



# Bloomfield Township Senior Services



Fall 2012

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

INDEX (SS = supplement)

- Adult Day Service.....SS4
- Art Classes.....9
- Aquatics Classes.....3
- Balance Class ..... 7
- Billiards.....10
- Blood Pressure.....SS2
- Book Groups.....9
- BTSS Eligibility.....2
- Cancellations.....2, 3
- Cards/Games.....10
- Caregiver.....1,SS1
- Celebrations!..... 11, 16
- Clubs.....9
- Computers.....9-10
- Cultural Series.....11
- Dance Classes.....4-5
- Day Trips.....12-15
- Donations.....2
- Driver Safety Class .....16
- Enrichment.....9-11
- Evening Fit Classes ...6-7
- Fitness.....3-7
- Fitness Week.....7,16
- Friendship Club..... SS4
- Games.....10
- Grocery Shop.....SS2
- Health Fair.....1
- Home Loan/Repair ...SS3
- Lapidary.....9
- Loan Closet .....SS3
- Meals on Wheels .....SS2
- Mind & Body .....6
- Movies.....11
- Music .....11
- Reassurance.....SS2
- Resident Orientation....11
- Saturday Fit Classes ....7
- Seated Exercise.....5
- Strength Training .....5
- Transportation.....16, SS2
- Unique Topics .....11
- Volunteering.....8



## Health Fair & Flu Shot Clinic

**Friday, October 26**  
**9:00 a.m. – 2 p.m.**

- ◆ Blood Pressure Check    ◆ Body Mass Index
- ◆ Blood Sugar                ◆ Hearing
- ◆ Cholesterol                ◆ 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 at 9 a.m.*

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

**Sponsored by**



**ST. JOSEPH MERCY  
OAKLAND**  
SAINT JOSEPH MERCY HEALTH SYSTEM

## Fitness Week

### September 4-7

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.

### FOCUS ON CAREGIVERS

*Caregiving of yourself or someone you love requires support and resources. We are pleased to host these valuable programs. See the yellow Services Supplement for additional information. Registration required.*

#### Family Caregiver Alzheimer's Training

Mondays, 9/17 – 10/8 11 AM – 12:30 PM or  
Wednesdays, 9/19 – 10/10 6 – 7:30 PM  
Four part series on topics relevant to those caring for an aging parent or relative with Alzheimer's disease or other dementias.

#### Creating Confident Caregivers

Mondays, 10/22 – 11/26 2 – 4 PM  
Learn strategies to create a positive caregiving environment, reduce stress, manage behaviors caused by dementia and plan daily activities.

#### Caregivers' Forum

2<sup>nd</sup> Monday of Month 4 – 5:30 PM  
Learn about programs and services available to caregivers whose loved ones are experiencing dementia. Opportunities for support and sharing.

#### Younger Onset Caregiver

3<sup>rd</sup> Wednesday of Month 5:30 - 7 PM  
Early-onset Alzheimer's disease affects people who are under 65. Support group for caregivers of persons with early stage memory loss.

#### PATH Workshop

(Personal Action Toward Health)  
Tuesdays, 9/11 – 10/16 10 AM – 12:30 PM  
Fun and interactive workshop that helps participants with a long term health condition improve their health and feel better.

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

## "Adult Day Services: Care, Compassion, Community"

September 16-22 is National Adult Day Service week which is designed to bring recognition to services that support people living with the challenges of dementia and their family caregivers. Our own Adult Day Service, Friendship Club, provides over 1,000 hours of direct care to residents and their families each month.

What is Adult Day Service? A unique opportunity for older adults experiencing progressive memory loss which 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 caregiving enables families to keep their loved ones at home by providing much needed respite and support. For more details, please turn to page 4 of the yellow Services Supplement or visit our website to see a 20 minute video highlighting Friendship Club activities.

(<http://www.bloomfieldtwp.org/Services/cable/Videos/ActiveLiving.htm>)

We will also be offering several workshops for family caregivers this fall including Creating Confident Caregivers, PATH (Personal Action Toward Health) and Alzheimer's Association seminars. Please see the cover of the yellow Services Supplement for details on registration and topics.

## Christine Tvaroha

[ctvaroha@bloomfieldtwp.org](mailto:ctvaroha@bloomfieldtwp.org) (248) 723-3500

### Thank you...

Woodward Hills Nursing Center  
(U of M vs. MSU Tailgate Celebration sponsor)

St. Joseph Mercy Oakland  
(Health Fair & Flu Shot Clinic sponsor)

### Subscribe to our E-Newsletter

Visit the Township website at  
[www.bloomfieldtwp.org/seniors](http://www.bloomfieldtwp.org/seniors)

and click on the  
**Mailing List** tab at the top of the page.

Thank You for Your Donations\*... Magdalena Predeteanu, Michael Jones, Agnes Evlow, Letha Kuesel, Barbara Driver, Sally Taylor, Faye Starr, Lori Beirne-Kennedy,

#### \* 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.

## 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

Corinne Khederian, 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. 1 & Monday, Sept 3

Thursday - Saturday, November 22-24

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

- Priority registration begins for confirmed BT residents the date the newsletter is mailed, two weeks later for non-confirmed or non residents.
- 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 own transportation to/from 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. Water shoes encouraged.*

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

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

**Open Swim** (FIT30-varies) **\$10/month**  
 Register monthly at main level reception for unlimited visits during scheduled times. Must confirm registration with lifeguard before entering pool. Current monthly calendar available online and in the Center. *BT Residency required.*

**Aqua Core & More Circuit** K. Haw  
 Burn calories, tone your body and strengthen your cardiovascular system while having fun with barbells, noodles, kickboards, and more!! Finish with a relaxing stretch. Bring water bottle & towel. Aqua shoes recommended.

**Tuesday** **9 - 10AM**  
 Sep 11 – Oct 16 (FIT89-C1203) **6 Classes/\$30\***  
 Oct 23 – Nov 27 (FIT89-D1201) **6 Classes/\$30\***

**Thursday** **9 - 10AM**  
 Sep 13 – Oct 18 (FIT89-C1204) **6 Classes/\$30\***  
 Oct 25 – Nov 29 (FIT89-D1202) no class 11/22 **5 Classes/\$25\***

**H<sub>2</sub>O Interval** L. Harbour  
 For active exercisers, intervals of high intensity exercises followed by toning with resistance equipment & stretching.

**Tuesday** **10:30 - 11:30 AM**  
 Sep 11 – Oct 16 (FIT83-C1203) **6 classes/\$36\***  
 Oct 23 – Nov 27 (FIT83-D1201) **6 classes/\$36\***

**Wednesday** **8-9 AM (New day & time!)**  
 Sep 12 – Oct 17 (FIT83-C1204) **6 classes/\$36\***  
 Oct 24 – Nov 28 (FIT83-D1202) **6 classes/\$36\***

**Thursday** **10:30-11:30 AM**  
 Sep 13 – Oct 18 (FIT83-C1205) **6 classes/\$36\***  
 Oct 25 – Nov 29 (FIT83- D1203) no class 11/22 **5 classes/\$30\***

**Friday** **8-9 AM (New day & time!)**  
 Sep 14 – Oct 19 (FIT83-C1206) **6 classes/\$36\***  
 Oct 26 – Nov 30 (FIT83-D1204) no class 11/23 **5 classes/\$30\***

**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.

**Saturday** **9 - 10 AM**  
 Sep 15 – Sep 29 (FIT32-C1203) **3 Classes/\$24\***  
 Oct 6 – Oct 27 (FIT32- D1201) **4 Classes/\$32\***  
 Nov 3 – Nov 17 (FIT32-D1202) **3 Classes/\$24\***

**Fluid Moves** K. Housey  
 Basic aerobic routine to elevate heart rate, followed by unique stretches using noodles, buoys, balls and kickboards. Full body workout concludes with floating relaxation. Improve upper/lower body strength, balance and concentration. Great for aquatic class beginners. Bring a water bottle. Water shoes recommended.

**Wednesday** **11:00 AM – 12:00 PM**  
 Aug 8 – Aug 29 (FIT86-C1203) **4 Classes/\$32\***  
 Sep 12 – Oct 17 (FIT86-C1204) **6 Classes/\$48\***  
 Oct 24 – Nov 28 (FIT86-D1201) **6 Classes/\$48\***

**Saturday** **10:30 – 11:30 AM**  
 Sep 15 – Oct 20 (FIT86-C1205) **6 Classes/\$48\***  
 Oct 27 – Nov 17 (FIT86- D1202) no class 11/24 **4 Classes/\$32\***

**Aqua Power Aerobics** A. Chi  
 Fun, fast paced water aerobics using a variety of equipment that will challenge and motivate you.

**Tues/Thurs** **6 – 7 PM**  
 Sep 11 – Sep 27 (FIT27-C1203) **6 Classes/\$48\***  
 Oct 2 – Oct 25 (FIT27-D1201) **8 Classes/\$64\***  
 Oct 30 – Nov 15 (FIT27-D1202) **6 Classes/\$48\***

**New! Ultimate H2O** K. Haw  
 Get ready to shake it up each week with this creative workout that will be fun and effective! Class will include a variety of cardio and strength training workouts, ending with a relaxing stretch. All levels welcome! Options for modifications will be offered.

**Mondays** **9:30-10:30 AM** **4 classes/\$20\***  
 Sept 10 - Oct 1 (FIT 95-C1201)  
 Oct 8 – Oct 29 (FIT95-C1201)  
 Nov 5 – Nov 26 (FIT95-D1202)

**New! Aqua Fit** L. Harbour  
 Cardio & strength workout that will increase your cardiovascular endurance, strengthen & stretch all the major muscle groups, and reduce stress! Noodles, buoys, bands, and more will be used in this fun class that is gentle on the joints!

