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

New Opportunities

- BTSS Senior Band (page 10)
- White Horse Society (page 10)
- Mah-jongg & Canasta (page 10)
- “Just for Fun” Chorale (page 10)
- Exercise Starts Here (page 4)
- Ping Pong (page 7)
- Racewalking Clinic (page 7)
- Line Dancing (page 7)
- Counseling (Services page 1)

Meals on Wheels (MOW) Awareness Campaign

Across SE Michigan senior nutrition providers are collaborating to increase awareness of MOW service and the growing funding challenges we are all facing. As federal and state funding is reduced and the number of people in need of the service grows, we trust support will increase at the community level.

Many of our recipients are able to make contributions which support their meal delivery service though we are hearing from more who are not. We’re currently reimbursed 56 cents in federal/state dollars for each meal delivered and the client contributes $3.75.

We encourage anyone interested in supporting MOWs, a key element in the safety net for our home bound neighbors, to consider a contribution. Please make checks payable to Bloomfield Township and mail to: MOW Awareness Campaign, 4315 Andover Rd., Bloomfield, MI 48302 or call to make a charge donation.

BTSS volunteers are the heart and soul of the Meals on Wheels program.

- MOW volunteers delivered 13,000 meals last year in sun, shade, snow, sleet, rain and wind!
- MOW volunteers traveled 18,000 miles last year.
- MOW volunteers provided 2,726 hours of service last year.
- 65% of our MOW volunteers have served 5 or more years – now that’s loyalty!

Interested in volunteering?
See page 8 for more information.
Christine’s Comments

Meals on Wheels (MOW) Awareness Campaign
Across SE Michigan senior nutrition providers are collaborating to increase awareness of MOW service and the growing funding challenges we are all facing. As federal and state funding is reduced and the number of people in need of the service is growing, we trust that support will increase at the community level. Many of our service recipients are able to make contributions which support their meal delivery service though we are hearing from more who are less able. We currently are reimbursed 56 cents per meal in federal/state dollars for each meal delivered and the client contributes $3.75.

We are encouraging those interested in supporting this service, a key element in the safety net for our home bound neighbors, to consider a contribution of support. Those so moved may make checks payable to Bloomfield Township and mail to: MOW Awareness Campaign, 4315 Andover Rd., Bloomfield, MI 48302 or call to make a charge donation.

New Staff
We are pleased to introduce our new Fitness Coordinator, Maggie Barclay. Maggie has 26 years of experience teaching group fitness and 18 years of managing fitness instructors including program development and coordination, while concurrently employed as the Wellness Director for a high quality senior living community. I am sure you will find that Maggie is an excellent blend of warmth, energy and business principles.

Strongly committed to ongoing training and certification, Maggie currently has completed 11 programs, which include popular fitness trends that she modifies for senior clientele. She is passionate about fitness for all levels of ability and has the creativity and drive to take our successful program to even higher levels. Please email your suggestions to Maggie at mbarclay@bloomfieldtwp.org. In particular, please review new concepts under consideration listed on page 7.

Christine Tvaroha
ctvaroha@bloomfieldtwp.org  (248) 723-3500

Special thanks to these sponsors of our Volunteer Breakfasts:

March 2011 - American House
December 2010 - Woodward Hills
September 2010 - Residential Home Health
May 2010 - Heartland/ManorCare

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).

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
Bloomfield Township Main Phone: 248-433-7700
Janet Roncelli, Clerk  Dan Devine, Treasurer
David Buckley, Trustee  Neal J. Barnett, Trustee
Leo C. Savoie, Trustee  Brian E. Kepes, Trustee

BTSS ADVISORY COUNCIL
Steve Eskoff, Chairman & Julie Eskoff
Al & Donna Artzberger  Shirley Colten
John & Janice Bellefleur  John Conti
Gladys Cifelli  Maxine Davison
Don Foehr  Marie Gemmel
Victor & Suzanne Goldstein  Tony Klemm
Elizabeth Mahoney  Tom & Ginnie Richard

BTSS will be closed on:
Saturday, May 28 & Monday, May 30
Saturday, July 2 & Monday, July 4
Saturday, Sept. 3 & Monday, Sept. 5

Eligibility: Adults 50 years and older*
Non-Residents – many programs open for participation; completion of profile required

Sponsors for BTSS events are not necessarily endorsed by BTSS or Municipality of Bloomfield Twp.
### Aquatics: Warm Water Fitness

**Nonresident Policy:** *Non-residents pay additional $10 fee per session.*

**Showers required prior to pool use.** Bring lock & towel. Do not enter pool deck prior to class until instructed by staff.

<table>
<thead>
<tr>
<th><strong>Open Swim</strong>  (FIT30-varies)</th>
<th>$10/month</th>
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</thead>
<tbody>
<tr>
<td>Register monthly at main level reception for unlimited visits during scheduled times. BT Residency required. Must confirm registration with lifeguard before entering pool. Monthly calendar available online or in the Center.</td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>Aqua Yoga</strong> L. Cook</th>
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</thead>
<tbody>
<tr>
<td>Effective program for relaxation, stress reduction and breath awareness. Benefits mind, body and spirit while achieving greater balance, flexibility and restfulness.</td>
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</tr>
<tr>
<td><strong>Tuesday</strong> 11:15 AM – 12:15 PM 8 classes/$64*</td>
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<tr>
<td>June 28 – August 16 (FIT26-B1102)</td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>Let’s Move</strong> L. Cook</th>
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</thead>
<tbody>
<tr>
<td>Low-impact aerobics builds endurance and muscle strength. Cardiovascular segment, with high &amp; low energy levels, using resistance equipment promotes weight loss.</td>
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</tr>
<tr>
<td><em><em>M/W/F 9 – 10 AM 8 classes/$64</em> 12 classes/$80</em>*</td>
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</tr>
<tr>
<td>May 6 – June 3 (FIT25-B1102)</td>
<td>no class 5/30</td>
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<tr>
<td>June 6 - July 1 (FIT25-B1103)</td>
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<tr>
<td>July 6 – August 1 (FIT25-C1101)</td>
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<tr>
<td>August 3 – August 29 (FIT25-C1102)</td>
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<thead>
<tr>
<th><strong>Splash ‘n Tone</strong> C. Winton</th>
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<tbody>
<tr>
<td>Warm water aerobic workout with cardiovascular conditioning, toning &amp; stretching. Resistance equipment used to increase strength while promoting weight loss.</td>
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<tr>
<td><strong>Tuesday/Thursday 9 – 10 AM 8 classes/$64</strong></td>
<td></td>
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<tr>
<td>May 24 – June 16 (FIT45-B1102)</td>
<td></td>
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<tr>
<td>June 21 – July 14 (FIT45-C1101)</td>
<td></td>
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<tr>
<td>July 19 – August 11 (FIT45-C1102)</td>
<td></td>
</tr>
<tr>
<td>August 16 – Sept. 1 (FIT45-C1103)</td>
<td>6 classes/$48*</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Aqua Therapy</strong> C. Winton</th>
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<tbody>
<tr>
<td>Suitable for those restricted from strenuous exercise. Simple moves in warm water soothe the body &amp; may decrease pain. See page 6 for Saturday classes.</td>
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</tr>
<tr>
<td><strong>Tuesday /Thursday 10 – 10:45 AM 8 classes/$64</strong></td>
<td></td>
</tr>
<tr>
<td>May 24 – June 16 (FIT29-B1104)</td>
<td></td>
</tr>
<tr>
<td>June 21 – July 14 (FIT29-B1105)</td>
<td></td>
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<tr>
<td>July 19 – August 11 (FIT29-C1101)</td>
<td></td>
</tr>
<tr>
<td>August 16 – Sept. 1 (FIT29-C1102)</td>
<td>6 classes/$48*</td>
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<thead>
<tr>
<th><strong>H20 Boot Camp</strong> (see pg 6 for Saturday offering) A. Chi</th>
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<thead>
<tr>
<th><strong>Aqua Nia</strong> S. Peper</th>
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<tbody>
<tr>
<td>Uses inspiring music, diverse rhythms and the nine Movement Forms to deliver a fun, safe and personalized work-out. All ability and fitness levels welcome.</td>
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<tr>
<td><strong>Friday 12:30-1:30PM 7 classes/$56</strong></td>
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</tr>
<tr>
<td>June 3 – July 29 (FIT59-B1102)</td>
<td>no class 6/24, 7/22</td>
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</tbody>
</table>

