)

6 classes/\$36*

Thursday

10:15 - 11:15 AM

Mar 2 – Apr 13 (FIT94-AB1702)

7 classes/\$42*

Apr 20 – May 25 (FIT94-B1702)

6 classes/\$36*

Tai Chi Chuan

Han Hoong Wang

Tai Chi Chuan enhances balance and body awareness with slow gentle, graceful & precise movements.

Beginning Wednesday

9:40 – 10:25 AM

Mar 1 – Apr 5 (FIT03-AB1701)

6 classes/\$48*

Apr 12 – May 24 (FIT03-B1701)

7 classes/\$56*

Continuing Wednesday

10:30 – 11:15 AM

Mar 1 – Apr 5 (FIT03-AB1702)

6 classes/\$48*

Apr 12 – May 24 (FIT03-B1702)

7 classes/\$56*

SPECIALTY FITNESS PROGRAMS & EVENTS

Indoor Triathlon Training

Lisa Chavis

Get ready for our 2017 Indoor Triathlon! 25 minutes on the fitness floor (cycling, NuStep, treadmill or walking the track) and 25 minutes in the pool (swim or waterwalk). (Late start/adjusted registrations will be accepted.) *BT Residents only.*

Tuesday

3:00 PM – 4:00 PM

Jan 10 – Feb 14 (FIT154-A1701)

6 classes/\$36

Golf Conditioning

Maggie Barclay/Lisa Chavis

Focus on golf-specific muscular strength, stability/balance, posture control & power development. Emphasis on core strength training for a balanced set up & consistent, stabilized swing. Wear comfortable, supportive shoes. Bring your favorite driver!

Tuesday

1:45 – 2:30 PM

Feb 28 – Apr 11 (FIT50-AB1701)

7 classes/\$42*

Apr 18 – May 23 (FIT50-B1701)

6 classes/\$36*

Moving thru - Dance & Parkinson's

Mari Ann Pace

Fun dance class for individuals living with PD or limited mobility. Includes ballet, theater, folk and tap dance. Please inform at registration if a caregiver will accompany participant. **FREE for Township Residents! Preregistration required.** (**Funding through Marilyn J. Scriver Scholarship for Dance Therapy. Info: Stacy Egerton at 248-678-3124 or MarilynJanelInfo@gmail.com.)

Thursday

1:45 - 2:30 PM

Mar 2 – Apr 13 (FIT121-AB1701)

7 classes/Non Res \$42**

Apr 20 – May 25 (FIT121-B1701)

6 classes/Non Res \$36**

Core Foundation® Training

Lori Harbour

Redefine your core, conquer back pain and move with more confidence! Training shifts the focus from the front of your body to the back. Strengthens the full posterior chain and corrects poor movement patterns to maximize power, flexibility and endurance! *Must feel comfortable kneeling and getting to the floor. Please bring mat and water. Class taught barefoot or in socks.*

Thursday (Level 2)**

6:30 – 7:15 PM

(**for people with previous Foundation Training experience who wish to take it to the next level)

Mar 2 – Apr 6 (FIT144-AB1701)

6 classes/\$48*

Apr 13 – May 25 (FIT144-B1701)

7 classes/\$56*

BTSS 5K Run/Walk

Lisa Chavis/Maggie Barclay

We will be running/walking around the beautiful Bloomfield Township Campus. Residents and Non-Residents of **all ages** are welcome. Children welcome with supervision. Proceeds will benefit Meals on Wheels and Adult Day Service (Friendship Club). Preregistration and payment required for those 12 and up.

Fee: \$25 - Res or Non Res 12+

Saturday, May 20 (FIT159-B1701)

9 – 11:30 AM

Couch to 5K Coaching

Maggie Barclay/ Lisa Chavis

Want help prepping for our 5K Run/Walk? There will be planning meetings and ongoing virtual support. We will discuss, motivate and educate. Handouts of program exercises, stretches, tips and tricks. Registration for 5K required for coaching.

Res FREE / Non Res \$10

Wednesday, March 1 (FIT158-A1701)

2 – 3 PM

Wednesday, April 12 (FIT158-B1701)

2 – 3 PM

EVENING FITNESS CLASSES

Aqua Power Aerobics Lev 2 (pg. 3)

Annie Chi

Zumba® (pg. 5)

Andrea Morman/Maggie Barclay

Aqua Intervals (pg. 3)

Karen Ockner

Pilates, Strength & Balance (pg. 6)

Karen Ockner

Core Foundation® Training (pg. 7)

Lori Harbour

ZS3 - Zone Stretch and Strengthen (pg. 6)

Lisa Chavis

SATURDAY FITNESS CLASSES

Yoga for Well Being! (pg. 7)

Karen Lutz

Fluid Moves (pg. 4)

Kathy Housey

H₂O Boot Camp (pg. 4)

Annie Chi

STOTT® Mat Pilates (pg. 6)

Beth Berk

ENRICHMENT

* *Non-residents pay additional \$10 fee per session. See Page 2 for registration/cancellation policies.*

Drop-In Programs: All participants must scan in or register and pay fee (if applicable) at main level Reception Desk.

♻️ **Resident free. Guest/Non Resident \$2.**

ART

Gems and Friends ♻️ Facilitator Martha McGee

Use rocks, mosaics, gemstones, beads to create fun jewelry and art. Informal instruction. Supplies and equipment available. Donations appreciated. \$2 material fee payable to instructor. Drop ins welcome!

Dates subject to change, please call ahead.

Tuesdays/Thursdays 1:00 - 4:00 PM*
 (* March 14, 28 & May 16) 3:30 - 6:30 PM)

CLUBS / GROUPS

Book Club ♻️ Facilitator: Fem Stoffer

Fridays 10:00 – 11:30 AM

March 3 *Lilac Girls* Martha Hall Kelly (Skandalaris)

April 7 *My Name is Mary Sutter* Robin Oliveira (Alexanian)

May 5 *The Man Called Ove* Fredrick Bachman (Mahoney)

Books and Titles subject to change

Chicks with Sticks ♻️

Join a friendly group that knits & crochets for infants, foster-care teens and chemotherapy patients – gifts from the heart. At-home knitters needed, too! *New or "like new" yarn needed.*

Mondays (no 3/20) 1:00 – 3:30 PM

Senior Men's Club Facilitator Ralph Pedersen

Enjoy great speakers, camaraderie and a *light breakfast provided by American House.* Pre-registration required.

Res \$6 / Non-Res \$8

3rd Wednesday 9:30 – 11:30 AM

March 15 (SOC27-A1703) Clifford Marco, Smithsonian NASAM
 "Apollo 11 - fascinating, illustrated presentation"

April 19 (SOC27-B1701) John Wilson, Affordable Care Act

May 17 (SOC27-B1702) John Stoll, Stunt Double
 "Hollywood, stunt double and motorcycle racer"

Women's Club Planning Meeting

Come discuss the future BTSS Women's Club.

Friday, March 3 10:30 - 11:30 AM

COMPUTER EDUCATION

Computer Lab – Open Hours ♻️

Let our volunteers answer your questions and help with your computer challenges. Please call to schedule a volunteer. (More information on volunteering see page12.)

Tuesdays 3:00 - 5:00 PM

Saturdays 10:00 AM – Noon

Step by Step Windows 10 Training

Mike Wilson

Walk through your 100-page large print, easy read book on the NEW Windows 10. Learn the start menu, operating system, Internet, action center, apps, free word processor, task view, Windows store, settings and more! *Easy to use instruction book - \$25 payable to instructor at first class.*

(Limited laptops available or bring your own battery-powered laptop or just follow along through your 100-page book.)

Tuesdays 10:00 AM - 12:00 PM 4 Classes/\$100*
March 7, 14, 21, 28 (COM52-A1701)

Managing Your Cell Phone**

Mike Wilson

Large screen instruction on how to use your cell phone. Instructor will cover photos, texting, navigating, passwords, apps, contacts, e-mail, camera, play store, settings, Internet, voice recorder, vision adjustments, voicemail and more!

