



Bloomfield Township Senior Services



Summer 2012

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

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ID Card Scanning Begins June 1

The three years since we've moved into our new home has been a time of growth in the number of people we serve and programs we offer. Tracking both of these is important to assist with current operations and future planning. We are pleased to announce beginning June 1, we will implement our POS (Point of Service) scan system utilizing the photo ID's made available to Bloomfield Township residents since last December. All residents utilizing the Center must present their picture ID upon entering the building.

- BT Participants will go to the scan station and present their ID card.
- Receptionist will confirm registration in the program you are here to participate in.
- Receptionist will direct participant to program location or to main level reception to complete any needed registration.



Non-Resident Participants/Guests

Beginning June 1, all *non-resident participants and guests* utilizing the Senior Center must check in at the main level reception desk before proceeding into the building. At that time, your registration for a program will be confirmed or taken. If you do not have a profile in our registration program, one will be completed at that time.

Time and Patience...Change requires a period of adjustment for all. The BTSS team appreciates your patience during the roll out our POS Scan System.

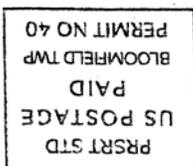
Please consider arriving 10 minutes earlier than usual to ensure your best experience.

Do you have your picture ID yet?

Beginning June 1, all Bloomfield Township residents utilizing the Senior Center must present their BTSS picture ID upon entering the building. The ID cards are part of our transition to a POS scan system. If you have not yet acquired one, it's easily done.

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.

Questions? Call us at 248-723-3500.



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

Township News

Bloomfield Township's Police and Fire/EMS services are funded by three dedicated millages. One of them is due to expire at the end of this year. The renewal of that millage will be on the ballot in the August 7, 2012, primary election. Renewing the millage will keep public safety services the same as they are today. If the renewal fails, the Police and Fire/EMS departments will have to permanently lay off at least 50 men and women, causing severe cuts to public safety services.

In a nutshell, the rate of the millage will be 2.3931 mills, or the equivalent of slightly more than \$2.39 for every \$1,000 of the taxable value of your home. If passed, this will raise approximately \$8 million, or one-third of the Township's public safety budget.

We urge you to learn about the issue so you can make an informed decision when you go to the polls. You can read more about this in Bloomfield Township's Spring Newsletter, which you should have already received and which is posted on the Township website. Watch for more information in coming months.

Andover Road Reconstruction

Andover will be repaired beginning in mid-June. We will provide updates on entrance options for our parking lot as they become available. E-news will be a primary source for this information. See page 15 for information on how to sign up for e-news. Please consider adding time to your travel schedule to prepare for any intermittent delays. Thank you for your patience during this construction period.

Thank you...

Woodward Hills Nursing Center

(Detroit Tigers' Opening Day Celebration sponsor)

HomeInstead Senior Care

(Wellness Week sponsor)

American House Senior Living Communities

(Cultural Movie Series sponsor)

Stewart & Stewart

(Loan of the beautiful 12-color screenprint, entitled Leyden by Janet Fish, currently on display in our main lobby. For more information on the artist or Stewart & Stewart visit www.StewartStewart.com.)

Thank You for Your Donations*... Barbara Driver, Phyllis Sahlin, Robert Bernardi, Agenes Evlow, Marianne Schwartz, Ronald Lech, Letha Kuesel, Alan Huberty, Mary Kessler, John Woch

*** 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

BTSS ADVISORY COUNCIL

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Al & Donna Artzberger Shirley Colten

John & Janice Bellefleur John Conti

Gladys Cifelli Maxine Davison

Don Foehr Marie Gemmel

Victor & Suzanne Goldstein Tony Klemer

Elizabeth Mahoney Tom & Ginnie Richard

BTSS will be closed on:

Saturday, May 26 & Monday, May 28

Wednesday, July 4

Saturday, Sept. 1 & Monday, Sept 3

Eligibility: Adults 50 years and older*

*BT Residents – all programs open for participation; completion of profile required

* Non- Residents – many programs open for participation for additional fee, completion of profile required.

Sponsors for BTSS events are not necessarily endorsed by BTSS or Bloomfield Township.

Registration/Cancellation/Refund Policies

- Priority registration begins for confirmed BT residents the date the newsletter is mailed, two weeks later for non-confirmed or non residents.
- Non- residents pay additional \$10 per session or trip, unless otherwise noted.
- Checks returned for insufficient funds will incur \$30 fee.
- Full payment required with registration.
- Prorating of class fees subject to instructor approval.
- BTSS Emergency Card must be presented at trip check-in
- Trips depart promptly at posted time; return times are approximate.
- Participants provide own transportation to/from center.
- If you use a wheelchair or need a special accommodation for a trip, please indicate at time of registration. You must have a registered companion.
- Classes: no refund within 2 business days of start. No refund once class has begun. \$5 cancellation fee.
- Trips: no refund with less than 3 business days' notice. Cancellation fee **\$5 + costs incurred** (i.e. prepaid tickets).

Aquatics: Warm Water Fitness

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

Showers required prior to pool use. Bring lock & towel. Water shoes encouraged.

