



Bloomfield Township Senior Services



Winter 2012-13

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

INDEX (SS = supplement)

- Adult Day Service.....SS4
- Art Classes.....10
- Aquatics Classes.....3-4
- Balance Class7
- Billiards.....10
- Blood Pressure.....SS2
- Book Groups.....10
- BTSS Eligibility.....2
- Cancellations.....2, 3
- Cardio Classes.....4
- Cards/Games.....10-11
- Caregiver.....SS1
- Celebrations!.....11
- Clubs.....10
- Computers.....10
- Day Trips.....12-15
- Donations.....2
- Enrichment.....10-11
- Evening Fit Classes...6-7
- Evening Enrich.....11
- Expanded Hrs.....1, 8
- Fitness.....3-7
- Fitness Week.....8,16
- Friendship Club.....SS4
- Games.....10-11
- Grocery Shop.....SS2
- HomeLoan/Repair...SS1-3
- Lapidary.....10
- Loan ClosetSS3
- Meals on WheelsSS2
- Mind & Body6-7
- Movies.....11
- Music11
- Reassurance.....SS3
- Resident Orientation....11
- Saturday Fit Classes7
- Seated Exercise.....5
- Strength Training5
- Transportation.....SS2
- Tax Aide1, SS1
- Unique Topics11
- Volunteering.....9



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. Service is available for tax payers with middle/low income. Please bring: W-2 forms, copy of last year's return, pension, interest, dividend and Social Security statements. E-filing is free.

Registration for appointments begins on Thursday, January 3rd for residents and on Monday, February 4th for others.

Appointment required: 248-723-3500

Fitness Week January 2-4

Residents enjoy up to 6 complimentary classes!
See page 8 for complete schedule.

EXPANDED CENTER HOURS BEGINNING JANUARY 2, 2013

Monday – Thursday
7 AM – 9 PM
Friday
7 AM – 7 PM
Saturday
8 AM – 3 PM



BIRMINGHAM-BLOOMFIELD

Symphony Orchestra

Coffee & Classics

Enjoy complimentary coffee and pastries while listening to a performance by 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

December 12 (EDU53-D1204) 10:30 AM
Enjoy holiday favorites performed by brass quintet of BBSO musicians. Performance sponsored by:



February 13 (EDU53-A1301) 10:30 AM
Musical selections to be announced.

PERMIT NO 40
BLOOMFIELD TWP
PAID
US POSTAGE
PRESRT STD

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

New Hours begin Wednesday, January 2

Monday through Thursday 7 AM – 9 PM
Friday 7 AM – 7 PM
Saturday 8 AM – 3 PM

Dear Neighbors,

The much anticipated expansion of hours begins with the New Year. You will soon have 75 hours each week to work out, relax, learn new skills, socialize and celebrate.

We average 100 new profiles each month and know that there are many people who have not found the time to visit. We consistently find that when new people stop in they are amazed by the amount of activities offered, the beauty of the building, and the welcoming atmosphere. With this new service capacity we expect to draw even more of your neighbors – will you invite them?

New programs are listed on the back page and others are in the development process. What new programs would you like to see offered? Please be sure to send me your ideas and we will research them as well.

Happy Holidays!

Christine Tvaroha

ctvaroha@bloomfieldtp.org (248) 723-3500

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

Thank You for Your Donations... Barbara Driver, Letha Kuesel, Sally Taylor, Agnes Evlow, Phyllis Bean, Christ Church Cranbrook Women's Group, Janice Zehnder, Louise Taylor, Terrence O'Flynn, Mary Slocum, AAUW Birmingham, Colleen & Clyde McQueen, John Vitta*

* CHARITABLE CONTRIBUTIONS AND GIFTS

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

Bloomfield Township Senior Services

4315 Andover Road

(South off Long Lake or West off Telegraph)

Phone: (248) 723-3500 Fax: (248) 723-3519

Christine Tvaroha, Director

Senior Center*: Monday - Thursday 7 AM – 7:30 PM

Friday 7 AM – 4:00 PM

Saturdays 8 AM – 12:00 PM

(* See page 1 and 16 for new hours effective 1/2/13)

Adult Day Service/Friendship Club:

Monday - Friday 9 AM – 4:00 PM

www.bloomfieldtp.org/seniors

BLOOMFIELD TOWNSHIP BOARD

Bloomfield Township Main Phone: 248-433-7700

Leo C. Savoie, Supervisor

Janet Roncelli, Clerk Dan Devine, Treasurer

David Buckley, Trustee Neal J. Barnett, Trustee

Corinne Khederian, Trustee Brian E. Kepes, Trustee

BTSS ADVISORY COUNCIL

Steve Eskoff, Chairman

Al & Donna Artzberger Shirley Colten

John & Janice Bellefleur John Conti

Gladys Cifelli Maxine Davison

Don Foehr Marie Gemmel

Victor & Suzanne Goldstein Tony Klemer

Elizabeth Mahoney Tom & Ginnie Richard

BTSS will be closed on:

Thursday - Saturday, November 22-24

Saturday, December 22

Monday & Tuesday, December 24 & 25

Tuesday, January 1

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

Nonresident Policy: * 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.

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 and in the Center. *BT Residency required.*

New! Water Walking Plus M. Barclay
 Non impact workout with simple moves to improve cardiovascular endurance, muscle strength and balance. Finish class with a relaxing extended stretch. Participants must be able to step away from the side of pool.
Wednesday 4:30 - 5:30 PM 8 classes/\$40*
 Jan 9 – Feb 27 (FIT99-A1301)

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 9 – 10 AM 3 Classes/\$15*
 Dec 4 – Dec 18 (FIT89-D1204)
Tuesday 4:30 - 5:30 PM 8 Classes/\$40*
 Jan 8 – Feb 26 (FIT89-A1301)
Thursday 9 – 10 AM 3 Classes/\$15*
 Dec 6 – Dec 20 (FIT89-D1203)
Thursday 4:30 - 5:30 PM 8 Classes/\$40*
 Jan 10 – Feb 28 (FIT89-A1302)

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, and more will be used in this fun class that is gentle on the joints!
Wednesday/Friday 9:30 -10:30 AM 9 classes/\$45*
 Oct 31 – Nov 30 (FIT96-D1202) no class 11/23
Wednesday 9:30 -10:30 AM 3 classes/\$18*
 Dec 5 – Dec 19 (FIT96-D1203)
Jan 9 – Feb 27 (FIT96-A1301) 8 classes/\$48*
Friday 9:30 -10:30 AM 3 classes/\$18*
 Dec 7 – Dec 21 (FIT96-D1204)
Jan 18 – Mar 1 (FIT96-A1302) 7 classes/\$42*

H₂O Interval L. Harbour
 For active exercisers, intervals of high intensity exercises followed by toning with resistance equipment & stretching.
Tuesday 10:30 - 11:30 AM 3 classes/\$18*
 Dec 4 – Dec 18 (FIT83-D1205)
8 classes/ \$48*
 Jan 8 – Feb 26 (FIT83-A1301)
Wednesday 8 - 9 AM 3 classes/\$18*
 Dec 5 – Dec 19 (FIT83-D1207)
8 classes/ \$48*
 Jan 9 – Feb 27 (FIT83-A1302)
Thursday 10:30 - 11:30 AM 3 classes/\$18*
 Dec 6 – Dec 20 (FIT83-D1206)
8 classes/ \$48*
 Jan 10 – Feb 28 (FIT83-A1303)
Friday 8 - 9 AM 3 classes/ \$18*
 Dec 7 – Dec 21 (FIT83-D1208)
7 classes/ \$42*
 Jan 18 – Mar 1 (FIT83-A1304)

