



Bloomfield Township Senior Services



Spring 2012

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

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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

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.



**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:  **Knigh Foundation**

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

Christine's Comments

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.bloomfieldtp.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

ctvaroha@bloomfieldtp.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.bloomfieldtp.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

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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)

H2O 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 (FIT83-A1202)
 April 10 - May 15 (FIT83-B1201)
 May 22 - June 26 (FIT83-B1203)
Thursday 4:00-5:00 PM 6 classes/\$36*
 Feb 23 - March 29 (FIT83-A1203)
 April 12 - May 17 (FIT83-B1202)
 May 24 - June 28 (FIT83-B1204)

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.

Tues/Thurs 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 (FIT28-A1202)
 April 13 - May 18 (FIT28-B1201)
 May 25 - June 29 (FIT28-B1202)

Let's Move L. Cook
 Low-impact aerobics builds endurance and muscle strength. Cardiovascular segment, with high & low energy levels, using resistance equipment promotes weight loss.

M/W/F 9 - 10 AM 8 classes/\$64* 12 classes/\$80*
 March 5 - March 30 (FIT25-A1203)
 April 9 - May 4 (FIT25-B1201)
 May 7 - June 1 (FIT25-B1202) no class 5/28

H2O Boot Camp A. Chi
 High energy workout to strengthen & increase endurance. For actively exercising people who would like to add water aerobics to their cross training routine.

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*

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) 4 Classes/\$32*
 April 9 - April 30 (FIT85-B1201) 4 Classes/\$32*
 May 7 - May 21 (FIT85-B1202) 3 Classes/\$24*

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*

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) 4 classes/\$32*
 April 11 - May 16 (FIT86-B1201) 6 Classes/\$48*
 May 23 - June 27 (FIT86-B1203) no 5/28 6 Classes/\$48*
Saturday 10:15 - 11:15 AM 6 Classes/\$48*
 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. LL Studio

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 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 & 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) No class 5/28

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*

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 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

Feb 22 – March 28 (FIT78-A1204)

April 11 – May 16 (FIT78-B1202)

May 23 – June 27 (FIT78-B1204)

6 classes /\$30*

6 classes/\$36*

6 classes/\$36*

Pickleball Drop In

Mondays 1-2:30 PM (beginners)

Thursdays 1:30-3 PM (experienced)

Table Tennis Drop In Wednesdays 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 17 (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**

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-B1207) 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 req'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 & strengthen 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. LLStudio

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 \$\$\$.

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***

MIND BODY

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 – Mar 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***

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***

Tai Chi Chuan (cont.)

H. Hoong Wang

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. Bring mat, small pillow and water. LL Studio

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*

Golf Conditioning S. Rubinstein
 Avoid injuries & condition your muscles. Work on functional strength & core training. Emphasis on flexibility, coordination and balance needed for golf. LL Studio.

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) 12 Classes/\$75*
 Feb 21 - Mar 29 (FIT50-A1203)

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-B1207) 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. LLStudio

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)

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*

SATURDAY CLASSES

H₂O Boot Camp A. Chi
 High energy workout to strengthen & increase endurance. For actively exercising people who would like to add water aerobics to their cross training routine. .

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)

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 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!

Rob Alvin * Roxanne Andoni * Catherine Angeli * Les Baron * Kerstin Baumann * Shahina Begg * Marion Benedict * Julie Brown * Ray Caloia * Bill Carson * Mary Ann Christ * Cindy Clement * Frank & Sally Cliff * Greg Coatsworth * Cam & Judy Corbett * Jerry Craig * Robert Dann * Judy Dennis * David Dinger * Judy Dixon * Kitty Dobritt * Judy Domstein * Mike Dunigan * Jim Eichner * Carole & Ted Elder * Karin Eynon * Richard Favret * Lori Farrow * John Feeney * Patricia Finn * Martha Flannery * James Gambino * Walter Gaer * Phyllis Gara * Judy Geppert * Mona Gibson * Carol Goldstein * Jim & Irene Grady * Nancy Haddad * Rob Heeren * Dolores Hekker * Pam Hoffman * Jim & Joann Holden * Linda Hsing * Susan Hugel * 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 * Barry & Helene Mayo * Carlos Mazzorin * Rod & Mary Lynn McLachlan * Beth Mergel * Jean Miller * Debbie Mitchell * Robert & Barbara Munn * Sunghue Nam * Marty Nouse * Walter Oehrlein * Chuck Otis * Darlene Ottolini * Lee Ann Pantalone * Nancy Pavy * Kathleen & Robert Pelkey * Bill Penz * Priscilla Pettengill * Alfred & Sarinna Ping * Bill Potter * Marie Pryce * Rita Ravikrishnan * Renate Reimer * 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! 900+ Hrs. in November -January