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

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

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

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

Tuesday 9 - 10AM
 May 22 – June 26 (FIT89-B1202) **6 classes/\$30***
 Jul 10 – Jul 31 (FIT89-C1201) **4 Classes/\$20***
 Aug 7 – Aug 28 (FIT89-C1202) **4 Classes/\$20***

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*
 Jun 5 – Jun 28 (FIT84-B1203)
 Jul 10 – Aug 2 (FIT84-C1201)
 Aug 7 – Aug 30 (FIT84-C1202)

H₂O Interval L. Harbour
 For active exercisers, intervals of high intensity exercises followed by toning with resistance equipment & stretching.
Tuesday 10:30 - 11:30 AM
 May 22 – June 26 (FIT83-B1203) **6 classes/\$36***
 Jul 10 – Aug 28 (FIT83-C1201) **8 classes/\$48***
Thursday 10:30-11:30 AM (new time)
 May 24 – June 28 (FIT83-B1204) **6 classes/\$36***
 Jul 12 – Aug 30 (FIT83-C1202) **8 classes/\$48***

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 4 Classes/\$32*
 Jun 4 – Jun 25 (FIT85-B1203)
 Jul 9 – Jul 30 (FIT85-C1201)
 Aug 6 – Aug 27 (FIT85-C1202)

Fluid Moves K. Housey
 Mild aerobic warm up combined with stretching and slow fluid moves offers a full body work out to both tone and relax. Use of props makes it adaptable for those with muscle or joint issues. Bring a water bottle.

Wednesday 10:15 – 11:15 AM 6 Classes/\$48*
 May 23 – June 27 (FIT86-B1203)
 Jul 11 – Aug 1 (FIT86-C1201) 4 Classes/\$32*
 Aug 8 – Aug 29 (FIT86-C1203) 4 Classes/\$32*
Saturday 10:15 – 11:15 AM
 Jun 2 – Jul 14 (FIT86-B1204) No class 7/7 **6 Classes/\$48***
 Jul 21- Aug 25 (FIT86-C1202) **6 Classes/\$48***

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
 Jun 5 – Jun 26 (FIT27-B1203) **8 Classes/\$64***
 July 10 – July 26 (FIT27-C1201) **6 Classes/\$48***
 July 31 – Aug 30 (FIT27-C1202) **10 classes/\$80***

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
 Jun 2 – Jun 30 (FIT32-B1203) **5 Classes/\$40***
 Jul 14 – Jul 28 (FIT32-C1201) **3 Classes/\$24***
 Aug 4 – Aug 25 (FIT32C1202) **4 Classes/\$32***

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*
 May 25 – June 29 (FIT28-B1202)
 Jul 13-Aug 31 (FIT28-C1201) **8 classes/\$64**

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*
 June 4 – June 29 (FIT25-B1203)
 Jul 9 – Aug 3 (FIT25-C1201)
 Aug 6 – Aug 31 (FIT25-C1202)

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***

May 22 – June 26 (FIT74-B1203)

Jul 10 – Aug 14 (FIT74-C1201)

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

May 25 – June 29 (FIT74-B1204)

Jul 13 - Aug 31 (FIT74-C1202) **8 classes/\$40***

NEW!!! Ballroom Dance

B. Scheff

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

Monday **3:00-4:00 p.m.**

May 21 – June 25 (FIT90-B1201) No class 5/28 **5 classes/\$25***

Jul 9 – Aug 27 (FIT90-C1201) **8 classes/\$40***

Cardio Circuit Challenge

S. Rubinstein

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

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

May 23 – June 27 (FIT61-B1203) **6 classes/\$50***

Jul 11 – Aug 29 (FIT61-C1201) **8 classes/\$66***

Thursday **5 - 6 PM**

May 24 - June 28 (FIT61-B1204) **6 classes/\$50***

Jul 12 – Aug 30 (FIT61-C1202) **8 Classes/\$66***

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**

May 21 – June 29 (FIT77-B1202) no class 5/28

Jul 9 – Aug 31 (FIT77-C1201) **40+ Classes/\$70**

Special Summer Pricing!

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***

May 25 – June 29 (FIT47-B1202)

Jul 13 – Aug 31 (FIT47-C1201) **8 Classes/\$40***

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. Challenging for all 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***

May 25–June 29 (FIT76-B1202)

Mon/Friday **7:15 AM – 8 AM** **8 classes/\$48***

Jul 9 – Aug 3 (FIT76-C1201)

Aug 6 – Aug 31 (FIT76-C1202)

Zumba Gold®

M. Barclay

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

Tuesday **8 – 8:45 AM**

May 22 – June 26 (FIT78-B1203) **6 classes /\$30***

Jul 10 – Aug 28 (FIT78-C1201) **8 Classes/\$40***

Wednesday **7 – 8 PM**

May 23 – June 27 (FIT78-B1204) **6 classes/\$36***

Jul 11 – Aug 29 (FIT78-C1202) no class 8/8 **7 classes/\$42***

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 movement with easy to follow patterns. Improve coordination & balance, strengthen heart & lungs, increase muscle strength & improve flexibility. Some floorwork. Beginners welcome. Bring hand weights, mat & water. LL Studio

Monday/Thursday 9 – 10 AM

May 21 – June 28 (FIT09-B1202) no class 5/28 **11 classes/\$46***

Jul 9 – Aug 30 (FIT09-C1201) **16 Classes/\$66***

Senior Fit Aerobics Card

10 classes/\$55*

Add flexibility to SeniorFit Aerobics workout schedule.

4/1-6/30 FIT10-B1201; 7/1-9/30 FIT10-C1201

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

May 21–June 28 (FIT08-B1202) no class 5/28 **11 classes/\$46***

Jul 9 – Aug 30 (FIT08-C1201) **16 Classes/\$66***

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

Mon/Wed 11:30 AM – 12:30 PM 11 classes/\$55*

May 21–June 27 (FIT56-B1202) no class 5/28

Monday 11:30 AM – 12:30 PM 8 Classes/\$40*

Jul 9 – Aug 27 (FIT56-C1201)

Wednesday 11:30 AM – 12:30 PM 8 Classes/\$40*

Jul 11 – Aug 29 (FIT56-C1202)

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. See *Chair Aerobics* for same day/time class for August substitute. LL Studio

Wednesday 4 - 4:30 PM

May 23 – June 27 (FIT82-B1202) **6 classes/\$18***

Jul 11 – Jul 25 (FIT82-C1201) **3 Classes/\$9***

Chair Aerobics (August only)

M. Barclay

Wednesday 4 - 4:30 PM

5 Classes/\$15*

Aug 1 – Aug 29 (FIT91-C1201)

Have fun with this seated version of the classic aerobic workout. You can do this!