| **Wednesday 3 - 4 PM 9 classes/ $72**                   |           |
| June 1 - July 27 (FIT59-B1101)                          |           |

<table>
<thead>
<tr>
<th><strong>Aqua Power Walk &amp; Dance</strong> A. Chi</th>
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<tbody>
<tr>
<td>Awesome, up-beat class. Fast paced high-intensity water workout, easy to follow choreographed routines will challenge &amp; motivate you!</td>
<td></td>
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<tr>
<td><strong>Tues/Thurs 6 – 7 PM 8 classes/$64</strong></td>
<td></td>
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<tr>
<td>May 3 – 26 (FIT27-B1102)</td>
<td></td>
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<tr>
<td>June 7- June30 (FIT27-B1103)</td>
<td></td>
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<tr>
<td>July 5 - July 28 (FIT27-C1101)</td>
<td></td>
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<tr>
<td>August 2 – August 25 (FIT27-C1102)</td>
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<table>
<thead>
<tr>
<th><strong>Aqua Toning &amp; Pilates</strong> C. Winton</th>
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</thead>
<tbody>
<tr>
<td>Build Core Strength/increase flexibility. Blends standing Pilates techniques and low impact aerobics. Bring water shoes &amp; water bottle. See page 6 for Saturday classes.</td>
<td></td>
</tr>
<tr>
<td><strong>Tuesday/Thursday 4 – 5 PM 8 classes/$64</strong></td>
<td></td>
</tr>
<tr>
<td>May 24 – June 16 (FIT46-B1104)</td>
<td></td>
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<tr>
<td>June 21 – July 14 (FIT46-B1105)</td>
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<td></td>
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<tr>
<td>August 16 – Sept. 1 (FIT46-C1102)</td>
<td>6 classes/$48*</td>
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<table>
<thead>
<tr>
<th><strong>NEW! Flowing Aqua Yoga with Props</strong> K. Housey</th>
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<tbody>
<tr>
<td>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.</td>
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<tr>
<td><strong>Monday 4 - 5 PM 8 classes/$64</strong></td>
<td></td>
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<tr>
<td>May 9 – July 11 (FIT69-B1101)</td>
<td>no class 5/30, 7/4</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th><strong>Aqua Healthy Joints</strong> L. Cook</th>
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</thead>
<tbody>
<tr>
<td>Gentle flexibility and strengthening exercises can protect joints and keep muscles toned. Warm-water exercise can ease symptoms of arthritis, MS and Osteoporosis.</td>
<td></td>
</tr>
<tr>
<td><strong>Friday 10 – 11 AM 8 classes/$64</strong></td>
<td></td>
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<tr>
<td>May 13 – July 1 (FIT28-B1101)</td>
<td></td>
</tr>
<tr>
<td>July 8 – August 26 (FIT28-C1101)</td>
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<tr>
<td>July 8 – August 26 (FIT28-C1101)</td>
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</tbody>
</table>
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**

<table>
<thead>
<tr>
<th>Cardio Circuit Challenge</th>
<th>S. Rubinstein</th>
</tr>
</thead>
<tbody>
<tr>
<td>For active exercisers, intervals of cardio, strength training &amp; core building. Finish with relaxation stretching. Bring mat/hand weights/water. LL Studio</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td><strong>7:15 - 8:15 AM</strong></td>
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<tr>
<td>May 18 – June 22 (FIT61-B1102)</td>
<td></td>
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<tr>
<td>July 13 – August 17 (FIT61-C1101)</td>
<td></td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td><strong>5 - 6 PM</strong></td>
</tr>
<tr>
<td>May 19 – June 23 (FIT61-B1104)</td>
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<tr>
<td>July 14 – August 18 (FIT61-C1102)</td>
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**Zumba**

| L. Lerman |
| Latin music & dance moves create exciting effective fitness exercise. Routines feature aerobic fitness interval training with a combination of fast and slow rhythms. LL Studio |
| **Tuesday** | **8:45 – 9:45 AM** | **4 classes/$32*** |
| June 7 – June 28 (FIT20-B1102) |
| July 12 – August 2 (FIT20-C1101) |

**SEATED**

**Exercise Starts Here**

| D. Murray |
| Need exercise but not sure where to start? For beginners or those returning to exercise. Learn a variety of exercises and the reason behind them in a non-competitive, relaxed atmosphere. Seated stretching, range of motion, strengthening and relaxation. Bring mat/water. LL Studio |
| **Wednesday** | **1 – 2 PM** | **4 classes/$28*** |
| May 11 – June 1 (FIT71-B1102) |

**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. Benefits Arthritis, Parkinson’s, MS Osteoporosis. LL Studio |
| **Monday/Thursday** | **10:15 - 11 AM** | **12 classes/$50*** |
| May 19 – June 30 (FIT08-B1102) |
| July 11 – August 18 (FIT08-C1101) |

**Chair Yoga**

| K. Lutz |
| Regardless of age or physical limitations, yoga and breathing are extremely beneficial. Focus on stretching. All yoga movements done seated. LL Studio |
| **Monday** | **11:30 AM –12:30 PM** | **5 classes/$40*** |
| May 9 – June 13 (FIT56-B1102) |
| June 20 – July 25 (FIT56-B1103) |
| August 1 – August 29 (FIT56-C1101) |
| **Wednesday** | **11:30 AM–12:30 PM** | **5 classes/$40*** |
| May 11 - June 8 (FIT56-B1104) |
| June 15 - July 6 (FIT56-B1105) |
| July 20 - August 17 (FIT56-C1102) |