**Wednesday/Friday** **9:30 -10:30 AM**  
 Sep 12 - Sep 28 (FIT96-C1201) **6 classes/\$30\***  
 Oct 3 – Oct 26 (FIT96-D1201) **8 classes/\$40\***  
 Oct 31 – Nov 30 (FIT96-D1202) no class 11/23 **9 classes/\$45\***

# 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.*

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

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

## CARDIO

**New!** Cardio Party M. Barclay  
Shake up your workout with this class! Enjoy a variety of cardio workouts such as traditional aerobics, kickboxing, intervals and more! Class also includes resistance training and core work, finishing with a relaxing stretch. Wear supportive shoes, bring a mat, weights, and a water bottle. Intermediate level class with floorwork.

**Tuesday 9-10 AM 6 classes/\$30\***

Sep 11 – Oct 16 (FIT97-C1201)

Oct 23 – Nov 27 (FIT97-D1201)

Cardio Circuit Challenge S. Rubinstein  
For active exercisers, intervals of cardio, strength training & core building. Finish with relaxation stretching. Bring mat & water. LL Studio

**Wednesday 7:15 - 8:15 AM**

Sep 12 – Oct 17 (FIT61-C1203) **6 classes/\$50\***

Oct 24 – Nov 28 (FIT61-D1201) **6 classes/\$50\***

**Thursday 5:30 – 6:30 PM**

Sep 13 – Oct 18 (FIT61-C1204) **6 classes/\$50\***

Oct 25 – Nov 29 (FIT61-D1202) no class 11/22 **5 classes/\$42\***

Creative Crosstraining M. Barclay  
Your body is a fine tuned machine that will quickly adapt to a workout. Avoid plateaus by cross training! One low price includes: Strength & Balance, Drums Alive, Zumba Gold, Chair Yoga, Cardio Party, & Gentle Moves Yoga. LL Studio *BT Residency Req.*

**M/T/W/TH/F Times Vary 30+ classes/\$70**

Sep 11 – Oct 19 (FIT77-C1202)

Oct 23 – Nov 30 (FIT77-D1201)

Drums Alive® M. Barclay  
Experience this unique high energy rhythmical workout! Combine traditional, simple aerobic movements with powerful beat of the drum. This is full body workout is for everyone and is a powerful tool for stress reduction and mental balance. Participants can be seated or standing. Bring a stability ball and light hand weights. LL Studio

**Friday 10 – 11 AM**

Sep 14 – Oct 19 (FIT47-C1202) **6 classes/\$30\***

Oct 26 – Nov 30 (FIT47-D1201) no class 11/23 **5 classes/\$25\***

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 welcomes all fitness levels. LL Studio

**Wednesday (1 hr.) 7 – 8 PM**

Sep 12 – Oct 17 (FIT78-C1203) **6 classes /\$36\***

Oct 24 – Nov 28 (FIT78-D1201) no class 11/21 **5 classes /\$30\***

**Friday (45 min.) (New day!) 8 - 8:45 AM**

Sep 14 – Oct 19 (FIT78-C1204) **6 classes /\$30\***

Oct 26 – Nov 30 (FIT78-D1202) no class 11/23 **5 classes /\$25\***

Senior Fit Aerobics S. Rubinstein  
Low impact aerobic movement with easy to follow patterns. Improve coordination & balance, strengthen heart & lungs, increase muscle strength & improve flexibility. Some floorwork. Beginners welcome. Bring hand weights, mat & water. LL Studio

**Monday/Thursday 9 – 10 AM**

Sep 10 – Oct 18 (FIT09-C1202) **12 classes/\$50\***

Oct 22 – Nov 29 (FIT09-D1201) no class 11/22 **11 classes/\$46\***

Senior Fit FLEX Aerobics **10 classes/\$60\***

*Add flexibility to SeniorFit Aerobics workout schedule.*

Valid for classes in any current SeniorFit Aerobics session. (FITFLEX2012)

## PICKLEBALL & TABLE TENNIS

Pickleball Drop In

Mondays 1-2:30 PM (beginners)

Thursdays 2:30-4 PM (experienced)

Table Tennis Drop In

Wednesdays 1-3 PM

Friday 2:15-4:00 PM

## DANCE

Ballroom Dance B. Scheff  
Easy to learn ballroom dancing! Learn footwork, timing and how to lead or follow while having fun & meeting people. Instructor has over 41 years of experience. Bring clean soft sole shoes to wear. Partners encouraged but not required.

**Monday 3:00-4:00 PM**

Sep 10 – Oct 15 (FIT90-C1205)

Oct 22 – Nov 26 (FIT90-D1203)

**6 classes/\$30\***

**6 classes/\$30\***

### Line Dancing

C. Culbert

Learn basic steps, along with easy to do routines to pop music and toe tapping country tunes! Wear comfortable clothing, supportive shoes & bring water bottle! LL Studio

**Tuesday (Beginners) 3:30-4:30 PM 6 classes/\$30\***

Sep 11 – Oct 16 (FIT74-C1203)

Oct 23 – Nov 27 (FIT74- D1201)

**Friday (Intermediate) 12:30-1:30 PM**

Sep 14 – Oct 19 (FIT74-C1204) **6 classes/\$30\***

Oct 26 – Nov 30 (FIT74-D1202) no class 11/23 **5 classes/\$25\***

## SEATED

### Easy Does It – Chair

S. Rubinstein

Seated exercise improves circulation, flexibility, muscle strength & reduces stress in a fun, supportive atmosphere. Focus on balance to help prevent falls. Resistance bands, hand weights provided. LL Studio

**Monday/Thursday 10:15 - 11 AM**

Sep 10 – Oct 18 (FIT08-C1202) **12 classes/\$50\***

Oct 22 – Nov 29 (FIT08-D1201) no class 11/22 **11 classes/\$46\***

### Chair Yoga

M. Barclay

Incorporates breathing with gentle adaptive exercise. Regardless age or physical limitations improve flexibility, strength and balance as you stretch. Chair or bar can be used for support in optional standing poses. LL studio

**Monday 11:30 AM – 12:30 PM 6 Classes/\$30\***

Sep 10 - Oct 15 (FIT56-C1203)

Oct 22 – Nov 26(FIT56-D1201)

**Wednesday 11:30 AM – 12:30 PM 6 Classes/\$30\***

Sep 12 – Oct 17 (FIT56-C1204)

Oct 24 – Nov 28 (FIT56-D1202)

### **New!** Drums Alive-Seated

K. Housey

Unique, seated workout combining basic upper body movements, stretching and rhythmic drumming. Excellent for mental focus, balance and stress reduction. Can also be done standing. Wear comfortable clothing and bring water bottle.

**Friday 11:15 AM – 12:00 AM**

Sep 14 – Oct 19 (FIT98-C1202) **6 classes/\$24\***

Oct 26 – Nov 30 (FIT98-D1201) no class 11/23 **5 classes/\$20\***

## STRENGTH

### **New!** Osteoball Resistance Training

R. Jean

Isometric workout using the osteoball to build bone mass and strengthen muscle. Additional focus spent on balance and flexibility. Joint friendly workout.

**Thursday 1:30 - 2:20pm**

Sep 13 – Oct 18 (FIT65-C1201) **6 classes/\$30\***

Oct 25 – Nov 29 (FIT65-D1201 no class 11/23) **5 classes/\$25\***

### Supervised Strength Training

S. Rubinstein

Supervised class for personalized instruction for *safest most effective* workout. Develop the best habits for long term use of cardio and pneumatic weight machines. Stretching included. **Includes Fitness Open Hours during the course of session. BT Residency required.**

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

Sep 10 – Oct 17 (FIT01- C1205) no class 9/17 & 26

**10 classes/\$57**

Oct 22 – Nov 28 (FIT01-D1201)

**12 classes/\$68**

**Monday/Wednesday 6:30 – 7:30 PM**

Sep 10 – Oct 17 (FIT01-C1206) no class 9/17 & 26

**10 classes/\$57**

Oct 22 – Nov 28 (FIT01-D1202) No class 11/21 **11 classes/\$62**

**Wednesday/Friday 9 - 10 AM**

Sep 12 – Oct 19 (FIT01-C1207) no class 9/26 **11 classes/\$62**

Oct 24 – Nov 30 (FIT01- D1203) no class 11/23 **11 classes/\$62**

### Strength Training/Cardio Orientation

S. Rubinstein

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

For exercisers experienced in weight machines and cardio equipment usage. Overview designed to move from machine to machine with brief explanation for safe & effective use. Not for beginners. BT Residency req'd.

**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. Exchange **BTSS ID** for workout I.D. tag each visit.

**\$15/mo or \$80/6 consecutive months** (6 month registration must be processed by BTSS staff not online)



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



Whether you are a new open hours participant or regular exerciser, come to these selected hours to make sure you are using our equipment properly and getting the most out of your workout.

