



Bloomfield Township Senior Services



Summer 2013

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

INDEX (SS = supplement)

Adult Day Service.....SS4
 Art Classes.....7
 Aquatics Classes.....3
 Billiards.....8
 Blood Pressure.....SS2
 Book Groups.....7
 BTSS Eligibility.....2
 Cancellations.....2, 3
 Cardio Classes.....4
 Cards/Games.....8
 Caregiver.....SS1
 Clubs.....7-8
 Computers.....7-8
 Day Trips.....13-15
 DIA & Dessert.....16
 Driver Safety.....16,SS1
 Donations.....11
 Enrichment.....7-11
 Evening Fit Classes.....6
 Evening Enrich.....10-11
 Fitness.....3-7
 Friendship Club.....SS4
 Grocery Shop.....SS2
 Home Loan/Repair.....SS1
 Ice Cream Social.....1
 Lapidary.....7
 Loan Closet.....SS2
 Meals on Wheels.....SS3
 Men's Club.....7
 Mind & Body.....6
 Movies.....8-9
 Music.....9
 Personal Fitness.....5
 Reassurance.....SS2
 Resident Orientation.....8
 Saturday Fitness.....6-7
 Seated Exercise.....5
 Strength Training.....5-6
 Transportation.....SS2
 Unique Topics.....10
 Volunteering.....12

ICE CREAM SOCIAL

Tuesday, July 2 1 – 2 :30 PM
(SEV10-C1301)



Back by popular demand, Matthew Ball, *The Boogie Woogie Kid*. Join us for a good old fashioned ice cream social while enjoying jazz piano. Complimentary event. *Township residency and preregistration required.*

Sponsored by:



Meet the DSO Musician!

(EDU53-C1301)

Join a talented Detroit Symphony Orchestra musician in an interactive event! The musician will speak about their life, demonstrate their instrument, discusses their inspiration for becoming a musician and answers questions from the audience. Preregistration and BT Residency required. *Complimentary event.*

Tuesday, August 20
10:30 – 11:30 AM

LOUGHBRACK STORYTELLING®

Learn more about great figures in history at these fascinating presentations given by Maureen Esther. This presentation is conducted in lecture format, concluding with informal question and answer opportunity. See page 10 for more details. *Preregistration required.*

Fee: Res \$2 / non-Res \$4

"Abraham Lincoln"

May 21 (EDU47-B1301) 10 – 11:30 AM
May 23 (EDU47-B1302) 7 – 8:30 PM

"Peter the Great"

June 11 (EDU47-B1303) 10 - 11:30 AM
June 13 (EDU47-B1304) 7 - 8:30 PM

Sponsored by:



Check out our evening activities.
See pages 6 & 10-11 for more details.

What is Enrichment?

New partnerships with the **Detroit Symphony Orchestra** and the **Birmingham Bloomfield Symphony Orchestra** are the foundation for our recent expansion of "Enrichment" programs. Enrichment is the label for programs offered on the main level which are not fitness oriented. They include 16 weekly and 5 monthly clubs, 14 classes which meet 2-9 times each session, and 7 special events for nearly 300 opportunities for you to enjoy.

The enrichment programs are outlined on pages 7-11. Presentations include: **Abraham Lincoln, Japan - post WWII, DIA Hidden Stories, Peter the Great, Practical Websites** and **Updates on Current Phone and Mail Scams**.

A number of these programs are being offered 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!

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

Special Thanks to our Sponsors:



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

BTSS ADVISORY COUNCIL

Steve Eskoff, Chairman

Al & Donna Artzberger Shirley Colten

John & Janice Bellefleur John Conti

Gladys Cifelli Maxine Davison

Don Foehr Marie Gemmel

Victor & Suzanne Goldstein Tony Klemer

Elizabeth Mahoney Tom & Ginnie Richard

BTSS will be closed on:

Saturday, May 25

Monday, May 27

Thursday, July 4

Eligibility: Adults 50 years and older*

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

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

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

Registration/Cancellation/Refund Policies

- Priority registration begins for confirmed BT residents 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).

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.

Aqua Core & More Circuit

K. Haw

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

Tuesday 4:30 - 5:30 PM

Jun 4 – Jul 16 (FIT89-B1305) **7 classes/\$35***
 Jul 23 – Aug 27 (FIT89-C1301) **6 classes/\$30***

Aqua Fit

L. Harbour

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

Jun 5 – Jul 3 (FIT96-B1303) **5 Classes/\$30***
 Jul 10 – Jul 31 (FIT96-C1301) **4 Classes/\$24***
 Aug 7 – Aug 28 (FIT96-C1302) **4 Classes/\$24***

Friday 9:30 - 10:30 AM

Jun 7 – Jun 28 (FIT96-B1304) **4 Classes/\$24***
 Jul 12 – Aug 2 (FIT96-C1303) **4 Classes/\$24***
 Aug 9 – Aug 30 (FIT96-C1304) **4 Classes/\$24**

Aqua Power Aerobics

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

Jun 4 – Jun 27 (FIT27-B1303) **7 classes/\$56***
 Jul 2 – Jul 25 (FIT27-C1301) no class 7/4 **7 classes/\$56***
 Jul 30 – Aug 29 (FIT27-C1302) **10 classes/\$80***

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

Jun 3 – Jul 15 (FIT95-B1302) **7 classes/\$35***
 Jul 22 – Aug 26 (FIT95-C1301) **6 classes/\$30***

H₂O Interval

L. Harbour

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

Wednesday 8:00 – 9:00 AM

Jun 5 – Jul 3 (FIT83-B1306) **5 Classes/\$30***
 Jul 10 – Jul 31 (FIT83-C1301) **4 Classes/\$24***
 Aug 7 – Aug 28 (FIT83-C1302) **4 Classes/\$24***

Thursday 10:30 - 11:30 AM

Jun 6 – Jun 27 (FIT83-B1305) **4 Classes/\$24***
 Jul 11 – Aug 1 (FIT83-C1303) **4 Classes/\$24***
 Aug 8 – Aug 29 (FIT83-C1304) **4 Classes/\$24***

Fluid Moves

K. Housey

Gentle warm up and basic aerobic routine followed by unique 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 aquatic beginners and non-swimmers.

