



Bloomfield Township Senior Services



Fall 2014

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

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Senior Services Millage Renewal August 5, 2014

See page 2 for more information
about this important issue.

Supportive Services

BTSS offers a variety of supportive services to assist seniors in the community. See the yellow pages of the newsletter for more details. Services include:

- ✓ Meals on Wheels
- ✓ Medical and Errand Transportation
- ✓ Medicare/Prescription Counseling
- ✓ Loan Closet
- ✓ Adult Day Service
- ✓ Minor Home Repair Program
- ✓ Caregiver Support
- ✓ Tax Assistance
- ✓ Telephone Reassurance

Fitness Week September 2-6

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

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



Health Fair & Flu Shot Clinic

Thursday, October 23
9:00 a.m. – 2 p.m.

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

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

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

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

Sponsored by



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

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

Senior Millage Renewal on Tuesday, August 5, 2014

Major Accomplishments during a decline in tax revenue 2009-13

Established the new Senior Center

- 300% growth of programs through contract instructors
- Over 75 programs offered weekly
- Operates 6 days and 75 hours weekly
- 87% increase since 2009 for a total of 11,000 patrons
- 92 new patrons monthly or 10% growth annually
- 60,000 visits to the center annually

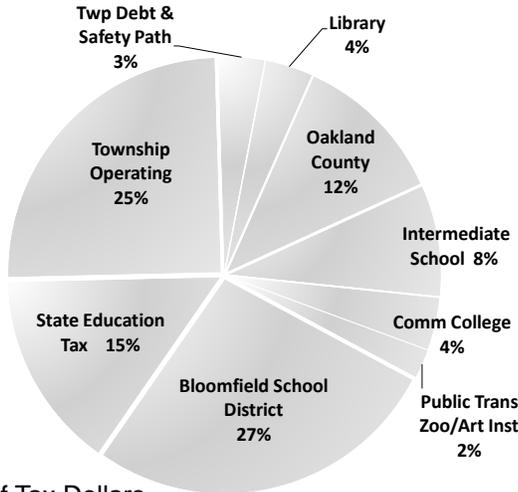
Expansion of Supportive Services

- 100% growth of transportation services to 5,100 rides annually
- 12,000 Meals on Wheels delivered
- 15,000 hours of care and respite provided through Adult Day Service
- Minor Home Repair has provided 57 safety projects since 2010
- Tax Assistance served over 250 people in 2013

Millage Calculation Sample

The average home assessment, not market value, in the Township for 2013 is just under \$200,000. Assessed value is roughly half of the market value. The average homeowner would pay about \$50 annually for the next 10 years, a renewal of a millage amount already being paid.

The Senior Service Millage equals one half of one percent of your tax dollar.



Distribution of Tax Dollars
2013 HOMESTEAD TAX BLOOMFIELD SCHOOL DISTRICT

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

Thank You for Your Donations*... Arlene Beerman, Sharon Redd, Letha Kuesel, Florence Sigler, Marie Gemmel, Rose Cox, Jacqueline Marquis, Maurice Tyler

* 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 – 9 PM
Friday 7 AM – 7 PM
Saturdays 8 AM – 3 PM

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

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Victor & Suzanne Goldstein Tony Klemer
Elizabeth Mahoney Tom & Ginie Richard

BTSS will be closed on:

Saturday, August 30 & Monday, September 1
Thursday, November 27 & Friday, November 28

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 are 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 Yoga Flow

Kathy Housey

A relaxing way to benefit from the water while doing vertical yoga poses adapted to the pool. Great for those new or just returning to water. The flow of carefully sequenced stretches are fluid and build gradually as you work the entire body in a warm water environment. *Bring water bottle to class; water shoes optional.*

| | |
|--------------------------------|------------------------|
| Monday | 11 AM – 12 Noon |
| Sep 8 – Oct 13 (FIT114-C1403) | 6 classes/\$48* |
| Oct 20 – Nov 24 (FIT114-D1401) | 6 classes/\$48* |
| Monday | 7 – 8 PM |
| Sep 8 – Oct 13 (FIT114-C1404) | 6 classes/\$48* |
| Oct 20 – Nov 24 (FIT114-D1404) | 6 classes/\$48* |

New! Aqua Cardio Core

Lisa Inman

Focuses on high level cardio conditioning, paired with strength, movement, and balance challenges through use of the body's core muscles. Improve your body's overall functional strength, balance, and coordination.

| | |
|--------------------------------|------------------------|
| Thursday | 9:30 – 10:30 AM |
| Sep 11 – Oct 16 (FIT118-C1401) | 6 classes/\$36* |
| Oct 23 – Nov 20 (FIT118-D1401) | 5 classes/\$30* |

Aqua Endurance

Lisa Inman

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

| | |
|-------------------------------|------------------------|
| Tuesday | 9:30 – 10:30 AM |
| Sep 9 – Oct 14 (FIT64-C1402) | 6 classes/\$36* |
| Oct 21 – Nov 25 (FIT64-D1401) | 6 classes/\$36* |