**Current Fitness Open Hours registration required.**

**Tues & Thurs 1-3 PM**

**Wed & Fri 10-11 AM**

### On the Ball

S. Rubinstein

Challenging class for beginners & experienced. Improve balance & strengthen core muscles. Learn to use your stability ball while sitting and lying on ball. Weights are used. Bring ball, mat, & weights. LLStudio

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

Sep 11 – Oct 16 (FIT12-C1203)

Oct 23 – Nov 27 (FIT12-D1201)

**Strength & Balance – Level 1** M. Barclay  
 Build strength and boost your balance! Class done mostly seated using stability & bosu balls, foam rollers, and your own body weight. Bring light hand weights, water bottle and a smile. This class will not go to the floor. LL Studio  
**Tuesday 1:30 - 2:15 PM** (*Time Change!*) 6 classes/\$30\*  
 Sep 11 – Oct 16 (FIT79-C1202)  
 Oct 23 – Nov 27 (FIT 79- D1201)

**Strength & Balance – Level 2** R. Jean/M. Barclay  
 Build strength & boost your balance! Class done standing and on the floor using stability and bosu balls, foam rollers, and your own body weight. Bring light hand weights, stability ball, yoga mat, & water bottle. LL Studio  
**Wed (Jean) 8:30-9:15 AM** 6 classes/\$30\*  
 Sep 12 – Oct 17 (FIT80-C1202)  
 Oct 24 – Nov 28 (FIT80-D1201)  
**Friday (Barclay) 9 – 9:45 AM** 6 classes/\$30\*  
 Sep 14 – Oct 19 (FIT80-C1203)  
 Oct 26 – Nov 30 (FIT80-D1202)

**New!** **Glutes & Abs** S. Rubinstein  
 This class is designed to focus on strengthening and defining the gluteal muscles along with a variety of abdominal and back exercises to develop core strength and firming of the belly. Suitable for beginners as well as experienced exercisers. Bring floor mat and water.  
**Monday 8 - 8:45 AM** 6 classes/\$42\*  
 Sep 10 – Oct 15 (FIT92-C1201)  
 Oct 22 – Nov 26 (FIT92-D1201)  
**Wednesday 5:30 - 6:15PM**  
 Sep 12 – Nov 17 (FIT92-C1202) 6 classes/\$42\*  
 Oct 24 – Nov 28 (FIT92-D1202) No class 11/21 5 classes/\$35\*

**MIND BODY**

**Chair Yoga** M. Barclay  
 Incorporates breathing with gentle adaptive exercise. Regardless of age or physical limitations improve flexibility, strength & balance as you stretch. Chair/bar can be used for support in optional standing poses. LL studio  
**Monday 11:30 AM – 12:30 PM**  
 Sep 10 - Oct 15 (FIT 56-C1203) 6 classes /\$30\*  
 Oct 22 – Nov 26 (FIT56-D1201) 6 classes /\$30\*  
**Wednesday 11:30 AM – 12:30 PM**  
 Sep 12 – Oct 17 (FIT56-C1204) 6 classes /\$30\*  
 Oct 24 – Nov 28 (FIT56-D1202) 6 classes /\$30\*

**New!** **Lunchtime Stretch** L. Harbour  
 Class emphasizes well-being by releasing muscle tension, decreasing stress, reinforcing proper alignment and form, enhancing coordination and improving flexibility. This class WILL go to the floor.  
**Tuesday/Thursday 12:30 - 1 PM**  
 Sep 11 – Oct 18 (FIT93-C1201) 12 classes/\$48\*  
 Oct 23–Nov 29 (FIT93-D1201) no class 11/22 11classes/\$44\*

**Tai Chi Chuan** H. Hoong Wang  
 Tai Chi Chuan enhances balance and body awareness with slow gentle, graceful & precise movements. Relaxes and strengthens both body and mind. This art practiced worldwide as a health maintenance exercise. LL Studio  
**Beginning**

**Wednesday 9:30 - 10:15 AM** 10 classes/\$80\*  
 Sep 12 – Nov 14 (FIT03-C1201) no class 11/21

**Continuing**  
**Wednesday 10:15 –11 AM** 10 classes/\$80\*  
 Sep 12 – Nov 14 (FIT03a-C1201) no class 11/21

**New!** **Gentle Moves Yoga** M. Barclay  
 Learn basic yoga poses, strengthen your core, improve balance and practice simple relaxation & meditation techniques. This Yogafit® style class will focus on gently stretching & strengthening the entire body while letting go of tension! Wear comfortable clothing, bring water bottle & yoga mat. Participants must be able to get down on the floor.

**Tuesday 10:15 -11:00 AM**  
 Sep 11 – Oct 16 (FIT94-C1201) 6 classes/\$30\*  
 Oct 23 – Nov 27 (FIT94-D1201) 6 classes/\$30\*

**Thursday 8 - 8:45AM**  
 Sep 13 – Oct 18 (FIT94-C1202) 6 classes /\$30\*  
 Oct 25–Nov 29 (FIT94-D1202) no class 11/22 5 classes /\$25\*

Transportation to the Center is available for select fitness classes. See page 16 for more information.

**Priority for Safety**

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

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

**EVENING FITNESS CLASSES**

**Aqua Power Aerobics** A. Chi  
 Fun, fast paced water aerobics using a variety of equipment that will challenge and motivate you.  
**Tues/Thurs 6 – 7 PM**  
 Sep 11 – Sep 27 (FIT27-C1203) 6 Classes/\$48\*  
 Oct 2 – Oct 25 (FIT27-D1201) 8 Classes/\$64\*  
 Oct 30 – Nov 15 (FIT27-D1202) 6 Classes/\$48\*

**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. LL Studio  
**Wednesday (1 hr.) 7 – 8 PM**  
 Sep 12 – Oct 17 (FIT78-C1203) **6 classes /\$36\***  
 Oct 24 – Nov 28(FIT78-D1201) no class 11/21 **5 classes /\$30\***

**Supervised Strength Training** S. Rubinstein  
 Certified Exercise Specialist offers personalized instruction for safe, effective workout. Covers proper form, breathing, seat/weight adjustments & safety using pneumatic weight machines. *BT Residency required.*  
**Monday/Wednesday 6:30 – 7:30 PM**  
 Sep 10 – Oct 17 (FIT01-C1206) **10 classes/\$57**  
 Nov 22 –28 (FIT01-D1202) no class 11/21 **11 classes/\$62**

**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 5:30 – 6:30 PM**  
 Sep 13 – Oct 18 (FIT61- C1204) **6 classes/\$50\***  
 Oct 25 – Nov 29 (FIT61-D1202) no class 11/22 **5 classes/\$42\***

**New! Glutes & Abs** S. Rubinstein  
 This class is designed to focus on strengthening and defining the gluteal muscles along with a variety of abdominal and back exercises to develop core strength and firming of the belly. Suitable for beginners as well as experienced exercisers. Bring floor mat and water.  
**Wednesday 5:30 - 6:15PM**  
 Sep 12 – Nov 17 (FIT92-C1202) **6 classes/\$42\***  
 Oct 24 – Nov 28(FIT92-D1202) No class 11/21 **5 classes/\$35\***

**SATURDAY CLASSES**

**Fluid Moves** K. Housey  
 Mild aerobic workout that includes toning, stretching & relaxation. Fluid transitions working all body parts.  
**Saturday 10:30 – 11:30 AM**  
 Sep 15 – Oct 20 (FIT86-C1205) **6 Classes/\$48\***  
 Oct 27–Nov 17 (FIT86- D1201) no class 11/24 **4 Classes/\$32\***

**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.  
**Saturday 9 - 10 AM**  
 Sep 15 – Sep 29 (FIT32-C1203) **3 Classes/\$24\***  
 Oct 6 – Oct 27 (FIT32- D1201) **4 Classes/\$32\***  
 Nov 3 – Nov 17 (FIT32-D1202) **3 Classes/\$24\***

*Complimentary classes\* for 50+ Township Residents*

**Fitness Week**  
**September 4 - 7**

**TUESDAY 9/4**

**Glutes & Abs**  
 8:00-8:45 a.m. (TRYIT01)  
 (Class will be on Mondays)  
**Cardio Party**  
 9:00-10:00 a.m. (TRYIT02)  
**Gentle Moves Yoga**  
 10:15-11:00 a.m. (TRYIT03)  
**On the Ball**  
 11:15 a.m.-12:15 p.m.  
 (TRYIT04)  
**Lunchtime Stretch**  
 12:30-1:00 p.m. (TRYIT05)  
**Strength & Balance-Level 1**  
 1:30-2:15 p.m. (TRYIT06)  
**Ballroom Dance**  
 3:00-4:00 p.m. (TRYIT07)  
 (Class will be on Mondays)  
**Aqua Power Aerobics**  
 6:00-6:30 p.m. (TRYIT08)  
**Aqua Boot Camp**  
 6:45-7:15 p.m. (TRYIT09)  
 (Class will be on Saturdays)

**WEDNESDAY 9/5**

**Cardio Circuit**  
 7:15-8:15 a.m. (TRYIT10)  
**H<sub>2</sub>O Interval**  
 8:00-9:00 a.m. (TRYIT11)  
**Aqua Fit**  
 9:30-10:30 a.m. (TRYIT12)  
**Strength & Balance–Level 2**  
 8:30-9:15 a.m. (TRYIT13)  
**Tai Chi-Beginners**  
 9:30-10:15 a.m. (TRYIT14)  
**Tai Chi-Continued**  
 10:15-11 a.m. (TRYIT15)  
**Aqua Fluid Moves**  
 11:00 a.m. – 12:00 p.m.  
 (TRYIT16)  
**Chair Yoga**  
 11:30 a.m.-12:30 p.m.  
 (TRYIT17)  
**Glutes & Abs**  
 5:30-6:15 p.m. (TRYIT18)  
**Zumba Gold®**  
 7-8 p.m. (TRYIT19)

**THURSDAY 9/6**

**Gentle Moves Yoga**  
 8:00-8:45 a.m. (TRYIT20)  
**Aqua Core & More**  
 9-10 a.m. (TRYIT21)  
**H<sub>2</sub>O Interval**  
 10:30-11:30 a.m. (TRYIT22)  
**Easy Does It (Chair)**  
 10:15-11:15 a.m. (TRYIT23)  
**Lunchtime Stretch**  
 12:30 a.m. -1:00 p.m.  
 (TRYIT24)  
**Osteoball**  
 1:30-2:30 p.m. (TRYIT25)  
**Cardio Circuit**  
 5:30-6:30 p.m. (TRYIT26)

