



Bloomfield Township Senior Services



Winter 2012

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

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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 will provide free tax counseling and help preparing and filing your Federal, State, Local returns is available for tax payers with middle/low income. Please bring: W-2 forms, copy of last year's returns, pension, interest, dividend and Social Security statements. E-filing is free.

Registration for appointments begins on Monday, January 3, 2012.

Appointment required: 248-723-3500

Fitness Week

January 3-6

Residents enjoy complimentary classes!
 See back page for complete schedule.
 Schedule also available online at
www.bloomfieldseniors.org
 in the Center.



TREE OF LIFE

Meals on Wheels are provided through BTSS to seniors in the community who are frail and/or low-income individuals.

Make this holiday season special by sponsoring meals for seniors in our community who are less fortunate.

Purchase a sponsor card for \$6 a meal and decorate our "Tree of Life". Donation cards available at the Senior Center.

Thank you for your support.
 (FUN05-D1101)



Please join us for a
 Holiday Performance
 by the
 Lahser High School Chorus
 Thursday, December 8
 9:30 a.m.
 (SEV10-D1103)



PRSRT STD
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 BLOOMFIELD TWP
 PERMIT NO 40

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

Christine's Comments

Memorial Tributes

We are pleased to recognize longtime volunteers and Advisory Council members who have donated new benches to honor their loved ones who have passed on. Our gratitude goes out to Steve Eskoff for his tribute to Julie Eskoff and to John Conti for his tribute to his wife June C. Conti.

Bloomfield Red Blooms club has also provided a memorial tree in honor of Julie Eskoff who was an extraordinary lifelong volunteer. Julie and Steve provided essential leadership to the success of both the Senior Service Millage and our Senior Center building campaign. Julie's memorial will stand as an inspirational example of great service and friendship.

If you have not visited our beautiful building please plan to during **Fitness Week: January 3-6**. Residents will be able to meet instructors, learn about classes and find those that are the best fit to stay fit.

Wishing all a healthy & happy holiday season!

Christine Tvaroha

ctvaroha@bloomfieldtwp.org (248) 723-3500

Online Registration Available for Aquatics Open Pool

Upgrades to our online registration program will now allow confirmed residents to register online for monthly Open Pool Hours. Questions or problems with online registration? We can help. Call 248-723-3500.

Thank You for Your Donations... Agnes Evlow, Sally Taylor, Barbara Driver, Mae Dardarian, Joseph Vindici, Susan Canner, Jerome Adamski, Joyce Damiani, Donald Rezanka, Letha Kuesel, Don Schmalz, AAUW Birmingham Branch, John Conti, Stephen Eskoff, Geetha Mohan, Iris Spencer Barbara Lathrup, Bloomfield Red Hats*

* 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

Steve Eskoff, Chairman

Al & Donna Artzberger Shirley Colten

John & Janice Bellefleur John Conti

Gladys Cifelli Maxine Davison

Don Foehr Marie Gemmel

Victor & Suzanne Goldstein Tony Klemer

Elizabeth Mahoney Tom & Ginnie Richard

BTSS will be closed on:

Thursday, Nov. 24 - Saturday, Nov. 26

Friday, Saturday, Monday, Dec. 23, 24 & 26

Saturday, Dec 31 & Monday, January 2

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).

ANNOUNCEMENTS & NOTICES

BTSS ID Badge

ID Badges are for all Confirmed Residents of Bloomfield Township ages 50+ who participate at the Bloomfield Township Senior Center.

How do you get your badge?

1. Stop by the ML reception desk during scheduled times to have your photo taken:
9-11 AM December 5, 6, 7 & 9 and 12-16
4-6 PM November 30, December 7 & 14
Watch for announcements about further photo opportunities.
2. You will be notified when your photo ID badge is available for pick up at the ML 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.

Attendance demonstrates support and value of BTSS services which can be reported to elected officials and the community at large.

E-Newsletter Enhancements

Our fitness offerings continue to expand with new classes. We want to keep you informed with weekly e-news items focusing on fitness in addition to information about classes, programs, events and services available at BTSS.

If you are not a subscriber to the Bloomfield Seniors e-news you can sign up for this service online. Just visit the BT website and click on the **e-news button**.

<http://www.bloomfieldtp.org/Services/SeniorServices/MailingList.asp>

Please type your e-mail address in the box and click on the submit button. Or stop at the main level reception desk and sign up in person.

BT Resident Priority Registration

Upgrades to our online registration program now provide a "Priority Registration" period for confirmed Bloomfield Township residents.

Registration during the first two weeks following the release of each newsletter will be reserved for residents who have confirmed their residency in person at the center.

This change addresses the goal of serving Township taxpayers with priority as requested by our Township Board. Confirmed residents will have the first opportunity to register for their preferred programs.

Once the priority registration period has ended registration for many programs will be opened up to all BTSS participants.

Confirmed Residency

What is it? A Bloomfield Township participant who has created a profile in our system and has presented a form of identification to confirm their Township residency. Examples of ID are: current drivers license, residential property tax bill.

Why? Confirmed identification as a 50+ BT resident allows participants access to all programs at the center at the resident rate and registration during the priority registration period.

How to get it? If you have not previously participated at BTSS and are a 50+ BT resident stop by our ML reception desk to be added to our database.

Do I have it? Not sure if you have confirmed your residency with us previously? Call BTSS at 248-723-3500 or stop by our ML reception desk and a staff member will check your status.

Aquatics: Warm Water Fitness

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

Showers required prior to pool use. Bring lock & towel.

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. BT Residency req'd. Must confirm registration with lifeguard before entering pool. Monthly calendar available online and in the Center.

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.

Tuesdays 10:30 - 11:30 AM 6 classes/\$30*
 Jan 10 – Feb 14 (FIT83-A1201)
Thursdays 4 -5 PM 6 classes/\$30*
 Jan 12 – Feb 16 (FIT83-A1203)
Tues/Thurs 10:30 - 11:30 AM 12 classes/\$60*
 Feb 21 – Mar 29 (FIT83-A1202)

NEW!! Aqua Cardio Core Mix J. Leech
 Increase your energy & tighten your abs! Cardio segments improve cardiovascular health & range of motion. Core segments tone muscles, sculpt body & improve balance.

Tues/Thurs 2:15 - 3:15 p.m. 8 classes/\$40*
 Jan 10 – Feb 2 (FIT84-A1201)
 Feb 7 – Mar 1 (FIT84-A1202)
 Mar 6 – Mar 29 (FIT84-A1203)

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
 Jan 9 – Feb 3 (FIT25-A1201) **12 classes/\$80***
 Feb 6 – Mar 2 (FIT25-A1202) no class 2/20 **11 classes/\$73***

H₂O Boot Camp A. Chi
 High energy workout to strengthen & increase endurance. For actively exercising people who would like to add water aerobics to their cross training routine. Variety of equipment used, upbeat, never boring.