Fluid Moves 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.
Monday 11 AM – 12 PM 3 classes/\$24*
 Dec 3 – Dec 17 (FIT86-D1205)
8 classes/\$64*
 Jan 7 – Feb 25 (FIT86-A1301)
Wednesday 11 AM – 12 PM 3 classes/\$24*
 Dec 5 – Dec 19 (FIT86-D1204)
8 classes/\$64*
 Jan 9 – Feb 27 (FIT86-A1302)
Saturday 10:30 – 11:30 AM 4 Classes/\$32*
 Dec 1 – Dec 22 (FIT86-D1203)
8 Classes/\$64*
 Jan 12 – Mar 2 (FIT86-A1303)

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 - 10 AM 3 Classes/\$24*
 Nov 3 – Nov 17 (FIT32-D1202)
3 Classes/\$24*
 Dec 1 – Dec 15 (FIT32-D1203)
3 Classes/\$24*
 Jan 12 – Jan 26 (FIT32-A1301)
5 Classes/\$40*
 Feb 2 – Mar 2 (FIT32-A1302)

Aqua Power Aerobics

A. Chi

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

Tues/Thurs 6 – 7 PM

Dec 4 – Dec 20 (FIT27-D1203)

6 Classes/\$48*

Jan 8 – Jan 31 (FIT27-A1301)

8 Classes/\$64*

Feb 5 – Feb 28 (FIT27-A1302)

8 Classes/\$64*

Ultimate H2O

K. Haw/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.

Mondays 9:30-10:30 AM

Nov 5 – Nov 26 (FIT95-D1202)

4 classes/\$20*

Dec 3 – Dec 17 (FIT95-D1203)

3 Classes/\$15*

Jan 7 – Feb 25 (FIT95-A1301)

8 classes/\$40*

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

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 9-10 AM

Dec 4 – Dec 18 (FIT97-D1202)

3 classes/\$15*

Jan 8 – Feb 26 (FIT97-A1301)

8 classes/\$40*

Cardio Circuit Challenge

S. Rubinstein

For active exercisers, intervals of cardio, strength training & core building. Finish with relaxation stretching. Bring mat & water. LL Studio

Wednesday 7:15 - 8:15 AM

Dec 5 – Dec 19 (FIT61-D1203)

3 classes/\$24*

Jan 9 – Feb 27 (FIT61-A1301)

8 classes/\$64*

Thursday 5:30 – 6:30 PM

Dec 6 – Dec 20 (FIT61-D1204)

3 classes/\$24*

Jan 10 – Feb 28 (FIT61-A1302)

8 classes/\$64*

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 – 11 AM

8 classes/\$40*

Jan 11 - Mar1 (FIT47-A1301)

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 – 8 PM

Dec 5 – Dec 19 (FIT78-D1202)

3 classes/\$18*

Jan 9 – Feb 27 (FIT78-A1301)

8 classes/\$48*

Friday (45 min.) (New day!)

8 - 8:45 AM

Dec 7 – Dec 21 (FIT78-D1203)

3 classes/\$15*

Jan 11 – Mar 1 (FIT78-A1302)

8 classes/\$40*

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 – 10 AM

Dec 3 – Dec 20 (FIT09-D1202)

6 classes/\$25*

Jan 7 – Jan 31 (FIT09-A1301)

8 classes/\$40*

Feb 4 – Feb 28 (FIT09-A1302)

8 classes/\$40*

Senior Fit FLEX Aerobics

10 classes/\$60*

Add flexibility to SeniorFit Aerobics workout schedule.

Valid for 10 SeniorFit Aerobics classes. (FITFLEX2012)

Creative Crosstraining (Maggie Barclay classes only)

Your body is a fine tuned machine that will quickly adapt to a workout. Avoid plateaus by cross training! One low price includes: Water Walking Plus, Strength & Balance, Drums Alive, Zumba Gold, Chair Yoga, Cardio Party & Gentle Moves Yoga. LL Studio

M/T/W/TH/F

Times Vary

BT Residency Req.

40+ classes/\$80

Jan 7 – Mar 1 (FIT77-A1301)

PICKLEBALL & TABLE TENNIS

Pickleball Drop In

Mondays 2:30-4 PM (beginners)
Thursdays 2:30-4 PM (experienced)

Table Tennis Drop In

Wednesdays 2-4 PM
Fridays 2-4 PM

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

Monday 12:45 - 1:30 PM

Dec 3 – Dec 17 (FIT74-D1203) **3 classes/\$15***

Jan 7 – Feb 25 (FIT74-A1301) **8 classes/\$40***

Wednesday 12:45 - 1:30 PM

Dec 5 – Dec 19 (FIT74-D1204) **3 classes/\$15***

Jan 9 – Feb 27 (FIT74-A1302) **8 classes/\$40***

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 AM

Dec 3 – Dec 20 (FIT08-D1202) **6 classes/\$25***

Jan 7 – Jan 31 (FIT08-A1301) **8 classes/\$40***

Feb 4 – Feb 28 (FIT08-A1302) **8 classes/\$40***

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 11:30 AM – 12:30 PM

Dec 3 – Dec 17 (FIT56-D1203) **3 classes/\$15***

Jan 7 – Feb 25 (FIT56-A1301) **8 classes \$40***

Wednesday 11:30 AM – 12:30 PM

Jan 9 – Feb 27 (FIT56-A1302) **8 classes/\$40***

Drums Alive®-Seated

K. Housey

Unique, seated workout combining basic upper body movements, stretching and rhythmic drumming. Excellent for mental focus, balance and stress reduction. Can also be done standing. Wear comfortable clothing and bring water bottle.

Friday 11:15 AM – 12:00 PM

Dec 7 – Dec 21 (FIT98-D1202) **3 classes/\$15***

Jan 11 – Mar 1 (FIT98-A1301) **8 classes \$40***

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

STRENGTH

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 1:30 - 2:20 PM 5 classes/\$25*

Oct 25 – Nov 29 (FIT65-D1201) no class 11/22

Thursday 11:30 AM - 12:15 PM

Dec 6 – Dec 20 (FIT65-D1202) **3 classes/\$15***

Jan 10 – Feb 28 (FIT65-A1301) **8 classes/\$40***

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

Jan 7 – Jan 30 (FIT01-A1301) **8 classes/\$48**

Feb 4 – Feb 27 (FIT01-A1302) **8 classes/\$48**

Monday/Wednesday 6:30 – 7:30 PM

Jan 7 – Jan 30 (FIT01-A1303) **8 classes/\$48**

Feb 4 – Feb 27 (FIT01-A1304) **8 classes/\$48**

Wednesday/Friday 9 - 10 AM

Jan 9 – Feb 1 (FIT01-A1305) **8 classes/\$48**

Feb 6 – Mar 1 (FIT01-A1306) **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) **Residency req'd.**

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

\$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 are a new open hours participant or regular exerciser, come to these selected hours to make sure you are 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

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

Dec 4 – Dec 18 (FIT12-D1202) 3 classes/\$24*

Jan 8 – Jan 29 (FIT12-A1301) 4 classes/\$32*

Feb 5 – Feb 26 (FIT12-A1302) 4 classes/\$32*

New! Stretch & Core

L. Robinson

Gently stretch and strengthen all the major muscle groups including the abs, hips, back and glutes. Enjoy some relaxation to finish the class. Participants must be able to get on the floor. Bring a water bottle and mat. LL Studio

Tuesday 10:15 – 11 AM 3 classes/\$15*

Dec 4 – Dec 18 (FIT102-D1201)

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 (Time Change!)