**STRENGTH**

**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. For first time students, ball may be available to borrow. Please mention at time of registration. Bring ball/mat/water/towel. LL Studio |
| **Tuesday** | **11 AM - 12 PM** | **6 classes/$50*** |
| May 17 – June 21 (FIT12-B1102) |
| July 12 – August 16 (FIT12-C1101) |
| **Wednesday** | **5 – 6 PM** | **6 classes/$50*** |
| May 18 – June 22 (FIT12-B1104) |
| July 13 – August 17 (FIT12-C1102) |

---

**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!
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  
May 19 – June 30 (FIT01-B1102)  no class 5/30  
July 11 – August 18 (FIT01-C1101)  

Monday/Wednesday  11:30 AM - 12:30 PM  
May 18 – June 29 (FIT01-B1110)  no class 5/30  
July 11 – August 17 (FIT01-C1102)  

Monday/Wednesday  6:30 – 7:30 PM  
May 18 – June 29 (FIT01-B1105)  no class 5/30  
July 11 – August 17 (FIT01-C1103)  

Wednesday/Friday  9 - 10 AM  
May 20 – June 29 (FIT01-B1107)  
July 13 – August 19 (FIT01-C1104)  

Wednesday/Friday  10 - 11 AM  
May 20 – June 29 (FIT01-B1109)  
July 13 – August 19 (FIT01-C1105)  

** 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 required. 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 required.  
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  

Fit Tips: Stretching and Flexibility  S. Rubinstein  
Learn the importance of stretching to improve flexibility and range of motion after exercise. Q & A. LL Studio 1 class/$8*  
Wednesday, May 18  3:45 - 4:45 PM (FIT70-B1104)  

Balance Therapy Basics  J. Schirizinger  
Feeling unsteady? Loss of balance can result in falling and bone fractures. Designed to build bone, strengthen core, improve posture and balance. Good follow-up to physical therapy, can be combined with advanced class. LL Studio  
Thursday  1:30 – 2 PM  6 classes/$24*  
June 2 – July 14 (FIT42-B1103)  no class 7/7  
July 21 – August 25 (FIT42-C1101)  

Advanced Balance Therapy  J. Schirizinger  
Improve core balance, joint stability, muscle strength and posture with advanced techniques. Innovative exercises keep you smiling & moving! Includes floor-work. LL Studio  
Thursday  2:05 – 2:35 PM  6 classes/$24*  
June 2 – July 14 (FIT42-B1104)  no class 7/7  
July 21 – August 25 (FIT42-C1102)  

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*  
May 11- June 29 (FIT03-B1101)  
July 6 – August 10 (FIT03-C1101)  6 classes/$48*  

Continuing  
Wednesday  10:15 –11 AM  8 classes/$64*  
May 11 – June 29 (FIT03a-B1101)  
July 6 – August 10 (FIT03a-C1101)  6 classes/$48*  

Yoga with Props  K. Housey  
A form of gentle yet traditional Hatha yoga using props, chairs and exercise bands. Excellent for beginners. Modifications offered for physical limitations or joint issues. Simple breathing techniques taught that can relieve daily stress. Mat used but can use a chair. Bring exercise mat, towel/blanket to roll up, water. Exercise bands can be purchased from instructor. LL Studio  
Monday  6 - 7 PM  8 classes/$64*  
May 9 – July 11 (FIT67-B1101)  no class 5/30, 7/4  

Healing Yoga  L. Cook  
Research supports more relief from pain and joint tenderness than from medication alone. Healing Yoga integrates the whole body with emphasis on breath, posture, stress reduction, hypertension, and improved joint functioning. Bring water, small pillow, and mat. LL Studio  
Friday  7:55 – 8:55 AM  8 classes/$64*  
May 13 – July 1 (FIT06-B1101)  

MIND ➦ BODY  

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*  
May 11- June 29 (FIT03-B1101)  
July 6 – August 10 (FIT03-C1101)  6 classes/$48*  

Continuing  
Wednesday  10:15 –11 AM  8 classes/$64*  
May 11 – June 29 (FIT03a-B1101)  
July 6 – August 10 (FIT03a-C1101)  6 classes/$48*  

Yoga with Props  K. Housey  
A form of gentle yet traditional Hatha yoga using props, chairs and exercise bands. Excellent for beginners. Modifications offered for physical limitations or joint issues. Simple breathing techniques taught that can relieve daily stress. Mat used but can use a chair. Bring exercise mat, towel/blanket to roll up, water. Exercise bands can be purchased from instructor. LL Studio  
Monday  6 - 7 PM  8 classes/$64*  
May 9 – July 11 (FIT67-B1101)  no class 5/30, 7/4  

Healing Yoga  L. Cook  
Research supports more relief from pain and joint tenderness than from medication alone. Healing Yoga integrates the whole body with emphasis on breath, posture, stress reduction, hypertension, and improved joint functioning. Bring water, small pillow, and mat. LL Studio  
Friday  7:55 – 8:55 AM  8 classes/$64*  
May 13 – July 1 (FIT06-B1101)
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  8 classes/$64*
May 3 – June 21  (FIT07-B1101)
June 28 – August 16  (FIT07-B1102)

Classic Nia  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
Friday  11 AM – 12 PM  12 classes/$96*
June 3 - August 26  (FIT37-B1101)

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*
April 28 – June 2  (FIT63-B1101)
June 9 – July 14  (FIT63-B1102)
July 21- August 25  (FIT63-C1101)

SATURDAY FITNESS CLASSES
H2O 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. Pool
Saturday  9 – 9:55 AM  7 classes/$56*
April 30 – June 18  (FIT32-B1101)  no class 4/23, 5/28
June 4 - June 25  (FIT32-B1102)  4 classes/$32*
July 9 - July 30  (FIT32-C1101)  4 classes/$32*
August 6 - August 27  (FIT32-C1102)  4 classes/$32*

Aqua Toning ‘n Pilates  C. Winton
Build Core strength/increase flexibility. Blends standing Pilates techniques and low impact aerobics. Bring water shoes and water bottle. Pool
Saturday  10 – 10:55 AM  4 classes/$32*
May 7 – June 4  (FIT46-B1103)  no class 5/28
June 11 – July 9  (FIT46-B1106)  no class 7/2
July 16 – August 6  (FIT46-C1103)
August 13 – August 27  (FIT46-C1104)  3 classes/$24*

Aqua Therapy  C. Winton
Simple moves in warm water. Exercises that strengthen both muscles and bones, without stressing painful or compromised joints. Good for arthritis, MS, knee/hip pain, general body aches and management of diabetes. Pool
Saturday  11 - 11:45 AM  4 classes/$32*
May 7 – June 4  (FIT29-B1103)  no class 5/28
June 11 – July 9  (FIT29-B1106)  no class 7/2
July 16 – August 6  (FIT29-C1103)
August 13 – August 27  (FIT29-C1104)  3 classes/$24*

Open Swim  (FIT30-varies)  $10/month
Occasionally, the pool is available on Saturdays for Open Swim. Check the monthly swim calendar posted online (www.bloomfieldtwp.org/seniors) or call the Center (248-723-3500) to check availability.
Register monthly at main level reception for unlimited visits during scheduled times. BT Residency required. Must confirm registration with lifeguard before entering pool.

