



Bloomfield Township Senior Services



Fall 2010

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

INDEX (SS = supplement)

Adult Day Service.....SS4
 Art Classes.....9
 Aquatics Classes.....3-4
 Blood Pressure.....SS2
 Book Groups.....9
 BTSS Eligibility.....2
 Cards.....10
 Celebrations!.....16
 Chris' Comments.....2
 Clubs.....11
 Computers.....9-10
 Day Trips.....12-15
 Donations.....2
 Driver Safety.....16
 Email List.....16
 Enrichment.....9-11
 Fall Screening.....7
 Fitness.....3-6
 Fitness Week.....7
 Friendship Club.....SS4
 Games.....10
 Get to Know You.....11
 Grocery Shop.....SS2
 Health/Safety.....10
 Home Loans.....SS3
 Knitting Club.....8
 Lapidary.....9
 Loan Closet.....SS3
 Mackinac Island.....7
 Meals (home del.).....SS2
 Mind & Body.....5-6
 Minor Repair.....SS1
 Music.....11
 Pool (billiards).....10
 Reassurance.....SS1
 SASS.....11
 Strength Training.....5
 Transportation.....SS2
 Unique Topics.....10
 Volunteering.....8



Health Fair & Flu Shot Clinic

Thursday, October 28th
9:00 a.m. – 2 p.m.

Raffle ❖ Exhibitors

Limited flu shots available to Bloomfield Township Residents ages 50+ years.

Flu shots are **FREE** for seniors 65+ with Medicare B. All others \$25.

Appointments required.
 Register by phone or at BTSS beginning October 8th at 9:00 a.m.

Bring proof of residency & Medicare Card.
Questions – Call 248-723-3500




Fitness Week

September 7 - 11

Complimentary classes!
See page 7 for complete schedule!

Art in the Garden

Thursday, September 23
3 - 7 pm

The Friendship Club invites all to enjoy the successes of their art and gardening efforts. Light refreshments will be served.

Details about Friendship Club on page 4 of Supportive Services insert.

5 Women 5 Journeys: How Different Are We?

Thursday, Sept 16 (EDU50-C1001) 7-9 PM
Jewish, Hindu, Baha'i, Christian, and Muslim women share their journeys to interfaith interaction and personal challenges within their faiths. Collaboration formed to nurture friendships, learning about other religions and service to our communities.
Preregistration requested.

Patriot Week

(EDU40-C1001)

Monday, Sept 13

10:30 AM - 12 PM



Judge Warren discusses the dangers of abandoning the "First Principles" upon which this nation was founded. "America's Survival Guide" author will discuss the American Flag and her history. Preregistration requested.

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Bloomfield Township Senior Services
4315 Andover Rd.
Bloomfield Hills, MI 48302-2091
248-723-3500

Christine's Comments

Are you tired of the ever-changing orange barrels?

"Detour" to Bloomfield Seniors for "concrete" opportunities to forget the congestion and frustration. This newsletter is your "map" of more than one hundred ways for you to improve your health, safety, community, social network, outlook, and future.

New intriguing topics include the personalities of Van Gogh, Berlin and Gershwin; interfaith discovery between Jewish, Hindi, Baha'i, Christian and Muslim women; reviving our nation's "*First Principles*," current district court caseloads; DIA's *Art in Politics* and the *Caregiver Tsunami*.

Nearly 70 opportunities for clubs and classes are available (Enrichment pgs. 8-10) along with 30 day trips through out SE Michigan (Travel pgs. 12-15).

Fitness Week, September 7-11 offers 23 complimentary classes for you to try – be sure to bring a friend! Then register for your favorites; one or any of the 40 fitness classes focused on improvements in cardio, strength, balance, flexibility, relaxation and fun (pgs. 3-6) New classes include Fusion for Mind & Body, Cardio Circuit Challenge, Chair Tai Chi, and Aqua Zoom, and Belly Dance!

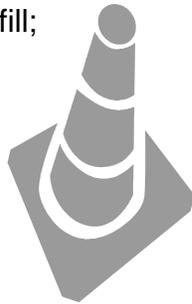
Finally, "merge" your talents into our volunteer crew! Full job descriptions are included on pg. 8. There are many "holes" that you could fill; yes, even driving!

Stay safe!

Christine Tvaroha

ctvaroha@bloomfieldtwp.org

or (248) 723-3500



Thank You for Your Donations*... Alex Mair, Boris Dimitroff, Al Lau, Janine Richard, Barbara Driver, Sally Taylor, Lee Woolsey, Ron Lech, Kay Harding, Carlene VanVoorhies, Bonnie Ward, Sidney Kelly, SurSteps, Ronald Steinberg

* 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 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 contribution which is made exclusively for public use.

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 – 7:30 PM

Friday 7 AM – 4:00 PM

Saturdays 8 AM – 12:00 PM

Adult Day Service/Friendship Club:

Monday - Friday 9 AM – 4:00 PM

www.bloomfieldtwp.org/seniors

BLOOMFIELD TOWNSHIP BOARD

Dave Payne, Supervisor

Janet Roncelli, Clerk Dan Devine, Treasurer

David Buckley, Trustee Neal J. Barnett, Trustee

Leo C. Savoie, Trustee Brian E. Kepes, Trustee

BTSS ADVISORY COUNCIL

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Elizabeth Mahoney Tom & Ginnie Richard

BTSS will be closed on:

Saturday, September 4 & Monday, September 6

Thursday, November 25 - Saturday, November 27

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 Municipality of Bloomfield Twp.

Class & Trip Registration/Cancellation Policies

- Registration begins the date the newsletter is mailed.
- Unless otherwise noted, non-Township residents pay \$5 additional per class or trip.
- \$30 fee for checks returned due to insufficient funds.
- Full payment required with registration.
- Prorating of class fees subject to instructor approval
- BTSS Emergency Card must be presented at trip check-in
- Trips depart promptly at posted time from and return to Center. Return times are approximate.
- Participants are responsible for arranging their own transportation to and from the center.
- If you use a wheelchair or need a special accommodation for a trip, you must have a registered companion. Please indicate at time of registration.
- Classes: no refund within 2 business days of start. No refund once class has begun. \$5 cancellation fee.
- Trips: no refund with less than 3 business days' notice. Cancellation fee \$5 + costs incurred (i.e. prepaid tickets).

Warm Water Aquatic Fitness

* Non-Bloomfield Twp. Residents pay addl. \$5 per class.

See page 2 for registration/cancellation policies.

Showers required prior to pool use. Bring lock for locker & towel, hair and body soap provided in shower.

Do not enter pool prior to class, enter when instructed by staff.

Let's Move

Instructor: **Lavon Cook**

Low-impact aerobics class builds endurance and muscle strength. Cardiovascular segment, with high & low energy levels, using resistance equipment promotes weight loss.

M/W/F 9 – 10 AM 8/12 classes Fee: 8/\$64* 12/\$75*

Sept 13 – Oct 8 (FIT25-C1003)

Oct 11 – Nov 5 (FIT25-D1001)

Nov 8 – Dec 10 (FIT25-D1002) no class 11/24, 11/26, 11/29

Splash 'n Tone

Instructor: **Cathie Winton**

Warm water aerobic workout with cardiovascular conditioning, toning & stretching. Resistance equipment used to increase strength while promoting weight loss.

Tue/Thurs 9 – 10 AM 6 classes Fee: \$48*

Aug 31 – Sept 23 (FIT45-C1002) no class 9/14, 9/16

Oct 12 – Oct 28 (FIT45-D1001)

Nov 2 – Nov 18 (FIT45-D1002)

Nov 30 – Dec 16 (FIT45-D1003)

Learn to Swim

Instructor: **Audrey Chambers**

Always wanted to learn how to swim or looking to learn a new stroke? Sign up for private or small group lessons. Call Audrey at 248-723-3500 to schedule. Bring goggles, towel, and lock for locker. (FIT48-VARIES)

1 Hour Fee: \$25*

Aqua Yoga

Instructor: **Lavon Cook**

Effective program for relaxation, stress reduction and breath awareness. Benefits mind, body and spirit while achieving greater balance, flexibility and restfulness.

Tues 11:15 AM – 12:15 PM 6 classes Fee: \$48*

Sept 14 – Oct 19 (FIT26-C1003)

Oct 26 - Dec 7 (FIT26-D1001) no class 11/23

Aqua Therapy

Instructor: **Cathie Winton**

Suitable for those restricted from strenuous exercise. Simple moves in warm water soothe the body & help decrease pain. Helps arthritis, knee, hip & general aches.

Tue/Thurs 10 – 10:45 AM 6 classes Fee: \$48*

Aug 31 – Sept 23 (FIT29-C1005) no class 9/14, 9/16

Oct 12 – Oct 28 (FIT29-D1001)

Nov 2 – Nov 18 (FIT29-D1002)

Nov 30 – Dec 16 (FIT29-D1003)

Aqua Toning 'n Pilates

Instructor: **Cathie Winton**

Build core strength and increase flexibility. Blends standing Pilate techniques and low-impact aerobics. Bring water shoes and water bottle.

Tue/Thurs 4 – 5 PM 6 classes Fee: \$48*

Aug 31 – Sept 23 (FIT46-C1004) no class 9/14, 9/16

Oct 12 – Oct 28 (FIT46-D1001)

Nov 2 – Nov 18 (FIT46-D1002)

Nov 30 – Dec 16 (FIT46-D1003)

Aqua Power Walk & Dance

Instructor: **Annie Chi**

Awesome up-beat class. Fast paced high-intensity water workout, easy to follow choreographed routines will challenge & motivate you! Can you keep-up with Annie?

T/TH 6 – 7 PM 6/8 classes Fee: 6/\$42* 8/\$56*

Sept 7 – Sept 30 (FIT27-C1003) 8 classes

Oct 5 – Oct 28 (FIT27-D1001) 8 classes

Nov 2 – Nov 18 (FIT27-D1002) 6 classes

Aqua Zoom

Instructor: **Catherine Taister**

New! Heat-up the water with hot Latin & International rhythms. Fun, dynamic low impact, cardio salsa workout in the water. Fast paced class that builds strength and stamina.

Wednesday 5 classes 10:15 – 11:15 AM Fee: \$40*

Sept 1 – Sept 29 (FIT51-C1003)

Oct 6 – Nov 3 (FIT51-D1001)

Nov 10 – Dec 15 (FIT51-D1002) no class 11/24

Aqua Nia

Instructor: **Stacey Peper**

New! Uses inspiring music, diverse rhythms and the nine Classic Movement Forms to deliver a fun and creative work-out. Great for all fitness levels.