Dec 4 – Dec 18 (FIT 79- D1202) 3 classes/\$15*

Jan 8 – Feb 26(FIT 79- A1301) 8 classes/\$40*

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 – 9:45 AM

Dec 7-Dec 21(FIT80-D1203) 3 classes/\$15*

Jan 11 – Mar 1 (FIT80-A1301) 8 classes/\$40*

New! 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

Friday 12:45 -1:30 PM

Dec 7 – Dec 21 (FIT101-D1201) 3 classes/\$15*

Jan 11 – Mar 1 (FIT101-A1301) 8 classes/\$40*

New! Functional Fitness

L. Brass

Improve your quality of life through functional fitness. Strengthen the major muscle groups needed to perform daily activities. Improve balance to prevent falls and increase range of motion for joint flexibility. Participants can be seated or standing. LL Studio

Tuesday 5:30 – 6:30 PM 8 classes/\$40*

Jan 8 – Feb 26 (FIT100– A1301)

Glutes & Abs

S. Rubinstein

This 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 & water. LL Studio

Monday 8 - 8:45 AM

Dec 3 – Dec 17 (FIT92-D1203) 3 classes/\$21*

Jan 7 - Jan 28 (FIT92-A1301) 4 classes/28*

Feb 4 – Feb 25 (FIT92-A1302) 4 classes/28*

Wednesday 5:30 - 6:15 PM

Dec 5 – Dec 19 (FIT92-D1203) 3 classes/\$21*

Jan 9 - Jan 30 (FIT92-A1303) 4 classes/28*

Feb 6 – Feb 27 (FIT92-A1304) 4 classes/28*

MIND BODY

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 11:30 AM – 12:30 PM

Dec 3 – Dec 17 (FIT56-D1203) 3 classes/\$15*

Jan 7 – Feb 25 (FIT56-A1301) 8 classes/\$40*

Wednesday 11:30 AM – 12:30 PM

Jan 9 – Feb 27 (FIT56-A1302) 8 classes/\$40*

Lunchtime Stretch

L. Harbour

Class emphasizes well-being by releasing muscle tension, decreasing stress, reinforcing proper alignment and form, enhancing coordination and improving flexibility. Class WILL go to floor. Bring a mat. LL Studio

Tuesday 12:30 - 1 PM

Dec 4 – Dec 18 (FIT93-D1202) 3 classes/\$9*

Jan 8 – Feb 26 (FIT93-A1301) 8 classes/\$24*

Thursday 12:30 - 1 PM

Dec 6 – Dec 20 (FIT93-D1203) 3 classes/\$9*

Jan 10 – Feb 28 (FIT93-A1302) 8 classes/\$24*

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

Nov 28 - Dec 12 (FIT03-D1201) 3 classes/24*

Jan 9 – Mar 13 (FIT03-A1301) 10 classes/80*

Continuing

Wednesday 10:15 – 11 AM

Nov 28 - Dec 12 (FIT03a-D1201) 3 classes/24*

Jan 9 – Mar 13 (FIT03a-A1301) 10 classes/80*

Gentle Moves Yoga

M. Barclay

Learn basic yoga poses, strengthen your core, improve balance and practice simple relaxation/meditation techniques. This Yogafit® style class will focus on gently stretching & strengthening the entire body while letting go of tension! Wear comfortable clothing, bring water bottle & yoga mat. Participants must be able to get down on floor.

Tuesday	10:15 - 11:00 AM	
Jan 8 – Feb 26 (FIT94-A1302)		8 classes/\$40*
Thursday	8 - 8:45 AM	
Dec 6 – Dec 20 (FIT94-D1203)		3 classes/\$15*
Jan 10 – Feb 28 (FIT94-A1301)		8 classes/\$40*

Cardio Circuit Challenge

S. Rubinstein

For active exercisers, intervals of cardio, strength training & core building. Finish with relaxation stretching. Bring mat & water. LL Studio

Thursday	5:30 – 6:30 PM	
Dec 6 – Dec 20 (FIT61-D1204)		3 classes/\$24*
Jan 10 – Feb 28 (FIT61-A1302)		8 classes/\$64*

Glutes & Abs

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	
Dec 5 – Dec 19 (FIT92-D1203)		3 classes/\$21*
Jan 9 - Jan 30 (FIT92-A1303)		4 classes/28*
Feb 6 – Feb 27 (FIT92-A1304)		4 classes/28*

EVENING FITNESS CLASSES

Aqua Power Aerobics

A. Chi

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

Tues/Thurs	6 – 7 PM	
Dec 4 – Dec 20 (FIT27-D1203)		6 Classes/\$48*
Jan 8 – Jan 31 (FIT27-A1301)		8 Classes/\$64*
Feb 5 – Feb 28 (FIT27-A1302)		8 Classes/\$64*

New! Functional Fitness

L. Brass

Improve your quality of life through functional fitness. Strengthen the major muscle groups needed to perform daily activities. Improve balance to prevent falls and increase range of motion for joint flexibility. Participants can be seated or standing. LL Studio

Tuesday	5:30 – 6:30 PM	8 classes/\$40*
Jan 8 – Feb 26 (FIT100- A1301)		

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 – 8 PM	
Dec 5 – Dec 19 (FIT78-D1202)		3 classes/\$18*
Jan 9 – Feb 27 (FIT78-A1301)		8 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	6:30 – 7:30 PM	8 classes/\$48
Jan 7 – Jan 30 (FIT01-A1303)		
Feb 4 – Feb 27 (FIT01-A1304)		

SATURDAY CLASSES

Fluid Moves

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	
Dec 1 – Dec 22 (FIT86-D1203)		4 Classes/\$32*
Jan 12 – Mar 2 (FIT86-A1303)		8 Classes/\$64*

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 - 10 AM	
Nov 3 – Nov 17 (FIT32-D1202)		3 Classes/\$24*
Dec 1 – Dec 15 (FIT32-D1203)		3 Classes/\$24*
Jan 12 – Jan 26 (FIT32-A1301)		3 Classes/\$24*
Feb 2 – Mar 2 (FIT32-A1302)		5 Classes/\$40*

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.

Complimentary classes* for 50+ Township Residents

Fitness Week

January 2 - 4

WEDNESDAY 1/2

Glutes & Abs
8-8:45 a.m. (GETFIT01)
Tai Chi-Beginners
9:30-10:15 a.m. (GETFIT02)
Ultimate H2O
9:30-10:30 a.m. (GETFIT03)
Aqua Fluid Moves
11 a.m.-12 p.m. (GETFIT04)
On the Ball
11:15 a.m.-12:15 p.m. (GETFIT05)
Line Dancing
12:45-1:30 p.m. (GETFIT06)
NEW! Water Walking Plus
4:30-5:30 p.m. (GETFIT07)
Zumba Gold®
7-8 p.m. (GETFIT08)

THURSDAY 1/3

Gentle Moves Yoga
8:00-8:45 a.m. (GETFIT09)
Cardio Party
9-9:45 a.m. (GETFIT10)
Chair Yoga
10-10:45 a.m. (GETFIT11)
H2O Interval
10:30-11:30 a.m. (GETFIT12)
Osteoball
11:30-12:15 p.m. (GETFIT13)
Lunchtime Stretch
12:30-1 p.m. (GETFIT14)
Strength & Balance – Level 1
1:45-2:30 p.m. (GETFIT15)
Aqua Core & More
4:30-5:30 p.m. (GETFIT16)
NEW! Functional Fitness
(Class will be on Tuesday)
5:30-6:30 p.m. (GETFIT17)
Aqua Power Aerobics
6-6:30 p.m. (GETFIT18)
Aqua Bootcamp
6:45-7:15 p.m. (GETFIT19)

FRIDAY 1/4

Zumba Gold®
8-8:45 a.m. (GETFIT20)
H2O Interval
8-9 a.m. (GETFIT21)
Strength & Balance 2
9-9:45 a.m. (GETFIT22)
Aqua Fit
9:30-10:30 a.m. (GETFIT23)
(Class will be on Mondays)
Drums Alive®
10-11 a.m. (GETFIT24)
Drums Alive® Seated
11:15 a.m.-12 p.m. (GETFIT25)
NEW! Barre Balance
12:45-1:30 p.m. (GETFIT26)

*Preregistration required.
Classes fill quickly!
(6 classes per patron)*

** See pages 3-7 for Class descriptions*



Expanded hours: Wednesday, January 2

BTSS is pleased to announce expanded hours of operation beginning in 2013.

New Hours: Monday through Thursday 7 AM – 9 PM, Friday 7 AM – 7 PM, Saturday 8 AM – 3 PM

JUST FOR FUN (See pages 10-11 for more information)

Billiards (Pool) - Available during regular center hours.

