



Bloomfield Township Senior Services



Fall 2013

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

INDEX (SS = supplement)

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Health Fair & Flu Shot Clinic

Thursday, October 24
9:00 a.m. – 2 p.m.

- ◆ Blood Pressure Check
- ◆ Blood Sugar
- ◆ Cholesterol
- ◆ Body Mass Index
- ◆ Hearing
- ◆ Health Info

Limited flu shots available to Township Residents ages 50+ years. Shots FREE for seniors 65+ w/ Medicare B. All others \$25.

Appointments required. Register by phone or at BTSS beginning October 1 at 9 a.m.

Bring proof of residency & Medicare Card.
Questions – Call 248-723-3500

Sponsored by



**ST. JOSEPH MERCY
OAKLAND**
SAINT JOSEPH MERCY HEALTH SYSTEM

Fitness Week

September 3-6

Residents enjoy complimentary classes!
See back page for complete schedule.

Schedule also available online at
www.bloomfieldseniors.org or in the Center.

Special Sponsored Events

The following activities are made possible through the generous sponsorship of these area businesses. Preregistration required. (See pages 9-11 for more details.)



Loughbrack Storytelling®

Sponsored by Maple Village.
 "King Tut" on September 17 or 19
 "Ch'in Shi Huang Ti" on October 1 or 3

Meet the DSO Musician!

Sponsored by Sunrise of Bloomfield & Maple Village.
 October 7 or November 19

Dessert and DIA

Sponsored by Maple Village & Baldwin House
 September 9 or 12 October 22 or 25

U of M vs. MSU Tailgate Party

Sponsored by Woodward Hills.
 November 1

Classics & Coffee

Sponsored by Maple Village.
 November 5

Albert Kahn's Architectural Legacy

Sponsored by Home Instead.
 November 18

Business Sponsorships Expand Opportunities

You may notice that the number of cultural events have tripled this fall and we hope that you find them appealing. With sponsorships we are able to underwrite these events to maintain a low or reasonable cost for you. Detroit Historical Society, DIA and the DSO are all coming to BTSS with the support of area businesses. We thank them and you will see their logos below. To see the unique topics and musical performances please see pages 9-11. Register early and often!

A number of these programs are being held during our expanded evening hours as well as during the day. We hope to see you at a time that's most convenient for you!

Secure Mail Box at BTSS

As a courtesy to our customers and to reduce the mail theft and identity fraud that has escalated locally, we have installed a secure mail drop box in our foyer. Mail is retrieved by USPS staff Monday-Saturday; times vary. Be safe!

Christine Tvaroha

ctvaroha@bloomfieldtwp.org (248) 723-3500

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 - 9 PM
Friday 7 AM - 7 PM
Saturdays 8 AM - 3 PM

Adult Day Service/Friendship Club:
Monday - Friday 9 AM - 4 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

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John & Janice Bellefleur John Conti

Gladys Cifelli Maxine Davison

Don Foehr Marie Gemmel

Victor & Suzanne Goldstein Tony Klemer

Elizabeth Mahoney Tom & Ginie Richard

BTSS will be closed on:

Saturday, August 31

Monday, September 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.

Special Thanks to our Sponsors:

Summer 2013



Fall 2013



Registration/Cancellation/Refund Policies

- Priority registration begins for confirmed BT residents with newsletter mailing; nonresidents may register on 8/28.
- Non- residents pay additional \$10 per session or trip, unless otherwise noted.
- Checks returned for insufficient funds will incur \$30 fee.
- Full payment required with registration.
- Prorating of class fees subject to instructor approval.
- BTSS Emergency Card must be presented at trip check-in
- Trips depart promptly at posted time; return times are approximate.
- Participants provide own transportation to/from center.
- If you use a wheelchair or need a special accommodation for a trip, please indicate at time of registration. You must have a registered companion.
- Classes: no refund within 2 business days of start. No refund once class has begun. \$5 cancellation fee.
- Trips: no refund with less than 3 business days' notice. Cancellation fee \$5 + costs incurred (i.e. prepaid tickets).

Aquatics: Warm Water Fitness

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

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

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

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

New! Aqua Cardio Conditioning D. Visconti

Focusing on cardio conditioning at a high level with alternatives if you are just beginning, with or without use of resistance equipment. Noodle and balance work will be used for endurance and strength.

Thursday **9:30 – 10:30 AM**
 Sep 12 – Oct 17 (FIT107-C1301) **6 classes/\$36***
 Oct 24 – Nov 21 (FIT107-D1301) **5 classes/\$30***

New! Aqua Endurance D. Visconti

Focusing on endurance training, this class will keep you in constant motion through water walking, jogging, and a series of water exercises. Keeping your heart rate up at a medium level will be your goal. All levels welcome.

Tuesday **9:30 – 10:30 AM**
 Sep 10 – Oct 15 (FIT64-C1301) **6 Classes/\$36***
 Oct 22 – Nov 26 (FIT64-D1301) **6 Classes/\$36***

New! Ai Chi D. Visconti

A combination of Tai Chi and Qi Gong techniques, with deep breathing and slow, broad movement of the arms, legs, and torso. Relax and enjoy the water in a flowing yet powerful progression while creating improved range of motion, balance and mobility. All levels.

Thursday **11 AM – 12 Noon**
 Sep 12 – Oct 17 (FIT52-C1301) **6 classes/\$36***
 Oct 24 – Nov 21 (FIT52-D1301) **5 classes/\$30***

Aqua Fit L. Harbour

Cardio & strength workout that will increase your cardiovascular endurance, strengthen & stretch all the major muscle groups, improve balance and reduce stress! Noodles, buoys & more used in this fun, joint gentle class.

Wednesday **9:30 – 10:30 AM**
 Sep 11 – Oct 16 (FIT96-C1305) **6 Classes/\$36***
 Oct 23 – Nov 27 (FIT96-D1301) **6 Classes/\$36***

Friday **9:30 – 10:30 AM**
 Sep 13 – Oct 18 (FIT96-C1306) **6 Classes/\$36***
 Oct 25 – Nov 22 (FIT96-D1302) **5 Classes/\$30***

Aqua Power Aerobics A. Chi

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

Tues/Thurs **6 – 7 PM**
 Sep 10 – Sep 26 (FIT27-C1303) **6 classes/\$48***
 Oct 1 – Oct 31 (FIT27-D1301) **10 classes/\$80***
 Nov 5 – Nov 26 (FIT27-D1302) **7 classes/\$56***

Ultimate H2O M. Barclay

Get ready to shake it up with this creative class that will be fun and effective! Enjoy a variety of cardio, strength training, flexibility, & balance workouts. All levels welcome! Options for modifications will be offered.

Monday **9:30 – 10:30 AM**
 Sep 9 – Oct 14 (FIT95-C1302) **6 classes/\$30***
 Oct 21 – Nov 25 (FIT95-D1301) **6 classes/\$30***

H₂O Interval L. Harbour

For active exercisers, challenging your cardiovascular endurance, improving muscular strength and increasing flexibility will be the goal of this class! This workout is especially great for cross training.

Wednesday **8 – 9 AM**
 Sep 11 – Oct 16 (FIT83-C1307) **6 Classes/\$36***
 Oct 23 – Nov 27 (FIT83-D1301) **6 Classes/\$36***

Friday **8 – 9 AM**
 Sep 13 – Oct 18 (FIT83-C1308) **6 Classes/\$36***
 Oct 25 – Nov 22 (FIT83-D1302) **5 Classes/\$30***

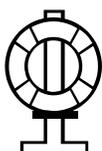
Fluid Moves K. Housey

Gentle warm up and basic aerobic routine followed by stretches with noodles, buoys, balls and kickboards. Full body workout concludes with floating relaxation. May improve upper/lower body strength, balance and concentration. Great for beginners and non-swimmers.

Monday **11 AM – 12 Noon**
 Sep 9 – Oct 14 (FIT86-C1304) **6 classes/\$48***
 Oct 21 – Nov 25 (FIT86-D1301) **6 classes/\$48***

Wednesday **11 AM – 12 Noon**
 Sep 11 – Oct 16 (FIT86-C1306) **6 classes/\$48***
 Oct 23 – Nov 27 (FIT86-D1302) **6 classes/\$48***

Saturday **10:30 – 11:30 AM**
 Sep 7 – Oct 12 (FIT86-C1305) **6 classes/\$48***
 Oct 26 – Nov 30 (FIT86-D1303) **6 classes/\$48***



Certified **Lifeguards** are needed.
 Job description and employment application available:
<http://www.bloomfieldtp.org/Government/EmploymentOpportunities.htm>

H₂O Boot Camp

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

Saturday

Sep 14 – Sep 28 (FIT32-C1303)

Oct 5 – Oct 26 (FIT32-D1301) **no class 10/19**

Nov 2 – Nov 30 (FIT32-D1302)

A. Chi

9 – 10 AM

3 Classes/\$24*

3 Classes/\$24*

5 Classes/\$40*

Open Swim (FIT30-varies)

Register monthly at main level reception for unlimited visits during scheduled times. Shower and check in with lifeguard before entering pool. Current monthly calendar available online & in the Center. *BT Residency required.*

\$15/month \$7.50/half month (1st-15th or 16th-end)

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

New! Cardio, Core, Conditioning (Three Cs) D. Elie

Low impact aerobics class improves coordination and balance with easy-to-follow patterns and movements, while muscle training increases strength and endurance. Abdominal work will focus on the core girdle, emphasizing functional body mechanics. *Bring hand weights, mat, water.*

Tuesday/Thursday

9 – 10 AM

Sep 10 – Oct 17 (FIT109-C1301)

12 classes/\$60*

Oct 22 – Nov 26 (FIT109-D1301)

11 classes/\$55*

New! Low Impact Aerobics

L. Robinson

This workout is set to energetic music that will help improve heart and lung strength, coordination, and balance. Emphasis is on core strength with mat/floor work at the end.