Transportation to the Center is available for select fitness classes. See page 7 for more information.

STRENGTH

Supervised Strength Training

S. Rubinstein

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

Monday/Thursday 8 - 9 AM

May 21 – June 28 (FIT01-B1205) no 5/28 **11 classes/\$62****

July 9- Aug 16 (FIT01-C1201) **12 classes/\$68****

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

May 21-June 27(FIT01-B1206) no class 5/28 **11 classes/\$62****

July 9- Aug 15 (FIT01-C1202) **12 classes/\$68****

Monday/Wednesday 6:30 – 7:30 PM

May 21–June 27(FIT01-B1207) no class 5/28 **11 classes/\$62****

July 9- Aug 15 (FIT01-C1203) **12 classes/\$68****

Wednesday/Friday 9 - 10 AM

May 23 – June 29 (FIT01-B1208) **12 classes/\$68****

July 11- Aug 17 (FIT01-C1204) **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 exercisers experienced in weight machines and cardio equipment usage. Overview designed to move from machine to machine with brief explanation for safe & effective use. Not for beginners.

BT Residency req'd. 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** (6 month registration must be processed by BTSS staff, not available online)



Coaching for Fitness Open Hours Participants



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

Current Fitness Open Hours registration required.

Tues & Thurs 1-3 PM

Wed & Fri 10-11 AM

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

May 22 – June 26 (FIT79-B1202) **6 classes/\$30***

Jul 10 – Aug 28 (FIT79-C1201) **8 Classes/\$40***

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

May 25 – June 29 (FIT80-B1202) **6 classes/\$30***

Jul 13 – Aug 31 (FIT80-C1201) **8 Classes/\$40***

On the Ball

S. Rubinstein

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

Tuesday 11:15 AM – 12:15 PM

May 22 – June 26 (FIT12-B1203) **6 classes/\$50***

Jul 10 – Aug 28 (FIT12-C1201) **8 Classes/\$66***

Wednesday 5 – 6 PM

May 23 – June 27 (FIT12-B1204) **6 classes/\$50***

Jul 11 – Aug 29 (FIT12-C1202) **8 Classes/\$66***

MIND BODY

Chair Yoga

M. Barclay

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

Mon/Wed 11:30 AM – 12:30 PM 11 classes/\$55*

May 21–June 27 (FIT56-B1202) no class 5/28

Monday 11:30 AM – 12:30 PM 8 Classes/\$40*

Jul 9 – Aug 27 (FIT56-C1201)

Wednesday 11:30 AM – 12:30 PM 8 Classes/\$40*

Jul 11 – Aug 29 (FIT56-C1202)

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

June 6 – July 25 (FIT03-B1202) No class 7/4 **7 classes/\$56***

Continuing Wednesday 10:15 – 11 AM

June 6 – July 25 (FIT03a-B1202) No class 7/4 **7 classes/\$56***

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

May 21–June 25 (FIT67-B1202) no class 5/28 **5 Classes/\$40***

July 9 – July 30 (FIT67-C1201) **4 Classes/\$32***

Aug 6 – Aug 27 (FIT67-C1202) **4 Classes/\$32***

A.(mazing) M. (orning) Stretch

M. Barclay

Start your day right with a gentle warm up, stretches that will help keep you injury free & a short relaxation. You'll feel energized & rejuvenated and ready to go! LL studio

Tuesday/Thursday 7:15-7:45AM

May 22 – June 28 (FIT81-B1202) **12 classes/\$15***

Jul 10 – Aug 2 (FIT81-C1201) **8 classes/\$16***

Aug 7 – Aug 30 (FIT81-C1202) **8 classes/\$16***

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

May 24 – June 30 (FIT63-B1202) **6 classes/\$60***

Jul 12 – Aug 29 (FIT63-C1201) **8 Classes/\$80***

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

May 22 – June 26 (FIT07-B1202) **6 classes/\$48***

Jul 10 – Aug 28 (FIT07-C1201) **8 Classes/\$64***

Priority for Safety

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

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

EVENING FITNESS CLASSES

Aqua Power Aerobics

A. Chi

Fun, fast paced water aerobics using a variety of equipment that will challenge and motivate you.

Tues/Thurs 6 – 7 PM

Jun 5 – Jun 28 (FIT27-B1203) **8 Classes/\$64***

July 10 – July 26 (FIT27-C1201) **6 Classes/\$48***

July 31 – Aug 30 (FIT27-C1202) **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 4 Classes/\$32*

Jun 4 – Jun 25 (FIT85-B1203)

Jul 9 – Jul 30 (FIT85-C1201)

Aug 6 – Aug 27 (FIT85-C1202)