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!
**Line Dancing**

Instructor: Millie Minkow  
Tuesday, June 14 (FIT74-C1101)  12 – 12:50 PM  
Are you interested in bringing back line dancing classes?  Residents may try a 50 minute complementary demonstration class. Easy to learn routines done to toe tapping country tunes and pop music. Great exercise and great fun! Wear comfortable clothes and sport soled shoes. Bring water. Registration required as class size is limited. (Interest will determine if class will be added to Fall lineup of offerings!)  BT Residency required.

**Pickleball**

Mondays  1 - 2:30 PM  LL Fitness Studio  
◇ The same great game as tennis but played on a smaller court and played with a paddle and a waffle ball. Easy to learn and can develop into a quick, competitive game. Sign in at ML reception.

**Racewalking Clinic**

Wednesdays  11:15 AM  LL Fitness Studio  
Learn the art of racewalking for fitness and/or competition training. An excellent form of exercise, racewalking requires no special equipment and is easy on your joints. Sign in at main level reception. Please register your interest (FIT73).

For more information, call Vance Genzlinger at 248-646-2864; e-mail him at vance@genzlinger.com, or leave your name and number at BTSS (248) 723-3500 and he’ll return your call.  BT Residency required.

**Ping Pong**

Wednesdays  2:30 – 4:30 PM  LL Fitness Studio  
◇ New opportunities growing with a ping pong table in the lower level fitness studio. Residents interested in playing are asked to register on the interest list (FIT75). You’ll be contacted about details for future play.

**New Fitness Coordinator: Maggie Barclay**

Maggie is passionate about fitness for all levels of ability and has the creativity and drive to take our successful program to even higher levels. Please email your suggestions for class ideas or successful instructors you may know to Maggie at mbarclay@bloomfieldtwp.org.

Please share your thoughts on new concepts currently under consideration which include:

- **Small Group Personal Training** - Personal Training in groups of 3-6
- **Individual Personal Training**
- **Drums Alive** - Cardio & muscle workout using drum sticks & stability balls. Rhythms and upbeat music are used to promote hand eye coordination, and to have fun!!
- **Beamfit** - Mind/Body program to improve balance, strength using a “cushioned beam” on the floor.
- **Zumba Toning** - Zumba with muscle toning using toning sticks that shake like maracas.
**BTSS Office Volunteer**

Our most pressing need is for Office Volunteers. 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 on a 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 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 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@bloomfieldtwp.org

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

Call Joan for more information 248-723-3500.

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


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Thank you volunteers! 800+ Hrs. in Feb. - April


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Thank you “Chicks With Sticks!”

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

Supportive Services
Bloomfield Township Senior Services
4315 Andover Road, Bloomfield, MI 48302-2091
Phone: 248-723-3500  Fax: 248-723-3519
Web: www.bloomfieldtwp.org/Seniors
Summer 2011

Bloomfield Township Senior Services, in cooperation with the Area Agency on Aging, will begin counseling residents who have questions regarding Medicare coverage and prescription drug plans. Diana Wise, RN, gerontologist and certified Medicare counselor, will take appointments for private consultations beginning June 9, 2011 on the second and fourth Thursday of each month through August.

Diana will assist you in understanding Medicare Health Coverage, explaining Medicare Prescription Drug Plans, navigating “Medicare.gov”. If you are new to Medicare or soon to be, attending a private session this summer will help prepare you to make good choices. Call BTSS at 248-723-3500 to schedule an appointment.

Younger Onset Alzheimer’s Support Group
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.

Meetings are held on the 3rd Wednesday of the month from 5:30 - 7:00 pm at 4315 Andover Road. Advance registration appreciated: call 248-996-1054 to register. Any questions about the group, please call Ashton Clark at 248-915-5899.

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

<table>
<thead>
<tr>
<th># in Household</th>
<th>Max. Household Income</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>$24,450</td>
</tr>
<tr>
<td>2</td>
<td>$27,900</td>
</tr>
</tbody>
</table>

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

Medicare Coverage & Prescription Drug Plans Counseling
(SVC13-VARIES)
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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 3rd Wednesday of each month from 11 a.m. until 12:30 p.m. Stop in on one of these dates:

May 18  June 15  July 20  August 17

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 Robert Meneely, Lou Barbone, Stanley Puidokas, Bob Pahlow, Warren Wolfe and Alice Allison.

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.

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.

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. For an application, call 248 858-5401.

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 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.

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.

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
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.

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.

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.

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.
### ART

**Creative Watercolor**  
**K. Halpem**  
**Wednesday 1:30 - 3:30 PM**  
**9 classes/$118***  
**June 22 – August 17 (ART02-B1102)**  
Painting techniques, skills, color theory & design principles, perspective & proportion interwoven as you explore varied subjects and styles. Individualized, supportive setting for all skill levels. **Supply list at Office**

**Drawing Basics**  
**K. Halpem**  
**Monday 9:30-11:30 AM**  
**9 classes/$118***  
**June 20 – August 22 (ART03-B1101)**  
**no class 7/4**  
Learning to draw is fun, and you can do it! introduces tips that enable students to draw varied subjects using a few basic materials. Each new lesson learn about perspective, proportion, shading, and composition. Plenty of individualized attention in a supportive and relaxed atmosphere will foster great results. Ask for the supply list.

**Jewelry Beading**  
**T. Ruby**  
**Thursday 1:30 – 3:30 PM**  
**2 classes/$28***  
**June 21 & 23 (ART07-B1101)**  
Learn to create beautiful beaded jewelry. We will use seed beads and stone cabochons to make a unique pendant. Bring your own supplies or purchase a kit ($10 first day of class) from the instructor.

**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/stain glass is offered. 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. Gladly accepting “like new” yarn donations.**

### BOOKS

**Book Club**  
**1ST Friday 10 – 11:30 AM**  
**Facilitator: Janice Bellefleur 248-335-7383**  
Books on loan thru BT Public Library service desk. **Returns in September.**  
June 3: “Cutting for Stone” Verghese

**Booked For Lunch**  
**Connie Silver, BTPL**  
**Wednesday 12:30 PM**  
June 8, July 13, August 10  
Bring your lunch or not and join us for an informal book talk. Connie adds new book selections every month.

### 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 – Noon**  
**Wednesday, 12:30 – 3:30 PM**  
**Thursday, 11 – 1 PM**  
**Friday, 1 – 3 PM**  
**Saturday, 10 AM – Noon**

**Meet the Internet**  
**V. Sinclair, Micro Techniques**  
**Monday/Wednesday 10 AM – 12 PM**  
**2 classes/$54***  
**May 23 & 25 (COM03-B1101)**  
**Wednesday 10 AM – 12 PM**  
**2 classes/$54***  
**June 22 & 29 (COM03-B1102)**  
Instruction includes customizing home page, creating bookmarks, surfing the web using links, increasing text size for viewing and common security issues.

