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**AARP Tax Assistance**

**Mondays & Tuesdays**

**February 13 & 14, 27 & 28**

**March 12 & 13**

**April 9 & 10**

**9:00 a.m. – 2:00 p.m.**

AARP trained volunteers provide free tax preparation and filing your Federal, State, Local returns for tax payers with middle/low income. For an appointment, call 723-3500.

---

### DETROIT TIGER’S

**OPENING DAY GAME @ BTSS**

**APRIL 5 NOON**

(See page 10 for more details)

Sponsored by:

![Woodward Hills Nursing Center](Image)

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**New Transportation Service**

Catch a ride to the center for specific 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.

For more information and to apply for this exciting new service, please call the center at 248-723-3500. Application required.

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**DIA Inside|Out**

**Comes to Bloomfield**

This innovative project brings reproductions of paintings from its stellar collection to connect with audiences outside museum walls in surprising locations creating a grand, open-air gallery. Among 7 works in our area, BTSS is pleased to host “Sinfonia” by M. van Musscher.

Please join us for a variety of local Inside|Out Bloomfield events, two at BTSS.

- **Apr 11 6:00 PM** Opening @ BT Library
- **Apr 15 10 – 8 PM** Free Day @ DIA
- **Apr 19 1:30 PM** Inside|Out Overview (pg. 11)
- **May 3 1:30 PM** Book Talk (pg. 9)

BTSS will also offer docent lead day trips to visit and discuss each installation. Participants should be ready for walking, standing and considerable entering/exiting the bus. Register for one or all trips. Please see individual trip details on page 15.

- May 22 Bloomfield Area
- May 29 Clarkston
- June 5 Grosse Pointe
- June 12 Farmington Area

Sponsored by:  

![Knight Foundation](Image)
New Transportation Service
We’re so proud to expand our transportation service! We now have a monthly schedule of activities for which transportation is available; February and March are on the website & in the center. Calendars can be mailed with the application to those interested in this service. Please encourage our non-driving neighbors to increase their engagement and enjoyment at the center!

Active Living
Thank you to all who contributed to our recent Active Living show that highlights the programs and services of BTSS. This episode provides a lively overview of our land based fitness opportunities and you just may catch a glimpse of your neighbors in action! You may see the show by going to the Township website:
http://www.bloomfieldtwp.org/Services/cable/Videos/ActiveLiving.htm or catch it in the weekly line up Tuesdays 7:30 PM, Thursdays 1:30, Fridays 10 AM throughout February.

If you have not visited our beautiful building please plan to during Wellness Week: April 2-5 (see page 16 for details). You’ll be able to meet with Maggie Barclay, Fitness Coordinator individually to assess your fitness status and outline ways to make improvements. Learn about classes and find those that are the best fit to stay fit!

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

Did you get your photo I.D.?
Don’t forget to get your photo taken for BTSS ID Badges. The badges are for all Confirmed BT Residents ages 50+ who participate at the Senior Center. How do you get one?
1. Stop by the lower level reception desk during regular business hours to have your photo taken.
2. You will be notified when your photo ID badge is available for pick up at the main level reception desk.
3. The badges are part of our transition to a POS scan system which will allow us to record attendance when you scan your badge each time you enter the center.

Questions? Call us at 248-723-3500.

Thank You for Your Donations*... Barbara Lathrup, Agnes Evlow, Barbara Driver, Letha Kuesel, Joseph Vindici, Michael Thurston, August Hofweber, Betty Shay, Susan Bayless, William Cline, Jerry Harkey, Tonia Stewart, Ronald Lech, Donna Dupuis, Willa Moss, Phyllis Sahlin, Rosario Curry, St. Hugo of the Hills Church, Miriam Cohen

* 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

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

BLOTTSS ADVISORY COUNCIL
Steve Eskoff, Chairman
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Gladys Cifelli Maxine Davison
Don Foehr Marie Gemmel
Victor & Suzanne Goldstein Tony Klemm
Elizabeth Mahoney Tom & Ginnie Richard

BTSS will be closed on:
Monday, February 20
Friday, April 6 & Saturday, April 7
Saturday, May 26 & Monday, May 28

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.

NEW!! 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  6 classes/$30
Feb 21 - Mar 27 (FIT89-A1202)
April 10 - May 15 (FIT89-B1201)
May 22 – June 26 (FIT89-B1202)

H20 Interval  L. Harbour
For active exercisers, intervals of high intensity water exercises followed by toning, using resistance equipment and stretching. Please note new time for this class.

Tuesday  10:30 - 11:30 AM  6 classes/$36*
Feb 21 – March 27 (FIT88-A1202)
April 10 – May 15 (FIT88-B1201)
May 22 – June 26 (FIT88-B1202)

Aqua Cardio Core Mix  J. Leech
Increase your energy and tighten your abs! Cardio improves your cardiovascular health and range of motion. Core tones muscles, sculpts body, and improves balance.

Tw/SuThurs  2:15 - 3:15 p.m.  8 classes/$40*
March 6 – March 29 (FIT84-A1203)
April 10 - May 3 (FIT84-B1201)
May 8 – May 31 (FIT84-B1202)

Aqua Healthy Joints  L. Cook
Gentle flexibility and strengthening exercises in warm water. Can protect joints and keep muscles toned.

Friday  10:15 -11:15 AM  6 classes/$48*
Feb 24 – March 30 (FIT85-A1202)
April 10 – May 15 (FIT85-B1201)
May 22 – June 26 (FIT85-B1202)

Aqua Zumba  A. Chi
Safe, effective workout integrates the Zumba formula with traditional aqua fitness disciplines for a water workout that’s cardio-conditioning, body-toning, and exhilarating!

Monday  6:30 - 7:30 PM
March 5 – March 26 (FIT85-A1203)
April 9 – April 28 (FIT85-B1201)
May 7 – May 21 (FIT85-B1202)

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

Tw/SuThurs  6 – 7 PM
Feb 28 – March 29 (FIT27-A1203)
April 10-April 26 (FIT27-B1201)
May 1 – May 31 (FIT27-B1202)

Fluid Moves  K. Housey
Mild aerobic workout that includes toning, stretching & relaxation. Fluid transitions working all body parts.

Wednesday  10:15 – 11:15 AM
March 7 – March 28 (FIT86-A1205)
April 11 – May 16 (FIT86-B1201)
May 23 – June 27 (FIT86-B1203)

Saturday  10:15 – 11:15 AM
Feb 25- March 31 (FIT86-A1204)
April 14 – May 19 (FIT86-B1202)
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**

### 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**  
4 - 5 PM  
6 classes/$30*

- Feb 21 – March 27 (FIT74-A1203)
- April 10 – May 15 (FIT74-B1201)
- May 22 – June 26 (FIT74-B1203)

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

- Feb 24 - March 30 (FIT74-A1204)
- April 13 – May 18 (FIT74-B1202)
- May 25 – June 29 (FIT74-B1204)

### Cardio Circuit Challenge

S. Rubinstein

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

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

- Feb 22 – March 28 (FIT61-A1203)
- April 11 – May 16 (FIT61-B1201)
- May 23 – June 27 (FIT61-B1203)

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

- Feb 23 – March 29 (FIT61-A1204)
- April 12 – May 17 (FIT61-B1202)
- May 24 - June 28 (FIT61-B1204)

### Creative Cross Training

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 & A.M. Stretch. LL Studio  
**BT Residency Req.**

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

- Feb 21 – March 30 (FIT77-A1202)
- April 9 – May 18 (FIT77-B1201)
- May 21 – June 29 (FIT77-B1202)

**Kickbox Cardio**

M. Pozan

Jab, punch & kick your way to a more fit body! Safely go through punching/kicking combinations for a kick-butt workout! Not for beginners, should regularly work out!