***For users of any Samsung, LG, HTC, all Note phones, Nexus, Sony, Galaxy, any Metro PCS, Motorola, Nokia, Huawei, Alcatel, Lenovo, Acer, BLU phones, Toshiba, Sharp, and any Android smartphones.*

Wednesdays 10:00 AM - 12:00 PM 3 classes/\$75*
May 3, 10, 17 (COM53-B1701)

GAMES

Euchre & Pinochle ♻️ Facilitator: Joanne Carmichael

Thursdays (Subject to change) 11:00 AM – 1:30 PM

Billiards (Pool) ♻️

Group Play: All levels welcome. **Tues. & Thurs.** 1-4 PM

Solo/One on One: **Monday 1-4 PM, Wednesday 4-7 PM**

Friday 1-4 PM, Saturday 11 AM-1 PM

Duplicate Bridge

Facilitator: B. Balakrishna

Monday & Friday

Play: 12:30 – 4:00 PM

Res \$2/Non-Res \$4

Arrival time 12:15 promptly for table assignments

Maximum of 7 tables No Bridge 3/13, 3/27, 4/7

Duplicate Discussion Bridge

Connie Jaroh

Walk-in Group. No Bridge 3/13, 4/10, 5/8

Mondays/Fridays 12:30 - 3:30 PM **Res \$2/Non-Res \$4**

Duplicate Discussion Bridge

Judy Mixer

Walk in Group.

Mondays/Fridays 12:30 - 3:30 PM **Res \$2/Non-Res \$4**

Evening Duplicate Bridge

Facilitator: Ed Coe

1st & 3rd Wednesday

3:45 – 7:45 PM

Tables assigned at 3:45. Play begins promptly at 4:00

This is a non-ACBL sanctioned game so no master points are awarded.

Res \$2/Non-Res \$4

March 1, 15

April 5, 19

May 3, 17

Bridge - Beginner James & Cheryl Bloom
 Learn the basics of bridge including bidding and declarer play. No prior experience needed, also for those with some bridge skill. Two certified ACBL instructors and silver life masters. *Book fee \$20 payable to instructor.*
Mondays 5:45 - 7:45 PM 8 classes/\$120*
April 3 – May 22 (EDU12-B1701)

Bridge - Intermediate James & Cheryl Bloom
 Learn ways to analyze play, defend & further knowledge of bidding. For those experienced playing bridge. Concentration on play/defense of the hand. Certified ACBL instructors & silver life masters. \$20 book fee payable to instructor.
Wednesdays 10:00 AM – Noon 8 classes/\$120*
March 15 – May 3 (EDU13-A1702)

Bridge - Advanced James & Cheryl Bloom
 Make your bridge game more fun. Learn skills to be more competitive and techniques to get to slam more, analyze play and defend difficult hands. Certified ACBL instructors and silver life masters. *Book fee of \$20 payable to instructor.*
Wednesdays 12:30 – 2:30 PM 8 classes/\$120*
March 15 – May 3 (EDU14-A1702)

Mah-jongg Play ♣
Tuesdays/Thursdays (Subject to change) 1:30 PM – 4:30 PM

Poker ♣ Facilitator: Joann Capoccia
Wednesdays Noon – 3:00 PM
 Ladies and gents, enjoy a friendly game of poker. *New players welcome! Call Joann (248-681-8533) to confirm play.*

MUSIC

\$ - Unless otherwise noted, all Music offerings require preregistration with payment. Res \$3 / Non-Res \$5

BTSS Band ♣ Facilitator: Ed Black
 Join the BTSS Swing Band, looking for players able to read simple arrangements, brass, reeds & rhythm players, pop music from the 30's & on. Dust off your skills. Audiences encouraged!
Tuesdays No Band 3/14 & 3/28 3:00 - 5:00 PM

Birmingham Musicale String Ensemble
 Enjoy the performance of this local 22-person string ensemble. The music will entertain and delight you. \$
Thursday, March 9 (EDU53-A1722) 9:30 - 11:00 AM

SPECIAL EVENTS

\$ - Unless otherwise noted, all Special Events require preregistration with payment. Res \$3 / Non-Res \$5

AAA Mature Driver Course
 Interactive classroom provides tips to help older drivers compensate for changing vision, reflexes and response time. Half hour break, please bring your lunch. Pre-registration required.
Res \$20/Non-Res \$30
Tuesday, April 11 (EDU03-B1701) 10:00 AM - 2:00 PM

Detroit Tigers Home Opener Tailgate Fun
 Big screen pre-game excitement, ball park hot dogs. Boston Red Sox vs Detroit Tigers. Show your colors & cheer them on. Tiger baseball trivia contest! Sponsored by Woodward Hills. \$
Friday, April 7 (SEV17-B1701)
Pre-game fun 12:30 PM Game Time 1:10 PM

Birmingham Musicale String Ensemble
 Enjoy the performance of this local 22-person string ensemble. The music will entertain and delight you. \$
Thursday, March 9 (EDU53-A1722) 9:30 - 11:00 AM

1000 Mile Walk Around Lake Michigan
 Loreen Niewenhuis, Author
 Dynamic presentation of author's 1,000 hike along the shores of Lake Michigan. Illuminates the geology, natural history and biology of the lake, raising important questions about preserving our wilderness and ecosystems. Sponsored by Cedarbrook Senior Living \$
Thursday, April 20 (EDU53-B1706) 6:30 - 7:30 PM

MOVIES

Movies provided by Bloomfield Township Public Library.

Film Festival ♣
4th Wednesday Movie begins: 1:30 PM
March 22 America Wild: National Parks Adventure
April 26 Best of The Tonight Show w/ Johnny Carson
May 24 One Day in Africa

Movie Classics ♣
1st Friday Movie begins: 1:00 PM

March 3 "Ben Hur"
 Palestinian battles the Roman Empire and has encounter with Jesus. Charleston Heston G 1959 / Drama / 3h 44m

April 7 NO MOVIE - Tiger Opening Day Event

May 5 "Butch Cassidy and the Sundance Kid"
 True story of the fast-draws, wild rides, robberies and friendship of the most likeable outlaws in frontier history. Paul Newman & Robert Redford PG 1969 / Action, biography / 1h 53 min

Movie Musicals ♣
2nd Friday Movie begins: 1:00 PM

March 10 "A Star Is Born"
 A celebrity star is on the wane, but when he meets an actress, he is inspired to help her. James Mason & Judy Garland PG 1954 / Musical, Romance / 2h 2m

April 14 "Damn Yankees"
 A modern retelling of a legend of a time when the New York Yankees dominated Major League Baseball. Tab Hunter & Ray Walston G 1958 / Musical Comedy / 2h 13m

May 12 "The Umbrellas Cherbourg"
 Frenchwoman selling umbrellas falls for dashing mechanic and romance is interrupted by the Algerian War. Catherine Deneuve. G 1964 / Fantasy, Romance, Melodrama / 1h 35m

Movie Mania ☼

3rd Friday

Movie begins: 1:00 PM

March 17 "The Legend of Tarzan"

A decade since Tarzan and Jane left Africa, a treacherous envoy schemes to capture him. Alexander Skarsgard & Christoph Waltz. *PG 13 2016 / Drama, Action/ 1hr 50 m*

April 24 "The Natural"

After 16 years, an injured baseball phenomenon returns to pro baseball as a rookie for the last-place New York Knights. Robert Redford *PG13 / 1998 / Drama / 2h 4m*

May 19 Disney's "Up"

Aging balloon salesman fulfills lifelong dream. Tying balloons to his house, he flies away to South America when he discovers a stowaway. *PG / 2009 / Animated Comedy Drama / 1h 41m*

Documentaries ☼

4th & 5th Friday

Movie begins: 1:00 PM

March 24 NOVA "The Incredible Journey of Butterflies"

Filmmakers follow the extraordinary odyssey of the the epic migration of monarch butterflies across North America. *G 2009 / Documentary / 56m*

March 31 BBC "How Plants Communicate & Think"

University of Alberta professor maintains that plants do behave and lead anything but solitary and sedentary lives. *G 2006/ Documentary / 52m*

April 21 Disney's "Earth"

Animal mothers struggle to raise their young in a dangerous environment. *G 2007/ Documentary/ 1h 35 m*

May 19 National Geographic "Destructive Weather"

We live in an electrified universe filled with an uncontrollable force of nature - weather. *G 2016 / Documentary / 57 m*

UNIQUE TOPICS

\$ - Unless otherwise noted, all Unique Topics require preregistration with payment. Res \$3 / Non-Res \$5

For more details please see flyers at Senior Center.