Monday

9 – 10 AM

Sep 9 – Oct 14 (FIT17-C1302)

6 classes/\$30*

Oct 21 – Nov 25 (FIT17-D1301)

6 classes/\$30*

New! Silver Dance Aerobics

L. Robinson

Easy to follow low impact aerobics for beginners. May include fun line dancing along with traditional aerobic moves. Incorporates balance, flexibility, core, and strength exercises that can be done seated or standing.

Wednesday

12:45 – 1:45 PM

Sep 11 – Oct 16 (FIT108-C1301)

6 classes/\$30*

Oct 23 – Nov 27 (FIT108-D1301)

6 classes/\$30*

Transportation to the Center is available for select fitness classes. See Services Supplement for more information.

Cardio Party (New Day and Time!)

M. Barclay

A variety of cardio workouts traditional/dance aerobics, cardio circuits, ball cardio, kickboxing, intervals and more! Includes core work and a relaxing stretch. Wear supportive shoes, bring a mat and a water bottle. Intermediate level class finishes with core work & relaxing stretch.

Monday

4:30 – 5:30 PM

Sep 9 – Oct 14 (FIT97-C1302)

6 classes/\$30*

Oct 21 – Nov 25 (FIT97-D1301)

6 classes/\$30*

Creative Crosstraining

M. Barclay

Your body is a fine tuned machine that quickly adapts to a workout. Avoid plateaus by cross training! One low price includes: Strength & Balance Level 2, Drums Alive®, Zumba Gold®, Cardio Party, Gentle Moves Yoga & Ultimate H2O. **Does not include *Small Group Personal Training*.** *BT Residency required.*

M/T/W/TH/F

Times Vary

Sep 9 – Oct 18 (FIT77-C1302)

40+ classes/\$60

Oct 21 – Nov 27 (FIT77-D1301)

40+ classes/\$60

Drums Alive®

Unique high energy rhythmical workout! Combines simple aerobic movements with the powerful beat of the drum using stability balls & drumsticks! This is a workout for the entire Body and a powerful tool for stress reduction and mental balance.

Friday AM

10:15 – 11:00

Sep 13 – Oct 18 (FIT47-C1302)

6 classes/\$30*

Oct 25 – Nov 22 (FIT47-D1301)

5 classes/\$25*

Zumba Gold® M. Barclay
Fuses hypnotic Latin and international rhythms and simple moves to create a dynamic workout system that's fun and easy to do! Modifies the moves and pacing of Zumba to suit needs of active 50+ person. All fitness levels.

Wednesday (1 hr.) 7 – 8 PM
Sep 11 – Oct 16 (FIT78-C1303) 6 classes/\$30*
Oct 23 – Nov 20 (FIT78-D1301) 5 classes/\$25*

PICKLEBALL & TABLE TENNIS

Pickleball Drop In **Table Tennis Drop In**

Tuesdays 3-4:30 PM (beginners) Wednesdays 2-3:30 PM
Thursdays 3-4:30 PM (experienced) Fridays 2-3:30 PM
Saturdays 10-11:30 AM (open)

☛ *Indicates Drop-In Program: All participants must scan in and pay fee at main level Reception Desk.*
BT Resident free. Guest/Non Resident \$2 and must be accompanied by BT Resident.

PERSONAL FITNESS

Small Group Personal Training Varies
New to working out? Met a plateau with your workout or weight loss? Small Group Personal Training services may improve your results! Get personalized attention within the group to meet your specific health and fitness goals!

BT Residency required.

Monday (TBD) 2:30 – 3:30 PM
Sep 9 – Nov 4 (FIT103-C1301) 10 classes/\$120
Tuesday (TBD) 7:30 – 8:30 AM
Sep 10 – Nov 5 (FIT103-C1302) 10 classes/\$120
Thursday (L. Madjoff) 5:30 – 6:30 PM
Sep 12 – Nov 14 (FIT103-C1303) 10 classes/\$120
Friday (L. Robinson) 12:45 – 1:45 PM
Sep 13 – Nov 15 (FIT103-C1304) 10 classes/\$120

SEATED

New! **Zumba Gold® Chair** J. Ravid

Fuses hypnotic Latin and international rhythms and simple moves to create a dynamic workout system designed to be fun and easy to do! If you would like to join the Zumba® party, but have difficulty standing for long periods of time, try this class! Chair targets the deconditioned and/or wheelchair bound adult, slows the pace and modifies the moves encouraging physical activity at all levels.

Tuesday (45 min.) 11:30 AM – 12:15 PM
Sep 10 – Oct 15 (FIT20-C1301) 6 classes/\$30*
Oct 22 – Nov 26 (FIT20-D1301) 6 classes/\$30*

Chair Exercise L. Ales
This seated exercise class helps improve cardiovascular health, muscle strength, and flexibility. Focus is on balance to help prevent falls. Reduce stress in a fun, supportive environment! Resistance bands and hand weights provided.

Monday 10:15 – 11 AM
Sep 9 – Oct 14 (FIT18-C1302) 6 classes/\$30*
Oct 21 – Nov 25 (FIT18-D1301) 6 classes/\$30*

Thursday 10:15 – 11 AM
Sep 12 – Oct 17 (FIT18-C1303) 6 classes/\$30*
Oct 24 – Nov 21 (FIT18-D1302) 5 classes/\$25*

Chair Yoga M. Barclay/D. Tomassi
Incorporates breathing with gentle adaptive exercise. Regardless of age or physical limitations, improve flexibility, strength and balance as you stretch. Chair or bar can be used for support in optional standing poses.

Monday (Tomassi) 11:30 AM – 12:30 PM
Sep 9 – Oct 14 (FIT56-C1304) 6 classes/\$30*
Oct 21 – Nov 25 (FIT56-D1301) 6 classes/\$30*

Wednesday (Barclay) 11:30 AM – 12:30 PM
Sep 11 – Oct 16 (FIT56-C1305) 6 classes/\$30*
Oct 23 – Nov 27 (FIT56-D1302) 6 classes/\$30*

STRENGTH

Healthy Back 101 L. Harbour
Learn proper technique and the safe way to gain strength and stability in the core muscle group. Includes gentle moves incorporating strength and flexibility for a healthier back. Exercises will be performed standing and on the floor. Please bring a mat, water bottle and wear supportive shoes.

Tuesday 12:45 – 1:30 PM
Sep 10 – Oct 15 (FIT105-C1302) 6 classes/\$30*
Oct 22 – Nov 26 (FIT105-D1301) 6 classes/\$30*

Barre Balance D. Tomassi
Standing class using the bar for balance and gentle strength training. May also incorporate some basic ballet moves at the bar. All levels welcome.

Monday 12:45 – 1:30 PM
Sep 9 – Oct 14 (FIT101-C1303) 6 classes/\$30*
Oct 21 – Nov 25 (FIT101-D1301) 6 classes/\$30*

Strength & Balance – Level 1 R. Jean
Work to improve total body strength, balance, and bone density and reduce the risk of falling through the use of the osteoball, hand weights, and other provided equipment. Class conducted in both seated and standing positions.

Tuesday 1:45 – 2:30 PM
Sep 10 – Oct 15 (FIT79-C1303) 6 classes/\$30*
Oct 22 – Nov 26 (FIT79-D1301) 6 classes/\$30*

Thursday 12:30 – 1:15 PM
Sep 12 – Oct 17 (FIT79-C1304) 6 classes/\$30*
Oct 24 – Nov 21 (FIT79-D1302) 5 classes/\$25*

Strength & Balance – Level 2

M. Barclay
Build strength & boost your balance! Class done standing and on the floor using stability and bosu balls, foam rollers, and your own body weight. Bring hand weights, stability ball, yoga mat, & water bottle.

Friday 9 – 10 AM
Sep 13 – Oct 18 (FIT80-C1302) 6 classes/\$30*
Oct 25 – Nov 22 (FIT80-D1301) 5 classes/\$25*

Walk with Ease

D. Murray
Arthritis Foundation program provides techniques to build & maintain a successful walking program. Class will help you walk safely & comfortably, help improve flexibility, strength and stamina. If you can be on your feet for 10 minutes w/o increased pain, you can participate in this class. Modifications given. *BT Residency reqd.* Comm Room A

Tuesday/Thursday 1:30 – 3 PM
Sep 17–Nov 19 (FIT104-B1301) No class 11/5 18 classes/\$90

Equipment Orientation (FIT33-VARIES)

Required for fitness open hours participants. 1-1/2 hour personalized training on all equipment for safe & effective use. Bring clean indoor shoes to wear. *BT Residents Only.*

48 hour notice required for cancellations or rescheduling.

Call for appointment 1 class/\$30

Fitness Open Hours (FIT02-VARIES)

Pre-requisite: completed Supervised Strength Training class or Orientation. Self-supervised. Exchange BTSS ID for workout I.D. tag each visit. *BT Residency required.*

\$18/mo or \$9/half month (1st - 15th or 16th - end)

\$96/6 consecutive months (6 month registration must be processed by BTSS staff, not online)

Transportation to the Center is available for select enrichment programs. See Services Supplement for more information.

MIND  BODY

New! **Mat Pilates®**

A. Ross-Chynoweth
This class will focus on engaging the deep muscles of the core along with the use of breathing patterns and spinal alignment. Modifications will be offered, allowing participants to work at individual levels. Use of props such as foam rollers, flex bands, rings, and more will be incorporated. No previous Pilates® experience is necessary. Please bring your exercise mat and water.