Movie Mania Night Wednesday 6:15 PM
Break up those long winter nights with a movie! Wednesday evening late release films with popcorn!
January 9 "The Best Exotic Marigold Hotel" 2012
February 13 "The Way" 2010

You Choose - Game Night Tuesday 6:30-8:30 PM
January 15 (SOC12-A1301)
February 19 (SOC12-A1302)

It's game night! Heat up those winter nights with some friendly competition! Bring any game you choose to play.

Wii Game Night Tuesday 6:30-8:30 PM
January 15 (SOC35-A1301)
February 19 (SOC35-A1302)

Whether you're a Wii expert or never played, it's easy to do and lots of fun! Try it!

FITNESS FUN (See pages 3-7 for more information)

Aqua Power Aerobics
Tues/Thurs 6 – 7 PM

Functional Fitness
Tuesday 5:30 – 6:30 PM

Zumba Gold®
Wednesday 7 – 8 PM

Supervised Strength Training
Monday/Wednesday 6:30 – 7:30 PM

Fitness Open Hours – Available during regular center hours

Walking Track – Available during regular center hours

Cardio Circuit Challenge
Thursday 5:30 – 6:30 PM

Glutes & Abs
Wednesday 5:30 - 6:15 PM

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 a.m. 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.

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

Thank you...

Woodward Hills Nursing Center

(U of M vs. MSU Tailgate Celebration sponsor)

St. Joseph Mercy Oakland

(Health Fair & Flu Shot Clinic sponsor)

Thank you to our Meals on Wheels Volunteers!

Rob Alvin * Catherine Angeli * Les Baron * Kerstin Baumann * Shahina Begg * Marion Benedict * Ray Caloia * Mary Ann Christ * Su Chuang * Cindy Clement * Frank & Sally Cliff * Greg Coatsworth * Cam Corbett * Jerry Craig * Robert Dann * Judy Dennis * David Dinger * Judy Dixon * Kitty Dobritt * Judy Domstein * Mike Dunigan * Bob Eberhardt * Jim Eichner * Carole & Ted Elder * Karin Eynon * Lori Farrow * John Feeney * Patricia Finn * Martha Flannery * James Gambino * Phyllis Gara * Judy Geppert * Mona Gibson * Carol Goldstein * Jim & Irene Grady * Sangeeta Grewal * Nancy Haddad * Rob Heeren * Dolores Hekker * Pam Hoffman * Jim & Joann Holden * Linda Hsing * Paul Huber * Susan Hugel * Jean Ivory * Pat Jacoby * Gail Jaworski * Janet & John Kaczmarek * Clare & Jerry Kabel * Judy King * Debbie Lim * June Linklater * Marcie Lloyd * Darcy MacKenzie * 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 * Bill Penz * Priscilla Pettengill * Alfred & Sarinna Ping * Chuck Pokriefka * Bill Potter * Marie Pryce * Rita Ravikrishnan * Renate Reimer * Karyn & Donald Rezanka * Tom Richard * Jerry Rivard * Fulvio Romano * Allen Rubin * Janet Russell * Michael Samson * Linda Scheidemantel * Theresa Shea * Mary Shepline * Jean Smith * Connie Szymczak * Marjorie & Mario Trafeli * Patricia Wagner * Mary Walosin * Larry Werner * Lynn & Corey Wert * Bill Williams * Clint Williams * Elinor & Murray Yolles *



***Volunteering is important
to long and healthful lives.***

Call Joan for more information
248-723-3500.

Thank you volunteers! 2200+ Hrs. in August-October

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

Anne Alden * Gladys Baker * Ruth Ann Ballard * Shahina Begg * Verna Besancon * Peggy Brenton * Sal Bricio * Georgia Buckley * Sharon Butler * Pat Caplin * Joanne Carmichael * Mary Ann Christ * John Conti * Maureen Cook * Jerry Craig * Jo Creek * Margaret Dann * Maxine Davison * Vivian Dezur * Sue Dodenhoff * Steve Eskoff * Susan Feldstein * Marie Gemmel * Vance Genzlinger * Judy Geppert * Mona Gibson * Angie Giffels * Carol Goldstein * Jim & Irene Grady * Rose Mary Graziano * Tom Halsted * Joyce Hancock * Dan Hess * Kim Hinkle * Sharon Houghtby * Connie Jaroh * Maggie Kapdi * Rosemarie Killenberger * Young Kim * Ellen Kittendorf * Rowena Kolde * Dorothy Laffrey * Priscilla Leclair * Christie Lehmann * Paulette Lerman * Keith Lewis * Debbie Lim * Jo Lincoln * Ludmila Livshiz * Bruce Madsen * Liz Mahoney * Catherine Matti * Karen Miller * Jan Mistele * Richard Moxley * Irene Moser * Raji Murthy * Vara Navaluri * Joan Nedeljko * Jo Nott * Kay Patel * Ralph Pedersen * Pam Perry * Arlene Pinkos * Nancy Porter * Deanna Ralston * Kay Ramakrishnan * Elizabeth Reiha * Renate Reimer * Tom Richard * Marilyn Scheifele * Elizabeth Schlegel * Faith & John Scholl * Kathy Schultz * Lisa Secrest * Nory Smith * Francisca Soliven * Ann Spina * Michael Sullivan * Teresa Sun * Marcia Suszan * Virginia Tatseos * Barry Tilds * Anjali Vale * Inez Veraldi * Sue Wade * Peggy Walker * Marleeta Walton * Lisa Watt * Martha Wells * Suzanne Winn * Diana Wise * Anjel Yessayan * Elinor Yolles * Rasheeda Zafar * Janice Zehnder

Thank you “Chicks With Sticks!”

...for your time and talents creating beautiful items for local agencies.

Edie Anderson * Judy Antonak * Peggy Brenton * Eleanor Brown * Julie Candler * Peggy Cohen * Nellie Copley * Jacqueline Corley * Audrey Demak * Stephanie Ghelfi * Jean Genzlinger * Klaren Gerhart * Norma Greene * Debbie Grim * Rosie Gumbleton * Pat Hamburg * Rosemary Istratolf * Maryvonne Jacquemart * Sandy Jeffries * Beth Johnson * Young Kim * Sunny Kohli * Denise Kolkmeier * Patricia Kubik * Elaine Lamb * Marge Lazarou * Leslie Lazzarin * Aili Lee * Linda Lewis * Debbie Lim * Elizabeth Mahoney * Gretchen Mako * Nutan Manda * Janet Mathews * Alice McIntyre * Debbie Metler * Betty Meyer * Judy Michau * Jean Miller * Chris Muir * Audrey Newman * Lucille Noraian * Karen Ouellette * Lois Page * Pam Perry * Arlene Pinkos * Shirley Porter * Judy Reichelt * Faith Scholl * Reenie Shannon * Theresa Shea * Nancy Tanke * Shirley Volante * Janet Young * Carol Zaske *



Supportive Services



Bloomfield Township Senior Services

4315 Andover Road, Bloomfield, MI 48302-2091

Phone: 248-723-3500

Fax: 248-723-3519

Web: www.bloomfieldtpw.org/Seniors

Winter 2012-13

Index

- Adult Day Service.....4
- Alzheimer Support1
- Area Agency3
- Blood Pressure.....3
- Candy Collection3
- Caregiver Forum1
- Ensure.....2
- Errand Rides2
- Friendship Club.....4
- Grocery Shopping.....2
- Home Loan3
- Housing Counsel3
- Legal Assist3
- Loan Closet.....3
- Meals on Wheels.....2
- Medical Trans.2
- Medicare B Assist..... 3
- Minor Home Repair....1
- Nurse on Call3
- Reassurance.....2
- SMART.....2
- Tax Assistance1
- Transportation.....2
- Transport to Center... 2
- Tree of Life.....1
- Volunteer Rides.....2



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. Service is available for tax payers with middle/low income. Please bring: W-2 forms, copy of last year's return, pension, interest, dividend and Social Security statements. E-filing is free.