**FRIDAY 9/7**

**Zumba Gold®**  
 8:00-8:45 a.m. (TRYIT27)  
**Strength & Balance 2**  
 9-9:45 a.m. (TRYIT28)  
**Ultimate H<sub>2</sub>O**  
 9:30-10:30 a.m. (TRYIT29)  
 (Class will be on Mondays)  
**Drums Alive®**  
 10-11:00 a.m.  
 (TRYIT30)  
**Drums Alive® Seated**  
 11:15-12:00 a.m.  
 (TRYIT31)  
**Line Dancing**  
 12:30-1:30 a.m. (TRYIT32)

*Preregistration required. Classes fill quickly!*  
*\* See pages 3-7 for Class descriptions*

## 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; 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 10:15 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***

2012 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 Musical Talent Volunteers***

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](mailto:jpatzelt@bloomfieldtwp.org)

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

Rob Alvin \* Catherine Angeli \* Les Baron \* Kerstin Baumann \* Shahina Begg \* Marion Benedict \* Julie Brown \* Ray Caloia \* Mary Ann Christ \* Cindy Clement \* Frank & Sally Cliff \* Greg Coatsworth \* Cam Corbett \* Jerry Craig \* Robert Dann \* Judy Dennis \* David Dinger \* Judy Dixon \* Kitty Dobritt \* Judy Domstein \* Mike Dunigan \* Bob Eberhardt \* Jim Eichner \* Carole & Ted Elder \* Karin Eynon \* Lori Farrow \* John Feeny \* Patricia Finn \* Martha Flannery \* James Gambino \* Phyllis Gara \* Judy Geppert \* Mona Gibson \* Carol Goldstein \* Jim & Irene Grady \* Nancy Haddad \* Rob Heeren \* Dolores Hekker \* Pam Hoffman \* Jim & Joann Holden \* Linda Hsing \* Paul Huber \* Susan Hugel \* Jean Ivory \* Pat Jacoby \* Gail Jaworski \* Janet & John Kaczmarek \* Clare & Jerry Kabel \* Judy King \* June Linklater \* Marcie Lloyd \* Darcy MacKenzie \* Fritzie Mager \* Doug & Joan Mann \* Sue Martin \* Richard May \* Carlos Mazzorin \* Rod & Mary Lynn McLachlan \* Beth Mergel \* Jean Miller \* Debbie Mitchell \* Robert & Barbara Munn \* Sunghie Nam \* Marty Nouse \* Bill O'Brien \* Walter Oehrlein \* Chuck Otis \* Darlene Ottolini \* Lee Ann Pantalone \* Nancy Pavy \* Kathleen & Robert Pelkey \* Bill Penz \* Priscilla Pettengill \* Alfred & Sarinna Ping \* Chuck Pokriefka \* Bill Potter \* Marie Pryce \* Rita Ravikrishnan \* Renate Reimer \* Karyn & Donald Rezanka \* Tom Richard \* Jerry Rivard \* Fulvio Romano \* Allen Rubin \* Janet Russell \* Michael Samson \* Ann & Jerry Scheel \* Linda Scheidemantel \* Theresa Shea \* Mary Shepline \* Jean Smith \* Connie Szymczak \* Marjorie & Mario Trafelli \* Patricia Wagner \* Mary Walosin \* 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! 2200+ Hrs. in May - July**

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

Anne Alden \* Gladys Baker \* Shahina Begg \* Verna Besancon \* Peggy Brenton \* Sal Bricio \* Georgja Buckley \* Sharon Butler \* Pat Caplin \* Joanne Carmichael \* Mary Ann Christ \* John Conti \* Maureen Cook \* Jerry Craig \* Jo Creek \* Margaret Dann \* Maxine Davison \* Vivian Dezur \* Sue Dodenhoff \* Steve Eskoff \* Susan Feldstein \* Marie Gemmel \* Vance Genzlinger \* Judy Geppert \* Mona Gibson \* Angie Giffels \* Carol Goldstein \* Jim & Irene Grady \* Rose Mary Graziano \* Tom Halsted \* Joyce Hancock \* Dan Hess \* Kim Hinkle \* Sharon Houghtby \* Connie Jaroh \* Maggie Kapdi \* Rosemarie Killenberger \* Young Kim \* Ellen Kittendorf \* Rowena Kolde \* Dorothy Laffrey \* Priscilla Leclair \* Christie Lehmann \* Paulette Lerman \* Keith Lewis \* Debbie Lim \* Jo Lincoln \* Ludmila Livshiz \* Bruce Madsen \* Liz Mahoney \* Catherine Matti \* Karen Miller \* Jan Mistele \* Irene Moser \* Raji Murthy \* Vara Navaluri \* Joan Nedeljkovic \* Jo Nott \* Kay Patel \* Ralph Pedersen \* Pam Pery \* Arlene Pinkos \* Nancy Porter \* Deanna Ralston \* Kay Ramakrishnan \* Elizabeth Reiha \* Renate Reimer \* Tom Richard \* Marilyn Scheifele \* Elizabeth Schlegel \* Faith & John Scholl \* Kathy Schultz \* Lisa Secrest \* Nory Smith \* Ann Spina \* Michael Sullivan \* Teresa Sun \* Marcia Suszan \* Virginia Tatseos \* Barry Tilds \* Anjali Vale \* Inez Veraldi \* Sue Wade \* Peggy Walker \* Marleeta Walton \* Lisa Watt \* Martha Wells \* Suzanne Winn \* Diana Wise \* Anjel Yessayan \* Elinor Yolles \* Rasheeda Zafar \* Janice Zehnder

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

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

Edie Anderson \* Judy Antonak \* Peggy Brenton \* Eleanor Brown \* Julie Candler \* Peggy Cohen \* Nellie Copley \* Jacqueline Corley \* Audrey Demak \* Stephanie Ghelfi \* Jean Genzlinger \* Klaren Gerhart \* Norma Greene \* Debbie Grim \* Rosie Gumbleton \* Pat Hamburg \* Rosemary Istratolf \* Maryvonne Jacquemart \* Sandy Jeffries \* Beth Johnson \* Young Kim \* Sunny Kohli \* Denise Kolkmeier \* Patricia Kubik \* Elaine Lamb \* Marge Lazarou \* Leslie Lazzarin \* Aili Lee \* Linda Lewis \* Debbie Lim \* Elizabeth Mahoney \* Gretchen Mako \* Nutan Manda \* Janet Mathews \* Alice McIntyre \* Debbie Metler \* Betty Meyer \* Judy Michau \* Jean Miller \* Chris Muir \* Audrey Newman \* Lucille Noraian \* Karen Ouellette \* Lois Page \* Pam Pery \* Arlene Pinkos \* Shirley Porter \* Judy Reichelt \* Faith Scholl \* Reenie Shannon \* Theresa Shea \* Nancy Tanke \* Shirley Volante \* Janet Young \* Carol Zaske \*



# 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 2012

## Index

Adult Day Service.....	4
Alzheimer Support .....	1
Area Agency .....	3
Blood Pressure.....	2
Candy Collection .....	3
Caregiver Support .....	1
Counseling.....	1
Ensure.....	2
Errand Rides .....	2
Friendship Club.....	4
Grocery Shopping.....	2
Home Loan .....	3
Housing Counsel .....	3
Legal Assist .....	3
Loan Closet.....	3
Meals on Wheels.....	2
Medical Trans. ....	2
Medicare B Assist.....	3
Minor Home Repair.....	3
Nurse on Call .....	3
PATH Workshop .....	1
Reassurance.....	2
SMART.....	2
Transportation.....	2
Transport to Center...	2
Volunteer Rides.....	2

## Focus on Caregivers

*Caregiving for yourself or someone you love requires support and resources. We're pleased to host a number of valuable programs to assist you. Preregistration required. Please see individual article up for specific registration requirements.*

### Caregivers' Forum

2<sup>nd</sup> Monday of Month 4 – 5:30 PM

The Caregiver Forum offers the opportunity to learn about programs and services available to caregivers whose loved ones are experiencing dementia. It provides support and an opportunity for sharing experience. Respite care is included for current members of the *Friendship Club*.

For more information and to register, call 248-723-3530.

### Family Caregiver Alzheimer's Training

Mondays, September 17 – October 8  
11 AM – 12:30 PM (EDU63-C1201)

or

Wednesdays, September 19 – October 10  
6 -7:30 PM (EDU63-C1202)

Four part series on topics relevant to those caring for an aging parent or relative with Alzheimer's disease or other dementias. Training topics include:

- ✓ Alzheimer's and other Dementias
- ✓ Capturing Life's Journey
- ✓ Techniques to Handle Challenging Behaviors
- ✓ Activities to Encourage Engagement

Sponsored by HomeInstead. Please register for Monday or Wednesday series.

### Creating Confident Caregivers

Mondays, October 22 - November 26  
2 – 4 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 care giving environment, reduce stress, successfully manage behaviors caused by dementia and plan daily activities.

Sponsored by US Administration on Aging and Area Agency on Aging 1B. Registration required. To register and for questions about respite care during workshop, please contact Area Agency at 1-800-852-7795.

### PATH Workshop

(Personal Action Toward Health)

Tuesdays, September 11 – October 16  
10 AM – 12:30 PM  
(EDU38-C1201)

Fun and interactive workshop that helps people with long term health conditions (such as arthritis, diabetes, COPD, depression, high blood pressure, heart disease) improve their health and feel better. Learn to:

- ✓ Deal with frustration, fatigue, pain, depression
- ✓ Set achievable goals
- ✓ Manage Medications
- ✓ Improve communications
- ✓ Make better lifestyle choices
- ✓ Using mind to help manage symptoms

Sponsored by ComForcare. Registration required.

### Younger Onset Caregiver

3<sup>rd</sup> Wednesday of Month 5:30 – 7 PM

Early-onset Alzheimer's disease affects people who are under 65. The Alzheimer's Association sponsors this support group for caregivers of persons with early stage memory loss.