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. LL Studio

Monday 6:30 - 7:30 PM

May 21–June 25 (FIT67-B1202) no class 5/28 **5 Classes/\$40***

July 9 – July 30 (FIT67-C1201) **4 Classes/\$32***

Aug 6 – Aug 27 (FIT67-C1202) **4 Classes/\$32***

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

May 23 – June 27 (FIT78-B1204) **6 classes/\$36***

Jul 11 – Aug 29 (FIT78-C1202) no class 8/8 **7 classes/\$35***

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

May 21–June 27(FIT01-B1207) no class 5/28 **11 classes/\$62****

July 9- Aug 15 (FIT01-C1203) **12 classes/\$68****

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

May 24 - June 28 (FIT61-B1204) **6 classes/\$50***

Jul 12 – Aug 30 (FIT61-C1202) **8 Classes/\$66***

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

May 23 – June 27 (FIT12-B1204) **6 classes/\$50***

Jul 11 – Aug 29 (FIT12-C1202) **8 Classes/\$66***

SATURDAY CLASSES

Fluid Moves

K. Housey

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

Saturday 10:15 – 11:15 AM

Jun 2 – Jul 14 (FIT86-B1204) No class 7/7 **6 Classes/\$48***

Jul 21- Aug 25 (FIT86-C1202) **6 Classes/\$48***

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

Jun 2 – Jun 30 (FIT32-B1203) **3 Classes/\$24***

Jul 14 – Jul 28 (FIT32-C1201) **3 Classes/\$24***

Aug 4 – Aug 25 (FIT320C1202) **4 Classes/\$32***

FITNESS WITH A TWIST

Wii Olympics

Friday, August 10 (EDU35-C1201)

1 - 3 PM

Join in all the Olympic excitement! Choose your fun, we will have tennis, golf, bowling and archery available. Test your game skills, *virtually!* Preregistration required, \$2 guest fee payable at time of registration.

New Transportation Service

Catch a ride to the center for specific classes, events, clubs & some day trips.

Residents aged 60+ who are unable to drive may request transportation a minimum of 10 days in advance of the date of service. Application required.

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

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 * 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 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 * Jean Ivory * Pat Jacoby * Gail Jaworski * Janet & John Kaczmarek * Clare & Jerry Kabel * Judy King * June Linklater * Marcie Lloyd * Darcy MacKenzie * Fritzie Mager * Doug & Joan Mann * Sue Martin * Richard May * Barry & Helene Mayo * Carlos Mazzorin * Rod & Mary Lynn McLachlan * Beth Mergel * Jean Miller * Debbie Mitchell * Robert & Barbara Munn * Sunghae Nam * Marty Nouse * Bill O'Brien * Walter Oehrlein * Chuck Otis * Darlene Ottolini * Lee Ann Pantalone * Nancy Pavy * Kathleen & Robert Pelkey * Bill Penz * Priscilla Pettengill * Alfred & Sarinna Ping * Chuck Pokriefka * Bill Potter * Marie Pryce * Rita Ravikrishnan * Renate Reimer * 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 Trafeli * 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 February - April

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

Anne Alden * Gladys Baker * Shahina Begg * Verna Besancon * Joan Brandt * Peggy Brenton * Sal Bricio * Georgia Buckley * Sharon Butler * Pat Caplin * Joanne Carmichael * Olga Chaves * Mary Ann Christ * John Conti * Maureen Cook * Jerry Craig * Jo Creek * Madelyn Damioli * Margaret Dann * Maxine Davison * Vivian Dezur * Sue Dodenhoff * 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 * Young Kim * 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 Mistele * Irene Moser * Judy Mosteller * Raji Murthy * Vara Navaluri * Joan Nedeljkovic * Jo Nott * Kay Patel * Ralph Pedersen * Pam Perry * Arlene Pinkos * Nancy Porter * Deanna Ralston * Kay Ramakrishnan * Elizabeth Reiha * Renate Reimer * Tom Richard * Marilyn Scheifele * Elizabeth Schlegel * Faith & John Scholl * Kathy Schultz * Lisa Secrest * Nory Smith * Ann Spina * Diane Stuecheli * Michael Sullivan * Teresa Sun * Virginia Tatseos * Barry Tilds * Anjali Vale * Inez Veraldi * Sue Wade * Peggy Walker * Marleeta Walton * Jack Warren * Lisa Watt * Suzanne Winn * Diana Wise * Anjel Yessayan * Elinor Yolles * Rasheeda Zafar * Janice Zehnder

Thank you “Chicks With Sticks!”

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

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



Supportive Services



Bloomfield Township Senior Services

4315 Andover Road, Bloomfield, MI 48302-2091

Phone: 248-723-3500 Fax: 248-723-3519

Web: www.bloomfieldtpw.org/Seniors

Summer 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 on the first Tuesday of the month 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 May-July.

Loan Closet Available

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

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

New Transportation Service

Catch a ride to the center for specific classes, events, clubs & some day trips.

Residents aged 60+ who are unable to drive may request transportation a minimum of 10 days in advance of the date of service. Application required.

For more information and to apply for this exciting new service, please call Denise Kolkmeier, BTSS Outreach Coordinator at 248-723-3500.

Caring for the Caregiver

Those supporting loved ones with dementia and Alzheimer's need information and assistance to be effective. BTSS is pleased to offer two valuable support groups for caregivers. Both programs are held at the Senior Center.

Younger Onset Caregiver

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.

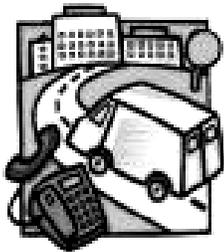
Meetings are held on the 3rd Wednesday of the month from 5:30 - 7:00 p.m. Advance registration appreciated: call 248-996-1058.

Caregiver Forum

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

Caregiver Forums are held on the 2nd Tuesday of the month (3rd Tuesday in May) from 5 – 6:30 p.m. For more info and to register, call 248-723-3519.

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!

June 20th

July 18th

August 15th



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	22,900.00
2	26,150.00

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.

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.

In Memoriam...