Monday 11:00 AM – 12:00 PM

Jun 3 – July 15 (FIT86-B1307) **7 classes/\$56***
 Jul 22 – Aug 26 (FIT86-C1301) **6 classes/\$48***

Wednesday 11:00 AM – 12:00 PM

Jun 5 – July 17 (FIT86-B1305) **7 classes/\$56***
 Jul 24 – Aug 28 (FIT86-C1302) **6 classes/\$48***

Saturday 10:30 – 11:30 AM

Jun 8 – Jul 20 (FIT86-B1306) no class 7/6 **6 classes/\$48***
 Jul 27 – Aug 24 (FIT86-C1303) **5 classes/\$40***

H₂O Boot Camp

A. Chi

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

Saturday 9:00 – 10:00 AM

Jun 8 – Jun 29 (FIT32-B1303) **4 Classes/\$32***
 Jul 13 – Jul 27 (FIT32-C1301) **3 Classes/\$24***
 Aug 3 – Aug 24 (FIT32-C1302) **4 Classes/\$32***

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.*



Certified **Lifeguards** are needed for evening hours. Please see the job description and employment application available:
<http://www.bloomfieldtp.org/Government/EmploymentOpportunities.htm>

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

Cardio Party

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 with floor work. LL Studio

Tuesday 9:00 - 10:00 AM

Jun 4 – Jul 16 (FIT97-B1302)

7 classes/\$35*

Jul 23 – Aug 27 (FIT97-C1301)

6 classes/\$30*

Senior Fit Aerobics

TBD

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

Jun 3 – Jul 18 (FIT09-B1302) no class 7/4

12 classes/\$60*

Jul 22 – Aug 29 (FIT09-C1301)

12 classes/\$60*

Drums Alive®

M. Barclay

Unique, high energy rhythmical workout! Combines simple aerobic movements with powerful beat of the drum. Seated or standing, this full body workout is for everyone. A powerful tool for stress reduction and mental balance. Bring a stability ball and light hand weights. LL Studio

Friday 10:00 – 11:00 AM

Jun 7 – Jul 19 (FIT47-B1302) no class 7/5

6 classes/\$30*

Jul 26 – Aug 30 (FIT47-C1301)

6 classes/\$30*

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. LL Studio

Wednesday (1 hr.) 7:00 – 8:00 PM

Jun 5 – Jul 17 (FIT78-B1303) No class 7/3

6 classes/\$36*

Jul 24 – Aug 28 (FIT78-C1301)

6 classes/\$36*

Friday (45 min.) 8:00 - 8:45 AM

Jun 7 – Jul 19 (FIT78-B1304) no class 7/5

6 classes/\$30*

Jul 26 – Aug 30 (FIT78-C1302)

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 *Stability Ball 101, Healthy Back 101 or Small Group Personal Training.* BT Residency required.**

M/T/W/TH/F

Times Vary

40+ classes/\$60

June 10 – Jul 12 (FIT77-B1302) no class 7/5

Jul 15 – Aug 30 (FIT77-C1301)

PICKLEBALL & TABLE TENNIS 🎯

Pickleball Drop In

Tuesdays 3-4:30 PM (beginners)

Thursdays 3-4:30 PM (experienced)

Saturdays 10-11:30 AM (open)

Table Tennis Drop In

Wednesdays 2-3:30 PM

Fridays 2-3:30 PM

🎯 *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

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

Jun 5 – Jul 3 (FIT74-B1302)

5 classes/\$25*

Jul 10 – Jul 31 (FIT74-C1301)

4 classes/\$20*

Aug 7 – Aug 28 (FIT74-C1302)

4 classes/\$20*

Priority for Safety

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

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

PERSONAL FITNESS

Small Group Personal Training Instructor 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 to meet your specific health and fitness goals! Private fitness assessment and individual re-evaluation at the completion of class. *BT Residency required.*

Monday (M. Pozan) **2:30 - 3:30PM**
Jun 24 – Aug 26 (FIT103-B1301) **10 classes/\$120**
Monday (M. Pozan) **4:00 - 5:00PM**
Jun 24 – Aug 26 (FIT103-B1302) **10 classes/\$120**
Tuesday (M. Barclay) **7:30 - 8:30AM**
Jun 25 – Aug 27 (FIT103-B1304) **10 classes/\$120**
Thursday (D. McManus Ritchie) **7:30 – 8:30 AM**
Jun 27 – Aug 29 (FIT103-B1305) no class 7/4 **9 classes/\$108**
Friday (D. McManus Ritchie) **12:45 - 1:45PM**
Jun 28 – Aug 30 (FIT103-B1303) no class 7/5 **9 classes/\$108**

SEATED

Easy Does It – Chair TBD
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**
Jun 3 – Jul 18 (FIT08-B1302) no class 7/4 **12 classes/\$60***
Jul 22 – Aug 29 (FIT08-C1301) **12 classes/\$60***

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**
Jun 3 – Jul 1 (FIT56-B1304) **5 classes/\$25***
Jul 8 – Jul 29 (FIT56-C1301) **4 classes/\$20***
Aug 5 – Aug 26 (FIT56-C1302) **4 classes/\$20***
Wednesday (Barclay) **11:30 AM – 12:30 PM**
Jun 5 – Jul 17 (FIT56-B1303) **7 classes/\$35***
Jul 24 – Aug 28 (FIT56-C1303) **6 classes/\$30***

STRENGTH

New! **Healthy Back 101** M.Barclay/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**
Jun 4 – Jul 16 (FIT105-B1301) **7 classes/\$35***
Jul 23 – Aug 27 (FIT105-C1301) **6 classes/\$30***

New! **Stability Ball 101** M. Barclay
Learn the safe and proper way to use a stability ball for balance, flexibility & strength. For beginners or those new to the stability ball. Small class size for individualized attention. LL Studio.

Wednesday **4:00-4:45 PM**
Jun 5 – Jul 3 (FIT106-B1301) **5 classes/\$25***
Jul 10 – Jul 31 (FIT106-C1301) **4 classes/\$20***
Aug 7 – Aug 28 (FIT106-C1302) **4 classes/\$20***

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 **12:45-1:30pm**
Jun 3 – Jul 1 (FIT101-B1302) **5 classes/\$25***
Jul 8 – Jul 29 (FIT101-C1301) **4 classes/\$20***
Aug 5 – Aug 26 (FIT101-C1302) **4 classes/\$20***

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**
Jun 4 – Jul 2 (FIT79-B1302) **5 classes/\$25***
Jul 9 – Jul 30 (FIT79-C1301) **4 classes/\$20***
Aug 6 – Aug 27 (FIT79-C1302) **4 classes/\$20***

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**
Jun 7 – Jul 19 (FIT80-B1302) no class 7/5 **6 classes/\$30***
Jul 26 – Aug 30 (FIT80-C1301) **6 classes/\$30***

Strength Training/Cardio Orientation
Required for new fitness equipment participants. Overview designed to move from machine to machine with brief explanation for safe & effective use. *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)

MIND  BODY

Tai Chi Chuan

H. Hoong Wang

Tai Chi Chuan enhances balance and body awareness with slow gentle, graceful & precise movements. Relaxes and strengthens both body and mind. This art practiced worldwide as a health maintenance exercise. LL Studio