Saturday 9 - 10 AM
 Dec 3 – Dec 17 (FIT32-D1103) **3 classes/\$24***
 Jan 14 – Jan 28 (FIT32-A1201) **3 classes/\$24***
 Feb 4 – Feb 25 (FIT32-A1202) **4 classes/\$32***
 Mar 3 – Mar 31 (FIT32-A1203) **5 Classes/\$40***

NEW!! 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.

Mon 6:30-7:30 p.m.
 Jan 9 - Jan 30 (FIT85-A1201) **4 Classes/\$32***
 Feb 6– Feb 27 (FIT85-A1202) no class 2/20 **3 Classes/\$24***
 Mar 5 – Mar 26 (FIT85-A1203) **4 Classes/\$32***

Aqua Power Aerobics (Formerly Aqua Power Walk & Dance) A. Chi
 Fun, fast paced water aerobics using a variety of equipment that will challenge and motivate you.

Tues/Thurs 6 – 7 PM
 Jan 10 – Jan 26 (FIT27-A1201) **6 classes/\$48***
 Jan 31- Feb 23 (FIT27-A1202) **8 classes/\$64***
 Feb 28 – Mar 29 (FIT27-A1203) **10 classes \$80***

NEW!! Fluid Moves K. Housey
 Mild aerobic workout that includes toning with and without props, stretching and relaxation. Movements are performed in a fluid transition working all body parts. Great class for beginners or those with arthritis or joint issues.

Wednesday 10:15 – 11:15 AM 4 Classes/\$32*
 Jan 11 – Feb 1 (FIT86-A1201)
 Feb 8 – Feb 29 (FIT86-A1203)
 Mar 7 – Mar 28 (FIT86-A1205)

Saturday 10:15 – 11:15 AM 6 Classes/\$48*
 Jan 14 – Feb 18 (FIT86-A1202)
 Feb 25 – Mar 31 (FIT86-A1204)

Aqua Yoga with Props K. Housey
 A flowing series of traditional Hatha yoga movements, using water props to ease safely into and out of poses.

Wednesday 10:15-11:15 3 classes/\$24*
 Dec 7 – Dec 21 (FIT69-D1102)

Aqua Healthy Joints L. Cook
 Gentle flexibility and strengthening exercises can protect joints and keep muscles toned. Warm-water exercise can ease symptoms of arthritis, MS and Osteoporosis.

Friday 10:15 -11:15 AM 6 classes/48*
 Jan 13 – Feb 17 (FIT28-A1201)
 Feb 24 – Mar 30 (FIT28-A1202)

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! No experience necessary! Wear comfortable clothing, supportive shoes, and bring a water bottle! LL Studio

Tuesday **4 -5 PM** **6 classes/\$30***

Jan 10-Feb 14 (FIT74-A1201)

Feb 21-Mar 27 (FIT74-A1203)

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

Jan 13 – Feb 17 (FIT74-A1202)

Feb 24 – Mar 30 (FIT74-A1204)

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**

Dec 7 – Dec 21 (FIT61-D1102)

Jan 11 – Feb 15 (FIT61-A1201)

Feb 22 – Mar 28 (FIT61-A1203)

3 classes/\$25*

6 classes/\$50*

6 classes/\$50*

Thursday **5 - 6 PM**

6 classes/\$50*

Jan 12 – Feb 16 (FIT61-A1202)

Feb 23 – March 29 (FIT61-A1204)

Creative Crosstraining

M. Barclay

Winter Special Pricing! BT Residency required.

Your body is a fine tuned machine that will quickly adapt to a workout? Avoid plateaus by cross training your workouts!

Pay one low price that will include the following classes:

Strength & Balance, Drums Alive, Zumba Gold, Chair

Yoga, & A.M. Stretch. 8 class options per week! LL Studio

M/T/W/TH/F **Times Vary** **48 classes/\$70**

Jan 9 – Feb 17 (FIT77-A1201)

Feb 21 – Mar 30 (FIT77-A1202)

No class 2/20

NEW!! Cardio Kickboxing

M. Pozan

Kick, punch, shuffle, and duck your way to a more fit physique. Low impact Cardio Kickboxing. Work at your own level! Bring water, a small towel, supportive shoes, and get ready to get fit, burn calories, & reduce stress!

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

Jan 9 – Feb 13 (FIT88-A1201)

Feb 20 – Mar 26 (FIT88-A1202)

Drums Alive®

M. Barclay

Feel and experience this unique high energy rhythmical workout! Combining traditional simply aerobic movements with the powerful beat and rhythms of the drums, this is a workout for the entire body, and a powerful tool for stress reduction and mental balance. It is a program for everyone! Participants can be seated or standing. Please bring a stability ball and light hand weights. LL Studio

Friday **10 – 11 AM** **6 classes/\$30***

Jan 13 – Feb 17 (FIT47-A1201)

Feb 24 – Mar 30 (FIT47-A1202)

Boomer Bootcamp

M. Pozan

This high energy cardio & strength interval style class will incorporate steps, TRX, body bars, stability & medicine balls and more! Everyone will be challenged at their individual levels and modifications will always be given. Trainer will coach you throughout the class to provide feedback on proper form and technique. Work hard! Have Fun! Participants should be regularly working out. Not for beginners! LL Studio

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

Jan 13 – Feb 17 (FIT76-A1201)

Feb 24 – Mar 30 (FIT76-A1202)

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 feels good and welcomes all fitness levels. Forget the workout and join the party!! LL Studio

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

Jan 10 – Feb 14 (FIT78-A1201)

Feb 21 – Mar 27 (FIT78-A1203)

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

Jan 11 – Feb 15 (FIT78-A1202)

Feb 22 – Mar 28 (FIT78-A1204)

Senior Fit Aerobics

S. Rubinstein

Low impact aerobic dance for active exercisers. Easy to follow movement to fun music. 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

Dec 12 – Dec 22 (FIT09-D1102) 12 classes/\$50*
Jan 9 – Feb 16 (FIT09-A1201) 12 classes/\$50*
Feb 23 – Mar 29 (FIT09-A1202) 11 classes/\$46*

Senior Fit Aerobics Card

10 classes/\$55*

Add flexibility to SeniorFit Aerobics workout schedule.