Thursday 1:30 – 2:30 PM
Sep 12 – Oct 17 (FIT07-C1301) 6 classes/\$30*
Oct 24 – Nov 21 (FIT07-D1301) 5 classes/\$25*

New! **Zumba® Gold Toning**

J. Ravid
Effective full body workout specifically created for the older adult takes the Zumba Gold® dance-fitness party and adds in lightweight Zumba® Toning Sticks to enhance muscle strength, tone, and endurance. Any active, healthy individual may safely participate in this program. Toning sticks or light hand weights provided.

Wednesday 8:30-9:15 AM
Sept 11-Oct 16 (FIT110-C1301) 6 classes/\$30*
Oct 23 – Nov 27 (FIT110-D1301) 6 classes/\$30*

New! **Restorative Yoga**

N. Savoie
For the novice to the experienced yoga practitioner, this class uses slow movements focusing on adapting poses to individual needs. May benefit people with back issues or other chronic injuries. Relax body and mind!

Tuesday 5:30 – 6:30 PM
Sep 10 – Oct 15 (FIT53-C1301) 6 classes/\$30*
Oct 22 – Nov 26 (FIT53-D1301) 6 classes/\$30*

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 is practiced worldwide as a health maintenance exercise.

Beginning

Wednesday 9:30 – 10:15 AM
Sep 18 – Nov 20 (FIT03-C1301) 10 classes/\$80*

Continuing

Wednesday 10:15 – 11 AM
Sep 18 – Nov 20 (FIT03-C1302) 10 classes/\$80*

Beginning Yoga

K. Housey
Gentle flowing hatha Yoga designed for those who have never done yoga before or need a safe stretching and balance program. Poses flow using the breath for relaxation. Props used to safely move into and out of poses. Standing & floor movements can be done from a chair. Bring mat, blanket/towel & water bottle. Props provided.

Friday 11:30 AM – 12:30 PM
Sep 13 – Oct 18 (FIT05-C1302) 6 classes/\$36*
Oct 25 – Nov 22 (FIT05-D1301) 5 classes/\$30*

Chair Yoga

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

Monday (Tomassi) 11:30 AM – 12:30 PM
Sep 9 – Oct 14 (FIT56-C1304) 6 classes/\$30*
Oct 21 – Nov 25 (FIT56-D1301) 6 classes/\$30*

Wednesday (Barclay) 11:30 AM – 12:30 PM
Sep 11 – Oct 16 (FIT56-C1305) 6 classes/\$30*
Oct 23 – Nov 27 (FIT56-D1301) 6 classes/\$30*

Gentle Moves Yoga

M. Barclay

Learn basic yoga poses, strengthen your core, improve balance, and practice simple relaxation/meditation techniques. Wear comfortable clothing; bring water bottle & yoga mat. Must be able to get down on floor.

Tuesday 10:15 – 11:15 AM

Sep 10 – Oct 15 (FIT94-C1303) 6 classes/\$30*

Oct 22 – Nov 26 (FIT94-D1301) 6 classes/\$30*

Thursday 11:30 AM – 12:30 PM

Sep 12 – Oct 17 (FIT94-C1304) 6 classes/\$30*

Oct 24 – Nov 21 (FIT94-D1302) 5 classes/\$25*

PiYo Strength®

L. Madjoff

Unique class designed to build strength and gain flexibility. It's about energy, power, and rhythm. Think sculptured abdominals, increased core strength & greater stability.

Thursday 7 – 8 PM

Sep 12 – Oct 17 (FIT49-C1302) 6 classes/\$30*

Oct 24 – Nov 21 (FIT49-D1301) 5 classes/\$25*

EVENING FITNESS CLASSES

Aqua Power Aerobics

A. Chi

See page 3 for more details.

Tues/Thurs 6 – 7 PM

Zumba Gold®

M. Barclay

See page 5 for more details.

Wednesday (1 hr.) 7 – 8 PM

Small Group Personal Training

L. Madjoff

See page 5 for more details.

Thursday 5:30 – 6:30 PM

PiYo Strength®

L. Madjoff

See page 7 for more details.

Thursday 7 – 8 PM

New! Restorative Yoga

N. Savoie

See page 7 for more details.

Tuesday 5:30 – 6:30 PM

SATURDAY CLASSES

Fluid Moves

K. Housey

See page 3 for more details.

Saturday 10:30 – 11:30 AM

H₂O Boot Camp

A. Chi

See page 4 for more details

Saturday 9 – 10 AM

Subscribe to our E-Newsletter

Visit the Township website at
www.bloomfieldtpw.org/seniors

and click on the *Mailing List* tab at top of page

VOLUNTEERS

Thank you to our Meals on Wheels Volunteers!

Rob Alvin * Catherine Angeli * Les Baron * Kerstin Baumann * Marion Benedict * Lou Bogart * Janet Brandon * Don & Camile Breen * Reg Campbell * Mary Ann Christ * Su Chuang * Cindy Clement * Frank & Sally Cliff * Greg Coatsworth * Cam Corbett * Jerry Craig * Judy Dennis * David Dinger * Judy Dixon * Kitty Dobritt * Judy Domstein * Mike Dunigan * Bob Eberhardt * Carole & Ted Elder * Karin Eynon * Lori Farrow * John Feeney * Martha Flannery * Ed Francis * James Gambino * Phyllis Gara * Judy Geppert * Carol Goldstein * Jim & Irene Grady * Sangeeta Grewal * Nancy Haddad * Rob Heeren * Dolores Hekker * Cindy Herzberg * Pam Hoffman * Jim & Joann Holden * Linda Hsing * Susan Hugel * Jean Ivory * Pat Jacoby * Janet & John Kaczmarek * Clare & Jerry Kabel * Judy King * June Linklater * Marcie Lloyd * Darcy MacKenzie * Bruce Madsen * Fritzie Mager * Doug & Joan Mann * Mentha Manning * Sue Martin * Richard May * Carlos Mazzorin * Rod & Mary Lynn McLachlan * Beth Mergel * Claire Michelini * Jean Miller * Debbie Mitchell * Richard Moxley * Robert & Barbara Munn * Steve Nam * Walter Oehrlein * Chuck Otis * Darlene Ottolini * Lee Ann Pantalone * Nancy Pavy * Kathleen & Robert Pelkey * Priscilla Pettengill * Alfred & Sarinna Ping * Chuck Pokriefka * Marie Pryce * Rita Ravikrishnan * Kathy Reese * Renate Reimer * Tom Richard * Jerry Rivard * Fulvio Romano * Allen Rubin * Janet Russell * Michael Samson * Linda Scheidemantel * Gerald Schmidt * Theresa Shea * Mary Shepline * Jean Smith * Tom Storen * Connie Szymczak * Marjorie & Mario Trafeli * Patricia Wagner * Mary Walosin * Larry Werner * Lynn & Corey Wert * Bill Williams * Clint Williams * Jim Wolfe * Elinor & Murray Yolles * Rasheeda Zafar

Volunteering is important to long and healthful lives.

Call Joan for more information 248-723-3500.

Thank you volunteers! 2000+ Hours in May-July

Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appointment Drivers, Computer Lab, Chicks With Sticks, Enrichment Group Coordinators, Trip Leaders & ADS Volunteers.

Anne Alden * Edie Anderson * Judy Antonak * Sarita Badhwar * Gladys Baker * Ruth Ann Ballard * Verna Besancon * Joan Brandt * Peggy Brenton * Sal Bricio * Eleanor Brown * Georgia Buckley * Doreen Bull * Sharon Butler * Pat Caplin * Joanne Carmichael * Valerie Carrick * Janet Cassise * Mary Ann Christ * John Conti * Peggy Cohen * Maureen Cook * Jacqueline Corley * Jerry Craig * Jo Creek * Margaret Dann * Maxine Davison * Vivian Dezur * Barbara Dinneweth * Sue Dodenhoff * Steve Eskoff * Nancy Exner * Susan Feldstein * Marie Gemmel * Vance Genzlinger * Judy Geppert * Klaren Gerhart * Stephanie Ghelfi * Angie Giffels * Carol Goldstein * Jim & Irene Grady * Rose Mary Graziano * Rosie Gumbleton * Tom Halsted * Pat Hamburg * Joyce Hancock * Cindy Herzberg * Dan Hess * Kim Hinkle * Shirley Horvath * Sharon Houghtby * Verle Hughes * Maryvonne Jacquemart * Betty Janssen * Connie Jaroh * Sandy Jeffries * Beth Johnson * Maggie Kapdi * Maxine Kilar * Rosemarie Killenberger * Young Kim * Sunny Kohli * Rowena Kolde * Patricia Kubik * Dorothy Laffrey * Elaine Lamb * Marge Lazarou * Priscilla Leclair * Christie Lehmann * Paulette Lerman * Keith Lewis * Linda Lewis * Debbie Lim * Jo Lincoln * Ludmila Livshiz * Bruce Madsen * Liz Mahoney * Gretchen Mako * Janet Mathews * Catherine Matti * Martha McGee * Alice McIntyre * Gerald McKelvery * Donald Meier * Judy Michau * Karen Miller * David Mitchell * Richard Moxley * Irene Moser * Chris Muir * Raji Murthy * Vara Navaluri * Joan Nedeljkovic * Lucille Noraian * Jo Nott * Karen Oulette * Lois Page * Kay Patel * Ralph Pedersen * Arlene Pinkos * Nancy Porter * Deanna Ralston * Kay Ramakrishnan * Judy Reichelt * Elizabeth Reiha * Renate Reimer * Tom Richard * Elizabeth Schlegel * Pat Schleif * John Scholl * Kathy Schultz * Reenie Shannon * Theresa Shea Nory Smith * Susan Smith * Francisca Soliven * Ann Spina * Bernard Stuecheli * Michael Sullivan * Teresa Sun * Marcia Suszan * Nancy Tanke * Virginia Tatseos * Barry Tilds * Linda Tithill * Maurice Vachon * Anjali Vale * Inez Veraldi * Sue Wade * Peggy Walker * Stanton Walker * Lisa Watt * Martha Wells * Suzanne Winn * Diana Wise * James Worley * Anjel Yessayan * Elinor Yolles * Jean Young * Rasheeda Zafar * Janice Zehnder



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

Fall 2013

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AARP DRIVER SAFETY PROGRAM

October 9 & 10

9 AM – 1 PM

(EDU03-D1301)

Nation's first and largest classroom refresher course geared to your safety. Learn new defensive driving techniques, how to adjust to changes in vision and hearing. You must attend both days. Pre-registration and payment required. **Fee: \$17***

Financial Help For Adults 60+

Many seniors and caregivers are struggling to make ends meet. Help is available through the Legal Hotline for Michigan Seniors Benefits Enrollment Center. Qualified people can call the Hotline for help finding programs and services they can apply for that could ease their financial situation. Screening for a variety of programs including tax credit assistance, food assistance, utility payment programs, home improvement services, help with medical premiums and prescription costs.