Deepest sympathies to the family and friends of
Louise Angermeier, William Dodenhoff,
Gladys Theus, Richard Zawacki, Judy Corbett

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.

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.

ART

Creative Watercolor K. Halpern
Wednesday 1:30 - 3:30 PM 9 sessions/\$118*
June 13 – August 15 (ART02-B1202) no class 7/4
 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 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. Preregistration required, \$4 guest fee payable at time of registration.

Paper Dolls–Card Shoppe ☼ Facilitator: Arlene Pinkos
Thursday 1:15 – 4:15 PM 248-988-9366
May 10, 24, June 28, July 12, 26 and August 9, 23
 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 – 11:30 AM
 Books on loan thru BT Public Library service desk.
June 1: “The Immortal Life of Henrietta Laks” (Skloot)
Book Club will return in September

COMPUTERS

Facebook I V. Tatseos **One Class/\$15**
Wednesday, May 23 (COM26-B1201) **10 - 11:30 AM**
 Set up a Facebook account. Review the profile page and add personal info and photo to your wall. Must provide own photos via email account or external storage device. Must have own email account; bring username and password to class. BT Residents only.

Facebook II V Tatseos **One class/\$15**
Wednesday, May 30 (COM27-B1201) **10 - 11:30 AM**
 Continuation of Facebook I. Review the profile page and add personal info and photos to your wall. Must provide own photos via email account or external storage device. Must have own email account; bring username and password to class. BT Residents only.

Facebook III V. Tatseos **One class/\$15**
Wednesday, June 6 (COM29-B1201) **10 - 11:30 AM**
 For the more “savvy” Facebook user. Learn how to post status updates and make comments on other updates. Learn what ‘like’ and ‘poke’ mean, how to group your friends, send ‘private’ message, and add a hyperlink. Must have own email account; bring username and password to class. BT Residents only.

Facebook IV V. Tatseos **Fee: \$15**
Wednesday, June 13 (COM34-B1201) **10 - 11:30 AM**
 Learn how to upload photos, create albums and identify/“tag” people in your photos. Must provide own photos via email account or external storage device. Must have own email account; bring username and password to class. BT Residents only.

Meet the PC V. Sinclair, Micro Techniques
 Slower paced course covering computer fundamentals.
Wednesday 10 AM - Noon 2 classes/\$54*
June 20 & 27 (COM01-B1203)

Meet the Internet V. Sinclair, Micro Techniques
 Surfing the web, viewing preferences, security and more.
Wednesday 10 AM - Noon 2 classes/\$54*
July 11 & 18 (COM03-C1201)

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 – Noon
Wednesday, Noon – 3:30 PM
Thursday, 10:30 AM – Noon (except 3rd Thursday)
Friday, 1–3 PM
Saturday, 10 AM – Noon

GAMES

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

Canasta - Beginner L. Gorosh
Tuesday 10 AM – Noon 4 classes/\$60*

May 29 & June 12-26 (EDU45-B1201)

August 7 - 28 (EDU45-C1201)

This class is for beginners or a refresher course. +\$4 material fee payable to instructor.

Canasta - Intermediate Strategy L. Gorosh
Tuesday 12:30 - 2:30 PM 4 classes/\$60*

June 5 – 26 (EDU46-B1201)

August 7 - 28 (EDU46-C1201)

Learn canasta strategy, splash hands, finesse and sharpen your game. Must know melding, 7's and Aces. +\$4 material fee

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

Mah-jongg – Beginner
Thursday 1:30-3:30 PM 4 Classes

August 2 - 23 (EDU36-C1201)

Learn this ancient Chinese strategy game using tiles. Similar to card game Rummy but more exotic & exciting.

Material fee: \$8 collected for 2012 mah-jongg card. Preregistration required, \$10 guest fee payable at time of registration.

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

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

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

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

Wii Olympics
Friday, August 10 (SOC35-C1201) 1 - 3 PM

Join in all the Olympic excitement! Choose your fun, we will have tennis, golf, bowling and archery available. Test your game skills, *virtually!* Preregistration required, \$2 guest fee payable at time of registration.

JUST FOR FUN

BTSS Resident Orientation Please pre-register
Tuesday, June 12 (SEV03-B1202) 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.

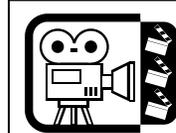
Celebrations!

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. Preregistration required, \$2 guest fee payable at time of registration.

Ice Cream Social
Tuesday, July 10 (SEV10-C1201) 1 PM

Join us for a good old fashioned Ice Cream Social while enjoying Jazz Piano by Matthew Ball, *"The Boogie Woogie Kid"*. Generously sponsored by Maple Village. Preregistration required, \$2 guest fee payable at time registration.



To assist in planning, pre-registration with payment of guest fee at time of registration required for all movies.

Movie Classic **Friday** 1 PM **Guest fee: \$2**
 Friday afternoon classic movie treats with popcorn! Preregistration and payment of \$2 guest fee required at time of registration.

June 1 (SOC01-B1201) **"My Fair Lady"** (2 h 50 m)
 Musical Starring: Audrey Hepburn, Rex Harrison

July 6 (SOC01-C1201) **"My Darling Clementine"** (1 h 37 m)
 Western Starring: Henry Fonda, Walter Brennan

August 3 (SOC01-C1203) **"A Place In The Sun"** (2 h)
 Drama Starring: Montgomery Cliff, Elizabeth Taylor

Movie Mania **Friday** 1 PM
 Friday afternoon late release films with popcorn! Preregistration and payment of \$2 guest fee required.