**Meet the PC**  
**V. Sinclair, Micro Techniques**  
**Monday/Wednesday 10 AM – 12 PM**  
**2 classes/$54***  
**June 13 & June 15 (COM01-B1102)**  
Slower paced course covering computer fundamentals.
Digital Photo Editing for Online Use  
V. Tatseos

**Wednesdays 9-10 AM or 11 AM-12 PM**  
Fee: $15*

- May 11 (COM28-B1101) 9-10 AM
- May 11 (COM28-B1102) 11 AM-12 PM
- May 18 (COM28-B1103) 9-10 AM
- May 18 (COM28-B1104) 11 AM-12 PM
- May 25 (COM28-B1105) 9-10 AM
- May 25 (COM28-B1106) 11 AM-12 PM

Digital cameras provide wonderfully detailed photos that are extremely large in size and not always suited for online viewing and sharing. This class will provide a few tips and tricks to get digital photos ready for email and Facebook. Photo resizing will be practiced along with a few ways to edit photos for sharing online. Limited class size.

### Games

<table>
<thead>
<tr>
<th>Game</th>
<th>Time</th>
<th>Instructor</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bridge Club</td>
<td>Mon/Fri 12:45 PM/Play: 1 PM</td>
<td>Maurice Vachon</td>
<td>(no bridge 7/4)</td>
</tr>
<tr>
<td>Canasta - Beginner</td>
<td>Tue 10:15 AM – 12:15 PM</td>
<td>L. Gorosh</td>
<td>4 classes/$60*</td>
</tr>
<tr>
<td>Canasta - Intermediate Strategy</td>
<td>Tue 12:45 - 2:45 PM</td>
<td>L. Gorosh</td>
<td>4 classes/$60*</td>
</tr>
<tr>
<td>Euchre &amp; Pinochle</td>
<td>Thu 11:15 AM</td>
<td>Joanne Carmichael</td>
<td>248-626-0719</td>
</tr>
<tr>
<td>Mah-jongg-Intermediate</td>
<td>Tue 10:30 AM – 12:30 PM</td>
<td>S. Houghtby</td>
<td>4 Classes</td>
</tr>
<tr>
<td>Mah-jongg Play</td>
<td>Thu 1 – 4:30 PM</td>
<td>Elinor Yolles</td>
<td>248-737-8047</td>
</tr>
<tr>
<td>Poker</td>
<td>2nd, 3rd, 4th and 5th Wed 12 – 4 PM</td>
<td>Joann Capoccia</td>
<td>248-681-8533</td>
</tr>
</tbody>
</table>

### Celebrations!

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Armed Forces Day</td>
<td>Thu May 19</td>
<td>1:30 – 3:00 PM</td>
<td>Join us for an Armed Services Day Celebration</td>
</tr>
<tr>
<td>New Film</td>
<td></td>
<td></td>
<td>“Our Vietnam Generation” by Keith Famie</td>
</tr>
<tr>
<td>Ice Cream Social</td>
<td>Thu July 14</td>
<td>1 PM</td>
<td>Join us for a good old fashioned ice cream social while</td>
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<td></td>
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<td>enjoying music by The Ban-Joes of Michigan. Graciously</td>
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<td></td>
<td>sponsored by Maple Village.</td>
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<tr>
<td>Movie Classic</td>
<td>Fri</td>
<td>1 PM</td>
<td>Friday afternoon classic movie greats with popcorn!</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>“To Kill A Mockingbird” 1962 Drama</td>
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<td></td>
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<td>Starring: Gregory Peck, Robert Duvall</td>
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<td>“Enchanted April” 1935 Romantic, Comedy</td>
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<td></td>
<td>Starring:  A. Harding, F. Morgan, K. Alexander</td>
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<td></td>
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<td>“12 Angry Men” 1957 Drama</td>
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<tr>
<td>Movie Mania</td>
<td>Fri</td>
<td>1 PM</td>
<td>Friday afternoon late release films with popcorn!</td>
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<td></td>
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<td>“127 Hours” 2010 Drama</td>
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<td></td>
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<td></td>
<td>Starring: James Franco</td>
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<td>“The Social Network” 2010 Drama</td>
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<td></td>
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<td></td>
<td>Starring: Jesse Eisenberg</td>
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<td>“The Fighter” 2010 Drama</td>
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<td></td>
<td></td>
<td></td>
<td>Starring: Mark Wahlberg, Christian Bale, Amy Adams</td>
</tr>
</tbody>
</table>

### Music

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEW! BTSS Senior Band</td>
<td>2nd &amp; 4th Tue 10 AM</td>
<td>Vance Ginzlinger 248-646-2864</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Help bring BTSS events alive with swing and/or band music from our own band! Open to all whether you play regularly or haven't done so in years. Grab your instrument and join the band!</td>
</tr>
</tbody>
</table>
Sing for Fun Chorale  
1st & 3rd Tuesday  (No 6/21)  10 AM – 12 PM  
Accompanist:  Joan Bowes  248-335-5566  
Director:  Helene Mayo  248-646-6704  
Would you like sing just for fun? Join the BTSS chorus.  
No auditions or solos required.  All are welcome.

**UNIQUE TOPICS**

**Italian Group - Gruppo Italiano**  
2nd Friday*  10:00 AM  
Facilitator:  Angie Giffels  248-645-0958  
Open to all interested in art, culture, history & language of Italy.  Affiliate of Dante Alighieri Society, Michigan Chapter.  
(* No meetings: July or August. Returns in September.)

**NEW! BTSS White Horse Society**  
Begins May 26th  4th Thursday  10 AM  
This group is for those interested in theology, philosophy and/or science and the relationship between them.  The goal is to learn from each other on an agreed upon topic.  Everyone will have the opportunity to express his/her views and discuss them respectfully.  Come stretch your mind and enjoy a new topic every month.  
* White Horse often signifies understanding as to truth and good.

**“Are you Ready for the ER?”**  
Wednesday, June 8 (EDU53-B1102)  10:30 - 11:30 AM  
The more information a patient provides in a systematic way, the easier it is to provide proper treatment in a timely manner.  Author, John Genovesi, outlines steps to better prepare for most medical emergencies and hospitalizations at this presentation and book signing.  
Preregistration requested.

**Road Scholar (formerly Elder-Hostel)**  
Thursday, June 16 (EDU53 –B1103)  1:30 PM  
If you love travel and education, this is for you!  Attend this presentation on the Road Scholar, formerly the Elder-Hostel program.  Carole Doll, Road Scholar Ambassador for many years, will share her numerous adventures in lifelong learning traveling the USA, Canada and 90 countries around the world.

**Senior Women’s Club**  
Facilitator:  Myrna Ann Hinkson  
Enjoy our dynamic speakers and luncheon** program catered by Salvatore Scallopini.  (**Must pre-register at least 3 days in advance.)  
4th Wednesday  11:30 AM – 1:30 PM  $10/$20*  
May 25 (SOC28-B1102)  Cindi Rosner Kell  “Be Active and Stay Motivated”  
SWC breaks for summer and returns in September.