10/1-12/31 FIT10-D1101 ; 1/1-3/31 FIT10-A1201)

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. May ease symptoms of Arthritis, Parkinson's, MS, Osteoporosis. LL Studio

Monday/Thursday 10:15 - 11 AM

Dec 12 – Dec 22 (FIT08-D1102) 4 Classes/\$17*
Jan 9 – Feb 16 (FIT08-A1201) 12 Classes/\$50*
Feb 23 – Mar 29 (FIT08-A1202) 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

Jan 9 – Feb 15 (FIT56-A1201) 12 classes/\$60*
Feb 22 – Mar 28 (FIT56-A1202) 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*

Jan 10 – Feb 14 (FIT79-A1201)

Feb 21 – Mar 27 (FIT79-A1202)

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*

Jan 13 – Feb 17 (FIT80-A1201)

Feb 24 – Mar 30 (FIT80-A1202)

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

Jan 9 – Feb 16 (FIT01-A1201) 12 classes/\$68**
Feb 23 – Mar 29 (FIT01-A1205) 11 classes/\$62**

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

Jan 9 – Feb 15 (FIT01-A1202) 12 classes/\$68**
Feb 22 – Mar 28 (FIT01-A1206) 11 classes/\$62**

Monday/Wednesday 6:30 – 7:30 PM

Jan 9 – Feb 15 (FIT01-A1203) 12 classes/\$68**
Feb 22 – Mar 28 (FIT01-A1207) 11 classes/\$62**

Wednesday/Friday 9 - 10 AM

Jan 11 – Feb 17 (FIT01-A1204) 12 classes/\$68**
Feb 22 – Mar 30 (FIT01-A1208) 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 approved ID for workout I.D. tag each visit. \$15/mo or \$80/6 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



Pickleball Drop In

Mondays 1-2:30 PM (beginners)

Thursdays 1:30-3 PM (experienced)

Table Tennis Drop In Wednesdays 1-3 PM

(See page 15 for more information.)

Balance & Core Training

J. Schirtzinger

Loss of balance often results in falling and bone fractures. Improve your posture and balance with this fun, 30 minute workout designed to build bones and strengthen core, pelvic and leg muscles. LL Studio

Tuesday 1 – 1:30 PM 6 classes/\$24*

Jan 10 – Feb 14 (FIT42-A1201)

Feb 21 – Mar 27 (FIT42-A1202)

On the Ball

S. Rubinstein

Challenging class for beginners and experienced students. Balance/strengthen core muscles while sitting and lying on ball both prone/supine. Bring ball, mat, water & towel. LLStudio

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

Dec 6 – Dec 20 (FIT12-D1102)

Jan 10 – Feb 14 (FIT12-A1201)

Feb 21-Mar 27 (FIT12-A1203)

Wednesday 5 – 6 PM 6 classes/\$50*

Jan 11 – Feb 15 (FIT12-A1202)

Feb 22 – Mar 28 (FIT12-A1204)

Golf Conditioning

S. Rubinstein

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

Tuesdays 5:15-6:15 PM 6 Classes/\$50*

Feb 21 - 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

Jan 9 – Feb 15 (FIT56-A1201) **12 classes/\$60***

Feb 22 – Mar 28 (FIT56-A1202) **11 classes/\$55***

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 and rejuvenated and focus on a positive start to an AMAZING day. LL studio **Residency Required**

Tuesday/Thursday 7:15-7:45AM 12 classes/\$15

Jan 10 – Feb 16 (FIT81-A1201)

Feb 21 – Mar 29 (FIT81-A1202)

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 6 classes/\$48*

Jan 11 – Feb 15 (FIT03-A1201)

Feb 22 – Mar 28 (FIT03-A1202)

Continuing

Wednesday 10:15 –11 AM 6 classes/\$48*

Jan 11 – Feb 15 (FIT03a-A1201)

Feb 22 – Mar 28 (FIT03a-A1202)

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*

Jan 12 – Feb 16 (FIT63-A1201)

Feb 23 – Mar 29 (FIT63-A1202)

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 limitations or joint issues. Class uses mat but most can be performed from a chair. Bring an exercise mat, towels/blanket to roll up, water bottle. Purchase exercise bands from instructor.

Monday 6:15 – 7:15 PM 3 classes/\$24*

Dec 5 – Dec 19 (FIT67-D1102)

Monday 6:30-7:15 PM 4 classes/\$32*

Jan 9 – Jan 30 (FIT67-A1201)

Feb 6 – Mar 5 (FIT67-A1202)

No Class 2/20

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*

Jan 10 – Feb 14 (FIT07-A1201)

Feb 21 – Mar 27 (FIT07-A1202)

Ageless Grace®

S. Peper

Learn 21 simple "tools" for lifelong comfort & ease. 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 and confidence. Designed to be practiced in a chair. LL Studio

Wednesday 4 - 4:45 PM

Jan 11 – Feb 22 (FIT82-A1201)

7 classes/\$28*

Feb 29 – Mar 28 (FIT82-A1202)

5 classes/\$20*

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

Monday 5 – 6 PM
 Jan 9 – Feb 13 (FIT37-A1201) 6 classes/\$36*
 Feb 27 – Mar 26 (FIT37-A1203) 5 classes/\$30*

Friday 1 – 2 PM
 Jan 13 – Feb 24 (FIT37-A1202) 7 classes/\$42*
 Mar 2 – Mar 30 (FIT37-A1204) 5 classes/\$30*

Golf Conditioning S. Rubinstein
 Avoid injuries & condition your muscles. Work on functional strength & core training. Emphasis on flexibility, coordination/balance, muscles used in 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)

EVENING FITNESS CLASSES

Aqua Power Aerobics (formerly Aqua Power Walk & Dance) A. Chi
 Fun, fast paced water aerobics using a variety of equipment that will challenge and motivate you.

Tues/Thurs 6 – 7 PM
 Dec 3 – Dec 17 (FIT32-D1103) 3 classes/\$24*
 Jan 10 – Jan 26 (FIT27-A1201) 6 classes/\$48*
 Jan 31- Feb 23 (FIT27-A1202) 8 classes/\$64*
 Feb 28 – Mar 29 (FIT27-A1203) 10 classes \$80*

NEW!! Aqua Zumba M. Barclay/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.

Mondays 6:30-7:30 PM
 Jan 11 - Jan 30 (FIT85-A1201) 4 Classes/\$32*
 Feb 6– Feb 27 (FIT85-A1202) no class 2/20 3 Classes/\$24*
 Mar 5 – Mar 26 (FIT85-A1203) 4 Classes/\$32*

Yoga with Props K. Housey
 A gentle yet traditional form Hatha yoga using props, chairs and exercise bands. Excellent for beginners with modifications for specific physical limitations or joint issues. Class uses mat but most can be performed from a chair. Bring an exercise mat, towels/blanket to roll up, water bottle. Purchase exercise bands from instructor.

Monday 6:30-7:15 PM 4 classes/\$32*
 Dec 5 – Dec 19 (FIT67-D1102) 3 classes/\$24*
 Jan 9 – Jan 30 (FIT67-A1201)
 Feb 6 – Mar 5 (FIT67-A1202) No Class 2/20

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 6 classes/\$30*
 Jan 11 – Feb 15 (FIT78-A1202)
 Feb 22 – Mar 28 (FIT78-A1204)

Supervised Strength Training S. Rubinstein
 Certified Exercise Specialist offers with 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
 Jan 9 – Feb 15 (FIT01-A1203) 12 classes/\$68**
 Feb 22 – Mar 28 (FIT01-A1207) 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*
 Jan 12 – Feb 16 (FIT61-A1202)
 Feb 23 – March 29 (FIT61-A1204)

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*
 Jan 11 – Feb 15 (FIT12-A1202)
 Feb 22 – Mar 28 (FIT12-A1204)

SATURDAY CLASSES

H₂O Boot Camp A. Chi
 Aquatic high energy workout to strengthen & increase endurance. Variety of equipment used, upbeat, never boring. Students must wear t-shirt for greater resistance.

