



# Bloomfield Township Senior Services



Fall 2011

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

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## Health Fair & Flu Shot Clinic

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

- ◆ Blood Pressure Check
- ◆ Blood Sugar
- ◆ Cholesterol
- ◆ Body Mass Index
- ◆ Hearing
- ◆ Health Info

Limited flu shots available to Township Residents ages 50+ years. Shots FREE for seniors 65+ w/ Medicare B. All others \$25.

*Appointments required. Register by phone or at BTSS beginning October 1<sup>st</sup> at 9 a.m.*

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

**Sponsored by**  
**St. Joseph Mercy Oakland**

### Creating Confident Caregivers

Thursdays, Oct. 13 – Nov. 17 3 – 5 PM

Proven training is available for those providing care to a family member in their home who is living with dementia. Learn strategies to create a positive caregiving environment, reduce stress, successfully manage behaviors caused by dementia and plan daily activities.

Respite care available through support of US Administration on Aging, MI OSA, AAA1B and the Alzheimer's Association.

Registration req'd. 800-852-7795. Held at BTSS.

## Fitness Week

### September 6 - 9

Residents enjoy complimentary classes! See back page for complete schedule. Schedule also available online at [www.bloomfieldseniors.org](http://www.bloomfieldseniors.org) or in the Center.



### KEYS TO SENIOR TRANSPORTATION

#### A Resource Fair

**Saturday, September 10, 2011**  
10 AM – 1 PM

➤ **Carfit by AAA Michigan** Team of trained technicians work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. CarFit check takes approximately 20 minutes to complete.

➤ **Medical Experts**  
Understand the impact of medications on driving

➤ **Exhibitors**  
Traffic Improvement Association, SMART, Visiting Physicians, JFS, Reddi-Ride and more

➤ **Refreshments**

*Preregistration required - SEV15a-C1101*

**Save the date:**  
**Bloomfield Township Open House**  
**Sunday, October 16 12 - 4 PM**

PRSRT STD  
 US POSTAGE  
 PAID  
 BLOOMFIELD TWP  
 PERMIT NO 40

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

## Christine's Comments

### Awesome Autumn

In addition to perennial favorites, I'm excited about our lineup of **NEW** classes and programs. From *Boomer Bootcamp* to *A.(mazing) M.(orning) Stretch*, these new classes will get you moving. Residents may try NEW classes during **Fitness Week**, Sept. 6-9 (details on back cover). A wide selection of computer classes, games and unique topics (pg.9-11) will give your mind and creative side a workout, too!

### Meals on Wheels (MOW) ACTIVE LIVING show

Now running on Bloomfield Cable Television (BCTV), the show features some of our volunteers delivering meals, a conversation with a former MOW client, and a testimony from a MOW family member. Additionally, staff talks about the program requirements and volunteering as a MOW driver. The show may also be viewed online at:  
[www.bloomfieldtwp.org/Services/cable/Videos/ActiveLiving](http://www.bloomfieldtwp.org/Services/cable/Videos/ActiveLiving).

If you're interested in becoming a MOW volunteer, please contact Joan Patzelt, Volunteer Coordinator at 248-723-3502.

### Staying Connected

We often learn of new opportunities after our brochure is printed. To share them with you, we send out occasional email updates about new classes, trips, upcoming events or special programs. To sign up for this service, please visit our website, [www.bloomfieldtwp.org/seniors/maillinglist](http://www.bloomfieldtwp.org/seniors/maillinglist), enter your email address and subscribe.

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](http://www.bloomfieldtwp.org), and click on "E-mail List".

## Christine Tvaroha

[ctvaroha@bloomfieldtwp.org](mailto:ctvaroha@bloomfieldtwp.org)

(248) 723-3500

*Thank You for Your Donations\*... Susie Sills, Barbara Driver, Agnes Evelow, Larry Dargan, United Home Owners Assn. of Bloomfield Twp., Sally Taylor, Sacred Heart Church, Dorothy Montplaisir, Robert Denton, Letha Kuesel, Ron Lech, John Vitta, Carol Callister, Richard Bouchard, Raymond Elliott, William Richards, Virginia Whittington*

#### \* 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.

*Due to low sales, we will not be selling the*



*Books are available at the Township Hall in support of the Lion's Club. Thank you for your past support!*

## 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](http://www.bloomfieldtwp.org/seniors)

### BLOOMFIELD TOWNSHIP BOARD

Bloomfield Township Main Phone: 248-433-7700

Leo C. Savoie, Supervisor

Janet Roncelli, Clerk

Dan Devine, Treasurer

David Buckley, Trustee

Neal J. Barnett, Trustee

TBD, Trustee

Brian E. Kepes, Trustee

### BTSS ADVISORY COUNCIL

Steve Eskoff, Chairman

Al & Donna Artzberger

Shirley Colten

John & Janice Bellefleur

John Conti

Gladys Cifelli

Maxine Davison

Don Foehr

Marie Gemmel

Victor & Suzanne Goldstein

Tony Klemer

Elizabeth Mahoney

Tom & Ginnie Richard

### BTSS will be closed on:

Saturday, Sept. 3 & Monday, Sept. 5

Thursday, Nov. 24 - Saturday, Nov. 26

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 Township.

### Registration/Cancellation/Refund Policies -

Registration begins the date the newsletter is mailed.

Non- residents pay additional \$10 per session or trip, unless otherwise noted.

- Checks returned for insufficient funds will incur \$30 fee.
- 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; return times are approximate.
- Participants provide their own transportation to/ from the center.
- 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: 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).

# Aquatics: Warm Water Fitness

**Nonresident Policy:** \* Non-residents pay additional \$10 fee per session.  
 Showers required prior to pool use. Bring lock & towel.

**Open Swim** (FIT30-varies) **\$10/month**  
 Register monthly at main level reception for unlimited visits during scheduled times. BT Residency req'd. Must confirm registration with lifeguard before entering pool. Monthly calendar available online and in the Center. Please check the current calendar before coming as times/dates may change monthly.

**NEW!! H<sub>2</sub>O Interval** L. Harbour  
 For active exercisers, intervals of high intensity water exercises followed by toning, using resistance equipment and stretching.

**Thursday 10:15 - 11:15 AM 7 classes/\$35\***  
 Sept 15 – Oct 27 (FIT83-C1101)  
 Nov 3 – Dec 22 (FIT83-D1101) no class 11/24

**Let's Move** L. Cook  
 Low-impact aerobics 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 classes/\$64\* 12 classes/\$80\***  
 Sept 12 – Oct 7 (FIT25-C1103)  
 Oct 17 – Nov 11 (FIT25-D1101)  
 Nov 14 – Dec 16 (FIT25-D1102) no class 11/21, 23 & 25

**H<sub>2</sub>O Boot Camp** A. Chi  
 High energy workout to strengthen & increase endurance. For actively exercising people who would like to add water aerobics to their cross training routine. Variety of equipment used, upbeat, never boring. Students must bring a t-shirt to wear in the pool for greater resistance.

**Saturday 9-10 AM**  
 Sept 17 – Oct 8 (FIT32-C1103) 4 classes/\$32\*  
 Oct 15 – Oct 29 (FIT32-D1101) 3 classes/\$24\*  
 Nov 5 – Nov 19 (FIT32-D1102) 3 classes/\$24\*  
 Dec 3 – Dec 17 (FIT32-D1103) 3 classes/\$24\*

**Aqua Power Walk & Dance** A. Chi  
 Awesome, up-beat class. Fast paced high-intensity water workout, easy to follow choreographed routines will challenge & motivate you!

**Tues/Thurs 6 – 7 PM**  
 Sept 13 – Sept 29 (FIT27-C1103) 6 classes/\$48\*  
 Oct 4 – Oct 27 (FIT27-D1101) 8 classes/\$64\*  
 Nov 1 – Nov 17 (FIT27-D1102) 6 classes/\$48\*  
 Nov 29 – Dec 15 (FIT27-D1103) 6 classes/\$48\*

**Aqua Toning** C. Winton  
 Gentle on your joints. May improve strength, flexibility, and range of motion. Beneficial for the person with health challenges. See page 5 for Saturday class, too.

**Tuesday/Thursday 4 – 5 PM**  
 August 16 – Sept. 1 (FIT46-C1102) 6 classes/\$48\*  
 Sept 13 – Sept 29 (FIT46-C1105) 6 classes/\$48\*  
 Oct 4 – Oct 27 (FIT46-D1101) 8 classes/\$64\*  
 Nov 1 – Nov 29 (FIT46-D1102) No class 11/24 8 classes/\$64\*  
 Dec 1 – Dec 22 (FIT46-D1103) 7 classes/\$56\*

**Aqua Yoga with Props** K. Housey  
 A flowing series of traditional Hatha yoga movements, using water props to ease safely into and out of poses. Good for beginners. Many of the yoga poses can be safely and comfortably performed with modifications to address joint and injury issues. Promotes a greater sense of balance while walking. Relaxing meditation is offered at the end, using props for floatation.

**Wednesday 10:15-11:15 6 classes/\$48\***  
 Sept 14 – Oct 19 (FIT69-C1102)  
 Oct 26 – Nov 30 (FIT69-D1101)  
 Dec 7 – Dec 21 (FIT69-D1102) Mini Session **3 classes/\$24\***

**Aqua Healthy Joints** L. Cook  
 Gentle flexibility and strengthening exercises can protect joints and keep muscles toned. Warm-water exercise can ease symptoms of arthritis, MS and Osteoporosis.