**Monday**  
7:15 - 8:00 AM  
6 classes/$36*

- Feb 20 – March 26 (FIT88-A1202)
- April 9 – May 14 (FIT88-B1201)
- May 21 - June 25 (FIT88-B1202) no 5/28

5 Classes/$30*

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**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  
6 classes/$30*

- Feb 24 – March 30 (FIT47-A1202)
- April 13 – May 18 (FIT47-B1201)
- May 25 – June 29 (FIT47-B1202)

**Boomer Bootcamp**

M. Pozan

Interval style workout using weights, body weight, TRX, body bars, bosu, stability & medicine balls and more! Includes sports style cardio drills. All will be challenged at their individual levels and modifications given. Not for beginners; add to your regular workout schedule! LL Studio

**Friday**  
7:15 AM – 8 AM  
6 classes/$36*

- Feb 24 – March 30 (FIT76-A1202)
- April 13 – May 18 (FIT76-B1201)
- May 25 – June 29 (FIT76-B1202)

**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 program that welcomes all fitness levels. LL Studio

**Tuesday**  
8 – 8:45 AM  
6 classes /$30*

- Feb 21 – March 27 (FIT78-A1203)
- April 10 – May 15 (FIT78-B1201)
- May 22 – June 26 (FIT78-B1203)

**Wednesday**  
7 – 8 PM  
6 classes /$30*

- Feb 22 – March 28 (FIT78-A1204)
- April 11 – May 16 (FIT78-B1202)
- May 23 – June 27 (FIT78-B1204)

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**Pickleball Drop In**

Mondays 1-2:30 PM (beginners)  
Thursdays 1:30-3 PM (experienced)

**Table Tennis Drop In**

Wednesday 1-3 PM
Senior Fit Aerobics  S. Rubinstein
Low impact aerobic dance for active exercisers. Improve coordination and balance, strengthen heart and lungs. Increase muscle strength and improve flexibility. Some floorwork. Bring hand weights, mat & water. LL Studio

Monday/Thursday  9 - 10 AM
Feb 23 – Mar 29 (FIT09-A1202)  11 classes/$46*
April 9 – May 17 (FIT09-B1201)  12 classes/$50*
May 21 – June 28 (FIT09-B1202) no class 5/28  11 classes/$46*

Senior Fit Aerobics Card  10 classes/$55*
Add flexibility to SeniorFit Aerobics workout schedule.
1/1-3/31 FIT10-A1201; 4/1-6/30 FIT10-B1201
Use within 3 months purchase.

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
Feb 23-March 29 (FIT08-A1202)  11 classes/$46*
April 9 – May 16 (FIT08-B1201)  12 classes/$50*
May 21–June 28 (FIT08-B1202) no class 5/28  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/Wednesday  11:30 AM – 12:30 PM
Feb 22 – March 28 (FIT56-A1202)  11 classes/$55*
April 9 – May 16 (FIT56-B1201)  12 classes/$60*
May 21–June 27(FIT56-B1202) no class 5/28  11 classes/$55*

STRENGTH

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  9 - 9:45 AM  6 classes/$30*
Feb 21 – March 27 (FIT79-A1202)
April 10 – May 15 (FIT79-B1201)
May 22 – June 26 (FIT79-B1202)

Strength & Balance – Level 2  M. Barclay
Build strength & boost your balance! Class done standing and on the floor using including stability and bosu balls, foam rollers, and your own body weight. Bring light hand weights, stability ball, yoga mat, & water bottle. LL Studio
Friday  9 – 9:45 AM  6 classes/$30*
Feb 24 – March 30 (FIT80-A1202)
April 13 – May 18 (FIT80-B1201)
May 25 – June 29 (FIT80-B1202)

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 of cardio and pneumatic weight machines. BT Residency required.

Monday/Thursday  8 - 9 AM
Feb 23 – Mar 29 (FIT01-A1205)  11 classes/$62**
April 9 – May 17 (FIT01-B1201)  12 classes/$68**
May 21 – June 28 (FIT01-B1205) no 5/28  11 classes/$62**

Monday/Wednesday  11:30 AM - 12:30 PM
Feb 22 – March 28 (FIT01-A1206)  11 classes/$62**
April 9 – May 16 (FIT01-B1202)  12 classes/$68**
May 21–June 27(FIT01-B1206) no class 5/28  11 classes/$62**

Wednesday/Friday  9 - 10 AM
Feb 22 – March 30 (FIT01-A1208)  12 classes/$68**
April 11 – May 18 (FIT01-B1204)  12 classes/$68**
May 23 – June 29 (FIT01-B1208)  12 classes/$68**

** Strength Training Plus  An upgrade of $9 allows you to work out on alternate days of your Supervised Strength Training class for the duration of the session. BT residency required.  11 classes/$71  12 classes/$77

Strength Training/Cardio Orientation  S. Rubinstein
Required for new fitness equipment participants opting out of Supervised Strength Training classes.
For people with a deep understanding of fitness principles and long term equipment experience. Overview of safe, effective use of cardio and pneumatic weight machines. BT Residency req’d. LL fitness area  1 class/$25
Mondays  5 – 6 PM (FIT33-VARIES)
Wednesdays  1 – 2 PM (FIT33-VARIES)
Fridays  11 AM – 12 noon (FIT33-VARIES)

Fitness Open Hours (FIT02-Varies)  Residency rq’d.
Pre-requisite: completed Supervised Strength Training class or Orientation. Self-supervised. Sign-in LL Reception. Exchange BTSS ID for workout I.D. tag each visit.  $15/mo or $80/6 consecutive months

NEW!! Coaching for Fitness Open Hours Participants
Certified Fitness Specialist available during specially selected hours to assist you in your workout. Current Fitness Open Hours registration required.
Tues & Thurs 1-3 PM  Wed & Fri 10-11 AM
Balance & Core Training
J. Schirtzinger
Loss of balance may result in falls and bone fractures. Fun workout improves posture & balance, builds bones & strengthens core, pelvic, and leg muscles. LL Studio

Tuesday 1 – 1:30 PM
Feb 21 – Mar 27 (FIT42-A1202) 6 classes/$24*
April 10 – May 8 (FIT42-B1201) 5 classes/$20*
May 15 – June 19 (FIT42-B1202) no class 6/1 5 classes/$20*

On the Ball
S. Rubinstein
Challenging class for beginners & experienced. Balance & strengthen core muscles while sitting and lying on ball both prone/supine. Bring ball, mat, water & towel. LL Studio

Tuesday 11:15 AM – 12:15 PM 6 classes/$50*
Feb 21 – March 27 (FIT12-A1203)
April 10 – May 15 (FIT12-B1201)
May 22 – June 26 (FIT12-B1203)

Wednesday 5 – 6 PM 6 classes/$50*
Feb 22 – March 28 (FIT12-A1204)
April 11 – May 16 (FIT12-B1202)
May 23 – June 27 (FIT12-B1204)

Golf Conditioning
S. Rubinstein
Avoid injuries and condition your muscles for the upcoming season. Work on functional strength, including core training. Special emphasis on flexibility, coordination and balance, specific to muscles used in golf. Sign up for 2x week and save $$. LL Studio.