Beginning

Wednesday 9:30 - 10:15 AM

Jun 5 – Aug 7 (FIT03-B1301) 10 classes/\$80*

Continuing

Wednesday 10:15 – 11:00 AM

Jun 5 – Aug 7 (FIT03-B1302) 10 classes/\$80*

New! 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 are 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

Jun 7 – Jul 19 (FIT05-B1301) no class 7/5 6 classes/\$36*

Jul 26 – Aug 30 (FIT05-C1301) 6 classes/\$36*

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

Jun 3 – Jul 1 (FIT56-B1304) 5 classes/\$25*

Jul 8 – Jul 29 (FIT56-C1301) 4 classes/\$20*

Aug 5 – Aug 26 (FIT56-C1302) 4 classes/\$20*

Wednesday (Barclay) 11:30 AM – 12:30 PM

Jun 5 – Jul 17 (FIT56-B1303) 7 classes/\$35*

Jul 24 – Aug 28 (FIT56-C1303) 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. LL Studio

Tuesday 10:15 - 11:15 AM

Jun 4 – Jul 16 (FIT94-B1303) 7 classes/\$35*

Jul 23 – Aug 27 (FIT94-C1301) 6 classes/\$30*

Thursday 11:30 AM - 12:30 PM

Jun 6 – Jul 18 (FIT94-B1304) no class 7/4 6 classes/\$30*

Jul 25 – Aug 29 (FIT94-C1302) 6 classes/\$30*

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

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

Jun 6 – Jul 18 (FIT49-B1302) no class 7/4 6 classes/\$30*

Jul 25 – Aug 29 (FIT49-C1301) 6 classes/\$30*

EVENING FITNESS CLASSES

Zumba Gold®

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

Jun 5 – Jul 17 (FIT78-B1303) No class 7/3 6 classes/\$36*

Jul 24 – Aug 28 (FIT78-C1301) 6 classes/\$36*

Aqua Power Aerobics

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

Jun 4 – Jun 27 (FIT27-B1303) 7 classes/\$56*

Jul 2 – Jul 25 (FIT27-C1301) no class 7/4 7 classes/\$56*

Jul 30 – Aug 29 (FIT27-C1302) 10 classes/\$80*

PiYo™

L. Brass

A unique class designed to build strength and gain flexibility. An athletic blend of pilates, yoga, dance & more. It's about energy, power and rhythm. Think sculpted abdominals, increased overall core strength & greater stability

Thursday 7:00 – 8:00 PM

Jun 6 – Jul 18 (FIT49-B1302) no class 7/4 6 classes/\$30*

Jul 25 – Aug 29 (FIT49-C1301) 6 classes/\$30*

SATURDAY CLASSES

Fluid Moves

K. Housey

Basic aerobic routine to elevate heart rate, followed by unique stretches using noodles, buoys, balls and kickboards. Concludes with floating relaxation. Improve upper/lower body strength, balance and concentration. Bring a water bottle. Water shoes recommended.

Saturday 10:30 – 11:30 AM

Jun 8 – Jul 20 (FIT86-B1306) no class 7/6 6 classes/\$48*

Jul 27 – Aug 24 (FIT86-C1303) 5 classes/\$40*

H₂O Boot Camp

A. Chi

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

Saturday 9:00 – 10:00 AM

Jun 8 – Jun 29 (FIT32-B1303) 4 Classes/\$30*

Jul 13 – Jul 27 (FIT32-C1301) 3 Classes/\$24*

Aug 3 – Aug 24 (FIT32-C1302) 4 Classes/\$32*

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

2013 has seen an increase in the number of calls from homebound seniors requesting assistance with transportation. This service assists seniors who may not have family members nearby to help them with their routine medical appointments. The time commitment for the volunteer can be as little as two hours per month or more as their schedule permits.

BTSS Errands Shopper

The "Errands Shopper" will assist non-driving elders with their local grocery shopping and errands. The time commitment is planned for a 2 hour visit once a month. Schedule is flexible and can be worked out between client and volunteer as to day and time trip are made utilizing the volunteer's vehicle.

BTSS Computer Lab Volunteer

Savvy computer users will work directly with patrons in helping them solve their personal computer problems as well as monitor the lab during open hours.

BTSS Musical Talent Volunteers

Music is a daily activity for our Friendship Club members. Volunteers who play instruments and can perform for small groups are greatly needed. Please trade your talent for smiles

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:

Thursday

1:30–4:30 PM

May 9 & 23, June 6, July 11 & 25

Bloomfield Township residents please contact
BTSS Deputy Director, Joan Patzelt at 248-723-3500
or e-mail at jpatzelt@bloomfieldtwp.org.

Thank you to our Meals on Wheels Volunteers!

Rob Alvin * Catherine Angeli * Les Baron * Kerstin Baumann * Marion Benedict * 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 * Patricia Finn * 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 * Gail Jaworski * Janet & John Kaczmarek * Clare & Jerry Kabel * Judy King * Debbie Lim * June Linklater * Marcie Lloyd * Darcy MacKenzie * Bruce Madsen * Fritzie Mager * Doug & Joan Mann * Sue Martin * Richard May * Carlos Mazzorin * Rod & Mary Lynn McLachlan * Beth Mergel * Jean Miller * Debbie Mitchell * Richard Moxley * Robert & Barbara Munn * Steve Nam * Marty Nouse * Walter Oehrlein * Chuck Otis * Darlene Ottolini * Lee Ann Pantalone * Nancy Pavy * Kathleen & Robert Pelkey * Priscilla Pettengill * Alfred & Sarinna Ping * Chuck Pokriefka * Bill Potter * Marie Pryce * Rita Ravikrishnan * Kathy Reese * Renate Reimer * Karyn & Donald Rezanka * 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! 2200+ Hours in February-April

**Office Volunteers, Telephone Reassurance Callers, Special Projects,
Errands & Medical Appointment Drivers, Computer Lab,
Chicks With Sticks, Bridge 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 * Mary Jo Campbell * 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 McKelvey * 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 * Marilyn Scheifele * Elizabeth Schlegel * Pat Schleif * Faith & John Scholl * Kathy Schultz * Lisa Secret * Reenie Shannon * Theresa Shea * Ruth Slocum * Nory Smith * Susan Smith * Francisca Soliven * Ann Spina * Bernard Stuecheli * Michael Sullivan * Teresa Sun * Marcia Suszan * Nancy Tanke * Virginia Tatseos * Barry Tilds * Linda Tihill * Maurice Vachon * Anjali Vale * Inez Veraldi * Sue Wade * Peggy Walker * Stanton Walker * Marleeta Walton * 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

Summer 2013

Index

- Adult Day Service.....4
- Alzheimer Support1
- Area Agency3
- Blood Pressure.....2
- Caregiver Forum1
- Driver Safety Class ...1
- Ensure.....3
- Errand Rides2
- File of Life Cards.....3
- Friendship Club.....4
- Grocery Shopping.....2
- Home Loan1
- Legal Assist3
- Loan Closet.....2
- Meals on Wheels.....3
- Medical Trans.2
- Medicare B Assist.....3
- Minor Home Repair....1
- Nurse on Call3
- Rain or Shine1
- Reassurance.....2
- SMART.....2
- Transportation.....2
- Transport to Center...2
- Volunteer Rides.....2

Bloomfield Township Senior Services'



Meals on Wheels Sponsorship Project (FUN09-B1201)

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

One Day's Meal = \$6
One Week's meals = \$30
One month's Meals = \$120

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

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.