**Senior Men’s Club**  
Facilitators:  Bruce Madsen & Jim Grady  
Enjoy entertaining speakers, male camaraderie & a light breakfast.  Preregistration requested.  
3rd Wednesday  9:30 – 11:30 AM  $6*  
June 15 (SOC27-B1101)  A Competitive Robotics Demo  
John Prepolec & Andover High School Robotics Team  
July 20 (SOC27-C1101)  Are You Ready?  
Mike Loper, Homeland Security Specialist, Oakland Cty.  
August 17 (SOC27-C1102)  The Sky’s the Limit  
Robert Wilke, V.P. Business Dev., Jet Support Services  
Photo interpretation of air craft from WWII thru today.

**Our Vietnam Generation**  
(SEV10-B1101)  
Thursday, May 19  
1:30 – 3 PM  
Join us to recognize Michigan Vietnam veterans and see the new film by award winning producer Keith Famie, *Our Vietnam Generation.*  
Powerful movie explores this painful chapter in American history through the words of those who lived it.  It gives Vietnam veterans a voice about their past struggles and shows how valuable they are to their communities.  
Sponsored by:  

**Line Dancing**  
Instructor:  Millie Minkow  
Tuesday, June 14 (FIT74-C1101)  12 – 12:50 PM  
Are you interested in bringing back line dancing classes?  Residents may try a 50 minute complementary demonstration class.  See page 7 for more details!  
Pre-registration required.  BT Residency required.

**Ping Pong**  
Wednesdays  2:30 – 4:30 PM  LL Fitness Studio  
New opportunities growing with a ping pong table in the lower level fitness studio.  Residents interested in playing are asked to register on the interest list (FIT75).
“Rigoletto” Michigan Opera Theatre  WAIT LIST
Friday, May 13 (DAY16-B1101)  9:45 AM – 3:45 PM

4th Annual Quilt Exhibit at Madison Place
Saturday, May 14 (DAY17-B1101)  9:30 AM – 2:45 PM
Held at Madison Place Conference Center, the Cameo Quilters Guild will display 200+ quilts at their 4th Annual Quilt Exhibit. There will be a quilt raffle, door prizes and exhibits. Followed by lunch on your own at Clawson Steakhouse.
BTSS Coach  Fee: $12/22*

Metro Book & Author Society Luncheon  WAIT LIST
Monday, May 16 (DAY19-B1101)  10:30 AM – 3:30 PM

“A Lifetime of Cameras” Birmingham Historical Museum
Wednesday, May 18 (DAY20-B1101)  11:30 AM – 2:30 PM
Exhibit features collection of a local resident, 40+ cameras with their accessories and artifacts, along with associated stories and photographs taken by each camera. Followed by lunch on your own at Crust Pizza & Wine Bar.
BTSS Coach  Fee: $7/17*

“Hairspray” Baldwin Theatre  WAIT LIST
Sunday, May 22 (DAY22-B1101)  11:30 AM – 5 PM

Ford Rouge Factory Tour
Wednesday, May 25 (DAY23-B1101)  9:30 AM – 3 PM
Self-guided, five-part experience tour that includes: Legacy Theatre (learn about triumphs and tragedies surrounding the Rouge); Art of Manufacturing Theatre (360-degree look at how automobiles are made); Observation Deck Tour; Assembly Plant Walking Tour (Ford F-150s manufacturing plant); and Legacy Gallery (five historic Rouge vehicles). Followed by lunch on your own at Ten Eyck Tavern.
BTSS Coach  Fee: $20/30*

39th International Glass Exhibit
Thursday, May 26 (DAY24-B1101)  10:30 AM – 3:15 PM
The Habatat Gallery in Royal Oak is host to this world-class exhibit featuring the work of 100 international glass artists. Walking tour of the multilevel gallery will take your breath away. Followed by lunch on your own at Al Makan. Will also stop at Leon & Lulu’s & Doc Sweets in Clawson.
BTSS Coach  Fee: $7/17*

“Hollywood Blockbuster” DSO  9:45 AM-3:30 PM
Jeff Tyzik returns to Orchestra Hall with the music of John Williams plus your favorite film scores from other unforgettable Hollywood movies. Followed by lunch on your own at Bahama Breeze.
BTSS Coach  Fee: $29/39*

“Crimes of the Heart” Tipping Point Theatre  12 Noon - 5:45 PM
Sisterhood is at the core of this Pulitzer Prize and New York Drama Critics’ Award winning dark comedy. Part of a dysfunctional, tragedy filled family; Babe Magrath turns to her sisters after shooting her husband. Reunited at the family home they work through old rivalries, jealousies and disappointments and prove that a girl can always count on her sisters to help pick up the pieces. Begin with lunch on your own at Doc & Dale’s Copper Creek Tavern.
BTSS Coach  Fee: $31/41*

Chelsea Milling Company New Building Tour
Tuesday, June 7 (DAY27-B1101)  8:30 AM – 2:30 PM
Tour the home of everyone’s favorite, Jiffy Mix. They store and mill their own flour, as well as make their own “little blue” boxes. The 1½ 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: $12/22*

“Ernie” Detroit City Theatre  WAIT LIST
Saturday, June 11 (DAY35-B1101)  12:45 – 6:15 PM
Set on Ernie Harwell's last night at Comerica, when the Hall of Fame broadcaster is about to give a moving thank you to a grateful city. Just before he walks onto the grassy field, he encounters an unusual boy who is eager to know all about him, coaxing Harwell into giving one final broadcast -“the broadcast of his life.” Begin with lunch on your own at McCormick & Schmick’s.
BTSS Coach  Fee: $24/34*

Tour of Leader Dogs for the Blind
Tuesday, June 14 (DAY28-B1101)  10:15 AM – 3:30 PM
Founded in 1939, L.D.B. provides dog guides to people who are blind and visually impaired to enhance their mobility, independence and quality of life. This Rochester Hills 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: $8/18*
Franklin Garden Walk
Wednesday, June 15 (DAY29-B1101)  9:30 AM – 3:45 PM
Stroll back in time in the historical village of Franklin. After
the bus tour to three gardens, enjoy a beautiful salad buffet (included) by the Franklin Garden Club, and time to shop at the Gazebo Garden Shop. Following the luncheon the tour will continue to three more gardens. Wear sturdy shoes for considerable walking in the gardens.
BTSS Coach                           Fee: $28/38*

"Elvis Presley" Club 650 OPC
Thursday, June 16 (DAY30-B1101)  5:30 – 9:45 PM
The 650 Players in Rochester produce several entertaining productions in a friendly cabaret setting. This lively production will feature the music of Elvis Presley with songs like Blue Suede Shoes, All Shook Up and many more. Light appetizers included before the performance.
BTSS Coach                           Fee: $23/33*