Tuesdays 5:15-6:15 PM 6 Classes/$50*
Feb 21 - March 27 (FIT50-A1201)
Thursdays 6:15-7:15 PM 6 Classes/$50*
Feb 23 – March 29 (FIT50-A1202)
Tuesdays (5:15-6:15 PM) & Thursdays (6:15-7:15 PM)
Feb 21 - March 29 (FIT50-A1203) 12 Classes/$75*

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/Wednesday 11:30 AM –12:30 PM
Feb 22 – March 28 (FIT56-A1202) 11 classes/$55*
April 9 – May 16 (FIT56-B1201) 12 classes/$60*
May 21–June 26 (FIT56-B1202) no class 5/28 11 classes/$55*

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
Feb 22 – Mar 28 (FIT03-A1202) 6 classes/$48*
April 11 – May 30 (FIT03-B1201) 8 classes/$64*
June 6 – June 27 (FIT03-B1202) 4 classes/$32*

T’ai Chi Chuan (cont.)
Continuing Wednesday 10:15 –11 AM
Feb 22 – Mar 28 (FIT03a-A1202) 6 classes/$48*
April 11 – May 30 (FIT03a-B1201) 8 classes/$64*
June 6 – June 27 (FIT03a-B1202) 4 classes/$32*

A.(mazing) M. (orning) Stretch
M. Barclay
Start your day right by gently waking your body with a warm up and stretch class using traditional stretching, simple yoga poses & relaxation techniques! You’ll feel energized & rejuvenated. LL studio

Tuesday/Thursday 7:15-7:45AM 12 classes/$15*
Feb 21 – March 29 (FIT81-A1202)
April 10 – May 17 (FIT81-B1201)
May 22 – June 28 (FIT81-B1202)

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! Bring a mat and optional pillow/ & blanket. LL Studio

Thursday 11:30 AM – 1 PM 6 classes/$60*
Feb 23 – March 29 (FIT63-A1202)
April 12– May 17 (FIT63-B1201)
May 24 – June 28 (FIT63-B1202)

Yoga with Props
K. Housey
Gentle, basic Hatha Yoga using props, chairs, & exercise bands. Excellent for beginners, with modifications for specific physical limitations. Bring mat, towel/blanket, & water bottle. Purchase exercise bands from instructor.

Monday 6:30 - 7:30 PM LL Studio
March 12 – March 26 (FIT67-A1203) 3 Classes/$24*
April 9 – May 14 (FIT67-B1201) 6 Classes/$48*
May 21–June 25 (FIT67-B1202) no class 5/28 5 Classes/$40*

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.

Tuesday 10 - 11 AM 6 classes/$48*
Feb 21 –March 27 (FIT07-A1202)
April 10 - May 15 (FIT07-B1201)
May 22 – June 26 (FIT07-B1202)

Ageless Grace ®
S. Peper
Natural movements, focusing on the healthy longevity of the body, mind, emotions & spirit. May notice increase in joint mobility, spinal flexibility, right-left brain coordination, & balance. Designed to be practiced in a chair. LL Studio

Wednesday 4 - 4:30 PM
Feb 29 – March 28 (FIT82-A1202) 5 classes/$15*
April 11 – May 16 (FIT82-B1201) 6 classes/$18*
May 23 – June 27 (FIT82-B1202) 6 classes/$18*
Nia® S. Peper

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

Monday 5 – 6 PM
Feb 27 – March 26 (FIT37-A1203) 5 classes/$30*
April 9 – May 14 (FIT37-B1201) 6 classes/$36*
May 21–June 25 (FIT37-B1203) no class 5/28 5 classes/$30*

Friday 1 – 2 PM
March 2 – March 30 (FIT37-A1204) 5 classes/$30*
April 13 – May 18 (FIT37-B1202) 6 classes/$36*
May 25 – June 29 (FIT37-B1204) 6 classes/$36*

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
Feb 28 – March 29 (FIT27-A1203) 10 classes/$80*
April 10–April 26 (FIT27-B1201) 6 classes/$48*
May 1 – May 31 (FIT27-B1202) 10 classes/$80*

Aqua Zumba A. Chi
Safe, effective workout integrates the Zumba formula with traditional aqua fitness disciplines for a water workout that’s cardio-conditioning, body-toning, and exhilarating!

Get fit grooving to Latin & international rhythms.

Monday 6:30 – 7:30 PM
March 5 – March 26 (FIT85-A1203) 4 Classes/$32*
April 9 – April 30 (FIT85-B1201) 4 Classes/$32*
May 7 – May 21 (FIT85-B1202) 3 Classes/$24*

Yoga with Props K. Housey
A form of gentle yet traditional Hatha yoga using props, chairs and exercise bands. Excellent for beginners with modifications for specific physical/joint limitations. Can be done in a chair. Bring exercise mat, towels/blanket to roll up, water bottle. Purchase exercise bands from instructor.

Monday 6:30 – 7:30 PM LL Studio
March 12 – March 26 (FIT67-A1203) 3 Classes/$24*
April 9 – May 14 (FIT67-B1201) 6 Classes/$48*
May 21–June 25 (FIT67-B1202) no class 5/28 5 Classes/$40*

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 7 – 8 PM
Feb 22 – March 28 (FIT78-A1204) 6 classes/$30*
April 11 – May 16 (FIT78-B1202) 6 classes/$36*
May 23 – June 27 (FIT78-B1204) 6 classes/$36*

Golf Conditioning S. Rubinstein

Tuesdays 5:15-6:15 PM 6 Classes/$50*
Feb 21 - Mar 27 (FIT50-A1201)

Thursdays 6:15-7:15 PM 6 Classes/$50*
Feb 23 – Mar 29 (FIT50-A1202)

Tuesdays (5:15-6:15 PM) & Thursdays (6:15-7:15 PM)
Feb 21 - Mar 29 (FIT50-A1203) 12 Classes/$75*

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
Feb 22 – March 28 (FIT01-A1207) 11 classes/$62**
April 9 – May 16 (FIT01-B1203) 12 classes/$68**
May 21–June 27 (FIT01-B1204) no class 5/28 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 - 6 PM 6 classes/$50*
Feb 23 – March 29 (FIT61-A1204)
April 12 – May 17 (FIT61-B1202)
May 24 – June 28 (FIT61-B1204)

On the Ball S. Rubinstein
Challenging class for beginners and experienced. Strengthen core muscles while sitting and lying on ball both prone/supine. Bring ball, mat, water & towel. LL Studio

Wednesday 5 – 6 PM 6 classes/$50*
Feb 22 – March 28 (FIT12-A1204)
April 11 – May 16 (FIT12-B1202)
May 23 – June 27 (FIT12-B1204)

SATURDAY CLASSES

H20 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
March 3 – March 31 (FIT32-A1203) 5 classes/$40*
April 14 – April 28 (FIT32-B1201) 3 classes/$24*
May 5 – May 19 (FIT32-B1202) 3 classes/$24*

Fluid Moves K. Housey
Mild aerobic workout that includes toning, stretching & relaxation. Fluid transitions working all body parts.