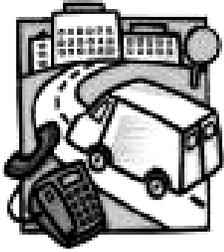
MINOR HOME REPAIR

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

≈ **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, 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!

June 19

July 17

August 21

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.

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.



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

June 12 – Aug 14 (ART02-B1302) (no 7/4) 9 classes/\$120*

Beaded Jewelry

N. Porter/M. McGee

Create a beaded eye glass holder or necklace. *Additional \$10 material fee paid to instructors.*

Tuesday/Thursday 1:30 - 3:30 PM

July 16-July 18 (ART07-C1301) 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. No Lapidary 7/2, 7/4, 7/16 & 7/18.*

Tuesday/Thursday 1 - 4 PM

Paper Dolls-Card Shoppe ☛

Facilitator: A. Pinkos (248-988-9366)

Join a fun loving group who design & sell beautiful repurposed greeting cards. Proceeds to Meals on Wheels.

Thursday 1:30 – 4:30 PM

May 9 & 23, June 6, July 11 & 25 (August date TBD)

CLUBS / GROUPS

Italian Group-Gruppo Italiano ☛

Meets 2nd Friday 10 AM - Noon

Facilitator: A. Giffels (248-645-0958)

Affiliate of Dante Alighieri Society

May 10 "Future Fashion Trends"

Anna Castaldi Roselli, owner Roma Sposa Bridal & Evening Atelier

June 14 "Italian Authors"

Dr. Paola Melara DeSandre

(Italian Group will return in September)

Book Club ☛

Leader: Janice Bellefleur (248-335-7383)

June 7: "Too Much Happiness" (Munro) 10 –11:30 AM

Book on loan through BT Public Library service desk.

Books for 2013-2014 will be selected at June meeting.

(Book Club resumes in September.)

Chicks with Sticks ☛ "Knitting Gifts from the Heart"

Facilitator: K. Ouellette (248-408-2083)

Join a warm, friendly group who knit and crochet for infants, foster-care teens and chemo-therapy patients. At home knitters needed, too! New knitters, please call Karen. *In need of new or "like new" yarn donations.*

Mondays, June 3 – Aug 26 (no 5/27) 1 – 3:30 PM

BTSS White Horse Society ☛

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

Thursday, May 23 10 AM - Noon

"Dive Deep into the Great Lakes". Presentation by expert from Cranbrook Institute of Science. (tentative)

Senior Men's Club

Facilitators: B. Madsen & J. Grady

Enjoy great speakers, camaraderie and a light breakfast. *Men's Club will return in September.*

Preregistration required. Res \$6 / Non-Res \$8

"Michigan vs. Ohio - A Humorous Look at the 1835 Toledo War"

Alan Naldrett, History Writer & Certified Archivist.

Wednesday, May 15 (SOC27-B1302) 9:30 - 11:30 AM

"Snipers in Trees? We Can Do That!"

Bloomfield Township Dpty.. Chief of Police Geof Gaudard gives this fascinating presentation.

Wednesday, June 19 (SOC27-B1303) 9:30 - 11:30 AM

COMPUTERS

Computer Lab - Open Hours ☛

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

Tuesday 10 AM – Noon

Wednesday Noon – 3:30 PM

Friday 1 – 3 PM

Saturday 10 AM – Noon

Exploring Tons of Practical Websites M. Wilson
 Instructor will take the mystery out of searching the Internet. Using instructor's book, learn basic steps to finding websites with valuable and practical information. Book available for purchase. Preregistration required. *BT Residents only.*
Friday, May 17 (COM36-B1301) **10 - 11:30 AM**

Microsoft Word Made Easy! M. Wilson
 Instructor will cover many of the basics in his book, which includes: tabs, ribbons, margins, copy & paste, columns, multiple pages, tables, find/replace and more! *Book fee of \$25 is due at start of first class. Optional: Bring fully charged laptop with MS Word 2007 or 2010 installed.*
Monday/Wednesday **6:30 PM – 8 PM**
Aug 26 - Aug 28 (COM02-C1301) **2 classes/\$40***

I Have the Computer...What Next? M. Wilson
 Patient instructor will cover topics from his book, such as: basic email/attachments, printing, playing music/dvds, copy/paste, copying camera pictures, playing free games, changing desktop backgrounds, keyboard shortcuts, and more! *Book fee of \$25 due at first class.*
Monday **2 PM - 4 PM**
June 3 - June 17 (COM37-B1301) **3 classes/\$75***

Maintaining Your Computer M. Wilson
 Learn to do the basics, like: empty temporary Internet files, delete cookies, defragment hard drive, use scandisk, use "help and support", uninstall unwanted programs, use disk clean up, etc. Maintain and speed up your computer!
Monday **2 PM - 4 PM**
June 24 (COM38-B1301) **1 class/\$20***

GAMES

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

Bridge Club ☼ Facilitator: M. Vachon
Monday & Friday (no play 5/27, 7/5, 9/2)
Tables assigned: 12:30 PM **Play: 12:45 - 4 PM**

Duplicate Bridge ☼ * Facilitator: E. Coe
1st & 3rd Wednesday (no play 7/3)
5:30 - 8:45 PM **Res \$2/Non-Res \$4**
 This group will not play ACBL "sanctioned" games.
 (* Please note different drop in fee for this activity.)