To register call 248-996-1058.

## TRANSPORTATION SERVICES



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

### ≈ **NEW!!** Transportation to Senior Center

Transportation to the Senior Center is available to participate in specific senior center classes, events clubs and some day trips. Residents aged 60+ who are unable to drive may request transportation a minimum of 10 days in advance of the date of service. Application required. Call BTSS 723-3500 for information.

### ≈ **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.

## 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 by Area Agency on Aging 1B).



### NUTRITIONAL SUPPLEMENTS

Liquid nutritional supplements are available to area seniors 60+ based on medical necessity. BTSS orders Ensure products monthly directly from the manufacturer at a reduced cost from retail prices.

A physician's order is required and must include:

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

The order must be renewed every six months. A nutritional survey is also required every six months 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.



### 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 by!

August 15<sup>th</sup>, September 19<sup>th</sup>, October 17<sup>th</sup>



### TELEPHONE REASSURANCE

If you or someone you know lives alone and would like to receive a daily telephone call, we would be happy to include you in our program.

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

## 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.



### **MINOR HOME REPAIR**

BTSS received funds from CDBG allocated to assist low income Bloomfield Township seniors aged 60+ with minor home repair. Income guidelines:

<u># in Household</u>	<u>Max. Household Income</u>
1	\$22,900.00
2	\$26,150.00

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

## Fall Candy Collection

Share Halloween with our homebound meals clients by donating small individually wrapped candies. Drop off candy at BTSS before Oct. 26<sup>th</sup>.

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

## 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

## Loan Closet Available

A loan closet of wheelchairs, walkers and canes is available **free** for short term use by Bloomfield Twp. residents. Contact Denise at 248-723-3500 for info and to arrange loan.

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

## Area Agency on Aging 1-B

The Area Agency on Aging 1-B has certified Resources Specialists available from 8 a.m. to 5 p.m. Monday through Friday to answer questions and provide information on local services for seniors, persons with disabilities and family caregivers. Call 1-800-852-7795 to speak with a Resource Specialist.

## Nurse on Call

*Nurse on Call* is telephone service program of Oakland County health Division. Public Health Nurses offer answers to questions regarding communicable diseases, nutrition and more, as well as referrals to health-related resources in Oakland County. Call toll free 800-848-5533.

## Assistance Available For Medicare Part B

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.



### **OAKLAND FAMILY SERVICES Social Worker Counseling** (SVC12-VARIES)

If you are experiencing loneliness, grief, depression or any personal issues, you may benefit from a private session with a counselor. One hour appointments on the first Tuesday of the month with a licensed social worker from Oakland Family Services – Older Adult Division are available to residents aged 60+. Call 248-723-3500 to schedule. Walk-ins accepted if time allows. No charge for this grant funded program.

### **Medicare Coverage & Prescription Drug Plans Counseling** (SVC13-VARIES)

BTSS, in cooperation with the Area Agency on Aging, offers counseling to residents who have questions regarding Medicare coverage and prescription drug plans. Register for private consultation with Diana Wise, RN, gerontologist and certified Medicare counselor. Available on the third Thursday of each month Sept-November.

# 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.

## 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.

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

# ENRICHMENT

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

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

## ART

**Creative Watercolor** K. Halpern  
**Wednesday 1:30 - 3:30 PM 9 sessions/\$120\***  
**Sept 19 – Nov 28** (ART02-C1201) (no class 9/26 & 11/21)  
**Wednesday 1:30 - 3:30 PM 3 sessions/\$39\***  
**December 5 -19** (ART02-D1201)

Painting technique skills, color theory & design principles, perspective & proportion are offered in an Individualized, supportive setting for all skill levels. *Supply list at Office.*

### 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 offered in beading & stained glass. Supplies and equipment are available. Drop In.

**Gem Tree** N. Porter/M. McGee  
**Tues/Thurs 1:30 - 3:30 PM 2 classes**  
**October 23 & 25** (ART14-D1201)

Using copper wire and gems to fashion a gem tree with rock base. Sample tree displayed in jewelry case in Café. (\$10 material fee in class) Preregistration required, \$4 non resident/guest fee payable at time of registration.

**Stained Glass Angel** N. Porter/M. McGee  
**Tues/Thurs 1:30 - 3:30 PM 2 classes**  
**November 13 & 15** (ART05-D1201)

Use stained glass techniques (cut, foil, solder) to create a free standing angel. Sample displayed in jewelry case in Café. (\$10 material fee in class) Preregistration required, \$4 non resident/guest fee payable at time of registration.

**Paper Dolls-Card Shoppe** ✪ Facilitator: Arlene Pinkos  
**Thursday 1:15 - 4:15 PM 248-988-9366**  
**September 13 & 27, October 11**

Join a fun loving group who design & sell beautiful, repurposed greeting cards. Proceeds to Meals on Wheels.

## CLUBS / GROUPS

**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 7: "End of the Affair" (Green)**  
**October 5: "Poisonwood Bible" (Kingsolver)**  
**November 2: "The Buddha in the Attic" (Julie Otsuka)**

### BTSS White Horse Society ✪

**4<sup>th</sup> Thursday** (no meeting 11/22) **10 AM**  
 Interested in theology, philosophy or science? New topic every month. All views will be respectfully encouraged.

**"Chicks with Sticks"** ✪ *"Knitting Gifts from the Heart"*  
**Monday 1 - 3:30 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.*

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

### Senior Men's Club

Facilitators: Bruce Madsen & Jim Grady  
 Enjoy great speakers, camaraderie & a light breakfast.  
**Pre-registration required.**

**3<sup>rd</sup> Wednesday 9:30-11:30 AM BT/\$6 Non BT/\$8**

**Sept 19** (SOC27-C1201) Professor Greg Sumner, Author  
**"The Real Stories behind Kurt Vonnegut's Novels"**

**Oct 17** (SOC27-D1201) Col. Harry Stewart, Tuskegee Airman  
**"Wars at Home and Overseas"**

**Nov 21** (SOC27-D1202) R. Wilke, V.P. Jet Support Serv.  
**"Contrast in Cultures and Markets in Europe, Middle East and Asia"**

## COMPUTERS

**Meet the PC** V. Sinclair, Micro Techniques  
**Monday 10 AM - Noon 2 classes/\$54\***  
**October 22 & 29** (COM01-D1201)  
 Slower paced course covering computer fundamentals.

**Meet the Internet** V. Sinclair, Micro Techniques  
**Monday 10 AM - Noon 2 classes/\$54\***  
**November 5 & 12** (COM03-D1201)  
 Surfing the web, viewing preferences, security and more.

**Facebook I** V. Tatseos  
**Wednesday 10 - 11:30 AM** One class/\$15  
**September 19** (COM26-C1201)  
**October 17** (COM26-D1201)  
 Set up a Facebook account, review the profile page & add personal info/photo to your wall. Must provide own photos via email account or external storage device. Must have own email account; bring username and password to class. BT Residents only.

**Facebook II** V Tatseos  
**Wednesday 10 - 11:30 AM** One class/\$15  
**September 26** (COM27-C1201)  
**October 24** (COM27-D1201)  
 Continuation of Facebook I. Review the profile page and add personal info and photos to your wall. Must provide own photos via email account or external storage device. Must have own email account; bring username and password to class. BT Residents only.

**Facebook III** V. Tatseos  
**Wednesday 10 - 11:30 AM** One class/\$15  
**October 3** (COM29-D1201)  
**October 31** (COM29-D1202)  
 Learn how to post status updates and make comments on other updates. Learn what 'like' and 'poke' mean, how to group your friends, send 'private' message and add a hyperlink. Must have own email account; bring username and password to class. BT Residents only.

**Facebook IV** V. Tatseos  
**Wednesday 10 - 11:30 AM** One class/\$15  
**October 10** (COM34-D1201)  
**November 7** (COM34-D1202)  
 Learn how to upload photos, create albums and identify/"tag" people in your photos. Must provide own photos via email account or external storage device. Must have own email account; bring username and password to class. BT Residents only.

**Computer Lab - Open Hours** ⚡  
 Let our volunteers answer your questions and help with your computer challenges. Call to confirm availability.  
**Tuesday, 10 AM – Noon**  
**Wednesday, Noon – 3:30 PM**  
**Saturday, 10 AM – Noon**

**GAMES**

**Billiards (Pool)** ⚡  
**Mon – Thurs: 7 AM – 6 PM** **Friday: 7 AM – 2:30 PM**

**Bridge Club** ⚡  
**Mon/Fri** Tables assigned: **12:30 PM** **Play: 1 PM**  
 Facilitator: Maurice Vachon

**Bridge-Beginner** New Instructor: Jim Bloom  
**Wednesday 10 AM – Noon** **6 classes/\$72\***  
**Sept 12 – Oct 24** (EDU12-C1201) (no class 9/26)  
**Oct 31 – Dec 12** (EDU12-D1201) (no class 11/21)  
 Learn the basics of bridge including bidding and declarer play. No prior experience needed. Also for those with some bridge skill. Certified ACBL instructor and a silver life master. (\$20 course book payable to instructor)

**Bridge-Interm. Strategy** New Instructor: Jim Bloom  
**Friday 10 AM – Noon** **6 classes/\$72\***  
**Sept 14 – Oct 26** (EDU13-C1201) (no class 10/19)  
**Nov 2 – Dec 14** (EDU13-D1201) (no class 11/23)  
 Learn strategies to improve your bridge game. For those with experience playing bridge who would like to improve their skills. Certified ACBL instructor and a silver life master. (\$20 course book payable to instructor)

**Canasta - Beginner** L. Gorosh  
**Tuesday 10 AM – Noon** **4 classes/\$60\***  
**October 2 - 23** (EDU45-D1201)  
**Oct 30 - Nov 27** (EDU45-D1202) no class 11/27  
 This class is for beginners or a refresher course. +\$4 material fee payable to instructor.