Saturday 10:15 – 11:15 AM 6 Classes/$48*
Feb 25- March 31 (FIT86-A1204)
April 14 – May 19 (FIT86-B1202)
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 a.m. and can expect to complete their route by noon. Meals on Wheels Drivers receive on-site training.

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

BTSS Medical Appointment Driver
2011 has seen an increase in the number of calls from homebound seniors requesting assistance with transportation. This service assists seniors who may not have family members nearby to help them with their routine medical appointments. The time commitment for the volunteer can be as little as two hours per month or more as their schedule permits.

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

BTSS Computer Lab Volunteer
Savvy computer users will work directly with patrons in helping them solve their personal computer problems as well as monitor the lab during open hours.

BTSS 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

Thank you to our Meals on Wheels Volunteers!

Volunteering is important to long and healthful lives. Call Joan for more information 248-723-3500.

Thank you volunteers! 900+ Hrs. in November - January Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appt. Drivers, Computer Lab, Trip Leaders & ADS Volunteers.

VOLUNTEER OPPORTUNITIES
### ART

**Creative Watercolor**  
K. Halpern  
Wednesday  1:30 - 3:30 PM  
March 14 – 28 (ART02-A1202)  
April 4 – May 30 (ART02-B1201)  
3 sessions/$39*  
9 sessions/$118*  
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/stain glass. Supplies and equipment are available.

**Mosaic Stepping Stone I**  
N. Porter/M. McGee  
Tues/Thurs  1:30 - 3:30 PM  
2 classes  
April 17 & 19 (ART13-B1201)  
Create a small (6x6) mosaic tile from preformed concrete, scrap glass, stained glass and your imagination. The $10 supply fee payable to instructor.

**Mosaic Stepping Stone II**  
N. Porter/M. McGee  
Tues/Thurs  1:30 - 3:30 PM  
2 classes  
May 15 & 17 (ART13-B1202)  
Create a large (12X12) mosaic tile from preformed concrete, scrap glass, stained glass and your imagination. The $10 supply fee payable to instructor.

**“Chicks with Sticks” “Knitting Gifts from the Heart”**  
Monday*  1:00 – 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.*  
*Note day change: Wednesday 2/15 & 29, 3/14, 4/11*

**Paper Dolls–Card Shoppe**  
Facilitator: Arlene Pinkos  
Thursday  1:15 – 4:15 PM  
248 988-9366  
May 10 & 24  
Join a fun loving group who design & sell beautiful, repurposed greeting cards. Proceeds to Meals on Wheels.

### BOOKS

**Book Club**  
Facilitator: Janice Bellefleur  
248-335-7383  
1ST Friday  10:00 – 11:30 AM  
Books on loan thru BT Public Library service desk.

- March 2: “Lethal” (Sandra Brown)  
- April 13*: “Glass Room” (Mawer)  
  (*2nd Friday)  
- May 4: “Peace Like a River” (Engler)  
- June 1: “The Immortal Life of Henrietta Laks” (Sklloot)

**DIA InsideOut Book Review**  
Thursday, May 3 (EDU60-B1202)  1:30 PM  
Join Librarian Karen Imarisio in a discussion of “Tulip Fever” by D. Moggach. The book is related to BTSS’s art installation of “Sinfonia” as part of the InsideOut project. See page 1 for details. Preregistration rqd. $2 Guest fee.

### COMPUTERS

**Computer Lab - Open Hours**  
Let our volunteers answer your questions and help with your computer challenges. Call to confirm availability.  
Monday, 1-3 PM  
Tuesday, 10 AM–12 PM & Tuesday, 1-3 PM (begins 3/1)  
Wednesday, 12:30–3:30 PM  
Thursday, 10 AM–12 PM (begins 3/1)  
Friday, 1-3 PM  
Saturday, 10 AM–12 PM  
Meet the PC  
V. Sinclair, Micro Techniques  
Slower paced course covering computer fundamentals.  
Friday  10 AM - Noon  2 classes/$54*  
April 13 & 20 (COM01-B1201)  
Monday  10 AM - Noon  2 classes/$54*  
April 23 & 30 (COM01-B1202)  
Meet the Internet  
V. Sinclair, Micro Techniques  
Surfing the web, viewing preferences, security and more.  
Friday  10 AM - Noon  2 classes/$54*  
April 27 & May 4 (COM03-B1201)  
Monday  10 AM - Noon  2 classes/$54*  
May 7 & 14 (COM03-B1202)
What Is Facebook?  V. Tatseos  Complimentary
Wednesday, March 7 (EDU53-A1201)  10 - 11:30 AM
Exciting social networking platform. Find old friends &
keep in touch with family. Residents only. Pre-
registration required.

Facebook I Beginners  V. Tatseos  Fee: $15
Wednesday, March 14 (COM26-A1201) 10 - 11:30 AM
For those without a Facebook account; you will set one
up, review security/email notifications, learn to post status
updates. Must have email account, bring username and
password. Residents only. Pre-registration required.

Facebook II Intermediate  V Tatseos  Fee: $15
Wednesday, March 21 (COM27-A1201)  10 - 11:30 AM
Pick up where you left off in Facebook I Beginners. Learn
more about security settings and notifications. Bring
username and password to class. Residents only. Pre-
registration required.

Facebook III Advanced  V. Tatseos  Fee: $15
Wednesday, March 28 (COM29-A1201)  10 - 11:30 AM
Learn to upload photos and movies, create photo albums
and attach hyperlinks to your status updates. Bring
username and password to class. Residents only. Pre-
registration required.

GAMES

Bridge Conventions and More  B. Ward
Monday 10 AM-Noon  6 sessions  Fee: $72*
April 16 – May 21 (EDU57-B1201)
Bridge players who know the basics may add the most
popular conventions to their game. Become more
competitive through the use of overcalls, negative
doubles, and plan/play a suit and no-trump contract.