Aqua Power Aerobics

Annie Chi

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

| | |
|------------------------------|------------------------|
| Tuesday | 6 – 7 PM |
| Sep 9 – Sep 30 (FIT27-C1403) | 4 classes/\$32* |
| Oct 7 – Oct 28 (FIT27-D1401) | 4 classes/\$32* |
| Nov 4 – Nov 25 (FIT27-D1403) | 4 classes/\$32* |
| Thursday | 6 – 7 PM |
| Sep 11 – Oct 2 (FIT27-C1404) | 4 classes/\$32* |
| Oct 9 – Oct 30 (FIT27-D1402) | 4 classes/\$32* |
| Nov 6 – Nov 20 (FIT27-D1404) | 3 classes/\$24* |

Fluid Moves

Kathy Housey

Full body warm up, followed by mild aerobic exercises to raise heart rate and increase circulation. Unique & fun exercises with noodles, balls, kickboards and buoys. Yoga style stretches to improve balance, strength and concentration. Finish with floating relaxation. All levels of fitness welcome. *Bring water bottle to class.*

| | |
|-------------------------------|-------------------------|
| Wednesday | 11 AM – 12 Noon |
| Sep 10 – Oct 15 (FIT86-C1403) | 6 classes/\$48* |
| Oct 22 – Nov 26 (FIT86-D1401) | 6 classes/\$48* |
| Saturday | 10:30 – 11:30 AM |
| Sep 6 – Oct 18 (FIT86-C1404) | 7 classes/\$56* |
| Oct 25 – Nov 22 (FIT86-D1402) | 5 classes/\$40* |

Aqua Fit

Lori Harbour

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

| | |
|-------------------------------|------------------------|
| Wednesday | 9:30 – 10:30 AM |
| Sep 10 – Oct 15 (FIT96-C1405) | 6 classes/\$48* |
| Oct 22 – Nov 26 (FIT96-D1401) | 6 classes/\$48* |
| Friday | 9:30 – 10:30 AM |
| Sep 12 – Oct 17 (FIT96-C1406) | 6 classes/\$48* |
| Oct 24 – Nov 21 (FIT96-D1402) | 4 classes/\$32* |

Ultimate H2O

Maggie Barclay

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

| | |
|-------------------------------|------------------------|
| Monday | 9:30 – 10:30 AM |
| Sep 8 – Oct 13 (FIT95-C1402) | 6 classes/\$30* |
| Oct 20 – Nov 24 (FIT95-D1401) | 6 classes/\$30* |

H2O Boot Camp

Annie 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 |
| Sep 6 – Sep 27 (FIT32-C1403) | 4 classes/\$32* |
| Oct 4 – Oct 25 (FIT32-D1401) | 4 classes/\$32* |
| Nov 1 – Nov 29 (FIT32-D1402) | 5 classes/\$40* |

H₂O Interval

For active exercisers, challenging your cardiovascular endurance, improving muscular strength and increasing flexibility will be the goal of this class!

Wednesday

Sep 10 – Oct 15 (FIT83-C1405)

Oct 22 – Nov 26 (FIT83-D1401)

Friday

Sep 12 – Oct 17 (FIT83-C1406)

Oct 24 – Nov 21 (FIT83-D1402)

Lisa Inman

8 – 9 AM

6 classes/\$36*

6 classes/\$36*

8 – 9 AM

6 classes/\$36*

5 classes/\$30*

New! Swim Lessons-Beginners

Ernie Thomas

Whatever your ability, this small group instruction will help improve your skills and self-confidence. The classes are designed for those who have little or no experience in the water. Focus is on water submersion, front and back floats, and the beginner stroke.

Tuesday

Sep 9 – Oct 14 (FIT48-C1401)

Oct 21 – Nov 25 (FIT48-D1401)

11 AM – 12 PM

6 classes/\$30*

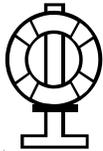
6 classes/\$30*

Open Swim (FIT30-varies)

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

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

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



Certified **Lifeguards** are needed.
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

Bootcamp Gold/Circuit Interval Training

Lisa Robinson
Circuit inspired workout that includes cardio, strength/endurance, agility, balance, and core conditioning. Designed for all fitness levels to challenge your body. *Bring hand weights, mat, water.*

Monday

Sep 8 – Oct 13 (FIT116-C1402)

Oct 20 – Nov 24 (FIT116-D1401)

9 – 10 AM

6 classes/\$30*

6 classes/\$30*

Cardio, Core, Conditioning (Three Cs)

Dondra Elie
Low impact aerobics improves coordination and balance with easy-to-follow patterns and movements, while muscle training increases strength & endurance. Abdominal work focuses on core girdle. *Bring hand weights, mat, water.*

Tuesday

Sep 9 – Nov 25 (FIT109-C1401)

Thursday

Sept 11 – Nov 20 (FIT109-C1402)

9 – 10 AM

12 classes/\$60*

9 – 10 AM

11 classes/\$55*

New! 30/30 Cardio Party & Core

Maggie Barclay

30 minutes of Cardio Fun followed by 30 minutes of Core strength and stretching. Cardio includes interval training, classic aerobics, Dance Fitness and more. Core work will include creative non-traditional sit ups, mat pilates, body weight, and more. Wear supportive shoes, bring a mat, & water bottle. Intermediate level class.

