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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

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**Fitness Week**

**January 3-6**

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

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**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)

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

(SEV10-D1103)
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

Thank You for Your Donations*... Agnes Evlow, Sally Taylor, Barbara Driver, Mae Derdarian, 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.
**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 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.bloomfieldtwp.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* 4

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.

<table>
<thead>
<tr>
<th>CARDIO</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Line Dancing</strong></td>
<td>C. Culbert</td>
</tr>
<tr>
<td>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</td>
<td></td>
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<tr>
<td><strong>Tuesday</strong></td>
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<tr>
<td>4 - 5 PM</td>
<td>6 classes/$30*</td>
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<tr>
<td>Jan 10-Feb 14 (FIT74-A1201)</td>
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<tr>
<td>Feb 21-Mar 27 (FIT74-A1203)</td>
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<tr>
<td><strong>Friday</strong></td>
<td></td>
</tr>
<tr>
<td>11:30 AM -12:30 PM</td>
<td>6 classes/$30*</td>
</tr>
<tr>
<td>Jan 13 – Feb 17 (FIT74-A1202)</td>
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</tr>
<tr>
<td>Feb 24 – Mar 30 (FIT74-A1204)</td>
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</tr>
</tbody>
</table>

| **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) | 3 classes/$25* |
| Jan 11 – Feb 15 (FIT61-A1201) | 6 classes/$50* |
| Feb 22 – Mar 28 (FIT61-A1203) | 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 |
| **Monday**                |       |
| 7:15 - 8:00 AM            | 48 classes/$70 |
| Jan 9 – Feb 17 (FIT77-A1201) |
| Feb 21 – Mar 30 (FIT77-A1202) |
| **NEW!!**                  | M. Pozan |
| **Cardio Kickboxing**     |       |
| 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  
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 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

### 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/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.  
1 class/$25  
Mondays  5 – 6 PM (FIT33-VARIES)  
Wednesdays  1 – 2 PM  (FIT33-VARIES)  
Fridays  11 AM – 12 noon (FIT33-VARIES)  

Fitness Open Hours (FIT02-Varies)  
Residency rq’d.  
Pre-requisite: completed Supervised Strength Training class or Orientation. Self-supervised. Sign-in LL Reception. Exchange 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.)
<table>
<thead>
<tr>
<th>Workouts</th>
<th>Instructors</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance &amp; Core Training</td>
<td>J. Schirtzinger</td>
<td>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)</td>
</tr>
<tr>
<td>Yoga/Pilates/Meditation</td>
<td>D. Denholm</td>
<td>Yoga to relax &amp; stretch; Pilates to strengthen core muscles; Meditation to quiet the mind, calm nervous system &amp; lower blood pressure. Get de-stressed &amp; revitalized! Bring a mat and optional pillow &amp; blanket. LL Studio Thursday 11:30 AM – 1 PM 6 classes/$60* Jan 12 – Feb 16 (FIT63-A1201)  Feb 23 – Mar 29 (FIT63-A1202)</td>
</tr>
<tr>
<td>Pilates/Yoga</td>
<td>L. Cook</td>
<td>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)</td>
</tr>
<tr>
<td>Ageless Grace ®</td>
<td>S. Peper</td>
<td>Learn 21 simple “tools” for lifelong comfort &amp; ease. Natural movements, focusing on the healthy longevity of the body, mind, emotions &amp; 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 7 classes/$28* Jan 11 – Feb 22 (FIT82-A1201)  Feb 29 – Mar 28 (FIT82-A1202)  5 classes/$20*</td>
</tr>
</tbody>
</table>
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*

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) 6 classes/$48*
Feb 6 – Mar 5 (FIT67-A1202) 8 classes/$64*

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) 6 classes/$30*
Feb 22 – Mar 28 (FIT78-A1204) 6 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)

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. LL Studio.

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.bloomfieldtwp.org/Seniors
Winter 2012

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Transportation…..…..2
Tree of Life…………1
Volunteer Rides……..2

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-
filng is free.
Registration for appointments begins on
Tuesday, January 3, 2012.
Appointment required: 248-723-3500

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.

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.
TRANSPORTATION SERVICES

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.

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.

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.

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

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 Shuttle, 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:

<table>
<thead>
<tr>
<th># in Household</th>
<th>Max. Household Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$23,250</td>
</tr>
<tr>
<td>2</td>
<td>$26,600</td>
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</tbody>
</table>

If you believe you may qualify, please contact Denise Kolkmeyer 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.

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@bloomfieldtwp.org

Thank you to our Meals on Wheels Volunteers!

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

Thank you volunteers! 800+ Hrs. in August -October Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appt. Drivers, Computer Lab, Trip Leaders & ADS Volunteers.

Thank you “Chicks With Sticks!”...for your time and talents creating beautiful items for local agencies.

Contact BTSS Volunteer Coordinator, Joan Patzelt at 248-723-3500 or e-mail at jpatzelt@bloomfieldtwp.org
**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 06-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)  
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!
   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.

Senior Women’s Club
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*

Thank you to our sponsors:

Woodward Hills Nursing Center

MSU vs UM Tailgate Party
October 14, 2011

ST. JOSEPH MERCY OAKLAND
SAINT JOSEPH MERCY HEALTH SYSTEM

2011 Health Fair & Flu Shot Clinic
October 28, 2011
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 (DAY25-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 Holidaze” 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-A1201)  10:15 AM-4:45 PM
Wednesday, Dec. 21 (DAY02-D1101)  10:15 AM-4:45 PM
Wednesday, Jan. 11 (DAY01-A1201)  3:30-5:15 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*
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.

“Lost in Yonkers” Village Players
Sunday, Jan. 15 (DAY03-A1201)  11:45 AM-4:15 PM

BTSS Coach  Fee: $27*

Begin with lunch on your own at The Fox Grill.

“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.

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 Memphs 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.

“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 the 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®
  - 8:45 a.m. (GETFIT02)
- Strength & Balance 1
  - 9-9:45 a.m. (GETFIT03)
- Pilates/Yoga
  - 10-11 a.m. (GETFIT04)

**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)

**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)

**FRIDAY 1/6**
- Boomer Bootcamp
  - 7:15-8 a.m. (GETFIT24)
- Cardio Kickboxing
  - 9-9:45 a.m. (GETFIT25)
- 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)

**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)

**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.bloomfieldtwp.org/seniors](http://www.bloomfieldtwp.org/seniors) to register online.

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