Bridge Club  Facilitator: Maurice Vachon
Mon/Fri  Tables assigned: 12:45 PM  Play: 1 PM
NOTE: no 2/13, 20, 27, 3/12, 4/6, 4/9
NEW: Wednesday 9 AM–12:30  2/15 & 29, 3/14 & 4/11

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

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

Poker  2nd, 3rd, 4th and 5th Wednesday  12 – 4 PM
Call: Joann Capocca for info.  248-681-8533

Pool (Billiards)  Mon – Thurs: 7 AM – 7 PM  Friday: 7 AM – 1:30 PM

Scrabble Club  1st Wednesday  1 – 3 PM
Facilitator: Marlene Bieman  248-681-7112

JUST FOR FUN

BTSS Resident Orientation  Please pre-register
Thursday, April 19 (SEV03-B1201)  1 – 2 PM
Join us in the Café for an informal gathering of new and
interested residents to discuss programs, explain
registration and tour the center.

Celebrations!  Tiger Baseball Opening Day
Thursday, April 5 (SEV10-B1201)  Noon
Join us for Tiger fever! Warm up with entertainment and
baseball fare from noon till 1 PM and watch the game on
the big screens at 1:05 PM. Registration required for this
soon to be sell out! Graciously sponsored by Woodward
Hills so there is no fee for residents; $2 guest fee.

Movie Classic  Friday  1 PM
Friday afternoon classic movie greats with popcorn!
March 2: “American in Paris”  Musical
Starring: Gene Kelly & Leslie Caron
April 13: “Arsenic and Old Lace” Comedy
Starring: Cary Grant & Priscilla Lane
May 4: “All About Eve” Drama
Starring: B. Davis, A. Baxter, G. Sanders, M. Monroe

Movie Mania  Friday  1 PM
Friday afternoon late release films with popcorn!
March 16: “The Help” 2011 Drama
Starring: V Davis, B Howard, O Spencer, E Stone
April 27: “Larry Crowne” 2011 Dramatic Comedy
Starring: Tom Hanks & Julia Roberts
May 18: “Moneyball” 2011 Dramatic Comedy
Starring: Brad Pitt, Robin Wright Penn, Jonah Hill

MUSIC

BTSS Senior Band  Tuesday  3 - 5 PM
Band Leader: Vance Genzinger  248-646-2864
Open to all levels. Looking for a drummer.

Tribute to our Armed Forces  Tuesday, May 15 (SEV16-B1201)  3 PM
Please join us for our own BTSS band performance in
tribute to our Armed Forces (Armed Forces Day, May 19).
Serving dessert during intermission. To assist in planning,
please preregister. $2 guest fee.

Evola Music Keyboarding Class
Thursday 10:30–11:30 AM  10 wks.  Fee: $30*
March 1 – May 3 (EDU37-B1201)
This program provides 10 weeks of instruction from Evola
Music on a keyboard/piano provided here at the center.
DIA InsideOut Overview

Thursday, April 19 (EDU60-B1201) 1:30 PM
Learn about the DIA’s exciting & innovative “InsideOut” project which brings reproductions of paintings from its stellar collection to connect with audiences outside museum walls in surprising locations creating a grand, open-air gallery. Please pre-register. $2 guest fee.

NEW! Brain Neurobics
WSU Gerontology Institute
Tuesday, April 3 (EDU53-B1201) 10:30 AM
Learn simple exercises to strengthen connections between both halves of your brain to improve coordination, creativity and stimulate memory. Engage your entire brain with these fun crafts, puzzles, word games & exercises. Registration required. $2 guest fee.

NEW! DNA, How It Works and What It Does
Tuesday, May 1 (EDU53-B1203) 2 – 3 PM
Dr. J.C. Patterson, expert on the subject discusses this fascinating topic. Try a new program this spring! Pre-registration requested. $2 guest fee.

Cultural Film Series
Keith Famie’s Ground Breaking Series:
‘Ethnic Detroit’ - Our Story of...
Tuesdays 1 PM
With more than 60 separate vital and fascinating enclaves, Detroit has the largest multi-ethnic population in the U.S. This film series will include a “taste of” these incredible Detroit cultures. Registration required. $2 guest fee. Graciously sponsored by American House.

March 27 (EDU61-A1201)
Polish Story: Family, Faith & Fortitudes
By 1914 Poles made up nearly 24% of Detroit’s population on the city’s east side. They were drawn to the prosperous economy and the Catholic cultural heritage and were loyal and devoted to the land of their adoption.

April 17 (EDU61-B1201)
Greek Story: Antiquity, Modernity & Destiny
After 1912 immigrants from Greece and Cyprus became a booming population in Detroit’s community. Today’s Greektown includes people of all nationalities, however it was a very different picture during the first half of the 20th century.

May 8 (EDU61-B1202)
Italian Story: Progress, Passion & Promises
Discover how Italian immigrants had to overcome many obstacles as they pursued the American Dream. Follow 30+ success stories of Italian immigrants in the Detroit metro area.

NEW! Brain Function, Age & Antioxidants
Tuesday, April 24 (EDU53-B1202) 1 PM
Learn about the different regions of the brain and how age effects them. Consider the role nutrition, exercise and socialization have on the aging process & what you can do to promote brain health. Registration required. $2 guest fee.

NEW! You Too Can Learn To Skype!
Tuesday, March 20 (EDU53-B1204) 1:30 – 3:00 PM
Want to contact your loved ones across the globe? Learn how to see and hear them for free using your computer. Best Buy, Bloomfield and the Geek Squad present the ins and outs of Skyping. Open up a whole new world! Pre-registration requested. $2 guest fee.

BTSS White Horse Society
4th Thursday 10 AM
Interested in theology, philosophy or science? New topic every month. All views will be respectfully encouraged.
Note time change on 4/26 10:30 AM – 12 PM

Italian Group - Gruppo Italiano
2nd Friday* 10:00 AM
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.
3rd Wednesday 9:30–11:30 AM BT/$6 Non BT/$8
“A US Olympic Executive Looks At A Modern Sport”
April 18 (SOC27-B1201) Steve Mitchell, Mitchell Rsch.
“Who Will Be Our Next President?”
May 16 (SOC27-B1202) L. Dragovic MD, Med.Examiner
“The Rest of the Story”

Senior Women’s Club
Facilitator: Myrna Ann Hinkson
Enjoy dynamic speakers, camaraderie and luncheon. Pre-registration required 3 days in advance of program.
4th Wednesday 11:30 AM–1:30 PM BT/$10 Non BT/$12
March 28 (SOC28-A1202) Leo Savoie, BT Supervisor
"Looking Forward"
April 25 (SOC28-B1201) P. Marshke, Handwriting Analyst
“What You Can Learn About Yourself & Others”
May 23 (SOC28-B1202) Bonnie Borin, Counselor
“How To Listen So Others Will Listen To You”
“New Green” Oakland County Airport Terminal
Wednesday, Feb. 15 (DAY10-A1201)  10:00 AM-2:15 PM
Tour Michigan's first LEED (Leadership in Energy and Environmental Design) certified airport terminal and the nation's first LEED-certified general aviation airport terminal. Followed by lunch on your own at Heroes.
BTSS Coach  Fee: $7*