Saturday 9-10 AM
 Dec 3 – Dec 17 (FIT32-D1103) 3 classes/\$24*
 Jan 14 – Jan 28 (FIT32-A1201) 3 classes/\$24*
 Feb 4 – Feb 25 (FIT32-A1202) 4 classes/\$32*
 Mar 3 – Mar 31 (FIT32-A1203) 5 Classes/\$40*

NEW!! Fluid Moves K. Housey
 Mild aerobic workout that includes toning with and without props, stretching and relaxation. Movements are performed in a fluid transition working all body parts. Great for beginners or those with arthritis or joint issues.

Saturday 10:15 – 11:15 AM 6 Classes/\$48*
 Jan 14 – Feb 18 (FIT86-A1202)
 Feb 25 – Mar 31 (FIT86-A1204)



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

Winter 2012

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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 will provide free tax counseling and help preparing and filing your Federal, State, Local returns is available for tax payers with middle/low income. Please bring: W-2 forms, copy of last year's returns, pension, interest, dividend and Social Security statements. E-filing is free.

Registration for appointments begins on Tuesday, January 3, 2012.

Appointment required: 248-723-3500



OAKLAND FAMILY SERVICES

Social Worker Counseling

(SVC12-VARIES)

Speak privately with a licensed social worker from Oakland Family Services - Older Adult Division. If you are experiencing loneliness, grief, depression or any personal issues you may benefit by a private session with the professional counselors. This service is available to Bloomfield Township residents aged 60+. Call 248-723-3500 to schedule a one-hour appointment. 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.



TREE OF LIFE

Meals on Wheels are provided through BTSS to seniors in the community who are frail and/or low-income individuals.

Make this holiday season special by sponsoring meals for seniors in our community who are less fortunate.

Purchase a sponsor card for \$6 a meal and decorate our "Tree of Life". Donation cards available at the Senior Center.

Thank you for your support.

(FUN05-D1101)

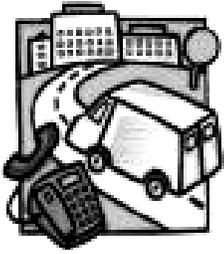
Younger Onset Alzheimer's Support Group at BTSS

Early-onset Alzheimer's disease affects people who are under 65. The Alzheimer's Association sponsors a support group for persons with early stage memory loss to promote well being.

The group will give individuals and their family the opportunity to share their feelings & concerns and exchange ideas/resources. Discussion topics may include careers, families, friends, social activities, driving, independence, physical and emotional challenges, understanding the diagnosis, frustration, happiness & joy.

Meetings are held on the 3rd Wednesday of the month from 5:30 - 7:00 pm at 4315 Andover Road. Advance registration appreciated: call 248-996-1054.

TRANSPORTATION SERVICES



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

≈ SMART Community Transit

Smart offers curb-to-curb service in the Service Area of: Bloomfield Township, West Bloomfield Twp., Beaumont Hospital and Rehab (Royal Oak), Henry Ford Hospital (West Bloomfield), Huron Valley Hospital (Commerce Twp.), St. Joseph Hospital (Pontiac), Somerset Collection (Troy), Downtown Birmingham and Bloomfield Town Square. Service hours are 6 a.m. to 7 p.m. Monday through Friday. Call up to 6 days in advance for medical trips, up to 2 days in advance for general service. Reservation hours are 7 a.m. to 4 p.m. Monday through Friday. **866-962-5515**

≈ Medical transportation services

Medical Transportation is available to 60+ senior residents of Bloomfield Hills and Bloomfield Township thru SMART funding. Application and eligibility for program required. Call BTSS 723-3500 for information.

≈ Volunteer drivers

Volunteer drivers provide transportation to local medical appointments to BTSS Members. Subject to availability.



GROCERY SHOPPING & ERRANDS TRANSPORTATION

Volunteers are available to aid **60+, non-driving** Bloomfield Township residents who need transportation to run errands or grocery shop with a maximum of 2 appointments/month and flexibility between client and driver. Please call Denise at BTSS at 248-723-3500 for more information.



BLOOD PRESSURE CHECKS

Certified volunteers, led by Irene Grady, RN, are available on the 3rd Wednesday of each month from 11 am until 12:30 pm. Stop in on one of these dates:

December 21st

January 18th

February 15th

NUTRITION SERVICES

BTSS addresses the nutritional needs of area seniors, 60 years of age and older, with two essential programs, Meals on Wheels and Liquid Nutritional Supplements. For additional information on either program, contact Donna DeWitte, RN, Nutrition Coordinator, 723-3500.



MEALS ON WHEELS

BTSS provides home delivered meals to homebound (unable to drive or leave the home independently) area seniors 60+. Meals are delivered by volunteer drivers Monday through Friday between 10 a.m. and 12 noon. The suggested donation is \$3.75 per hot meal (price reflects partial funding provided by Area Agency on Aging 1B).



NUTRITIONAL SUPPLEMENTS

Liquid nutritional supplements are available to area seniors 60+ based on medical necessity. Monthly, BTSS orders Ensure products directly from the manufacturer at a reduced cost from retail prices. A physician's order is required which must include the medical reason for supplementation, the recipient's weight, and the number of cans to be consumed daily. The order must be renewed every six months. Additionally, a home visit is required every six months in order to participate in the program.

BTSS is partially funded through the Area Agency on Aging 1-B through the Office of Services to the Aging, Nutrition Service Incentive Program (NSIP). BTSS complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973. Equal opportunity employer program. Reasonable accommodation is provided upon notification or request.



BTSS LOAN CLOSET



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

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

In Memoriam...

Deepest sympathies to the family and friends of
Claire Sagastume, Rosita Shuttie, Marion Conat,
Betty Whitmer, Dee Woods, Alan Reade, Robert Spencer

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



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.

Oakland County Housing Counseling

GET HELP: 248-858-5402

- Reverse Mortgages for Seniors
- Financial Assistance for Needed Repairs
- Budgeting
- Mortgage default resolutions & Foreclosure Prevention
- Increase opportunity for home ownership for low income families

Home Improvement Loan Program

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

TELEPHONE REASSURANCE



If you, a neighbor or loved one lives alone and would like to receive a daily call, we can help. Volunteers call Monday through Friday, between 9 and 11 am for a friendly conversation and wellness check. Please call Denise at 248-723-3500 for 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.

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.

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.

Donate Used Hearing Aids

The Lions Hearing Center of Michigan collects used hearing aids for those who have no insurance or who qualify for assistance. Drop off in the box located in the vending area off the Cafe on the main level.

For more information about the Lions Hearing Center call 1-888-LHC-Mich.

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.

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; either 8 AM –12:00 PM, 12:00–3:30 PM or 3:30-6:30 PM.

BTSS Meals on Wheels Driver

Meals are delivered in the morning, Monday through Friday. Volunteer drivers generally deliver meals once a month on a set schedule. On their scheduled delivery day the driver will report to BTSS at 10 a.m. and can expect to complete their route by noon. Meals on Wheels Drivers receive on-site training.