May 18 (SOC01-B1201) **"Moneyball"** (2 h 6 m)
 Drama/comedy Starring: Brad Pitt, Robin Penn, Jonah Hill

June 15 (SOC01-B1202) **"Midnight in Paris"** (1 h 28 m)
 Romance Starring: Owen Wilson, Rachel Mc Adams

July 20 (SOC01-C1202) **"Tower Heist"** (1h 44 m)
 Action/comedy Starring: Ben Stiller, Eddie Murphy, Alan Alda

August 17 (SOC01-C1204) **"War Horse"** (2 h 26 m)
 Drama Starring: Emily Watson, David Thewlis, Peter Mullan

MUSIC

BTSS Senior Band ✪

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

Concert - Lahser High School – Knightsingers

Tuesday, May 22 (SEV17-B1201) 1:30 PM
The Knightsingers Choir from Lahser High School will perform a selection of songs from their Spring concert. Refreshments will be served. Preregistration required, \$2 guest fee payable at time of registration.

Ice Cream Social

Tuesday, July 10 (SEV10-C1201) 1 PM
Join us for a good old fashioned ice cream social while enjoying Jazz Piano by: Matthew Ball, *"The Boogie Woogie Kid"*, generously sponsored by Maple Village. Preregistration required, \$2 guest fee payable at time of registration.

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. Preregistration required, \$2 guest fee payable at time of registration.

UNIQUE TOPICS

Cultural Film Series

**Keith Famie's Ground Breaking Series:
'Ethnic Detroit' - Our Story of...**

Tuesday, July 17 (EDU61-C1201) 1 PM
Arab-Americans: Reverence, Resourcefulness & Respect
Detroit has one of the largest, most diverse Arab communities outside of the Middle East. This presentation will explore the Lebanese, Palestinians, Iraqis, and Yemenis and pay special attention to the two major religious communities here, Muslim and Christian. Preregistration required, \$2 guest fee payable at time of registration. Sponsored by American House.

Community Conversation

Wednesday, May 30 (EDU53-B1204) 6 – 7:30 PM
Community Meetings just like this are happening all over Michigan. Make sure your voice is heard. Please join in for an interactive Community Conversation about the future of education in our state, sponsored by The Center for Michigan and the Bloomfield Hills Rotary. Please preregister.

Road Scholar

Thursday, June 21 (EDU53-B1205) 1:30 PM
Carole Doll, Road Scholar Ambassador of many years having travelled to 90+ countries, will share her travel adventures from a lifelong learning experience. Preregistration required, \$2 guest fee payable at time of registration.

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.

"Chicks with Sticks" ✪ "Knitting Gifts from the Heart"

Monday 1 – 3:30 PM
Facilitator: Karen Ouellette 248-408-2083
Join a warm, friendly group who knit and crochet for infants, foster-care teens and chemo-therapy patients. At home knitters needed, too! *New knitters, please call Karen. In need of: new or "like new" yarn donations.*

Italian Group - Gruppo Italiano ✪ 10 AM

2nd Friday (June 8, last for season will return in Sept.)
Facilitator: Angie Giffels 248-645-0958
Open to all. Affiliate of Dante Alighieri Society.

Senior Men's Club (Returns in September)

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

May 16 (SOC27-B1202) L.J. Dragovic MD, Med.Examiner
"The Rest of the Story"

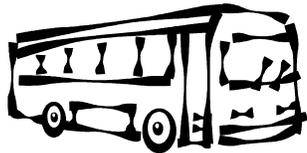
June 20 (SOC27-B1203) R. Wilke, V.P. Jet Support Srv.
"Contrast in Cultures and Markets in Europe, Middle East and Asia"

Senior Women's Club (Returns in September)

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

4th Wednesday 11:30 AM–1:30 PM BT/\$10 Non BT/\$12

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.

Tour of the Dossin Great Lakes Museum WAIT LIST
Tuesday, May 15 (DAY19-B1201) 8:45 AM - 2:15 PM
BTSS Coach Fee: \$13*

Junior League Designer Showhouse WAIT LIST
Thursday, May 17 (DAY20-B1201) 10:15 AM - 4:00 PM
BTSS Coach Fee: \$23*

"The Pines of Rome" DSO WAIT LIST
Friday, May 18 (DAY21-B1201) 9:30 AM - 3:30 PM
BTSS Coach Fee: \$29*

Book & Author Society Luncheon WAIT LIST
Monday, May 21 (DAY23-B1201) 10:45 AM - 4:00 PM
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 back 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 back 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 back 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 back 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 WAIT LIST

Friday, June 15 (DAY33-B1201) 9:30 AM - 3:30 PM
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*

Holocaust Memorial Center Tour

Tuesday, July 10 (DAY01-C1201) 10:30 AM - 3:15 PM
Join us for a docent led tour through the special and permanent exhibits throughout the museum. The Holocaust Museum is the first free standing museum dedicated to the memory of the holocaust. **Followed by lunch on your own at Hong Hau Fine Chinese Dining.**
BTSS Coach Fee: \$14*

Gleaners Community Food Bank Tour

Thursday, July 12 (DAY02-C1201) 9:00 AM - 2:15 PM
For more than 35 years, Gleaners Community Food Bank has been "nourishing communities by feeding hungry people." Join us for a "Nourishing Bus Tour" of the pantry, soup kitchen and distribution center. Be prepared to walk and manage some stairs. **Followed by lunch on your own at the Corner Stone Bistro.**
BTSS Coach Fee: \$10*

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!