“Ax & Mozart/ Slatkin & Mahler” DSO  WAIT LIST
Friday, Feb. 17 (DAY11-A1201)  9:30 AM-3:30 PM
Lunch and Movie at Palladium Theatre
Tuesday, Feb. 21 (DAY13-A1201)  11:00 AM-3:30 PM
Start 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 (announced one week in advance). Enjoy “free” popcorn and pop during the movie. BTSS Coach  Fee: $25*

Book Cadillac Hotel Tour & Lunch
Thursday, Feb. 23 (DAY14-A1201)  10:00 AM-2:15 PM
Member of the National Historical Registry, this Italian-renaissance-style hotel, built in 1924 by the Book brothers, was the tallest building in Detroit and hotel in the world. Completion of a $180 million renovation restored the historic hotel to its original splendor. Tour followed by a chef selected lunch (included), Boulevard Room restaurant. BTSS Coach  Fee: $40*

“Summer and Smoke” Hilberry Theatre
Wednesday, Feb. 29 (DAY16-A1201)  11:00 AM-5:15 PM
Sultry southern tale by T. Williams. Alma cannot resist her attraction to the rakish, inspiring young doctor who lives next door. Their relationship becomes an emotional battle of wills of her spiritual devotion vs. his sensuous need for physical desire. Begin with lunch on your own at Union Street.
BTSS Coach  Fee: $23*

“South Pacific” Fox Theatre  WAIT LIST
Saturday, Mar. 3 (DAY17-A1201)  10:45 AM-5:15 PM
“My Brooklyn Hamlet” Jewish Ensemble Theatre
Sunday, Mar. 4 (DAY18-A1201)  2:00-7:30 PM
Brenda’s mother is shot by her father and he is jailed. But once released, he marries her mother’s sister! This is Brenda Adelman’s true tale of forgiving the unforgivable. Begin with lunch on your own at Champs.
BTSS Coach  Fee: $37*

“A Sci-Fi Spectacular” DSO
Friday, Mar. 9 (DAY19-A1201)  9:30 AM-3:45 PM
Conductor, Jack Everly, brings an out of this world production featuring music from Star Wars, Star Trek, Close Encounters of the Third Kind, The Day the Earth Stood Still and more. Special by Mr. Sulu himself, George Takei! Followed by lunch on your own at Ocean Prime.
BTSS Coach  Fee: $46*

OCC Grand Buffet
Thursday, Mar. 15 (DAY20-A1201)  10:15 AM-1:15 PM
Enjoy the finest cuisine, prepared by the students of the Culinary Studies Institute. Make sure you visit the on campus bakery before lunch for the opportunity to purchase the delicious pastries and desserts. All inclusive.
BTSS Coach  Fee: $21*

“Classical Roots” DSO
Friday, Mar. 16 (DAY21-A1201)  9:30 AM-3:45 PM
Annual tribute to African-American composers and musicians includes "Dancers, Dreamers, & Presidents", a new work by composer/violinist Daniel Bernard Roumain; 1961 string serenade by the late Hale Smith and William Dawson's Negro Folk Symphony. Followed by lunch on your own at McCormick & Schmick's.
BTSS Coach  Fee: $30*

“Lucky Stiff” The Village Players
Sunday, Mar. 18 (DAY22-A1201)  11:45-4:30 PM
Muder mystery farce about an English shoe salesman forced to take the embalmed body of his recently murdered uncle on a vacation to Monte Carlo and pass off as alive for a chance to inherit $6,000,000. Begin with lunch on your own at The Moose Preserve.
BTSS Coach  Fee: $29*
“Fiction” Tipping Point Theatre  
Saturday, Mar. 24 (DAY23-A1201) 12:30-5:30 PM  
Successful married writers, Linda & Mark, share a feisty partnership high in intellectual banter and friendly competition. Diagnosed with a brain tumor and three weeks to live, Linda tells Michael he may read her private diary after she’s gone, but she wants to read his now. **Begin with lunch on your own at Rocky’s.**  
BTSS Coach  Fee: $36*  

“Spreading it Around” Meadowbrook Theatre  
Wednesday, Mar. 28 (DAY24-A1201) 11:15 AM-5:00 PM  
Members of a gated retirement community in Florida decide to "share the wealth" with a local resident in need. Their children show up to put a stop to the "needless" spending of their inheritance. Michigan Premiere comedy. **Begin with lunch on your own at The Red Ox Tavern.**  
BTSS Coach  Fee: $25*  

“Major Barbara” Hilberry Theatre  
Wednesday, Apr. 11 (DAY03-B1201) 11:00AM-5:00 PM  
A millionaire armaments dealer loves money; but his daughter, Barbara, is a devout Major in the Salvation Army who sees her father as just another soul to save. When funds are needed, father saves the day. **Begin with lunch on your own at Boodles.**  
BTSS Coach  Fee: $24*  

“Chicago” U of M Power Center  
Thursday, Apr. 12 (DAY01-B1201) 3:45-10:30 PM  
Chorus girl, Roxie Hart, murders her lover, sets up her husband and manipulates her way into stardom. Roxie vies with her rival cellmate and fellow murderess Velma Kelly to become the darlings of the media and stage sensations. **Begin with dinner on your own at The Gandy Dancer.**  
BTSS Coach  Fee: $31*  

“Titanic-The Musical” Baldwin Theatre  
Thursday, Apr. 19 (DAY02-B1201) 5:15-10:30 PM  
The sinking of the Titanic in the early morning hours of April 15, 1912, is perhaps the most tragic maritime disaster of the 20th century. Book passage aboard the Titanic as it sails again in this hauntingly moving story set to song. **Begin with dinner on your own at Black Finn.**  
BTSS Coach  Fee: $24*  

“Beauty and the Beast” Fisher Theatre  
Friday, Apr. 20 (DAY07-B1201) 4:45-10:30 PM  
This classic musical love story is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers including “Be Our Guest” and “Beauty and the Beast”. **Begin with dinner on your own at Zazios.**  
BTSS Coach  Fee: $64*  

“Stellar Piano Trio” Palmer Woods Music Association  
Sunday, Apr. 22 (DAY08-B1201) 6:00-10:00 PM  
PWMA in Homes showcases the best of Detroit’s jazz, classical and world-music in the ambiance of magnificent Palmer Woods mansions. **Refreshments served.**  
BTSS Coach  Fee: $44*  

“Tea With Miss Lucy” Historic White Horse Inn  
Tuesday, Apr. 24 (DAY09-B1201) 11:00 AM-3:00 PM  
Visit Metamora for a favorite Michigan destination. Enjoy a wide variety of all-you-care-to-eat and drink of flavored teas, tea sandwiches, fruit-filled breads and scones, cream and preserves. Also includes cup of soup & dessert.  
BTSS Coach  Fee: $23*  

“White Buffalo” Purple Rose Theatre  
Wednesday, Apr. 25 (DAY10-B1201) 11:45 AM-6:15 PM  
The birth of a white buffalo calf on a small farm in Wisconsin heralds a Sioux prophesy of peace and unity to all mankind. The farm quickly becomes a hotbed of spiritual outpouring. **Begin with lunch on your own at Chelsea Grill.**  
BTSS Coach  Fee: $30*  