**Canasta - Intermediate Strategy** L. Gorosh  
**Tuesday 12:30 - 2:30 PM** **4 classes/\$60\***  
**October 2 - 23** (EDU46-D1201)  
**Oct 30 - Nov 27** (EDU46-D1202) no class 11/27  
 Learn canasta strategy, splash hands, finesse and sharpen your game. Must know melding, 7's and Aces. +\$4 material fee payable to instructor.

**Euchre & Pinochle** ⚡ **Thursday 11:15 AM**  
 Facilitator: Joanne Carmichael 248-626-0719  
 Like to play cards? Come, join in!

**Mah-jongg - Beginner**  
**Thursday 1:30-3:30 PM** **4 Classes**  
**September 6-27** (EDU36-C1201)  
 Learn this ancient Chinese strategy game using tiles. Similar to Rummy but more exotic & exciting. Purchase a 2012 mah-jongg card on-line or at Hallmark prior to start of class. Preregistration required, \$10 non resident/guest fee payable at time of registration.

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

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

**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  
**Thursday, Sept 13** (SEV03-C1201) **11:00 AM**  
**Tuesday, Nov 13** (SEV03-D1201) **1:30 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!

#### Variety Show - Heart of the Hills Players

**Thursday, Sept 20** (SEV10-C1202) **1 - 2 PM**

Don't miss this new and exciting variety show extravaganza featuring the Heart of the Hills Players. Lots of singing, dancing and good old fashioned fun! BT Residents only. Preregistration required.

#### U of M vs. MSU Tailgate Party

**Thursday, Oct 18** (SEV10-D1201) **1:30 – 3 PM**

Join us at the center for a pre-game tailgate party on the Thursday before Saturday's (Oct 20) "Big Game". Food, fun and fans! BT Residents only. Preregistration required. Music by: Stefan Kukurugya, Piano & MC  
Sponsored by: Woodward Hills

**Movie Classic** ⚡ **Friday** **1 PM**

Friday afternoon classic movie greats with popcorn!

**September 7 "Some Like it Hot"** (120 min.)  
1959 Comedy Starring: M. Monroe, T. Curtis, J. Lemmon

**October 5 "High Noon"** (85 min.)  
1952 Western Starring: G. Cooper, G. Kelly, L. Bridges

**November 2 "West Side Story"** (151 min.)  
1961 Musical Starring: N. Wood, R. Beymer, R. Moreno

**Movie Mania** ⚡ **Friday** **1 PM**

Friday afternoon late release films with popcorn!

**September 21 "The Iron Lady"** (105 min.) 2011  
Drama Starring: Meryl Streep, Jim Broadbent, Harry Lloyd

**October 19 "Joyful Noise"** (118 min.) 2012  
Drama/comedy Starring: Queen Latifah, Dolly Parton

**November 16 "The Artist"** (101 min.) 2011  
Comedy, Drama & Romance Starring: Jean Dujardin, Berenice Bejo, John Goodman, James Cromwell

## MUSIC

#### Evola Music Keyboarding Class

**Thursday 9:30-10:30 AM** **8 sessions/Fee: \$30\***  
**Sept 20 – Nov 15** (EDU37-C1201) (no class 10/11)

This program provides 8 weeks of instruction from Evola Music on a keyboard/piano provided here at the center and 2 private lessons at Evola Music in Bloomfield Twp.

#### BTSS Senior Band ⚡

**Tuesdays** **3 - 5 PM**  
Band Leader: Vance Genzlinger 248-646-2864  
Open to all levels. Looking for a drummer.

#### Evola Music - Concert

**Wednesday, Sept. 12** (SEV16-C1201) **1:30 PM**  
Paul Manners and Louise Dube bring their beautiful organ music to the center. Please join us for this organ concert. Preregistration required, \$2 non resident/guest fee payable at time of registration.

## UNIQUE TOPICS

#### Brain Health Series by WSU, Geriatric Institute

(Preregistration required. \$2 guest/non resident fee payable at time of registration.)

##### Get Your Head in the Game!

**Tuesday, Sept 18** (EDU53-C1201) **1:30 PM**

Learn about brain health; the effects of sleep, exercise and nutrition on brain function; how environmental factors, genetics, medications and aging impact brain health.

##### Stress Relief 101

**Tuesday, Oct 16** (EDU53-D1201) **1:30 PM**

Learn how stress impacts brain function; techniques to relieve your stress and how these techniques can improve brain function, memory and retention.

##### Game On!!

**Tuesday, Nov 20** (EDU53-D1202) **1:30 PM**

Interactive session where you'll challenge your brain to think outside the box. Find out who can benefit and why challenging your brain can help brain health.

#### Cultural Film Series

**1 PM**

**Keith Famie's 'Ethnic Detroit' - Our Story of...  
India Story - Amity, Diversity and Sovereignty**

**Tuesday, Oct 30** (EDU61-D1201)

This intensive production will define the story of the Asian Indian community of Detroit.

#### How About Those Smart TV's?

**Thursday, Oct 25** (EDU53-D1203) **1 PM**

Best Buy, Bloomfield Hills presents information on smart TV's. Do you have questions for the Geek Squad? They have answers. Is a new smart TV in your future or are you using your new TV for your full viewing pleasure?

**Nature Adventure Movie** ⚡ **Tuesday** **1 PM**

Tuesday afternoon "Big Screen" nature movie.

**September 25 "How the Earth was Made"**

**October 23 "Ocean Giants" (Whales & Dolphins)**

**November 27 "Chimpanzee"**



# 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 1/2 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.

### Hazel Park Harness Raceway Tour

**Monday, Aug. 13 (DAY12-C1201) 5:30 - 10:30 PM**  
Hazel Park Raceway has attracted some of the nation's top drivers, trainers and equines since its inception in 1953. Begin with dinner on your own at the raceway, followed by a behind the scenes tour and time to enjoy the evening races.  
BTSS Coach Fee: \$12\*

Titanic Exhibit/Lecture Henry Ford Museum WAIT LIST  
**Tuesday, Aug. 14 (DAY13-C1201) 4:15 - 9:45 PM**

Clinton River Cruise WAIT LIST  
**Wednesday, Aug. 15 (DAY14-C1201) 10:15 AM - 4:00 PM**

Corktown Tour  
**Thursday, Aug. 16 (DAY15-C1201) 9:15 AM - 3:30 PM**  
Don't miss this popular bus tour of Detroit's oldest neighborhood, Corktown. The historic streets have a rich architectural legacy of Victorian-era row houses, Queen Anne Colonial and Greek Revival residences. **Followed by lunch on your own at Nemo's.**  
BTSS Coach Fee: \$18\*

Lunch and Movie at the Palladium Theatre  
**Tuesday, Aug. 21 (DAY16-C1201) 11:00 AM - 3:30 PM**  
Your afternoon begins with a delicious buffet lunch (included) with beverage and dessert. Then sink into a luxurious leather seat for a private showing of a first-run movie. Enjoy "free" popcorn and pop during the movie.  
BTSS Coach Fee: \$25\*

On the Rise Bakery Tour  
**Thursday, Aug. 23 (DAY17-C1201) 10:15 AM - 2:30 PM**  
Enjoy a tour of On the Rise Bakery, which is sponsored by the Capuchin Soup Kitchen. This venture is unique in that it is being run by members of the ROPE (Reaching Our Potential Everyday) program. Includes time to stop at the bakery shop. **Followed by lunch on your own at Boodles.**  
BTSS Coach Fee: \$12\*

"Color Ignited" Toledo Museum of Art WAIT LIST  
**Thursday, Sept. 6 (DAY18-C1201) 10:15 AM - 5:00 PM**

John K. King Used & Rare Bookstore  
**Wednesday, Sept. 12 (DAY19-C1201) 9:45 AM - 2:00 PM**  
Visit Michigan's largest used & rare bookstore and one of the largest bookstores in the country. Downtown Detroit store consists of two buildings: a four story bookstore in an old glove factory and another building behind with offices, storage, a large collection of art books and a rare book room. **Followed by lunch on your own at Small Plates.**  
BTSS Coach Fee: \$12\*

Lunch at the Detroit Yacht Club and Belle Isle Tour  
**Saturday, Sept. 15 (DAY20-C1201) 10:15 AM - 4:30 PM**  
Enjoy a tour and **lunch at the Historic Detroit Yacht Club**, one of the oldest and prestigious private Clubs in North America, located on a private island along the banks of the Belle Isle Park in Detroit. Lunch followed by a bus tour of Belle Isle with a stop at the Conservatory. Proper attire required. Not denim of any color or caps.  
BTSS Coach Fee: \$36\*

Lunch and Movie at the Palladium Theatre  
**Tuesday, Sept. 18 (DAY21-C1201) 11:00 AM - 3:30 PM**  
Your afternoon begins with a delicious buffet lunch (included) with beverage and dessert. Then sink into a luxurious leather seat for a private showing of a first-run movie. Enjoy "free" popcorn and soda pop during the movie.  
BTSS Coach Fee: \$25\*

"Driving America" Exhibit at the Henry Ford Museum  
**Wednesday, Sept. 19 (DAY22-C1201) 10:00 AM - 2:30 PM**  
Centered on an unparalleled collection of historically significant vehicles, this remarkable mix of authentic artifacts, digital media, interactive play and personal accounts focuses on the enormous influence the automobile has had on American culture. **Lunch will be on your own in the 1946 Lamy's Diner in the museum.**  
BTSS Coach Fee: \$23\*

### Detroit Tigers vs Minnesota Twins

**Friday, Sept. 21 (DAY27-C1201) 6-10:30 PM**  
The Tigers are looking good to be in contention for the playoffs come September. Don't miss this opportunity to see them in action against their league rivals the Minnesota Twins. **Dinner on your own at the ballpark.**  
BTSS Coach Fee: \$37\*