Wed 4 – 5 PM 4 classes Fee: \$32*

Sept 22 – Oct 13 (FIT59-C1001)

Oct 20 – Nov 10 (FIT59-D1001)

Fri 1 – 2 PM 4 classes Fee: \$32*

Sept 17 – Oct 8 (FIT59-C1002)

Oct 15 – Nov 5 (FIT59-D1002)

Nov 12 – Dec 10 (FIT59-D1003) no class 11/26

Aqua Healthy Joints

Instructor: **Lavon Cook**

Focuses on building a strong abdomen and back to improve general bone health. Gentle movements provide full range of motion while improving muscle tone. Warm water exercise helpful for arthritis, MS and osteoporosis.

Fri 10:15 – 11:15 AM 6 classes Fee: \$48*

Sept 17 – Oct 22 (FIT28-C1003)

Oct 29 - Dec 10 (FIT28-D1001) no class 11/26

See page 6 for Saturday Aquatics Class offerings.

Land Fitness

**Non-Bloomfield Twp. Residents pay addl. \$5 per class.*

See page 2 for registration/cancellation policies.

To protect the equipment & special flooring, participants 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 Circuit Challenge Instructor: **S. Rubinstein**

New! For active exercisers, intervals of cardio, strength training & core building. Finish with relaxation stretching. Bring mat/hand weights/water. **LL Studio**

Wed 7:15 – 8:15 AM 6 classes Fee: \$50*

Sept 15 – Oct 20 (FIT61-C1001)

Nov 3 – Dec 15 (FIT61-D1001) no class 11/24

Thu 5 – 6 PM 6 classes Fee: \$50*

Sept 16 – Oct 21 (FIT61-C1002)

Nov 4 – Dec 16 (FIT61-D1002) no class 11/25

Step, Kick & Lose Instructor: **Jo Shirtzinger**

Energetic cardio workout incorporates kickboxing techniques with dance & aerobic steps. Kick & punch pads provided. Bring water/mat/hand weights. **LL Studio**

Tuesday 6 classes 2 – 2:45 PM Fee: \$30*

Sept 14 – Oct 19 (FIT43-C1002)

Oct 26 – Nov 30 (FIT43-D1001)

Thursday 6 classes 2 – 2:45 PM Fee: \$30*

Sept 16 – Oct 21 (FIT43-C1002)

Oct 28 – Dec 9 (FIT43-D1002) no class 11/25

Zumba Instructor: **Laura Lerman**

Latin music and dance moves create exciting and effective fitness exercise. Routines feature aerobic fitness interval training with a combination of fast and slow rhythms. Also offered on Saturday. **LL Studio**

Monday 5:15-6:15 PM 4 classes Fee: \$32*

Sept 13 – Oct 4 (FIT20-C1002)

Oct 11 – Nov 1 (FIT20-D1001)

Tuesday 9 - 10 AM 4 classes Fee: \$32*

Sept 14 – Oct 5 (FIT20-C1003)

Oct 12 – Nov 2 (FIT20-D1002)

Belly Dance Instructor: **Norma**

New! Burn calories and fat while massaging and stimulating your digestive system, which increases your metabolism. All levels. **LL Studio**

Thursday 5 classes 6:15 – 7:15 PM Fee: \$40*

Sept 23 – Oct 21 (FIT57-C1001)

Oct 28 – Dec 2 (FIT57-D1001) no class 11/25

Senior Fit Aerobics Instructor: **Shelley Rubinstein**
Low impact for active adults. Fun easy-to-follow moves to music. Improve coordination, balance, strengthen heart, lungs, increase muscle strength and improve flexibility. Includes floor work. Bring hand weights, mat & water.

LL Studio

Mon/Thurs 9 – 10 AM 12 classes Fee: \$50*

Sept 13 – Oct 21 (FIT09-C1002)

Nov 1 – Dec 13 (FIT09-D1001) no class 11/25

Senior Fit Aerobics Card 10 classes Fee: \$55*

Use within 3 months purchase.

Add flexibility to SeniorFit Aerobics workout schedule.

(Purchased 7/1-9/30 FIT10-C1001; 10/1-12/31 FIT10-D1001)

Learn Pickleball Instructor: **Jim Luzod**

It's easy for beginners to learn, but can develop into a quick, competitive game especially for tennis players. Played on court approx. ¾ size of tennis court.

Mondays 11:15 AM – 12:15 PM LL Studio

Drop In Fee: BT/\$3 Non BT/\$5 Pay each week at

ML reception desk when signing in.

Sept 20 – Dec 6 no class 11/22

SEATED

Easy Does It – Chair Instructor: **Shelley Rubinstein**

Seated exercise improves circulation, flexibility, muscle strength & reduces stress in a fun, supportive group atmosphere. Focus on balance to help prevent falls. Some standing exercises. Resistance bands, hand weights used/provided. Benefits Arthritis, Parkinson's, MS or Osteoporosis. **LL Studio**

Mon/Th 10:15-11 AM 12 classes Fee: \$50*

Sept 13 – Oct 21 (FIT08-C1002)

Nov 1 – Dec 13 (FIT08-D1001) no class 11/25

Chair Yoga Instructor: **Karen Lutz**

New! Regardless of age or physical limitations, yoga and breathing are extremely beneficial. Focus on stretching. All yoga movements done seated. **LL Studio**

Mon 11:30 AM – 12:30 PM 5 classes Fee: \$40*

Sept 20 – Oct 18 (FIT56-C1001)

Oct 25 – Nov 22 (FIT56-D1001)

Chair Tai Chi Instructor: **Han Hoong Wang**

New! Learn Tai Chi basics while sitting/or standing near a chair. Students develop breath control, while focusing on posture, balance and coordination. Proven to lower blood pressure, increase oxygen to cells & tissues. **LL Studio**

Wed 6 classes 9:30 – 10:15 AM Fee: \$36*

Sept 15 – Oct 20 (FIT62-C1001)

Oct 27 – Dec 8 (FIT62-D1001) no class 11/24

Fusion for Mind & Body Instructor: Denise Murray
New! Designed for elders living with changes in cognition and mobility. Focuses on right-left brain operations, range of motion, resistance training, stamina and relaxation. Caregivers are encouraged to stay and participate. Opportunity for socializing in a non-judgmental atmosphere and can positively impact activities of daily living. **LL Studio**
Fridays 10 – 10:45 AM 4 classes Fee: \$28
 Sept 17 – Oct 15 (FIT58-C1001) no class 10/8
 Oct 22 - Nov 12 (FIT58-D1001)

Mon / Thurs 8 - 9 AM
 Sept 13 – Oct 21 (FIT01-C1004)
 Nov 1 – Dec 13 (FIT01-D1001) no class 11/25
Mon / Wed 11:30 AM - 12:30 PM
 Sept 13 – Oct 20 (FIT01-C1005)
 Nov 1 – Dec 13 (FIT01-D1002) no class 11/24
Mon / Wed 6:30 – 7:30 PM
 Sept 13 – Oct 20 (FIT01-C1006)
 Nov 1 – Dec 13 (FIT01-D1003) no class 11/24

Wed / Fri 9 - 10 AM
 Sept 15 – Oct 22 (FIT01-C1007)
 Nov 3 - Dec 17 (FIT01-D1004) no class 11/24, 11/26

Wed / Fri 10 - 11 AM
 Sept 15 – Oct 22 (FIT01-C1008)
 Nov 3 – Dec 17 (FIT01-D1005) no class 11/24, 11/26

STRENGTH

On the Ball Instructor: Shelley Rubinstein
 Challenging class for beginners and experienced students. Balance/strengthen core muscles while sitting and lying on ball both prone/supine. Bring ball/mat/water/small towel. **LL Studio**
Tuesday 11 AM - 12 noon 6 classes Fee: \$50*
 Sept 14 – Oct 19 (FIT12-C1002)
 Nov 2 – Dec 7 (FIT12-D1001)
Wednesday 5 – 6 PM 6 classes Fee: \$50*
 Sept 15 – Oct 20 (FIT12-C1003)
 Nov 3 – Dec 15 (FIT12-D1002) no class 11/24

Balance Training Instructor: Jo Schirtzinger
 Workout builds bone, strengthens core, pelvic and leg muscles and improves posture and balance to help prevent falls. Fun and innovative exercises. **LL Studio**
Thursdays 1:15 – 1:45 PM 6 classes Fee: \$24*
 Sept 16 – Oct 21 (FIT42-C1001)
 Oct 28 – Dec 09 (FIT42-D1001) no class 11/25

50+ Women on Weights Instructor: Christina
 Increase functional fitness fostering independence, which ultimately provides a better quality of life. Improves bone density, decreases arthritis pain. Bring mat & light hand (5 lb) weights. **LL Studio**
Wednesday 6 – 7 PM 5 classes Fee: \$40*
 Sept 22 – Oct 20 (FIT55-C1001)
 Oct 27 – Dec 1 (FIT55-D1001)

Supervised Strength Training
 Certified Exercise Specialist Instructor: S. Rubinstein
 Small class **personalized instruction** for safest most effective workout. Guided program develops the best habits for long term use including proper form, breathing, seat and weight adjustments, and safe weight increases using pneumatic weight machines. Instructor led stretching.
BT Residency required 12 classes Fee: \$68

Strength Training + Expand your access to the fitness equipment, upgrade your class with Open Hours on non-class days. **\$77 – BT residents**

Strength Training/Cardio Orientation
 Certified Exercise Specialist Instructor: S. Rubinstein
Required for new fitness equipment participants opting out of Strength Training classes. For people with a broad understanding of fitness principles and recent equipment experience. 1 hour overview of safe, effective use of elliptical, treadmill, bikes, and pneumatic weight machines.
BT Residency required 3 students/class 1 hr class (FIT33-VARIES) LL Fitness Arena Fee: \$25*
Mondays 5– 6PM
Wednesdays 1 – 2 PM
Fridays 11 AM–12 PM

Fitness Open Hours (FIT02-Varies)
 Pre-requisite: completed Supervised Strength Training class or Orientation. Self-supervised. Sign-in LL Reception. Exchange approved ID for workout I.D. tag each visit.
Available during center operating hours
BT Residents: \$15 mo or \$80/6 months

MIND  BODY

Tai Chi Chuan Instructor: Han Hoong Wang
 Series of slow controlled movements with graceful transitions, this gentle exercise strengthens muscle skeletal system through isometric exercises. proven to lower blood pressure, increase oxygen to cells and tissues and retard aging by improved blood circulation, while exercising your brain. **LL Studio**
Wednesday 10:15 – 11:15 AM 6 classes Fee: \$48*
 Sept 15 – Oct 20 (FIT03-C1002)
 Oct 27 - Dec 8 (FIT03-D1001) no class 11/24

Pilates/Yoga

Instructor: **Lavon Cook**

Focuses on strengthening your back while firming your abdominals—the core of your body. Improves posture, alignment, muscle tone, joint mobility and flexibility. Bring mat/small pillow/water. **LL Studio**

Tuesday 10 - 11 AM 13 classes Fee: \$99*
Sept 14 – Dec 14 (FIT07-C1002) no class 11/30