“Viva Italia” Detroit Symphony Orchestra  
Sunday, Apr. 15 (DAY05-B1201) 9:00AM-5:30 PM  
Special guest vocalists *Pomerazzi* take you on a tour of sunny Italy. Hear them sing Italian classics, thrilling arias, Neapolitan songs and more. **Begin with lunch on your own at the Hudson Café.**  
BTSS Coach  Fee: $46*  

“Viva Italia” Detroit Symphony Orchestra  
Friday, Apr. 27 (DAY11-B1201) 9:30 AM-3:30 PM  
Legendary Elvis tribute artist Kraig Parker joins the DSO for a new production fit for “the King.” Put on your blue suede shoes and thrill to all your Elvis favorites including *Jail House Rock*, *Heartbreak Hotel*, *Suspicious Minds*, and more! **Followed by lunch on your own at Majestic Café.**  
BTSS Coach  Fee: $46*
“Swan Lake Ballet” Detroit Opera House  
Sunday, Apr. 29 (DAY12-B1201) 11:15 AM-5:15 PM  
In a North American premiere, Corella Ballet of Spain will perform the magical, mysterious Swan Lake. The story of a young prince in love with a beautiful girl who is forced by a sorcerer to swim as a swan, and may only be human at night.  
Begin with lunch on your own at O’Mara’s.  
BTSS Coach  
Fee: $50*  

“I Pagliacci” Michigan Opera House  
Friday, May 11 (DAY18-B1201) 9:45 AM-3:45 PM  
The loves and jealousies of a group of traveling players spill into their performances, with tragic results.  
Followed by lunch on your own at Vincente’s.  
BTSS Coach  
Fee: $33*  

Tour of the Dossin Great Lakes Museum  
Tuesday, May 15 (DAY19-B1201) 8:45 AM-2:15 PM  
Join us for a 90 minute walking tour of the DGL Museum which stands on the shore of Detroit’s historic Belle Isle.  
Enjoy the view of the Detroit River and the many rare artifacts.  
Followed by lunch on your own at Sindbad’s.  
BTSS Coach  
Fee: $13*  

Junior League Designer Showhouse  
Thursday, May 17 (DAY20-B1201) 10:15 AM-4:00 PM  
Tour the 10,304 square foot showhouse built in 1928 which features a retail Boutique garden area.  
View bedrooms, a ballroom, Pewabic tile bathrooms and fireplaces, as well as a view of Lake St. Clair.  
Please wear walking shoes, not handicap accessible.  
Begin with lunch on your own at the Grosse Pointe Yacht Club.  
BTSS Coach  
Fee: $23*  

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!
**Book & Author Society Luncheon at Burton Manor**  
**Monday, May 21 (DAY23-B1201) 10:45 AM-4:00 PM**  
The 80th Metro-Detroit BAS Luncheon is one of the largest author presentations in America. Several nationally acclaimed authors (TBA) will be present and available to sign books for purchase after lunch. **Lunch included.**

**BTSS Coach**  
Fee: $38*

**DIA Inside/Out Exhibits Bloomfield**  
**Tuesday, May 22 (DAY24-B1201) 11:15 AM-3:00 PM**  
Begin with lunch on your own at Andiamo’s. Followed by bus tour of the local installations. See front page for more information on this unique series.

**BTSS Coach**  
Fee: $15*

**Nordlie’s Wholesale Flower & Home Design Center Tour**  
**Thursday, May 24 (DAY25-B1201) 9:30 AM-2:15 PM**  
Enjoy a tour of Nordlie’s (a wholesale design center in Michigan for over 80 years) flowers, trinkets and unusual decorative items. **Followed by lunch on your own at Masters Restaurant.**

**BTSS Coach**  
Fee: $8*

**“A Night at the Cotton Club” DSO**  
**Friday, June 1 (DAY27-B1201) 9:30 AM-3:30 PM**  
It’s a salute to the “Hi De Ho” swing of Cab Calloway...the elegant “Satin Doll” sheen of Duke Ellington...and the blistering blast of Satchmo. **Followed by lunch on your own at Forest Grill.**

**BTSS Coach**  
Fee: $46*

**DIA Inside/Out Exhibits Clarkston**  
**Tuesday, May 29 (DAY26-B1201) 10:30 AM-4:00 PM**  
Begin with lunch on your own at Mesquite Creek Steakhouse. Followed by bus tour of the local installations. See front page for more information on this unique series.

**BTSS Coach**  
Fee: $15*

**“Xanadu” Meadowbrook Theatre**  
**Wednesday, June 6 (DAY29-B1201) 11:00 AM-4:30 PM**  
A beautiful Greek muse descends from the heavens of Mt. Olympus to Venice Beach in 1980 on a quest to inspire a struggling artist to achieve the greatest artistic creation of all time - the first ROLLER DISCO! **Begin with lunch on your own at the Brookshire in the Royal Park Hotel.**

**BTSS Coach**  
Fee: $33*

**“Nunsense” Encore Musical Theatre Dexter**  
**Thursday, June 7 (DAY30-B1201) 11:45 AM-6:00 PM**  
The Little Sisters of Hoboken decide that the best way to raise money is to put on a variety show. Featuring tap and ballet dancing, an audience quiz, and comic surprises. **Begin with lunch on your own at Metzger’s Restaurant.**

**BTSS Coach**  
Fee: $33*

**DIA Inside/Out Exhibits Farmington Hills**  
**Tuesday, June 12 (DAY31-B1201) 11:15 AM-3:00 PM**  
Begin with lunch on your own at Ginopolis. Followed by bus tour of the local installations. See front page for more information on this unique series.

**BTSS Coach**  
Fee: $15*

**Franklin Garden Walk**  
**Wednesday, June 13 (DAY32-B1201) 9:30 AM-3:45 PM**  
Begin with a bus tour to the gardens, then enjoy a delicious salad buffet (included) and time to shop at the Gazebo Garden Shop. **Wear sturdy shoes for walking.**

**BTSS Coach**  
Fee: $28*

**“Neil Sedaka” DSO**  
**Friday, June 15 (DAY33-B1201) 9:30 AM-3:30 PM**  
Enjoy his smash hits including “Calendar Girl,” “Breaking Up Is Hard to Do,” “Happy Birthday Sweet Sixteen,” “Oh! Carol,” and “Next Door to an Angel”. **Followed by lunch on your own at Tom’s Oyster Bar.**

**BTSS Coach**  
Fee: $46*

**Tour of the Russell Industrial Center (R.I.C.) Detroit**  
**Tuesday, June 19 (DAY34-B1201) 10:00 AM-2:45 PM**  
Painters, clothing & graphic designers, glass blowers, wood craftsmen, metal sculptors, etc. are drawn to RIC, one of the largest art mecca/small business havens in the Midwest. **Followed by lunch on your own at Woodbridge Pub.**

**BTSS Coach**  
Fee: $11*

**“Barefield Super String Quartet” Palmer Woods Music**  
**Friday, June 22 (DAY35-B1201) 6:45-11:00 PM**  
Palmer Woods Music in Homes showcases the best of Detroit's musical artists in the magnificent Palmer Woods mansions and homes. The Barefield Super String Quartet ensemble performs traditional and avant garde jazz, classical and other music styles. **Refreshments served.**

**BTSS Coach**  
Fee: $44*

**“On Golden Pond” Purple Rose Theatre**  
**Wednesday, June 27 (DAY36-B1201) 1:30-6:00 PM**  
Follow the Thayers’ family return to their summer home in Maine. Over the course of the summer, an unlikely friendship develops, which sparks a renewed zest for life. **Begin with lunch on your own at The Chelsea Grill.**

**BTSS Coach**  
Fee: $25*
Wellness Week! April 2-5, 2012
Complimentary classes & presentations** for 50+ Township Residents
(** Preregistration required. See pages 3-7 for class descriptions.)