WSU Connect Lab: Connectivity

Jessica Hayes & Cindy Temali

IOG Researchers present information about changes in the brain & memory that accompany aging. Learn how genetics can influence predisposition to Alzheimer's disease.

Wednesday, March 1 (EDU56-A1707) 10:30 - 11:30 AM

New York's Burned Over District, 1820-1840

Jim Craft, Historian

The majority of settlers to Michigan in the territorial and early statehood periods came from western New York, (the Burned Over District) at a time when that region was experiencing an especially intense phase of the 2nd Great Awakening, \$

Thursday, March 2 (EDU53-A1720) 10:30 - 11:30 AM

Lost Towns of Eastern Michigan Alan Naldrett, Author
Many old boomtowns and sleepy villages are faded memories. Nature reclaimed the ruins of some; progress paved over the rest. Discover lost communities hidden in Eastern Michigan. \$
Monday, March 6 (EDU53-A1721) 10:30 - 11:30 AM

Brain Food & Mental Awareness Robin Danto
Oakland County MSU Extension presentation. Adequate nutrition is necessary for a healthy mind & body. Explore better food choices to maintain a healthy mind and body. \$
Wednesday, March 8 (EDU56-A1708) 10:30 - 11:30 AM

Brain Health- Make Your Way Through The Maze of Information Kathy Housey
Sort through the latest findings on cognitive decline; learn strategies to re-establish & maintain brain health while having fun with challenging brain drills. Sponsored by Heartland Home Health Care of Bloomfield. \$
Thursday, March 16 (EDU56-A1709) 10:30 - 11:30 AM

Adventures in Hiking: the Mt. Everest Region
BTSS member, Gerd Hartung, shares his recent hiking adventure to the Himalayas in Nepal. A well-traveled hiker with images of great scenery of Mount Everest region. \$
Monday, March 20 (EDU53-A1723) 10:30 - 11:30 AM

Michigan Rediscovered Ron Mademacher
An entertaining and educational travel adventure to the back roads of Michigan, including historic sites, natural wonders and unusual places. Sponsored by Woodward Hills. \$
Wednesday, March 22 (EDU53-A1724) 10:30 - 11:30 AM

Movie Palaces of Downtown Detroit
Michael Hauser, Michigan Opera Theatre
History of majestic theatres that once surrounded Grand Circus Park that were designed by renowned architects. Includes photos, artefacts, videos and a Q & A session. \$
Friday, March 24 (EDU53-A1725) 10:30 - 11:30 AM

Tea & Himalayan Travel Judy Brysk, Traveler
It's mind-expanding to see how people in different cultures deal with good fortune and hardships. People in the Himalayas find joy and simplicity in their humble lifestyles. \$
Tuesday, April 4 (EDU53-B1701) 10:30 - 11:30 AM

Dessert & the DIA : History of DIA
This program highlights the individuals who founded the museum, built its collection, and supported the institution for over 128 years. Sponsored by Baldwin House. \$
Wednesday, April 5 (EDU53-B1702) 10:30 - 11:30 AM

The World through the Eyes of a Traveling Artist
Julie Dawson, Author/Artist/Photographer
Immerse yourself with representational watercolors featuring flowers, animals, children and geometrically designed kaleidoscopes inspired by this well-traveled artist. Sponsored by Samaritas Senior Living. \$
Wednesday, April 12 (EDU53-B1703) 10:30 - 11:30 AM

Home Repair & Improvement

Zana Macki Professor, MI Consumer Protection
Learn telltale signs of home repair scams, unscrupulous contractor red flags & navigating the home repair process.

Complimentary for BT Residents. Non Residents \$2.00
Friday, April 14 (EDU53-B1704) 10:30 – 11:30 AM

Wrestling w/ History: US between the World Wars

Professor Bruce Zeller, Oakland University
Americans reverted to a stance of isolation from the mounting troubles and were determined to stay out. The attack on Pearl Harbor pushed America into the greatest conflict in the history of the world. \$

Thursday, April 20 (EDU53-B1705) 10:30 – 11:30 AM

Going Green What it Means & Why It Takes a Team!

Jeff Copland, Green Team Educator
Speaker brings decades of teaching topics such as forest ecology, environmental impact, alternative energy, organic turf & garden and more! Live an environmentally sound lifestyle. \$

Friday, April 21 (EDU53-B1707) 10:30 - 11:30 AM

WSU Presents Everyday Toxins

Brian Smith II, COEC Coordinator
Avoid toxins in and around your home. Household products such as cleaners & pesticides may contain harmful chemicals. Become aware of organic, non-toxic alternatives. \$

Monday, April 24 (EDU53-B1708) 10:30 - 11:30 AM

Planning Successful Doctor Visits

Kristina Ottenwess, OC Health Division
Review what to do before and during your visit to a physician's office for the best service and to make informed decisions. \$

Wednesday, April 26 (EDU56-B1701) 2:00 - 3:00 PM

Brain Health - Your Gut is Your Second Brain

Kathy Housey
Learn the important connections between what you put into your body and how it affects cognitive functioning. Simple dietary changes to make you look & feel better while offering important brain protection. Sponsored by Affordable Home Care. \$

Thursday, April 27 (EDU56-B1702) 10:30 – 11:30 AM

The 1915 Bird's Eye View Map of Bloomfield Township

John Marshall, Historian
A 4 ft. by 6 ft. Bird's Eye View Map of Bloomfield Township was hand painted in 1915 for developer Judson Bradway. Learn the background, content and the process by which it was digitized and made available for all to view on a computer. \$

Friday, April 28 (EDU53-B1709) 10:30 - 11:30 AM

King Tut Tomb Discovery (1300 BC / AD1922)

Maureen Esther, Storyteller
Wonderful visuals cover the tomb discovery, excavation and disposition of the most important archaeological find to date. Sponsored by Brookdale Senior Living. \$

Tuesday, May 2 (EDU53-B1710) 10:00 – 11:30 AM

WSU Successful Aging: Minimizing Vulnerability in Health & Wealth

Review how to maintain a positive attitude by adapting to changes in your body, mind and circumstances. Geriatric psychologists will discuss the tools needed to manage change, minimizing vulnerability. Sponsored by Health Quest Physical Therapy. \$

Wednesday, May 3 (EDU56-B1703) 10:30 – 11:30 AM

Tour the Smithsonian National Air & Space Museum

Clifford Marko, NASM Docent
Virtual tour of one of the most visited museum in the world. Awesome images of the Wright Brothers, Apollo, Spirit of St. Louis, World War II airplanes, Mercury, Gemini and many other spacecraft/airplanes as well as selected artifacts. \$

Thursday, May 4 (EDU53-B1711) 10:30 - 11:30 AM

Art in Action: Hope and Healing - One Piece at a Time

Mary Gilhuly, Mosaic Artist
Join this local artist and co-founder of the Song & Spirit Institute for Peace as she describes her unique journey of healing through mosaic art, creating one-of-a-kind works that honor life and are truly inspirational. \$

Tuesday, May 9 (EDU53-B1712) 10:30 - 11:30 AM

1915 Cross Country Tour by Edsel Ford – A Mural

John Marshal, Historian
In a great room overlooking Wing Lake, exists a hand painted 86' long mural circling the room. Learn the history, background and how it has been digitized and is now viewable by all. Sponsored by Alliance Senior Care. \$

Wednesday, May 10 (EDU53-B1713) 10:30 - 11:30 AM

Brain Health - Owl, a Lark or Hummingbird?