Registration for appointments begins on Thursday, January 3rd for BT residents and on Monday, February 4th for non residents.

Appointment required: 248-723-3500



TREE OF LIFE

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

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

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

Thank you for your support.

(FUN05-D1201)

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	\$22,900.00
2	\$26,150.00

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

TRANSPORTATION SERVICES



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

≈ **NEW!!** Transportation to Senior Center

Transportation to the Senior Center is available to participate in 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. Call BTSS 723-3500 for information.

≈ **SMART** Community Transit

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

≈ **Medical Transportation Services**

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

≈ **Volunteer drivers**

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



GROCERY SHOPPING & ERRANDS TRANSPORTATION

Volunteers are available to aid **60+, non-driving** Bloomfield Township residents who need transportation to run errands

or grocery shop with a maximum of 2 appointments/month and flexibility between client and driver. Please call Denise at BTSS at 248-723-3500 for more information.

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.



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.

November 21st
December 19th
January 16th

Loan Closet Available

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

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



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 client. Call 248-723-3500 for information.

Holiday Candy Collection

Share the Holidays with our homebound meals clients by donating small individually wrapped candies. Drop off candy at BTSS before December 18th.

Join us on Wednesday 12/19 at 1:30pm to package candy for distribution. If you can help with packaging, please call Denise at 248-723-3500.

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

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.

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.



OAKLAND FAMILY SERVICES Social Worker Counseling (SVC12-VARIES)

If you are experiencing loneliness, grief, depression or any personal issues, you may benefit from a private session with a counselor. One hour appointments on the first Tuesday of the month with a licensed social worker from Oakland Family Services – Older Adult Division are available to residents aged 60+. Call 248-723-3500 to schedule. Walk-ins accepted if time allows. No charge for this grant funded program.

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 on the third Thursday of each month.

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.

☛ 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.

ART

Creative Watercolor

K. Halpern

Wednesday 1:30 - 3:30 PM 3 sessions/\$39*

December 5-19 (ART02-D1201)

Wednesday 1:30 - 3:30 PM 9 sessions/\$122*

January 9 – March 6 (ART02-A1301)

Wednesday 1:30 - 3:30 PM 2 sessions/\$28*

March 13 & 20 (ART02-A1302)

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

Lapidary ☛ No Session: 2/12 & 2/26

Tuesday & Thursday 1 - 4 PM

Facilitator: Nancy Porter 248-797-5660

Learn to process rocks and gemstones to create art and jewelry. Informal instruction offered in beading & stained glass. Supplies and equipment are available. Drop In.

Pre-Holiday Sale! Tuesday, December 4 8 AM–4 PM

The Lapidary Program will be selling some of their beautiful jewelry, stained glass and mosaic tile pieces for your enjoyment. Please stop by the Cafe to pick up some holiday gifts.

Mosaic Stepping Stone I N. Porter/M. McGee

Thurs/Tues 1:30 - 3:30 PM 2 classes

February 28 & March 5 (ART13-A1301)

Create a small (6x6) mosaic tile from preformed concrete, scrap glass, stained glass and your imagination. The \$10 supply fee payable to instructor.

CLUBS / GROUPS

Book Club ☛ Facilitator: Janice Bellefleur 248-335-7383

1ST Friday 10 – 11:30 AM

Books on loan thru BT Public Library service desk.

December 7: "Parrot and Oliver in America" (Carey)

January 4: No book assigned. Members Favorite

February 1: "Tinkers" (Harding)

BTSS White Horse Society ☛ No December meeting

4th Thursday January & February 10 AM

Interested in theology, philosophy or science? New topic for discussion every month. All views will be respectfully encouraged.

"Chicks with Sticks" ☛ "Knitting Gifts from the Heart"

Monday not meeting: 2/11 & 2/25 1 – 3:30 PM

Facilitator: Karen Ouellette 248-408-2083

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

Italian Group - Gruppo Italiano ☛

2nd Friday 10 AM

Facilitator: Angie Giffels 248-645-0958

Open to all. Affiliate of Dante Alighieri Society

Senior Men's Club

Facilitators: Bruce Madsen & Jim Grady

Enjoy great speakers, camaraderie & a light breakfast.

Pre-registration required.

3rd Wednesday 9:30–11:30 AM BT/\$6 Non BT/\$8

January 16 (SOC27-A1301)

Dr. Yvan Silva ("The Singing Surgeon") & Dr. Mark Weis

"Our Mission: No More Grumpy Old Men"

February 20 (SOC27-A1302)

Matthew R. Gunnarson, Special Agent, US Secret Service

"The Protection of our Presidential Candidates in Last Year's Election"

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 No Lab: 2/12 & 26

Wednesday, Noon – 3:30 PM

Friday, 1– 3PM

Saturday, 10 AM – Noon

GAMES

Billiards (Pool) ☛

Available during regular center hours. See page 2.

Bridge Club ☛ No Bridge: Monday, February 11 & 25

Mon/Fri Tables assigned: 12:30 PM Play: 1 PM

Facilitator: Maurice Vachon

Euchre & Pinochle ⬤ Thursday 11:15 AM
Facilitator: Joanne Carmichael 248-626-0719

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

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

Scrabble Club ⬤ 1st Wednesday 1 – 3 PM
Facilitator: Marlene Bieman 248-681-7112

JUST FOR FUN

BTSS Resident Orientation Please pre-register
Monday, January 14 (SEV03-A1301) 2 – 3 PM
Join us in the Café for an informal gathering of new and interested residents to discuss programs, explain registration and tour the center.

Celebrations!

BTSS Band Holiday Sing-A-Long (SEV10-D1202)
Tuesday, December 11 2 PM
Join our own Senior Band for a Holiday Sing-a-long. Please pre-register. \$2 non-resident fee payable at registration.

Movie Classic ⬤ **Friday** 2 PM
Friday afternoon classic movie greats with popcorn!

December 7 "Holiday Inn" 1942 (100 min.) Musical
Starring: Bing Crosby, Fred Astaire, Majorie Reynolds & Virginia Dale

January 4 "The Three Faces of Eve" 1957 (91 min.)
Drama Starring: J. Woodward, D. Wayne, L.J. Cobb
February 1 "Marty" 1955 (91 min.) Drama Starring:
Ernest Borgnine, Betsy Blair, Joe Mantell, Esther Minciotti

Movie Mania ⬤ **Friday** 2 PM
Friday afternoon late release films with popcorn!
January 18 "The Best Exotic Marigold Hotel" 2012
(123 min.) Romantic Comedy Starring: Tom Wilkinson,
Maggie Smith, Judi Dench, Bill Nighy, Dev Patel

February 15 "The Way" 2010 (115min.) Action
Starring: Martin Sheen, Yorick Van Wageningen, Emilio Estevez, Deborah Kara Unger, James Nesbitt

MUSIC

BTSS Band Holiday Sing-A-Long (SEV10-D1202)
Tuesday, December 11 2 PM
Join our own Senior Band for a Holiday Sing-a-long. Please pre-register. \$2 non-resident fee payable at registration.

BTSS Band No Band: Tuesday, February 12 & 26
Tuesdays 3 - 5 PM
Band Leader: Vance Genzlinger 248-646-2864
Open to all levels. *Looking for a drummer!*

Evola Music Keyboarding Class

Thursday 9:30–10:30 AM 8 sessions/Fee: \$30*
February 7- March 28 (EDU37-A1301)
This program provides 8 weeks of instruction from Evola Music on a keyboard/piano provided here at the center and 2 private lessons at Evola Music in Bloomfield Twp. Additional \$15 material charge for book used in class, payable to instructor first day of class.