BTSS Adult Day Service Volunteer for Friendship Club

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

BTSS Medical Appointment Driver

2011 has seen an increase in the number of calls from homebound seniors requesting assistance with transportation. This service 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 “Friendship Club” Salon Volunteer

Specialized people are needed to offer club members pampering such hair care; washing, styling and cuts and nail polishing. A cosmetology license is required for this hands-on, essential beauty experience. Modern stylish salon is provided.

BTSS Musical Talent Volunteers

Volunteers are needed for the choral singing group. Also, music is a daily activity for our Friendship Club members. Volunteers who play instruments and can perform for small groups are greatly needed. Please trade your talent for smiles! *Students Welcome!*

Contact BTSS Volunteer Coordinator, Joan Patzelt at 248-723-3500 or e-mail at jpatzelt@bloomfieldtp.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 * Carla Cronin * Robert Dann * Judy Dennis * David Dinger * Judy Dixon * Kitty Dobritt * Judy Domstein * Mike Dunigan * Jim Eichner * Carole & Ted Elder * Karin Eynon * Richard Favret * 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 * 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 * 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 * Janet Russell * Michael Samson * Ann & Jerry Scheel * Linda Scheidemantel * Rita Schwimer * Theresa Shea * Mary Shepline * Jean Smith * Misook Soave * Connie Szymczak * Marjorie & Mario Trafeli * 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! 800+ Hrs. in August -October

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

Anne Alden * Olivia Atto * Shahina Begg * Verna Besancon * Joan Bowes * Joan Brandt * Peggy Brenton * Sal Bricio * Georgia Buckley * Sharon Butler * Pat Caplin * Joanne Carmichael * Mary Ann Christ * Patty Cogan * Dorothy Cole * John Conti * Maureen Cook * Jerry Craig * Madelyn Damioli * Margaret Dann * Maxine Davison * Sue Dodenhoff * Madelyn Doerr * Donna Dupuis * Steve Eskoff * Marie Gemmel * Vance Genzlinger * Judy Geppert * Mona Gibson * Angie Giffels * Susan Glass * 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 * Tony & Marian Klemer * 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 * Vara Navaluri * Joan Nedeljkovic * Jo Nott * Joanne O'Hara * Kay Patel * Ralph Pedersen * Pam Perry * Pat & Pete Pfeiffer * Arlene Pinkos * Nancy Porter * Victor Pruner * Deanna Ralston * Kay Ramakrishnan * Elizabeth Reihia * Renate Reimer * Tom Richard * Faith & John Scholl * Lisa Secrest * Ann Spina * Diane Stuecheli * Michael Sullivan * Teresa Sun * Virginia Tatseos * Barry Tilds * Maurice Vachon * Anjali Vale * Inez Veraldi * Sue Wade * Marleeta Walton * Donald Warren * Jack Warren * Lisa Watt * Larry Werner * 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 3 sessions/\$39*
 Dec 7- 21 (ART02-D1101)
Wednesday 1:30 - 3:30 PM 9 sessions/\$118*
 Jan 4 – Feb 29 (ART02-A1201)
Wednesday 1:30 - 3:30 PM 3 sessions/\$39*
 March 14 – 28 (ART02-A1202)
 Painting techniques, skills, color theory & design principles, perspective & proportion. 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 in beading/stain glass. Supplies and equipment available.

Jewelry Beading

T. Ruby
Tues/Thurs 1:30-3:30 PM 2 classes/\$28*
 January 24 and 26 (ART07-A1201)
 Create a unique pendant using seed beads and stone cabochons. Bring own supplies or purchase a kit (\$10).

Stained Glass-Beginning ■

N. Porter/M. McGee
Tuesday, February 28 (Art 05-A1201) 1:30 – 3:30 PM
Thursday, March 1 (Art 05-A1202) 1:30 – 3:30 PM
 Use beginning stained glass techniques (cut, foil, solder) to create a colorful Sun Catcher. (\$10 material fee)

"Chicks with Sticks" ☼ *"Knitting Gifts from the Heart"*

Monday 1 – 4 PM
 Facilitator: Karen Ouellette 248-408-2083
 Join a warm, friendly group who knit and crochet for infants, foster-care teens and chemo-therapy patients. At home knitters needed, too! *New knitters, please call Karen. In need of: new or "like new" yarn donations.*

Paper Dolls-Card Shoppe ☼

Returns in May
 Proceeds from the sale of greeting cards goes to our own Bloomfield Twp. Meals on Wheels program.

BOOKS

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

December 2: "Olive Kitteridge" (E. Stroud)

January 6: No book assigned. Members may report on favorite books.

February 3: "True Deceivers" (Jansson)

March 2: Metro Reading Program Selection (TBA)

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

Wednesday, 12:30 – 3:30 PM

Friday, 1 – 3 PM

Saturday, 10 AM – 12 PM

GAMES

Bridge Club ☼

Monday/Friday Tables assigned: 12:45 PM Play: 1 PM
 Facilitator: Maurice Vachon

Euchre & Pinochle ☼ **Thursday 11:15 AM**

Facilitator: Joanne Carmichael

248-626-0719

Like to Play Cards? Fun group, come join in.

Mah-jongg Play ☼ **Thursday 1 – 4:30 PM**

Facilitator: Elinor Yolles 248 737-8047

Enjoy playing Mah-jongg? Here is the group to join.

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 – 3:30 PM

Scrabble Club ☼

1st Wednesday 1 – 3 PM

Facilitator: Marlene Bieman

248-681-7112

JUST FOR FUN

BTSS Resident Orientation Please pre-register
Tuesday, January 24 (SEV03-A1201) 2 – 3 PM
Thursday, February 16 (SEV03-A1202) 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!

BTSS Band Holiday Sing-A-Long ■ (SEV10-D1102)
Wednesday, December 7 11 AM
Join our very own Senior Band for a Holiday Sing-a-long.

Holiday Performance ■ (SEV10-D1103)
Thursday, December 8 9:30-10 AM
Get in the spirit with a holiday performance by the Lahser High School Chorus.

Valentine Party ■ (SEV10-A1201)
Thursday, February 9 1:30 – 3 PM
Join friends and enjoy music by Evola Music of Bloomfield Township and sweet treats!

Movie Classic ★ Friday Begins 1 PM
Friday afternoon classic movie greats with popcorn!
December 2: Action/Adventure, "The African Queen"
Starring: Humphrey Bogart, Katharine Hepburn

January 6: 1934 Comedy, "It Happened One Night"
Starring: Clark Gable, Claudette Colbert

February 3: 1955 Romantic Thriller, "To Catch a Thief"
Starring: Cary Grant, Grace Kelly

Movie Mania ★ Friday Begins 1 PM
Friday afternoon late release films with popcorn!
December 16: 2010 Drama, "Country Strong"
Starring: Gwyneth Paltrow & Tim McGraw

January 20: 2010 Comedy, "Morning Glory"
Starring: Harrison Ford, Rachel McAdams,
Diane Keaton, Jeff Goldblum & Patrick Wilson

February 17: 2011 Drama, "Water for Elephants"
Starring: Reese Witherspoon, Hal Holbrook

MUSIC

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

UNIQUE TOPICS

BTSS White Horse Society ★
4th Thursday 10 AM
Interested in theology, philosophy or science? New topic every month. All views will be respectfully encouraged.