Power Yoga

Instructor: **Catherine Taister**

New! Low impact yoga geared towards total body experience, maximizing fat burning. Improves balance and posture. Bring yoga mat and water. **LL Studio**

Tuesday 5:30–6:30 PM 4 classes Fee: \$32*
Sept 7 – Sept 28 (FIT53-C1002)
Oct 5 – Oct 26 (FIT53-D1001)
Nov 9 – Dec 7 (FIT53-D1002) no class 11/23

Pi - Yo

Instructor: **Laura Lerman**

The core strengthening of Pilates combined with the benefits of yoga postures that benefit the mind and body. Variety of exercises. Bring mat/towel/water bottle **LL Studio**

Monday 6:15 – 7:15 PM 4 classes Fee: \$32*
Sept 13 – Oct 4 (FIT49-C1001)
Oct 11 – Nov 1 (FIT49-D1001)

Progressive Muscle Relaxation

Instructor: **Stacey Peper**

New! Systematic technique where muscles are tensed and relaxed to reach a deeper state of relaxation. Capable of improving health conditions from insomnia to headaches. Wear comfortable clothes. **LL Studio**

Monday 2:30-3:30 PM 9 classes Fee: \$72*
Sept 13 – Nov 8 (FIT60-C1001)

Classic Nia

Instructor: **Stacey Peper**

Holistic approach to fitness that blends movements from the healing arts and dance. Enhances endurance, strength, flexibility and balance of body, mind & spirit.. **LL Studio**

Monday 4 – 5 PM 4/5 Classes Fee: 4/\$32* 5/\$40*
Sept 13 – Oct 11 (FIT37-C1001) 5 classes
Oct 18 - Nov 8 (FIT37-D1001) 4 classes
Fridays 11 AM – 12 noon 4 classes Fee: \$32*
Sept 17 - Oct 8 (FIT37-C1002)
Oct 15 - Nov 5 (FIT37-D1002)
Nov 12– Dec 10 (FIT37-D1003) no class 11/26

Yoga/Pilates/Meditation

Instructor: **Deirdre Denholm**

Yoga to relax & stretch; Pilates to strengthen core muscles; Meditation to quiet the mind, calm nervous system & lower blood pressure. Get de-stressed & revitalized. **LL Studio**

Thurs 11:30 AM – 1 PM 4 classes Fee: \$48*
Sept 9 – Sept 3 (FIT63-C1001)
Oct 7 – Oct 28 (FIT63-D1001)
Nov 4 – Dec 2 (FIT63-D1002) no class 11/25

Healthy Back Yoga

Instructor: **Lavon Cook**

Learn back care. Good for MS, arthritis and osteoporosis. Incorporates stretches for strength and flexibility. Not intended to replace therapy, good follow up to successful rehabilitation. Bring water/small pillow/yoga mat. **LL Studio**

Friday 8 – 8:55 AM 6 classes Fee: \$48*
Sept 17 – Oct 22 (FIT06-C1002)
Oct 29 - Dec 10 (FIT06-D1001) no class 11/26

SATURDAY FITNESS CLASSES

Pilates

Instructor: **Laura Lerman**

Strengthens the back while firming your body's core. Improves posture, alignment, muscle tone, joint mobility and flexibility. Bring mat/small pillow/water. **LL Studio**

Saturday 8-8:45 AM 4 classes Fee: \$32*
Sept 11 – Oct 9 (FIT16-C1002) no class 9/25
Oct 16 – Nov 6 (FIT16-D1001)

Zumba

Instructor: **Laura Lerman**

Latin music and dance moves that create a dynamic and effective fitness exercise featuring aerobic fitness interval training and combo of fast and slow rhythms. **LL Studio**

4 weeks Fee: \$32* Saturday 8:45 – 9:45
Sept 11 – Oct 9 (FIT20-C1004) no class 9/25
Oct 16 – Nov 6 (FIT20-D1001)

H2O Boot Camp

Instructor: **Annie Chi**

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

Saturday 9 – 10 AM 4 classes Fee: \$32*
Sept 11 – Oct 2 (FIT32-C1003)
Oct 9 – Oct 30 (FIT32-D1001)
Nov 6 – Nov 20 (FIT32-D1002) 3 classes Fee: \$24*

Aqua Toning 'n Pilates

Instructor: **Cathie Winton**

Low impact workout for those with chronic pain, arthritis, M.S. Designed to reduce pain, stretch muscles, tone the body & improve joint function. **Pool**

Sat 10 – 11 AM 4/5 Classes Fee: 4/\$32* 5/\$40*
Sept 11 – Oct 2 (FIT46-C1005) 4 classes
Oct 9 – Oct 30 (FIT46-D1004) 4 classes
Nov 6 – Dec 11 (FIT46-D1005) 5 classes no class 11/27

Aqua Therapy

Instructor: **Cathie Winton**

Simple moves in warm water to soothe muscles and help to decrease pain. Low-impact workout good for arthritis, MS, spine, knee/hip pain & general body aches. **Pool**

Sat 11 - 11:45 AM 4/5 Classes Fee: 4/\$32* 5/\$40*
Sept 11 – Oct 2 (FIT29-C1006) 4 classes
Oct 9 – Oct 30 (FIT29-D1004) 4 classes
Nov 6 – Dec 11 (FIT29-D1005) 5 classes no class 11/27

Fitness Week

September 7th - 11th

Renew your commitment to a healthy lifestyle!

Check out our calendar of exciting, invigorating fitness classes and try something new!
Pre-register to attend any or all of these complimentary classes:

TUESDAY 9/7	WEDNESDAY 9/8	THURSDAY 9/9	FRIDAY 9/10	SATURDAY 9/11
<i>AQUA THERAPY</i> (TRYIT01) 9 - 9:45 AM	<i>CIRCUIT TRAINING</i> (TRYIT07) 7:15 - 8:15 AM	<i>AQUA THERAPY</i> (TRYIT14) 9 - 9:45 AM	<i>FUSION MIND & BODY</i> (TRYIT20) 10 - 10:45 AM	<i>PILATES</i> (TRYIT25) 8 - 8:45 AM
<i>ZUMBA</i> (TRYIT02) 9 - 10 AM	★ <i>STRENGTH TRAINING</i> (TRYIT08) 9 - 11 AM	<i>LEARN TO SWIM</i> (TRYIT15) 10 - 11 AM	<i>NIA</i> (TRYIT21) 11:30 AM - 12:30 PM	<i>ZUMBA</i> (TRYIT26) 8:45 - 9:45 AM
<i>ON THE BALL</i> (TRYIT03) 11 AM - 12 PM	<i>CHAIR TAI CHI</i> (TRYIT09) 9:30 - 10:10 AM	<i>YOGA/PILATES/MEDITATION</i> (TRYIT16) 11:30 AM - 1 PM	<i>CHAIR YOGA</i> (TRYIT22) 12:30 - 1 PM	<i>H2O BOOT CAMP</i> (TRYIT27) 9 - 10 AM
<i>POWER YOGA</i> (TRYIT04) 5:30 - 6:30 PM	<i>TAI CHI</i> (TRYIT10) 10:15 - 11:15 AM	<i>AQUA TONING N' PILATES</i> (TRYIT17) 4 - 5 PM	<i>AQUA NIA</i> (TRYIT23) 1 - 2 PM	<i>AQUA TONING 'N PILATES</i> (TRYIT28) 10 - 11 AM
<i>AQUA TONING 'N PILATES</i> (TRYIT05) 4 - 5 PM	<i>AQUA ZOOM</i> (TRYIT11) 10:15 - 11:15 AM	<i>BELLY DANCING</i> (TRYIT18) 6:15 - 6:30 PM	<i>MUSCLE RELAXATION</i> (TRYIT24) 2:30 - 3:30 PM	<i>AQUA THERAPY</i> (TRYIT29) 11 - 11:45 AM
<i>AQUA POWER WALKING</i> (TRYIT06) 6 - 7 PM	<i>AQUA NIA</i> (TRYIT12) 4 - 5 PM	<i>AQUA POWER WALKING</i> (TRYIT19) 6 - 7 PM		
★ BT Residents only	<i>WOMEN ON WEIGHTS</i> (TRYIT13) 6 - 6:30 PM	<div style="border: 1px dashed black; padding: 10px; display: inline-block;"> <p><i>See pages 3-6 for full descriptions of all classes</i></p> </div>		



Fall Risk Prevention & Screening

Monday, November 1 (FALL01-varies)

Tuesday, November 2 (FALL02-varies)

Screenings available for appointments from 8 am – 6:30 pm

What is Fall Risk Prevention? Researchers are finally figuring out why falls happen and how to prevent them. Experts say that a third of falls are avoidable. To find out if you or a loved one is at risk for an injury from a fall, please schedule a screening. Detailed test results and education materials provided.. Preregistration required. Payment payable to the provider on the day of your appointment. Call the Senior Center at 248-723-3500 to schedule a 30 minute appointment.

How long will the health screening take? *Approximately 15-20 minutes depending on the package chosen.*

If I am advised that I am at risk for falls what do I do next? *You will be given a computerized list of your findings to bring to your physician.*

Who needs to be screened? *Anyone over the age of 50, also if you have a balance disorder such as dizziness, vertigo, or other high risk factor.*

Will my screening results be kept confidential? *Yes, all information is treated as confidential medical information. SureSteps administers the screenings to ensure confidentiality and is held to strict privacy and security laws.*

Is there a charge for the screening itself? *Yes. SureSteps charges a nominal fee ranging from \$79-\$179 depending on screenings chosen.*

Does my insurance pay for the screening? *No. Medicare and health insurance generally doesn't cover. Prices deeply discounted. Accept CC.*

VOLUNTEER OPPORTUNITIES

BTSS Office Volunteer

Our most pressing need is for Office Volunteers. Office Volunteers answer phones, direct calls, greet visitors, take registrations for trips and programs using Internet based registration software and help the staff with miscellaneous assignments. Some familiarity with word processing, multi-line phone systems and basic Internet search functions is needed. You will receive on-site training as well as job shadowing with experienced Office Volunteers. Office Volunteers work one or more days per week schedule permitting; either 8 AM –12:00 PM, 12:00–3:30 PM or 3:30-6:30 PM.

BTSS Home Delivered Meals Driver

Meals are delivered in the morning, Monday through Friday. Volunteer drivers generally deliver meals once a month on a set schedule. On their scheduled delivery day the driver will report to BTSS at 10 a.m. and can expect to complete their route by noon. Home Delivered Meals Drivers receive on-site training.

BTSS Adult Day Service Volunteer

Volunteers are being recruited to assist at the Friendship Club. The ADS offers enrichment activities to memory impaired individuals, who are in need of a structured setting while their family members are at work or require respite time. Volunteers will be directly involved with the program participants.