UNIQUE TOPICS

Nature Adventure Movie ⬤ **Tuesday** 1 PM
Tuesday afternoon "Big Screen" nature movie.
January 22 Disneynature "African Cats"
February 5 Disneynature "Oceans"

NEW EVENING PROGRAMS

Movie Mania Night ⬤ **Wednesday** 6:15 PM
Break up those long winter nights with a movie!
Wednesday evening late release films with popcorn!

January 9 "The Best Exotic Marigold Hotel" 2012
(123 min.) Romantic Comedy Starring: Tom Wilkinson,
Maggie Smith, Judi Dench, Bill Nighy, Dev Patel

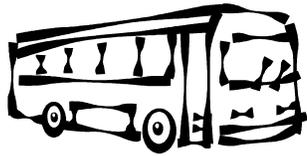
February 13 "The Way" 2010 (115min.) Action
Starring: Martin Sheen, Yorick Van Wageningen, Emilio Estevez, Deborah Kara Unger, James Nesbitt

You Choose - Game Night **Tuesday** 6:30-8:30 PM
January 15 (SOC12-A1301)
February 19 (SOC12-A1302)

It's game night! Heat up those winter nights with some friendly competition! Bring any game you choose to play (Cards, Scrabble, Backgammon, Mah-jongg etc...) and a snack to share. Join other players for a fun filled evening. Please preregister. \$2 non-resident fee payable at registration.

Wii Game Night **Tuesday** 6:30-8:30 PM
January 15 (SOC35-A1301)
February 19 (SOC35-A1302)

Whether you're a Wii expert or never played, it's easy to do and lots of fun! Try it! Baseball, bowling, golf and tennis are available. Please preregister. \$2 non-resident fee payable at registration.



BLOOMFIELD TRAVEL

** Fees are listed as Resident/Non-resident.
Non-residents pay additional \$10 fee per trip.
See page 2 for registration/cancellation policies.*

Traveler Safety

BTSS makes every effort to inform our travelers about the physical requirements of the daytrips. For example trip descriptions may include: a 1 ½ hour walking tour, many stairs, no seating available, uneven terrain. The independent traveler needs to make the decision in advance of the trip if they should bring a cane, walker or travel with a personal assistant. We rely on you as the traveler to make the decision if a trip is appropriate for you and to be prepared to travel independently. You may also register an assistant for the trip if it will ensure your safety and participation in the trip. Trip fees apply to assistants and must be paid with your registration.

Christmas Flower Demonstration & Tour Nordlies

Tuesday, Nov. 13 (DAY17-D1201) 9:30 AM - 2:15 PM
Nordlie's has been a wholesale design center in Michigan for over 80 years. Enjoy a tour of the wholesale house of flowers, trinkets and unusual decorative items and a demonstration of creative Christmas decorations. **Followed by lunch on your own at the Masters Restaurant.**
BTSS Coach Fee: \$10*

Walter P. Chrysler Museum Tour

Thursday, Nov. 15 (DAY18-D1201) 10:15 AM - 2:45 PM
The Walter P. Chrysler Museum stands in honor of one man's journey to become an auto industry giant. The spectacular collection showcases the achievements of the company and the importance of the vehicles in today's society. **Followed by lunch on your own at Olive Garden.**
BTSS Coach Fee: \$12*

"Meanwhile Back on Couch" Stagecrafters WAIT LIST
Saturday, November 17 (DAY28-D1201) 11:15 AM-4:30 PM

Queen Anne's Tea at the Holly Hotel

Tuesday, Nov. 27 (DAY19-D1201) 11:15 AM - 4:15 PM
Three elegant courses (English-style scones & muffins, Devonshire cream & flavored butters, tea sandwiches, quiches, fruits, pastries and more) are served on antique china and tea served in fancy silver & ceramic pots.
BTSS Coach Fee: \$32*

Kar's Nuts Tour

Thursday, Nov. 29 (DAY20-D1201) 9 AM - 2:00 PM
Kar's Nuts was founded in 1933 in Sue Kar's tiny kitchen across from Tiger Stadium. Later a manufacturing plant was built in Madison Heights. 1½ hour walking tour of the packaging facility. Participants with peanut/tree nut allergies should not participate. **Followed by lunch on your own at Stage Deli.**
BTSS Coach Fee: \$10*

Rachmaninoff & Tchaikovsky DSO WAIT LIST

Friday, Nov. 30 (DAY21-D1201) 9:30 AM - 3:15 PM

Cranbrook Art Museum Tour & Lunch at Oakland Hills

Wednesday, Dec. 5 (DAY22-D1201) 10:45 AM - 2:45 PM
Join us for a walking tour of the very impressive collections including the works of Aero Saarinen. One hour docent led tour followed by 20 minute film and time to view the exhibits. All participants are asked to honor the dress code of NO denim of any color and NO hats/caps for men. **Followed by luncheon of Cranberry Stuffed Chicken Breast with Rolls & butter, potato, house salad and vegetable at Oakland Hills Country Club.**
BTSS Coach Fee: \$49*

"Holiday Brass" Macomb Center WAIT LIST

Tuesday, Dec. 11 (DAY23-D1201) 4:30 - 10:15 PM

"Jersey Boys" Fisher Theatre WAIT LIST

Thursday, Dec. 13 (DAY24-D1201) 10:15 AM - 3:45 PM

"Home for the Holidays" DSO WAIT LIST

Friday, Dec. 21 (DAY25-D1201) 9:30 AM - 3:30 PM

Salon Concert & Tea Christ Church Cranbrook

Wednesday, Jan. 9 (DAY01-A1301) 3:15 - 5:15 PM
Join us as we attend a delightful concert with Double Play, Amy Ridings, flute & Patrick Sciannella, tuba in the Guild Hall at Christ Church Cranbrook. Formal English "High Tea" is served, featuring hot tea, savory tidbits and sweet treats.
BTSS Coach Fee: \$10*

"Made in Hollywood/Prints from Time of Manet"

Toledo Museum of Art

Thursday, Jan. 10 (DAY02-A1301) 10 AM - 5 PM
Made in Hollywood: Photographs more than 90 prints by the most important photographers working in Hollywood from 1920-1960. Show highlights the importance of photography through the classic images of idols such as Dietrich, Monroe, Grant and more. *Time of Manet* explore graphic arts created between 1830-1890 by some of the most talented artists of the period. 90 minute docent lead walking tour. **Begin with lunch on your own at Tony Packo's.**
BTSS Coach Fee: \$25*

"That Dorothy Parker" Jet Theatre

Saturday, Jan. 12 (DAY03-A1301) 2:30 – 7:20 PM

A memory play that weaves together hilarious anecdotes of the 10 years Parker spent lunching at New York's famous Algonquin Round Table, her relationship with Hemingway, Robert Benchley, Alexander Woolcott, her involvement in the Spanish Civil War and selections of her writing. **Begin with lunch on your own at Deli Unique.**

BTSS Coach Fee: \$46*

"Murder On The Nile" Village Players

Sunday, Jan. 13 (DAY04-A1301) 11:45 AM – 4:30 PM

Agatha Christie's blockbuster will keep you on the edge of your seat as you attempt to deduce the identity of the murderer. Every character has a motive in this mélange of love, betrayal, money, politics, blackmail and religion. As you enter the theater, you will be transported to a beautiful river steamer as she prepares to set sail down the Nile. **Begin with lunch on your own at Dick O'Dow's.**

BTSS Coach Fee: \$27*

Lunch and Movie at the Palladium Theatre

Tuesday, Jan. 15 (DAY05-A1301) 11 AM – 3:30 PM

Your afternoon begins with a delicious buffet lunch (included) with beverage and dessert. Then sink into a luxurious leather seat for a private showing of a first-run movie (announced one week in advance). Enjoy "free" popcorn and soda pop during the movie.