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 entertaining speakers, male camaraderie & a light breakfast. Preregistration required.

3rd Wednesday 9:30 – 11:30 AM \$6*

December - Due to Holiday there will be no meeting.

Jan 18 (SOC27-A1201) Leo Savoie
Bloomfield Township Supervisor
"Looking Forward"

Feb 16 (SOC27-A1202) John A. Roselli, Consultant
"Information for a Time of Confusion"

Senior Women's Club Please pre-register
Facilitator: Myrna Ann Hinkson
Dynamic speakers and luncheon** program
catered by Andiamo, Bloomfield Twp. (**Must pre-register at least 3 days in advance.)

4th Wednesday 11:30 AM – 1:30 PM \$10*

Feb 22 (SOC28-A1201) Sue Tabashnik, Author
The Fan's Love Story: How the Movie
"Dirty Dancing" Captured the Hearts of
Millions

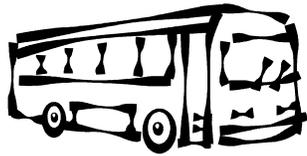
Thank you to our sponsors:



MSU vs UM Tailgate Party
October 14, 2011



2011 Health Fair & Flu Shot Clinic
October 28, 2011



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.

"A Festival of Flutes" DSO WAIT LIST
Friday, Nov. 18 (DAY18-D1101) 9:30 AM – 3:30 PM

"Rembrandt and the Face of Jesus" DIA
Wednesday, Nov. 23 (DAY19-D1101) 9:30 AM – 2:45 PM
Docent led tour of Dutch master Rembrandt van Rijn's finest paintings, prints and drawings that portray Jesus and events described in the Bible. The works cover every phase of Rembrandt's artistic exploration of the subject, from rapid sketches to a Louvre masterpiece never before shown in the U.S. **Followed by lunch on your own at Café DIA.**
BTSS Coach Fee: \$27*

"Donny and Marie Christmas" Fox Theatre WAIT LIST
Wednesday, Nov. 30 (DAY20-D1101) 4:30 – 10:15 PM

"All Night Strut Holiday Show" Gem Theatre WAIT LIST
Thursday, Dec. 1 (DAY21-D1101) 11:15 AM – 5:15 PM

"Beethoven's Seventh" DSO WAIT LIST
Friday, Dec. 2 (DAY22-D1101) 9:30 AM – 3:30 PM

"The Cripple of Inishmann" Hilberry Theatre
Wednesday, Dec. 7 (DAY23-D1101) 11:00 AM – 5:15 PM
Heartbreakingly hilarious comedy filled with charming characters and plot twists. On a remote island off the Irish Coast, word arrives that Hollywood is coming to film. Excited is "cripple" Billy, an unloved boy whose chief occupation has been gazing at cows and yearning for his inspiration - a girl who wants no part of him. **Begin with lunch on your own at Chuck Muer's.**

BTSS Coach Fee: \$23*

"Sister's Christmas Catechism" Century Theatre
Thursday, Dec. 15 (DAY24-D1101) 11:30 AM – 5:30 PM
Sister takes on the mystery that has intrigued historians throughout the ages - whatever happened to the Magi's gold, retelling the story of the nativity, as only Sister can. Sister creates a living nativity unlike any you've ever seen. With gifts galore and bundles of laughs, Sister's Christmas Catechism is sure to become your newest holiday tradition.. **Begin with lunch on your own at Peabody's.**
BTSS Coach Fee: \$28*

"Home for the Holidays" Detroit Symphony Orchestra
Friday, Dec. 16 (DAY25-D1101) 9:30 AM – 3:45 PM
Leonard Slatkin conducts Detroit's favorite holiday musical tradition, thrill to the spectacle of the season. It's a sparkling holiday celebration. And yes, Virginia, there will be a Santa Claus! **Followed by lunch on your own at Crumpet's.**
BTSS Coach Fee: \$46*

"Cirque Dreams Holidayze" Fox Theatre
Saturday, Dec. 17 (DAY26-D1101) 10:45 AM - 5:15 PM
An international cast of over 30 multi-talented and brilliantly costumed artists come to life and perform astonishing feats. An original music score and seasonal favorites accompany spectacular costumes and holiday dreams in a setting of gigantic gifts, colossal candy canes and 30-foot towering soldiers. **Begin with lunch on your own at Kona Grill.**
BTSS Coach Fee: \$60*

"Wicked" at the Michigan Opera House WAIT LIST
Thursday, Dec. 8 (DAY01-D1101) 10:15 AM-4:45 PM
Wednesday, Dec. 21(DAY02-D1101) 10:15 AM-4:45 PM

Christ Church Cranbrook Jazz Quartet Concert & Tea
Wednesday, Jan. 11 (DAY01-A1201) 3:30-5:15 PM
Join us as we attend a delightful jazz quartet concert in the Guild Hall at Christ Church Cranbrook. Formal English "High Tea" is served, featuring hot tea, savory tidbits and sweet treats.
BTSS Coach Fee: \$7*

"Gershwin and the American Songbook" DSO
Friday, Jan. 13 (DAY02-A1201) 9:30 AM-3:30 PM
The "Fascinatin' Rhythms" of George Gershwin will fill Orchestra Hall as Ann Hampton Callaway sings the very best from the Gershwin songbook. Hear her sing all your favorites. **Followed by lunch on your own at J. Alexander's.**
BTSS Coach Fee: \$46*

"1201st in Yonkers" Village Players

Sunday, Jan. 15 (DAY03-A1201) 11:45 AM-4:15 PM

Journey back to the early 1940's and enjoy this Neil Simon play. This production explores the trials and tribulations of a family in Yonkers, New York when two teenage boys are left to live with their tyrannical grandmother, their mentally challenged aunt and their gangster uncle while their father works out of town to pay back a family debt. **Begin with lunch on your own at The Fox Grill.**

BTSS Coach Fee: \$27*

"Nunset Boulevard" Meadowbrook Theatre

Wednesday, Jan. 18 (DAY04-A1201) 11:30 AM-5:00 PM

The little sisters of Hoboken travel to California to play what they believe is the famous Hollywood Bowl. When they get there however, they are surprised to find that they will be playing at the Hollywood "Bowl-a-Rama" a bowling alley/cabaret lounge. This installment of the Hoboken sisters is a *Michigan Premiere*. **Begin with lunch on your own at Macaroni Grill.**

BTSS Coach Fee: \$25*

North American International Auto Show

Thursday, Jan. 19 (DAY05-A1201) 9:30 AM-3:00 PM

Experience the next generation of transportation at the 2011 North American International Auto Show. More than 500 vehicles on display, representing the most innovative designs in the world. *Transportation only, participants purchase their own ticket at the door.* **Followed by lunch on your own at Dakota Inn Rathskellers.**