BTSS Medical Appointment Driver

2010 has seen an increase in the number of calls to from homebound seniors requesting assistance with transportation. This service allows seniors who may not have family members nearby to assist them with their routine medical appointments. The time commitment for the volunteer can be as little as two hours per month or more as their schedules permit.

BTSS Errands Shopper

The “Errands Shopper” will assist non-driving elders with their local grocery shopping and errands. The time commitment is planned for a 2 hour visit once a month. Schedule is flexible and can be worked out between client and volunteer as to day and time trip are made utilizing the volunteer’s vehicle.

BTSS Computer Lab Volunteer

Savvy computer users will work directly with participants in helping them solve their personal computer problems as well as monitor the lab during open hours.

BTSS “Friendship Club” Salon Volunteer

Specialized people are needed to offer club members pampering such hair care; washing, styling and cuts and nail polishing. A cosmetology license is required for this hands-on, essential beauty experience. Modern stylish salon is provided.

BTSS Musical Talent Volunteers

Expanding music program at BTSS (senior center and Friendship Club). Volunteers and leader needed for singing group to perform at center. Also, music is a daily activity for our Friendship Club members. Volunteers who play instruments and can perform for small groups are greatly needed. Please trade your talent for smiles! *Students Welcome!*

Contact BTSS Volunteer Coordinator, Joan Patzelt at 248-723-3500 or e-mail at jpatzelt@bloomfieldtwp.org

Thank you to our Home Delivered Meals Drivers!

Anne Allingham * Rob Alvin * Roxanne Andoni * Catherine Angeli * Louise Angermeier * Les Baron * Kerstin Baumann * Paulette Bednas * Shahina Begg * Marion Benedict * Don Breen * Julie Brown * Grant Burnham * Ray Caloia * Bill Carson * Mary Ann Christ * Suchuan Chuang * Cindy Clement * Frank & Sally Cliff * Greg Coatsworth * Cam & Judy Corbett * Dianne Cornell * Jerry Craig * Carla Cronin * Robert Dann * Judy Dennis * David Dinger * Ursula Dobbs * Kitty Dobritt * Judy Domstein * Jim Eichner * Carole & Ted Elder * Karin Eynon * Richard Favret * John Feeney * Martha Flannery * Walter Gaer * Phyllis Gara * Judy Geppert * Mona Gibson * Carol Goldstein * Jim & Irene Grady * Jason Grills * Nancy Haddad * Bob & Francois Harrod * Rick Hartsell * Rob Heeren * Dolores Hekker * Pam Hoffman * Jim & Joann Holden * Linda Hsing * Marie-France Hubert * Susan Hugel * Pat Jacoby * Gail Jaworski * Clare & Jerry Kabel * Judy Kebl * Judy King * Karen Krieger * June Linklater * Marcie Lloyd * Bruce Madsen * Fritzie Mager * Doug & Joan Mann * Sue Martin * Richard May * Barry & Helene Mayo * Mary Lynn McLachlan * Beth Mergel * Jean Miller * Debbie Mitchell * Richard Moxley * Robert & Barbara Munn * Marty Nouse * Walter Oehrlein * Darlene Ottolini * Lee Ann Pantalone * Nancy Pavy * Kathleen & Robert Pelkey * Bill Penz * Priscilla Pettengill * Alfred & Sarinna Ping * Bill Potter * Marie Pryce * Rita Ravikrishnan * Tom Richard * Jerry Rivard * Fulvio Romano * Janet Russell * Nicholas Rutkowski * Michael Samson * Ann & Jerry Scheel * Linda Scheidemantel * Hudson Scheifele * Rita Schwimer * Theresa Shea * Mary Shepline * Irene Sklar * Jean Smith * Dev Sood * Connie Szymczak * Marjorie & Mario Trafeli * Susan Ulferts * Frank Voeffray * Mary Walosin * Don Waples * Joan Wells * Lynn & Corey Wert * Bill Williams * Clint Williams * Elinor & Murray Yolles * Rasheeda Zafar



***Volunteering is important
to long and healthful lives.***

Call Joan for more information
248-723-3500.

Thank you volunteers! 700+ Hrs. in May – July 10

Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appt. Drivers, Computer Lab, Trip Leaders & ADS Volunteers.

Verna Besancon * Barbara Borden * Wendy Borovsky * Joan Brandt * Sharon Butler * Galina Buman * David Button * Ray Caloia * Pat Caplin * Joanne Carmichael * Mary Ann Christ * Patty Cogan * Dorothy Cole * John Conti * Maureen Cook * Margaret Dann * Maxine Davison * Dennis DeBaisio * Sue Dodenhoff * Madelyn Doerr * Bonnie Dunn * Donna DuPuis * Steve & Julie Eskoff * Marie Gemmel * Mona Gibson * Angie Giffels * Susan Glass * Carol Goldstein * Jim & Irene Grady * Tom Halstead * Dolores Hekker * Kim Hinkle * Brian Hurnevich * Dagnya Iyla * Connie Jaroh * Helen Kao * Maggie Kapdi * David Kaplovitz * Henry Kassen * Gloria Kefalas * Rosemarie Killenberger * Tony & Marian Klemer * Gloria Krause * Dorothy Kwapisz * Dorothy Lafrey * George Law * Priscilla Leclair * Tracey Leone * Nancy Lee * Jack Lord * Rhelle Lundin * Marilyn MacMillan * Bruce Madsen * Laura Malmstrom * Cara McAlister * Vara Navaluri * Joan Nedeljko * Marleigh Norman * Jo Nott * Mary Ann O'Brien * Joanne O'Hara * Minda Orille * Karen Ouellette * Ralph Pedersen * Arlene Pinkos * Nancy Porter * Elizabeth Reiha * Tom Richard * Jerry Rivard * Sharon Scadron * Marilyn Scheifele * Faith & John Scholl * Lisa Secrest * Ruth Slocum * Michael Sullivan * Teresa Sun * Virginia Tatseos * Maurice Vachon * Anjali Vale * Marleeta Walton * Donald Warren * Suzanne Winn * JB Yeargan * Anjel Yessayan * Elinor Yolles * Rasheeda Zafar

Thank you “Chicks With Sticks!”

For donating your time and talents to create the beautiful knitted items donated to Henry Ford West Bloomfield and the Judson Center.

Patricia Aiello * Edie Anderson * Judy Antonak * Michelle Armstrong * Peggy Benton * Eleanor Brown * Peggy Cohan * Dorothy Founteas * Pat Frye * Stephanie Ghelfi * Heidi Godoy * Kathleen Gorzkewicz * Norma Green * Debbie Grim * Rosie Gumbleton * Pat Hamburg * Beth Johnson * Elaine Lamb * Linda Lewis * Debbie Lim * Elizabeth Mahoney * Mary Marchand * Helene Mayo * Shirley McCraig * Mary McElmurry * Sharon Menton * Debbie Metler * Judy Michau * Chris Muir * Audrey Newman * Lucille Noraian * Karen Ouellette * Lois Page * Arlene Pinkos * Alexis Pollard * Shirley Porter * Judy Reichelt * Faith Scholl * Marian Serwer * Reenie Shannon * Theresa Shea * Rosita Shutlie * Sharon Smith * Martha Stachurski * Mary Anne Zarb * Carol Zaske

ENRICHMENT

☛ Indicates Drop-In Fee: \$1 BT Resident / \$2 Non-Resident. Sign in and pay at Reception Desk.
See page 2 for registration/cancellation policies.

ART

Altered Books *NEW!* Instructor: Marie Murray
Monday 1 - 3 PM 6 classes Fee: \$65*
September 20 – October 25 (ART11-C1001)

Art form where books are used as the canvas to create personal works of art. Mediums include paint, drawing, collage and 3-D objects. Bring a discarded hard cover book to the first class. **\$10 supply fee due at first class.**

Creative Watercolor Instructor: Karen Halpern
Wednesday 1:30 - 3:30 PM
Sept 15 – Nov 10 (ART02-C1002) 9 classes Fee: \$115*
Nov 17– Dec 15 (ART02-D1001) 4 classes Fee: \$ 52*

No class 11/24

Painting techniques, skills, color theory & design principles, perspective & proportion interwoven as you explore varied subjects and styles. Supportive, individualized setting for all skill levels. ***Supply list at Office.***

“Chicks with Sticks” *Knitting Gifts from the Heart*
Monday 1:00 – 4:00 PM
 Facilitator: Karen Ouellette 248-408-2083
 Join a warm, friendly group who knit and crochet for infants, foster-care teens and chemo-therapy patients at Henry Ford Hospital, W.B. Judson Center, R.O. and St. Joseph Mercy Hospital Cancer Center, Pontiac. At home knitters needed, too! ***New knitters, please call Karen.***
Gladly accepting “like new” yarn donations

DIA Delivered Fee: \$10*
Thursday, October 21 (EDU34-D1001) 1:30 - 3:30 PM
“Getting Framed” - What is a frame? Only pieces of wood that adorn a painting or something more? Come listen to a fun and facinating look at what a frame can be.

Tuesday, November 16 (EDU34-D1002) 1:30 - 3:30 PM
“Art and Politics” - Take a look at how art reflects the politics of the nations and peoples of the world from ancient times through the present.

Historytelling *NEW!* History teller: Maureen Esther
Tuesday, Sept. 28 (EDU47-C1001) 1 - 3 PM Fee: \$10*
“Vincent” – Passionate discussion of Van Gogh’s troubled life and his wonderful gift to us is included.

Lapidary ☛
Tuesday & Thursday 1-4 PM
 Facilitator: Nancy Porter 248 797-5660
 Learn to process rocks and gemstones for the creation of art and jewelry. Informal instruction in beading and stain glass is provided, supplies and equipment available.

The Paper Dolls – Card Shoppe Thursday 1– 4 PM
 September 2, 16, & 30 October 14

Facilitator: Arlene Pinkos 248 988-9366
 Join a fun loving group of ladies designing beautiful greeting cards. Training provided. Cards for sale in the Café for 50¢. ***Needed: used all-occasion greeting cards***

Wire Wrap Jewelry 1:30 - 3:30 PM Inst: T. Ruby
Thursday, September 23 (ART12-C1001) Fee: \$22*
Tuesday, September 28 (ART12-C1002) Fee: \$22*
Thursday, October 14 (ART12-D1001) Fee: \$22*
NEW! Learn to create beautiful wire wrapped pendants or earrings. Each class offers a different design. Bring your own sterling silver wire and cabochon or purchase a supply kit from the instructor (\$10 at first class).

BOOKS

Book Club ☛
1ST Friday 10 – 11:30 AM
 Facilitator: Madelyn Doerr 248 851-6093
 Books on loan thru BT Public Library service desk
September 3: “Cloudstreet”, Winton
October 1: “The White Tiger”, Adia
Nov 5: “History of the World in Six Glasses”, Standage

Booked For Lunch
Wednesday 12:30 PM
September 8 October 13 November 10
 Informal book talk with Connie Silver, BT Library.