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. *Book fee \$20 payable to instructor.*
Friday **10 AM – Noon** **8 classes/\$96***
May 31 – Aug 2 (EDU12-B1301) no class 7/5 & 7/12
Aug 9 – Oct 4 (EDU12-C1301) no class 8/30

Monday **6:45-8:45 PM** **8 classes/\$96***
June 3 - July 29 (EDU12-B1302) no class 7/8
Aug 5 - Sep 30 (EDU12-C1302) no class 9/2

Bridge-Advanced Intermediate 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. *Book fee of \$20 payable to instructor.*
Wednesday **10 AM – Noon** **8 classes/\$96***
May 1 – June 19 (EDU13-B1301)
July 17 – Sep 4 (EDU13-C1301)

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***
June 4 – June 25 (EDU45-B1302)
Aug 6 – Aug 27 (EDU45-C1301)

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** **4 classes/\$60***
June 4 - June 25 (EDU46-B1303)
Aug 6 - Aug 27 (EDU46-C1301)

Tuesday **6:30 - 8 PM** **4 classes/\$60***
June 4 – June 25 (EDU46-B1304)
Aug 6 - Aug 27 (EDU46-C1302)

Euchre & Pinochle ☼
 Facilitator: J. Carmichael (248-626-0719)
 All levels welcome!
Thursday (No Play 7/4) **11:15 AM - 1:30 PM**

Mah-jongg Play ☼
 Facilitator: E. Yolles (248-737-8047)
Thursday (No Play 7/4) **1 – 4:30 PM**

Poker ☼
 Facilitator: J. Capoccia (248-681-8533)
 Call for more information.
2nd, 3rd, 4th and 5th Wednesday **Noon – 4 PM**

Scrabble ✪

1st Wednesday

1 – 3 PM

MOVIES

Movie Classics ✪

Fridays

Movie begins: 1:30 PM

Friday afternoon classic movie greats with popcorn!

June 7 "Gone with the Wind" 1:30 – 5:30 PM

American classic in which a manipulative woman and a roguish man carry on a turbulent love affair in the American south during the Civil War and Reconstruction. Starring: Clark Gable, Vivien Leigh, Thomas Mitchell (1939, 238 min., Drama/Romance, PG)

July 5 "Boys Town" 1:30 – 3:15 PM

Father Flanagan manages Boy's Town, a home for wayward boys, while saving the town from crooks.

Starring: Spencer Tracy, Mickey Rooney, Henry Hull (1938, 96 min, Biography/Drama, NR)

Aug 2 "Jezebel" 1:30 – 3:20 PM

A haughty, headstrong Southern Belle loses her fiancé due to her vanity and pride and vows to get him back.

Starring: Bette Davis, Henry Fonda, George Brent (1938, 104 min, Drama/Romance, PG)

Movie Mania ✪

Fridays

Movie begins: 1:30 PM

Friday afternoon new release films with popcorn!

June 21 "Life of Pi" 1:30 - 3:45 PM

A young man survives a disaster at sea and is hurtled into an epic journey of adventure and discovery along with another survivor: a fearsome Bengal tiger.

Drama Starring: Suraj Sharma, Irrfan Khan, Adil Hussain (2012, 127 min, Adventure/Drama, PG)

July 19 "Hitchcock" 1:30 - 3:15 PM

A love story between influential filmmaker Alfred Hitchcock and wife Alama Reville during the filming of "Psycho" in 1959.

Starring: Anthony Hopkins, Helen Mirren, Scarlett Johansson (2012, 98 min, Biography/Drama, PG-13)

Aug 16 "Quartet" 1:30 - 3:15 PM

The annual concert to celebrate Verdi's birthday at the opera singer's retirement home is disrupted by the arrival of Jean, an eternal diva and former wife of a resident.

Starring: Maggie Smith, Tom Courtenay, Billy Connolly, Pauline Collins (2012, 98min, Drama/Comedy, PG-13)

New!

Movie Musicals ✪

Fridays

Movie begins: 1:30 PM

Everyone loves a musical. Friday movie with popcorn!

June 14 "Les Miserables" 1:30 - 4:15 PM

In 19th Century France, Jean Valjean, hunted for decades by the ruthless policeman Javert, agrees to care for factory worker Fantine's daughter, Cossette – changing their lives Starring: Hugh Jackman, Russell Crowe, Anne Hathaway (2012, 158 min, Drama/Musical/Romance, PG-13)

July 12 "Chicago" 1:30 – 3:30 PM

Roxie Hart and Velma Kelly are two murderesses who find themselves in jail together awaiting trial in 1920s Chicago.

Starring: Taye Digs, Catherine Zeta-Jones, Renee Zellweger (2002, 113 min, Comedy/Crime/Musical, PG-13)

Aug 9 "Grease" 1:30 – 4:15 PM

It's 1959. Good girl Sandy and greaser Danny fall in love over the summer. Starring: John Travolta, Olivia Newton-John, Stockard Channing (1978, 152 min, Musical/Romance, PG-13)

MUSIC

BTSS Band ✪

Facilitator: V. Genzlinger (248-646-2864)

Open to all levels. Looking for a drummer and vocalist! (July 2nd only begins at 3:30 PM)

Tuesdays June 4 - Aug 27

3 - 5 PM

Ice Cream Social

Back by popular demand, Matthew Ball, "The Boogie Woogie Kid!" Join us for a good ol' fashioned ice cream social, graciously sponsored by Maple Village. Complimentary event, Bloomfield Township Residency Required. Please pre-register.

Tuesday, July 2 (SEV15-C1301)

1 - 2:30 PM

Evola Music Keyboarding Class

Keyboard instruction provided at the center and 2 private lessons at Evola Music in Bloomfield Twp. Addl. \$15 charge for class book, payable to instructor.

Thursdays 11:30 AM – 12:30 PM 8 sessions/\$30*

June 6 – Aug 1 (EDU37-B1301) no class 7/4

Meet the DSO Musician!

Join a talented DSO musician in an interactive event! The musician will speak about their life, demonstrates their instrument, discusses their inspiration for becoming a musician and answers questions from the audience. Preregistration and BT Residency required. Complimentary event.

Tuesday, August 20 (EDU53-C1301)

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, June 10 (SEV03-B1302) 1 - 2 PM

Monday, August 12 (SEV03-C1301) 7 - 8 PM

Post WWII: A Japanese Story ☼

R. McKendry

This special presentation on Armed Forces Day, is given by Reiko, born in Japan four years after World War II ended. Hear how she and other Japanese citizens developed a profound gratitude toward the United States for bringing food, peace, and democracy to post-war Japan. Help Mrs. McKendry's dream come true of showing her gratitude with as many WWII Veterans before the 70th Anniversary of the ending of WWII on August, 14th 2015! *Please preregister.*

Saturday, May 18 (EDU53-B1303) 10 - 11 AM

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 required.*

9 AM – 1 PM 2 classes/\$17*

Wed, May 22 & Thurs, May 23 (EDU03-B1301)

Phone & Mail Scams

MI Senior Brigade

Join a Michigan Attorney General's office representative for one of their popular presentation. Recognize common scams initiated by phone or mail/email. Reduce unwanted phone calls and junk mail. Report a problem or scam.