Educator, Kathy Housey
Identify your personal sleep patterns and how they can help you with techniques to maintain better sleep. Improve the quality of your life and your long term memory with mindful relaxation. Sponsored by Heartland Home Health Care of Bloomfield. \$

Thursday, May 11 (EDU56-B1704) 10:30 – 11:30 AM

The Butterfly Effect & Historic Preservation

Ron Campbell, O.C. Economic Dev. & Comm. Affairs
Seemingly inconsequential acts have the power to change the world. From the work of MIT Professor, Edward Lorenz and examples from Andy Andrew's book, The Butterfly Effect, translate the ideas to historic preservation. \$

Friday, May 12 (EDU53-B1714) 10:30 – 11:30 AM

WW II on the Homefront: Detroit, the Arsenal of

Democracy
Joel Stone, Curator & Historian,
Detroit Historical Society
Detroit adapted its vast industrial infrastructure to produce airplanes, tanks, vehicles, boats, weapons, ammunition, electronics, clothing and food. When the war ended in 1945, the people of southeastern Michigan had produced 30% of the U.S. war material generated. Sponsored by Woodward Hills. \$

Tuesday, May 16 (EDU53-B1715) 10:30 – 11:30 AM

Bibles to Baseballs - Detroit Public Library Treasures

Mark Bowden, Special Collections Coordinator
Presentation documents local, national heritage of cultural, historical and literary significance. Enjoy special collections including the Burton Historical Collections:, Rare Books, E. Azalia Hackley, Ernie Harwell sports and the National Automotive History Collection. \$

Friday, May 19 (EDU53-B1716) 10:30 – 11:30 AM

Travel Madagascar

Donald Burlett, Audubon Society President
View amazing wildlife, plants and birds! See its totally unique habitat come to life on the big screen presented by an eye witness. Sponsored by Assisted Living Locators & Sanctum Medical. \$

Tuesday, May 23 (EDU53-B1717) 10:30 – 11:30 AM

Bloomfield: The Beginnings

Dan Badgley, Manager E.L. Johnson Nature Center
Over thirteen thousand years ago, a melting glacier left behind massive piles of sand and gravel that formed the "hills" of Bloomfield. The fascinating natural and human history of our home. \$

Wednesday, May 24 (EDU53-B1718) 10:30 – 11:30 AM

Get started w/ Library eBooks

Linda Hart BTPL
Learn how e-Books work, offerings available through the Bloomfield Twp. Library. Bring your library card, charged iPad, Kindle or Tablet. Apple ID or Amazon password for Kindle reqd. Preregistration required. **No fee – BT residency required**
Look forward to future events in cooperation with our BTPL

Thursday, May 25 (EDU53-B1719) 9:00 AM - 12:30 PM

Genealogy II, When You Hit a Brick Wall

Karen Mack
Nothing is more frustrating than making great progress in your genealogy quest and running smack into a brick wall. Learn a few tricks to help you plow right through. Sponsored By Mt. Elliot Cemetery Association. \$

Wednesday, May 31 (EDU53-B1720) 10:30 – 11:30 AM

BTSS FUNDING

*Did you know....*The Senior Service Millage is **one half of one percent of your BT tax dollar** and provides **only 50%** of the BTSS budget. See *Christine's Comments* on page 2.

VOLUNTEERING



Volunteering is important to long and healthful lives.

Call Joan for more information 248-723-3500.

VOLUNTEER REQUIREMENTS

Volunteer applicants must be at least 18 years of age, a Bloomfield Township resident and agree to complete/submit a volunteer application and background check form. Forms are available at the main level reception desk or online at:

<http://www.bloomfieldtp.org/Services/SeniorServices/VolunteerOpportunities.asp>

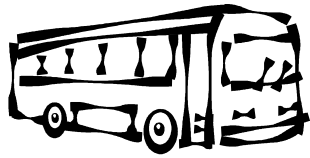
Please contact Joan Patzelt, BTSS Deputy Director at 248-723-3500 or jpatzelt@bloomfieldtp.org.

Thank you to our Meals on Wheels Volunteers!

Rob Alvin * Kerstin Baumann * Susan Bellefleur * Molly Beresford * Leroy Bliven * Don & Camile Breen * Reg Campbell * Su Chuang * Cindy Clement * Greg Coatsworth * Jerry Craig * Emily Day * Judy Dennis * Judy Dixon * Mike Dunigan * Carole & Ted Elder * John Feeney * Ed Francis * Judy Geppert * Mona Gibson * Barbara Glotzhober * Carol Goldstein * Nancy Haddad * Lorna Hall * Rose Ann Hanley * Rob Heeren * Cindy Herzberg * Pam Hoffman * Jim & Joann Holden * Linda Hsing * Jean Ivory * Pat Jacoby * Janet & John Kaczmarek * Lisa Kraus * Marshall Lasser * Marcie Lloyd * Anders Lundberg * Darcy MacKenzie * Doug & Joan Mann * Richard May * Carlos Mazzorin * Alice & Frank McIntyre * Rod & Mary Lynn McLachlan * Beth Mergel * Claire Michelini * Debbie Mitchell * Judith & Richard Moxley * Walter Oehrlein * Linda Palmer * Lee Ann Pantalone * Christine Peterson * Chuck Pokriefka * Curtis Pope * Marie Pryce * Rita Ravikrishnan * Kathy Reese * Renate Reimer * Tom Richard * Fulvio Romano * Krishna & Ranjit Roy * Janet Russell * Gerald Schmidt * Theresa & Mike Shea * Mary Shepline * Tom Storen * Connie Szymczak * Marjorie & Mario Trafeli * Steven Unruh * Patricia Wagner * Lynn & Corey Wert * Jim Wolfe * Elinor & Murray Yolles * Rasheeda Zafar

Thank you volunteers! 2500 + Hours in October-December
Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appointment Drivers, Computer Lab, Chicks With Sticks, Paper Dolls, Enrichment Group Coordinators, Trip Leaders & Friendship Club Volunteers.

Diana Alexanian * Edie Anderson * Judy Antonak * Elaine Appel * Nancy Arens * Sarita Badhwar * Gladys Baker * Ruth Ann Ballard * Marian Balderi * Gene Baynham * Tina Beard * Susan Bellefleur * Molly Beresford * Judith Berger * Joan Brandt * Peggy Brenton * Sal Bricio * Grace Brockett * Eleanor Brown * Doreen Bull * Sharon Butler * Virginia Bennett * Pat Caplin * Joanne Carmichael * Valerie Carrick * Janet Cassise * Ed Coe * Peggy Cohen * Cathy Cory * Jerry Craig * Jo Creek * Sarah Davis * Marquerite Davidson * Maxine Davison * Vivian Dezur * Barbara Dinneweth * Corrinne Dowell * Janet Enguehard * Steve Eskoff * Nancy Exner * Shirley Franklin * Eva Freed Judy Geppert * Klaren Gerhart * Mona Gibson * Barbara Glotzhober * Carol Goldstein * Irene Grady * Sangeeta Grewal * Mamtha Guduguntla * Pat Hamburg * Joyce Hancock * Lorraine Hannah * Dan Hess * Kathleen Holleran * Shirley Horvath * Sharon Houghtby * Connie Jaroh * Sandy Jeffries * Beth Johnson * Barbara Joiner * Pat Joyner * Lois Kafarski * Connie Kenty * Young Kim * Tony Klemmer * Sunny Kohli * Rowena Kolde * Lisa Kraus * Patricia Kubik * Elaine Lamb * Marge Lazarou * Christie Lehmann * Jenny Lenzi * Paulette Lerman * Keith Lewis * Linda Lewis * Jo Lincoln * Jill Lopez * Ludmilla Livshiz * Gail MacInnes * Liz Mahoney * Gretchen Mako * Michael Martin * Vani Manyam * Janet Mathews * Catherine Matti * Martha McGee * Alice & Frank McIntyre * Gerald McKelvey * Donald Meier * Violet Mercado * Judy Michau * Karen Miller * Pat Miller * David Mitchell * Richard Moxley * Chris Muir * Vara Navaluri * Joan Nedeljkovic * Lucille Noraian * Jo Nott * Karen Oulette * Lois Page * Kay Patel * Ralph Pedersen * Mike Peters * Arlene Pinkos * Deanna Ralston * Rama Reddy * Judy Reichelt * Renate Reimer * Tom Richard * Dawn Roth * Pat Schleif * Kathy Schultz * Reenie Shannon * Theresa & Mike Shea * Mary Shelly * Judy Simony * Francisca Soliven * Judy Stahl * Bernard Stuecheli * Teresa Sun * Marcia Suszan * Nancy Tanke * Valerie Timmis * Linda Tithill * Steven Unruh * Anjali Vale * Mary VanDagens * Peggy Walker * Stanton Walker * Martha Wells * Patricia Whitedge * Suzanne Winn * Diana Wise * Jessica Wollan * James Worley * Anjel Yessayan * Jean Young * Rasheeda Zafar * Janice Zehnder



BLOOMFIELD TRAVEL

** Non-residents add \$10 fee per trip.*

See page 2 for registration/cancellation policies.