**Friday 10:15 -11:15 AM 6 classes/48\***  
 Sept 16 – Oct 28 (FIT28-C1102) no class 10/14  
 Nov 4 – Dec 16 (FIT28-D1101) no class 11/25

***Save the Date***

***Workout***

***for Meals on Wheels!***

**Raise your heart rate while raising funds  
for Meals on Wheels. Fun Fundraising!**

***Sunday, October 16***

**Held during Township wide Open House  
in BTSS fitness studio.**

# 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

### **NEW!! Line Dancing**

C. Culbert

Learn basic steps, along with easy to do routines to pop music and toe tapping country tunes! No experience necessary! Just come have some fun and get your body moving!! Wear comfortable clothing, supportive shoes, and bring a water bottle! LL Studio

**Tuesday 4 - 5 PM 7 classes/\$35\***

Sept 13 – Oct 25 (FIT74-C1101)

Nov 1 – Dec 13 (FIT74-D1101)

**Friday 11:30 AM -12:30 PM 6 classes/\$30\***

Sept 16 – Oct 28 (FIT74-C1102) no class 10/7

Nov 4 – Dec 16 (FIT74-D1102) no class 11/25

### **NEW!! Boomer Bootcamp**

M. Pozan

This interval/circuit class is taught by a Certified Bootcamp instructor. Get ready to take your workouts to the next level in a safe and creative way! Using your own body weight and a variety of equipment including TRX, weighted balls, body bars, bosu balls, bands and more!! Alternative modifications will be given as needed. LL Studio

**Monday/Friday 7:15 AM – 8 AM 14 classes/\$84\***

Sept 12 - Oct 28 (FIT76-C1101)

Oct 31 – Dec 19 (FIT76-D1101) No Class 11/25

### **Cardio Circuit Challenge**

S. Rubinstein

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

**Wednesday 7:15 - 8:15 AM 6 classes/\$50\***

Sept 14 – Oct 19 (FIT61-C1103)

Oct 26 – Nov 30 (FIT61-D1101)

**Dec 7 – Dec 21 (FIT61-D1102) 3 classes/\$25\***

**Thursday 5 - 6 PM 6 classes/\$50\***

Sept 15 – Oct 20 (FIT61-C1104)

Oct 27 – Dec 8 (FIT61-D1103) no class 11/24

### **NEW!! Creative Crosstraining**

M. Barclay

Did you know that your body is a fine tuned machine that will quickly adapt to a workout? Avoid plateaus by cross training your workouts! Pay one low price that will include the following classes: Strength & Balance, Drums Alive, Zumba Gold, & A.M. Stretch. This is a unique opportunity with special pricing for the Fall session. LL Studio  
**Residency Required.**

**Tues/Wed/Thurs/Fri Times Vary 36 classes/\$70**

Sept 13 – Oct 21 (FIT77-C1101)

Oct 25 – Dec 2 (FIT77-D1101)

### **NEW!! Drums Alive®**

M. Barclay

Feel and experience this unique high energy rhythmical workout! Combining traditional simply aerobic movements with the powerful beat and rhythms of the drums, this is a workout for the entire body, and a powerful tool for stress reduction and mental balance. It is a program for everyone! Participants can be seated or standing. Please bring a stability ball and light hand weights. LL Studio

**Friday 10 – 11 AM 6 classes/\$36\***

Sept 16 – Oct 21 (FIT47-C1101)

Oct. 28 – Dec 9 (FIT47-D1101) no class 11/25

### **NEW!! Zumba Gold®**

M. Barclay

Zumba Gold® fuses hypnotic Latin and international rhythms and simple moves to create a dynamic workout system designed to be fun and easy to do! It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active 50+ person. It is a dance-fitness class that feels good and welcomes all fitness levels. Forget the workout and join the party!! LL Studio

**Tuesday 8 – 8:45 AM 7 classes /\$35\***

Sept 13 – Oct 25 (FIT78-C1101)

Nov 1 – Dec 13 (FIT78-D1101)

**Wednesday 7 – 8 PM 7 classes/\$42\***

Sept 14 – Oct 26 (FIT78-C1102)

Nov 2 – Dec 14 (FIT78-D1102)

### **Senior Fit Aerobics**

S. 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. Some floorwork. Bring hand weights/mat/water. LL Studio

**Monday/Thursday 9 – 10 AM 12 classes/\$50\***

Sept 12 – Oct 24 (FIT09-C1102) no class 9/29

Oct 27 – Dec 8 (FIT09-D1101) no class 11/24

**Dec 12 – Dec 22 (FIT09-D1102) 4 classes/\$17\***

### **Senior Fit Aerobics Card**

**10 classes/\$55\***

*Add flexibility to SeniorFit Aerobics workout schedule.*

*7/1-9/30 FIT10-C1101, 10/1-12/31 FIT10-D1101)*

*Use within 3 months purchase.*

**Register early!**

The decision to run a class or not is made prior to the start date. Don't miss out on your favorite class, register today!

## SEATED

### Easy Does It – Chair

S. Rubinstein

Seated exercise improves circulation, flexibility, muscle strength & reduces stress in a fun, supportive group atmosphere. Focus on balance to help prevent falls. Resistance bands, hand weights provided. May ease symptoms of Arthritis, Parkinson's, MS Osteoporosis. LL Studio

**Monday/Thursday 10:15 - 11 AM 12 classes/\$50\***

Sept 12 – Oct 24 (FIT08-C1102) no class 9/29

Oct 27 – Dec 8 (FIT08-D1101) no class 11/24

Dec 12 – Dec 22 (FIT08-D1102) **4 classes/\$17\***

### Chair Yoga

K. Lutz

Chair Yoga incorporates breathing with gentle adaptive exercise. Regardless of your age or physical limitations improve flexibility, strength and balance as you stretch. LL Studio

**Monday 11:30 AM –12:30 PM 5 classes/\$40\***

Sept 12 – Oct 10 (FIT56-C1103)

Oct 17 – Nov 14 (FIT56-D1101)

Nov 21 – Dec 19 (FIT56-D1102)

**Wednesday 11:30 AM – 12:30 PM 5 classes/\$40\***

Sept 14 – Oct 12 (FIT56-C1104)

Oct 19 – Nov 16 (FIT56-D1103)

Nov 23 – Dec 21 (FIT56-D1104)

## STRENGTH

### **NEW!! Strength & Balance – Level 1**

M. Barclay

Build strength and boost your balance! This class will be done mostly seated using a variety of "tools", including stability & bosu balls, foam rollers, and your own body weight. Please bring light hand weights, water bottle and a smile. This class will not go to the floor. LL Studio

**Tuesday 9 - 9:45 AM 7 classes/\$35\***

Sept 13 – Oct 25 (FIT79-C1101)

Nov 1 – Dec 13 (FIT79-D1101)

### **NEW!! Strength & Balance – Level 2**

M. Barclay

You will never get bored in this class as you build strength and boost your balance. This class will be done standing and on the floor while using a variety of "tools", including stability and bosu balls, foam rollers, and your own body weight. Please bring light hand weights, stability ball, water bottle and a smile. LL Studio

**Friday 9 – 9:45 AM**

Sept. 16 – Oct. 28 (FIT80-C1101) **7 classes/\$35\***

Nov. 4 – Dec. 2 (FIT80-D1101) no class 11/25 **4 classes/\$20\***

### Supervised Strength Training

S. Rubinstein

Certified Exercise Specialist offers small class for personalized instruction for *safest most effective* workout. Develop the best habits for long term use including proper form, breathing, seat/ weight adjustments, and safety using pneumatic weight machines. BT Residency required.

**12 classes/\$68 or \$77\*\*** (see Strength Training + below)

#### Monday/Thursday 8 - 9 AM

Sept 12 – Oct 24 (FIT01-C1106)

no class 9/29

Oct 27 – Dec 8 (FIT01-D1101)

no class 11/24

#### Monday/Wednesday 11:30 AM - 12:30 PM

Sept 12 – Oct 19 (FIT01-C1107)

Oct 24 – Nov 30 (FIT01-D1102)

#### Monday/Wednesday 6:30 – 7:30 PM

Sept 12 – Oct 24 (FIT01-C1108)

no class 9/28

Oct 26 – Dec 5 (FIT01-D1103)

#### Wednesday/Friday 9 - 10 AM

Sept 14 – Oct 21 (FIT01-C1109)

Oct 26 – Dec 7 (FIT01-D1104)

no class 11/25

**\*\* Strength Training +** Expand your access to the fitness equipment, upgrade your class with Open Hours on non-class days for the duration of the class session by adding \$9. BT residency required. **12 classes/\$77**

### Strength Training/Cardio Orientation

S. Rubinstein

Required for new fitness equipment participants opting out of Supervised Strength Training classes.

For people with a deep understanding of fitness principles and long term equipment experience. Overview of safe, effective use of cardio and pneumatic weight machines.

BT Residency req'd. LL fitness area **1 class/\$25**

**Mondays 5 – 6 PM (FIT33-VARIES)**

**Wednesdays 1 – 2 PM (FIT33-VARIES)**

**Fridays 11 AM – 12 noon (FIT33-VARIES)**

Fitness Open Hours (FIT02-Varies) Residency req'd.