Meet the Author – Caregiver Tsunami
Tuesday, Oct 19 7 PM (EDU51-D1001)
 Lynn Alexander shares entertaining yet solid information based on real life experience. Author navigates the rough seas of caregiving with sensitivity & practical intelligence mixed with humor & a bit of magic. Books available.

COMPUTERS

E-mail & More Fee: \$54*
 Send/open email, address book, security options, more.
Sept 15 & 17 (COM05-C1003) W/F, 10 AM – 12 PM
Nov 12 & 19 (COM05-D1001) F, 10 AM – 12 PM

File Management Fee: \$54*
 Create folders, copy/cut/paste, deleting, shortcuts & more.
Oct 23 & 30 (COM14-D1001) Sat, 9:30 AM – 11:30 PM

MS Excel 1 Fee: \$54*
 Track budgets & more. Entering data, formulas & more.
Nov 13 & 20 (COM17-D1001) Sat, 9:30 – 11:30 AM

Meet the Internet Fee: \$54*
Surf the web, viewing preferences, security and more.
Sept 11 & 18 (COM03-C1002) Sat, 9:30 – 11:30 AM
Nov 10 & 17 (COM03-D1001) W, 10 AM – 12 PM

Meet the PC Fee: \$54*
Slower paced course covering computer fundamentals.
Sept 8 & 10 (COM01-C1001) W/F, 10 AM – 12 PM
Nov 3 & 5 (COM01-D1001) W/F, 10 AM – 12 PM

MS Word 1 Fee: \$54*
Create documents, saving, editing basics and more!
Oct 20 & 27 (COM02-D1001) W/F, 10 AM – 12 PM

Computer Lab - Open Hours ☺
Volunteers available to answer questions and help with some of your computer challenges.
Monday 10 AM - 12 PM Tuesday 1 - 3 PM
Wednesday 12 - 2 PM Thursday 11 AM - 1 PM
Friday 10 AM - 12 PM

I.T. To The Rescue ☺
Tuesday Noon – 1:00 PM
Join local IT (Information Technology) gurus as they share their expertise! Bring your questions & problems to this *complimentary* session. Preregistration required.
Sept 14 (COM24-C1005) Sept 28 (COM24-C1006)
Oct 12 (COM24-D1001) Oct 26 (COM24-D1002)
Nov 9 (COM24-D1003) Nov 23 (COM24-D1004)

GAMES

Bridge – Intermediate Instructor: Bonnie Ward
Monday 10:30 AM-12:30 PM 7 classes Fee: \$84*
September 13 – October 25 (EDU42-C1001)
Emphasis will be on major and minor suit openings and responses. Review bridge basics, develop bidding and play of the hand skills. Designed for experienced player.

Bridge -Supervised Play Instructor: Bonnie Ward
Monday 1 – 3 PM 7 classes Fee: \$84*
September 13 – October 25 (EDU35-C1001)
This is your opportunity to use what you have learned! We will discuss one hand fully...evaluate, bid, lead, plan, defend and play. Basic bridge background required.

Bridge Club ☺
Monday/Friday Tables assigned: 12:30 PM
Facilitator: Maurice Vachon Play: 1:00 PM

Canasta - Beginner *NEW!* Instructor: Lenore Gorosh
Tues 10:15 AM – 12:15 PM 4 classes Fee: \$60*
Sept 7 – Sept 28 (EDU45-C1001) +\$4 material fee
Oct 12 – Nov 2 (EDU45-D1001) +\$4 material fee
Beginner and refresher player should consider this class.

Canasta - Intermediate Strategy Inst: L. Gorosh
Tuesday 12:45 - 2:45 PM 4 classes Fee: \$60*
Sept 7 – Sept 28 (EDU45-C1002) +\$4 material fee
Oct 12 – Nov 2 (EDU45-D1002) +\$4 material fee
Learn canasta strategy, splash hands, finesse and sharpen your game. Must know melding, 7's and Aces.

Chess ☺ (*Donation of chess sets appreciated.*)
Wednesdays 9:30 – 11:30 AM Begins Sept 8

Euchre & Pinochle ☺ Thursday 11:15 AM
Facilitator: Joanne Carmichael 248 626-0719

Mah-jongg Play ☺ Thursday 1 – 4:30 PM
Facilitator: Elinor Yolles 248 737-8047

Poker ☺
2nd, 3rd, 4th and 5th Wednesdays 12 – 4 PM

Pool (Billiards) ☺ Billiards Room
Mon – Thurs: 7 AM – 7 PM Friday: 7 AM – 3:30 PM

Scrabble Club ☺ 1st Wednesday 1 – 3 PM
Facilitator: Madelyn Doerr 248 851-6093

Wii Play ☺ Every Monday & Friday, Begins Sept 13
Mondays 3 – 4:30 PM
Fridays 10 – 11:30 AM

NEW! Wii comes to BTSS! Bowl, play tennis, golf and many more games in virtual space. Great fun, must try!

HEALTH & SAFETY

Attitudinal Healing *NEW!*
Monday, Oct 4 (EDU48-D1001) 10 – 11:30 AM
Can we really choose to feel peaceful & happy? Should my primary goal be to find peace and happiness? Attitudinal Healing can answer these questions and more. Join us to find out how we can help you change your life.

Healthy U Please pre-register.
Topical health related programs.
Tuesday, Sept 28 (EDU32-C1001) 10:30 AM – 12:30 PM
Lunch & Learn: Pre-Surgery Seminar & Demo
Thursday, Oct 28 (EDU32-D1001) 9:00 AM – 3 PM
Health Fair - Bloomfield Twp. Senior Services
Tuesday, Nov 9 (EDU32-D1002) 10:30 AM – 12:30 PM
Lunch & Learn: Celebrate What's Right With the World

Safety First Tuesday
Sept 21 (EDU33-C1001) 10:30 AM - 12:30 PM
Lunch & Learn, Fall Prevention, SureSteps (details pg 7)
Oct 12 (EDU33-D1001) 10 AM - 12 PM
CPR, BT Fire
Nov 2 (EDU33-D1002) 10:30 - 11:30 AM
Identity Theft, BT Police
Registration requested for these *complimentary* classes.

Support Groups

See Supportive Services insert for more information.

JUST FOR FUN

Celebrations! *NEW!* (Complimentary. Registration req'd.)

Autumn in Michigan (SEV10-D1001)

Thursday, October 7, 1 – 2:30 PM

Music from 60's & 70's and delicious fall desserts.

Thanksgiving Gathering (SEV10-D1002)

Thursday, November 18, 2:30 – 4 PM

Jazz & Jam. Hors d'oeuvres & sparkling beverages.

Getting To Know You!

Please pre-register: 248-723-3500

Tour the senior center. Join us in the Café for an informal gathering of new participants and interested seniors.

Wednesday, September 8 (SEV03-C1002) 2 – 3 PM

Monday, October 11 (SEV03-D1001) 6 – 7 PM

Movie Classic ♻️ *NEW!* 1st Friday 1:00 PM

Friday afternoon classic movie greats with popcorn!

October 1: "Roman Holiday" (1953), Comedy-Romance

November 5: "North by Northwest" (1959), Drama

Movie Mania ♻️ 3rd Friday 1:00 PM

Friday afternoon late release films with popcorn!

September 17: "Crazy Heart", Drama

October 15: "Letters from Juliet", Drama-Romance

November 19: "Invictus", Drama

Socially Active Single Seniors (SASS)

Facilitators: Naomi Edwards & Lois Benson

Join BTSS' club for single active men and women.

Register once for *SOC33* to be added to club roster. Then register each month for activity you plan to attend.

Thurs, Sept 23 (SOC33-C1001) (All fees on your own.)

"A Midsummer Night's Dream", Baldwin Theatre

6 PM Dinner – Lily's Seafood, 410 S. Washington, RO

8 PM Curtain - Baldwin Theatre, Royal Oak

Thurs, Oct 21 (SOC33-D1001) (Preregister w/payment needed.)

Pizza & Play @ BTSS BT - \$7/ Non BT - \$8

5:30 – 7:30 PM Pizza, Salad & Beverage Game Night

Thurs, Nov 18 (SOC33-D1002) (All fees on your own.)

MGM Grand Casino

5:30 PM Carpool from Center to casino, 8 PM Dinner

MUSIC

Music Legends ♻️ *NEW!* Instructor: Beverly Thomas

Tuesday 1:00 – 3:00 PM

Oct. 5 George M. Cohan (EDU49-D1001)

Oct. 12 Irving Berlin (EDU49-D1002)

Oct. 19 George Gershwin (EDU49-D1003)

Presentations on the life story of early American songwriters and their music. Registration requested.

Sing for Fun Chorale

Accompanist: Joan Bowes

Tuesdays

10:30 AM – 12:30 PM

September 28 (SOC26-C1001)

October 5 (SOC26-D1001)

NEW! Would you like sing for fun? Join the BTSS group. No auditions or solos required. Professional accompanist available. Registration requested to build interest list.

UNIQUE TOPICS

Five Women Five Journeys - How Different Are We?

Thursday, September 16 (EDU50-C1001) 7 – 9 PM

Jewish, Hindu, Baha'i, Christian, and Muslim women share their journeys to interfaith interaction and personal challenges within their faiths. Collaboration formed to nurture friendships, learning about other religions and service to our communities. Preregistration requested.

Patriot Week

Judge Michael Warren

Monday, Sept 13 (EDU40-C1001) 10:30 AM – 12 PM

Judge Warren will describe the dangers that come from abandoning the "First Principles" upon which this nation was founded taken from his book "America's Survival Guide" and discuss the American Flag and her history.

Italian Group -Gruppo Italiano ♻️

2nd Friday

10 – 12 PM

Facilitator: Angie Giffels

248 645-0958

Open to all interested in art, culture, history & language of Italy. Affiliate of Dante Alighieri Society, Michigan Chapter.

Senior Men's Club

Facilitators: Bruce Madsen & Jim Grady

Enjoy interesting and fun speakers, camaraderie & a light breakfast. Please pre-register.

3rd Wednesday 9:30 – 11:30 AM Fee: \$6/\$8

Sept 15 (SOC27-C1003)

George Zeff - *How I Survived the Holocaust*

Oct 20 (SOC27-D1001)

Pam Marshke - *Handwriting Analysis*

Nov 17 (SOC27-D1002)

Richard Rosenbaum – *Seniors & Gold Today*

Senior Women's Club

Join our new & exciting luncheon program with dynamic speakers, catered by Salvatore Scallopini. Pre-register.

4th Wednesday 11:30 AM – 1:30 PM Fee: \$8/\$10

Sept 22 (SOC28-C1001)

Judge Diane D'Agostini - *Cases & Caseloads*

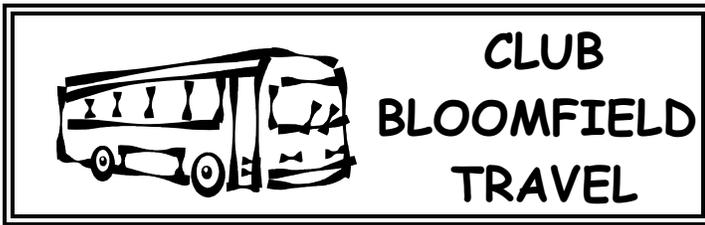
Oct 27 (SOC28-D1001)

Joyce Bockemuehl - *Genealogy*

Nov 17 (week earlier) (SOC28-D1002)

Virginia Tatseos - *House Staging – Stage-Show-Sell*

(Want to help plan Women's Club programming? Call Chris Cornell.)



Thanks for the Memories: A USO Tribute Show Novi Senior Center WAIT LIST ONLY
 Thursday, Sept. 16 (DAY20-C1001) 11:00 AM – 4:00 PM
 BTSS Coach Fee: \$34*

Oakland County Farmer's Market
 Tuesday, Sept. 21 (DAY24-C1001) 9:30 AM - 1:15 PM
 Enjoy a day at the market for farm, garden, orchard and greenhouse produce. There are many vendors to choose selling produce, baked goods, chocolates and crafts. After: **lunch on your own at Gino's Pizzeria & Restaurant.**
 BTSS Coach Fee: \$10*

Tour of the Dossin Great Lakes Museum
 Wednesday, Sept. 22 (DAY25-C1001) 8:45 AM – 2:30 PM
 The Dossin Great Lakes Museum stands on the shore of Detroit's historic Belle Isle. Enjoy the panoramic view of the Detroit River and the many rare artifacts, including the reconstructed pilot house of the Great Lakes freighter S.S. William Clay Ford, the Miss Pepsi hydroplane, and one of the largest known collection of scale model ships in the world. **Followed by lunch on your own at Sindbad's.**
 BTSS Coach Fee: \$17*

Mt. Bruce Station Sheep & Wool Festival Romeo
 Saturday, Sept. 25 (DAY22-C1001) 9:30 AM – 3:30 PM
 Sheep shearing, border collie and shepherding demonstrations and workshops on the related handcrafts of carding, spinning, natural wool dyeing, knitting and fiber arts. This tranquil setting with a farmhouse, outbuildings, cottage gardens and perennial borders is home to small flocks of sheep raised for the quality of their wool. Woolen products available in the Farm Wool Shop. **Followed by lunch on your own at Champps.**
 BTSS Coach Fee: \$19*

Fox Theatre Tour & Lunch at Hockeytown Cafe
 Tuesday, Sept. 28 (DAY26-C1001) 9:30 AM – 2:15 PM
 Join us for this 45-min. walking tour of Detroit's Crown Jewel. Exquisite beauty and extravagant architectural design; six-story high grand lobby, 13-ft diameter chandelier and unique gold-embellished decorations from around the world! **Lunch is included at Hockeytown Café** with a short film "Encore on Woodward" featuring Bob Hope.
 BTSS Coach Fee: \$32*

Cooking With Books Birmingham Historical Museum
 Thursday, Sept. 30 (DAY27-C1001) 11:30 AM – 2:15 PM
 Exhibit will feature cookbooks and vintage utensils of collector and food critic Geri Rinschler. A fascinating look at 200 years of accepted practices and trends in food preparation. **Begin w/ lunch on own, Quattro Pizzeria.**
 BTSS Coach Fee: \$12*

** Unless otherwise stated, non-Bloomfield Twp. residents pay additional \$5 per trip. Register early!
 See page 2 for registration/cancellation policies.*

National PBS Concert Taping of Celtic Crossroads
 Fillmore Theatre WAIT LIST ONLY
 Tuesday, Aug. 17 (DAY23-C1001) 5:30 - 10:15 PM
 BTSS Coach Fee: \$43*

Cranbrook Luncheon & Tour of House and Gardens
 WAIT LIST ONLY
 Thursday, August 19 (DAY14-C1001) 10:30 AM – 3:15 PM
 BTSS Coach Fee: \$34*

TMZ Farm Buffalo Ranch, Hell/Pickney Area
 Tuesday, August 24 (DAY15-C1001) 9:15 AM – 3:00 PM
 Our tour will include a 60 minute ride in comfortable wagons to get an up close and personal experience with the herd of American Buffalo, also known as American Bison. You'll learn the history and interesting facts about the American Buffalo, as well as some interesting facts about them and their individual personalities. **Followed by lunch (included) at the Dam Site Inn & Screams Ice Cream.**
 BTSS Coach Fee: \$39*

Detroit Princess Riverboat Cruise WAIT LIST
 Thursday, August 26 (DAY16-C1001) 10:45 AM – 3:15 PM
 BTSS Coach Fee: \$52*

Clinton River Cruise
 Thursday, Sept. 9 (DAY18-C1001) 10:30 AM – 4:00 PM
 Enjoy a lovely fall day aboard the "Clinton Friendship" with lovely cabins, homes and lush green foliage lining the banks. A 3 hour cruise and tasty buffet **lunch is included.** (Roast chicken, Meatloaf, potatoes, salad, vegetable, rolls, coffee, tea & dessert).
 BTSS Coach Fee: \$43*

Historic Stahl's Bakery & New Baltimore Historical Museum Tour
 Monday, Sept. 13 (DAY19-C1001) 9:30 AM – 2:45 PM
 Explore historic New Baltimore beginning at Stahl's Bakery located near Lake St. Clair. Stahl's is the home of Belly Button Cookies, a Detroit area favorite for over 25 years. Next a tour of the New Baltimore Historical Museum. **Followed by lunch on your own at Slippery Rock Grill.**
 BTSS Coach Fee: \$14*

"Hay Fever" Hilberry Theatre

Saturday, Oct. 2 (DAY01-D1001) 11:15 AM – 5:15 PM

This Noel Coward's play is set in a weekend in the country with the self-absorbed Bliss family. The comedy heats up because every member of the family has invited an unsuspecting romantic prospect without informing the others. When rain traps the passionate family and their guests indoors, life becomes happily chaotic. **Begin with lunch on your own at O'Mara's.**

BTSS Coach

Fee: \$28*

Chelsea Milling Company Jiffy Plant Tour

Wednesday, Oct. 6 (DAY02-D1001) 9:00 AM – 2:45 PM

Tour the home of everyone's favorite, Jiffy Mix, at the Chelsea Milling Company. They store and mill the wheat in to flour which they use in their own mixes. They also make their own "little blue" boxes. The one and half hour tour includes a slide presentation, refreshments and a walk through the packaging plant. **Followed by lunch on your own at the Chelsea Grill.**

BTSS Coach

Fee: \$12*

"Last of the Red Hot Lovers" Tipping Point Theatre

Saturday, Oct. 9 (DAY03-D1001) 12:30 – 5:45 PM

This play by Neil Simon tells the story of a middle aged restaurateur who begins to feel the desire to roam. After several attempts at seduction, using his mother's available apartment, he learns that it is much more complicated and difficult than he could have imagined. **Begin with lunch on your own at the Deadwood Bar & Grill.**

BTSS Coach

Fee: \$36*

"Leaving Iowa" Farmington Hills Players

Sunday, Oct. 10 (DAY04-D1001) 11:15 AM – 5:00 PM

"Leaving Iowa" is a warm and funny celebration of heartland America and the family road-trip. It has all the makings of a stage classic – part comedy, part history, part nostalgia; it's a play we can all relate to as a tribute to parenthood, family values and childhood memories. **Begin with lunch on your own at Deli Unique.**

BTSS Coach

Fee: \$29*

Detroit Athletic Club Tour & Luncheon

Tuesday, Oct. 12 (DAY05-D1001) 9:30 AM – 2:15 PM

Join us for a 1 ½ hour tour of this Detroit institution and landmark. The Detroit Athletic Club, sometimes called the DAC, is an athletic club in the heart of Detroit's theater, sports, and entertainment district designed by Albert Kahn. **Followed by lunch (included) at the DAC.**

BTSS Coach

Fee: \$46*

"West Side Story" Fisher Theatre

Wednesday, Oct. 13 (DAY06-D1001) 10:30 AM – 4:00 PM

More than fifty years ago one musical changed theater forever. Now it's back in at the Fisher Theatre in Detroit mesmerizing audiences once again. From the first note to the final breath, WEST SIDE STORY soars as the greatest love story of all time, as powerful, poignant and timely as ever. **Begin with lunch on your own at Assaggi Mediterranean Bistro.**

BTSS Coach

Fee: \$60*

"The Mikado" Detroit Opera House

Friday, Oct. 15 (DAY07-D1001) 9:45 AM – 5:00 PM

This is a student/senior rehearsal presentation of the timeless classic by Gilbert & Sullivan. The satirical opera spins a mythical tale of romantic triangles, blundering officials, and clever coincidences. Featuring, "Three Little Maids From School" and "A Wand'ring Minstrel I." **Followed by lunch on your own at Big Fish.**

BTSS Coach

Fee: \$38*

Metro Detroit Book & Author Society Luncheon

Monday, Oct. 18 (DAY08-D1001) 10:30 AM – 3:30 PM

The 77th Metro-Detroit Book & Author Society Luncheon at Burton Manor is one of the largest author presentations in America. Scheduled guest authors are: Ayelet Waldman (*Red Hook Road, Bad Mother*), Karin Slaughter (*Broken, Undone*), Christopher Reich (*Rules of Betrayal, Rules of Vengeance*), Phil Caputo (*A Rumor of War, Crossers*) and Amanda Hesser (*The Cook and the Gardener*). The profits from book sales used to provide grants to libraries and literacy centers. **Lunch included.**

BTSS Coach

Fee: \$43*

Frankie Valli & the Four Seasons Fox Theatre

Friday, Oct. 22 (DAY09-D1001) 5:00 – 11:00 PM

Don't miss this opportunity to see this true American pop music icon. Valli was catapulted into rock and roll stardom after his American Bandstand performance of "Sherry". Valli has produced 19 top ten hits and sold over 100 million records world wide. Hit singles include "Walk Like A Man," "Big Girls Don't Cry" and "Can't Take My Eyes Off Of You". **Begin with dinner on your own at Peabody's.**

BTSS Coach

Fee: \$70*

"Trick or Treat" DSO

Thursday, Oct. 28 (DAY10-D1001) 9:30 AM – 4:00 PM

The Detroit Symphony Pops puts the "howl" in your Halloween! Be there for spine-tingling symphonic blockbusters from the silver screen: "The Exorcist", "The Dark Knight", "Ghostbusters" and more. **Followed by lunch on your own at the Hills City Grille.**

BTSS Coach

Fee: \$52*

Heart of the Hills Players Musical Variety Show

Thursday, Nov. 4 (DAY11-D1001) 10:45 AM – 5:00 PM

Enjoy another entertaining presentation by one of Michigan's finest senior community theatre groups. The Players popular musical variety show will be performed at their new home in the Warren Michigan Community Center with its grand 500-seat theatre. **Begin with lunch on your own at Michelle's Sweetheart Restaurant & Bakery.**