Call the Legal Hotline at (800) 347-5297.

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.

Caregivers' Forum

2nd Monday of Month 4 – 5:30 PM

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

For more information and to register, call 248-723-3530.

Younger Onset Caregiver

3rd Wednesday of Month 5:30 – 7 PM

Early-onset Alzheimer's disease affects people who are under 65. The Alzheimer's Association sponsors this support group for caregivers of persons with early stage memory loss.

To register call 248-996-1058.



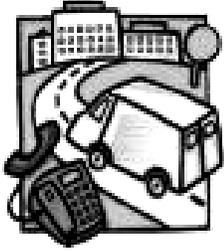
MINOR HOME REPAIR

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	\$36,050.00
2	\$41,200.00

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

TRANSPORTATION SERVICES



Please call
(248) 723-3500
for more
information

≈ Transportation to Senior Center

Transportation to the Senior Center is available for specific senior center classes, events, clubs and some day trips. Residents aged 60+ who are unable to drive may request transportation a minimum of 10 days in advance of the date of service. Application required.

≈ 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.

≈ Volunteer drivers

Volunteer drivers provide transportation to local medical appointments to 60+ Bloomfield Township residents. Subject to availability.

≈ Grocery Shopping & Errands Transportation

Volunteers available to aide 60+, non-driving Bloomfield Township residents needing transportation to run errands or grocery shop with a maximum of 2 appointments per month and flexibility between client and driver.

≈ 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**

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.

Transportation to Senior Center

It's time to get out of the house! Transportation to the Senior Center is available for specific senior center classes, events, clubs and some day trips. Residents aged 60+ who are unable to drive may request transportation a minimum of 10 days in advance of the date of service.

Center activities include most morning/early afternoon classes including Seated Chair Yoga, Easy Does It (seated exercise), Open Swim, and more. Transportation is also available for ongoing programs like the Men's Club, Book Club, Italian Group and special programs like the upcoming DIA "Hidden Stories" and the all new History Series. Check the newsletter for class/program descriptions and registration details.

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



TELEPHONE REASSURANCE

If you or someone you know lives alone and would like to receive a daily telephone call, we would be happy to include you in our program.

Volunteers call Monday through Friday, between 9 and 11 a.m. for a friendly conversation and to check on the welfare of the person. Call 248-723-3500 for information.

We are currently in need of volunteer callers! If you are interested please call Denise, 248-723-3500.



BLOOD PRESSURE CHECKS

Certified volunteers, led by Irene Grady, RN, are available on the 3rd Wednesday of each month from 11 AM until 12:30 PM. Stop by!

August 21st September 18th November 16th

Loan Closet Available

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

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

NUTRITION SERVICES

BTSS addresses the nutritional needs of seniors, 60 years of age and older within our service area, 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 seniors (generally unable to drive or leave the home independently.) 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 by Area Agency on Aging 1B).



NUTRITIONAL SUPPLEMENTS

Liquid nutritional supplements are available to seniors based on medical necessity. BTSS orders Ensure products monthly directly from the manufacturer at a reduced cost from retail prices. A physician's order is required and must include:

- medical reason for supplementation (diagnosis)
- recipient's weight
- type of product and number of 8 oz. cans to be consumed daily.

The order must be renewed every six months. A nutritional survey (and possibly a home visit) is also required every six months to participate in the program.

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

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.

Nurse on Call

Nurse on Call is telephone service program of Oakland County Health Division. Public Health Nurses offer answers to questions regarding communicable diseases, nutrition and more, as well as referrals to health-related resources in Oakland County. Call toll free 800-848-5533.

Prescription Drug Card

The Oakland County Board of Commissioners has provided a discount prescription drug card for any OC resident. It is available to those who are uninsured or underinsured by their insurance plan with an average savings of 20%. It can be used when prescriptions are not covered, even through mail-order purchases. The card is available at BTSS and at other locations. For more information call 877-321-2652

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.



Medicare Coverage & Prescription Drug Plans Counseling (SVC13-VARIES)

BTSS, in cooperation with the Area Agency on Aging, offers counseling to residents who have questions regarding Medicare coverage and prescription drug plans. Register for private consultation with Diana Wise, RN, gerontologist and certified Medicare counselor. Available the 3rd Thursday of each month.

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

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



Eligibility Criteria

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

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

ENRICHMENT

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

Drop-In Programs: All participants must scan in or register and pay fee (if applicable) at main level Reception Desk.

☛ Resident **free**. Guest/Non Resident **\$2 and** must be accompanied by BT Resident.

ART

Creative Watercolor K. Halpern
Painting technique skills, color theory & design principles, perspective, and proportion are offered in an individualized, supportive setting for all skill levels. *Supply list at Office.*

Wednesday 1:30 – 3:30 PM
Sep 11 – Nov 6 (ART02-C1301) 9 classes/\$122*
Nov 20 – Dec 11** (ART02-D1301) 3 classes/\$41*

**This "mini session" is a continuation for experienced students.

Sun Catchers N. Porter/M. McGee
Make a 4-5 piece stained glass seasonal pumpkin, fall leaf or ghost sun catcher. *Add'l. \$10 supply fee paid to instructors.*

Tuesday/Thursday 1:30 – 3:30 PM
Oct 15 – Oct 17 (ART05-D1301) 2 classes/\$10*

Stained Glass Angels N. Porter/M. McGee
Create an ornament or free standing angel. *Additional \$10 supply fee paid to instructors.*

Tuesday/Thursday 1:30 – 3:30 PM
Dec 3 – Dec 5 (ART05-D1302) 2 classes/\$10*

Lapidary ☛ N. Porter/M. McGee
Learn to process rocks and gemstones to create art and jewelry. Informal instruction offered in beading & stained glass. Supplies and equipment are available. *Material fee payable to instructor.*

Tuesdays & Thursdays 1 – 4 PM

Paper Dolls-Card Shoppe Facilitator: A. Pinkos
Join a fun loving group that designs & sells beautiful repurposed greeting cards. Proceeds to Meals on Wheels.
Thursday, Sep 19 & Oct 3 1:30 – 4:30 PM

CLUBS / GROUPS

Italian Group-Gruppo Italiano ☛ Facilitator: A. Giffels
Meets 2nd Friday 10 AM – Noon
Affiliate of Dante Alighieri Society

Sep 13: "The Story of Sicily" by Armando Delicato

Oct 11: "Learning Italian with Exercise" by Mirella Panozzo

Nov 8: Prof. John W. Smith gives his sign-off presentation of Machiavelli's 500th anniversary of "The Prince".

Book Club ☛ **Fridays, 10 – 11:30 AM**

Sept 6: "Hotel on the Corner of Bitter and Sweet" (Ford)

October 4: "I Am Forbidden" (Markovitz)

November 1: "In the Garden of the Beasts" (Larson)

Chicks with Sticks : "Knitting Gifts from the Heart" ☛
Mondays 1 – 3:30 PM

Facilitator: K. Ouellette (248)408-2083
Join a warm, friendly group that knits and crochets for infants, foster-care teens, and chemotherapy patients. At-home knitters are needed, too! New knitters, please call Karen. *In need of new or "like new" yarn donations.*

BTSS White Horse Society ☛ **10 AM - 12 PM**
Interested in theology, philosophy or science? All views will be respectfully encouraged. (No meeting in November)

Thursday, Sep 26 "The Heavenly Debate"
A Catholic, Protestant and Swedenborgian will describe their views on life in the Spiritual World (Heaven and Hell). Panel format w/ moderator. Some attendee participation.

Thursday, Oct 17 "Nature Is So Miraculous"
Learn causes of synchronization between insects of a species, including Malaysian Fireflies, 17 Year Locusts & Honeybees. Films & slides used as a basis of discussion.

Senior Men's Club Facilitator: B. Madsen
Enjoy great speakers, camaraderie and a light breakfast. Pre-registration required.

9:30 AM – 11:30 AM Res \$6 / Non-Res \$8

Wednesday, Sept 18 (SOC27-C1301)
"Rolls Royce: The Car, The Company, & Its Executives"
Presented by the Rolls Royce Owners Club Chairman, Gary L. Rock. Several pre-war models will be on display, weather permitting.

Wednesday, Oct 16 (SOC27-D1301)
"How Nazi Spies Became Double Agents and Changed the D-Day Story"
The true story by Frank Cardimen.

Wednesday, Nov 20 (SOC27-D1302)
"The Post-war Treatment of the Japanese by the Allies: Totally Unexpected!"
As told with "Profound Gratitude" by Japan native Reiko McKendry.

COMPUTERS

Computer Lab – Open Hours ☼

Let our volunteers answer your questions and help with your computer challenges. Call to confirm availability.

Friday 1 – 3 PM
Saturday 10 AM – Noon

Microsoft Word Made Easy!