Unless otherwise noted, all trips depart from the Center on the BTSS bus.

Traveler Safety

We make every effort 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 to be prepared to travel safely. BTSS retains the right to decline a traveler based on their level of independence per the code of conduct.

(<http://www.bloomfieldtwp.org/Services/SeniorServices/PDF/CodeOfConduct.pdf>)

You may register an assistant for the trip if it will ensure your safety; trip fees apply to assistants and are paid with your registration.

Buhl Estate – Addison Oaks and Lunch

Tuesday, February 21 (DAY16-A1701) 10:30 AM – 2:30 PM

Summer home of Lawrence and Cora Buhl. Constructed of the finest materials, hardwood floors, marble fireplaces, pewter sconces and imported stones. Tour and lunch. **Fee: \$67***

DSO A Night at the Academy Awards WAIT LIST

Friday, February 24 (DAY17-A1701) 9:30 AM – 3:30 PM

Adventures in Dining – Beale Street, Fenton

Tuesday, February 28 (DAY18-A1701) 11:30 AM – 3:00 PM

Memphis Style Barbecue, slow smoked pork, brisket, ribs and chicken. Enjoy lunch on your own. **Fee: \$20***

DIA Bitter/Sweet: Coffee, Tea & Chocolate

Wednesday, March 1 (DAY22-A1701) 10:30 AM – 4:00 PM

From social revolutions that changed the way we drink our morning blends, to design revolutions that changed what we drink them from, step back in time to when gathering over a cup of your favorite hot beverage caused a stir. Followed by lunch on your own at **Kresge Court or Café**. **Fee: \$37***

Adventures in Dining – Pars Restaurant

Tuesday, March 7 (DAY19-A1701) 12:45 PM – 2:45 PM

A plethora of diverse, distinctive and unique Persian dishes. Lunch on your own. **Fee: \$20***

Shakespeare’s Twelfth Night – Hilberry

Wednesday, March 8 (DAY20-A1701) 11:15 AM – 5:00 PM

Twelfth Night is a comedy by William Shakespeare as entertainment for the close of the Christmas season. Begin with lunch on your own at **Jim Brady’s Detroit**. **Fee: \$52***

MOT’s Opera – Little Women @ Macomb Center

Friday, March 10 (DAY21-A1701) 9:45 AM – 4:15 PM

Dress Rehearsal performance of musical by American composer Mark Adamo based on Louisa May Alcott’s tale of growing up after the civil war. Followed by lunch on your own at **Brio Tuscan Grille**. **Fee: \$62***

Behind the Scenes – Pewabic Tile

Thursday, March 16 (DAY23-A1701) 10:00 AM – 2:45 PM

Founded in 1903, the pottery has distinctive qualities as Detroit’s contribution to the International Arts and Crafts movement and American Craftsman Style. Followed by lunch on your own at **Seldon Standard**. **Fee: \$39***

Arab American National Museum with Lunch

Wednesday, March 22 (DAY24-A1701) 10:00 AM – 2:00 PM

First and only U.S. museum devoted to Arab American history and culture. Lunch includes appetizer (hummus, pita bread, tabbouli salad, vegetarian rolled grape leaves), entrée (beef or chicken shawerma or vegetarian falafel) & baklava dessert. Select entrée when registering. **Fee: \$56***

DSO Branford Marsalis

Friday, March 24 (DAY25-A1701) 9:30 AM – 3:30 PM

Andrey Boreyko, conductor, Branford Marsalis, alto saxophone, playing Berlioz “Love Scene” from Romeo and Juliet. Gabriel Prokofiev, Saxophone Concerto and Prokofiev, Suite from Romeo and Juliet. Followed by lunch on your own at **Steel House Tavern**. **Fee: \$54***

Ford Piquette Model T Plant

Thursday, March 30 (DAY26-A1701) 10:15 AM – 2:45 PM

Detroit Plant is a museum and oldest factory building in the world open to the public. Second home of Ford Motor Company automobile production and birthplace of the Ford Model T. Followed by lunch on your own at **Dakota Inn**. **Fee: \$37***

DSO Cirque de la Symphonie WAIT LIST

Friday, March 31 (DAY27-A1701) 9:30 AM – 3:30 PM

Tour the Kirk

Tuesday, April 4 (DAY01-B1701) 10:30 AM – 2:15 PM

Situated on 40 acres on Island Lake, Kirk in the Hills Presbyterian Church is patterned after the 13th century Melrose Abbey in Scotland. This docent led tour will introduce you to the art, tapestries, architecture of this beautiful church. Followed by lunch on your own at **Roadside Bar & Grille**. **Fee: \$29***

Russell Industrial Art Center

Saturday, April 8 (DAY02-B1701) 9:00 AM – 1:45 PM

Seven buildings and millions of square feet, the Russell Industrial Center has a history going back nearly a century, including making auto parts and airplane wings for WWII. Revitalized, the Center is a haven for artists and small businesses alike. Followed by lunch on your own at **Black Eagle**. **Fee: \$27***

Lunch with The Cheese Lady - Rochester

Wednesday, April 12 (DAY03-B1701) 11:30 AM – 2:30 PM
Cheese can be salty or sweet, soft or hard, can be smelly or mild. Have lunch with the Cheese Lady and let her tell you all about it in a lovely Victorian Mansion. **Fee: \$39***

High Tea/Lunch – Oakland Community College

Thursday, April 13 (DAY04-B1701) 10:30 AM – 1:00 PM
You're encouraged (but not required) to wear a fabulous hat. All menu items are freshly prepared by students from scratch and served by students. **Fee: \$54***

Adventures in Dining – White Horse Inn

Tuesday, April 18 (DAY05-B1701) 11:30 AM – 3:30 PM
Built in 1850, this legendary spot in Metamora has served as a dining stop for stagecoaches and trains, a hotel, a brothel, an Underground Railroad stop and most recently and once again, a restaurant. Includes brief history of the building. Elegant, casual American fare. Lunch is on your own. **Fee: \$25***

Tour Bacon House

Thursday, April 20 (DAY06-B1701) 10:40 AM – 3:00 PM
One of Wyandotte's architectural treasures, the Bacon House was built in 1897. The stately mansion has 27 rooms, 11 fireplaces, oak paneled rooms and a tower ascending to a 4th level. Walking and stairs. Followed by lunch on your own at **Portofino on the River.** **Fee: \$29***

Sloan Museum & Buick Gallery plus Titanic Exhibit - Flint

Friday, April 21 (DAY07-B1701) 9:00 AM – 3:30 PM
Classic and concept Buicks, Chevrolets and other locally built automobiles on display. At the Titanic Exhibit, you will get a replica boarding pass from an actual passenger. At the end of the tour, learn the fate of the passenger. Followed by lunch on your own at **501 Bar & Grill.** **Fee: \$44***