BTSS Coach Fee: \$27*

"Conned" City Theatre

Thursday, Jan. 17 (DAY06-A1301) 5:15 – 10:30 PM

The cast of con men, cheats and swindlers expose the secrets of the streets in a hilarious evening of schemes and scams. Throughout the evening, volunteers from the audience will be invited on-stage to participate in the scams, and at times the entire audience will be conned. **Begin with dinner on your own at Hockey Town Café.**

BTSS Coach Fee: \$41*

North American International Auto Show

Friday, Jan. 18 (DAY07-A1301) 9:30 AM – 3:15 PM

Experience the next generation of transportation at the 2013 North American International Auto Show. More than 500 vehicles on display, representing the most innovative designs in the world. Transportation and lunch included. Participants purchase their own auto show ticket at the door.

Followed by lunch (included) at Dakota Inn Rathskellers *Your choice of Combination Plate, German Plate, or Potato Pancakes, Apple Strudel and non-alcoholic beverage.* Make menu selection at time of registration.

BTSS Coach Fee: \$23*

"Curtains" Stagecrafters Baldwin Theatre

Sunday, Jan. 20 (DAY08-A1301) 11:30 AM – 5 PM

Detective Lt. Frank Cioffi begins investigating the murder of the leading lady in a Broadway-bound show and soon finds himself happily caught up in love and in a musical headed for New York. This hilarious 'whodunnit' celebrates the Golden Age of musicals and the Hollywood 'film noir' detective movies of the 1950's. **Begin with lunch on your own at Black Finn Restaurant.**

BTSS Coach Fee: \$29*

"White's Lies" Meadowbrook Theatre

Wednesday, Jan. 23 (DAY09-A1301) 11:15 AM – 4:30 PM

Some guys are scared stiff at the prospect of settling down, getting married, having kids...and Joe White is no exception. He's a divorce lawyer, representing one of his many ex-girlfriends, and above all else, he's a bachelor who wouldn't have it any other way. So when his mother desperately wants him to start a family, he'll do the next best thing: make one up. *Michigan Premiere* **Begin with lunch on your own at C K Digs.**

BTSS Coach Fee \$28*

"Winter Dance Party" DSO

Friday, Jan. 25 (DAY10-A1301) 9:30 AM – 3:15 PM

Break out the Brylcream and put on your poodle skirts! Celebrating the pioneers of Rock and Roll, this winter dance party presents the biggest hits of Richie Valens ("LaBamba"), The Big Bopper ("Chantilly Lace") and the legendary Buddy Holly ("Peggy Sue"). **Followed by lunch on your own at The Whitney.**

BTSS Coach Fee: \$48*

"The Midtown Men" Macomb Center

Sunday, Jan. 27 (DAY11-A1301) 12 – 5:30 PM

Show reunites the stars from the original cast of Broadway's Tony Award® winning musical *Jersey Boys*. They're taking their own unique sound and chemistry on the road, singing the hits of *The Beatles*, *The Beach Boys*, *The Jackson Five*, *The Mamas and The Papas*, *the Four Seasons* and more. **Begin with lunch on your own at Luciano's.**

BTSS Coach Fee: \$56*

OCC Grand Buffet

Thursday, Jan. 31 (DAY12-A1301) 10 AM – 1 PM

Enjoy the finest cuisine, prepared by the students of the Culinary Studies Institute at OCC. Make sure you visit the on campus bakery before lunch for the opportunity to purchase the delicious pastries and desserts. Bring your friends, sign-up today. **Includes: Buffet, beverage, tax, and tip.**

BTSS Coach Fee: \$24*

Federal Reserve Bank Tour

Tuesday, Feb. 5 (DAY13-A1301) 10 AM – 3 PM
Did you know that the average lifespan of \$1 bill is 18 – 22 months and that a \$100 dollar bill lasts for 10 years? Where do the old bills go? To the Federal Reserve Bank for shredding and storing. Don't miss this very popular tour of the Federal Reserve Bank. Our visit will include a discussion of the Federal Reserve System and will end with a one hour tour of the facility. **Followed by lunch on your own at Tre Monti Restaurant.**

BTSS Coach Fee: \$17*

"Symphonies by Beethoven" DSO

Friday, Feb. 8 (DAY14-A1301) 12:30 AM – 3:45 PM
One of the world's most acclaimed conductors; Maestro Leonard Slatkin presents *Beethoven's Leonore Overture No. 3, Symphonic No. 8, and Symphonic No. 3, Eroica*. **Followed by lunch on your own at Morel's.**

BTSS Coach Fee: \$38*

"Looking" Tipping Pointe Theatre

Wednesday, Feb. 13 (DAY15-A1301) 12 – 5:30 PM
Norm Foster brings you beautiful comedy about four middle-aged characters and their desperately hilarious search for true love. Val is idealistic & looking for "Mr. Right." Nina is simply looking for "Mr. Right Now." Andy is struggling with selling his business. Matt is a quick-witted disc jockey. **Begin with lunch on your own at Triami Su Restaurant**

BTSS Coach Fee: \$38*

"Ann Hampton Callaway, The Streisand Songbook"

Macomb Center

Friday, Feb. 15 (DAY16-A1301) 5 – 10:30 PM
In the tradition of such jazz greats as Ella Fitzgerald and Billy Holiday, Ann Hampton Callaway brings her unique style to the Macomb Center stage for one extraordinary evening. The multiplatinum-selling singer, composer, lyricist, pianist, and Tony-nominated actress puts her own unique spin on the unforgettable songs from Barbra Streisand's Broadway years (*Funny Girl*) to her film works (*A Star Is Born*), to her early pop albums (*People*). **Begin with dinner on your own at The Brewery**

BTSS Coach Fee: \$46*

Detroit Boat Show Cobo Hall

Monday, Feb. 18 (DAY17-A1301) 12:45 – 6 PM
More than 100 of Michigan's best boat dealers and marine businesses under one roof. Your chance to see new 2013 product, get great prices on new non-current boats, motors, trailers and accessories. Shop hundreds of fishing boats, pontoon boats, cruisers, ski boats 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
Your afternoon begins with a delicious buffet lunch (included) with beverage and dessert. Then sink into a luxurious leather seat for a private showing of a first-run movie (announced one week in advance). Enjoy "free" popcorn and pop during the movie.

BTSS Coach Fee: \$27*

Pride & Prejudice, Macomb Center

Thursday, Feb. 21 (DAY19-A1301) 4 - 9:30 PM
This classic romantic comedy is the sparkling tale of the Bennets, a family blessed with five daughters and a mother desperate to marry them off. The tempestuous pairing of the witty, independent Elizabeth, and the arrogant but honorable suitor, Mr. Darcy, sets the standard for all great couples of the stage and screen. Starring the acclaimed British screen and stage duo of Martin Jarvis and Rosalind Ayres. **Begin with dinner on your own J Baldwin.**

BTSS Coach Fee: \$26*

"Beatles with Rain" Fox Theatre

Saturday, Feb. 23 (DAY20-A1301) 4:45 – 10:30 PM
Rain is a Beatles tribute show that began as an offshoot of the Broadway production of *Beatlemania*. In addition to the Broadway engagement, "Rain" has been a hugely successful national tour for years. **Begin with dinner on your own at Angelina Italian Bistro.**

BTSS Coach Fee: \$53*

"The Skin Of Our Teeth, Mendelssohn Theatre

Sunday, Feb. 24 (DAY21-A1301) 10:45 AM – 4:45 PM
Meet the Antrobus family – Father, Mom, two children, and their maid Sabina. It's a typical day, an ordinary day except...well, the world is going to end in twenty-four hours. How does one prepare for the apocalypse? Fortunately, the Antrobuses are pros at survival, having lived through the end of the world a few times already in their five thousand year-old marriage. Follow the family through the ages in their quest to survive, even flourish, by the skin of their teeth. **Begin with Brunch on your own at Weber's Inn**

BTSS Coach Fee: \$31*

Traffic Jam & Snug Tour

Wednesday, Feb. 27 (DAY22-A1301) 11 AM – 2 PM
Enjoy a tour of the Traffic Jam and Snug. Established 1965 it is truly one of Detroit's hidden treasures. Known for its in-house bakery, microbrewery and dairy, the curiously intimate multi-level dining rooms has an eclectic menu of made-from-scratch dishes. **Followed by lunch on your own at restaurant.**