Guided Walking Tour of the Detroit Zoo
Wednesday, June 22 (DAY31-B1101)  9:15 AM – 1:45 PM
Join us for a 1 ½ hour guided walking tour of the zoo. The zoo has many wonderful exhibits, there’s everything from baby kangaroos running loose...to the Arctic Ring of Life, where you’re submerged in a glass tube to observe the underwater antics of polar inhabitants. Comfortable shoes a must! Lunch on your own at the zoo.
BTSS Coach                           Fee: $21/31*

Benchmark Alpaca Farm Goodrich
Tuesday, June 28 (DAY36-C1101)  10:00 AM – 3:30 PM
Alpacas are adorable cousins of the llamas. Their wool is the most expensive wool sold. Alpacas are gentle inquisitive animals and enjoy the company of people. Get ready for a fun day at the farm, don’t miss it. Followed by lunch on your own after at Cranberries Café.
BTSS Coach                           Fee: $10/20*

Diamond Jack River Tour Wyandotte Dock
Thursday, July 7 (DAY05-C1101)  10:00 AM – 4:15 PM
Enjoy the sparkling waters of the Detroit River, the world’s busiest waterway from the deck of the Diamond Jack River Boat. The boat will leave from the Wyandotte dock passing Bishop Park, Wyandotte Municipal power house, Marmajuda Island and Lighthouse. Steamer Britannia cabins, Grassy & Mud Islands, Ecorse Creek and Frenchman’s Landing during the two hour narrated cruise. Begin with lunch on your own at Portofino’s.
BTSS Coach                           Fee: $22/32*

"Consider the Oyster" Purple Rose Theatre
Wednesday, July 13 (DAY02-C1101)  11:30 AM – 6:30 PM
This deceptively light comedy takes two scientific facts - all oysters are born male then turn female and doctors are now using oyster shells to help repair human bone - and spins them into a modern fairy tale that asks: what does it really mean to love someone? *Contains strong language and sexual situations. Begin with lunch on your own at Common Grill.
BTSS Coach                           Fee: $30/40*

“The Music Man” Encore Theatre, Dexter
Saturday, July 16 (DAY03-C1101)  11:45 AM – 6:30 PM
Meredith Willson’s “The Music Man” follows fast-talking traveling salesman Harold Hill as he cons the people of River City, Iowa into buying instruments and uniforms for a boys’ band he vows to organize. Will Hill carry out his plan and skip town or will his unexpected feelings for beautiful Marian the librarian make him change his ways? Featuring some of musical theatre's most memorable tunes. Begin with lunch on your own at North Point Steak & Seafood.
BTSS Coach                           Fee: $34/44*

Cobblestone Farm Museum Ann Arbor
Tuesday, July 19 (DAY04-C1101)  10:00 AM – 3:15 PM
Join us for a guided walking tour of Cobblestone Farm. You will be engaged in rich sensory experiences based on a farm family’s journey through the seasons and the years. The Cobblestone Farm Association has integrated authentic artifacts, stories and lives to capture the spirit of mid-nineteenth century living. Followed by lunch on your own at Achilles Coney.
BTSS Coach                           Fee: $10/20*

Tour of Garden Park & Tea at the Holly Hotel
Thursday, July 21 (DAY05-C1101)  10:45 AM – 4:30 PM
Enjoy a guided walking tour of Garden Park, built on a 77 acre parcel in Holly. The gardens are fashioned after Post-Renaissance Northern Italian architecture with its arcaded walls and cloistered gardens. The portico walls display life size murals by Evelyn Raskin. A Queen Anne Tea at the Holly Hotel following the garden tour is included. Three elegant courses are served on antique china and imported tea is served in fancy silver and ceramic pots. First course is English-style scones and muffins with Devonshire cream and flavored butters. Second course is petite tea sandwiches, quiches and canapés. Third course is a "sweets" course of fruits, pastries, cakes or tortes.
BTSS Coach                           Fee: $37/47*
Bloomfield Township Garden Railway Tour
Tuesday, July 26 (DAY06-C1101)  10:15 AM – 1:30 PM
What a great opportunity to tour this local Bloomfield Township treasure. Bob & Sharon Dunn, local model train hobbyists, transform their garden each summer into a backyard model train world. Wear comfortable walking shoes to manage the rolling terrain and garden steps. **Followed by lunch on your own at the Moose Preserve.**
BTSS Coach  Fee: $7/17*

Detroit Tigers vs. Los Angeles Angels
Thursday, July 28 (DAY07-C1101)  11:30 AM – 5:30 PM
Take me out to the ballgame… Join us as we cheer on the Tigers and enjoy a great day at Comerica Park. Seats are located in a shaded area. **Lunch on your own at the ballpark.**
BTSS Coach  Fee: $33/43*

Island Queen Boat Ride Kensington Metropark
Wednesday, Aug. 3 (DAY08-C1101)  9:45 AM – 3:30 PM
Enjoy a leisurely cruise on Kent Lake aboard the Island Queen II, a 37 passenger pontoon boat. panoramic vistas as the boat meanders around the lake, among islands and bays, and discover the interesting history of Kensington Metropark. **Followed by lunch on your own at Gravity Bar & Grill in Milford.**
BTSS Coach  Fee: $12/22*

Scarab Club Tour
Friday, Aug. 5 (DAY09-C1101)  10:15 AM – 3:00 PM
Don’t miss a docent led tour of this historic Detroit landmark. Constructed in 1928, it features a famous walled garden and courtyard. The Club was founded in 1907 by a group of artists and art lovers who met to discuss art and socialize. The club’s themed costumed balls were the yearly social event.**Followed by lunch on your own at The Masters.**
BTSS Coach  Fee: $13/23*

MSU Tollgate Gardens Novi Tour
Wednesday, Aug. 10 (DAY10-C1101)  9:30 AM – 2:00 PM
This is a great opportunity to tour the rolling farmland around the Michigan State University Tollgate Education Center. The gardens of Tollgate began in earnest in 1992 with a small group of Master Gardeners who saw the potential of the farm. Since then, the horticultural areas of Tollgate have grown dramatically to encompass the 60 acres owned by MSU and an additional 100 acres provided by the Americana Foundation. **Lunch on your own at Olive Garden following the guided 1 ½ hour walking tour.**
BTSS Coach  Fee: $12/22*

Saarinen House & Grounds Tour
Thursday, Aug. 11 (DAY11-C1101)  10:00 AM – 2:00 PM
The Saarinen House, at Cranbrook, was designed in the late 1920s and served as the home and studio of the Finnish-American designer Eliel & Loja Saarinen. The extraordinary interior, impeccably restored, features the original furnishings, including Eliel’s delicately-veneered furniture and Loja’s sumptuous textiles, as well as early furniture designs by their son Eero. **Lunch on your own following the 1 ½ hour guided tour at Salvatore Scallopini’s.**
BTSS Coach  Fee: $23/33*