BTSS Coach Fee: \$7*

"Million Dollar Quartet" Fisher Theatre

Tuesday, Jan. 24 (DAY06-A1201) 5:00-10:30PM

Smash hit Broadway musical inspired by the true story of the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. On December 4, 1956, these four musicians were gathered together in Memphis for one of the greatest jam sessions of all time. Featuring timeless hits including; "Blue Suede Shoes," "Fever," "That's All Right," "Sixteen Tons," "Great Balls of Fire," and more. **Begin with dinner on your own at Café Via.**

BTSS Coach Fee: \$63*

"Cyrano by Frank Langella" Hilberry Theatre

Wednesday, Jan. 25 (DAY07-A1201) 11:00 AM-5:15 PM

The charismatic swordsman-poet with the absurd nose hopelessly loves the beautiful Roxane; she, however, loves the handsome but tongue-tied Christian. The chivalrous Cyrano sets up with Christian an innocent deception with inspired words. But true love triumphs in the end. **Begin with lunch on your own at Clawson Steak House.**

BTSS Coach Fee: \$23*

"The Love List" Tipping Point Theatre

Saturday, Jan. 28 (DAY08-A1201) 12:15-5:45 PM

Looking for a match with a list of the 10 ideal attributes you desire in a mate and then Bill meets her. When Justine, the perfect woman, appears and acts like she's been with Bill for years, the buddies think she thinks he may have created a female Frankenstein. When Bill changes some of the qualities on the list, Justine's personality changes for the worse. This fantastic, farcical comedy will have you believing you should be careful of what you wish for. **Begin with lunch on your own at Deadwood Bar & Grill.**

BTSS Coach Fee: \$36*

"A Stone Carver" Purple Rose Theatre

Wednesday, Feb. 8 (DAY09-A1201) 11:30 AM-6:30 PM

Old world beliefs collide with new world principles when Agostino, a retired stone mason, is evicted from his home to make space for a highway. When he barricades himself in his house, his son Raff must convince him to leave the house and all the memories that come with it. A funny and touching tribute to fathers and sons. **Begin with lunch on your own at Common Grill.**

BTSS Coach Fee: \$30*

Tour of "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. Among the terminal's leading-edge green technologies are: a living wall of tropical rain forest plants, wind and solar generation of electricity, solar hot water heater, geothermal heating and cooling, electric car charging stations and much more. **Followed by lunch on your own at Heroes.**

BTSS Coach Fee: \$7*

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!

"Ax & Mozart/ Slatkin & Mahler" DSO

Friday, Feb. 17 (DAY11-A1201) 9:30 AM-3:30 PM

The Washington Post describes the artistry of Emanuel Ax as "thoughtful, lyrical, lustrous..." Emanuel Ax performs the eloquent Piano Concerto No. 22 of Mozart and Leonard Slatkin conducts Gustav Mahler's savage and sublime Fifth Symphony, with its heart-wrenching Adagietto. **Followed by lunch on your own at The Whitney.**

BTSS Coach Fee: \$30*

"Who's Wives Are They Anyway" Farmington Players

Sunday, Feb. 19 (DAY12-A1201) 11:00 AM-5:00 PM

A company has been sold and two V.P.'s have planned a weekend off before the new CEO arrives. With their wives safely off on a shopping spree in New York City, they check into a country club for golf. They unexpectedly encounter their new boss, who insists on meeting the wives. Through disguise and deceit, hilarious chaos ensues! **Begin with lunch on your own at Family Buggy.**

BTSS Coach Fee: \$24*

Lunch and Movie at the Palladium Theatre

Tuesday, Feb. 21 (DAY13-A1201) 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 (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

Once the grandest of Detroit's downtown hotels and a member of the National Registry of Historic Buildings, this Italian-renaissance-style hotel, originally built in 1924 by the Book brothers, was the tallest building in Detroit and hotel in the world. Completion of a \$180 million renovation, has restored the historic hotel to its original splendor, reclaiming its position as Detroit's premier lodging and social gathering destination. **A tour will be followed by a chef selected lunch (included) at the Boulevard Room restaurant.**

BTSS Coach Fee: \$40*

"Cheaper by the Dozen" Village Theatre at Cherry Hill

Saturday, Feb. 25 (DAY15-A1201) 11:00 AM-5:00 PM

Based on the book about the family of Frank Galbreath, an efficiency engineer at the turn of the century. He decides to apply his unorthodox methods to his big family. The results are embarrassing, funny and extremely effective! One half hour backstage walking tour after the production. **Begin with lunch on your own at Max & Erma's.**

BTSS Coach Fee: \$24*

"Summer and Smoke" Hilberry Theatre

Wednesday, Feb. 29 (DAY16-A1201) 11:00 AM-5:15 PM

Sultry Southern tale by Tennessee Williams. Alma cannot resist her attraction to the rakish and inspiring young doctor who lives next door. Though John is also drawn to her, their relationship becomes an emotional battle of wills when her spiritual devotion is pitted against his sensuous need for physical desire. Neither triumphs, and in the end, roles reverse. **Begin with lunch on your own at Union Street.**

BTSS Coach Fee: \$23*

"South Pacific" Fox Theatre

Saturday, Mar. 3 (DAY17-A1201) 10:45 AM-5:15 PM

Set on a tropical island during World War II, the musical tells the sweeping romantic story of two couples and how their happiness is threatened by the realities of war and by their own prejudices. The beloved score's songs include 'Some Enchanted Evening,' 'I'm Gonna Wash That Man Right Outta My Hair,' 'There is Nothin' Like a Dame' and more. **Begin with lunch on your own at Roma Café.**

BTSS Coach Fee: \$60*

"My Brooklyn Hamlet" Jewish Ensemble Theatre

Sunday, Mar. 4 (DAY18-A1201) 2:00-7:30 PM

Brenda's mother is shot by her father. 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

Renowned pops 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. Complete with an appearance 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 at OCC. Make sure you visit the on campus bakery before lunch for the opportunity to purchase the delicious pastries and desserts. **Includes: Buffet, beverage, tax, and tip.**

BTSS Coach Fee: \$21*

"Classical Roots" DSO

Friday, Mar. 16 (DAY21-A1201) 9:30 AM-3:45 PM

Concert features a new work by Haitian-American composer and violinist Daniel Bernard Roumain. His "Dancers, Dreamers, & Presidents", commissioned for this concert, is the latest statement of this imaginative young master. The DSO rounds out this annual tribute to the contributions of African-American composers and musicians with a 1961 string serenade by the late Hale Smith and William Dawson's exquisite Negro Folk Symphony, composed for Leopold Stokowski in 1934. **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

This very funny murder mystery farce revolves around an English shoe salesman who is forced to take the embalmed body of his recently-murdered uncle on a vacation to Monte Carlo. Should he succeed in passing off his uncle as alive, he stands to inherit \$6,000,000. If not, the money goes to the Universal Dog Home of Brooklyn, or else to the gun-toting wife of the casino owner. **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