### Cranbrook House & Gardens Tour & Lunch

**Thursday, Sept. 20 (DAY23-C1201) 11:30 AM - 3:15 PM**  
The day will start with a tour of the former residence of Cranbrook founders George and Ellen Booth, the house was designed by famed architect Albert Kahn in 1908. **Enjoy a lovely lunch (included)**, followed by a docent led tour of the gardens. Must be capable of walking distances.  
BTSS Coach Fee: \$34\*

### Detroit Free Press & News Tour

**Tuesday, Sept. 25 (DAY24-C1201) 10:00 AM - 3:00 PM**  
See where the stories you read take shape as we tour the building where the Detroit Free Press & the Detroit News journalists work. We'll also tour the state of the art printing production facility. A 90 minute walking tour. **Followed by lunch on your own at the Clawson Steak House.**  
BTSS Coach Fee: \$12\*

### St. John Armenian Church & Musuem Tour & Lunch

**Wednesday, Sept. 26 (DAY25-C1201) 9:45 AM - 1:45 PM**  
For over 75 years, St. John Armenian Church in Southfield has been at the center of Armenian-American religious and cultural life in Metropolitan Detroit. Enjoy a tour of this historic facility & the Manoogian Musuem. **Lunch included.**  
BTSS Coach Fee: \$31\*

### Pine Grove Museum Tour

**Thursday, Sept. 27 (DAY26-C1201) 10:00 AM - 2:30 PM**  
The Pine Grove Museum tour includes the 1845 Greek Revival home of former Michigan Governor Moses Wisner, related outbuildings such as the root cellar, summer kitchen, smokehouse, privy, the grove and gardens, Drayton Plains one room school, and the Pioneer Museum. The 90 minute walking tour is led by docents in period costumes. **Followed by lunch on your own at Bo's Smokehouse BBQ.**  
BTSS Coach Fee: \$13\*

### Historic Ypsilanti Tour

**Tuesday, Oct. 2 (DAY01-D1201) 10:00 AM-4:00 PM**  
Ypsilanti, at the juncture of the ancient Sauk Indian Trail and Huron River, is one of the oldest and largest historic districts in the state. Our tour may include Michigan Firehouse Museum and the Automotive Heritage Museum, a century's worth of historic architecture. May include some walking. **Followed by lunch on your own at Haab's Restaurant.**  
BTSS Coach Fee: \$14\*

### "The Mousetrap" Hilberry Theatre

**Wednesday, Oct. 3 (DAY02-D1201) 10:00 AM-5:00 PM**  
Agatha Christie's *The Mousetrap* is the world's longest running play. A group of travelers are snowed in together on an intense journey at Monkswell Manor. One by one, they begin to meet their fates, leaving the survivors suspicious and pitted against one another in a desperate attempt to find the killer before time runs out. **Followed by lunch on your own at Town Tavern.**  
BTSS Coach Fee: \$33\*

### Cirque de la Symphonic DSO

**Friday, Oct. 5 (DAY03-D1201) 9:30 AM-3:45 PM**  
The Detroit Symphony begins the new Pops season as conductor, Jeff Tyzik, is joined by Cirque de la Symphonie. Aerial acrobatics will leave you breathless as they literally "drop" into Orchestra Hall. Each gravity-defying feat choreographed to live music performed by the DSO. **Followed by lunch on your own at Capital Grill**  
BTSS Coach Fee: \$46\*

### "LaCage Aux Folles" Fisher Theatre

**Saturday, Oct. 6 (DAY04-D1201) 11 AM-4:45 PM**  
LaCage, starring George Hamilton, tells the story of Georges, owner of a glitzy nightclub in lovely Saint-Tropez, and his partne,r Albin, who moonlights as the glamorous chanteuse Zaza. When Georges' son brings his fiancée's conservative parents home to meet the flashy pair, the bonds of family are put to the test as the feather boas fly! **Followed by lunch on your own at Roadside Bar & Grill.**  
BTSS Coach Fee: \$70\*

### Underground Railroad

**Sunday, Oct. 7 (DAY05-D1201) 11:15 AM-6 PM**  
Hear the legends, learn the facts, explore the history of the Underground Railroad. These brave individuals, free blacks, and white abolitionists formed the paths and trails that led to the Underground Railroad. A non-stop 2-hour tour through Ann Arbor and Ypsilanti hearing the stories and driving past the sites along the routes, some walking will be involved. **Begin with lunch on your own at Hickory Creek Golf Club (Greenside Tavern).**  
BTSS Coach Fee: \$28\*

**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!

### Tour of Hamtramck

**Tuesday, Oct. 9 (DAY06-D1201) 11:15 AM-4:15 PM**  
Hamtramck was originally settled by German farmers, but Polish immigrants flooded into the area when the Dodge Brothers' plant opened in 1914. Tour leader and author, Greg Kowalski, will conduct the 1½ hour bus tour, which includes many of the city's famous locations including Polish Art Center and bakery, St. Florian's and the Hamtramck Historical Museum. Some walking as part of this tour. **Begin with lunch on your own at Polonia Polish Restaurant.**  
BTSS Coach Fee: \$14\*

### Slatkin Conducts Bolero DSO

**Friday, Oct. 12 (DAY07-D1201) 9:30 AM-3:45 PM**  
**Conductor Leonard Slatkin** leads the Detroit Symphony Orchestra in these famous pieces; *Copland Dance Panels, A Ballet in Seven Sections, Ravel Concerto in G major for Piano and Orchestra, Copland El Salón México, Copland Danzon Cubano and Ravel Boléro.* **Followed by lunch on your own at Big Rock.**  
BTSS Coach Fee: \$36\*

### Metro-Detroit Book & Author Society

**Monday, Oct. 15 (DAY08-D1201) 10:30 AM-4:30 PM**  
Don't miss this great opportunity to hear and meet these acclaimed authors; Chris Cleave, Stewart O'Nan, Joanne Harris, Chris Elliott and Scott Lasser. **Luncheon included.**  
BTSS Coach Fee: \$39\*

### "The Fantasticks" Encore Theatre

**Thursday, Oct. 18 (DAY09-D1201) 11:30 AM-6:00 PM**  
The Fantasticks tells the story of a young boy and girl who fall madly in love at the hands of their meddling fathers, but soon grow restless and stray from one another. Will their separation provide a deeper appreciation for the love they once shared—or create a permanent gulf between them? A quintessential celebration of love in all its gorgeous simplicity and heartbreaking complexities. Includes the beloved songs "Try to Remember," "Soon It's Gonna Rain" and many more. **Begin with lunch on your own at the Red Brick Restaurant.**  
BTSS Coach Fee: \$34\*

### "Mary Poppins" Fisher Theatre

**Tuesday, Oct. 23 (DAY10-D1201) 4:45-10 PM**  
*Mary Poppins* features an irresistible story and unforgettable songs from one of the most popular Disney films of all time, plus brand-new breathtaking dance numbers and spectacular stage-craft, *Mary Poppins* is everything you could ever want in a hit Broadway show! **Begin with dinner on your own at Ocean Prime.**  
BTSS Coach Fee: \$74

### Sibelius Second Symphony DSO

**Friday, Oct. 26 (DAY11-D1201) 9:30 AM-3:30 PM**  
Douglas Boyd will conduct the Detroit Symphony Orchestra in these selected pieces; *Schubert Selections from Rosamunde, Schumann Concerto for Violin and Orchestra, Sibelius Symphony No. 2.* **Followed by lunch on your own at Majestic Café.**  
BTSS Coach Fee: \$36\*

### Lerner and Lowe DSO

**Friday, Nov. 2 (DAY12-D1201) 9:30 AM-3:30 PM**  
A Broadway legend salutes Broadway legends! Marvin Hamlisch celebrates the elegance and enchantment that Lerner and Loewe brought to Broadway. Your favorite showstoppers from "Gigi," "Camelot," and "My Fair Lady." **Followed by lunch on your own at La Dolce Vita.**  
BTSS Coach Fee: \$46\*

### Faberge, Picasso & Matisse Exhibits DIA

**Wednesday, Nov. 7 (DAY13-D1201) 10:30 AM-4:00PM**  
Docent lead tour of the Matisse and Picasso exhibition which features almost all of the works by the artists in the museum's prints and drawings collections, showcasing their revolutionary achievements that defined much of 20th-century art. Enjoy the rare opportunity to glimpse imperial Russian treasures made by the House of Fabergé, including jewel-encrusted parasol, an array of enameled frames and more. **Followed by lunch on your own at the DIA Café.**  
BTSS Coach Fee: \$24\*

### "Commotion on the Ocean" Heart of the Hills Players

**Thursday, Nov. 8 (DAY14-D1201) 11:15 AM-4:45PM**  
This musical comedy variety show reveals the adventures of the Motor City Players as they cruise from Detroit to Queen's Island putting on shows and raising funds for the island's storm-damaged orphanage. The Players and their passengers experience high jinx, and lost loves re-discovered and ex wives appearing as new passengers. **Begin with lunch on your own at Andiamo Italia.**  
BTSS Coach Fee: \$21\*

### "Julius Caesar" Michigan Opera Theatre

**Friday, Nov. 9 (DAY15-D1201) 9:45 AM-4:30 PM**  
Handel's baroque opera Julius Caesar depicts Caesar's conquest of Egypt and seduction of Cleopatra. The stage design transports the action to a glamorized version of Hollywood. **Followed by lunch on your own at Brio Tuscan Grille.**  
BTSS Coach Fee: \$33\*