BTSS Coach Fee: \$10*

"Mozart & Haydn" DSO at Kirk in the Hills

Saturday, Mar. 2 (DAY23-A1301) 5:30 – 9:45 PM
Join the Detroit Symphony Orchestra in Bloomfield Hills with a fantastic symphony performance. Gerard Schwarz, conductor. **Begin with Dinner on your own at Papa Vino's BTSS Coach** Fee: \$31*

Detroit Kennel Club Dog Show, Cobo Center

Sunday, Mar. 3 (DAY24-A1301) 12:30 – 5:30 PM
The show allows visitors up-close and personal time with breeders, owners, handlers and over 2,000 dogs from the 161 breeds recognized by the American Kennel Club. Two special guests will be on exhibition at this year's shows: "Uno," winner, 2008 Westminster Kennel Club Dog Show and one of the stars of "Marley & Me". **Begin with Lunch on your own at New Parthenon.** BTSS Coach Fee: \$23*

"Classical Roots" DSO

Friday, Mar. 8 (DAY25-A1301) 9:30 – 3:15 PM
Program will include; Johnson "Lift Ev'ry Voice and Sing", Lee, III Sukkot Through Orion's Nebula Hailstork Earthrise. Performed by; Artists James DePreist, Brazea, I Dennard Chorale, chorus Eric Owens, bass-baritone Vanguard Voices, chorus. **Followed by lunch on your own at Meriwether's** BTSS Coach Fee: \$38*

"Good People" Performance Network Theatre

Saturday, Mar. 9 (DAY26-A1301) 12 – 6 PM
When you got nothin', you got nothin' to lose - or so it would seem for Margie Walsh, a Dollar Store worker from Boston's "Southie" district, where this week's paycheck pays last week's bills, and a round of Bingo is a night on the town. Fired from her job and facing eviction, she reaches out in desperation to a high school boyfriend who has made it out, inviting herself to a chic cocktail party in his home. Once there, a series of hilariously awkward moments reveals a secret about their past. **Begin with Lunch on your own at Grizzly Peak Brewing Company.** BTSS Coach Fee: \$30*

Salon Concert & Tea Christ Church Cranbrook

Wednesday Mar. 13 (DAY27-A1301) 3:15 – 5:15 PM
Join us as we attend a delightful concert with Fleur de Lys String Quartet in the Guild Hall at Christ Church Cranbrook. Formal English "High Tea" is served, featuring hot tea, savory tidbits and sweet treats. BTSS Coach Fee: \$10*

"St. Patrick's Day Celebration" DSO

Sunday, March 17 (DAY30-A1301) 12 - 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: \$44*

Tour of Historic Ypsilanti

Wednesday Mar. 20 (DAY28-A1301) 9:45 AM – 3 PM
Ypsilanti at the juncture of the ancient Sauk Indian Trail and the Huron River is one of the oldest and largest historic districts in the state. Our bus tour may include stops at the Michigan Firehouse Museum, Automotive Heritage Museum, a century's worth of historic architecture and more. **May include some walking. Followed by lunch on your own at Side Track Restaurant.** BTSS Coach Fee: \$18*

"Monica Mancini at the Movies" DSO

Friday, Mar. 22 (DAY29-A1301) 9:30 AM – 3:30 PM
The Detroit Symphony Orchestra pays tribute to the great movie music of Henry Mancini. Special guest Monica Mancini shares songs and reminiscences of her father, with such Mancini classics as "Moon River," "The Days of Wine and Roses," and, of course, "The Pink Panther." **Followed by lunch on your own at Fishbone's.** BTSS Coach Fee: \$48*

"Peter Pan" Fox Theatre

Saturday, April 20 (DAY01-B1301) 11 AM – 5:15 PM
Peter Pan is a unique, family friendly attraction of spectacle and fantasy. The thrill of flying, timeless magical moments and a captivating hook will mesmerize young and old alike. Starring Tony® Award nominee Cathy Rigby and Broadway's Brent Barrett as Mr. Darling/Hook. **Begin with Lunch on your own at Peabody's.** BTSS Coach Fee: \$61*

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!

Complimentary classes* for 50+ Township Residents

Fitness Week

January 2 - 4

WEDNESDAY 1/2

- Glutes & Abs**
8-8:45 a.m. (GETFIT01)
- Tai Chi-Beginners**
9:30-10:15 a.m. (GETFIT02)
- Ultimate H2O**
9:30-10:30 a.m. (GETFIT03)
- Aqua Fluid Moves**
11 a.m.-12 p.m. (GETFIT04)
- On the Ball**
11:15 a.m.-12:15 p.m. (GETFIT05)
- Line Dancing**
12:45-1:30 p.m. (GETFIT06)
- NEW! Water Walking Plus**
4:30-5:30 p.m. (GETFIT07)
- Zumba Gold®**
7-8 p.m. (GETFIT08)

THURSDAY 1/3

- Gentle Moves Yoga**
8:00-8:45 a.m. (GETFIT09)
- Cardio Party**
9-9:45 a.m. (GETFIT10)
- Chair Yoga**
10-10:45 a.m. (GETFIT11)
- H2O Interval**
10:30-11:30 a.m. (GETFIT12)
- Osteoball**
11:30-12:15 p.m. (GETFIT13)
- Lunchtime Stretch**
12:30-1 p.m. (GETFIT14)
- Strength & Balance – Level 1**
1:45-2:30 p.m. (GETFIT15)
- Aqua Core & More**
4:30-5:30 p.m. (GETFIT16)
- NEW! Functional Fitness**
(Class will be on Tuesday)
5:30-6:30 p.m. (GETFIT17)
- Aqua Power Aerobics**
6-6:30 p.m. (GETFIT18)
- Aqua Bootcamp**
6:45-7:15 p.m. (GETFIT19)

FRIDAY 1/4

- Zumba Gold®**
8-8:45 a.m. (GETFIT20)
- H2O Interval**
8-9 a.m. (GETFIT21)
- Strength & Balance 2**
9-9:45 a.m. (GETFIT22)
- Aqua Fit**
9:30-10:30 a.m. (GETFIT23)
(Class will be on Mondays)
- Drums Alive®**
10-11 a.m. (GETFIT24)
- Drums Alive® Seated**
11:15 a.m.-12 p.m. (GETFIT25)
- NEW! Barre Balance**
12:45-1:30 p.m. (GETFIT26)

Preregistration required.

Classes fill quickly!

(6 classes per patron)

** See pages 3-7 for Class descriptions*



Expanded hours: Wednesday, January 2

Monday through Thursday 7 AM – 9 PM

Friday 7 AM – 7 PM

Saturday 8 AM – 3 PM

BTSS is pleased to announce expanded operations beginning in 2013.

JUST FOR FUN (See pages 10-11 for more information)

Movie Mania Night Wednesday 6:15 PM
January 9 & February 13

You Choose - Game Night Tuesday 6:30-8:30 PM
January 15 & February 19

Wii Game Night Tuesday 6:30-8:30 PM
January 15 & February 19 (tennis, golf, bowling, baseball)

Billiards (Pool) - Available during regular center hours.

FITNESS FUN (See pages 3-7 for more information)

Aqua Power Aerobics Tues/Thurs 6 – 7 PM

Functional Fitness Tuesday 5:30 – 6:30 PM

Zumba Gold® Wednesday 7 – 8 PM

Cardio Circuit Challenge Thursday 5:30 – 6:30 PM

Glutes & Abs Wednesday 5:30 - 6:15 PM

Supervised Strength Training Mon/Wed 6:30 – 7:30 PM

Fitness Open Hours – Available during regular center hours

Walking Track – Available during regular center hours



TREE OF LIFE

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

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

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

Fundraising Extravaganza!

Tuesday, December 4 8 AM – 3:30 PM

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

Personal accessories, jewelry and more.

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

Proceeds to support BTSS "Meals on Wheels"