M. Wilson
Covers basics including tabs, ribbons, margins, copy & paste, columns, multiple pages, tables, find/replace and more! \$25 *book fee due start of first class. Cash or check only. Optional: Bring fully charged laptop with MS Word 2007 or 2010 installed.*

Monday/Wednesday 6:30 PM – 8:30 PM
Aug 26–Aug 28 (COM02-C1301) 2 classes/\$40*

Beginning Computer Class

M. Wilson
Designed for older adults who wish to learn about computers. See demonstrations on: how to use a mouse, website and email for beginners, and more! You will come away from this class with confidence to explore other basic computer classes! Preregistration required. *Complimentary to BT Residents. Non-Residents \$10.*

Friday, Sep 13 (COM18-C1301) 9:30 – 11:30 AM

Help! I Have a Computer-What Next?

M. Wilson
Covers basic e-mail/attachments, printing, playing music/DVDs, copy/paste, copying camera pictures, playing free games, changing desktop backgrounds, keyboard shortcuts and more! \$25 *book fee due start of first class. Cash or Check only.*

Friday 9:30 – 11:30 AM
Sep 20 – Oct 4 (COM37-C1301) 3 classes/\$75*

New!

Learn the ABCs of a Digital Camera M. Wilson

Learn how to use the 10 most basic universal camera icons, how to transfer pictures from your camera to your computer and how to attach/send pictures through e-mail.

Friday 9:30 – 11:30 AM
Oct 11 – Oct 18 (COM39-D1301) 2 classes/\$50*

New!

Intro to Microsoft 8 M. Wilson

Learn how to utilize the control panel to customize your computer's options such as mouse speed, sound and deleting. Learn how to use the desktop features, the start screen, apps, Charms Bar, etc.

Optional: Bring your fully-charged Windows 8 laptop.
Friday 9:30 – 11:30 AM
Oct 25 – Nov 1 (COM40-D1302) 2 classes/\$50*

New! **Explore Your iPad**

M. Wilson
Learn how to best utilize your easy-to-use iPad! Class will cover checking e-mail, taking pictures, exploring websites, listening to music, video, free applications, and much more!

Friday 9:30 – 11:30 AM
Nov 8 – Nov 15 (COM41-D1301) 2 classes/\$50*

New!

Basic Keyboard Exploration M. Wilson

Gain proper knowledge of keyboard, use of shortcut keys, copying/pasting and a fun, interactive tutorial to understand proper use of finger placement and typing. Not a traditional typing class as it does not focus on speed. *Optional: Bring fully-charged laptop.*

Thursday 2 – 4:30 PM
Nov 21 (COM14-D1301) 1 class/\$30*

GAMES

Billiards (Pool) ☼ (no play 11/28)

Regular Group Play Tuesday & Thursday 1 – 4 PM
All levels welcome. Table available during regular center hours for solo, one-on-one or group play.

Bridge Club ☼

Facilitator: M. Vachon
Monday & Friday (begins 9/6)
Tables assigned: 12:30 PM Play: 12:45 – 4 PM

Duplicate Bridge ☼

Facilitator: E. Coe
1st & 3rd Wednesday 5:30 – 8:45 PM
This group will not play ACBL "sanctioned" games.
Note special drop in fees: Res \$2/Non-Res \$4

Bridge-Beginner

J. Bloom
Learn the basics of bridge including bidding and declarer play. No prior experience needed. Also for those with some bridge skill. Certified ACBL instructors and a silver life master. *Book fee \$20 payable to instructor.*

Wednesday 12:30 - 2:30 PM
Sept 11 – Oct 30 (EDU12-C1303) 8 classes/\$120*

Bridge- Intermediate

J. Bloom
Learn ways to analyze play, defend, and further knowledge of bidding. For those with experience playing bridge. Certified ACBL instructors and a silver life master. *Book fee of \$20 payable to instructor.*

Monday 6:45 – 8:45 PM
Oct 7 – Nov 25 (EDU13-D1301) 8 classes/\$120*

Bridge- Advance

J. Bloom
Become more competitive at duplicate bridge! Focus on bidding difficult hand patterns. Introduction to conventions such as Jacoby 2 no trump, Splinter bids, Drury and handling interference by opponents during convention bid.

Wednesday 10 AM – Noon
Sept 11 – Oct 30 (EDU14-C1301) 8 classes/\$120*

Canasta – Beginner

L. Gorosh

This class is for beginners or a refresher course. *Material fee of \$4 payable to instructor.*

Tuesday 10 AM – Noon 3 classes/\$60*

Sept 10 – Sept 24 (EDU45-C1302)

Oct 1 – Oct 15 (EDU45-D1301)

Oct 22 – Nov 5 (EDU45-D1302)

Canasta –Strategy

L. Gorosh

Learn Canasta strategy, splash hands, finesse and sharpen your game. Must know melding, 7's, and Aces. *Material fee of \$4 payable to instructor.*

Tuesday 12:30 – 2:30 PM 3 classes/\$60*

Sept 10 – Sept 24 (EDU46-C1303)

Oct 1 – Oct 15 (EDU46-D1301)

Oct 22 – Nov 5 (EDU46-D1303)

Tuesday 6:30 – 8 PM 3 classes/\$60*

Sept 10 – Sept 24 (EDU46-C1304)

Oct 1 – Oct 15 (EDU46-D1302)

Oct 22 – Nov 5 (EDU46-D1304)

Mah-Jongg Beginner

S. Houghtby

Ancient Chinese strategy game using tiles. Similar to Rummy but more exotic & exciting! Purchase a 2013 mah-jongg card online or at Hallmark prior to start of class. Pre-registration required. *Non-Residents \$10.*

Friday, Sep 13 – Sep 27 (EDU36-C1301) **10 AM - Noon**

Euchre & Pinochle ⚡

Facilitator: J. Carmichael

Thursdays (No play 10/24)

11:15 AM – 1:30 PM

All levels welcome!

Mah-jongg Play ⚡

Facilitator: E. Yolles

Thursdays (No play 10/24)

1 – 4:30 PM

Poker ⚡

Facilitator: J. Capoccia

2nd, 3rd, 4th and 5th Wednesday

Noon – 4 PM

Call for more information.

Scrabble ⚡

1st Wednesday

1 – 3 PM

MOVIES

Movie Classics ⚡

Fridays

Movie begins: 1:30 PM

Friday afternoon classic movie greats with popcorn!

Sep 6 “Bringing Up Baby” 1:30 – 3:10 PM

Donation seeking, befuddled paleontologist is pursued by a flighty heiress and her pet leopard, Baby. Starring: Katharine Hepburn, Cary Grant, Charles Ruggles (1938, 102 min, Comedy/Romance, PG)

Oct 4 “Strangers on a Train” 1:30 – 3:10 PM

Psychotic socialite confronts a tennis star with a theory and plan on how two strangers can get away with murder. Starring: Farley Granger, Ruth Roman, Robert Walker (1951, 101 min, Thriller/Crime, PG)

Nov 8 “All the President’s Men” 1:30 – 3:50 PM

Reporters Woodward and Bernstein uncover Watergate scandal that lead to Nixon’s resignation. Starring: Dustin Hoffman, Robert Redford, Jack Warden (1976, 138 min, Historical Drama, R-overturned to PG)

Movie Mania ⚡

3rd Friday

Movie begins: 1:30 PM

Friday afternoon new release films with popcorn!

Sep 20 “The Guilt Trip” 1:30-3:05 PM

As inventor Andy Brewster is about to embark on the road trip of a lifetime, a quick stop at his mom’s house turns into an unexpected cross-country voyage with her along for the ride. Starring: Barbra Streisand, Seth Rogen, Julene Renne-Preciado (2012, 95min, Comedy, PG-13)

Oct 18 “Emperor” 1:30 – 3:15 PM

As the Japanese surrender at the end of WWII, Gen. Fellers is tasked with deciding if Emperor Hirohito will be hanged as a war criminal. Influencing his ruling is his quest to find Aya, an exchange student he met years earlier in the US. Starring: Tommy Lee Jones, Matthew Fox, Eriko Hatsune (2012, 105 min, Drama/History/War, PG-13)

Nov 22 “Oz: the Great and Powerful” 1:30 – 3:45 PM

A small-time magician is swept away to an enchanted land and is forced into a power struggle between three witches. Starring: James Franco, Mila Kunis, Rachel Weisz (2013, 130 min, Adventure/Family/Fantasy, PG)

Movie Musicals ⚡

Fridays

Movie begins: 1:30 PM

Everyone loves a musical. Friday movie with popcorn!

Sep 13 “Mamma Mia!” 1:30 – 3:20 PM

The story of a bride-to-be trying to find her real father, told using hit songs by the popular '70s musical group ABBA. Starring Amanda Seyfried, Stellan Skarsgard, Pierce Brosnan. (2008, 108 min, Musical/Comedy, PG-13)

Oct 11 “Newsies” 1:30 – 3:30 PM

A musical based on the New York City newsboy strike of 1899. Exploited young newspaper sellers set out to enact change. Starring: Christian Bale, Robert Duvall, Ann-Margaret (1992, 121 min, Drama/Musical, PG-13)

Nov 15 “Dream Girls” 1:30 – 3:40 PM

Based on Broadway musical, a trio of black female soul singers cross over to the pop charts in the early 1960s. Starring: Jamie Foxx, Beyonce Knowles, Eddie Murphy, Jennifer Hudson (2006, 130 min, Musical/Drama, PG-13)

JUST FOR FUN

U of M vs. MSU Tailgate Party

Join us for a pre-game tailgate party on the Friday before Saturday's (Nov 2) Big Game. Filled with fun, food, fans and trivia! Will Sparty or the Big House bring home the BTSS College Football Trivia Trophy? Complimentary event sponsored by Woodward Hills. *BT Residency and pre-registration required.*

Friday, Nov 1 (SEV10-D1301) **1:30 – 3:30 PM**

MUSIC

BTSS Band ☼

Facilitator: V. Genzlinger

Tuesdays **3 – 5 PM**

Open to all levels. Looking for a drummer and vocalist!