**"Sunset Boulevard" Birmingham Village Players**

**Sunday, Nov. 11 (DAY16-D1201) 11:30 AM-4:15 PM**  
Based on the 1950's film, *Sunset Boulevard* weaves a tale of faded glory & unfulfilled ambition. Silent movie star, Nora Desmond, lives in the past in her decaying mansion. She sees an opportunity to make a big screen comeback when she meets struggling screenwriter Joe Gillis. **Begin with lunch on your own at the Rusty Bucket.**  
BTSS Coach Fee: \$27\*

**Christmas Flower Demonstration & Tour Nordlies**

**Tuesday, Nov. 13 (DAY17-D1201) 9:30 AM-2:15 PM**  
Nordlie's has been a wholesale design center in Michigan for over 80 years. Enjoy a tour of the wholesale house of flowers, trinkets and unusual decorative items and a demonstration of creative Christmas decorations. **Followed by lunch on your own at the Masters Restaurant.**  
BTSS Coach Fee: \$10\*

**Walter P. Chrysler Museum Tour**

**Thursday, Nov. 15 (DAY18-D1201) 10:15 AM-2:45 PM**  
The Walter P. Chrysler Museum stands in honor of one man's journey to become an auto industry giant. The spectacular collection showcases the achievements of the company and the importance of the vehicles in today's society. **Followed by lunch on your own at Olive Garden.**  
BTSS Coach Fee: \$12\*

**"Meanwhile Back on the Couch" Stagecrafters**

**Sunday, November 18 (DAY28-D1201) 11:15 AM-4:30 PM**  
Psychiatrist and author, Victor Karleen, desperately needs to keep up with his fiancée's expensive tastes. When he accidentally ends up with the big royalty check from a patient's torrid romance novel it's the beginning of a riotous comedy of errors. **Begin with lunch on your own at Vinsetta Grill.**  
BTSS Coach Fee: \$26\*

**Queen Anne's Tea at the Holly Hotel**

**Tuesday, Nov. 27 (DAY19-D1201) 11:15 AM-4:15 PM**  
Three elegant courses (English-style scones & muffins, Devonshire cream & flavored butters, tea sandwiches, quiches, fruits, pastries and more) are served on antique china and tea served in fancy silver & ceramic pots.  
BTSS Coach Fee: \$32\*

**Kar's Nuts Tour**

**Thursday, Nov. 29 (DAY20-D1201) 9:00 AM-2:00 PM**  
Kar's Nuts was founded in 1933 in Sue Kar's tiny kitchen across from Tiger Stadium. Later a manufacturing plant was built in Madison Heights. 1½ hour walking tour of the packaging facility. Participants with peanut/tree nut allergies should not participate. **Followed by lunch on your own at Stage Deli.**  
BTSS Coach Fee: \$10\*

**Rachmaninoff & Tchaikovsky DSO**

**Friday, Nov. 30 (DAY21-D1201) 9:30 AM-3:15 PM**  
Peter Oundjian will conduct the Detroit Symphony Orchestra in these works of Rachmaninoff and Tchaikovsky; *Khacaturian Suite from Masquerade*, *Rachmaninoff Piano Concerto No. 2*, and *Tchaikovsky Symphony No. 2, "Little Russian"*. **Followed by lunch on your own at the Whitney.**  
BTSS Coach Fee: \$36\*

**Cranbrook Art Museum Tour & Lunch at Oakland Hills**

**Wednesday, Dec. 5 (DAY22-D1201) 10:45 AM-2:45 PM**  
Join us for a walking tour of the very impressive collections including the works of Aero Saarinen. One hour docent led tour followed by 20 minute film and time to view the exhibits. All participants are asked to honor the dress code of NO denim of any color and NO hats/caps for men. **Followed by luncheon of Cranberry Stuffed Chicken Breast with Rolls & butter, potato, house salad and vegetable at Oakland Hills Country Club.**  
BTSS Coach Fee: \$49\*

**"Holiday Brass" Macomb Center for the Performing Arts**

**Tuesday, Dec. 11 (DAY23-D1201) 4:30-10:15 PM**  
Celebrating 30 years, the Brass of Detroit Chamber Winds & Strings (DCWS) performs their beloved seasonal celebration. The DCWS is an ensemble of musicians primarily drawn from the Detroit Symphony and Michigan Opera Theatre orchestras. Join the DCWS, along with the Dakota Varsity Choirs, as they welcome the splendor of the season with the majesty of their trumpets and trombones. **Begin with dinner on your own at J Baldwin's.**  
BTSS Coach Fee: \$24\*

**"Jersey Boys" Fisher Theatre**

**Thursday, Dec. 13 (DAY24-D1201) 10:15 AM-3:45 PM**  
Don't miss the return engagement of this Grammy, Tony and Olivier winning musical. A story of how four blue-collar kids became one of the greatest successes in pop music history - The Four Seasons. They wrote their own songs, invented their own sounds and sold 175 million records worldwide - all before they were 30! **Begin with lunch on your own at Midtown Shangri-La.**  
BTSS Coach Fee: \$75\*

**"Home for the Holidays" DSO**

**Friday, Dec. 21 (DAY25-D1201) 9:30 AM-3:30 PM**  
Share Detroit's favorite holiday musical tradition with family and friends, and 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 Mosaic.**  
BTSS Coach Fee: \$46\*

# UM VS. MSU TAILGATE PARTY



Thursday, Oct 18  
1:30 – 3 PM  
(SEV10-D1201)



Join us at the center for a pre-game tailgate party on the Thursday before Saturday's (Oct 20) "Big Game". Food, fun and fans!

Music by: Stefan Kukurugya, Piano & MC

BT Residents only. Preregistration required.

Sponsored by



## Celebration! Heart of the Hills Players Variety Show

Thursday, September 20  
1 – 2 PM  
(SEV10-C1202)

Don't miss this new and exciting variety show extravaganza featuring the Heart of the Hills Players. Lots of singing, dancing and good old fashioned fun!

BT Residents only. Preregistration required.

## Exciting & New & All for YOU!

Check out these new fitness offerings:

- ✓ Ultimate H2O (see page 3)
- ✓ Aqua Fit (see page 3)
- ✓ Cardio Party (see page 4)
- ✓ Drums Alive® - Seated (see page 5)
- ✓ Osteoball Resistance Training (see page 5)
- ✓ Glutes & Abs (see page 6)
- ✓ Gentle Moves Yoga (see page 6)
- ✓ Lunchtime Stretch (see page 6)

## New Transportation Service

Catch a ride to the center for specific classes, events, clubs & some day trips. Residents aged 60+ who are unable to drive may request transportation a minimum of 10 days in advance of the date of service. Application required. For more info and to apply, call Denise at 248-723-3500.



## AARP DRIVER SAFETY PROGRAM

Wednesday, Oct. 10 &  
Thursday, Oct. 11th  
8:30 am – 12:30 pm  
(EDU03-D1201)

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 required. Fee: \$17\*

## Complimentary classes\* for 50+ Township Residents

### TUESDAY 9/4

#### Glutes & Abs

8:00-8:45 a.m. (TRYIT01)  
(Class will be on Mondays)

#### Cardio Party

9:00-10:00 a.m. (TRYIT02)

#### Gentle Moves Yoga

10:15-11:00 a.m. (TRYIT03)

#### On the Ball

11:15 a.m.-12:15 p.m.  
(TRYIT04)

#### Lunchtime Stretch

12:30-1:00 p.m. (TRYIT05)

#### Strength & Balance-Level 1

1:30-2:15 p.m. (TRYIT06)

#### Ballroom Dance

3:00-4:00 p.m. (TRYIT07)  
(Class will be on Mondays)

#### Aqua Power Aerobics

6:00-6:30 p.m. (TRYIT08)

#### Aqua Boot Camp

6:45-7:15 p.m. (TRYIT09)  
(Class will be on Saturdays)

### WEDNESDAY 9/5

#### Cardio Circuit

7:15-8:15 a.m. (TRYIT10)

#### H2O Interval

8:00-9:00 a.m. (TRYIT11)

#### Aqua Fit

9:30-10:30 a.m. (TRYIT12)

#### Strength & Balance-Level 2

8:30-9:15 a.m. (TRYIT13)

#### Tai Chi-Beginners

9:30-10:15 a.m. (TRYIT14)

#### Tai Chi-Continued

10:15-11 a.m. (TRYIT15)

#### Aqua Fluid Moves

11:00 a.m. – 12:00 p.m.  
(TRYIT16)

#### Chair Yoga

11:30 a.m.-12:30 p.m.  
(TRYIT17)

#### Glutes & Abs

5:30-6:15 p.m. (TRYIT18)

#### Zumba Gold®

7-8 p.m. (TRYIT19)

# Fitness Week

## September 4 - 7

### THURSDAY 9/6

#### Gentle Moves Yoga

8:00-8:45 a.m. (TRYIT20)

#### Aqua Core & More

9-10 a.m. (TRYIT21)

#### H2O Interval

10:30-11:30 a.m. (TRYIT22)

#### Easy Does It (Chair)

10:15-11:15 a.m. (TRYIT23)

#### Lunchtime Stretch

12:30 a.m. -1:00 p.m.  
(TRYIT24)

#### Osteoball

1:30-2:30 p.m. (TRYIT25)

#### Cardio Circuit

5:30-6:30 p.m. (TRYIT26)

### FRIDAY 9/7

#### Zumba Gold®

8:00-8:45 a.m. (TRYIT27)

#### Strength & Balance 2

9-9:45 a.m. (TRYIT28)

#### Ultimate H2O

9:30-10:30 a.m. (TRYIT29)

(Class will be on Mondays)

#### Drums Alive®

10-11:00 a.m.  
(TRYIT30)

#### Drums Alive® Seated

11:15-12:00 a.m.  
(TRYIT31)

#### Line Dancing

12:30-1:30 a.m. (TRYIT32)

Preregistration required. Classes fill quickly!

\* See pages 3-7 for Class descriptions