Tour of Hamtramck
Thursday, Aug. 18 (DAY12-C1101)  10:30 AM – 4:00 PM
Hamtramck was originally settled by German farmers, but Polish immigrants flooded into the area when the Dodge Brothers’ plant opened in 1914. The city is now the home to many more immigrants but still is dominated by Polish culture. We’ll meet our tour leader and author, Greg Kowalski at St. Florian’s for the 1½ hour bus tour, which includes many of the city’s famous locations such as the Polish Art Center, a Polish bakery and the Hamtramck Historical Museum. **Begin with lunch on your own at Polonia Polish Restaurant.**
BTSS Coach  Fee: $14/24*

Lunch Rattlesnake Club & Anna Scripps Conservatory
The Rattlesnake Club sits on the Detroit River with beautiful views of the Canadian & Detroit skylines. James Beard award winning Chef Jimmy Schmidt will prepare our menu with choice of pre-selected entrée, salad, dessert, and beverage. Following lunch we will tour the Anna Scripps Whitcomb Conservatory on Detroit’s Belle Isle. The Conservatory features five distinct horticultural houses showcasing plants indigenous around the globe as well as an outside Lily Pond Garden and formal perennial gardens.
BTSS Coach  Fee: $ 34/44*

Clinton River Cruise Luncheon
Thursday, Aug. 25 (DAY14-C1101)  10:30 AM – 4:00 PM
Enjoy a lovely fall day aboard the “Clinton Friendship” with views of lovely cabins, homes and lush green foliage lining the banks. A 3 hour cruise and tasty buffet **lunch** are included on the boat. (Roast chicken, Meatloaf, potatoes, salad, vegetable, rolls, coffee, tea & dessert).
BTSS Coach  Fee: $37/47*

Register early!
Trips often close prior to the trip date.
Don’t miss out! Register early.
Michigan Agricultural Fair at the Silverdome
Saturday, Sept. 3 (DAY15-C1101)  10:30 AM – 3:30 PM
The Silverdome will host four days of celebration in September surrounding Michigan’s wonderful agricultural community, with a carnival atmosphere that’s sure to please everyone! The traditional ‘carnival midway’ will feature all the top-tier amusement rides, foods and attractions associated with a fair of this scope, with great attention and detail focused on Michigan’s amazing heritage and pioneering spirit in agriculture that – to this day – plays a highly important role in our State’s economy.
BTSS Coach          Fee:  $7/17*

Detroit’s East Side Tour
Thursday, Sept. 8 (DAY16-C1101)  10:30 AM – 3:45 PM
Experience Detroit's historic East Side Neighborhoods filled with mystery, history and intrigue led by our “Step On Tours Guide”. See impressive and well-preserved homes and buildings, old churches and new uses for old structures. On this tour you will see the Eastern Market, Belle Isle, the Detroit Yacht club and Black Bottom where the Heidelberg Project is located. The tour includes lunch and snacks.
BTSS Coach           Fee:  $33/43*

Lunch at the Whitney
Tuesday, Sept. 13 (DAY17-C1101)  10:45 AM-2:15 PM
The Whitney, Detroit's most iconic mansion, built in 1894 this mansion turned restaurant specializes in award-winning cuisine with unique presentation and flavors you will never forget. Trip participants will choose from a menu select menu prepared by the chef.
BTSS Coach           Fee:  $43/53*

“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:  $39/49*

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. The streets will be closed as 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 on Saturday at Northville's own historical village. Lunch on your own at the festival.
BTSS Coach          Fee: $7/17*

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: $8/18*

“Come Fly Away” at the Fisher Theatre
Tuesday, Sept. 20 (DAY22-C1101)  11:00 AM – 5:00 PM
Come Fly Away is the new Broadway musical that brings together the legendary music of Frank Sinatra and choreographer Twyla Tharp (Movin’ Out) along with a live on-stage big band. The world’s best 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: $ 75/85*

“Daddy Long Legs” Gem Theatre
Thursday, Sept. 29 (DAY21-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: $33/43*

“Wicked” at the Michigan Opera House
Thursday, Dec. 8 (DAY01-D1101)  10:15 AM-4:45 PM
Begin with lunch on your own at Pegasus.
BTSS Coach         Fee: $95/105*

Thank You for Your Donations… Barbara Driver, Regina Roberts, Richard Elton, Agnes Elov, Geraldine Warshawsky, Michael Roth, Rodman Myers, Dorothy Montplaisir, Randy & Sherie Eschels

* 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.
Save the date...

KEYS TO SENIOR TRANSPORTATION
A Resource Fair
Saturday, September 10, 2011
10 AM – 1 PM
(SEV15-C1101)

Our Vietnam Generation
(SEV10-B1101)

Thursday, May 19
1:30 – 3 PM

Join us in recognizing Michigan Vietnam veterans and see the new film by award winning producer Keith Famie, Our Vietnam Generation.

Powerful movie explores this painful chapter in American history through the words of those who lived it. It gives Vietnam veterans a voice about their past struggles and shows how valuable they are to their communities.

Pre-registration requested. Sign-in & payment (free for residents, $2 for guests of residents) day of event.

Sponsor: American House Senior Living Communities

Collection of images and text:

Celebration!!

Ice Cream Social
(SEV10-B1101)

Thursday, July 14
1:00 – 3:00 PM

Join us for a good old fashioned ice cream social while enjoying live music by The Ban-Joes of Michigan

Event free for residents
$2 for guests of residents
Pre-registration requested & sign-in/payment day of event

Graciously sponsored by:

Maple Village

SPECIAL TOPICS...(See pages 10 & 11 for details)

“Are you Ready for the ER?”
Wednesday, June 8
10:30 – 11:30 AM

Road Scholar (formerly Elder-Hostel)
Thursday, June 16
1:30 PM

Senior Men’s Club
9:30 – 11:30 AM

June 15 Competitive Robotics Demo
John Prepolec & Andover H.S. Robotics Team

July 20 Are You Ready?
Mike Loper, Homeland Security Specialist

August 17 The Sky’s the Limit

Senior Women’s Club
11:30 AM – 1:30 PM

May 25 Be Active and Stay Motivated
Cindi Rosner Kelly, Psychotherapist/Composer/Teacher

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 beginning June 7. Call 248-723-3500 to schedule a one-hour appointment. Walk-ins accepted if time allows. No charge for this grant funded program.

Ice Cream Social
(Sev10-B1101)

Thursday, July 14
1:00 – 3:00 PM

Join us for a good old fashioned ice cream social while enjoying live music by The Ban-Joes of Michigan

Event free for residents
$2 for guests of residents
Pre-registration requested & sign-in/payment day of event

Graciously sponsored by:

Maple Village

Line Dancing

Line Dancing
Millie Minkow
Tuesday, June 14 (Fit74-C1101)
12 – 12:50 PM

Are you interested in bringing back line dancing classes? Residents may register for a free 50 minute demonstration class. Easy to learn routines done to toe-tapping country tunes and pop music. Great exercise and great fun! Wear comfortable clothes and sport soled shoes. Bring water. Registration required as class size is limited. (Interest will determine if class will be added to Fall lineup of offerings!) BT residency required.