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<td>Weight Watchers®</td>
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<td>Wellness Walk-Indoor (WELLNESS14)</td>
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<td>Informational Meeting</td>
<td>8:00-8:30 a.m.</td>
<td>Wellness Walk &amp; Working (WELLNESS11)</td>
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<td>WELLNESS01</td>
<td>Zumba Gold® Demo (WELLNESS06)</td>
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<td>Chair Yoga Demo</td>
<td>Strength &amp; Balance Demo (Level 1 &amp; 2) (WELLNESS07)</td>
<td>Ageless Grace Demo (WELLNESS13)</td>
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<td>5:00-5:30 p.m. Nia Demo</td>
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<td>WELLNESS03</td>
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<td>6:30-7:00 p.m. Yoga w/ Props Demo</td>
<td>Aqua Circuit Demo (WELLNESS08)</td>
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<td>WELLNESS04</td>
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<td>Brain Neurobics Donna McDonald, WSU (WELLNESS09)</td>
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<td>On the Ball (WELLNESS10)</td>
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Sponsored by: Home Instead Senior Care

to us, it’s personal.

A Matter of Balance:
Fall Prevention Class
May 8 - 31 (EDU59-B1201)

A fear of falling may limit activities resulting in reduced strength and greater risk of falling. Class is designed to reduce worry and increase activity levels. Learn to view falls as controllable, set goals for increasing activity, make changes to reduce risks and exercise to increase strength & balance. Limited class size. BT Residency.

Tues/Thurs 10:30 AM-12 PM 8 classes/$16

Charity Workout for Friendship Club!
(FUN13-B1201)

Come JOIN the PARTY with Instructors Annie Chi & Maggie Barclay!
Wednesday, April 4th, 2012
5:30 p.m. Zumba Gold®
6:30 p.m. Aqua Zumba®

Suggested donation: $10/Class or $15 for both!!
Limited class size. Preregistration required.
Bring a towel, water bottle & a smile!!

Please see page 4 of the yellow Supportive Services pages for information about Friendship Club.

AARP DRIVER SAFETY PROGRAM
May 15th & 16th 8:30 AM – 12:30 PM (EDU03-B1201)

Nation’s first and largest classroom refresher course geared to your safety. Learn new defensive driving techniques, how to adjust to changes in vision and hearing. Must attend both days. Pre-registration & payment required.

Fee: $17*

Cultural Movie Series
“Ethnic Detroit, Our Story of...”

Tuesdays 1 PM

Detroit boasts more than 60 separate vital and fascinating enclaves. Experience this exciting film series by Keith Famie that highlights a “taste of” these incredible cultures. See page 11 for film & registration details. Preregistration and guest drop in fee day of presentation required.

March 27 Polish Story: Family, Faith & Fortitudes
April 17 Greek Story: Antiquity, Modernity & Destiny
May 15 Italian Story: Progress, Passion & Promises

Sponsored by: American House Senior Living Communities
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

Spring 2012

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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 with a licensed social worker from Oakland Family Services – Oder 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.

If you are seeking information and resources not counseling, call Kim at Oakland Family Services @ 248-858-7766, x267.

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 March - May.

FREE HEARING SCREENING
Provided by:
Lions Hearing Center of Michigan

Tuesday, May 8th
10 AM - 2 PM
(HTH04-VARIES)

Concerned about your hearing? Ringing or buzzing in your ears? Register now for an appointment for a free hearing screening. You may qualify for free additional testing and medical clearance.

Call 723-3500 to schedule an appointment.

Younger Onset Caregiver Group at BTSS

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.

Meetings are held on the 3rd Wednesday of the month from 5:30 - 7:00 pm at the senior center. Advance registration appreciated: call 248-996-1058.

AARP Tax Assistance

Mondays & Tuesdays
February 13 & 14, 27 & 28
March 12 & 13  April 9 & 10
9:00 a.m. – 2:00 p.m.

AARP trained volunteers provide free tax preparation and filing your Federal, State, Local returns for tax payers with middle/low income. For an appointment, call 723-3500.

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.

For more information and to apply for this exciting new service, please call the center at 248-723-3500. Application required.
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 provided 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 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. A home visit 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 3rd Wednesday of each month from 11 AM until 12:30 PM. Stop by!

March 21          April 18           May 16

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.
Financial Help for Adults 60+
Many seniors and caregivers in Michigan are struggling to make ends meet. Help is available through the Legal Hotline for Michigan Seniors new Benefits Enrollment Center. Qualified and disabled people can call the Hotline for help finding programs and services that could ease their financial situation. Screening for a variety of programs, including: tax credit assistance, food assistance, utility payment programs, home improvement services, help with medical premiums and prescription drug costs.
Call the Hotline at 800-347-5297 to get a benefits screening.

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.

Financial Help for Adults 60+
Many seniors and caregivers in Michigan are struggling to make ends meet. Help is available through the Legal Hotline for Michigan Seniors new Benefits Enrollment Center. Qualified and disabled people can call the Hotline for help finding programs and services that could ease their financial situation. Screening for a variety of programs, including: tax credit assistance, food assistance, utility payment programs, home improvement services, help with medical premiums and prescription drug costs.
Call the Hotline at 800-347-5297 to get a benefits screening.

In Memoriam...
Deepest sympathies to the family and friends of Gus Grozdon, Regina Roberts, Nina Vandevelde, Norma Goldman, Gerald Kepes, and Patricia Frye, John Fritzer

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
Oakland County Health Division has numerous programs to help connect you to valuable resources both within the Department and within the community. Among them is the Nurse on Call telephone service. 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.

FILE OF LIFE CARDS AVAILABLE
The FILE OF LIFE card enables medics to obtain a quick medical history when a patient is unable to offer one. The card, kept in a red plastic pocket labeled FILE OF LIFE, is held with a magnet to the outside of the refrigerator. A small version is also available for your purse or wallet. It lists your name, emergency contact, insurance info, S.S. #, health & medical info. Cards are available to Township residents at the Senior Center or through the BT Fire Department.
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
- community outings
- live performances
- physical exercise
- reminiscence discussions
- creative arts & crafts
- numerous holiday celebrations, luncheons and themed parties

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

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

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

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

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