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. **\$15/mo or \$80/6 months**



### **NEW!! Coaching for Fitness Open Hours Participants**



Need a little extra assistance and encouragement using the fitness equipment? Come during specially selected hours for answers to your equipment related questions from our Certified Fitness Specialist. **Current Fitness Open Hours registration & residency required.**

**Tues & Thurs 1-3 PM**

**Wed & Fri 10-11 AM**

### Balance & Core Training

J. Schirtzinger

Loss of balance often results in falling and bone fractures. Improve your posture and balance with this fun, 30 minute workout designed to build bones and strengthen core, pelvic and leg muscles. LL Studio

**Tuesday 1 – 1:30 PM 5 classes/\$20\***

Sept 13 – Oct 11 (FIT42-C1103)

Oct 18 – Nov 15 (FIT42-D1101)

Nov 22 – Dec 20 (FIT42-D1102)

### On the Ball

S. 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 & towel. LLStudio

**Tuesday 11:15 AM – 12:15 PM 6 classes/\$50\***

Sept 13 – Oct 18 (FIT12-C1103)

Oct 25 – Nov 29 (FIT12-D1101)

Dec 6 – Dec 20 (FIT12-D1102) **3 classes/\$25\***

**Wednesday 5 – 6 PM 6 classes/\$50\***

Sept 14 – Oct 26 (FIT12-C1104) no class 9/28

Nov 2 – Dec 7 (FIT12-D1103)

## MIND BODY

### NEW!! A.(mazing) M. (orning) Stretch

M. Barclay

Get your day started right by gently waking up your body with a half hour warm up and stretch class. This class will have you warming up and stretching from head to toe, while taking some time to focus on a positive start to an AMAZING day. LL studio **Residency Required**

**Tuesday/Thursday 7:15-7:45AM 7 classes/\$14**

Sept 13 – Oct 4 (FIT81-C1101)

Oct 6 – Oct 27 (FIT81-D1101)

Nov 1 – Nov 22 (FIT81-D1102)

### Tai Chi Chuan

H. Hoong Wang

Series of slow controlled movements with graceful transitions, this gentle exercise strengthens muscle skeletal system through isometric exercises. Lower blood pressure, increase oxygen to cells and improve blood circulation to your brain. LL Studio

#### Beginning

**Wednesday 9:30 - 10:15 AM 8 classes/\$64\***

Sept 14–Nov 9 (FIT03-C1102) no class 10/5

Nov 16–Dec 14 (FIT03-D1101) no class 11/23 **4 classes/\$32**

#### Continuing

**Wednesday 10:15 –11 AM 8 classes/\$64\***

Sept 14–Nov 9 (FIT03a-C1102) no class 10/5

Nov 16–Dec 14 (FIT03a-D1101) no class 11/23 **4 classes/\$32\***

### Yoga/Pilates/Meditation

D. 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

**Thursday 11:30 AM – 1 PM 6 classes/\$60\***

Sept 15 – Oct 20 (FIT63-C1102)

Oct 27 – Dec 8 (FIT63-D1101) no class 11/24

### Yoga with Props

K. Housey

A form of gentle yet traditional Hatha yoga using props, chairs and exercise bands. Excellent for beginners with modifications offered for specific physical limitations or joint issues. Simple breathing techniques taught that can be adapted to relieve daily stress. Class uses mat but most can be performed from a chair. Bring an exercise mat, towels/blanket to roll up, water bottle. Exercise bands can be purchased from instructor.

**Monday 6:15-7:15 PM 6 classes/\$48\***

Sept 12 – Oct 17 (FIT67-C1101)

Oct 24 – Nov 28 (FIT67-D1101)

Dec 5 – Dec 19 (FIT67-D1102) **3 classes/\$24\***

### Pilates/Yoga

L. Cook

Blend of two practices, class strengthens, tones, builds muscle and increases flexibility by addressing all major muscle groups. Strengthen your powerhouse. Bring mat, small pillow and water. LL Studio

**Tuesday 10 - 11 AM 12 classes/\$96\***

Sept. 13 – Dec 13 (FIT07-C1101) no class 10/11, 11/22

### New!! Ageless Grace

S. Peper

Learn 21 simple “tools” for lifelong comfort and ease. Movements are natural, focusing on the healthy longevity of the body, mind, emotions and spirit. You may notice an increase in joint mobility, spinal flexibility, right-left brain coordination, balance and confidence. Enjoy the playfulness and fun of the class too! Exercises are designed to be practiced in a chair at almost any age and ability. LL Studio

**Wednesday 4 - 4:45 PM 7 classes/\$28\***

Sept 14 – Oct 26 (FIT82-C1101)

Nov 2 – Dec 14 (FIT82-D1101)

### Nia Technique

S. Peper

Nia is based on pleasure and blends movement forms from martial arts, dance arts and the healing arts. It is done barefoot and to music. Improves flexibility, agility, mobility, strength, stability and balance. LL Studio

**Monday 5 – 6 PM 15 classes/\$90\***

Sept 12 – Dec 19 (FIT37-C1101)

**Friday 1 – 2 PM 13 classes/\$78\***

Sept 16 – Dec 16 (FIT37-C1102) no class 11/25

## EVENING FITNESS CLASSES

### Aqua Power Walk & Dance

A. Chi

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

**Tues/Thurs 6 – 7 PM**

Sept 13 – Sept 29 (FIT27-C1103)

**6 classes/\$48\***

Oct 4 – Oct 27 (FIT27-D1101)

**8 classes/\$64\***

Nov 1 – Nov 17 (FIT27-D1102)

**6 classes/\$48\***

Nov 29 – Dec 15 (FIT27-D1103)

**6 classes/\$48\***

### Cardio Circuit Challenge

S. Rubinstein

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

**Thursday 5 - 6 PM**

**6 classes/\$50\***

Sept 15 – Oct 20 (FIT61-C1104)

Oct 27 – Dec 8 (FIT61-D1103)

no class 11/24

### On the Ball

S. 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 & towel. LLStudio

**Wednesday 5 – 6 PM**

**6 classes/\$50\***

Sept 14 – Oct 26 (FIT12-C1104)

Nov 2 – Dec 7 (FIT12-D1102)

no class 9/28

### Supervised Strength Training

S. Rubinstein

Certified Exercise Specialist offers small class for personalized instruction for safest most effective workout. Develop best habits for long term use including proper form, breathing, seat/weight adjustments & safety using pneumatic weight machines. *BT Residency required.*

**Monday/Wed 6:30 – 7:30 PM**

**12 classes/\$68**

Sept 12 – Oct 24 (FIT01-C1108)

Oct 26 – Dec 5 (FIT01-D1103)

no class 9/28

### Yoga with Props

K. Housey

A form of gentle yet traditional Hatha yoga using props, chairs and exercise bands. Excellent for beginners with modifications offered for specific physical limitations or joint issues. Simple breathing techniques taught that can be adapted to relieve daily stress. Class uses mat but most can be performed from a chair. Bring an exercise mat, towels/blanket to roll up, water bottle. Exercise bands can be purchased from instructor. LL Studio

**Monday 6:15-7:15 PM**

**6 classes/\$48\***

Sept 12 – Oct 17 (FIT67-C1101)

Oct 24 – Nov 28 (FIT67-D1101)

Dec 5 – Dec 19 (FIT67-D1102)

**3 classes/\$24\***

### **NEW!! Zumba Gold®**

M. Barclay

Zumba Gold® fuses hypnotic Latin and international rhythms and simple moves to create a dynamic workout system designed to be fun and easy to do! It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active 50+ person. It is a dance-fitness class that feels good and welcomes all fitness levels. Forget the workout and join the party!!

**Wednesday 7 – 8 PM**

LL Studio

**7 classes/\$42\***

Sept 14 – Oct 26 (FIT78-C1102)

Nov 2 – Dec 14 (FIT78-D1102)

## SATURDAY CLASSES

### H<sub>2</sub>O Boot Camp

A. Chi

High energy workout to strengthen & increase endurance. For actively exercising people who would like to add water aerobics to their cross training routine. Variety of equipment used, upbeat, never boring. Students must bring a t-shirt to wear in the pool for greater resistance.

**Saturday 9-10 AM**

Sept 17 – Oct 8 (FIT32-C1103)

**4 classes/\$32\***

Oct 15 – Oct 29 (FIT32-D1101)

**3 classes/\$24\***

Nov 5 – Nov 19 (FIT32-D1102)

**3 classes/\$24\***

Dec 3 – Dec 17 (FIT32-D1103)

**3 classes/\$24\***

### Aqua Toning

C. Winton

Gentle to your joints. May improve strength, flexibility, & range of motion. Beneficial for the person with health challenges.

**Saturday 10:15-11:15 AM**

Sept 10 – Oct 1 (FIT46-C1106)

**4 classes/\$32\***

Oct 8 – Oct 29 (FIT46-D1104)

**4 classes/\$32\***

Nov 5 – Nov 19 (FIT46-D1105)

**3 classes/\$24\***

Dec 3 – Dec 17 (FIT46-D1106)

**3 classes/\$24\***



**Pickleball Drop-in**  
**Mondays 1-2:30 pm &**  
**Thursday 1:30-3 pm**

**Table Tennis Drop-in**  
**Wednesdays 1-3 pm**

**Would you like to reserve private court time?**

There are a few opportunities to play Table Tennis and Pickleball at a time that's convenient for you! Please contact Maggie a minimum of 2 days in advance by at 248-723-3500 or email at [mbarclay@bloomfield.org](mailto:mbarclay@bloomfield.org).

Residency required (\$2 fee for guest/1 guest per resident). Sign in at ML reception and get equipment at LL reception. Self set up and clean up.

## VOLUNTEER OPPORTUNITIES

### ***BTSS Office Volunteer***

Volunteers answer phones, direct calls, greet visitors, take registrations for programs using Internet based registration software and help with miscellaneous assignments. Some familiarity with word processing, multi-line phone systems and basic Internet search functions is needed. You will receive training as well as job shadowing with experienced Volunteers. 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 Meals on Wheels 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. Meals on Wheels Drivers receive on-site training.

### ***BTSS Adult Day Service Volunteer for Friendship Club***

Friendship Club offers enrichment activities to memory impaired individuals, who are in need of a structured setting while their family members receive essential respite time. Volunteers will be directly involved with the program participants with supervision.

### ***BTSS Medical Appointment Driver***

2011 has seen an increase in the number of calls from homebound seniors requesting assistance with transportation. This service assists seniors who may not have family members nearby to help 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 schedule permits.