Tuesday, June 25 (EDU53-B1306) 7:00 - 8:00 PM

Friday, June 28 (EDU53-B1306) 11:00 AM - Noon

Dessert and DIA

DIA Speakers Bureau

Is there more behind a work of art than what you see? Have fun exploring the multiple interpretations, ambiguous meanings and historical contexts and find what else lies beneath the surface while enjoying some savory, sweet treats. Presenter: Margaret Prizer, DIA Speakers Bureau
Fee: Res \$2 / non-Res \$4

Monday, June 17 (EDU34-B1304) 7 - 8 PM

Thursday, June 20 (EDU34-B1305) 10:30 - 11:30 AM

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

Loughbrack Storytelling®

M. Esther

Learn more about great figures in history at these fascinating presentations. This slide series is conducted in lecture format, concluding with informal question and answer opportunity. Sponsored by Arcadia Home Care & Staffing. *Preregistration required.*

"Abraham Lincoln"

Two-hundred years ago Abraham Lincoln was born in a small log cabin in Kentucky. Destined for the White House, this honorable, gentle man would resolve to keep the union together, against all odds. Come and enjoy our beloved Abraham Lincoln. **Fee: Res \$2 / non-Res \$4**

Tuesday May 21 (EDU47-B1301) 10 – 11:30 AM

Thursday, May 23 (EDU47-B1302) 7 - 8:30 PM

"Peter the Great"

Peter Alekseevich Romanov received a limited education, yet spent his life pursuing knowledge. The Founder of Modern Russia, this Tsar (at age 10), and later Emperor, was a powerhouse of energy. Dragging his people into the European world, he would "open a window on the west" by building St. Petersburg. Come meet Peter the Great, a giant in Russian history! **Fee: Res \$2 / non-Res \$4**

Tuesday, June 11 (EDU47-B1303) 10 - 11:30 AM

Thursday, June 13 (EDU47-B1304) 7 - 8:30 PM

EVENING PROGRAMS

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, August 12 (SEV03-C1301) 7 - 8 PM

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. *Book fee \$20 payable to instructor.*

Monday 6:45-8:45 PM 8 classes/\$96*

June 3 - July 29 (EDU12-B1302) no class 7/8

Aug 5 - Sep 30 (EDU12-C1302) no class 9/2

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 6:30 - 8 PM 4 classes/\$60*

June 4 - June 25 (EDU46-B1304)

Aug 6 - Aug 27 (EDU46-C1302)

Loughbrack Storytelling®

M. Esther
Learn more about great figures in history at these fascinating presentations. This slide series is conducted in lecture format, concluding with informal question and answer opportunity. Sponsored by Arcadia Home Care & Staffing. *Preregistration required.*

“Abraham Lincoln”

Two-hundred years ago Abraham Lincoln was born in a small log cabin in Kentucky. Destined for the White House, this honorable, gentle man would resolve to keep the union together, against all odds. Come and enjoy our beloved Abraham Lincoln. **Fee: Res \$2 / non-Res \$4**
Thursday, May 23 (EDU47-B1302) **7 - 8:30 PM**

“Peter the Great”

Peter Alekseevich Romanov received a limited education, yet spent his life pursuing knowledge. The Founder of Modern Russia, this Tsar (at age 10), and later Emperor, was a powerhouse of energy. Dragging his people into the European world, he would “open a window on the west” by building St. Petersburg. Come meet Peter the Great, a giant in Russian history! **Fee: Res \$2 / non-Res \$4**
Thursday, June 13 (EDU47-B1304) **7 - 8:30 PM**

Movie Mania Night 🍿

3rd Tuesdays 6:15 PM

Tuesday evening late release films with popcorn!

June 18 “Life of Pi”

A young man survives a disaster at sea and is hurtled into an epic journey of adventure and discovery along with another survivor: a fearsome Bengal tiger.

Drama Starring: Suraj Sharma, Irrfan Khan, Adil Hussain (2012, 127 min, Adventure/Drama, PG)

July 16 “Hitchcock”

A love story between influential filmmaker Alfred Hitchcock and wife Alama Reville during the filming of “Psycho” in 1959.

Starring: Anthony Hopkins, Helen Mirren, Scarlett Johansson (2012, 98 min, Biography/Drama, PG-13)

Aug 20 “Quartet”

The annual concert to celebrate Verdi’s birthday at the opera singer’s retirement home is disrupted by the arrival of Jean, an eternal diva and former wife of a resident.

Starring: Maggie Smith, Tom Courtenay, Billy Connolly, Pauline Collins (2012, 98min, Drama/Comedy, PG-13)

Phone & Mail Scams

MI Senior Brigade
Join a Michigan Attorney General’s office representative for one of their popular presentation. Recognize common scams initiated by phone or mail/email. Reduce unwanted phone calls and junk mail. Report a problem or scam.

Tuesday, June 25 (EDU53-B1306)

7:00 - 8:00 PM

Microsoft Word Made Easy!

M. Wilson
Instructor will cover many of the basics in his book, which includes: tabs, ribbons, margins, copy & paste, columns, multiple pages, tables, find/replace and more! *Book fee of \$25 is due at start of first class. Optional: Bring fully charged laptop with MS Word 2007 or 2010 installed.*

Monday/Wednesday

6:30 PM – 8 PM

Aug 26 - Aug 28 (COM02-C1301)

2 classes/\$40*



**What evening programs
would you like
to see offered?**

**Send your suggestions and comments
to Katie Haw at
khaw@bloomfieldtwp.org**

Subscribe to our E-Newsletter

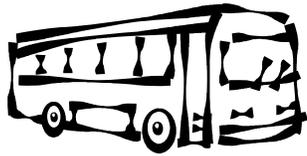
**Visit the Township website at
www.bloomfieldtwp.org/seniors**

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

Thank You for Your Donations*... Mano Sivanandham, Barbara Driver, Letha Kuesel, Agnes Evlow, Sally Taylor, Clara Jacks, Artemis Freij, St. Hugo of the Hills Church, Hal Pringle, Sally Pullar, Beverly Misch, Brad Williams, John Elbode, Geraldine Marchetti

*** CHARITABLE CONTRIBUTIONS AND GIFTS**

An individual may deduct under Internal Revenue Code Sec. 170 (subject to maximum deduction of 50% of a taxpayer’s contribution base) any charitable contribution which is made within the taxable year, to a State, federal or local government units, or any political subdivision thereof, only if the contribution of gift is made exclusively for public purpose.



BLOOMFIELD 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.