BTSS Coach

Fee: \$23*

"Rodrigo's Spain" DSO

Friday, Nov. 5 (DAY12-D1001) 9:30 AM – 3:45 PM

Rodrigo was a composer of classical music and a virtuoso pianist. Rodrigo's music counts among some of the most popular of the 20th century, particularly his "Concierto de Aranjuez", considered one of the pinnacles of the Spanish music and guitar concerto repertoire. **Followed by lunch on your own at Mitchell's Fish Market.**

BTSS Coach

Fee: \$40*

Tour of Leader Dogs for the Blind

Tuesday, Nov. 9 (DAY13-D1001) 10:15 AM – 3:30 PM

Founded by three Detroit area Lions Clubs members in 1939, Leader Dogs for the Blind provides dog guides to people who are blind or visually impaired to enhance their mobility, independence and quality of life. Located in Rochester Hills, this facility trains and raises dogs with a highly skilled staff and extensive group of volunteers. Join us for a tour of this unique organization. **Begin with lunch on your own at Olive Garden.**

BTSS Coach

Fee: \$12*

"La Boheme" Michigan Opera Theatre

Friday, Nov. 12 (DAY14-D1001) 9:45 AM – 4:30 PM

Set in 1830's Paris, LaBoheme is one of the most performed operas. Focusing on the love between the seamstress, Mimi, and the poet, Rodolfo, it's filled with great depth of emotional expression and beautiful arias. Don't miss this world class opera presented as a senior/student dress rehearsal. **Follow with lunch on your own at J. Alexander's.**

BTSS Coach

Fee: \$38*

"Irving Berlin: From Rags to Ritzes" DSO

Thursday, Nov. 18 (DAY15-D1001) 9:30 AM – 4:00 PM

Hear the biggest Berlin showstoppers: "There's No Business Like Show Business," "Puttin' on the Ritz," "Blue Skies," "White Christmas," "Alexander's Ragtime Band" and more. **Followed by lunch on your own at Clawson Steak House.**

BTSS Coach

Fee: \$52*

"In the Mood" Macomb Center for the Performing Arts

Sunday, Nov. 21 (DAY16-D1001) 12:00 – 6:15 PM

This 1940s musical revue takes a retro look at the life and times of America's greatest generation with music and dance combining up-tempo big band rhythms with mellow intimate ballads. Features the "In the Mood" singers and dancers and the sensational String of Pearls Big Band Orchestra. **Begin with lunch on your own at Filippa's.**

BTSS Coach

Fee: \$48*

"Too Hot to Handel" Detroit Opera Theatre

Friday, Dec. 3rd (DAY17-D1001) 9:45 AM – 3:45 PM

Don't miss this student/senior rehearsal performance. It captures the essential core of Handel's famous piece the "Messiah" and reinterprets it with chords of R&B, jazz, and gospel. The end result is a dynamic and uplifting celebration that must be experienced to be appreciated. **Followed by lunch on your own at Union Street.**

BTSS Coach

Fee: \$38*

"A Christmas Story" Farmington Hills Players

Saturday, Dec. 4 (DAY18-D1001) 11:15 AM – 5:00 PM

This stage adaptation of the classic Christmas movie puts a humorous touch on the hopes, promises and truisms of the Christmas season. The story is seen and told through the eyes of Ralphie, now an adult narrator looking back on his experiences as a nine-year-old. Audiences young and old will delight in this fresh spin on the 1983 film. **Begin with lunch on your own at Salvatore Scaloppini.**

BTSS Coach

Fee: \$29*

"Hollywood Pictures" DSO

Friday, Dec. 10 (DAY19-D1001) 9:30 AM – 3:45 PM

Conducted by Leonard Slatkin, with performances by Sara Davis Buechner, piano; Fred Zlotkin, cello; Kimberly Kaloyanides Kennedy, violin. Featuring the Rózsa Spellbound Concerto; Wagner/Waxman "Tristan & Isolde Fantasy"; Korngold Cello Concerto and "Mussorgsky's Pictures at an Exhibition". **Followed by lunch on your own at the Whitney.**

BTSS Coach

Fee: \$40*

"Guys on Ice" Tipping Point Theatre

Saturday, Dec. 11 (DAY20-D1001) 12:15 - 5:45 PM

This charming story of two ice fishing buddies from Northern Wisconsin who talk and sing about life, love, and the one that got away. From their ice fishing shanty, long-time pals Lloyd and Marvin keep warm with a mutual appreciation for good bait, cold beer, and the Green Bay Packers. **Begin with lunch on your own at Rocky's.**

BTSS Coach

Fee: \$36*

"Home for the Holidays" DSO

Thursday, Dec. 16 (DAY21-D1001) 9:30 AM - 3:45 PM
Leonard Slatkin conducts Detroit's favorite holiday musical tradition! Share it with family and friends! It's a sparkling holiday celebration. **Followed by lunch on your own at McCormick & Schmick's.**
BTSS Coach Fee: \$52*

"Mary Poppins" Detroit Opera House

Wednesday, Dec. 22 (DAY22-D1001) 11:00 AM - 5:15 PM
Combining the best of the stories by P. L. Travers and the beloved Walt Disney film, "Mary Poppins" is everything you'd hope for in a Broadway musical—and more. Includes such favorites as "Chim Chim Cher-ee", "A Spoonful of Sugar", "Let's Go Fly a Kite" and "Supercalifragilisticexpialidocious". **Begin with lunch on your own at Shiraz.**
BTSS Coach Fee: \$65*

"Shen Yun Performing Arts" Detroit Opera House

Saturday, Jan. 22nd (DAY01-A1101) 11:30 AM - 5:45 PM
Shen Yun Performing Arts is a triumph of collaboration, bringing together leading dancers, choreographers and musicians from around the world. Its productions are unique, fun and entertaining, but also educational, enriching, and uplifting. **Begin with lunch on your own at Tokyo Buffet.** REGISTER BY NOVEMBER 1ST TO ENSURE YOUR SPOT.
BTSS Coach Fee: \$75*

Grand Hotel, Mackinac Island
October 4 - 7
4 Days ~ 3 Nights
(EXT01-C1001)
Double \$739** Triple \$686** Single \$971**
** Non-BT Residents \$25 additional per person
Questions, call Sally at 248-723-3500
Detailed flyer available at Senior Center

They're here!!!

only \$25 Books
Get great savings! Support BTSS!
(FUN04-C1001)

Fall Candy Collection

Share Halloween with our homebound meals clients by donating small individually wrapped candies. Candy can be dropped at BTSS before October 25.

Join us on Wednesday, October 27th at 1:30pm to package candies for distribution. If you are able to help with packaging please call Denise at 248-723-3500.

Travelers may also enjoy...

Music Legends ☼ Instructor: Beverly Thomas
Tuesday 1:00 - 3:00 PM
Oct. 5 George M. Cohan (EDU49-D1001)
Oct. 12 Irving Berlin (EDU49-D1002)
Oct. 19 George Gershwin (EDU49-D1003)
Presentations on the life story of early American songwriters and their music. Registration requested.

Sing for Fun Chorale Accompanist: Joan Bowes
Tuesdays 10:30 AM - 12:30 PM
September 28 (SOC26-C1001)
October 5 (SOC26-D1001)
Would you like sing for fun? Join us! No auditions or solos required. Professional accompanist available. Registration requested to build interest list. No fee.

DIA Delivered Fee: \$10* **Thursday, October 21 (EDU34-D1001) 1:30 - 3:30 PM** "Getting *Framed" - What is a frame? Only pieces of wood that adorn a painting or something more? Come listen to a fun and facinating look at what a frame can be.

Tuesday, November 16 (EDU34-D1002) 1:30 - 3:30 PM "Art and Politics" - Take a look at how art reflects the politics of the nations and peoples of the world from ancient times through the present.

"Historytelling" History teller: Maureen Esther
Tuesday, Sept. 28 (EDU47-C1001) 1 - 3 PM Fee: \$10*
"Vincent" - Passionate discussion of Van Gogh's troubled life and his wonderful gift to us is included.

Altered Books Instructor: Marie Murray
Monday 1 - 3 PM 6 classes Fee: \$65*
September 20 - October 25 (ART11-C1001)
Art form where books are used as the canvas to create personal works of art. Mediums include paint, drawing, collage and 3-D objects. Bring a discarded hard cover book to the first class. \$10 supply fee due at first class.

Wire Wrap Jewelry 1:30 - 3:30 PM Inst: T. Ruby
Thursday, Sept 23 (ART12-C1001) Fee: \$22*
Tuesday, Sept 28 (ART12-C1002) Fee: \$22*
Thursday, Oct 14 (ART12-D1001) Fee: \$22*
Learn to create beautiful wire wrapped pendants or earrings. Each class offers a different design. Bring your own sterling silver wire and cabochon or purchase a supply kit from the instructor (\$10 at first class).

Wii Play ☼ **Begins Sept 13**
Mondays 3 - 4:30 PM Fridays 10 - 11:30 AM
Wii comes to BTSS! Bowl, play tennis, golf and many more games in virtual space. Great fun, must try!

Celebration!!

Autumn in Michigan!

(SEV10-D1001)

Join us for an autumn celebration!

Thursday, October 7 1:00 - 2:30 PM

Music from the '60's & '70's

Mouth watering fall desserts

Thanksgiving Gathering!

(SEV10-D1002)

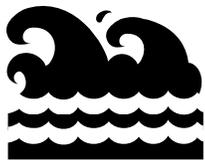
The turkey is in the house!

Thursday, November 18 2:30 - 4:00 PM

Jazz & Jam

Hors d'oeuvres & Sparkling Beverages

**Preregistration required for these
complementary events.**



OPEN SWIM AVAILABLE!

Monthly calendar of dates and available online or at the senior center. Questions? Call 723-3500.

Check in and pay drop in fee at the Main Reception.

BT Residents: \$2/session Non-Residents: \$5/session



AARP DRIVER SAFETY PROGRAM

(EDU03-D1001)

Wednesday, Sept. 29 & Thursday, Sept. 30
8:30 am - 12:30 pm

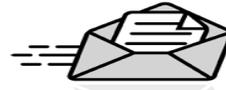
Learn defensive driving techniques, how to adjust to age-related changes in vision & hearing and get an insurance discount for taking the class. Must attend both days. Pre-registration & payment required - \$17

How can we be of service?

We offer many services that support well-being and independence look for the *yellow* Supportive Services insert for more information.