DSO Rogers and Hammerstein

Friday, April 28 (DAY08-B1701) 9:30 AM – 3:30 PM
The very best of Rodgers and Hammerstein on Broadway. All your favorite hits from Oklahoma, The Sound of Music, The King and I, South Pacific, Carousel and more. Followed by lunch on your own at **Kona Grill.** **Fee: \$68***

I Love A Piano – Meadowbrook

Wednesday, May 3 (DAY09-B1701) 11:30 AM – 4:15 PM
A celebration of the music of Irving Berlin follows the journey of a piano as it moves in and out of American lives. Along the way, the story comes to life with over sixty of Berlin's most beloved songs. Begin with lunch on your own at **Red Ox Tavern.** **Fee: \$62***

Adventures in Dining – Mexicantown

Thursday, May 4 (DAY10-B1701) 11:45 AM – 2:30 PM
Celebrate Cinco de Mayo a day early! The date is observed to commemorate the Mexican Army's unlikely victory over French forces at the Battle of Puebla on May 5, 1862. Followed by lunch on your own. **Fee: \$20***

Tea/Lunch at Just Delicious Scones

Tuesday, May 9 (DAY11-B1701) 12:15 PM – 3:00 PM
Taste a variety of Scottish scones. Come enjoy an afternoon in the tea room for lunch and tea. **Fee: \$45***

Cyrano – Michigan Opera Theatre

Friday, May 12 (DAY12-B1701) 10:00 AM – 4:00 PM
Dress Rehearsal. Cyrano is skilled in both sword and pen but his enormous nose leaves him a swashbuckling lonely heart. Despite his devotion to Roxane – or because of it – Cyrano guides a handsome rival to win her love. Followed by lunch on your own at **Santorini Estratorio.** **Fee: \$52***

Tour Tiny Houses

Wednesday, May 17 (DAY13-B1701) 10:15 AM – 2:15 PM
You have seen these small houses being built on TV, now you can see them for real. Visit the Cass Community Tiny Houses, built for people with low income. Followed by lunch on your own at **Pollo Chapin.** **Fee: \$30***

Tour Saarinen House

Thursday, May 18 (DAY14-B1701) 10:35 AM – 2:30 PM
Designed in the late 1920's, the Saarinen House is Finnish-American designer, Eliel Saarinen's Art Deco masterwork and jewel of Cranbrook's architectural treasures. The extraordinary interior has been impeccably restored. Only small wallet & hand held cameras permitted. Shoes must be removed; boots provided. Walking and standing no seating in house. Followed by lunch on your own at **Bill's.** **Fee: \$48***

Palmer Woods – Latin Jazz

Saturday, May 20 (DAY15-B1701) 6:00 PM – 11:00 PM
Orquesta La Inspiracion, founded by Puerto Rican conger Ozzie Rivera and under the musical direction of pianist Bill Meyer, is a large ensemble of some of the Detroit area's most talented and knowledgeable Latin musicians. A tasty Latin-style meal served during intermission. **Fee: \$80***

Tour College for Creative Studies

Tuesday, May 23 (DAY16-B1701) 9:00 AM – 2:45 PM
A docent lead tour thru the college and see the art show by students. Walking tour. Followed by lunch on your own at **Circa 1890 Saloon.** **Fee: \$27***

DSO Rachmaninoff

Friday, May 26 (DAY17-B1701) 9:30 AM – 3:15 PM
Playing Rachmaninoff's Symphony No. 2. Christian Macelaru, conductor and James Ehnes on violin. Followed by lunch on your own at **Ottava Via.** **Fee: \$56***

Ai Weiwei at Frederik Meijer Gardens

Tuesday, May 30 (DAY18-B1701) 12:00 PM – 9:30 PM
First of its kind for renowned artist and activist, Ai Weiwei, located in a botanic garden and sculpture park. Followed by dinner on your own at **Lena's Garden.** **Fee: \$69***

Applewood House and Gardens

Thursday, June 1 (DAY19-B1701) 8:00 AM – 2:45 PM
Built in 1916 by Charles Stewart Mott, this three story Jacobean Revival home has changed very little in the century since it was constructed. Also tour the gardens. Followed by lunch on your own at **Churchill's Food and Spirits.** **Fee: \$32***

Holy Rosary Cathedral/Toledo

Wednesday, June 7 (DAY20-B1701) 9:30 AM – 3:30 PM
With plans developed in 1912, Our Lady, Queen of the Most Holy Rosary Cathedral is beautifully constructed in a Spanish Platteresque style. Walking tour. Followed by lunch on your own at **Macy's Steak House.** **Fee: \$32***

Julie Dawson's Art and Garden Tour

Friday, June 9 (DAY21-B1701) 11:45 AM – 4:45 PM
Birmingham watercolor artist, photographer and writer, Julie Dawson, invites you into her world of art, travels and flowers. She uses her home and gardens as her studio and gallery. Begin with lunch on your own at **Bella Piatti.** **Fee: \$32***

Eastern Market Strolling & Tasting Tour

Tuesday, June 13 (DAY22-B1701) 8:30 AM – 12:45 PM
Visit specialty stores to learn about unique products, hear fun facts and history of the area, while going behind the scenes and sampling various foods. Much walking. **Fee: \$57***

Adventures in Dining – LeGeorge

Thursday, June 15 (DAY23-B1701) 12:00 PM – 2:30 PM
Located in the downtown area of Northville. Mediterranean cuisine, French ambiance, Eclectic menu. dishes are created in accordance with the fundamental recipes of our ancestors. Lunch on your own. **Fee: \$20***

DSO Soul Unlimited with Ellis Hall

Friday, June 16 (DAY24-B1701) 9:30 AM – 3:15 PM
The "Ambassador of Soul" – Ellis Hall – in a tribute to Marvin Gaye, Jackie Wilson, The Temptations, The Four Tops, Earth, Wind and Fire, Stevie Wonder and Ray Charles. Followed by lunch on your own at **Vince's.** **Fee: \$69***

Cranbrook House & Gardens Tour includes Lunch

Wednesday, June 21 (DAY25-B1701) 10:30 AM – 1:45 PM
In 1908, George Gough and Ellen Scripps Booth took up residence in their newly constructed Cranbrook House, an English-Tudor estate designed by architect, Albert Kahn, and served as their home for 40 years. Lunch included. **Fee: \$55***

Adventures in Dining – The Blue Nile

Tuesday, June 27 (DAY26-B1701) 4:30 PM – 7:00 PM
Enjoy authentic Ethiopian food, which is historically low fat and delicious. Dinner on your own. **Fee: \$20***

FIA Auguste Rodin Exhibit, Flint

Thursday, June 29 (DAY27-B1701) 10:15 AM – 3:30 PM
Exhibit features 50 bronzes by French sculptor Auguste Rodin who is generally considered the father of modern sculpture. Rodin is recognized as one of the greatest sculptors since Michelangelo. Lunch on your own at the **Café.** **Fee: \$34***

Special thanks to our Spring 2017 sponsors:



BALDWIN HOUSE



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CEDARBROOK SENIOR LIVING
— BLOOMFIELD HILLS —
www.CedarbrookofBloomfieldHills.com



OAKMONT™
Rochester



MT. ELLIOTT CEMETERY ASSOCIATION

Special thanks to our Winter 2016-17 sponsors:

- | | |
|---------------------------------|------------------------|
| Alliance Senior Care | Woodward Hills Nursing |
| The Villa at Green Lake Estates | Baldwin House |
| Samaritas Senior Living | Affordable Homecare |
| Assisted Living Locators | Sunrise Senior Living |
| Cedarbrook of Bloomfield Hills | Brookdale Troy |
| Health Quest Physical Therapy | SMART |



2017 Indoor Triathlon

Maggie Barclay/ Lisa Chavis

Cycle (Cycle/Nustep) – Run (Treadmill/Track/Wheelchair) – Swim (Swim/Walk/Rower) 15 minutes each. All levels are welcome and encouraged to participate. Includes t-shirt and more! Contact Maggie/Lisa for more information or to volunteer to assist with the event.

Sponsored by First & Main, Team Rehabilitation Physical Therapy and Oakmont Rochester.

Friday, Feb 24 (FIT154-A1703) 2 – 6 PM Fee: \$15*

first&main

WHERE SENIOR LIFE HAPPENS



OAKMONT
Rochester



TEAM
REHABILITATION
PHYSICAL THERAPY



AAA DRIVER SAFETY PROGRAM

Tuesday, April 11

10:00 AM – 2:00 pm

(EDU03-B1701)

Interactive classroom provides tips to help older drivers compensate for changing vision, reflexes and response time. Half hour break, please bring your lunch. Pre-registration required. Res \$20/Non-Res \$30

Supportive Services

For information on supportive services, check the yellow pages of the newsletter.

- ✓ Meals on Wheels
- ✓ Medical and Errand Transportation
- ✓ Medicare/Prescription Counseling
- ✓ Loan Closet
- ✓ Adult Day Service & Caregiver Support
- ✓ Minor Home Repair Program

TAX ASSISTANCE

Mondays & Tuesdays

February 20 & 21

March 13 & 14

March 27 & 28

AARP trained volunteers provide free tax preparation and filing your Federal, State, and Local returns. Service is available for tax payers with middle/low income.

BT Residents can register now; nonresident registration begins Monday, February 13. Appointment required



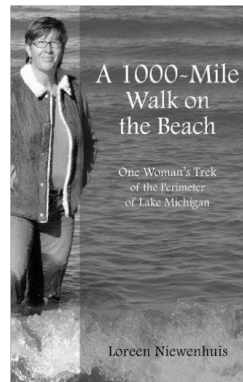
CABIN FEVER?

BTSS is known for the quantity and quality of our day trips. Check them out on pages 13-15. Upcoming trips include:

- “Night at Academy Awards” and many other DSO’s
- Applewood and Cranbrook House & Garden Tours
- “Cyrano”, Michigan Opera Theatre
- Adventures in Dining – Beale Street, White Horse Inn, LeGeorge
- “Twelfth Night” Shakespeare, Hilberry Theatre
- Eastern Market Strolling & Tasting Tour
- Church Tours – Kirk in the Hills & Holy Rosary (Toledo)
- “Little Women” MOT, Macomb Theatre

1000 Mile Walk Around Lake Michigan

Loreen Niewenhuis, Author



Dynamic presentation of author’s 1,000 hike along the shores of Lake Michigan. Illuminates the geology, natural history, and biology of the lake, raising important questions about preserving our wilderness and ecosystems. Preregistration required. Sponsored by Cedarbrook Senior Living.

Thursday, April 20 (EDU53-B1706)

6:30 - 7:30 PM Res \$3/Non-Res \$5



BTSS 5K Run/Walk

Maggie Barclay/ Lisa Chavis

We will be running/walking around the beautiful Bloomfield Township Campus. Residents and non-residents of all ages are welcome with adult supervision. Proceeds will benefit Meals on Wheels and Adult Day Service (Friendship Club). Preregistration and payment required for those 12 and up.

Fee: \$25 - Res or Non Res 12+

Saturday, May 20 (FIT159-B1701)

9 – 11:30 AM

Couch to 5K Coaching

Maggie Barclay/ Lisa Chavis

Want help prepping for our 5K Run/Walk? There will be planning meetings and ongoing virtual support. We will discuss, motivate and educate. Handouts for program exercises, stretches, tips and tricks. 5K registration required for coaching.

Residents FREE / Non Res \$10

Wednesday, March 1 (FIT158-A1701)

2 - 3 PM

Wednesday, April 12 (FIT158-B1701)

2 - 3 PM



Supportive Services



Bloomfield Township Senior Services
4315 Andover Road, Bloomfield Township, MI 48302-2091
Phone: 248-723-3500 Fax: 248-723-3519
Web: www.bloomfieldtpw.org/Seniors

Spring 2017

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TAX ASSISTANCE

Mondays & Tuesdays

February 20 & 21

March 13 & 14 March 27 & 28

AARP trained volunteers provide free tax preparation and filing your Federal, State, and Local returns. Service is available for tax payers with middle/low income. Some restrictions apply.

BT Residents can register now for an appointment; nonresident registration begins Monday, February 13.

Appointment required: 248-723-3500

Caregivers' Forum

2nd Monday of Month 2:00 – 3:30 PM

Learn about programs and services available to caregivers whose loved ones are experiencing dementia. Gain support and an opportunity for sharing experiences. Respite care is included for current members of the *Friendship Club*. Sponsored by Alzheimer's Association. To register, call 248-723-3530.

Younger Onset Caregivers

3rd Wednesday of Month 5:30 – 7:00 PM

Early-onset Alzheimer's disease affects people who are under 65. The Alzheimer's Assn. hosts this support group for caregivers of persons with early stage memory loss. To register call 248-996-1058.

Medicare Basics 101

(EDU56-A1703)

Informative presentation by AAA 1-B certified representative, Diana Wise. If you are new to Medicare or approaching 65, this is a must attend! BT Residents. Registration required.

Tuesday, May 16th 1 - 2:30 pm

Creating Confident Caregivers

Thursdays, May 18 – June 22

10 AM – 12 PM

Creating Confident Caregivers is a special grant-funded program for families caring for someone with memory loss. AAA1b and BTSS are offering this six-week series, a university-tested program designed to increase caregiver skills, knowledge and outlook.

Program is held at the BT Senior Center.

Registration required for program and handled directly through AAA1b. Call AAA1b for more information or to register (800-852-7795).

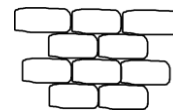
Informational brochure available at the Senior Center.

Medicare Coverage & Prescription Drug Plans Counseling

(SVC13-VARIES)

BTSS, in cooperation with the Area Agency on Aging, offers counseling to residents who have questions regarding Medicare coverage and prescription drug plans. Register for private consultation with a certified Medicare counselor. Available on the third Friday of each month March - May.

March 17 April 21 May 19



Buy a Brick Program

Honor your loved one with a tribute in support of therapeutic activities for Friendship Club, Meals on Wheels or Transportation services. Purchase a memorial paver brick, which will be placed along the BTSS walkways. (www.bricksrus.com)

Each donor will receive a certificate and be notified when their brick is installed. One size 4" x 8" available for a contribution of \$150. Order forms are available in the center and online at www.seniorservices.org.

Orders will be collected over the winter and installation will occur Spring 2017.

TRANSPORTATION SERVICES



**Please call
(248) 723-3500
for more
information**

≈ **Transportation to Senior Center**

Transportation to the Senior Center is available for specific senior center classes, events, clubs and some day trips. Residents aged 60+ who are unable to drive may request transportation a minimum of 10 days in advance of the date of service. Application required.

≈ **Medical Transportation Services**

Medical Transportation is available to 60+ senior residents of Bloomfield Hills and Bloomfield Township through SMART funding. Application and eligibility for program required.

≈ **Volunteer Driver Transportation**

Volunteer drivers provide transportation to local medical appointments for 60+ Bloomfield Township residents. Service also available to run errands or grocery shop with a maximum of 2 appointments per month and flexibility between client and driver. Subject to availability.

≈ **SMART Community Transit**

Smart offers curb-to-curb service in the Service Area of: Bloomfield Township, West Bloomfield Twp., Beaumont Hospital and Rehab (Royal Oak), Henry Ford Hospital (West Bloomfield), Huron Valley Hospital (Commerce Twp.), St. Joseph Hospital (Pontiac), Somerset Collection (Troy), Downtown Birmingham and Bloomfield Town Square. Service hours are 6 a.m. to 7 p.m. Monday through Friday. Call up to 6 days in advance for medical trips, up to 2 days in advance for general service. Reservation hours are 7 a.m. to 4 p.m. Monday through Friday. **866-962-5515**

Low Vision Support Group

Please join our group Leader, Anjel Yessayan, for an informal monthly gathering. Learn about the latest helpful advances in technology. Opportunities to share ideas, feelings and solutions to assist with daily challenges.

Pre-registration required for this limited space program. BT Residents only. No charge. Transportation to the Senior Center is available. Please contact Denise (248-723-3500) for information and to register.

3rd Wednesday 2 - 3:30 pm
March 15 April 19 May 17

NUTRITION SERVICES

BTSS addresses the nutritional needs of seniors, 62 years of age and older within our service area, with two essential programs: "Meals on Wheels" and Liquid Nutritional Supplements. (Financial support may be available for residents with documented low income.) For information and/or application materials on either program, contact Donna DeWitte, RN, Nutrition Coordinator, 723-3500.



"MEALS ON WHEELS"

BTSS provides home delivered meals to homebound seniors (generally unable to drive or leave the home independently.) Meals are delivered by volunteer Monday through Friday between 10 AM and Noon. There is a cost for this program.



NUTRITIONAL SUPPLEMENTS

Liquid nutritional supplements are available to seniors based on medical necessity BTSS orders Ensure® products monthly at a reduced cost from retail prices. A physician's order is required and must include:

- medical reason for supplementation (diagnosis)
- recipient's weight
- type of product (Regular or Plus)
- number of 8 oz. cans to be consumed daily

The order must be renewed annually.



TELEPHONE REASSURANCE

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 Monday through Friday, between 9 and 11 a.m. for a friendly conversation and to check on the welfare of the person. Call 248-723-3500 for info.



Blood Pressure Checks

Certified volunteers, led by Irene Grady, RN, are available on the 3rd Wednesday of each month from 11 AM - 12:30 PM.

March 15 April 19 May 17 June 21

Loan Closet Available

A loan closet of wheelchairs, walkers, canes and shower benches is available **free** for short term use by Bloomfield Twp. residents. Please call Center (248-723-3500) to confirm availability of item before picking up.

BTSS accepts donations of clean, gently used wheelchairs, walkers, canes and shower chairs. Due to storage limitations, please call Center prior to bringing in item(s).

Financial Help For Adults 60+

Many seniors and caregivers are struggling to make ends meet. Help is available through the Legal Hotline for Michigan Seniors Benefits Enrollment Center. Qualified people can call the Hotline for help finding programs and services they can apply for that could ease their financial situation. Screening for a variety of programs including tax credit assistance, food assistance, utility payment programs, home improvement services, help with medical premiums and prescription costs.

Call the Legal Hotline at (800) 347-5297.

Legal Questions and Assistance

Lakeshore Legal Aid offers **FREE** consultations to senior citizens through the **Council & Advocacy Law Line** at 1-888-783-8190. Visits are available to homebound seniors or to nursing homes, as necessary.

You can also seek free advice on the **Legal Hotline for Michigan Seniors** at 1-800-347-5297



MINOR HOME REPAIR

Community Development Block Grant funds are available to assist low income, aged 60+ Bloomfield Township seniors with minor home repair. Income guidelines:

<u># in Household</u>	<u>Max. Household Income</u>
1	\$37,450
2	\$42,800

If you believe you may qualify, please contact Denise Kolkmeier at 248-723-3500.

Spring Candy Collection

Brighten the season with our homebound meals clients by donating small *individually wrapped* candies. Drop off candy at BTSS before April 7.

Join us on Tuesday, April 11 at 2 PM to package candy for distribution. If you can help with packaging, please call Denise at 248-723-3500.

FILE OF LIFE CARDS

The FILE OF LIFE card enables medics to obtain a quick medical history when a patient is unable to offer one. The card, kept in a red plastic pocket, is held with a magnet to the outside of the refrigerator. A small version is available for your purse or wallet. Cards are available to Township residents at the Senior Center or the BT Fire Department.



KNOX BOX SAFETY PROGRAM

The Bloomfield Township Fire Department offers a new initiative to enhance resident safety. Mounted outdoors, the Knox Box gives the Fire Department quick access to a home in an emergency or when the homeowner is not home. It is completely secure - only the Fire Department or EMS can open your door. It eliminates the need for forced entry and/or dependence upon family or neighbors who may not be available.

The cost of the Knox Box and installation are paid by the homeowner. For more information, call the Bloomfield Township Fire Dept, 248-433-7745.

When in doubt, call us out

One question the Bloomfield Township Fire Department is asked is "what do I do if I need help but it's not a 'real' emergency?" The answer is: *when in doubt, call us out.*

From assisting someone who is uninjured up off the floor to helping with issues involving smoke and carbon monoxide detectors, the BTFD is available to assist residents.

The non-emergency Fire Department number is 248-433-7745, or you can simply dial 9-1-1 and the dispatcher will assist you with getting the information to the BTFD. For more information, call 248-433-7745 or go to www.btfdfire.org

Oakland County Dental Program

OC Health Division Dental Program serves the basic dental needs of low-income OC residents who lack dental insurance. This is not a dental insurance plan. Once qualified, program recipients receive a course of basic dental treatment. Brochure available in information rack at the Senior Center. Application packet available by calling 248-858-1306 or toll free 888-350-0900 ext. 81306.

SENIOR REACH®

With age comes new social, physical and emotional challenges. Are you concerned about yourself or another person? Assistance is available through Senior Reach®, a new program sponsored by Easterseals Michigan.

Senior Reach® offers support for the wellbeing, independence and dignity of older adults through community education, mental health services and connection to community resources.

If you're looking for support, want to refer a senior, would like more information or want to volunteer, call Easterseals Michigan at 877-231-0155. (www.eastersealsmichigan.com)

(An informational brochure is available at the Senior Center.)

Friendship Club

The *Friendship Club* is a community based Adult Day Service program dedicated to assisting older adults with Alzheimer's disease and related memory disorders to maintain their highest level of ability. The stimulating, caring environment is designed to enhance the self esteem, well being and dignity of each member through the creation of person-centered programs. This partnership in care giving enables families to keep their loved ones at home by providing much needed respite and support.

What is Adult Day Service

Adult day service is a unique opportunity for older adults experiencing progressive memory loss. The service allows them to remain connected to their community and engage in meaningful friendships.

Caring encouragement from a well trained and compassionate staff go hand in hand with the welcoming camaraderie between club members.

Adult Day Service also provides family caregivers with an interdisciplinary staff who are their partners in care. This partnership in care giving enables families to keep their loved ones at home by providing much needed respite and support.



Services for Families

Helping family members is as central to our mission as serving our club members. We are your partners in care giving. Social Work services include:

- ♦ Caregiver resources and training
- ♦ Community referral information
- ♦ Monthly Alzheimer Association caregiver support meetings



Admission and Enrollment

An in-home assessment of each applicant is completed prior to enrollment, allowing us to carefully plan activities specific to the abilities and interests of each participant. The enrollment process also allows for the opportunity to determine the optimal schedule for your loved one and to outline the program fee.

Please inquire about transportation options that may be added with enrollment.

Activities Programming

Daily activities are planned to meet each member's interests and abilities and include:

- | | |
|---|--------------------|
| interactive games | gardening |
| community outings | sports |
| live performances | dance |
| physical exercise | pet visits |
| reminiscence discussions | cooking |
| creative arts & crafts | musical expression |
| numerous holiday celebrations, luncheons and themed parties | |

Nutrition includes a continental breakfast, a hot balanced lunch and afternoon snack.

Monthly activities calendars are available in the office or online www.bloomfieldtwp.org/seniors.



Location

Friendship Club is located in the Bloomfield Township Senior Center at 4315 Andover Road. It has a private entrance leading to a well designed, beautiful space with many windows, bright colors and a secure patio for enjoying the nice weather. With supervision, members may visit other areas of the center for specific activities and programs.



Eligibility Criteria

The program enrolls people 50 years of age or older who are living with progressive memory loss, diagnosed by a physician. Person would benefit from a structured activities program, based on the assessment by our social worker and completion of a Health Screening Summary by their physician. Person or their family member must be a resident of Bloomfield Township.

For more information, please contact Julie GeBott, Coordinator at 248-723-3530 or jgebott@bloomfieldtwp.org.