Linda and Michael are successful married writers with a feisty partnership high in intellectual banter and friendly competition that works well until Linda is unexpectedly diagnosed with a brain tumor and given only three weeks to live. Each keeps a prolific private diary, and Linda tells Michael he may read hers after she is gone, but she wants to read his now. But are the diary entries truth or fiction? And is Linda hiding her own secrets? **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

When the members of a gated retirement community in Florida decide to "share the wealth" with local member of the need community, their children show up to put a stop to the "needless" spending of their inheritance. This comedy is a Michigan Premiere. **Begin with lunch on your own at The Red Ox Tavern.**

BTSS Coach Fee: \$25*

"Chicago" U of M Power Center

Thursday, Apr. 12 (DAY01-B1201) 3:45-10:30 PM

The tale of chorus girl, Roxie Hart, who murders her lover, sets up her husband and manipulates her way into stardom with the assistance of a slick criminal lawyer. Roxie vies with her rival cellmate and fellow murderess Velma Kelly to become the darlings of the media and stage sensations. Includes well known songs "All That Jazz," "Mr. Cellophane," "Cell Block Tango," and "Razzle Dazzle." **Begin with dinner on your own at The Gandy Dancer.**

BTSS Coach Fee: \$31*

"Titanic-The Musical" Baldwin Theatre

Thursday, Apr. 19 (DAY02-B1201) 5:15-10:30 PM

The sinking of the Titanic in the early morning hours of April 15, 1912, is perhaps the most tragic maritime disaster of the 20th century. Book passage aboard the Titanic as it sails again in this hauntingly moving story set to song. Winner of five Tony Awards, *Titanic - The Musical* is sure to be an unforgettable and thrilling theatrical voyage. **Begin with dinner on your own at Black Finn.**

BTSS Coach Fee: \$24*

SPECIAL TOPICS... (Preregistration required)

Senior Men's Club

3rd Wednesday 9:30 – 11:30 AM \$6*
December - no meeting

Jan 18 (SOC27-A1201) Leo Savoie, BT Supervisor
"Looking Forward"

Feb 16 (SOC27-A1202) John A. Roselli, Consultant
"Information for a Time of Confusion"

Senior Women's Club

4th Wednesday 11:30 AM – 1:30 PM \$10*

Feb 22 (SOC28-A1201) Sue Tabashnik, Author
The Fan's Love Story: How the Movie "Dirty Dancing" Captured the Hearts of Millions



Pickleball Drop-in

Mondays 1-2:30 pm (Beginners)
Thursday 1:30-3 pm (Experienced)

Table Tennis Drop-in
Wednesdays 1-3 pm

There are a few opportunities to play Table Tennis and Pickleball at a time that's convenient for you! Please contact Maggie a minimum of 2 days in advance by at 248-723-3500 or email at mbarclay@bloomfieldtwp.org.

Residency required (\$2 fee for guest/1 guest per resident). Sign in at ML reception and get equipment at LL reception. Self set up and clean up.

Complimentary classes for 50+ Township Residents*

TUESDAY 1/3

A.M. Stretch

7:15-7:45 a.m. (GETFIT01)

Zumba Gold®

8-8:45 a.m. (GETFIT02)

Strength & Balance 1

9-9:45 a.m. (GETFIT03)

Pilates/Yoga

10-11 a.m. (GETFIT04)

On the Ball

11:15-12:15 a.m. (GETFIT05)

Aqua Cardio Core Mix

2:15-3:15 p.m. (GETFIT06)

Nia Technique

5-6 p.m. (GETFIT07)

(Class will be on Mondays)

Yoga with Props

6:30-7:15 p.m. (GETFIT08)

(Class will be on Mondays)

Aqua Zumba®

6:30-7:30 p.m. (GETFIT09)

(Class will be on Mondays)

WEDNESDAY 1/4

Cardio Circuit

7:15-8:15 a.m. (GETFIT10)

Tai Chi-Beginners

9:30-10:15 a.m. (GETFIT11)

Tai Chi-Continued

10:15-11 a.m. (GETFIT12)

Aqua Fluid Moves

10:15-11:15 a.m. (GETFIT13)

Chair Yoga

11:30 a.m.-12:30 p.m.

(GETFIT14)

Ageless Grace

4-4:45 p.m. (GETFIT15)

On the Ball

5-6 p.m. (GETFIT16)

Zumba Gold®

7-8 p.m. (GETFIT17)

Fitness Week

January 3 - 6

THURSDAY 1/5

A.M. Stretch

7:15-7:45 a.m. (GETFIT18)

Senior Fit Aerobics

9-10 a.m. (GETFIT19)

H₂O Interval

10:30-11:30 a.m. (GETFIT20)

Easy Does It (Chair)

10:15-11:15 a.m. (GETFIT21)

Yoga/Pilates/Meditation

11:30 a.m. -12 p.m.

(GETFIT22)

Cardio Circuit

5-6 p.m. (GETFIT23)

FRIDAY 1/6

Boomer Bootcamp

7:15-8 a.m. (GETFIT24)

Cardio Kickboxing

9-9:45 a.m. (GETFIT25)

Strength & Balance 2

10-11 a.m. (GETFIT26)

Drums Alive®

10-11 a.m. (GETFIT26)

Aqua Let's Move

9-10 a.m. (GETFIT26)

Aqua Healthy Joints

10:15-11:15 a.m.

(GETFIT28)

Nia Technique

1-2 p.m. (GETFIT29)

Preregistration required. Classes fill quickly!

** See pages 4-8 for Class descriptions*

valentine Party

Thursday, February 9 (SEV10-A1201) 1:30 – 3 PM
Join friends and enjoy music by Evola Music of Bloomfield Township and sweet treats! Registration required. (See page 11 for more Celebrations!)

Exciting & New & All for YOU!

Check out these new fitness offerings:

- ✓ Aqua Zumba, Fluid Moves (see page 4)
- ✓ Cardio Kickboxing, Creative Crosstraining (page 5)
- ✓ Golf Conditioning, Ageless Grace® (see page 7)
- ✓ A.(mazing) M.(orning) Stretch (see page 7)



Fundraising Extravaganza!

Thursday, December 8 8 AM – 4 PM

Over 1,000 items all at only \$8 each!

Personal accessories, jewelry and more.

Men's and Women's gifts at up to 80% off retail.

Proceeds to support BTSS Meals on Wheels

"The Property Appeals Process"

Tuesday, November 29th

6:30-8:30 PM

Held at Bloomfield Township Senior Center.

The Bloomfield Township Assessing Department will conduct a seminar to help taxpayers understand the assessment change notice and to prepare for the March Board of Review.

The seminar will also include a question and answer session with the Bloomfield Township Assessing Department. Seating is limited to the first 80 people and a reservation is required to attend.

To register call BTSS at 248-723-3500 or visit our website www.bloomfieldtpw.org/seniors to register online.

For more information about this event call the Assessing Department at 248-433-7710.