### ***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 patrons 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***

Volunteers are needed for the choral singing group. 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@bloomfieldtp.org](mailto:jpatzelt@bloomfieldtp.org)

### **Thank you to our Meals on Wheels Volunteers!**

Rob Alvin \* Roxanne Andoni \* Catherine Angeli \* Les Baron \* Kerstin Baumann \* Shahina Begg \* Marion Benedict \* Julie Brown \* Ray Caloia \* Bill Carson \* Mary Ann Christ \* Cindy Clement \* Frank & Sally Cliff \* Greg Coatsworth \* Cam & Judy Corbett \* Jerry Craig \* Carla Cronin \* Robert Dann \* Judy Dennis \* David Dinger \* Judy Dixon \* Kitty Dobritt \* Judy Domstein \* Mike Dunigan \* Jim Eichner \* Carole & Ted Elder \* Karin Eynon \* Richard Favret \* John Feeny \* Patricia Finn \* Martha Flannery \* Walter Gaer \* Phyllis Gara \* Judy Geppert \* Mona Gibson \* Carol Goldstein \* Jim & Irene Grady \* Nancy Haddad \* Rob Heeren \* Dolores Hekker \* Pam Hoffman \* Jim & Joann Holden \* Linda Hsing \* Marie-France Hubert \* Susan Hugel \* Pat Jacoby \* Gail Jaworski \* Clare & Jerry Kabel \* Judy King \* June Linklater \* Marcie Lloyd \* Jeanne Louchet \* Darcy MacKenzie \* Fritzie Mager \* Doug & Joan Mann \* Sue Martin \* Richard May \* Barry & Helene Mayo \* Carlos Mazzorin \* Rod & Mary Lynn McLachlan \* Beth Mergel \* Jean Miller \* Debbie Mitchell \* Robert & Barbara Munn \* Marty Nouse \* Walter Oehlein \* Chuck Otis \* 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 \* Michael Samson \* Ann & Jerry Scheel \* Linda Scheidemantel \* Rita Schwimer \* Theresa Shea \* Mary Shepline \* Jean Smith \* Misook Soave \* Connie Szymczak \* Marjorie & Mario Trafeli \* Mary Walosin \* Don Waples \* Larry Werner \* 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! 800+ Hrs. in May - July**

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

Shahina Begg \* Verna Besancon \* Joan Bowes \* Joan Brandt \* Peggy Brenton \* Sal Bricio \* Georgja Buckley \* Sharon Butler \* Pat Caplin \* Joanne Carmichael \* Mary Ann Christ \* Patty Cogan \* Dorothy Cole \* John Conti \* Maureen Cook \* Marion Conat \* Jerry Craig \* Madelyn Damioli \* Margaret Dann \* Maxine Davison \* Sue Dodenhoff \* Madelyn Doerr \* Donna Dupuis \* Steve Eskoff \* Marie Gemmel \* Vance Genzlinger \* Judy Geppert \* Mona Gibson \* Angie Giffels \* Susan Glass \* Carol Goldstein \* Jim & Irene Grady \* Rose Mary Graziano \* Tom Halsted \* Dan Hess \* Kim Hinkle \* Sharon Houghtby \* Connie Jaroh \* Maggie Kapdi \* David Kaplovitz \* Henry Kassen \* Gloria Kefalas \* Rosemarie Killenberger \* Ellen Kittendorf \* Tony & Marian Klemer \* Rowena Kolde \* Dorothy Laffrey \* Priscilla Leclair \* Christie Lehmann \* Paulette Lerman \* Keith Lewis \* Debbie Lim \* Jo Lincoln \* Ludmila Livshiz \* Rhelle Lundin \* Bruce Madsen \* Liz Mahoney \* Catherine Matti \* Karen Miller \* Jan Mistele \* Irene Moser \* Judy Mosteller \* Vara Navaluri \* Joan Nedeljkovic \* Marleigh Norman \* Jo Nott \* Ben Nowicki \* Joanne O'Hara \* Kay Patel \* Ralph Pedersen \* Pat & Pete Pfeiffer \* Arlene Pinkos \* Nancy Porter \* Victor Pruner \* Deanna Ralston \* Kay Ramakrishnan \* Elizabeth Reihia \* Tom Richard \* Faith & John Scholl \* Lisa Secrest \* Diane Stuecheli \* Michael Sullivan \* Teresa Sun \* Virginia Tatseos \* Barry Tilds \* Maurice Vachon \* Anjali Vale \* Sue Wade \* Marleeta Walton \* Donald Warren \* Jack Warren \* Lisa Watt \* Larry Werner \* Suzanne Winn \* Diana Wise \* JB Yeargan \* Anjel Yessayan \* Elinor Yolles \* Kim Young \* Rasheeda Zafar \* Janice Zehnder

### **Thank you “Chicks With Sticks!”**

...for your time and talents creating beautiful items for local agencies.

Patricia Aiello \* Edie Anderson \* Judy Antonak \* Peggy Brenton \* Eleanor Brown \* Peggy Cohen \* Jacqueline Corley \* Patty Frye \* Stephanie Ghelfi \* Jean Genzlinger \* Klaren Gerhart \* Norma Greene \* Debbie Grim \* Rosie Gumbleton \* Pat Hamburg \* Sandy Jeffries \* Beth Johnson \* Denise Kolkmeier \* Patricia Kubik \* Elaine Lamb \* Marge Lazarou \* Leslie Lazzarin \* Linda Lewis \* Debbie Lim \* Elizabeth Mahoney \* Nutan Manda \* Debbie Metter \* Betty Meyer \* Judy Michau \* Jean Miller \* Chris Muir \* Audrey Newman \* Lucille Noraian \* Karen Ouellette \* Lois Page \* Arlene Pinkos \* Shirley Porter \* Judy Reichelt \* Faith Scholl \* Reenie Shannon \* Theresa Shea \* Rosita Shuttie \* Shirley Volante \* Carol Zaske \*

# ENRICHMENT

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

☼ Indicates Drop-In Program: All participants must sign in and pay fee (if applicable) at main level Reception Desk. Resident **free** / Non Resident **\$2 Guest Fee** and must be accompanied by BT Resident.

● Indicates Pre-registration and sign in on day of event required. Sign in policies same as Drop-In Program.

## ART

Creative Watercolor K. Halpern  
**Wednesday 1:30 - 3:30 PM 9 sessions/\$118\***  
 Sept 14 – Nov 23 (ART02-C1101) No Class: 9/28 & 10/12

**Wednesday 1:30 - 3:30 PM 3 sessions/\$39\***  
 Dec 7- Dec 21 (ART02-D1101)  
 Painting techniques, skills, color theory & design principles, perspective & proportion. Individualized, supportive setting for all skill levels. *Supply list at Office*

Detroit Institute of Arts Delivered 1 class/\$5\*  
**Money and Art**  
**Thursday, September 22** (EDU34-C1101) **1:30 PM**  
 Explore the ways that money has impacted not only art and culture, but politics, families and dynasties.

**South of the Border**  
**Tuesday, November 15** (EDU34-D1101) **1:30 PM**  
 From ancient America to Diego Rivera and beyond, explore the art contributions by neighbors to the south.

Jewelry Beading T. Ruby  
**Tues/Thurs 1:30-3:30 2 classes/\$28\***  
 November 8 & 10 (ART07-D1101)  
 Create a unique pendant using seed beads and stone cabochons. Bring own supplies or purchase a kit (\$10).

Stained Glass Angel ● N. Porter/M. McGee  
**Tues/Thurs 1:30 – 3:30 PM 2 classes**  
 September 20 & 22 (ART05-C1101)  
 Use stained glass techniques (cut, foil, solder) to create a colorful free standing angel. (\$10 material fee)

Wire-Wrap Jewelry T. Ruby  
**1:30 – 3:30 PM 1 Class/\$22\***  
 Tuesday, October 11 (ART12-D1101)  
 Thursday, October 13 (ART12-D1102)  
 Create beautiful wire wrapped pendants or earrings. Different design each class. Bring your own sterling silver wire and cabochon or purchase kit from instructor (\$10).

Lapidary ☼  
**Tuesday & Thursday 1 - 4 PM**  
 Facilitator: Nancy Porter 248-797-5660  
 Learn to process rocks and gemstones to create art and jewelry. Informal instruction in beading/stain glass. Supplies and equipment available.

"Chicks with Sticks" ☼ "Knitting Gifts from the Heart"  
**Monday 1 – 4 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 home knitters needed, too! *New knitters, please call Karen. In need of: new or "like new" yarn donations.*

Paper Dolls-Card Shoppe ☼ 1:15- 4:15 PM  
**Thursday Sept 15, 29 & Oct 13**  
 Facilitator: Arlene Pinkos 248-988-9366  
 Join a fun loving group designing beautiful all-occasion greeting cards. Training provided. Cards sold in Café.

## BOOKS

Book Club ☼ Facilitator: Janice Bellefleur 248-335-7383  
**1<sup>ST</sup> Friday 10 – 11:30 AM**  
 Books on loan thru BT Public Library service desk.  
**September 2:** "Austerlitz" (Sebald) #  
**October 7:** "Year of Wonders" (Brooks)#  
**November 4:** "City of Thieves" (Benioff)#  
**December 2:** "Olive Kitteridge" (E. Stroud)

## COMPUTERS

Computer Lab - Open Hours ☼  
 Let our volunteers answer your questions and help with your computer challenges. Call to confirm availability.  
**Monday, 1 - 3 PM**  
**Tuesday, 10 AM – 12 PM Tuesday, 1-3 PM**  
**Wednesday, 12:30 – 3:30 PM Thursday, 11 AM-1 PM**  
**Friday, 1 – 3 PM Saturday, 10 AM – 12 PM**

Computer Basics V. Tatseos  
**Wednesday, Sept 14 10-11:30 AM Fee: \$15\***  
 (COM30-C1101) Curious about computers? Learn how to turn it on, use a cursor and a mouse. Explore desktop icons, "drag & drop"; "click & double click"; "copy & paste".

Email Basics V. Tatseos  
**Wednesday, Sept 28 10-11:30 AM Fee: \$15\***  
 (COM31-C1101) Set up a free account with your internet provider (bring your account # & password) or a free service on the web. Learn how to create a contact list, send/receive emails, attach a file & add links. Prerequisite Computer Basics class or prior experience.

**E-mail Etiquette** V. Tatseos  
**Wednesday, Oct 19 10-11:30 AM Fee: \$15\***  
(COM32-D1101) Learn the basic do's and don'ts of email. How to forward, send to multiple addresses, subject lines and how to avoid SHOUTING via email.

**Facebook 1** V. Tatseos  
**Wednesday, Sept 7 10-11:30 AM Fee \$15\***  
(COM26-C1101) You will set up your own account and profile with patient guidance. You must already have a personal email account and know your password.

**Facebook 2** V. Tatseos  
**Wednesday, Sept 21 10-11:30 AM Fee: \$15\***  
(COM27-C1101) Covers privacy and email notification settings. Bring Facebook user name and password. Prerequisite Facebook 1 or Facebook Beginners.

**Facebook 3** V. Tatseos  
**Wednesday, Oct 12 10-11:30 AM Fee: \$15\***  
(COM29-D1101) This class will discuss how to upload photos to Facebook. Prerequisite Facebook 1 & 2 & Photo Editing.

**Photo Editing** V. Tatseos  
**Wednesday, Oct 5 10-11:30 AM Fee: \$15\***  
(COM28-D1101) Learn a few tips and tricks to get those photos off your digital camera, on your computer and ready for email and Facebook. Bring your digital camera and/or laptop computer. Photo resizing and editing tips.

**Computer File Organization** V. Tatseos  
**Wednesday, Oct 26 10-11:30 AM Fee: \$15\***  
(COM33-D1101) Learn how to create, rename and organize files (Word documents & photos). Class participants may bring in their own laptops to work on.

## GAMES

**NEW!! Bridge-Conventions & More I** B. Ward  
**Monday 10 AM-12 PM 6 sessions Fee: \$72\***  
September 12 – October 17 (EDU57-C1101)  
Improve your competitive results by incorporating common conventions into your game. Class for those who have some success at bridge and wish to expand bidding skills and take the game to the next level.

**NEW!! Bridge-Conventions & More II** B. Ward  
**Monday 10 AM-12 PM 6 sessions Fee: \$72\***  
October 24 – December 5 (EDU57-D1101) No class: 11/21  
Become familiar with the popular conventions and techniques necessary to compete successfully. Class is for those who have some success at bridge & wish to expand bidding skills, with a focus on "weak two bids and strong two club openings and responses".

**Bridge Club** ☼  
**Monday/Friday** Tables assigned: 12:45 PM Play: 1 PM  
Facilitator: Maurice Vachon

**Canasta - Beginner** L. Gorosh  
**Tuesday 10:15 AM – 12:15 PM 4 classes/\$60\***  
**October 4–25 (EDU45-D1101)**  
For beginners or as a refresher class. +\$4 material fee

**Canasta - Intermediate Strategy** L. Gorosh  
**Tuesday 12:45 - 2:45 PM 4 classes/\$60\***  
**October 4–25 (EDU46-D1101)** +\$4 material fee  
Learn canasta strategy, splash hands, finesse and sharpen your game. Must know melding, 7's and Aces.

**Euchre & Pinochle** ☼ **Thursday 11:15 AM**  
Facilitator: Joanne Carmichael 248-626-0719  
Like to Play Cards? Fun group, come join in.

**Mah-jongg Play** ☼ **Thursday 1 – 4:30 PM**  
Facilitator: Elinor Yolles 248 737-8047  
Enjoy playing Mah-jongg? Here is the group to join.

**Mah-jongg-Beginner** ● S. Houghtby  
**Tuesday 10:30 AM – 12:30 PM 4 Classes**  
**September 13 - October 4 (EDU36-C1101)**  
Learn this ancient Chinese strategy game using tiles. Similar to card game Rummy but more exotic & exciting.  
**Material fee: \$8 collected for 2011 mah-jongg card.**

**Poker** ☼  
**2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Wednesday 12 – 4 PM**  
Call: Joann Capoccia for info. 248-681-8533

**Pool (Billiards)** ☼  
**Mon – Thurs: 7 AM – 7 PM Friday: 7 AM – 3:30 PM**

**Scrabble Club** ☼ **1<sup>st</sup> Wednesday 1 – 3 PM**  
Facilitator: Marlene Bieman 248-681-7112

## JUST FOR FUN

**BTSS Resident Orientation** Please pre-register  
**Tuesday, October 25 (SEV03-D1101) 1 - 2 PM**  
Join us in the Café for an informal gathering of new and interested residents to discuss programs, explain registration and tour the center.

### Celebrations!

**MSU vs. U of M Tailgate Party** (SEV10-D1101)  
**Friday, October 21 1:30 – 3 PM Fee: \$5\***  
Join us for a pre-game tailgate party before the "Big Game", with food, fun and fans. Music, too! Preregister. Sponsored by: Woodward Hills

**BTSS Band Holiday Sing-A-Long** ● (SEV10-D1102)  
**Wednesday, December 7 Begins 11 AM**  
Join our very own Senior Band for a Holiday Sing-a-long.

**Movie Classic** ☼ **Friday** **Begins 1 PM**  
 Friday afternoon classic movie greats with popcorn!  
**September 9:** 1987 Musical, "Dirty Dancing"  
 Starring: Patrick Swayze and Jennifer Grey  
**October 7:** 1967 Drama, "The Graduate"  
 Starring: Dustin Hoffman and Anne Bancroft  
**November 4:** 1968 Musical, "Funny Girl"  
 Starring: Barbara Streisand and Omar Sharif

**Movie Mania** ☼ **Friday** **Begins 1 PM**  
 Friday afternoon late release films with popcorn!  
**September 23:** 2010 Western, "True Grit"  
 Starring: Jeff Bridges & Hailee Steinfeld  
**October 21:** 2010 Drama, "The Kings Speech"  
 Starring: C. Firth, G. Rush & H. Carter  
**November 18:** 2011 Mystery, "The Lincoln Lawyer"  
 Starring: M. McConaughey, M. Tomei

## MUSIC

**BTSS Senior Band** ☼  
**Tuesdays, September 6 - 27** **10 AM**  
**Fridays in October & November** **10 AM**  
 Band Leader: Vance Ginzlinger 248-646-2864  
 Open to all levels. *Looking for a drummer.*

**Sing for Fun Chorale** ☼ **Returning: October 4**  
**1<sup>st</sup> & 3<sup>rd</sup> Tuesday** **10 AM – 12 PM**  
 Accompanist: Joan Bowes 248-335-5566  
 Director: Helene Mayo 248-646-6704  
 Sing for fun! No auditions or solos required. All welcome.

## UNIQUE TOPICS

**BTSS White Horse Society** ☼  
**4<sup>th</sup> Thursday** **10 AM**  
 Interested in theology, philosophy or science? New topic every month. All views will be respectfully encouraged.

**History Telling** Maureen Esther **1 class/\$10\***  
**Henry the VIII and his Court**  
**Tuesday, October 11** (EDU47-D1101) **1:30 PM**  
 Visit the glorious time of the Tudor Dynasty in England. Hear stories of Henry VIII, his six wives and many others who fueled the cataclysmic change called the Reformation.

**Christmas Traditions** Maureen Esther  
**Thursday, December 1** (EDU47-D1102) **1:30 PM**  
 Lecture covers some Christmas traditions and their origins. Includes a discussion of "Twelfth Night" festivities at the courts of Henry VIII and Elizabeth I.

**Italian Group - Gruppo Italiano** ☼  
**2<sup>nd</sup> Friday\*** **10:00 AM**  
 Facilitator: Angie Giffels 248-645-0958  
 Open to all. Affiliate of Dante Alighieri Society.

**NEW!! Put A Poem In Your Pocket I** ● M. Webster  
**Thursday, Sept 22** (EDU53-C1101) **10 AM – 12 PM**  
 Introduction to two principles of poetry: repetition (sound) & review of parts of speech. Become familiar with the structure of two forms: blues & the diamante, which will be used as models for your own work. Participants will write & share poems.

**NEW!! Put A Poem In Your Pocket II** ● M. Webster  
**Tuesday, Oct 4** (EDU53-D1101) **1 – 3 PM**  
 Introduction to two principles of poetry: repetition (sound) & figures of speech (metaphor, simile, personification). You will become familiar with the structure of two forms: haiku and pantoom, which will be used as models for your work. Participants will write & share poems.

**NEW!! Tablets and E-Readers –Latest & Greatest** ●  
**Tuesday, September 20** (EDU53-C1102) **1:30 – 3 PM**  
 The "Geek Squad" from Best Buy-Bloomfield will inform you about I-Pads, Nook Books and more. Question & answer session included.

**NEW!! Smart Phones: Everything You Want to Know** ●  
**Tuesday, October 18** (EDU53-D1102) **1:30 - 3 PM**  
 The "Geek Squad" from Best Buy-Bloomfield will be bringing you up to date on smart phones and how they can enhance your mobile phone experience.

### **Senior Men's Club**

Facilitators: Bruce Madsen & Jim Grady  
 Enjoy entertaining speakers, male camaraderie & a light breakfast. Preregistration requested.  
**3<sup>rd</sup> Wednesday** **9:30 – 11:30 AM** **\$6\***

**Sept 21** (SOC27-C1103) **MI Medical Marijuana Laws**  
 Challenges in its enforcement. Steve Cook, BTPD

**Oct 19** (SOC27-D1101) **The Civil War**  
 Through eyes of a Confederate Captain. David L. Roberts

**Nov 16** (SOC27-D1102) **Who Will Be Our Next President**  
 Political analyst's prediction, Steve Mitchell, Mitchell Research

### **Senior Women's Club**

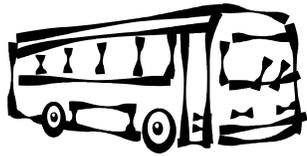
*Please pre-register*  
 Facilitator: Myrna Ann Hinkson  
 Dynamic speakers and luncheon\*\* program catered by Andiamo, Bloomfield Hills (\*\*Must pre-register at least 3 days in advance.)

**4<sup>th</sup> Wednesday** **11:30 AM – 1:30 PM** **\$10\***

**Sept 28** (SOC28-C1101) **Blaez and His Amazing Talents**  
 Officer Angela Carlson, BTPD K-9 Unit

**Oct 26** (SOC28-D1101) **MI Medical Marijuana Laws**  
 Challenges in its enforcement. Steve Cook, BTPD

**Nov 30\*** (SOC28-D1102) **The Great Depression**  
 Professor Greg Sumner, U of D, Mercy (\**Note: 5th Wed.*)



## BLOOMFIELD TRAVEL

*\* Fees are listed as Resident/Non-resident.*

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

*See page 2 for registration/cancellation policies.*

### Traveler Safety

BTSS makes every effort to inform our travelers about the physical requirements of the daytrips. For example trip descriptions may include: a 1 ½ hour walking tour, many stairs, no seating available, uneven terrain. The independent traveler needs to make the decision in advance of the trip if they should bring a cane, walker or travel with a personal assistant. We rely on you as the traveler to make the decision if a trip is appropriate for you and to be prepared to travel independently. You may also register an assistant for the trip if it will ensure your safety and participation in the trip. Trip fees apply to assistants and must be paid with your registration.

### Tour of Hamtramck WAIT LIST

Thursday, Aug. 18 (DAY12-C1101) 10:30 AM – 4:00 PM

### Lunch Rattlesnake Club & Anna Scripps Conservatory

Wed., Aug. 24 (DAY13-C1101) 10:30 AM – 3:15 PM

The Rattlesnake Club sits on the Detroit River with beautiful views of the Canadian & Detroit skylines. Award winning Chef Jimmy Schmidt will prepare our preselected menu entrée, salad, dessert, and beverage choices. Following lunch we'll tour the Anna Scripps Whitcomb Conservatory on Detroit's Belle Isle, which features five distinct horticultural houses and Lily Pond and formal perennial gardens.

BTSS Coach Fee: \$34\*

### Clinton River Cruise Luncheon

Thursday, Aug. 25 (DAY14-C1101) 10:30 AM – 4:00 PM

Enjoy a 3 hour cruise with **included lunch buffet** (roast chicken, meatloaf, potatoes, salad, vegetable, rolls, coffee, tea & dessert) aboard the "Clinton Friendship". Enjoy views of lovely cabins, homes & lush green foliage.

BTSS Coach Fee: \$37\*

### Detroit's East Side Tour

Thursday, Sept. 8 (DAY16-C1101) 10:30 AM – 3:45 PM

Experience Detroit's historic East Side Neighborhoods led by our "Step On Tours Guide". See impressive, well-preserved homes and buildings, old churches and new uses for old structures. Also the Eastern Market, Belle Isle, the Detroit Yacht club and Black Bottom where the Heidelberg Project is located. **Tour includes lunch and snacks.**

BTSS Coach Fee: \$43\*

### Lunch at the Whitney

Tuesday, Sept. 13 (DAY17-C1101) 10:45 AM-2:15 PM

Detroit's most iconic mansion, built in 1894 turned restaurant specializes in award-winning cuisine with unique presentation and flavors you will never forget. You will choose from a select menu prepared by the chef.

BTSS Coach Fee: \$39\*

### "From the Beaches of Normandy to Jungles of Vietnam"

#### Uptown Birmingham Theatre

Tuesday, Sept 13 (DAY26-C1101) 3:15 PM – 7:00 PM

In observance of Patriot Week, American House Senior Living Communities is sponsoring, "From the Beaches of Normandy to the Jungles of Vietnam", a documentary that combines historical recounted stories of the heroic men and women who served our country in WWII and Vietnam War. It is a compilation of two major documentary films – "Detroit, Our Greatest Generation" and "Our Vietnam Generation" and a tribute to our veterans of the Armed Forces.

BTSS Coach Fee: \$5\*

### "Freud's Last Session" at the Century Theatre

Thursday, Sept. 15 (DAY18-C1101) 11:45 AM – 5:45 PM

This two-man play centers on legendary psychoanalyst Sigmund Freud who invites a young professor, C.S. Lewis to his home in London. During this meeting they clash on the existence of God, love, sex, and the meaning of life-only two weeks before Freud chooses to take his own. **Begin with lunch on your own at Union Station.**

BTSS Coach Fee: \$33/43\*

### Northville Victorian Festival

Saturday, Sept. 17 (DAY19-C1101) 10:30 AM – 3:30 PM

Experience the art, history, and romance of the 1800s amid Northville's historic downtown district. Townspeople, artists, and business owners transform themselves into a Victorian Village complete with period costumes, storytellers, magicians, musical entertainment and demonstrations. Victorian Teas and Fashion Shows take place at Northville's own historical village. **Lunch on your own at the festival.**

BTSS Coach Fee: \$7\*

### Federal Reserve Tour

Wednesday, Sept. 21 (DAY20-C1101) 9:30 AM – 2:15 PM

Where do the old bills go? Don't miss this very popular tour of the Federal Reserve Bank. Our visit will include a discussion of the Federal Reserve System and will end with a one hour tour of the facility. **Followed by lunch on your own at Sindbad's.**

BTSS Coach Fee: \$8\*

**"Come Fly Away" at the Fisher Theatre**

**Saturday, Sept. 24 (DAY22-C1101) 11:00 AM – 5:00 PM**  
This new Broadway musical brings together the legendary music of Frank Sinatra and choreographer Twyla Tharp (Movin' Out) with a live on-stage big band. Dancers tell the story of four couples falling in and out of love, the exhilaration of a first kiss, the excitement of a first dance, and the bittersweet moments of a first good-bye in a world of romance and beauty. **Begin with lunch on your own at Lily's Seafood.**  
BTSS Coach Fee: \$ 75\*

**AAUW-Novu Northville Designer Showhouse**

**Sunday, Sept. 25 (DAY23-C1101) 12:30 – 4:30 PM**  
Tour this beautiful Northville home, a handsome Tudor style home built in 1929, full of interesting architectural details. Several of the area's best and most talented Interior designers have transformed the rooms into show-stoppers. Our group will enjoy a one hour tour; the home is NOT handicap accessible. **Begin with lunch on your own at Rocky's.**  
BTSS Coach Fee: \$18\*

**"Daddy Long Legs" Gem Theatre**

**Thursday, Sept. 29 (DAY24-C1101) 11:00 AM – 5:15 PM**  
This is a coming of age story about an orphan who is given an opportunity to develop her mind and spirit by an anonymous benefactor, "Daddy Long Legs". The only requirement is that she sends him a monthly letter and that he remains anonymous. **Begin with lunch on your own at Clawson Steak House.**  
BTSS Coach Fee: \$33\*

**"String of Pearls" Clinton Twp. Senior Center**

**Friday, Sept. 30 (DAY25-C1101) 10:45 AM-4:30 PM**  
Enjoy an exciting musical stage show including vaudeville, hit parade, Hollywood and Broadway music. **A lunch of lasagna, salad, rolls, dessert and coffee is included.**  
BTSS Coach Fee: \$26\*

**"Meet Me in St. Louis" Baldwin Theatre**

**Sunday, Oct. 2 (DAY03-D1101) 11:30 AM – 4:30 PM**  
Based on the heartwarming movie, "Meet Me in St. Louis" is a rare treasure in the musical theatre. Join the Smith family at the 1904 World's Fair, and see how their love and respect for each other is tempered with the genuine humor that can only be generated by such a special family. Memorable musical numbers include *The Trolley Song* and *Have Yourself a Merry Little Christmas*. **Begin with lunch on your own at Mt. Chalet.**  
BTSS Coach Fee: \$25\*

**"A Day in Hollywood" Hilberry Theatre**

**Wednesday, Oct. 5 (DAY04-D1101) 11:15 AM – 5:15 PM**  
When one of the Grauman's Chinese Theatre ushers in *A Day in Hollywood* enthuses "a smile-a-minute, songsational, musical mirthquake!" he sums up this inspiring, red carpet musical tribute to the screen stars and productions of the 1930's nicely. The second act, *A Night in the Ukraine*, is the funniest musical the Marx Brothers never wrote, featuring all the usual, zany suspects. **Begin with lunch on your own at Traffic Jam & Snug.**  
BTSS Coach Fee: \$23\*

**Parade Company Tour**

**Friday, Oct. 7 (DAY05-D1101) 10:00 AM – 2:45 PM**  
Join us on an awesome adventure that is unique to Detroit, a magical tour through Paradeland at The Parade Company Studio. Step into a story land of color and fun as the staff gets ready for a most anticipated holiday event, America's Thanksgiving Parade®.. **Followed by lunch on your own at Mr. Paul's Chop House.**  
BTSS Coach Fee: \$18\*

**Lunch at Fifty One O One Henry Ford Comm. College**

**Wednesday, Oct. 12 (DAY06-D1101) 10:30 AM – 1:30 PM**  
Restaurant Fifty-One O One is operated by the students and staff of HFCC's Hospitality Studies Program. All the menu items, from specialty salads and sandwiches, to entrees, daily specials, and desserts, are prepared in various Culinary Arts classes. **Lunch on your own chosen from the Fifty One O One menu of the day.**  
BTSS Coach Fee: \$7\*

**"Carmina Burana" Michigan Opera Theatre**

**Friday, Oct. 14 (DAY07-D1101) 9:30 AM – 4:30 PM**  
Carmina Burana was composed in 1935-36 as a grand work for chorus, soloists and orchestra. In addition to the glorious music, stunning aerial feats will be performed by acrobats, along with choreography and dancers from Detroit's own Eisenhower Dance Ensemble. **Followed by lunch on your own at Champ's.**  
BTSS Coach Fee: \$33\*

**"An Evening of Rodgers and Hammerstein" DSO**

**Sunday, Oct. 16 (DAY08-D1101) 12:15 – 5:30 PM**  
Showstopper after showstopper, the DSO brings you an enchanted evening of Rodgers and Hammerstein on Broadway. All your favorite hits from *Oklahoma!*, *The Sound of Music*, *The King and I* and *South Pacific*. **Begin with lunch on your own at Meriweather's.**  
BTSS Coach Fee: \$46\*

**Metro Detroit Book & Author Society Luncheon**

**Monday, Oct. 17 (DAY09-D1101) 10:30 AM – 3:30 PM**  
The 78th Metro-Detroit Book & Author Society Luncheon at Burton Manor is one of the largest author presentations in America. Several nationally acclaimed authors will be present. The profits from book sales are used to provide grants to libraries and literacy centers. **Lunch included.**  
BTSS Coach Fee: \$38\*

**"Something Wicked This Way Comes" Meadowbrook**

**Wednesday, Oct. 19 (DAY10-D1101) 11:30 AM – 5:00 PM**  
Michigan premier Bradbury tale. When a mysterious carnival arrives, late one autumn night, two boys share a terrifying experience that will force them to shed their youthful dreams and cross the threshold into adult responsibility. **Begin with lunch on your own at Palm Palace.**  
BTSS Coach Fee: \$33\*

**"My Fair Lady" Fox Theatre**

**Saturday, Oct. 22 (DAY11-D1101) 12:00 – 6:00 PM**  
Based on Shaw's play and the popular film version, "My Fair Lady" features such well-known songs like "Wouldn't It Be Lovely?", "With a Little Bit of Luck", "The Rain in Spain," "I Could Have Danced All Night," "On the Street Where You Live," and more. **Begin with lunch on your own at Vinsetta Grill.**  
BTSS Coach Fee: \$51\*

**"That's Entertainment" Hartland Senior Center**

**Wednesday, Oct. 26 (DAY12-D1101) 9:45 AM – 4:00 PM**  
Come enjoy the music, dance and hilarious antics of the Sage Productions performers of the Hartland Senior Center as they present "That's Entertainment" featuring life and music from the television variety shows. **Begin with lunch (included) at Waldenwoods Lodge.**  
BTSS Coach Fee: \$29\*

**"Beethoven's Fifth" Detroit Symphony Orchestra**

**Friday, Oct. 28 (DAY13-D1101) 9:30 AM – 3:30 PM**  
The Fifth Symphony is considered one of Beethoven's greatest musical works. The symphony is now commonly used at inaugural concerts of new orchestras. Louis Langree will conduct and Emmanuelle Boisvert will be featured on violin. **Followed by lunch on your own at Lily's Seafood.**  
BTSS Coach Fee: \$24\*

**"Much Ado About Nothing" Hilberry Theatre**

**Tuesday, Nov. 1 (DAY14-D1101) 9:00 AM – 3:30 PM**  
Benedick and Beatrice are engaged in a "merry war" of mile-a-minute talk about their scorn for love, marriage, and each other. Claudio and Hero are rendered speechless by their transcendent love for one another in a race to the altar. Don Juan nearly triumphs in ruining the wedding, but not before Beatrice and Benedick finally tell each other how they really feel. **Followed by lunch on your own at O'Mara's.**  
BTSS Coach Fee: \$23\*

**"Hooray for Hollywood" Heart of the Hills Players**

**Thursday, Nov. 3 (DAY15-D1101) 10:45 AM – 5:00 PM**  
Return to the era of great movie musicals and the music and stars that made them worth remembering: Bing Crosby, Fred Astaire, Ginger Rogers, Judy Garland, Gene Kelly, "Meet Me in St Louis," "Holiday Inn," "An American in Paris," "Singin' in the Rain," etc, etc. Songs by Berlin, Gershwin, Porter, Rodgers and Hart and more. **Begin with lunch on your own at Michelle's Restaurant & Sweetheart Bakery.**  
BTSS Coach Fee: \$20\*

**"The Marriage of Figaro" Michigan Opera Theatre**

**Friday, Nov. 11 (DAY16-D1101) 9:30 AM – 4:45 PM**  
This opera by Mozart is one of the most celebrated and delightfully amusing operas ever written. The boisterous romantic comedy involves a wildly entertaining parade of mistaken identities, cross-dressing and infidelity, but of course all are fated to end up happy. **Followed by lunch on your own at Mario's.**  
BTSS Coach Fee: \$33\*

**"A Christmas Story - The Musical" Fisher Theatre**

**Thursday, Nov. 17 (DAY17-D1101) 10:15 AM – 4:15 PM**  
America's #1 Christmas movie comes to life on stage as a hilarious holiday musical. Based on the writings of radio humorist Jean Shepherd, *A Christmas Story - The Musical* chronicles young and bespectacled Ralphie Parker as he schemes his way towards the holiday gift of his dreams -- a Red Ryder Action Air Rifle BB Gun. **Begin with lunch on your own at Pronto Restaurant.**  
BTSS Coach Fee: \$54\*

**"A Festival of Flutes" DSO**

**Friday, Nov. 18 (DAY18-D1101) 9:30 AM – 3:30 PM**  
Featured performers Sir James Galway and his wife Lady Jean Galway will be conducted by Leonard Slatkin. They will perform *VIVALDI Piccolo Concerto* in C Major, *BACH Brandenburg Concerto No. 4*, *PAQUITO D'RIVERA Gran Danzon*, and *MOZART Flute Concerto No. 2* accompanied by other flute musicians. **Begin with lunch on your own at Black Finn.**  
BTSS Coach Fee: \$24\*

*Register early!*

*Some trips fill very quickly and others are closed well in advance of their date.*

*Don't miss out on your favorite trip, register today!*

**"Rembrandt and the Face of Jesus" DIA**

**Wednesday, Nov. 23 (DAY19-D1101) 9:30 AM – 2:45 PM**

Join us for this docent led tour of Dutch master Rembrandt van Rijn's finest paintings, prints and drawings that portray Jesus and events described in the Bible. The works cover every phase of Rembrandt's artistic exploration of the subject, from rapid sketches that were ideas for future paintings to a Louvre masterpiece never before shown in the U.S. **Followed by lunch on your own at Café DIA.**

**BTSS Coach Fee: \$27\***

**"Donny and Marie Christmas in Detroit" Fox Theatre**

**Wednesday, Nov. 30 (DAY20-D1101) 4:30 – 10:15 PM**

Donny & Marie invite you and your family to join them to celebrate the joy of the season in true Osmond fashion. The the pair share the Fox Theatre stage for the first time with jingle bell-laden Christmas production numbers, hilarious holiday comedy antics, and the irresistible chemistry that made them international stars. **Begin with dinner on your own at DaEdorado Foxtown Grille.**

**BTSS Coach Fee: \$79\***

**"The All Night Strut Holiday Show" Gem Theatre**

**Thursday, Dec. 1 (DAY21-D1101) 11:15 AM – 5:15 PM**

This holiday show features jazz, blues, bebop and classical song standards performed with well know dances like the Lindy Hop, the Shag and the Tango. It promises to be full of entertainment from yesteryear filled with music and energy. **Begin with lunch on your own at Mosaic.**

**BTSS Coach Fee: \$33\***

**"Beethoven's Seventh with Branford Marsalis" DSO**

**Friday, Dec. 2 (DAY22-D1101) 9:30 AM – 3:30 PM**

Former Resident Conductor Thomas Wilkins will conduct saxophonist Branford Marsalis and the DSO in a concert of Bartok's *Romanian Folk Dances*, Glazunov's *Concerto for Alto Saxophone*, Schulhoff's *Hot-Sonate* and Beethoven's *Symphony No. 7*. **Followed by lunch on your own at Big Rock Chophouse.**

**BTSS Coach Fee: \$24\***

**"The Cripple of Inishmann" Hilberly Theatre**

**Wednesday, Dec. 7 (DAY23-D1101) 11:00 AM – 5:15 PM**

This heartbreakingly hilarious comedy is an irresistible tale filled with charming characters and plot twists. On a remote island off the Irish Coast, word arrives that Hollywood is coming to film. No one is more excited than "cripple" Billy, an unloved boy whose chief occupation has been gazing at cows and yearning for his inspiration - a girl who wants no part of him. **Begin with lunch on your own at Chuck Muer's.**

**BTSS Coach Fee: \$23\***

**"Sister's Christmas Catechism" Century Theatre**

**Thursday, Dec. 15 (DAY24-D1101) 11:30 AM – 5:30 PM**

Sister takes on the mystery that has intrigued historians throughout the ages - whatever happened to the Magi's gold, retelling the story of the nativity, as only Sister can. Sister creates a living nativity unlike any you've ever seen. With gifts galore and bundles of laughs, Sister's Christmas Catechism is sure to become your newest holiday tradition.. **Begin with lunch on your own at Peabody's.**

**BTSS Coach Fee: \$28\***

**"Home for the Holidays" Detroit Symphony Orchestra**

**Friday, Dec. 16 (DAY25-D1101) 9:30 AM – 3:45 PM**

Leonard Slatkin conducts Detroit's favorite holiday musical tradition, thrill to the spectacle of the season. It's a sparkling holiday celebration. And yes, Virginia, there will be a Santa Claus! **Followed by lunch on your own at Crumpet's.**

**BTSS Coach Fee: \$46\***

**"Cirque Dreams Holidaze" Fox Theatre**

**Saturday, Dec.17 (DAY26-D1101) 10:45 AM - 5:15 PM**

An international cast of over 30 multi-talented and brilliantly costumed artists come to life and perform astonishing feats. An original music score and seasonal favorites accompany spectacular costumes and holiday dreams in a setting of gigantic gifts, colossal candy canes and 30-foot towering soldiers. **Begin with lunch on your own at Kona Grill.**

**BTSS Coach Fee: \$60\***

**"Wicked" at the Michigan Opera House**

**Thursday, Dec. 8 (DAY01-D1101) 10:15 AM-4:45 PM**

**Wednesday, Dec. 21(DAY02-D1101) 10:15 AM-4:45 PM**

When Dorothy triumphed over the Wicked Witch, we only heard one side of the story. Two girls meet in the Land of Oz. One, born with emerald-green skin, is smart, feisty and misunderstood. The other is beautiful, ambitious and very popular. "Wicked" is the story of these two unlikely friends and how they end up as the Wicked Witch of the West and Glinda the Good Witch. Two performances to select from.