Finding Your Voice

J. Thompson

It's never too late to discover your singing voice. Learn the Foundation of Singing Technique in a group setting. Singing helps you stay active, vibrant & mentally sharp.

Wednesday **10 – 11 AM** **Res \$6 / Non-Res \$8**

Sept 9 (EDU64-C1301) **Oct 23** (EDU64-D1302)

Sept 25 (EDU64-C1302) **Nov 13** (EDU64-D1303)

Oct 9 (EDU64-D1301) **Nov 27** (EDU64-D1304)

Meet the DSO Musician!

Join a talented Detroit Symphony Orchestra musician in an interactive event! The musician will speak about their life, demonstrate their instrument, discuss their inspiration for becoming a musician and answers questions from the audience. Preregistration & BT Residency Required. Complimentary event sponsored by Sunrise of Bloomfield (10/7) & Maple Village (11/19).

Monday, Oct 7 (EDU53-D1301) **7 – 8 PM**

Tuesday, Nov 19 (EDU53-D1302) **2 – 3 PM**

Classics & Coffee

Enjoy complimentary coffee and pastries while enjoying a Trio Chamber Ensemble performance by members of the Birmingham-Bloomfield Symphony Orchestra. Mingle with the musicians during intermission and participate in a question and answer session. Limited seating. *Advanced registration required.* Sponsored by Maple Village.

Res \$5/Non-Res \$7

Tuesday, November 5 (EDU53-D1301) **10:30 – 11:30 AM**

Autumn Harmonies

Autumn Harmonies features high school musicians performing a variety of music from classical to contemporary, both instrumental and vocal. This concert presented by Addison Horton for his Eagle Scout service project requirement. Refreshments will be provided. *Preregistration required.*

Non-Res \$2

Saturday, October 26 (SEV16-D1301) **1 PM**

UNIQUE TOPICS

BTSS Resident Orientation

Join us for an informal gathering of new and interested residents to discuss programs, explain registration, and tour the center. *Please pre-register.*

Monday, September 16 (SEV03-C1302) **1 – 2 PM**

Understanding Hearing Loss

Dr. Kristin Hinderliter, Birmingham Bloomfield Audiology, will speak about the different types of hearing loss, new hearing aid technology, and making the right choice on where to have your hearing evaluated.

Non-Res \$2

Thursday, Sep 26 (EDU54-C1301) **10:30 – 11 AM**

Monday, Sep 23 (EDU54-C1302) **7 – 7:30 PM**

Identity Theft

MI Senior Brigade

Presented by a representative from the Michigan Attorney General's office, learn valuable information about how to reduce the risk of falling victim to the fastest growing crime in America and what to do if you become a victim. *Please pre-register.*

Non-Res \$2

Tuesday, Oct 15 (EDU53-D1302) **10:30 – 11:30 AM**

Thursday, Oct 17 (EDU53-D1303) **7 – 8 PM**

Finding Optimism in the Worst of Circumstances

A special presentation, Mania Salinger shares her remarkable experiences during the Holocaust when she impacted hundreds of students. Join us for an uplifting talk and discussion. *Please pre-register.*

Non-Res \$2

Monday, Nov 11 (EDU53-D1304) **10:30 – 11:30 AM**

Dessert and DIA

DIA Speakers Bureau

Enjoy sweet treats while listening to fascinating and informative lectures presented by the Detroit Institute of Arts Speakers Bureau. *Preregistration required.*

Res \$2/Non-Res \$4

Rivera's Detroit

Diego Rivera considered the Detroit Industry murals the most successful of his career. Explore the DIA's signature artwork and the stories behind it. Sponsored by Maple Village.

Monday, Sept 9 (EDU34-C1301) **10:30 – 11:30 AM**

Thursday, Sept 12 (EDU34-C1302) **7 – 8 PM**

Female Trailblazers Day

Rachel Ruysch, Artemisia Gentileschi, Kiki Smith and Gilda Snowden are artists from fifteenth-century Italy to contemporary Detroit. Learn how these women defied gender specific roles and have risen above prejudice to create enduring artistic statements. Sponsored by Baldwin House.

Tuesday, Oct 22 (EDU34-D1301) **7 – 8 PM**

Friday, Oct 25 (EDU34-D1302) **1:30 – 2:30 PM**

Albert Kahn's Architectural Legacy

Joel Stone, Detroit Historical Society senior curator, speaks on Albert Kahn, a Detroit architect who revolutionized the design of industrial buildings around the world and influenced the artistic, aesthetic elements of commercial and residential structures. Sponsored by Home Instead. *Please pre-register.*

Monday, Nov 18 (EDU53-D1305) **10 – 10:45 AM** Res \$2 / Non-Res \$4

AARP Driver Safety Program

Nation's first and largest classroom refresher course geared to your safety. Learn new defensive driving techniques, how to adjust to changes in vision and hearing. You must attend both days. *Pre-registration reqd.*

Wed, Oct 9 & Thurs, Oct 10 (EDU03-D1301) **9 AM – 1 PM**

Loughbrack Storytelling®

Learn about great figures in history at these fascinating presentations. Slide series conducted in lecture format, concluding with informal question and answer opportunity. Sponsored by Maple Village. *Preregistration required.*

Res \$2 / Non-Res \$4

"King Tut"

Learn about the tomb discovery, excavation and disposition of one of the most important archaeological finds to date! Also, includes a discussion of Egyptian culture at the time of the Pharaohs.

Tuesday, Sep 17 (EDU47-C1301) **10 – 11:30 AM**

Thursday, Sep 19 (EDU47-C1302) **7 – 8:30 PM**

"Ch'in Shi Huang Ti"

The First Emperor of China is best known for the large Terra Cotta army buried to protect his mausoleum in Xian. Also known for massive building projects, such as the Great Wall and the Grand Chinese Canal.

Tuesday, Oct 1 (EDU47-D1301) **10 – 11:30 AM**

Thursday, Oct 3 (EDU47-D1302) **7 – 8:30 PM**

EVENING PROGRAMS

Meet the DSO Musician!

See page 10 for more details.

Monday, Oct 7 (EDU53-D1301) **7 – 8 PM**

Understanding Hearing Loss

See page 10 for more details.

Monday, Sep 23 (EDU54-C1302) **7 – 7:30 PM**

Microsoft Word Made Easy!

See page 8 for more details.

Monday/Wednesday **6:30 PM – 8 PM**

Aug 26–Aug 28 (COM02-C1301) **2 classes/\$40***

Identity Theft

See page 10 for more details.

Thursday, Oct 17 (EDU53-D1303) **7 – 8 PM** MI Senior Brigade

Canasta –Strategy

See page 9 for more details.

Tuesday **6:30 – 8 PM** **4 classes/\$60*** L. Gorosh

Sept 10 – Sept 24 (EDU46-C1304)

Oct 1 – Oct 15 (EDU46-D1302)

Oct 22 – Nov 5 (EDU46-D1304)

Dessert and DIA

Enjoy sweet treats while listening to fascinating and informative lectures presented by the Detroit Institute of Arts Speakers Bureau. See page 10 for more details on presentations. *Preregistration required.*

Res \$2/Non-Res \$4

Riviera's Detroit

Thursday, Sept 12 (EDU34-C1302) **7 – 8 PM**

Female Trailblazers Day

Tuesday, Oct 22 (EDU34-D1301) **7 – 8 PM**

Loughbrack Storytelling®

Learn about great figures in history at these fascinating presentations. Slide series conducted in lecture format, concluding with informal question and answer opportunity. Sponsored by Maple Village. See page 11 for more details on presentations. *Preregistration required.*

Res \$2 / Non-Res \$4

"King Tut"

Thursday, Sept 19 (EDU47-C1302) **7 – 8:30 PM**

"Ch'in Shi Huang Ti"

Thursday, Oct 3 (EDU47-D1302) **7 – 8:30 PM**

Movie Mania Night 🍿 **3rd Tuesdays** **6:15 PM**

Late release films with popcorn! See page 9 for details.

Aug 20 "Quartet" **6:15-8:00 PM**

(2012, 98min, Drama/Comedy, PG-13)

Sep 17 "The Guilt Trip" **6:15-7:55 PM**

(2012, 95min, Comedy, PG-13)

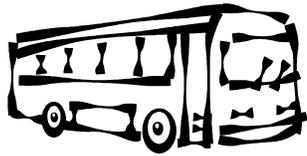
Oct 15 "Emperor" **6:15-8:00 PM**

(2012, 105 min, Drama/History/War, PG-13)

Nov 19 "Oz: the Great and Powerful" **6:15-8:30 PM**

(2013, 130 min, Adventure/Family/Fantasy, PG)

Transportation to the Center is available for select enrichment programs. See Services Supplement for more information.



BLOOMFIELD TRAVEL

* Resident fee; non-residents add \$10 fee per trip.
See page 2 for registration/cancellation policies.

Traveler Safety

We make every effort to inform travelers about the physical requirements of trips. Descriptions may include: walking tour, many stairs or uneven terrain. Each traveler must decide if a trip is appropriate and to be prepared to travel safely. You may register an assistant for the trip if it will ensure your safety; trip fees apply to assistants AND are paid with your registration.

"Green" IHM Motherhouse in Monroe

Thursday, August 22 (DAY14-C1301) 8:45 AM – 3:00 PM
Tour this EPA national award winning project, a "masterpiece of energy efficiency"! The two hour walking tour begins with a video "The Blue Nuns Go Green". **Lunch included.**
BTSS Coach Fee: \$39*

Rattlesnake Club Luncheon

Wednesday, August 28 (DAY15-C1301) 11:45 AM – 2:45 PM
Entrée choice: Wild Alaskan King Salmon or Porcini & Truffle Infused Chicken Breast both with Salad, Dessert, and Non Alcoholic Beverages.
BTSS Coach Fee: \$36*

Detroit Tigers v Oakland A's WAIT LIST

Thursday, August 29 (DAY16-C1301) 11:30 AM – 4:45 PM
BTSS Coach Fee: \$54*

Garden Railway Train Tour

Tuesday, Sept 10 (DAY23-C1301) 10:45 AM – 3:30 PM
Tour the backyards of two homes with elaborate trains set up. Everyone who enjoys trains will not want to miss this trip. Followed by lunch on your own at The Moose Preserve.
BTSS Coach Fee: \$12*

Lawrence Fisher Mansion

Thursday, September 12 (DAY24-C1301) 9:00 AM – 2:00 PM
Flamboyant Lawrence Fisher earned his fortune in the Fisher Brothers Body company. Tour his magnificent 20's home, built to showcase his wealth. Followed by lunch on own at Waves.
BTSS Coach Fee: \$21*

DuMouchelle's Art Gallery

Tuesday, September 17 (DAY17-C1301) 10:00 AM – 2:45 PM
The Gallery is celebrating their 83rd year as a Detroit business featuring one-of-a-kind finds from renowned estate collections. Lunch following the tour at **Andiamo Riverfront Restaurant.**
BTSS Coach Fee: \$12*

Detroit Tigers v Seattle Mariners

Thursday, September 19 (DAY18-C1301) 11:30 AM–4:45 PM
Cheer on the Tigers & enjoy a great day at Comerica Park. Seats in shaded area. Hot dog and soda pop lunch included.
BTSS Coach Fee: \$46*

Atwater Brewery Tour

Friday, September 20 (DAY19-C1301) 3:30 PM - 7:00 PM
Atwater Brewery, located in Detroit's historic Rivertown district and housed in a 1919 factory warehouse, was founded in 1997 and carries on the rich history of Detroit breweries. Followed by dinner on your own at **Andrews On The Corner.**
BRSS Coach Fee: \$14*

"The Buddy Holly Story" Macomb Center

Saturday, September 21 (DAY25-C1301) 11:00 AM – 4:30 PM
Charts Buddy's meteoric climb, legendary adventures and tragic fall on the fateful day the music died. A jukebox musical loaded with classics "Peggy Sue," "Oh Boy," "That'll Be the Day" and many more. Begin with lunch on your own at **Brio Tuscan Grill.**
BTSS Coach Fee: \$68*

Lunch at the Detroit Athletic Club (DAC)

Wednesday, Sept. 25 (DAY20-C1301) 9:30 AM–1:45 PM
Designed by Albert Kahan & inspired by Rome's Palazzo Farnese, the DAC is located in the heart of Detroit's theater, sports and entertainment district. Choose between Michigan Chicken, Salmon or Kamut Grain Salad (vegan). House Salad and Tea, Coffee, or Soft Drink included.
BTSS Coach Fee: \$50*

Ernest Farm & Oakland Greenhouses

Thursday, Sept. 26 (DAY21-C1301) 9:30 AM – 2:15 PM
Enjoy a historical presentation, tour of the house, barn, greenhouse and grounds. A trip to the Oakland County Market. Lunch on your own at **Oakland ISD Cafeteria.**
BTSS Coach Fee: \$12*

Mt. Bruce Station Sheep & Wool Festival Romeo

Saturday, Sept. 28 (DAY22-C1301) 9:30 AM – 3:30 PM
The festival will feature sheep shearing, border collie and shepherding demonstrations and workshops. Lunch on your own after the tour at **Champps.**
BTSS Coach Fee: \$21*

"Miss Saigon" Fisher Theatre

Wednesday, October 2 (DAY01-D1301) 5:00 PM – 10:30 PM
Based on Puccini's *Madame Butterfly*, tells the tragic tale of a Vietnamese bargirl and her GI lover. Set in 70's Saigon during the Vietnamese war. Begin with dinner on your own at **Cuisine.**
BTSS Coach Fee: \$67*

Corn Maze & Pumpkin Patch Tour Bower Farm

Thursday, October 3 (DAY02-D1301) 9:05 AM – 1:30 PM
Enjoy an 8 acre corn maze, wagon ride to the pumpkin patch & pick a pumpkin of your own. Wear sturdy walking shoes. Followed by lunch on own the **Moose Preserve Bar & Grill.**
BTSS Coach Fee: \$22*

"Rita Rudner" Macomb Center

Saturday, October 5 (DAY03-D1301) 5:00 PM – 10:30 PM
Top comedian and best-selling author, Rita Rudner is famous for her sweet-as-pie delivery of shrewdly hilarious observations about relationships. Begin with dinner on own at **PF Chang's**.
BTSS Coach Fee: \$50*

Mary Maxim Needlework & Crafts Port Huron

Monday, October 7 (DAY04-D1301) 10:15 AM – 3:45 PM
Maxim Craft Store offers unique needlework, craft kits, yarns, latch hook rugs, cross stitch, jewelry making, scrapbooking and much more. Followed by lunch on own at **Atrium Café**.
BTSS Coach Fee: \$14*

Woodmere Cemetery Tour

Wednesday, October 9 (DAY05-D1301) 10:00 AM – 3:45 PM
Tour historic Detroit cemetery and final resting place to Civil War soldiers and business leaders who helped put Detroit on the map. Followed by lunch on own at **Hungarian Rhapsody**.
BTSS Coach Fee: \$21*

"Tchaikovsky's Fifth" DSO

Friday, October 11 (DAY25-D1301) 9:30 AM – 3:15 PM
Leonard Slatkin conducting. Copland's "Hear Ye Hear Ye", Beethoven's "Piano Concerto No 1" along with Tchaikovsky's "Symphonie No 5". Followed by lunch on your own at **Café Via**.
BTSS Coach Fee: \$39*

Glenn Miller Orchestra Macomb Center

Saturday, October 12 (DAY06-D1301) 12:00 PM – 5:30 PM
Popular 30's & 40's big bands performing "Pennsylvania 6-5000," "Chattanooga Choo-Choo," "Moonlight Serenade" and more. Begin with lunch on your own at **Rojo Mexican Bistro**.
BTSS Coach Fee: \$47*

Dossin Museum Tour Belle Isle

Thursday, October 17 (DAY07-D1301) 9:00 AM – 2:15 PM
Museum's new core exhibition, "Built by the River", highlights the ways in which Detroiters have long used the river & lakes to build industries, engage neighbors and pursue recreational passions. Followed by lunch on own at **Small Plates**.
BTSS Coach Fee: \$17*

"Music of John Williams" DSO

Friday, October 18 (DAY26-D1301) 9:30 AM – 3:15 PM
Be there as the DSO performs all your John Williams favorites: *Superman*, *Raiders of the Lost Ark*, *Harry Potter*, *E.T.*, and of course, *Star Wars*. Followed by lunch on your own at **Northern Lakes Seafood Company**.
BTSS Coach Fee: \$49*

"Official Blues Brothers Revue" Macomb Center

Saturday, October 19 (DAY08-D1301) 4:30 PM – 10:00 PM
Join Jake and Elwood on their "mission from God." Live concert combines humor, music and mayhem. Enjoy hits like "Soul Man," "Rubber Biscuit," "Rawhide," and "Gimme Some Lovin". Begin with dinner on your own at **Tin Fish**.
BTSS Coach Fee: \$47*

Book & Author Society Luncheon at Burton Manor

Monday, October 21 (DAY09-D130) 10:45 AM-4:00 PM
Metro-Detroit Book & Author Society Luncheon is one of the largest author presentations in America. Nationally acclaimed authors will be present. The authors (to be announced) will be available to sign books after lunch. **Lunch included**.
BTSS Coach Fee: \$42*

"Holmes for the Holidays" Meadowbrook Theatre

Wednesday, October 23 (DAY32-D1301) 11:30 AM – 4:30 PM
Acclaimed actor of the 1930s, William Gillette, invites his Sherlock Holmes co-stars to his eccentric Connecticut mansion for a Christmas Eve celebration. When one of the guests is murdered, Gillette employs the persona of the master detective he's made famous on the stage. Begin with lunch on your own at **McCormick & Schmick's**.
BTSS Coach Fee: \$38*

"Benjamin Britten Centennial" DSO

Friday, October 25 (DAY27-D1301) 9:30 AM – 3:15 PM
This is a big year for English composer Benjamin Britten (1913-76), one of the most distinctive voices of the last century. Teddy Abrams, Conductor with Benjamin Grosvenor on the Piano. Followed by lunch on your own at **Brady's Tavern**.
BTSS Coach Fee: \$39*

Parade Company Tour

Wednesday, October 30 (DAY11-D1301) 10:00 AM – 3:00 PM
Enjoy a magical tour through Paradeland at The Parade Company Studio. Visit the Costume Department where characters come to life. Please wear closed toed shoes. Followed by lunch on your own at **Santorini Estiatorio**.
BTSS Coach Fee: \$22*

"Fred & Ginger Dancing & Romancing" DSO

Friday, November 1 (DAY28-D1301) 9:30 AM – 3:15 PM
Dust off your "Top Hat" and tails for the elegance of Astaire and Rogers. Enjoy their classic 1930s hits: "The Way You Look Tonight", "They Can't Take That Away From Me", "Cheek to Cheek" and more! Followed by lunch on your own at **Fox Grill**.
BTSS Coach Fee: \$49*

"All In The Flute Family"

Friday, November 1 (DAY12-D1301) 7:15 PM – 10:15 PM
Begin with a reception at Hagopian World of Rugs and follow with "*It's All Things Flute*" with a performance featuring flutists Jung-wan Kang and, new DSO principal David Buck.
BTSS Coach Fee: \$30*

Highlight Tour of DIA

Wednesday, November 6 (DAY13-D1301) 1:00 PM – 3:45 PM
Learn and see highlights of the DIA. Tea and cookies reception upon arrival. You'll be picked up and returned by the DIA Bus. Trip proceeds support the Friendship Club art program.
DIA Bus Fee: \$5*

"Mama Mia" Fisher Theatre

Saturday, November 9 (DAY14-D1301) 11:15 AM – 5:00 PM
Play features some of ABBA's biggest songs, including "Dancing Queen," "Take a Chance on Me," "Thank You For the Music", "Mamma Mia." Begin with lunch on own at Meriweather's.
BTSS Coach Fee: \$75*

The Village Club Luncheon

Wednesday, November 13(DAY15-D1301)12:00 PM–2:15 PM
Come and enjoy a lunch in this charming 1919 "Winningham House" which is now home to a private woman's club. Choose Atlantic Salmon or Autumn Chicken.
BTSS Coach Fee: \$35*

Chocolates By Renee Making Candy

Tuesday, November 19 (DAY16-D1301) 11:00 AM – 3:00 PM
Enjoy the fun of making your own delectable chocolate candy in Northville. Follow with lunch on your own at Edwards Café.
BTSS Coach Fee: \$25*

"Ellis Hall is Ray Charles" DSO

Friday, November 22 (DAY29-D1301) 9:30 AM – 3:15 PM
Ellis Hall is Ray Charles in concert with the DSO. "Georgia on My Mind," "Hit the Road Jack," Hear all of Ray's rockin', soulful smash hits plus favorites by Motown legends Stevie Wonder and Marvin Gaye. Followed by lunch on your own at LaMarsa.
BTSS Coach Fee: \$49*

Cranbrook House & The Heathers Club

Saturday, November 23 (DAY17-D1301) 10:45 AM –2:15 PM
Cranbrook House presents "A Season for Elegance" showing holiday table settings. Following with lunch at Heathers Club. Choose Maurice Salad, Traverse City Salad, or Grilled Sirloin with Cottage Cheese & Fresh Fruit Cut.
BTSS Coach Fee: \$42

Zehnders Holiday Show & Lunch

Tuesday, December 3 (DAY19-D1301) 10:00AM – 4:00PM
The Zehnder brothers offer a variety show that features something for everyone along with many of your favorite Christmas tunes. Their voices meld together for wonderful harmony along with playing over 20 instruments.
BTSS Coach Fee: \$55*

"Elf" Fisher Theatre

Thursday, December 5 (DAY20-D1301) 4:30 PM – 10:00 PM
As a young orphan child, William "Buddy" Hobbs crawls into Santa's bag, transported to the North Pole & raised as an elf. His father on the naughty list and his brother doesn't believe in Santa, Buddy comes to the rescue to save Christmas and help New York find the spirit. Begin with dinner on your own at Mario's.
BTSS Coach Fee: \$62*

"Slatkin Conducts Brahms" DSO

Friday, December 6 (DAY30-D1301) 9:30 AM – 3:30 PM
Slatkin conducts Brahms *Symphone No 4* along with Bates *Concerto for Violin* with Anne Akiko Meyers. Followed by lunch on your own at Picanos.
BTSS Coach Fee: \$39*

"Tony Orlando" Macomb Center

Sunday, December 8 (DAY21-D1301) 12:00 PM – 5:30 PM
Celebrate the holiday season with the legendary Tony Orlando. Enjoy holiday music along with Tony's biggest hits: "Candida," "Knock 3 Times," "Tie a Yellow Ribbon," "Sweet Gypsy Rose" and more. Begin with lunch on own at Aspen Restaurant.
BTSS Coach Fee: \$47*

"Holiday Brass" Macomb Center

Tuesday, December 10 (DAY22-D1301) 4:45 PM – 10:00 PM
Brass players of Detroit Chamber Winds & Strings, along with the Fraser Singers, the 42-member select chamber choir from Fraser High School, as they performing beloved seasonal celebration. Begin with dinner on your own at the Rusty Bucket
BTSS Coach Fee: \$32*

"A Christmas Carol" Meadowbrook Theatre

Saturday, December 14 (DAY23-D1301)11:15 AM – 4:30 PM
Everyone's favorite holiday classic. The tale of a mean-spirited miser and the ghosts that haunt him. Begin with lunch on your own at Granite City Food Brewery.
BTSS Coach Fee: \$47*

"War Horse" Fisher Theatre

Tuesday, December 17 (DAY24-D1301) 4:30 PM – 10:30 PM
Set before and during World War I, story about an English teenager's pursuit of his horse, sold to the military by his alcoholic father. Begin with dinner on own at the St. Regis.
BTSS Coach Fee: \$62*

"Home for the Holidays" DSO

Friday, December 20 (DAY31-D1301) 9:30 AM – 3:30 PM
Be there for Detroit's favorite holiday musical tradition. Share it with family and friends, and marvel in the spectacle of the season. It's a sparkling holiday celebration. Followed by lunch on your own at Assaggi Bistro.
BTSS Coach Fee: \$49*

Thank You for Your Donations*... Pat Jacoby, Montague Balbes, Nanci Weingarten, Adele Saunders, Barbara King, Russell Buffett, Aftab Farooq

*** 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.

Complimentary classes* for 50+ Township Residents

TUESDAY 9/3

Chair Exercise

10:15-11:00 a.m. (TRYIT01)
(Class will be on Mondays)

Zumba Gold® Chair

11:30 a.m.-12:15 p.m. (TRYIT02)

Barre Balance

12:45-1:30 p.m. (TRYIT03)
(Class will be on Mondays)

Cardio Party

4:30-5:15 p.m. (TRYIT04)
(Class will be on Mondays)

Restorative Yoga

5:30-6:30 p.m. (TRYIT05)

AQUA CLASSES

Aqua Endurance

9:30-10:30 a.m. (TRYIT06)

Aqua Power Aerobics

6:00-6:30 p.m. (TRYIT07)

H2O Boot Camp

6:45-7:15 p.m. (TRYIT08)
(Class will be on Saturdays)

WEDNESDAY 9/4

Zumba Gold Toning®

8:30-9:15 a.m. (TRYIT09)

Tai Chi-Beginners

9:30-10:15 a.m. (TRYIT10)

Chair Yoga

11:30 a.m.-12:15 p.m. (TRYIT11)

Silver Dance Aerobics

12:45-1:45 p.m. (TRYIT12)

Low Impact Aerobics

2:00-2:45 p.m. (TRYIT13)
(Class will be on Mondays)

Zumba Gold®

7-8 p.m. (TRYIT14)

AQUA CLASSES

Ultimate H2O

9:30-10:30 a.m. (TRYIT15)
(Class will be on Mondays)

Fluid Moves

11:00 a.m. -12:00 p.m.
(TRYIT16)

Fitness Week

September 3 - 7

THURSDAY 9/5

Cardio, Core, Conditioning

9:00-10:00 a.m. (TRYIT17)

Chair Exercise

10:15-11:00 a.m. (TRYIT18)

Gentle Moves Yoga

11:30-12:30 a.m. (TRYIT20)

Strength & Balance-Level1

12:30-1:15 p.m. (TRYIT20)

Mat Pilates®

1:30-2:30 p.m. (TRYIT21)

Small Group Personal Training

5:30-6:30 p.m. (TRYIT22)

PiYo Strength®

7:00-8:00 p.m. (TRYIT23)

AQUA CLASSES

Aqua Cardio Conditioning

9:30-10:30 a.m. (TRYIT24)

Ai Chi

11:00 a.m. -12:00 p.m.
(TRYIT25)

FRIDAY 9/6

Strength & Balance 2

9-9:30 a.m. (TRYIT26)

Drums Alive®

10-10:30 a.m. (TRYIT27)

Healthy Back 101

10:45-11:15 (TRYIT28)
(Class will be on Tuesdays)

Beginning Yoga

11:30 a.m.-12:30 p.m.
(TRYIT29)

Small Group Personal Training

12:45-1:45 p.m. (TRYIT30)

AQUA CLASSES

H2O Interval

8:00-9:00 a.m. (TRYIT31)

Aqua Fit

9:30-10:15 a.m. (TRYIT32)

Sponsored by:



Preregistration required.
Classes fill quickly

FALL CANDY COLLECTION



Share Halloween with our homebound meals clients by donating small individually wrapped candies. Drop off candy at BTSS before 10/28.

Join us on 10/28 at 1:30 to pack candy for distribution. If you can help, please call Denise at 248-723-3500.

UM VS. MSU TAILGATE PARTY



Friday, Nov. 1

1:30 – 3:30 PM

(SEV10-D1301)



Join us for a pre-game tailgate party on the Friday before Saturday's (Nov 2) Big Game. Filled with fun, food, fans and trivia! Will Sparty or the Big House bring home the BTSS College Football Trivia Trophy? *BT Residency and pre-registration required.*

Sponsored by



Unique Topics

Attend a presentation guaranteed to expand your mind. Preregistration required. See page 10 for more details.

Understanding Hearing Loss

Presented by Dr. Kristin Hinderliter, Birmingham Bloomfield Audiology.

Sept 26 (EDU54-C1301) or Sept 23 (EDU54-C1302)

Identity Theft

Informative presentation by representative from Michigan Attorney General's office.

Oct 15 (EDU53-D1302) or Oct 17 (EDU53-D1303)

Finding Optimism in the Worst of Circumstances

Presentation by Holocaust survivor, Mania Salinger.
November 11 (EDU53-D1304)



AARP DRIVER SAFETY PROGRAM

October 9 & 10

9 AM – 1 PM

(EDU03-D1301)

Nation's first and largest classroom refresher course geared to your safety. Learn new defensive driving techniques, how to adjust to changes in vision and hearing. You must attend both days. Pre-registration required. Fee: \$17*