"Life Could Be A Dream" Meadowbrook WAIT LIST
Wednesday, May 8 (DAY13-B1301) 11:15 AM – 4:30 PM

"Aida" Michigan Opera House WAIT LIST
Friday, May 10 (DAY14-B1301) 9:30 AM – 4:45 PM

"Catch Me If You Can" Fisher Theatre WAIT LIST
Tuesday, May 14 (DAY15-B1301) 5:15 PM – 10:30 PM

"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 WAIT LIST
Monday, May 20 (DAY18-B1301) 10:45 AM-4:00 PM

"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 Chopin, Gershwin, Tchaikovsky, Beethoven, Schubert, Tchaikovsky and more. Followed by lunch on your own at Café Via.
BTSS Coach Fee \$39*

Sunday Brunch at the Holly Hotel
Sunday, June 2 (DAY28-B1301) 11:45 AM – 2:45 PM
Come and enjoy Sunday Brunch at the Historic Holly Hotel, Enjoy Baked Brie, Amish Chicken, Stroganoff, Shrimp & more.
BTSS Coach Fee: \$37*

DIA Inside/Out Rochester Hills
Tuesday, June 4 (DAY29-B1301) 10:30 AM – 3:15 PM
Visit the Open Air Gallery with a docent lead tour. Participants should be ready for walking, standing and considerable entering/exiting the bus. Followed by lunch on your own at Brookside Restaurant (Royal Park Hotel)
BTSS Coach Fee: \$15*

"70, Girls, 70" Meadowbrook Theatre
Wednesday, June 5 (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! Wonderful score and great dance numbers and good cheer. Begin with lunch on your own at TGIFriday's.
BTSS Coach Fee \$38*

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 in closed area of Jackson Correctional Facilities. Hear tales of the '67 Detroit Riots, infamous inmates and a daring helicopter escape. Tour ends at Art 634 (former Jackson Wagon Factory turned gift shop).
Weapons, cameras, cell phones & tobacco not allowed & must be left on the bus during tour.
BTSS Coach Fee \$65*

"The Music and the Movie West Side Story" DSO
Friday, June 7 (DAY22-B1301) 9:30 AM – 3:30 PM
Don't miss the last DSO performance of the season! Orchestra accompanies the Oscar-winning motion picture with all of Leonard Bernstein's romantic, rumble-filled score! Followed by lunch on your own at Social Kitchen & Bar.
BTSS Coach Fee \$49*

Detroit Skate Club Ice Show
Saturday, June 8 (DAY30-B1301) 12:15 PM – 5:45 PM
The Detroit Skate Club is home to many national and international award winning skaters. This year's highly acclaimed, professional production by these talented skaters is "Perfect Time of The Year: a walk through the holidays." Dinner on your own before the performance at Pasta Fagioli.
BTSS Coach Fee: \$37*

Franklin Garden Walk & Lunch

Wednesday, June 12 (DAY31-B1301) 9:30 AM – 3:45 PM
Begin with a bus tour to the gardens, then enjoy a delicious **salad buffet (included)** by the Garden Club & time to shop at the Gazebo Garden Shop. **Wear sturdy shoes for walking.**
BTSS Coach Fee: \$34*

"Ernie" City Theatre

Friday, June 14 (DAY32-B1301) 6:30 PM – 10:30 PM
Set at Ernie Harwell's last night at Comerica, when the Hall of Fame broadcaster is about to thank a grateful city. An unusual boy eager to know all about him coaxes Harwell into giving one final broadcast - "the broadcast of his life." **No dinner this trip**
BTSS Coach Fee: \$34*

"The Addams Family" Fox Theatre

Saturday, June 15 (DAY24-B1301) 11 AM – 4:30 PM
Darkly 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 **DaEdoardo 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 ensue. Begin 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*

Park West Gallery Tour

Tuesday, July 9 (DAY01-C1301) 11:30 AM – 3:00 PM
Tour this 63,000 square foot gallery and international museum, with 23 spacious exhibition galleries. Followed by lunch on your own at **Beans & Cornbread.**
BTSS Coach Fee: \$12*

Lunch Detroit Yacht Club & Tour Belle Isle Conservatory

Thursday, July 11 (DAY02-C1301) 10:00 AM – 2:45 PM
Start with a tour of the Belle Isle Conservatory. Then enjoy lunch at the historic Detroit Yacht Club, one of the oldest and prestigious private clubs in North America.
BTSS Coach Fee: \$37*

Diamond Jack's River Cruise & Wyandotte Art Fair

Friday, July 12 (DAY03-C1301) 10:00 AM – 5:00 PM
Board the Diamond Jack for a two hour cruise enjoying sights of interest along the U.S. and Canadian shorelines- pass Great Lakes and ocean ships, steel mills, shipyards, sail under the Ambassador Bridge, while listening to interesting historical narration and anecdotes. End with an hour at the art fair. Begin with lunch on your own at **Polonus Restaurant.**
BTSS Coach Fee: \$25*

Miles & Ellie at the Purple Rose Theatre

Wednesday, July 17 (DAY04-C1301) 11:30 AM – 6:00 PM
Miles and Ellie are two American teenagers in love when a youthful misunderstanding breaks them apart. Flash forward 20 years and a divorced, disenchanted Ellie comes home to lick her wounds. She discovers Miles is still in town and carrying a torch for her. Begin with lunch on your own at **Common Grill.**
BTSS Coach Fee: \$39*

Yankee Air Museum

Thursday, July 18 (DAY05-C1301) 10:15 AM – 4:15 PM
Willow Run is best known for its contribution to World War II by building many of the B-24 bombers that flew in Europe and the Pacific. Tour includes movie "The Willow Run Story". Begin with lunch on your own at **Belleville Charhouse.**
BTSS Coach Fee: \$20*

Pewabic Pottery Tour

Tuesday, July 23 (DAY06-C1301) 10:00 AM – 3:00 PM
Come explore Pewabic's National Historic Landmark building and get an exciting glimpse of a rare part of American history. Stroll through the Museum and Contemporary Exhibition Galleries. Watch some of the finest ceramic artisans during each step of the ceramic process. Shop in our Museum Store. Followed by lunch on your own at **24 Grille.**
BTSS Coach Fee: \$25*

Van Hoosen Farm in Rochester Hills

Thursday, July 25 (DAY07-C1301) 10:15 AM – 2:45 PM
The 16-acre Rochester Hills Museum at Van Hoosen Farm complex was home to the Taylor and Van Hoosen families dating back to 1823. The farm house is presented in a restored 1927 dairy barn with well-designed and informative exhibits highlighting the settlement, agriculture, industry and cultural evolution of this community. Lunch on your own following the tour at **Max & Erma's**
BTSS Coach Fee: \$15*

Detroit Tigers vs. Washington Nationals

Wednesday, July 31 (DAY08-C1301) 11:30 AM – 4:45 PM
Take me out to the ballgame... Join us as we cheer on the Tigers and enjoy a great day at Comerica Park. Seats are located in a shaded area. Lunch of hot dog & pop included.
BTSS Coach Fee: \$54*

Clinton River Cruise & Lunch

Tuesday, August 6 (DAY09-C1301) 10:15 AM – 4:00 PM
Enjoy a lovely summer day aboard the "Clinton Friendship" viewing cabins, homes and lush green foliage that lines the banks during a three hour cruise and **buffet lunch** (included)
BTSS Coach Fee: \$41*