**Begin with lunch on your own at Pegasus.**

**BTSS Coach Fee: \$95\***

**Celebration!!**

**U of M vs. MSU Tailgate Party Fee: \$5\***

**Friday, October 21 (SEV10-D1101) 1:30 – 3 PM**

**Join us for a pre-game tailgate party before the "Big**

**Game", complete with food, fun and fans! Music, too!**

**Preregistration required.**

**Sponsored by Woodward Hills**

Complimentary classes\* for 50+ Township Residents

# Fitness Week

## September 6-9

### TUESDAY 9/6

#### A.M. Stretch

7:15-7:45 a.m. (GETFIT01)

#### Zumba Gold®

8-8:45 a.m. (GETFIT02)

#### Strength & Balance 1

9-9:45 a.m. (GETFIT03)

#### Pilates/Yoga

10-11 a.m. (GETFIT04)

#### On the Ball

11:15-12:15 a.m. (GETFIT05)

#### Balance & Core

1-1:30 p.m. (GETFIT06)

#### Pickleball Demo

2-3:30 p.m. (GETFIT07)

#### Aqua Yoga w/Props

3-4 p.m. (GETFIT08)

#### Line Dancing

4-4:45 p.m. (GETFIT09)

#### Aqua Power Walk

6-7 p.m. (GETFIT10)

#### Yoga with Props

6:15-7:15 p.m. (GETFIT11)

### WEDNESDAY 9/7

#### Cardio Circuit

7:15-8:15 a.m. (GETFIT12)

#### Aqua Let's Move

9-10 a.m. (GETFIT13)

#### Aqua Healthy Joints

10:15-11:15 a.m. (GETFIT14)

#### Tai Chi-Beginners

9:30-10:15 a.m. (GETFIT15)

#### Tai Chi-Continued

10:15-11 a.m. (GETFIT16)

#### Chair Yoga

11:30 a.m.-12:30 p.m.  
(GETFIT17)

#### Table Tennis Demo

1-2 p.m. (GETFIT18)

#### Ageless Grace

4-4:45 p.m. (GETFIT19)

#### On the Ball

5-6 p.m. (GETFIT20)

#### Zumba Gold®

7-8 p.m. (GETFIT21)

### THURSDAY 9/8

#### A.M. Stretch

7:15-7:45 a.m. (GETFIT22)

#### Senior Fit Aerobics

9-10 a.m. (GETFIT23)

#### H2O Interval

10:15-11:15 a.m. (GETFIT24)

#### Easy Does It (Chair)

10:15-11:15 a.m. (GETFIT25)

#### Yoga/Pilates/Meditation

11:30 a.m. -12 p.m.  
(GETFIT26)

#### Aqua Toning

4-5 p.m. (GETFIT27)

#### Cardio Circuit

5-6 p.m. (GETFIT28)

#### Aqua Power Walk

6-7 p.m. (GETFIT29)

### FRIDAY 9/9

#### Boomer Bootcamp

7:15-8 a.m. (GETFIT30)

#### Strength & Balance 2

9-9:45 a.m. (GETFIT31)

#### Drums Alive®

10-11 a.m. (GETFIT32)

#### Line Dancing

11:30 a.m.-12:15 p.m.  
(GETFIT33)

#### Nia Technique

1-2 p.m. (GETFIT34)

*Preregistration required*

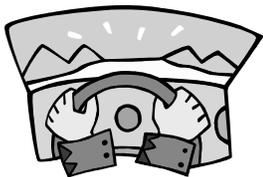
*Classes fill quickly!*

*\* See pages 3-7 for  
Class descriptions*

## Exciting & New & All for YOU!

Check out these new fitness offerings:

- ✓ H2O Interval (see page 3)
- ✓ Line Dancing (see page 4)
- ✓ Boomer Bootcamp (see page 4)
- ✓ Drums Alive® (see page 4)
- ✓ Creative Crosstraining (see page 4)
- ✓ Zumba Gold® (see page 4)
- ✓ Strength and Balance (see page 5)
- ✓ A.(mazing) M.(orning) Stretch (see page 6)
- ✓ Ageless Grace (see page 6)
- ✓ Fitness Open Hours Equipment Coaching (see pg 5)



### AARP DRIVER SAFETY PROGRAM

Wednesday, Oct. 12<sup>th</sup> &  
Thursday, Oct. 13<sup>th</sup>

8:30 am – 12:30 pm  
(EDU03-D1101)

The nation's largest classroom refresher course geared especially to your safety needs will be available at BTSS.

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

You must attend both days.

Pre-registration and payment required - \$17\*

## SPECIAL TOPICS... (See pages 9-11 for details)

### Bridge – Conventions & More – Mondays

#### DIA Delivered

Money and Art

September 22

South of the Border

November 15

#### History Telling

Henry the VIII & His Court

October 11

Christmas Traditions

December 1

#### Put a Poem in Your Pocket

October 4 & 18

#### Smart Phones – All you want to Know

October 18

#### Tables and e-Readers

September 20

#### Senior Men's Club

Michigan Medical Marijuana Laws

September 21

The Civil War

October 10

Who Will be Our Next President?

November 16

#### Senior Women's Club

K-9 Blaez and His Amazing Talents

September 28

Michigan Medical Marijuana Laws

October 26

The Great Depression

November 30



## UM VS. MSU TAILGATE PARTY

Friday, Oct 21 (SEV10-D1101) 1:30-3 PM Fee: \$5\*

Join us for a pre-game tailgate party before the "Big Game", complete with food, fun and fans! Music, too! Preregistration required; limited capacity.

*Sponsored by Woodward Hills*



# 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](http://www.bloomfieldtpw.org/Seniors)

**Fall 2011**

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## AARP DRIVER SAFETY PROGRAM (EDU03-D1101)

**Wednesday, Oct. 12 & Thursday, Oct. 13**  
**8:30 am – 12:30 pm**

The nation's largest classroom refresher course geared especially to your safety needs. Learn defensive driving techniques, how to adjust to age-related changes in vision and hearing and get an insurance discount for taking the class. You must attend both days.

Pre-registration and payment required - \$17\*

## **Creating Confident Caregivers**

**Thursdays, Oct. 13 – Nov. 17**  
**3 – 5 PM**

Proven training is available for those providing care to a family member in their home who is living with dementia. Learn strategies to create a positive caregiving environment, reduce stress, successfully manage behaviors caused by dementia and plan daily activities.

Respite care available through support of US Administration on Aging, MI OSA, AAA1B and the Alzheimer's Association.

Registration required 800-852-7795. Held at the Senior Center.

## **Fall Candy Collection**

Share Halloween with our homebound meals clients by donating small individually wrapped candies. Drop off candy at BTSS before Oct. 19<sup>th</sup>.

Join us on Thursday, Oct. 20<sup>th</sup> at 1:30pm to package candy for distribution. If you can help with packaging, please call Denise at 248-723-3500.

## **Medicare & Prescription Drug Plans Counseling**

(SVC13-VARIES)

BTSS with the AAA1B, will offer counseling to residents who have questions regarding Medicare coverage and prescription drug plans. Diana Wise, RN, Gerontologist and Certified Medicare Counselor, will provide private consultations on various Thursdays, September-November, 2011. Topics include: understanding Medicare Health coverage, Medicare Prescription Drug Plans and Navigating "Medicare.gov."

Call 248-723-3500 for an appointment.



**OAKLAND FAMILY SERVICES**

## **Social Worker Counseling**

(SVC12-VARIES)

Speak privately with a licensed social worker from Oakland Family Services - Older Adult Division regarding any senior issues you may be experiencing. Available to Bloomfield Township residents aged 60+ the first Tuesday of the month. Call 248-723-3500 to schedule a one-hour appointment. Walk-ins accepted if time allows. No charge for this grant funded program.

## **Medicare Fraud & Abuse**

**September 26 10-11 AM**  
(EDU53-C1101)

Each year, billions of federal dollars are lost due to Medicare health care fraud, error and abuse. Join us for a one hour presentation by an Area Agency on Aging 1-B Representative on this important topic.

Learn the differences and how to recognize fraud and abuse in our Medicare system and what steps you can take to help control and preserve our Medicare Funds. Registration requested.

## 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.



## 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 appointments/month and flexibility between client and driver. Please call Denise at BTSS at 248-723-3500 for more information.



## BLOOD PRESSURE CHECKS

Certified volunteers, led by Irene Grady, RN, are available on the 3<sup>rd</sup> Wednesday of each month from 11 am until 12:30 pm. Stop in on one of these dates:

August 17

September 21

November 19

## NUTRITION SERVICES

BTSS addresses the nutritional needs of area seniors, 60 years of age and older, with two essential programs, Meals on Wheels and Liquid Nutritional Supplements. For additional information on either program, contact Donna DeWitte, RN, Nutrition Coordinator, 723-3500.



### MEALS ON WHEELS

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.

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



Loan closet of wheelchairs, walkers, canes and other equipment available free for short term use by Bloomfield Township residents. Please contact Denise at 248-723-3500 for more information.

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

## *In Memoriam...*

Deepest sympathies to the family and friends of  
*Lou Wasko, Peter Giffels, Julie Eskoff,  
Martin Jermalowicz, Jr., Tom Roberts,  
Gloria Kefalas, Herman Fox, Barbara Collison, and  
Debra Steinberg*

### 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. Call the MMAP program at (800) 803-7174 for more information.



### **MINOR HOME REPAIR**

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

| <u># in Household</u> | <u>Max. Household Income</u> |
|-----------------------|------------------------------|
| 1                     | \$24,450                     |
| 2                     | \$27,900                     |

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

### Oakland County Housing Counseling

**GET HELP: 248-858-5402**

- Reverse Mortgages for Seniors
- Financial Assistance for Needed Repairs
- Budgeting
- Mortgage default resolutions & Foreclosure Prevention
- Increase opportunity for home ownership for low income families

### Home Improvement Loan Program

Oakland County provides home improvement loans with an emphasis on health and safety items. The program is available to low and moderate income residents. The loans have no interest and payments and 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](http://www.oakgov.com/chi). For an application, call 248 858-5401.

### **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.

### **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. A small version is also available for your purse or wallet. It lists your name, emergency contact, insurance info, S.S. #, health & medical info. Cards are available to Township residents at the Senior Center or through the BT Fire Department.

### 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.

### Donate Used Hearing Aids

*The Lions Hearing Center of Michigan, a non-profit organization, is collecting used hearing aids. The hearing aids will be used to purchase new hearing aids for those who have no insurance or who qualify for assistance. Drop off any used hearing aid at the Senior Center in the box located in the vending machine area off the Cafe on the main level.*

*For more information about the Lions Hearing Center call 1-888-1 HC-Mich.*

### 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*

# 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 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.

*For more information, please contact Julie Gebott, Coordinator at 248-723-3530 or [jgebott@bloomfieldtwp.org](mailto:jgebott@bloomfieldtwp.org).*

## 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](http://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.