National Weather Station Tour

Tuesday, July 17 (DAY03-C1201) 10:00 AM - 2:15 PM
Learn how the National Weather Service's **Storm Ready** program can help safe-guard our community. Don't miss the tour of this state-of-art national weather station. Must be a U.S citizen to visit this facility. **Followed by lunch on your own at the Root Restaurant & Bar.**
BTSS Coach Fee: \$12*

Crossroads Village, Huckleberry Railroad & the Genessee Belle Paddleboat

Wednesday, July 18 (DAY04-C1201) 10:00 AM - 6:00 PM
Begin with lunch (included, choose Pasta Salad or Chicken Salad, non-alcoholic beverage, chips and cookie) served on the Genessee Belle paddle-wheel riverboat as you float on beautiful Mott Lake. Following lunch, enjoy a trip back in time to Crossroads Village, with its 34 historic structures. Stroll around the 51-acre Village where friendly folks in period attire welcome you to the homes, mills and shops dating back to the 1800's. Board a historic coach of the *Huckleberry Railroad* for a nostalgic 8-mile, 35-minute ride. Wear comfortable walking shoes.
BTSS Coach Fee: \$47*

Detroit Tigers vs. Los Angeles Angels

Thursday, July 19 (DAY05-C1201) 12:00 - 4:30 PM
Take me out to the ballgame... cheer on the Tigers and enjoy a great day at Comerica Park. Seats are located in a shaded area. **Lunch of hot dog and soda pop included.**
BTSS Coach Fee: \$36*

Father Solanus Casey Center Tour & Lunch

Monday, July 23 (DAY06-C1201) 9:00 AM - 2:15 PM
The Solanus Casey Center is a ministry of the Capuchin Franciscan Friars. Solanus Casey was a beloved Capuchin Friar credited with miraculous cures and valued for his counsel. He faithfully served the people of Detroit by providing soup for the hungry. Docent led tour of the St. Bonaventure Chapel and the surrounding gardens and sculptures. **Followed by a catered lunch which includes a gourmet sandwich, soup and dessert at the Center.**
BTSS Coach Fee: \$26*

Chelsea Teddy Bear Factory and Darwin's Old Time Slots & Stained Glass Studio

Wednesday, July 25 (DAY07-C1201) 9:30 AM - 4:00 PM
First stop is the Chelsea Teddy Bear Factory Store where you'll see the world's largest teddy bear flag and real teddy bear. Learn the history of the teddy bear and how they are made. **Immediately following will be lunch on your own at the Common Grill.** After lunch we will visit artists Bill and Marsi Darwin's studio that features works of art in stained glass. Includes a rare collection of old time slot machines.
BTSS Coach Fee: \$14*

"Ernie" City Theatre

Thursday, July 26 (DAY08-C1201) 11:00 AM - 4:45 PM

Ernie" is set on Ernie Harwell's last night at Comerica, when the Hall of Fame broadcaster is about to give a moving thank you to a grateful city. Just before he walks onto the grassy field, he encounters an unusual boy who is eager to know all about him, coaxing Harwell into giving one final broadcast - "the broadcast of his life." **Begin with lunch on your own at The London Chop House.**

BTSS Coach Fee: \$29*

St. Clair Inn Port Huron

Tuesday, July 31 (DAY09-C1201) 11:30 AM - 3:30 PM

Located in St. Clair, this National Historic Site is situated right on the scenic St. Clair River. Known as the "Inn on the River", the St. Clair Inn is renowned for its incredible and ever-changing views of the river, along with the richness and warmth of its architecture and its staff. Located nearby is the well known St. Clair River Boardwalk. **Lunch on your own at the Inn's restaurant.**

BTSS Coach Fee: \$15*

Tea at O'Mara's Restaurant

Tuesday, Aug. 7 (DAY10-C1201) 12:00 - 2:30 PM

Enjoy an afternoon tea at O'Mara's. The tea menu features an extensive selection of fine loose leaf and herbal teas. In addition to tea, it will feature a choice of soup, 4-6 kinds of finger sandwiches, quiches, fresh fruit and house made pastries.

BTSS Coach Fee: \$34*

"Fiddler on the Roof" Encore Music Theatre Dexter

Thursday, Aug. 9 (DAY11-C1201) 11:45 AM - 6:00 PM

Fiddler on the Roof has touched audiences around the world with its humor, warmth, and honesty. The universal theme of tradition cut across barriers of race, class, nationality, and religion, and will leave you crying tears of laughter, joy, and sadness. **Begin with lunch on your own at Weber's Restaurant.**

BTSS Coach Fee: \$34*

Hazel Park Harness Raceway Tour

Monday, Aug. 13 (DAY12-C1201) 5:30 - 10:30 PM

Known as the pioneer track for being the first 5/8th mile track in the country, Hazel Park Raceway has attracted some of the nation's top drivers, trainers and equines since its inception in 1953. Begin with dinner on your own at the raceway, followed by a behind the scenes tour and time to enjoy the evening races.

BTSS Coach Fee: \$12*

Titanic Exhibit & Lecture Henry Ford Museum

Tuesday, Aug. 14 (DAY13-C1201) 4:15 - 9:45 PM

During the 100th anniversary of the sinking, The Henry Ford will host the largest touring Exhibition of *Titanic: The Artifact Exhibition*, featuring more than 300 artifacts. The story of the sinking is legendary; now experience the wonder and tragedy of this ill-fated ship on a journey through *Titanic* history. Explore the limited-engagement exhibition and hear presentations from author Bruce Beveridge and Titanic Historical Society member Ron Bartsch. **This trip does NOT include a meal.**

BTSS Coach Fee: \$34*

Clinton River Cruise

Wednesday, Aug. 15 (DAY14-C1201) 10:15 AM - 4:00 PM

Enjoy a lovely summer day aboard the "Clinton Friendship" with lovely cabins, homes and lush green foliage lining the banks. If you've never traveled the Clinton River at its widest point, you will be pleasantly surprised...don't miss the adventure. A 3 hour cruise and tasty buffet lunch are included on the boat.