Historical Perspectives Tour Detroit Historical Museum

Thursday, August 8 (DAY10-C1301) 9:00 AM – 1:45 PM
During this 90-minuted guided tour, participants will learn about significant geographic economic, social and cultural developments in the city; the French settlement of the city; the city's role in the Underground Railroad and Detroit's emergence as the Motor City. Lunch on your own after at **Detroit Beer Company**.
BTSS Coach Fee: \$17*

Lunch at the St. Clair Inn

Wednesday, August 14 (DAY11-C1301) 11:30 AM – 3:30 PM
This national historic site is situated on the scenic St. Clair River. The St. Clair Inn is renowned for its incredible and ever-changing views of the river, along with the richness and warmth of its architecture and its staff. Lunch on your own at the Inn's restaurant.
BTSS Coach Fee: \$16*

Frank Lloyd Wright House Tour and Lecture

Thursday, August 15 (DAY12-C1301) 9:45 AM – 2:00 PM
Diane K. Bert, Ph.D. will share interesting insights into the controversial life, relationships & architectural accomplishments of Frank Lloyd Wright. Presentation includes many of his finest buildings, including the *Maxwell Smith House – located right here in Bloomfield Township*. Followed by lunch on your own at **Pasta Fagioli**.
BTSS Coach Fee: \$25*

Bowling at 300 Bowl Waterford

Tuesday, August 20 (DAY13-C1301) 11:15 AM – 3:00 PM
Enjoy two games of bowling at 300 Bowl in Waterford. If shoes needed \$2.00 extra. Begin with lunch on your own at **Heroes Restaurant**.
BTSS Coach Fee: \$17*

"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

Thursday, August 29 (DAY16-C1301) 11:30 AM – 4:45 PM
Take me out to the ballgame... Join us as we cheer on the Tigers and enjoy a great day at Comerica Park. Seats are located in a shaded area. **Lunch of hot dog and soda pop included**.
BTSS Coach Fee: \$54*

DuMouchelle's Art Gallery

Tuesday, September 17 (DAY17-C1301) 10:00 AM – 2:45 PM
DuMouchelle Art Galleries 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
Take me out to the ballgame... Join us as we cheer on the Tigers and enjoy a great day at Comerica Park. Seats are located in a shaded area. **Lunch of hot dog and soda pop included**.
BTSS Coach Fee: \$46*

Atwater Brewery Tour

Friday, September 20 (DAY19-C1301) 3:30 PM - 7:00 PM
Tour the Atwater Brewery located in Detroit's historic Rivertown district and housed in a 1919 factory warehouse. It was founded in 1997 and carries on the rich history of Detroit breweries, using a 200 year old brewing process focusing on traditional German lagers & specialty ales. Followed by dinner on your own at **Andrews On The Corner**.
BRSS Coach Fee: \$14*

Lunch at the Detroit Athletic Club

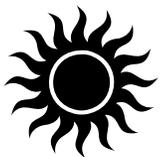
Wednesday, Sept. 25 (DAY20-C1301) 9:30 AM–1:45 PM
The Detroit Athletic Club is an athletic club in the heart of Detroit's theater, sports and entertainment district designed by Albert Kahn and inspired by Rome's Palazzo Farnese. Choose between Michigan Chicken, Salmon or Kamut Grain Salad (vegan). House 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*



Summertime!

It's a great time to...

...try a new class!

- Healthy Back 101 (pg. 5)
- Stability Ball (pg. 5)
- Beginning Yoga (pg. 6)

...take a dip in the pool!

- Aqua Fit & Power Aerobics (pg. 3)
- H2O Interval & Boot Camp (pg. 3)
- Fluid Moves & Ultimate H2O (pg. 3)
- Open Swim (pg. 3)

...see a good movie!

- Classic/New Release/Musicals Movies (pg. 8-9)
- Movie Mania Night (pg. 10)

...add a little music to your day!

- Meet the DSO Musician (pg. 9)
- Ice Cream Social (pg. 9)
- BTSS Senior Band (pg. 9)
- Evola Keyboarding Class (pg. 9)

...expand your mind!

- Loughbrack Storytelling® (pg. 10)
- Post WWII: A Japanese Story (pg. 10)
- Phone & Mail Scams (pg. 10)
- Dessert and DIA (pg. 10)

...something for you after your workday!

- Evening Fitness Classes (pg. 6)
- Evening Enrichment Offerings (pg. 10-11)

Post WWII: A Japanese Story

This special presentation on Armed Forces Day, is given by Reiko McKendry, born in Japan four years after World War II ended. Hear how she and other Japanese citizens developed a profound gratitude toward the United States for bringing food, peace, and democracy to post-war Japan. Help Mrs. McKendry's dream come true of showing her gratitude with as many WWII Veterans before the 70th Anniversary of the ending of WWII on August, 14th 2015! *Please preregister.*

(Drop in Program. No fee for Bloomfield Township residents. \$2 fee for non-residents payable at time of registration.)

Saturday, May 18 (EDU53-B1303)

10 - 11 AM

Phone & Mail Scams

Join a Michigan Attorney General's office representative for one of their popular presentation. Recognize common scams initiated by phone or mail/email. Reduce unwanted phone calls and junk mail. Report a problem or scam.

Tuesday, June 25 (EDU53-B1306)

7:00 - 8:00 PM

Friday, June 28 (EDU53-B1306)

11:00 AM - Noon

Dessert & DIA

Is there more behind a work of art than what you see? Don't miss this intriguing presentation by Margaret Prizer from the Detroit Institute of Arts Speakers Bureau. Have fun exploring the multiple interpretations, ambiguous meanings and historical contexts and find what else lies beneath the surface while enjoying some savory, sweet treats.

Fee: Res \$2 / non-Res \$4

Monday, June 17 (EDU34-B1304)

7 - 8 PM

Thursday, June 20 (EDU34-B1305)

10:30 - 11:30 AM

HIT THE ROAD

BTSS is known for its quantity and quality of day trips. Check our trip itinerary on pages 13-15. Upcoming trips include:

- "Music of Lennon & McCartney" & "West Side Story", DSO
- Jackson Prison Tour
- "Music of West Side Story", DSO
- "Ernie", City Theatre
- "Bill Cosby Show", Orchestra Hall
- Detroit Tiger Games
- Atwater Brewery Tour
- Lunch at Rattlesnake & Detroit Athletic Clubs



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*

SMALL GROUP PERSONAL TRAINING (S.G.P.T.)

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 to meet your specific health and fitness goals! Private fitness assessment and individual re-evaluation at the completion of class. See pg. 5 for more details. *BT Residency reqd.*