Medical Transportation
Blood Pressure Checks
Nursing Home Transition Program
Friendship Club (Adult Day Service)
Minor Home Repair Program
Home Delivered Meals
OASIS Counseling

Telephone Reassurance
Loan Closet
File of Life
Support Groups
Loan Closet
Nutritional Supplements
Pump Guide



Bloomfield Seniors E-mail List

We often learn of new opportunities after our brochure is printed. Rather than miss out, we will send out email updates about new classes, trips, upcoming events or special programs. To sign up for this service, please visit our website, enter your email address and subscribe. www.bloomfieldtwp.org/seniors/maillinglist

You may also get up-to-date information about all Township departments. Go to the home page of the Township's website, www.bloomfieldtwp.org, and click on "E-mail List" in the dark blue box, top right hand corner. An electronic newsletter will be sent 1-2 a month or as news happens.

Senior Men's Club

Facilitators: Bruce Madsen & Jim Grady

Enjoy interesting and fun speakers, camaraderie & a light breakfast. Please pre-register.

3rd Wednesday 9:30 – 11:30 AM Fee: \$6/\$8

Sept 15 (SOC27-C1003)

George Zeff - *How I Survived the Holocaust*

Oct 20 (SOC27-D1001)

Pam Marshke - *Handwriting Analysis*

Nov 17 (SOC27-D1002)

Richard Rosenbaum - *Gold Today*

Senior Women's Club

Join our new & exciting luncheon program with dynamic speakers, catered by Salvatore Scallopini. Pre-register.

4th Wednesday 11:30 AM – 1:30 PM Fee: \$8/\$10

Sept 22 (SOC28-C1001)

Judge Diane D'Agostini - *Cases & Caseloads*

Oct 27 (SOC28-D1001)

Joyce Bockemuehl - *Genealogy*

Nov 17 (week earlier) (SOC28-D1002)

Virginia Tatseos - *House Staging (Stage-Show-Sell)*

Meet the Author – Caregiver Tsunami

Tuesday, Oct 19 7 PM (EDU51-D1001)

Lynn Alexander, a longtime leader in Aging Services shares entertaining yet solid information based on real life experience. The author navigates the rough seas of caregiving with sensitivity and practical intelligence mixed with humor and a bit of magic. Books available.

Complimentary, pre-registration requested.



Supportive Services



Bloomfield Township Senior Services

4315 Andover Road, Bloomfield, MI 48302-2091

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

Web: www.bloomfieldtpw.org/Seniors

Fall 2010

Index

- Adult Day Service.....4
- Alzheimer Support1
- Blood Pressure.....2
- Cell Phone Prog3
- Counseling3
- Driver Safety1
- Ensure.....2
- Errand Rides2
- File of Life1
- Friendship Club.....4
- Grocery Shopping.....2
- Home Loan3
- Legal Assist3
- Cell Phone Help.....3
- Counseling 3
- Loan Closet..... 2
- Meals (Home Del.).....2
- Medical Trans. 2
- Medicare B Assist..... 3
- Minor Home Repair....1
- Nursing Home
Transition3
- Prescription Prog.....3
- Gas Pump Guide3
- Reassurance.....1
- SMART.....2
- Support Groups1,3
- Transportation.....2

Younger Onset Alzheimer's Support Group (EDU01-D1001)

Early-onset Alzheimer's disease affects people who are under the age of 65. The Alzheimer's Association Metro Detroit Region is pleased to provide its first Support Group for persons with early stage memory loss.

The group will give individuals and their family the opportunity to share their feelings and concerns, as well as exchange ideas and resources with others. The group is participant driven and promotes well being. Discussion topics may include careers, families, friends, social activities, driving, independence, physical and emotional challenges, understanding the diagnosis, frustration, happiness & joy.

The first meeting will be held on **Tuesday, September 21, 2010 from 5:30 - 7:00 pm** at 4315 Andover Rd. and will continue on the 3rd Tuesday of the month. Advance registration appreciated: call 248-723-3500 to register. Any questions about the group please call Ashton Clark at 248-915-5899.



AARP DRIVER SAFETY PROGRAM

Wed., Sept. 29 & Thurs., Sept. 30
8:30 am - 12:30 pm
(EDU03-D1001)

Learn defensive driving techniques, how to adjust to age-related changes in vision & hearing and get an insurance discount for taking the class. You must attend both days.



MINOR HOME REPAIR

BTSS received funds from CDBG allocated to assist low income Bloomfield Township seniors aged 62+ with minor home repair. Income guidelines:

# in Household	Max. Household Income
1	24,850
2	28,400
3	31,500
4	35,500

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

FILE OF LIFE CARDS AVAILABLE

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 labeled FILE OF LIFE, is held with a magnet to the outside of the refrigerator. It lists your name, emergency contact, insurance info, S.S. #, health problems, medications & dosages, allergies, recent surgery, religion and a health care proxy. These cards are available to Bloomfield Township residents at the Senior Center or through the BT Fire Department.

TELEPHONE REASSURANCE



If you, a neighbor or loved one lives alone and would like to receive a daily call, we can help. Volunteers call Monday through Friday, between 9 and 11 am for a friendly conversation and wellness check. Please call Denise at 248-723-3500 for information.

TRANSPORTATION SERVICES



Please call Bloomfield Township Senior Services for more information – (248) 723-3500

≈ 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

≈ Medical transportation services

Medical Transportation is available to 60+ senior residents of Bloomfield Hills and Bloomfield Township thru SMART funding. Application and eligibility for program required. Call BTSS 723-3500 for information.

≈ Volunteer drivers

Volunteer drivers provide transportation to local medical appointments to BTSS Members. Subject to availability.

NUTRITION SERVICES

BTSS addresses the nutritional needs of area (Bloomfield Township, Bloomfield Hills, West Bloomfield and Orchard Lake) seniors 60+ with two essential programs, Home Delivered Meals and Liquid Nutritional Supplements. For additional information on either program, contact Donna DeWitte, RN Nutrition Coordinator, 723-3500.



HOME DELIVERED MEALS

BTSS provides home delivered meals to homebound (unable to drive or leave the home independently) area seniors 60+. Meals are delivered by volunteer drivers Monday through Friday between 10 a.m. and 12 noon. The suggested donation is \$3.75 per hot meal (price reflects partial funding provided by Area Agency on Aging 1B).

NUTRITIONAL SUPPLEMENTS



Liquid nutritional supplements are available to area seniors 60+ based on medical necessity. Monthly, BTSS orders Ensure products directly from the manufacturer at a reduced cost from retail prices. A physician's order is required which must include the medical reason for supplementation, the recipient's weight, and the number of cans to be consumed daily. The order must be renewed every six months. Additionally, a home visit is required every six months in order to participate in the program.



GROCERY SHOPPING & ERRANDS TRANSPORTATION

Volunteers are available to aid 60+, non-driving Bloomfield Township residents who need transportation to run errands or grocery shop with a maximum of 2 hours per month and flexibility between client and driver. Please call Denise at BTSS at 248-723-3500 for more information.



BLOOD PRESSURE CHECKS

Certified volunteers are available on the 3rd Wednesday of each month from 11 am until 12:30 pm. Stop in on one of these dates:

August 18th September 15th October 13th

BTSS is partially funded through the Area Agency on Aging 1-B through the Office of Services to the Aging, Nutrition Service Incentive Program (NSIP). BTSS complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973. Equal opportunity employer program. Reasonable accommodation is provided upon notification or request.

BTSS LOAN CLOSET



BTSS has a loan closet of wheelchairs, walkers, canes and other equipment available free for short term use. Please contact Denise Kolkmeier at 248-723-3500 for more information.

BTSS accepts donations of clean, gently used wheelchairs, walkers, canes and other equipment. Please call Denise Kolkmeier prior to bringing item(s) to the center. Thank you.

In Memoriam...

*Deepest sympathies to the families and friends of:
Emma Hayward and Bryon Perry*

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.

Assistance Available For Medicare Part B

Effective January 1, 2010, low income Medicare beneficiaries may now be eligible for help paying their Medicare Part B premiums. The federal government has increased the assets level to help more low income seniors and adults with disabilities qualify for this benefit.

The AAA 1-B Medicare Medicaid Assistance Program can help beneficiaries determine if they are eligible. If you think someone may qualify, Call the MMAP program at (800) 803-7174

Home Improvement Loan Program

Oakland County provides home improvement loans with an emphasis on health and safety items. The program is available to low/moderate income residents. The loans have no interest and payments are 100% deferred until you sell, move or lease your home. For more information about this program, call 248-858-0493 or visit the Oakland County Community & Home Improvement Division website at www.oakgov.com/chi. For an application, call 248 858-5401

How are you feeling lately?

Many people assume that feeling anxious, having low energy and feeling blue are a part of getting older and that nothing can be done about it. Oakland Family Services would like you to know that through the **OASIS Counseling** program, you can have a renewed sense of well-being. In this program, a caring counselor comes to your home, at no charge to you and no charge to your insurance. You must live in Oakland County and be aged 60 or over.

Call 248-858-7766 ext. 267 or 208

Lifeline Service

Safelink Wireless is a government supported program that provides a **free cell phone and airtime** each month for income-eligible customers. No contract, no commitments, no bills!

Learn more or apply by calling 1-800-SAFELINK or by visiting: www.Safelink.com

Pump Guide aids disabled travelers

Motorists with disabilities can make their travels easier by remembering *The Pump Guide* as they prepare to hit the road. The Guide, www.ThePumpGuide.com, is an online directory of gas stations statewide that offer full service to travelers with disabilities, at self-service prices. To qualify for refueling assistance, drivers are required to display a state-issued disability license plate or placard.

The online program allows users to search for stations by county; identify stations near a specific location or by ZIP code and plan a trip using directions that include participating stations along the route. More than 900 gas stations in Michigan participate in the program.

Grief Support

(EDU01-D1001)

**Tuesdays, October 5, 12, 19 & 26
10:30 - 11:30 AM**

Claudia Been, Grief Support Services Manager, Hospice of Michigan will facilitate a drop-in support group providing a supportive, caring environment for sharing. Topics vary depending on needs of participants. Pre-register.

Prescription Drug Card

The Oakland County Board of Commissioners has provided a new discount prescription drug card for any Oakland County resident. It is available to those who are uninsured or underinsured by their insurance plan, with an average savings of 20%. It can be used when prescriptions are not covered, even through mail-order purchases. The card is available at **BTSS** and at other locations. For more information call 877-321-2652.

Nursing Facility Transition Program

A new program designed to help eligible nursing home residents transition from the nursing home to an independent living situation is available through the Area Agency on Aging 1-B. Depending on needs, residents can return to their own home, move in with family or into an assisted living or adult foster care facility. The service provides a one-on-one coordinator free of charge to work with Medicaid eligible residents of nursing facilities and their families.

If you would like more information, please call the Area Agency at (800) 852-7795, M/F from 8 a.m. to 5 p.m. The Program is supported by the Michigan Department of Community Health.

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.



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 caregiver support meetings
- ♦ Counseling for Club and family members



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 new 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 Medical History & Physical Form 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.