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

Anne Alden * Olivia Atto * Gladys Baker * Shahina Begg * Verna Besancon **
Joan Brandt * Peggy Brenton * Sal Bricio * Georgia Buckley * Sharon Butler *
Pat Caplin * Joanne Carmichael * Mary Ann Christ * John Conti * Maureen
Cook * Jerry Craig * Jo Creek * Madelyn Damioli * Margaret Dann * Maxine
Davison * Vivian Dezur * Sue Dodenhoff * Susan Duncan-Murphy * Steve
Eskoff * 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 *
Hannah Jannett * Connie Jaroh * Maggie Kapdi * Henry Kassen * Gloria
Kefalas * Rosemarie Killenberger * Ellen Kittendorf * Rowena Kolde * Dorothy
Laffrey * Priscilla Leclair * Christie Lehmann * Paulette Lerman * Keith Lewis
* Debbie Lim * Jo Lincoln * Ludmila Livshiz * Rhelle Lundin * Bruce Madsen *
Liz Mahoney * Catherine Matti * Karen Miller * Jan Misteale * Irene Moser *
Judy Mosteller * Vara Navaluri * Joan Nedeljkovic * Jo Nott * Kay Patel *
Ralph Pedersen * Pam Perry * Pat & Pete Pfeiffer * Arlene Pinkos * Nancy
Porter * Victor Pruner * Deanna Ralston * Kay Ramakrishnan * Elizabeth
Reiha * Renate Reimer * Tom Richard * Marilyn Scheifele * Elizabeth
Schlegel * Faith & John Scholl * Lisa Secrest * Nory Smith * Ann Spina *
Diane Stuecheli * Michael Sullivan * Teresa Sun * Virginia Tatseos * Barry
Tilds * Maurice Vachon * Anjali Vale * Inez Veraldi * Sue Wade * Peggy
Walker * Marleeta Walton * Donald Warren * Jack Warren * Lisa Watt *
Suzanne Winn * Diana Wise * JB Yeargan * Anjel Yessayan * Elinor Yolles *
Kim Young * Rasheeda Zafar * Janice Zehnder

Thank you “Chicks With Sticks!”

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

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

ENRICHMENT

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

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

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

ART

Creative Watercolor K. Halpern
Wednesday 1:30 - 3:30 PM
 March 14 – 28 (ART02-A1202) **3 sessions/\$39***
 April 4 – May 30 (ART02-B1201) **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" (Skloot)

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 reqd. \$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
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)
 Surfing the web, viewing preferences, security and more.

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 Capoccia 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 Genzlinger 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.

UNIQUE TOPICS

DIA Inside\Out Overview ■

Thursday, April 19 (EDU60-B1201) **1:30 PM**
 Learn about the DIA's exciting & innovative "Inside\Out" 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.

CLUBS / GROUPS

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

March 21 (SOC27-A1203) **John Holland, Olympic Exec.**
 "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

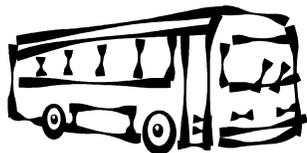
Facilitator: Myrna Ann Hinkson
 Enjoy dynamic speakers, camaraderie and luncheon. **Pre-registration required 3 days in advance of program.**

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"



BLOOMFIELD TRAVEL

** Fees are listed as Resident/Non-resident.
Non-residents pay additional \$10 fee per trip.
See page 2 for registration/cancellation policies.*

Traveler Safety

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

"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 Champps.**
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
Murder 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*

"The Pearl Fishers" Michigan Opera House

Friday, Apr. 13 (DAY04-B1201) 9:45 AM-4:00 PM
Bizet's tale of friendship, loyalty & forbidden love. Fishermen Zurga & Nadir recall a pact made not to pursue Leila, a woman they both loved. Returning she pits old friends against each other in a deadly triangle of forbidden love. **Followed by lunch on your own at Atlas Global Bistro.**
BTSS Coach Fee: \$33*

"Viva Italia" Detroit Symphony Orchestra

Sunday, Apr. 15 (DAY05-B1201) 11:45 AM-5:30 PM
Special guest vocalists *Poperazzi* 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*

Wine Lecture & Tasting Fieldstone Winery

Tuesday, Apr. 17 (DAY06-B1201) 10:45 AM-3:00 PM
Fieldstone Winery makes wine in downtown Rochester, Michigan. Join us for a tour and tasting. **Followed by lunch on your own at Kruse & Muer on Main.**
BTSS Coach Fee: \$11*

"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*

"A Tribute to Elvis" 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*

"From My Hometown" Meadowbrook Theatre

Wednesday, May 2 (DAY13-B1201) 11:15 AM-4:30 PM
2004 Off-Broadway hit about auditions at the Apollo Theatre features the greatest hits of the Motown era and examines the difference between the Detroit/Chicago and Philly/Memphis sounds. **Begin with lunch on your own at CK Diggs.**
BTSS Coach Fee: \$33*

"Pictures at an Exhibition" Detroit Symphony Orchestra

Friday, May 4 (DAY14-B1201) 9:30 AM-3:30 PM
No work displays the virtuosity of Leonard Slatkin and the DSO like Mussorgsky's musical promenade through the works by Viktor Hartmann. Includes two works for cello and orchestra performed by Fred Zlotkin. **Followed by lunch on your own at Tre Monti Restaurant.**
BTSS Coach Fee: \$29*

"Captured in Glass" Flint Institute of Arts

Tuesday, May 8 (DAY15-B1201) 9:30 AM-3:30 PM
Exhibition includes 200+ paperweights from the 19th century to present, drawn from the FIA's collection and private collectors. Features works from European glass factories, including Baccarat, Clichy, and St. Louis. **Followed by lunch on your own at Kruse & Muer.**
BTSS Coach Fee: \$14*

Christ Church Celtic Ensemble Concert & Tea

Wednesday, May 9 (DAY16-B1201) 3:30-5:15 PM
Attend a delightful Celtic ensemble concert by *Finvarra's Wren* in the Guild Hall at Christ Church Cranbrook. **Formal English "High Tea" (included)** is presented in a buffet, featuring hot tea, savory tidbits and sweet treats.
BTSS Coach Fee: \$7*

Tchaikovsky's 5th Symphony DSO at Shaary Zedek

Thursday, May 10 (DAY17-B1201) 5:00-10:00 PM
Leonard Slatkin leads the DSO in Vivaldi's virtuosic Piccolo Concerto at Congregation Shaary Zedek as part of the Neighborhood Series concerts. **Begin with dinner on your own at Meriwether's.**
BTSS Coach Fee: \$29*

"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*

"The Pines of Rome" Detroit Symphony Orchestra

Friday, May 18 (DAY21-B1201) 9:30 AM-3:30 PM
Leonard Slatkin and the DSO perform four symphonic blockbusters - Ravel's "La Valse", Cindy McTee's Ballet for Orchestra, John William's Cello Concerto, and Respighi's thunderous "The Pines of Rome," a musical tour of the titular city. **Followed by lunch on your own at the Rusty Bucket.**
BTSS Coach Fee: \$29*

"The Secret Garden" Village Players

Sunday, May 20 (DAY22-B1201) 11:15 AM-5:00 PM
This enchanting classic is reimagined in brilliant musical style. Orphan Mary returns to Yorkshire to live with her reclusive uncle and his son. The estate's many wonders include a magic garden which beckons children with melodies, dramatizing the compelling tale of forgiveness and renewal. **Begin with lunch on your own at Hogan's.**
BTSS Coach Fee: \$27*

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*

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*

"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 Grosse Pointe

Tuesday, June 5 (DAY28-B1201) 10:30 AM-4:00 PM
Begin with lunch on your own at Hill Seafood & Chophouse. Followed by bus tour of the local installations. See front page for more details 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*

"Nonsense" 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 craftsman, 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.)

Monday 4/2

Fitness Assessments*

10:30-11:30

**Weight Watchers®
Informational Meeting**
(WELLNESS01)

11:30-12:00

Chair Yoga Demo
(WELLNESS02)

5:00-5:30 p.m.

Nia Demo
(WELLNESS03)

6:30-7:00 p.m.

Yoga w/Props Demo
(WELLNESS04)

Tuesday 4/3

Fitness Assessments*

7:15-7:45 a.m.

A.M. Stretch
(WELLNESS05)

8:00-8:30 a.m.

Zumba Gold® Demo
(WELLNESS06)

8:45-9:30 a.m.

**Strength & Balance Demo
(Level 1 & 2)**
(WELLNESS07)

9:45-10:15

Aqua Circuit Demo
(WELLNESS08)

10:30-11:00

**Brain Neurobics
Donna MacDonald, WSU**
(WELLNESS09)

11:15-11:45

On the Ball
(WELLNESS10)

Wednesday 4/4

Fitness Assessments*

7:15-7:45 a.m.

Cardio Circuit Demo
(WELLNESS11)

10:30-11:15

**Wellness & Working
Maggie Barclay**
(WELLNESS12)

4:00-4:30

Ageless Grace Demo
(WELLNESS13)

Thursday 4/5

Fitness Assessments*

7:15-7:45 a.m.

Wellness Walk-Indoor
(WELLNESS14)

10:30-11:00

**Nutrition Presentation
Tom Rifai, MD**
(WELLNESS15)

1:30-2:00

**Wellness Walk-Outdoor
(Weather permitting)**
(WELLNESS16)

*FITNESS ASSESSMENTS

Professional assessments for strength, flexibility, balance and cardio endurance. Evaluate your current level of activity and outline a program specific for you, setting goals to improve the quality of your life and track progress! Register TODAY and be on your way to better health & happiness! BT Residency.

30 minute appointment - Fee: \$10 (FITASSESS-VARIES)

Sponsored by:



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.bloomfieldtpw.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.

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.*

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.

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.



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.

Home Improvement Loan Program

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



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	\$23,250
2	\$26,600

If you believe you may qualify, please contact Denise Kolkmeier 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

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 Vandavelde, Norma Goldman, Gerald Kepes, and Patricia Frye, John Fritzer

Loan Closet Available

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

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

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.



Services for Families

Helping family members is as central to our mission as serving our club members. We are your partners in care giving. Social Work services include:

- ♦ Caregiver resources and training
- ♦ Community referral information
- ♦ Monthly caregiver support meetings
- ♦ Counseling for Club and family members



Admission and Enrollment

An in-home assessment of each applicant is completed prior to enrollment, allowing us to carefully plan activities specific to the abilities and interests of each participant. The enrollment process also allows for the opportunity to determine the optimal schedule for your loved one and to outline the program fee.

Please inquire about transportation options that may be added with enrollment.

Activities Programming

Daily activities are planned to meet each member's interests and abilities and include:

- | | |
|---|--------------------|
| interactive games | gardening |
| community outings | sports |
| live performances | dance |
| physical exercise | pet visits |
| reminiscence discussions | cooking |
| creative arts & crafts | musical expression |
| numerous holiday celebrations, luncheons and themed parties | |

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

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



Location

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



Eligibility Criteria

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

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