BTSS Coach Fee: \$39*

Corktown Tour

Thursday, Aug. 16 (DAY15-C1201) 9:15 AM - 3:30 PM

Don't miss this very popular bus tour of Detroit's oldest neighborhood, Corktown. The historic streets have a rich architectural legacy of Victorian-era row houses, Queen Anne Colonial and Greek Revival residences. Most Holy Trinity Roman Catholic Church built in 1855 stands as the center of this community. The neighborhood is a tight-knit community, with a mix of lifelong residents, young couples and singles. **Followed by lunch on your own at Nemo's.**

BTSS Coach Fee: \$18*

Lunch and Movie at the Palladium Theatre

Tuesday, Aug. 21 (DAY16-C1201) 11:00 AM - 3:30 PM

Your afternoon begins with a delicious buffet lunch (included) with beverage and dessert. Then sink into a luxurious leather seat for a private showing of a first-run movie. Enjoy "free" popcorn and pop during the movie.

BTSS Coach Fee: \$25*

On the Rise Bakery Tour

Thursday, Aug. 23 (DAY17-C1201) 10:15 AM - 2:30 PM

Enjoy a tour of On the Rise Bakery, which is sponsored by the Capuchin Soup Kitchen. This venture is unique in that it is being run by members of the ROPE (Reaching Our Potential Everyday) program. Includes time to stop at the bakery shop. **Followed by lunch on your own at Boodles.**

BTSS Coach Fee: \$12*

"Color Ignited" Toledo Museum of Art

Thursday, Sept. 6 (DAY18-C1201) 10:15 AM – 5:00 PM
Color Ignited: Glass 1962–2012 is an enticing "coming of age" look at the medium. International in scope, the exhibition showcases studio glass created during the past half-century, spotlighting pivotal work by major artists. The exhibition focuses on the role of color in artistic expression.
Lunch on your own in the Museum Café.
BTSS Coach Fee: \$22*

John K. King Used & Rare Bookstore

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

Lunch at the Detroit Yacht Club and Belle Isle Tour

Saturday, Sept. 15 (DAY20-C1201) 10:15 AM – 4:30 PM
Enjoy a tour and **lunch at the Historic Detroit Yacht Club**, one of the oldest and prestigious private Clubs in North America, located on a private island along the banks of the Belle Isle Park in Detroit. Lunch followed by a bus tour of Belle Isle with a stop at the Conservatory.
BTSS Coach Fee: \$36*

Lunch and Movie at the Palladium Theatre

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

"Driving America" Exhibit at the Henry Ford Museum

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

Cranbrook House & Gardens Tour & Lunch

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

Detroit Free Press & News Tour

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

St. John Armenian Church & Musuem Tour & Lunch

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

Pine Grove Museum Tour

Thursday, Sept. 27 (DAY26-C1201) 10:00 AM - 2:30 PM
The Pine Grove Museum tour includes the 1845 Greek Revival home of former Michigan Governor Moses Wisner, related outbuildings such as the root cellar, summer kitchen, smokehouse, and privy, the grove and gardens, the 1865 Drayton Plains one room school, and the Pioneer Museum, featuring artifacts from our rural past. The 90 minutes walking tour is led by docents in period costumes. **Followed by lunch on your own at Bo's Smokehouse BBQ.**
BTSS Coach Fee: \$13*

Subscribe to our
E-Newsletter
Visit the Township website at
www.bloomfieldtpw.org/seniors
and click on the
Mailing List tab at the top of the page.

ICE CREAM SOCIAL

Tuesday, July 10 (SEV10-C1201) 1 PM



Join us for a good old fashioned ice cream social while enjoying Jazz Piano by Matthew Ball, "The Boogie Woogie Kid". Preregistration required, \$2 guest fee payable at time of registration.

Sponsored by:

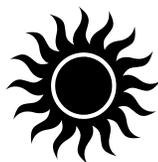


MINOR HOME REPAIR

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

# in Household	Max. Household Income
1	22,900.00
2	26,150.00

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



Summertime!

It's a great time to...

...try a new class!

- Ballroom or Line Dance (pg. 4)
- Drums Alive (pg. 4)
- Aquatics class (pg. 3)
- Ageless Grace (pg. 5)
- A.(mazing) M.(orning) Stretch (pg. 6)

...see a good movie!

- Classic/New Release Movies (pg. 10)
- Cultural Movie Series (pg. 11)

...go to a concert (or play in the band)!

- Lahser Knightsingers Concert (pg. 11)
- Ice Cream Social (pg. 11)
- Tribute to Armed Forces (pg. 11)
- BTSS Senior Band (pg. 11)

...expand your mind!

- Scams Presentation (pg. 11)
- Community Conversation (pg. 11)
- Road Scholar Presentation (pg. 11)
- Facebook Classes (pg. 9)
- White Horse Society (pg. 11)

New Transportation Service

Catch a ride to the center for specific classes, events, clubs & some day trips.

Residents aged 60+ who are unable to drive may request transportation a minimum of 10 days in advance of the date of service. Application required.

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

Bloomfield Township Senior Services'

Rain or Shine



Meals on Wheels Sponsorship Project

(FUN09-B1201)

Come rain or shine, BTSS delivers over 12,000 meals each year to homebound seniors in our community. Many are living on low incomes. Please support this community outreach service by sponsoring one or more meals.

One Day's Meal = \$6

One Week's meals = \$30

One month's Meals = \$120

Please pick up a card at the main level reception desk, fill it out and return with your donation. Thank you.



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.

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. Please see individual trip details on page 12.

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

Sponsored by:

