Bloomfield Township Senior Services

Spring 2013

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

INDEX (SS = supplement)

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COMMUNITY FORUM

Tuesday, March 19
10 – 11:30 AM

Residents of Oakland County are invited to a community forum sponsored by Area Agency on Aging 1-B. Join the discussion and have a voice in how older adult programs and services are provided in Oakland County. Help shape the future of Aging Services.

Who should attend? Older adults, caregivers and aging services providers.

Transportation assistance available through myride2. Contact at (855) 697-4332 or online at www.myride2.com.

CPR/AED TRAINING

Monday, March 18 6 – 9 PM

Training provided by BT Fire Department. Limited class size. Preregistration and BT Residency required. See page 12 for details.

TAX ASSISTANCE

Mondays & Tuesdays
February 11 & 12, 25 & 26
March 11 & 12 April 8 & 9

AARP trained volunteers will provide free tax counseling and help preparing and filing your Federal and State returns for tax payers with middle/low income. For an appointment, call 723-3500.

Wellness Week
March 4 - 8

Residents enjoy up to 6 complimentary demos! See back page for complete schedule.

BIRMINGHAM - BLOOMFIELD SYMPHONY ORCHESTRA

Coffee & Classics

Enjoy coffee and pastries while listening to members of the Birmingham-Bloomfield Symphony Orchestra. Mingle with the musicians during intermission and stay for a question and answer session at the end of the concert. Registration required.

$12 residents/ $22 non-residents

February 13
10:30 AM
(EDU53-A1301)
Sweet songs
by a String Quintet.

Sponsored by:

May 8
10:30 AM
(EDU53-B1302)
Patriotic songs
by a Percussion Duo.

Sponsored by:

Wellness Week
March 4 - 8

Residents enjoy up to 6 complimentary demos! See back page for complete schedule.
New Year, New Hours, New Opportunities

Join us for Wellness Week, March 4-8 which includes new opportunities such as Barre Balance, PiYo, Walk with Ease, Cardio Party and Men’s Open Pool. Our holistic approach to this event includes presentations for nutrition, small group personal training, brain Neurobics and fitness assessments. Consider one or more of the 30 free fitness demonstrations in which you may meet the instructors and test how the class might fit into your wellness activities this year.

We are actively pursuing new, high quality instructors and classes to enhance the variety of successful classes running now. Do you have a favorite fitness professional who would like to be considered for the BTSS team? We have high expectations for experience and certifications and offer compensation that matches.

With our new hours we have capacity for more evening enrichment programs as well. If you provide suggestions for classes, programs or instructors we will be glad to pursue the details. Please send them along.

Christine Tvaroha  
cctvaroha@bloomfieldtwp.org   (248) 723-3500

URGENT: Certified Lifeguards are needed for evening hours. Please see the job description and employment application available:  
http://www.bloomfieldtwp.org/Government/Employment  
Opportunities.htm

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 & Ginnie Richard  

BTSS will be closed on:  
Saturday, May 25  
Monday, May 27  

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.

Thank you...  
Lourdes Senior Community  
Dec. 12 BBSO Coffee & Classics sponsor

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

Thank you for Your Donations*… Sally Taylor, Barbara  
Driver, Ruth Wolf, Agnes Evlow, Letha Kuesel, Judy Pazol  
* 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.

Registration/Cancellation/Refund Policies  
- Priority registration begins for confirmed BT residents with newsletter mailing; nonresidents may register on 11/21.  
- 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).
### Aqua Core & More Circuit
Burn calories, tone your body and strengthen your cardiovascular system while having fun with barbells, noodles, kickboards, and more! Finish with a relaxing stretch. Bring water bottle & towel. Aqua shoes recommended.

**Tuesday**  4:30 - 5:30 PM
- Mar 12 – Apr 16 (FIT89-A1303)  6 classes/$30*
- Apr 23 – May 28 (FIT89-B1301)  6 classes/$30*

**Thursday**  4:30 - 5:30 PM
- Mar 14 – Apr 18 (FIT89-A1304)  6 classes/$30*
- Apr 25 – May 30 (FIT89-B1302)  6 classes/$30*

### Aqua Fit
Cardio & strength workout that will increase your cardiovascular endurance, strengthen & stretch all the major muscle groups, and reduce stress! Noodles, buoys, bands & more used in this fun class that is gentle on joints!

**Wednesday**  9:30 -10:30 AM
- Mar 13 – Apr 17 (FIT96-A1303)  6 classes/$36*
- Apr 24 – May 29 (FIT96-B1301)  6 classes/$36*

**Friday**  9:30 -10:30 AM
- Mar 15 – Apr 18 (FIT96-A1304)  6 classes/$36*
- Apr 26 – May 31 (FIT96-B1302)  6 classes/$36*

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

**Tuesday/Thurs**  6:00 – 7:00 PM
- Mar 12 – Apr 4 (FIT27-A1303)  8 Classes/$64*
- Apr 9 – May 2 (FIT27-B1301)  8 Classes/$64*
- May 7 – May 30 (FIT27-B1302)  8 Classes/$64*

### Ultimate H2O
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.

**Mondays**  9:30-10:30 AM
- Mar 11 – Apr 15 (FIT95-A1302)  6 classes/$30*
- Apr 22 – May 20 (FIT95-B1301)  5 classes/$25*

### H2O Interval
For active exercisers, intervals of high intensity exercises followed by toning with resistance equipment & stretching.

**Tuesday**  10:30 - 11:30 AM
- Mar 12 – Apr 16 (FIT83-A1305)  6 classes/$36*
- Apr 23 – May 28 (FIT83-B1301)  6 classes/$36*

**Wednesday**  8:00 – 9:00 AM
- Mar 13 – Apr 17 (FIT83-A1307)  6 classes/$36*
- Apr 24 – May 29 (FIT83-B1303)  6 classes/$36*

**Thursday**  10:30 - 11:30 AM
- Mar 14 – Apr 18 (FIT83-A1306)  6 classes/$36*
- Apr 25 – May 30 (FIT83-B1302)  6 classes/$36*

**Friday**  8:00 – 9:00 AM
- Mar 15 – Apr 19 (FIT83-A1308)  6 classes/$36*
- Apr 26 – May 31 (FIT83-B1304)  6 classes/$36*

### Fluid Moves
Full body workout with basic aerobic routine, unique stretches using noodles, buoys, balls and kickboards. Concludes with floating relaxation. Bring a water bottle. Water shoes recommended.

**Monday**  11:00 AM – 12:00 PM
- Mar 11 – Apr 15 (FIT86-A1304)  6 classes/$48*
- Apr 22 – May 20 (FIT86-B1301)  5 classes/$40*

**Wednesday**  11:00 AM – 12:00 PM
- Mar 13 – Apr 17 (FIT86-A1305)  6 classes/$48*
- Apr 24 – May 29 (FIT86-B1302) no class 5/25  6 classes/$48*

**Saturday**  10:30 – 11:30 AM
- Mar 16 – Apr 20 (FIT86-A1306)  6 classes/$48*
- Apr 27 – May 18 (FIT86-B1303)  4 classes/$32*

### 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**  9:00 – 10:00 AM
- Mar 9 – Mar 30 (FIT32-A1303)  4 Classes/$32*
- Apr 6 – Apr 27 (FIT32-B1301)  4 Classes/$32*
- May 4 – May 18 (FIT32-B1302)  3 Classes/$24*

### Open Swim  (FIT30-varies)  $15/month
Register monthly at main level reception for unlimited visits during scheduled times. Must confirm registration with lifeguard before entering pool. Current monthly calendar available online & in the Center. BT Residency required.

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Certified Lifeguards are needed for evening hours. Please see the job description and employment application available: [http://www.bloomfieldtwp.org/Government/EmploymentOpportunities.htm](http://www.bloomfieldtwp.org/Government/EmploymentOpportunities.htm)

* 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.
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>
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<tr>
<th>CARDIO</th>
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| **Cardio Party** | M. Barclay
| Shake up your workout with this class! Enjoy a variety of cardio workouts such as traditional aerobics, kickboxing, intervals and more! Class also includes resistance training and core work, finishing with a relaxing stretch. Wear supportive shoes, bring a mat, weights, and a water bottle. Intermediate level class with floor work. LL Studio
| **Tuesday** 9:00 - 10:00 AM |
| Mar 12 – Apr 16 (FIT97-A1302) | 6 classes/$30* |
| Apr 23 – May 28 (FIT97-B1301) | 6 classes/$30* |

| **Cardio Circuit Challenge** | S. Rubinstein
| For active exercisers, intervals of cardio, strength training & core building. Finish with relaxation stretching. Bring mat & water. **Wednesday** 7:15 - 8:15 AM
| Mar 13 – Apr 17 (FIT61-A1303) | 6 classes/$48* |
| Apr 24 – May 29 (FIT61-B1301) | 6 classes/$48* |

| **Senior Fit Aerobics** | S. Rubinstein
| Low impact aerobic movement with easy to follow patterns. Improve coordination & balance, strengthen heart & lungs, increase muscle strength & improve flexibility. Some floor work. Bring hand weights, mat & water. LL Studio
| **Monday/Thursday** 9:00 – 10:00 AM |
| Feb 4 – Feb 28 (FIT09-A1303) | 8 classes/$40* |
| Mar 11 – Apr 18 (FIT09-A1304) | 12 classes/$60* |
| Apr 22 – May 30 (FIT09-B1301) no class 5/27 | 11 classes/$55* |

| **Senior Fit FLEX Aerobics** | 10 classes/$60* |
| Add flexibility to SeniorFit Aerobics workout schedule. Valid for 10 SeniorFit Aerobics classes. (FITFLEX2013) |

| **Drums Alive ®** | M. Barclay
| Experience this unique high energy rhythmical workout! Combine traditional, simple aerobic movements with powerful beat of the drum. This full body workout is for everyone and is a powerful tool for stress reduction and mental balance. Participants can be seated or standing. Bring a stability ball and light hand weights. LL Studio
| **Friday** 10:00 – 11:00 AM |
| Mar 15 – Apr 19 (FIT47-A1302) | 6 classes/$30* |
| Apr 26 – May 31 (FIT47-B1301) | 6 classes/$30* |

| **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! Modifies the moves and pacing of Zumba to suit needs of active 50+ person. Welcomes all fitness levels. LL Studio
| **Wednesday (1 hr.)** 7:00 – 8:00 PM |
| Mar 13 – Apr 17 (FIT78-A1304) | 6 classes/$36* |
| Apr 24 – May 29 (FIT78-B1301) | 6 classes/$36* |

| **Friday (45 min.)** 8:00 - 8:45 AM |
| Mar 15 – Apr 19 (FIT78-A1303) | 6 classes/$30* |
| Apr 26 – May 31 (FIT78-B1302) | 6 classes/$30* |

| **Creative Crosstraining** | M. Barclay
| Your body is a fine tuned machine that will quickly adapt to a workout. Avoid plateaus by cross training! One low price includes: Strength & Balance, Drums Alive, Zumba Gold, Chair Yoga, Cardio Party & Gentle Moves Yoga. Does not include Small Group Personal Training or Fitness Assessments. **BT Residency required.**
| **M/T/W/TH/F** Times Vary |
| 40+ classes/$60 |

| Mar 11 – Apr 19 (FIT77-A1302) |
| April 22 – May 31 (FIT77-B1301) no class 5/27 |

| **PICKLEBALL & TABLE TENNIS**

| **Pickleball Drop In**
| Mondays 2:30-4 PM (beginners)
| Wednesdays 2:30-4 PM (experienced) |

| **Table Tennis Drop In**
| Tuesdays 5:30-7 PM (beginners)
| Thursdays 5:30-7 PM (experienced) |

| 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.**

| **DANCE**

| **Line Dancing** (New time & instructor) | D. Tomassi
| Learn basic steps, along with easy to do routines to pop music and toe tapping country tunes! Wear comfortable clothing, supportive shoes & bring water bottle! LL Studio
| **Wednesday** 12:45 - 1:30 PM |
| Mar 13 – Apr 17 (FIT74-A1303) | 6 classes/$30* |
| Apr 24 – May 29 (FIT74-B1301) | 6 classes/$30* |

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

**Small Group Personal Training**  M. Barclay
New to working out? An enthusiast who has met a plateau with your workout or weight loss? Small Group Personal Training services may improve your results! Get personalized attention to meet your specific health and fitness goals! Private fitness assessment and individual re-evaluation at the completion of class.  
*BT Residency rqd.*

**Tuesday**  7:30 - 8:30AM
Mar 12 – May 14 (FIT103-A1301)  10 classes/$120

**Friday**  12:30 - 1:30PM
Mar 15 – May 17 (FIT103-A1302)  10 classes/$120

**Fitness Assessments**  M. Barclay
Professional assessments for strength, flexibility, balance and cardio endurance. Evaluate your current level of activity and outline a program specific for you, setting goals to improve the quality of your life and track progress!  
*BT Residency required.*

**Tuesday/Wednesday/Thursday**  Fee: $10
March 12 – 28 (FITASSESS-VARIES)  30 minute appt.

SEATED

**Easy Does It – Chair**  S. Rubinstein
Seated exercise improves circulation, flexibility, muscle strength & reduces stress in a fun, supportive atmosphere. Focus on balance to help prevent falls. Resistance bands, hand weights provided. LL Studio  
**Monday/Thursday**  10:15 – 11:00 AM
Mar 11 – Apr 18 (FIT08-A1303)  12 classes/$60*
Apr 22 – May 30 (FIT08-B1301) no class 5/27  11 classes/$55*

**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. LL Studio  
**Monday (Tomassi)**  11:30 AM – 12:30 PM
Mar 11 – Apr 15 (FIT56-A1304)  6 classes/$30*
Apr 22 – May 20 (FIT56-B1301)  5 classes/$25*

**Wednesday (Barclay)**  11:30 AM – 12:30 PM
Mar 13 – Apr 17 (FIT56-A1303)  6 classes/$30*
Apr 24 – May 29 (FIT56-B1302)  6 classes/$30*

**Drums Alive® - Seated**  K. Housey
Feel and experience the Drums Alive® workout in a seated position! Combine rhythmic movement with fun music using drumsticks! This fun, easy class is a powerful tool for hand/eye coordination, stress reduction and mental balance.  
**Friday**  11:15 AM – 12:00 PM
Mar 15 – Apr 19 (FIT98-A1302)  6 classes $30*
Apr 26 – May 31 (FIT98-B1302)  6 classes $30*

STRENGTH

**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. LL Studio  
**Monday**  12:45 - 1:30 PM
Mar 11 – Apr 15 (FIT101-A1302)  6 classes/$30*
Apr 22 – May 20 (FIT101-B1301)  5 classes/$25*

**Golf Conditioning**  S. Rubinstein
Avoid injuries and condition your muscles for the upcoming season. Work on functional strength, including core training. Special emphasis on flexibility, coordination and balance, specific to muscles used in golf.  
**Thursday**  5:30 - 6:30 PM
Mar 14 – Apr 18 (FIT50-A1301)  6 classes/$48*
Apr 25 – May 30 (FIT50-B1301)  6 classes/$48*

**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.  
*BT Residency rqd.*  ML Comm Room A  
**Tuesday/Thursday**  1:30 – 2:30 PM
March 19 – May 16 (FIT104-A1301)  18 classes/$72

**Strength & Balance – Level 1**  R. Jean
Build strength and boost your balance! Class done mostly seated using stability & bosu balls, foam rollers, and your own body weight. Bring light hand weights, water bottle and a smile. This class will not go to the floor. LL Studio  
**Tuesday**  1:45 – 2:30 PM
Mar 12- Apr 16 (FIT79-A1302)  6 classes/$30*
Apr 23 – May 28 (FIT79-B1301)  6 classes/$30*

**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 light hand weights, stability ball, yoga mat, & water bottle. LL Studio  
**Friday**  9:00 – 9:45 AM
Mar 15 – Apr 19 (FIT80-A1302)  6 classes/$30*
Apr 26 – May 31 (FIT80-B1301)  6 classes/$30*

**Osteoball Resistance Training**  R. Jean
Isometric workout using the osteoball to build bone mass and strengthen muscle. Additional focus spent on balance and flexibility. Joint friendly workout.  
**Thursday**  11:30 AM - 12:15 PM
Mar 14 – Apr 18 (FIT65-A1302)  6 classes/$30*
Apr 25 – May 30 (FIT65-B1301)  6 classes/$30*
Glutes & Abs
S. Rubinstein
Focus on strengthening/defining the gluteal muscles along with a variety of abdominal & back exercises to develop core strength and a firm belly. Bring floor mat & water. LL Studio
Monday 8:00 - 8:45 AM
Mar 11 – Apr 15 (FIT92-A1305) 6 classes/42*
Apr 22 – May 20 (FIT92-B1301) 5 classes/35*
Wednesday 5:30 - 6:15 PM
Mar 13 – Apr 17 (FIT92-A1306) 6 classes/42*
Apr 24 – May 29 (FIT92-B1302) 6 classes/42*

On the Ball
S. Rubinstein
Challenging class for beginners & experienced. Improve balance & strengthen core muscles. Learn to use your stability ball while sitting and lying on ball. Bring ball, mat, & water. LL Studio
Tuesday 11:15 AM – 12:15 PM
Mar 12 – Apr 16 (FIT12-A1303) 6 classes/$48*
Apr 23 – May 28 (FIT12-B1301) 6 classes/$48*

Supervised Strength Training
S. Rubinstein
Supervised class for personalized instruction for safest most effective workout. Develop the best habits for long term use of cardio and pneumatic weight machines. Stretching included. Includes Fitness Open Hours during the course of session. BT Residency required.
Monday/Wednesday 11:30 AM - 12:30 PM
Mar 11 – Apr 3 (FIT01-A1308) 8 classes/$48
Apr 8 – May 1 (FIT01-B1303) 8 classes/$48
May 6 – May 29 (FIT01-B1304) no class 5/27 7 classes/$42
Monday/Wednesday 6:30 – 7:30 PM
Mar 11 – Apr 3 (FIT01-A1307) 8 classes/$48
Apr 8 – May 1 (FIT01-B1301) 8 classes/$48
May 6 – May 29 (FIT01-B1302) no class 5/27 7 classes/$42
Wednesday/Friday 9:00 – 10:00 AM
Mar 13 – Apr 5 (FIT01-A1309) 8 classes/$48
Apr 10 – May 3 (FIT01-B1305) 8 classes/$48
May 8 – May 31 (FIT01-B1306) 8 classes/$48

Strength Training/Cardio Orientation
S. Rubinstein
Required for new fitness equipment participants opting out of Supervised Strength Training classes.
For exercisers experienced in weight machines and cardio equipment usage. Overview designed to move from machine to machine with brief explanation for safe & effective use. Not for beginners. BT Residency req’d.
1 class/$25 (FIT33-VARIES) Call for appointment

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

Coaching for Fitness Open Hours Participants
Whether you’re a new Open Hours participant or regular exerciser, come to these selected hours to make sure you’re using our equipment properly and getting the most out of your workout.
Current Fitness Open Hours registration required.
Tues & Thurs 1-3 PM Wed & Fri 10-11 AM

New! PiYo
L. Brass
Unique workout designed to build strength and gain flexibility using an athletic blend of pilates, yoga, dance & more. Think sculptured abs, increased core strength & greater stability. Modifications will be given.
Thursday 7:00 – 8:00 PM
Mar 14 – Apr 18 (FIT49-A1301) 6 classes/$30*
Apr 25 – May 30 (FIT49-B1301) 6 classes/$30*

Chair Yoga
M. Barclay/D. Tomassi
Incorporates breathing with gentle adaptive exercise. Regardless of age or physical limitations, improve flexibility, strength & balance as you stretch. Chair/bar can be used for support in optional standing poses. LL studio
Monday (Tomassi) 11:30 AM – 12:30 PM
Mar 11 – Apr 15 (FIT56-A1304) 6 classes/$30*
Apr 22 – May 20 (FIT56-B1301) 5 classes/$25*
Wednesday (Barclay) 11:30 AM – 12:30 PM
Mar 13 – Apr 17 (FIT56-A1303) 6 classes/$30*
Apr 24 – May 29 (FIT56-B1301) 6 classes/$30*

Lunchtime Stretch
L. Harbour
Emphasizes well-being by releasing muscle tension, reinforcing proper alignment and form, enhancing coordination and improving flexibility. Class WILL go to floor. Bring a mat. Great add on for Open Hours. LL Studio
Tuesday 12:30 – 1:00 PM
Mar 12 – Apr 16 (FIT93-A1304) 6 classes/$18*
Apr 23 – May 28 (FIT93-B1301) 6 classes/$18*

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. LL Studio
Tuesday 10:15 - 11:00 AM
Mar 12 – Apr 16 (FIT94-A1303) 6 classes/$30*
Apr 23- May 28 (FIT94-B1301) 6 classes/$30*
Thursday 8:00 - 8:45 AM
Mar 14 – Apr 18 (FIT94-A1304) 6 classes/$30*
Apr 25 – May 30 (FIT94-B1302) 6 classes/$30*
Tai Chi Chuan by H. Hoong Wang
Tai Chi Chuan enhances balance and body awareness with slow gentle, graceful & precise movements. Relaxes and strengthens both body and mind. This art practiced worldwide as a health maintenance exercise. LL Studio

**Beginning**
Wednesday 9:30 - 10:15 AM
- Jan 9 – Mar 13 (FIT03-A1301)
- 10 classes/$80*
- Mar 20 – May 22 (FIT03-A1302)
- 10 classes/$80*

Tuesday 5:30 - 6:15 PM
- Mar 19 - May 21 (FIT03-A1303)
- 10 classes/$80*

**Continuing**
Wednesday 10:15 – 11:00 AM
- Jan 9 – Mar 13 (FIT03a-A1301)
- 10 classes/$80*
- Mar 20 – May 22 (FIT03a-A1302)
- 10 classes/$80*

Tuesday 6:30 - 7:15 PM
- Mar 19 – May 21 (FIT03a-A1303)
- 10 classes/$80*

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**EVENING FITNESS CLASSES**

**PiYo** by L. Brass
Unique workout designed to build strength and gain flexibility using an athletic blend of pilates, yoga, dance & more. Think sculpted abs, increased core strength & greater stability. Modifications will be given.

**Thursday** 7:00 – 8:00 PM
- Mar 14 – Apr 18 (FIT49-A1301)
- 6 classes/$30*
- Apr 25 – May 30 (FIT49-B1301)
- 6 classes/$30*

**Golf Conditioning** by S. Rubinstein
Avoid injuries and condition your muscles for the upcoming season. Work on functional strength, including core training. Special emphasis on flexibility, coordination and balance, specific to muscles used in golf.

**Thursday** 5:30 - 6:30 PM
- Mar 14 – Apr 18 (FIT50-A1301)
- 6 classes/$48*
- Apr 25 – May 30 (FIT50-B1301)
- 6 classes/$48*

**Zumba Gold®** by M. Barclay
Zumba Gold® fuses hypnotic Latin and international rhythms and simple moves to create a fun, easy & dynamic workout system! Modifies the moves/pacing of Zumba to suit needs of active 50+ person. All fitness levels. LL Studio

**Wednesday (1 hr.)** 7:00 – 8:00 PM
- Mar 13 – Apr 17 (FIT78-A1302)
- 6 classes/$36*
- Apr 24 – May 29 (FIT78-B1301)
- 6 classes/$36*

**Aqua Power Aerobics** by A. Chi
Fun, fast paced water aerobics using a variety of equipment that will challenge and motivate you.

**Tues/Thurs** 6:00 – 7:00 PM
- Mar 12 – Apr 4 (FIT27-A1303)
- 8 Classes/$64*
- Apr 9 – May 2 (FIT27-B1301)
- 8 Classes/$64*
- May 7 – May 30 (FIT27-B1302)
- 8 Classes/$64*

**Supervised Strength Training** by S. Rubinstein
Supervised class for personalized instruction for safest most effective workout. Develop the best habits for long term use of cardio and pneumatic weight machines. Stretching included. *Includes Fitness Open Hours during the course of session. BT Residency required.*

Monday/Wednesday 6:30 – 7:30 PM
- Mar 11 – Apr 3 (FIT01-A1307)
- 8 classes/$48*
- Apr 8 – May 1 (FIT01-B1301)
- 8 classes/$48*
- May 6 – May 29 (FIT01-B1302) no class 5/27
- 7 classes/$48*

**Glutes & Abs** by S. Rubinstein
Class is designed to focus on strengthening and defining the gluteal muscles along with a variety of abdominal and back exercises to develop core strength and firming of the belly. Suitable for beginners as well as experienced exercisers. Bring floor mat and water. LL Studio

**Wednesday** 5:30 - 6:15 PM
- Mar 13 – Apr 17 (FIT92-A1306)
- 6 classes/$42*
- Apr 24 – May 29 (FIT92-B1302)
- 6 classes/$42*

**Fluid Moves** by K. Housey
Basic aerobic routine to elevate heart rate, followed by unique stretches using noodles, buoys, balls and kickboards. Full body workout concludes with floating relaxation. Improve upper/lower body strength, balance and concentration. Great for aquatic class beginners. Bring a water bottle. Water shoes recommended.

**Saturday** 10:30 – 11:30 AM
- Mar 16 – Apr 20 (FIT86-A1306)
- 6 classes/$48*
- Apr 27 – May 18 (FIT86-B1303)
- 4 classes/$32*

**H2o Boot Camp** by A. Chi
High energy workout to strengthen & increase endurance. For actively exercising people who would like to add water aerobics to their cross training routine.

**Saturday** 9:00 – 10:00 AM
- Mar 9 – Mar 30 (FIT32-A1303)
- 4 Classes/$32*
- Apr 6 – Apr 27 (FIT32-B1301)
- 4 Classes/$32*
- May 4 – May 18 (FIT32-B1302)
- 3 Classes/$24*
VOLUNTEER OPPORTUNITIES

BTSS Office Volunteer
Volunteers answer phones, direct calls, greet visitors, take registrations for programs using Internet based registration software and help with miscellaneous assignments. Some familiarity with word processing, multi-line phone systems and basic Internet search functions is needed. You will receive training as well as job shadowing with experienced volunteers. Volunteers work one or more days per week schedule permitting; 8 AM –12:00 PM, 12:00 –3:30 PM or 3:30-6:30 PM.

BTSS Meals on Wheels Driver
Meals are delivered in the morning, Monday through Friday. Volunteer drivers generally deliver meals once a month on a set schedule. On their scheduled delivery day the driver will report to BTSS at 10:15 AM and can expect to complete their route by noon. Meals on Wheels Drivers receive on-site training.

BTSS Medical Appointment Driver
2012 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.

Paper Dolls Volunteers Needed
Join a fun loving group of people who design & sell beautiful, repurposed greeting cards. All proceeds from the sale of items created by this group directly benefit the Meals on Wheels program. Next scheduled meetings:
Monday, May 9 & 23  1:30 - 4:30 PM.

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! 2200+ Hrs. in November-January
Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appointment Drivers, Computer Lab, Trip Leaders & ADS Volunteers.

BTSS Deputy Director, Joan Patzelt at 248-723-3500 or e-mail at jpatzelt@bloomfieldtwp.org.
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
Spring 2013

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AARP DRIVER SAFETY PROGRAM
May 22 & 23
9 AM – 1 PM
(EDU03-B1301)

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*

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.

AARP TAX ASSISTANCE
Mondays, 2/11, 2/25, 3/11 & 4/8
10:30 am - 3:00 pm
Tuesdays, 2/12, 2/26, 3/12, & 4/9
9:00 am - 2:30 pm
AARP trained volunteers provide free tax preparation and filing your Federal, State, and Local returns. Service is available for tax payers with middle/low income. Some restrictions apply. Registration required.

Call for appointment: 248-723-3500

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.

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>Household</th>
<th>Max. Household Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$34,950.00</td>
</tr>
<tr>
<td>2</td>
<td>$39,950.00</td>
</tr>
</tbody>
</table>

If you believe you may qualify, please contact Denise Kolkmeyer at 248-723-3500.
TRANSPORTATION SERVICES

Please call (248) 723-3500 for more information

≈ NEW!! 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 are available to aide 60+, non-driving Bloomfield Township residents who need 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

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.

Transportation to Senior Center
Getting cabin fever? 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, Drums Alive® Seated, Gentle Moves Yoga and more. Transportation is also available for ongoing programs like the Men's Club, Book Club, Italian Group and special programs like the upcoming performances by the Birmingham-Bloomfield Symphony Orchestra. 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.

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. Complimentary.

February 20
March 30
April 17
**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.

**Holiday Candy Collection**

Share the Holidays with our homebound meals clients by donating small individually wrapped candies. Drop off candy at BTSS before March 21.

Join us on Friday, March 21 at 1:30 pm to package candy for distribution. If you can help with packaging, please call Denise at 248-723-3500.

**Area Agency on Aging 1-B**

The Area Agency on Aging 1-B has certified Resources Specialists available from 8 a.m. to 5 p.m. Monday through Friday to answer questions and provide information on local services for seniors, persons with disabilities and family caregivers. Call 1-800-852-7795 to speak with a Resource Specialist.

**Nurse on Call**

*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.

**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.

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.

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.

For more information, please contact Julie GeBott, Coordinator at 248-723-3530 or jgebott@bloomfieldtwp.org.
**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
March 13 & 20 (ART02-A1301) 2 classes/$28*
Apr 10 – June 5 (ART02-B1301) 9 classes/$120*

**Mosaic Stepping Stone**
N. Porter/M. McGee
Create a small (6x6) mosaic tile from preformed concrete, scrap glass, stained glass and your imagination. There is a $10 material fee paid to instructors.

Thursday/Tuesday 1:30 - 3:30 PM
February 28 & March 5 (ART13-A1301) 2 classes/$10*

**Stained Glass Garden Stake**
N. Porter/M. McGee
Learn to cut, foil, and solder stained glass. There is a $10 material fee paid to instructors.

Tuesday/Thursday 1:30 - 3:30 PM
April 11 – April 18 (ART13-A1302) 3 classes/$15*

**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.

Tuesday/Thursday (2/14 begins at 2 pm) 1 - 4 PM

**Paper Dolls-Card Shoppe**
Facilitator: Arlene Pinkos (248-988-9366)
Join a fun loving group who design & sell beautiful repurposed greeting cards. Proceeds to Meals on Wheels.

Thursday, May 9 & May 23 1:30 – 4:30 PM

**CLUBS / GROUPS**

**Italian Group-Gruppo Italiano**
Meets 2nd Friday 10 AM - Noon
Facilitator: Angie Giffels (248-645-0958)
Open to all. Affiliate of Dante Alighieri Society

March 3 “Petrach and Boccaccio”
Professor John Smith, U of M (Dearborn)

April 12 “Travels to Italy”
Professor Jo Gambini, University of Detroit Mercy

**Book Club**
Janice Bellefleur
Books on loan through BT Public Library service desk.
Facilitator phone: 248-335-7383 10 – 11:30 AM
March 1: TBD (via Metro Reading Program)
April 5: “Places in Between” (Stewart)
May 3: “Room” (Donaghue)

**BTSS White Horse Society**
Interested in theology, philosophy or science? All views will be respectfully encouraged.

4th Thursday 10 AM - noon
February 28
“What are the Teachings of the Catholic Church?” Fr. David Cybulski, St. Hugo of the Hills will lead discussion.

March 28
“What Stem Cell Research” Presentation by Dr. Gary Smith, Ph.D., professor and director of the A. Taubman Consortium for Stem Cell Therapies at U of M.

April 25
“What are the Teachings of Buddhism?” Presentation will cover the history, beliefs and culture of Buddhism. (tentative)

May 23
“Dive Deep into the Great Lakes”. Presentation by science expert from Cranbrook Institute of Science. (tentative)

**Senior Men’s Club**
Facilitators: Bruce Madsen & Jim Grady
Enjoy great speakers, camaraderie & a light breakfast.
Pre-registration required.
3rd Wednesday 9:30 – 11:30 AM BT/$6 Non BT/$8
February 20 (SOC27-A1302)
Matthew R. Gunnarson, Special Agent, US Secret Service
"The Protection of our Presidential Candidates in Last Year’s Election"

March 20 (SOC27-A1303)
Lt Col, USAF (Ret.), Harry Stewart, Tuskegee Airman
“Wars at Home and Overseas”

April 17 (SOC27-B1301)
Bob Rossi, Detroit Police Officer
“Motor City Beat from a Cop on the Street”

May 15 (SOC27-B1302)
Alan Naldrett, History Writer & Certified Archivist
“Michigan vs. Ohio - A humorous look at the 1835 Toledo War”

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

Indicates Drop-In Program: 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.
COMPUTERS

Computer Lab - Open Hours 
Let our volunteers answer your questions and help with your computer challenges. Call to confirm availability.
Tuesday (no lab 2/26) 10 AM – Noon
Wednesday Noon – 3:30 PM
Friday 1 – 3 PM
Saturday 10 AM – Noon

Back to Computer Basics I
V. Tatseos
Learn computer basics including copy & paste, right/left click, where games are stored, what is a browser, how to clean up your desktop, and more. BT Residents only.
Tuesday 6:30 - 8 PM One class/$15
February 26 (COM18-A1301)
April 23 (COM18-B1301)
Wednesday 10 - 11:30 AM One class/$15
February 27 (COM18-A1302)
April 24 (COM18-B1302)

Back to Computer Basics II
V. Tatseos
Learn to save files and create folders. Save, create, and organize your favorite Internet sites. BT Residents only.
Tuesday 6:30 - 8 PM One class/$15
March 12 (COM20-A1301)
May 7 (COM20-B1301)
Wednesday 10 - 11:30 AM One class/$15
March 13 (COM20-A1302)
May 8 (COM20-B1302)

Basic Photo Editing
V. Tatseos
Transfer photos from your camera or cell phone to your computer! Learn basic photo editing for emailing, Facebook, websites and more! BT Residents only.
Tuesday 6:30 - 8 PM One class/$15
April 9 (COM28-B1301)
Wednesday 10 - 11:30 AM One class/$15
April 10 (COM28-B1302)

Facebook I
V. Tatseos
Set up a Facebook (FB) account, review the profile page & add personal info/photo to your profile. Must provide own photos via email account or external storage device. Must have own email account; bring username and password to class. BT Resident Only.
Tuesday 6:30 - 8 PM One class/$15
March 5 (COM26-A1301)
April 30 (COM26-B1301)
Wednesday 10 - 11:30 AM One class/$15
March 6 (COM26-A1302)
May 1 (COM26-B1302)

Facebook II
V. Tatseos
Continuation of Facebook I. Review of settings, profile and upload a profile picture/cover picture. Security discussed. Must have an existing FB Account. Bring user name, password, and photos to class in an email or storage device. BT Residents only.
Tuesday 6:30 - 8 PM One class/$15
March 19 (COM27-A1301)
May 14 (COM27-B1301)
Wednesday 10 - 11:30 AM One class/$15
March 20 (COM27-A1302)
May 15 (COM27-B1302)

Facebook III
V. Tatseos
Learn how to post status updates, make comments/add hyperlink to update, “like” and “poke”, group your friends, send ‘private’ message. Must have a FB account and bring user name & password to class. BT Residents only.
Tuesday 6:30 - 8 PM One class/$15
March 26 (COM29-A1301)
Wednesday 10 - 11:30 AM One class/$15
March 27 (COM29-A1302)

Facebook IV
V. Tatseos
Learn how to upload photos & movies, create albums, and identity “tag” people in your photos & updates. Must provide own photos via account or external storage device as well as have own FB account & bring username and password to class. BT Residents only.
Tuesday 6:30 - 8 PM One class/$15
April 2 (COM34-B1301)
Wednesday 10 - 11:30 AM One class/$15
April 3 (COM34-B1302)

Facebook V
V. Tatseos
Learn how to create groups, filter your newsfeed into “interests", and how to post with custom settings. BT Residents only.
Tuesday 6:30 - 8 PM One class/$15
April 16 (COM35-B1301)
Wednesday 10 - 11:30 AM One class/$15
April 17 (COM35-B1302)

GAMES

Billiards (Pool) 
Tuesday & Thursday 1 – 4 PM
All levels welcome. Available during regular center hours.

Bridge Club 
Mon & Fri Tables assigned: 12:30 PM Play: 1 PM
Facilitator: Maurice Vachon
No Bridge: Monday, 2/11, 2/25, 3/11, 4/8
Duplicate Bridge
Meets 3/20, 4/3, 4/17, 5/1. 5:30-8:45 PM
Facilitator: Ed Coe
This group will not play ACBL “sanctioned” games.

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 instructor and a silver life master. ($20 course book payable to instructor)
Friday 10 AM – Noon 8 classes/$96*
Mar 1 – Apr 26 (EDU12-B1301) no class 3/15

Bridge-Intermediate Strategy J. Bloom
Learn strategies to improve your bridge game. For those with experience playing bridge who would like to improve their skills. Certified ACBL instructor and a silver life master. ($20 course book payable to instructor)
Wednesday 10 AM – Noon 8 classes/$96*
Mar 6 – Apr 24 (EDU13-A1301)

Canasta – Beginner L. Gorosh
This class is for beginners or a refresher course. Material fee of $4 payable to instructor.
Tuesday 10 AM – Noon 4 classes/$60*
Apr 2 – Apr 23 (EDU45-B1301)

Canasta – Intermediate 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 4 classes/$60*
Apr 2–Apr 23 (EDU46-B1301)

Euchre & Pinochle
Thursdays 11:15 AM - 1:30 PM
Facilitator: J. Carmichael (248-626-0719)
All levels welcome!

Mah-jongg Play
Thursday 1:00 – 4:30 PM
Facilitator: Elinor Yolles (248-737-8047)

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

Scrabble
1st Wednesday 1:00 – 3:00 PM

MOVIES

Movie Classic Friday 2:00 PM
Friday afternoon classic movie greats with popcorn!
February 1 “Marty” 1955 (91 min.) Drama Starring: Ernest Borgnine, Betsy Blair, Joe Mantell, Esther Minciotti
March 1 “McLintock!” 1963 (127 min) Western Comedy Starring: John Wayne, Maureen O’Hara, Patrick Wayne
April 5 “Guys and Dolls” 1955 (150 min) Musical Starring: Marlon Brando, Jean Simmons, Frank Sinatra
May 3 “Rebel without a Cause” 1955 (111 min) Drama Starring: James Dean, Natalie Wood, Sal Mineo

Movie Mania Friday 2:00 PM
Friday afternoon late release films with popcorn!
February 15 “The Way” 2010 (115min.) Action Starring: Martin Sheen, Yorick Van Wageningen, Emilio Estevez, Deborah Kara Unger, James Nesbitt
March 8 “Sparkle” (116 min) Drama Starring: Jordin Sparks, Carmen Ejogo, Whitney Houston
April 12 “Beasts of the Southern Wild” (93 min) Drama Starring: Quvenzhane Wallis, Dwight Henry & Levy Easterly
May 10 “Lincoln” (150 min) Historical Drama Starring: Daniel Day-Lewis, Sally Field, & David Strathairn

MUSIC

BTSS Band
Tuesdays (No Band: 2/12, 2/26, 3/12, 4/9) 3:00 – 5:00 PM
Band Leader: Vance Genzlinger (248-646-2864)
Open to all levels. Looking for a drummer and vocalist!

Evola Music Keyboarding Class
Keyboard/piano instruction provided at the center and 2 private lessons at Evola Music in Bloomfield Twp. Addl. $15 charge for class book, payable to instructor.
Thursday 9:30 – 10:30 AM 8 sessions/$30*
Feb 7- Mar 28 (EDU37-A1301)

Sweetheart Classics & Coffee, BBSO
Enjoy coffee and pastries while enjoying music of a 5-Piece String Quintet from the Birmingham-Bloomfield Symphony Orchestra. Mingle with the musicians during intermission and participate in a question and answer session. Limited seating. Registration reqd. Fee: $12*
Wednesday, Feb 13 (EDU53-A1301) 10:30 - 11:30 AM

Meet the DSO Musician!
Hart Hollman, violinist from the DSO, speaks about his life, demonstrates his instrument, discusses his inspiration for becoming a musician and answers questions from the audience. Preregistration required. BT Residents only.
Monday, April 15 (EDU53-B1301) 7:00 - 8:00 PM
BTSS Band Spring Performance
Join our own Senior Band for a Spring Swing performance. Pre-registration is required. $2 non-resident fee payable at registration.
Tuesday, April 16 (SEV10-B1301)  3:30 PM

Patriotic Classics & Coffee, BBSO
Enjoy coffee and pastries while enjoying music of a two person percussion duo from the Birmingham-Bloomfield Symphony Orchestra. Mingle with the musicians during intermission and participate in a question and answer session. Limited seating. Registration rqd. Fee: $12*
Wednesday, May 8 (EDU53-B1302)  10:30 - 11:30 AM

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, March 18 (SEV03-A1302)  6:00 – 7:00 PM
Monday, April 8 (SEV03-B1301)  1:00 – 2:00 PM

Community Forum
Area Agency on Aging
Provide feedback on services; identify priorities and overall unmet needs to help Area Agency plan for the next three years in Oakland County. The forum is for older adults, caregivers, and aging services providers.
Tuesday, March 19  10:00 - 11:30 AM

CPR/AED Training
Bloomfield Twp Fire Dept
Most people who experience cardiac arrest at home, work or in a public location die because they don’t receive immediate care from someone on the scene. Receive CPR and AED training from BT Fire Department staff. Preregistration is required. BT Residents only.
Monday, March 18 (EDU06-A1301)  6:00 - 9:00 PM

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 rqd.
Wednesday, May 22 & Thursday, May 23 (EDU03-B1301)  9:00 AM – 1:00 PM  Fee: $17*

Senior Men’s Club
3rd Wednesday  9:30 – 11:30 AM
See page 9 for dates and topic details.

BTSS White Horse Society
4th Thursday  10 AM - Noon
See page 9 for dates and topic details.

WELLNESS WEEK PRESENTATIONS
Brain Neurobics
WSU, Gerontology Institute
Learn simple exercises, games & activities to strengthen connections between both halves of your brain to improve coordination, creativity and stimulate memory. Registration required.  BT Residents only.
Monday, March 4 (WELLNESS03)  10:30 – 11:30 AM

Wellness & Nutrition
Tom Rifai, MD
Discussion on the role of salt, saturate fats, vegetables and grains on osteoporosis risk. Review of research linking aspirin and macular degeneration and discuss B12 impacts. Registration required.  BT Residents only.
Wed, March 6 (WELLNESS24)  10:30 - 11:30 AM

EVENING PROGRAMS
Computer Classes
Tuesdays  6:30 - 8 PM
Computer Basics I & II, Facebook 1 – Facebook V. Basic Photo Editing. See page 10 (COMPUTERS) for details.

Canasta – Intermediate Strategy
Wednesday  6:30 – 8:30 PM
See page11 (GAMES) for more details.

BTSS Resident Orientation
Monday, March 18  6:00 – 7:00 PM
See page 12 (UNIQUE TOPICS) for more details.

Meet the Musician!
Monday, April 15  7:00 - 8:00 PM
See page 12 (MUSIC) for more details.

CPR/AED Training
Monday, March 18  6:00 - 9:00 PM
See page 12 (UNIQUE TOPICS) for more details.

Movie Mania Night
Wednesday  6:15 PM
Wednesday evening late release films with popcorn!
February 13 “The Way” 2010 (115min.) Action
Starring:  M. Sheen, Yorick Van Wageningen, Emilio Estevez, Deborah Kara Unger, James Nesbitt
April 23 “We Bought a Zoo” (124min.) Drama/Family
Starring:  Matt Damon and Scarlett Johansson

You Choose - Game Night
Wednesday  6:15 PM
Bring any game you choose (Scrabble, Backgammon, Mah-jongg, etc…) and a snack to share. Pre-register.
Tuesday, February 19 (SOC12-A1302)  6:30 - 8:30 PM

Wii Game Night
Whether you’re a Wii expert or have never played, it’s easy & fun!  Baseball, bowling, golf and tennis available. Pre-register.
Tuesday, February 19 (SOC35-A1302)  6:30 - 8:30 PM
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.

“Looking” Tipping Pointe Theatre WAIT LIST
Wednesday, Feb. 13 (DAY15-A1301) 12 PM – 5:30 PM

“Streisand Songbook” Macomb Center WAIT LIST
Friday, Feb. 15 (DAY16-A1301) 5 PM – 10:30 PM

Detroit Boat Show Cobo Hall
Monday, Feb. 18 (DAY17-A1301) 12:45 PM – 6 PM
100+ of Michigan’s best boat dealers & marine businesses. New 2013 products and shop hundreds of fishing, pontoon, cruisers, ski and wakeboard boats, inflatables and personal watercraft. Begin with lunch on your own at Small Plates.

BTSS Coach Fee: $12*

Lunch & Movie at the Palladium
Tuesday, Feb. 19 (DAY18-A1301) 11 AM – 3:30 PM
Delicious buffet lunch with beverage and dessert (included) then sink into luxurious leather seats for a private showing of a first-run movie (announced week prior), popcorn & pop.
BTSS Coach Fee: $27*

Traffic Jam & Snug Tour
Wednesday, Feb. 27 (DAY22-A1301) 11 AM – 2 PM
Tour Traffic Jam and Snug, Detroit’s hidden treasure, known for its in-house bakery, microbrewery and dairy. Multi-level dining rooms have an eclectic menu of made-from-scratch dishes. Followed by lunch on your own at Traffic Jam & Snug.
BTSS Coach Fee: $10*

“Mozart & Haydn” DSO at Kirk in the Hills
Saturday, Mar. 2 (DAY23-A1301) 5:30 PM – 9:45 PM
BTSS Coach Fee: $31*

Detroit Kennel Club Dog Show, Cobo Center
Sunday, Mar. 3 (DAY24-A1301) 12:30 PM – 5:30 PM
Time with breeders, owners, handlers & over 2,000 dogs from the 161 breeds recognized by the American Kennel Club. Begin with lunch on your own at New Parthenon.
BTSS Coach Fee: $23*

“Classical Roots” DSO Friday, Mar. 8 WAIT LIST

“Good People” Performance Network Theatre
Saturday, Mar. 9 (DAY26-A1301) 5:30 PM – 9:45 PM
Dollar Store worker from Boston’s “Southie” district, Margie Walsh loses her job, faces eviction & invites herself to an old boyfriend’s chic cocktail party where hilariously awkward moments reveal a secret about their past. Begin with lunch on your own at Grizzly Peak Brewing Company.
BTSS Coach Fee: $10*

Salon Concert & Tea Christ Church Cranbrook
Wednesday Mar. 13 (DAY27-A1301) 3:15 PM – 5:15 PM
Delightful concert with Fleur de Lys String Quartet in the Guild Hall at Christ Church Cranbrook. Formal English “High Tea” served, featuring hot tea, savory tidbits & sweet treats.
BTSS Coach Fee: $30*

Tour of Historic Ypsilanti Wednesday Mar. 20

“Monica Mancini at the Movies” DSO
Friday, Mar. 22 (DAY29-A1301) 9:30 AM – 3:30 PM
DSO pays tribute to the great movie music of Henry Mancini. Monica Mancini reminiscences and shares classics such as “Moon River”, “Days of Wine and Roses” “The Pink Panther.” Followed by lunch on your own at Fishbone’s.
BTSS Coach Fee: $48*

“St. Patrick’s Day Celebration” DSO
Sunday, March 17 (DAY30-A1301) 12 PM - 5:30 PM
Celebrate St. Patrick’s Day with tenor Robert White, Step Dancers and your Celtic favorites. Begin with Lunch on your own at Moose Preserve.
BTSS Coach Fee: $55*

“Mozart & Haydn” DSO at Kirk in the Hills
Saturday, Mar. 2 (DAY23-A1301) 5:30 PM – 9:45 PM
BTSS Coach Fee: $31*

Historical Churches Tour
Monday, Apr 8 (DAY03-B1301) 8:30 AM – 1:30 PM
Docent led bus tour highlights importance of maintaining & preserving historic churches. Tentative sites: Metropolitan United Methodist, Holy Cross Polish National Catholic Church, Blessed Sacrament Cathedral and Our Lady Queen of Apostles. Some walking. Lunch included.
BTSS Coach Fee: $55*
“Peter Pan” Fox Theatre
Saturday, April 20 (DAY01-B1301) 11:00 AM – 5:15 PM
Peter Pan combines the thrill of flying, timeless magical moments & a captivating hook that mesmerizes young and old. Starring Tony® Award nominee Cathy Rigby and Broadway’s Brent Barrett. Begin with Lunch on your own at Peabody’s.
BTSS Coach
Fee: $61*

“Arsenic & Old Lace” Baldwin Theatre
Sunday, April 21 (DAY11-B1301) 11:30 AM – 5:00 PM
The old adage of “killing with kindness” takes on a darkly hilarious spin when two sweet spinster sisters consider it their moral duty “to help lonely old men find peace.” Complications set in when their nephew learns of their activities. Begin with Brunch on your own at Lily Seafood Grill & Brewery.
BTSS Coach
Fee $29*

“Mrs. Mannerly” Tipping Pointe Theatre
Wednesday, April 24 (DAY12-B1301) 12:00 PM – 5:30 PM
Inspired by the hilarious memories of a childhood etiquette class, Jeffrey is determined to be the first student to achieve a perfect score on the challenging final exam. He faces off with classmates after discovering a secret of Mrs. Mannerly’s past. Begin with lunch on your own at Deadwood Bar & Grill.
BTSS Coach
Fee $39*

“Life Could Be A Dream” Meadowbrook Theatre
Wednesday, May 8 (DAY13-B1301) 11:15 AM – 4:30 PM
Hilarity and heartache ensue when boy band’s chance at fame and fortune are complicated. Featured songs include “The Great Pretender,” “Unchained Melody,” “Earth Angel” and “Sh-Boom.” Begin with Lunch on your own at Miguel’s Cantina.
BTSS Coach
Fee $38*

“Aida” Michigan Opera House
Friday, May 10 (DAY14-B1301) 9:30 AM – 4:45 PM
Ancient Egypt is the setting for Verdi’s dramatic tale of the Ethiopian Princess Aida, who finds herself torn between love of country and love for handsome Egyptian military commander, Radames. Followed by lunch on your own at Sinbad’s.
BTSS Coach
Fee $39*

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!
“Catch Me If You Can” Fisher Theatre  
Tuesday, May 14 (DAY15-B1301)  5:15 PM – 10:30 PM  
High-flying, splashy new Broadway musical that tells the story of Frank W. Abagnale, Jr., a teenager who runs away from home in search of the glamorous life. With nothing more than his boyish charm, a big imagination and millions of dollars in forged checks, Frank successfully poses as a pilot, a doctor and a lawyer — living the high life and winning the girl of his dreams. Begin with dinner on your own at Forest Grill.  
BTSS Coach  Fee: $40*

“Music of John Lennon & Paul McCartney” DSO  
Friday, May 17 (DAY16-B1301)  9:30 AM - 3:30 PM  
DSO tribute with Michael Krajewski to Lennon & McCartney, the greatest songwriting duo of the second half of the 20th century. Enjoy Lennon & McCartney chart toppers, recreated live! Followed by lunch on your own at Assaggi.  
BTSS Coach  Fee: $49*

“Camelot “ The Village Players  
Sunday, May 19 (DAY17-B1301)  11:30 AM – 4:15 PM  
“Camelot” chronicles the love triangle of King Arthur, Queen Guinevere and the splendid French knight, Lancelot du Lac. Broadway’s most enchanting scores, featuring the romantic “If Ever I Would Leave You,” Camelot is the definitive musical theatre fable. Begin with lunch on your own at Hogan’s.  
BTSS Coach  Fee: $30*

Book & Author Society Luncheon at Burton Manor  
Monday, May 20 (DAY18-B1301)  10:45 AM-4:00 PM  
Metro-Detroit Book & Author Society Luncheon is one of the largest author presentations in America. Several nationally acclaimed authors will be present. The authors (to be announced) will be available to sign books for purchase after lunch. Lunch included.  
BTSS Coach  Fee: $40*

“Orquesta La Inspiracion” Palmer Woods Home Concert  
Saturday, May 25 (DAY19-B1301)  7:00 PM – 11:00 PM  
La Inspiracion is a large ensemble honoring the traditions of merengue, cumbia and Afro-Caribbean jazz. Exciting rhythms explode from their intricate percussion ensemble & soulful Latin vocals & horns. Gourmet Latin feast served at intermission. Tent setting in backyard garden of Palmer Woods home.  
BTSS Coach  Fee: $51*

“Andre Watts!” DSO  
Friday, May 31 (DAY20-B1301)  9:30 AM – 3:15 PM  
DSO tribute to the widely acclaimed André Watts. Mr. Watts’ extensive discography includes recordings of works by Gershwin, Chopin, Liszt, Tchaikovsky, Beethoven, Schubert, Chopin, Liszt, MacDowell, Tchaikovsky and Saint-Saens. Followed by lunch on your own at Café Via.  
BTSS Coach  Fee: $39*

Historic Jackson Prison Tour  
Thursday, June 6 (DAY21-B1301)  8 AM – 5 PM  
Tour includes short film, tour of 7-Block & catered lunch. Experience the fully intact cellblocks, which is on a closed area of the operating Jackson Correctional Facilities. Hear the startling tales of the ’67 Detroit Riots, stories of infamous inmates and a daring helicopter escape. Tour ends at Art 634 (former Jackson Wagon Factory where prisoners worked turned gift shop). Weapons, cameras, cell phones & tobacco not allowed & must be left on the bus during tour.  
BTSS Coach  Fee: $68*

“The Music and the Movie West Side Story” DSO  
Friday, June 7 (DAY22-B1301)  9:30 AM – 3:30 PM  
The music of “West Side Story,” live in concert! The Detroit Symphony Orchestra accompanies the Oscar-winning motion picture—all of Leonard Bernstein’s romantic, rumble-filled score! Followed by lunch on your own at Social Kitchen & Bar.  
BTSS Coach  Fee: $49*

“70, Girls, 70” Meadowbrook Theatre  
Wednesday, June 12 (DAY23-B1301)  11:15 AM – 4:30 PM  
What happens when the hotel that has been home to the elderly is scheduled for demolition with no apparent salvation? The elderly become thieves to support and save their home! With a wonderful score, great dance numbers and good cheer. Begin with lunch on your own at Friday’s.  
BTSS Coach  Fee: $38*

“The Addams Family” Fox Theatre  
Saturday, June 15 (DAY24-B1301)  11 AM – 4:30 PM  
Darly hilarious turn of events ensue when grown up Wednesday Addams’ boyfriend & parents come to the mansion for dinner. Begin with lunch on your own at Daidoardo Foxtown Grill.  
BTSS Coach  Fee: $63*

“Becky Shaw” Performance Network Theatre  
Thursday, June 20 (DAY25-B1301)  4:15 PM – 10:30 PM  
When the shy sister fixes the cocky brother up with her husband’s sexy & sweet co-worker, the blind date takes a dark turn and crisis & comedy ensueBegin with dinner on your own at Gandy Dancer.  
BTSS Coach  Fee: $29*

“Thornetta Davis Ensemble” Palmer Woods Home Concert  
Saturday, June 22 (DAY26-B1301)  7:00 PM – 11:00 PM  
Queen of the Blues, Thornetta Davis along with her top-notch band present an electrifying concert in the Palmer Woods home concert finale. Refreshments will be served.  
BTSS Coach  Fee: $51*

“Bill Cosby Show” Orchestra Hall  
Saturday, June 29 (DAY27-B1301)  4:00 PM – 9:30 PM  
Legend and favorite comedian, Bill Cosby comes to Orchestra Hall for one special night. Begin with dinner on your own at Atlas Global Bistro.  
BTSS Coach  Fee: $68*
## Wellness Week!

**March 4 - 8, 2013**

Complimentary demos & presentations**

for 50+ Township Residents

(** Preregistration required. See pages 3-7 for class descriptions.)

### Small Group Personal Training (S.G.P.T.)*

New to working out? An exercise enthusiast who has met a plateau with your workout or weight loss? Small Group Personal Training* services may improve your results! Learn about the benefits of this exciting, new offering at BTSS. Opportunity available for Q & A. (* See page 5 for specific class dates/times.) BT Residency required.

### March 12 - 28,

**Tuesday/Wednesday/Thursday**

30 minute appointment - Fee: $10

(FITASSESS-VARIES)

### Sponsor:

[Woodward Hills Nursing Center](#)

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### Fitness Assessments

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

March 12 - 28,

**Tuesday/Wednesday/Thursday**

30 minute appointment - Fee: $10

(FITASSESS-VARIES)