Monday

Sep 8 – Oct 13 (FIT119-C1401)

Oct 20 – Nov 24 (FIT119-D1401)

4 – 5 PM

6 classes/\$30*

6 classes/\$30*

New! Bokwa®

Louis White

This new and completely different approach to group exercise is rapidly spreading across the globe. Moving together to today's most popular music in a free form rhythm, participants draw letters and numbers with their feet while moving through a routine. There is no choreography and no counting steps. Get energized, burn calories and have FUN! Wear supportive shoes & bring a water bottle.

Thursday

Sep 11 – Oct 16 (FIT120-C1401)

Oct 23 – Nov 20 (FIT120-D1401)

7 – 8 PM

6 classes/\$36*

5 classes/\$30*

Creative Crosstraining

Maggie 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 H20.

BT Residency required.

M/T/W/TH/F

Times Vary

Sep 8 – Oct 17 (FIT77-C1402)

48 sessions/\$90

Oct 20 – Nov 25 (FIT77-D1401)

48 sessions/\$90

Drums Alive®

Maggie Barclay

High energy rhythmical workout! Combines simple aerobic movements with the powerful beat of the drum using stability balls & drumsticks! Workout for the entire body and powerful tool for stress reduction & mental balance.

Friday

10:15 – 11 AM

Sep 12 – Oct 17 (FIT47-C1402)

6 classes/\$30*

Oct 24 – Nov 21 (FIT47-D1401)

5 classes/\$25*

Zumba Gold®

Maggie 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 the needs of the active 50+ person. For all fitness levels.

Bring water bottle.

Monday (J. Ravid) *Now!*

7 - 8 PM

Sep 8 – Oct 13 (FIT78-C1403)

6 classes/\$36*

Oct 20 – Nov 24 (FIT78-D1401)

6 classes/\$36*

Wednesday (M. Barclay)

7 - 8 PM

Sep 10 – Oct 15 (FIT78-C1404)

6 classes/\$36*

Oct 22 – Nov 19 (FIT78-D1402)

5 classes/\$30*

Friday (M. Barclay)

7:45 – 8:45 AM

Sep 12 – Oct 17 (FIT78-C1405)

6 classes/\$36*

Oct 24 – Nov 21 (FIT78-D1403)

5 classes/\$30*

Dance for Parkinsons

Cheryl McIlhon/Terrye Mock

Now! Movement from modern and theater dance, ballet, folk dance, tap, and improvisation will be introduced, engaging participants' minds & bodies. Enhances aesthetic awareness and grace while addressing PD-specific concerns such as balance, flexibility, coordination, and gait.

One hour of movement in the studio, followed by optional ½ hour of socializing in café. Can be done either seated or standing. *Please inform us if a caregiver will accompany participant at time of registration.*

Tuesday

11:30 AM – 12:30 PM

Sep 9 – Oct 14 (FIT121-c1401)

6 classes/\$30*

Oct 21 – Nov 25 (FIT121-D1401)

6 classes/\$30*

Please carry in clean shoes for all fitness programs.

This is a year round policy.

THANK YOU!

PICKLEBALL (FIT22-VARIES)

Effective August 1, pickleball court time will be by reservation only. Township resident must call to reserve a time with a maximum of 2 reservations per month allowed. Patron making the reservation is responsible for set up, putting equipment away and cleaning up. Days/times available to reserve:

Tuesday 7-8:30 AM, 3-5 PM & 7-8:30 PM

Thursday 7-8:30 AM & 3-5 PM

Friday 4:30-6:30 PM

Saturday 10 AM-12 PM & 12-2 PM

Players will scan in or pay \$2 non-resident fee at the main level reception when coming to play.

TABLE TENNIS DROP IN

Wednesdays 2:30 - 4 PM

Fridays 2:30 - 4 PM

⚡ *Indicates Drop-In Program: All participants must scan in and/or pay fee at main level Reception Desk.*

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

PERSONAL FITNESS

Small Group Personal Training

Varies

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

Monday (Vi)

7:30 – 8:30 AM

Sep 15 – Nov 3 (FIT103-C1401)

8 classes/\$120*

Monday (L. Ales)

2 – 3 PM

Sep 15 – Nov 3 (FIT103-C1402)

8 classes/\$120*

Wednesday (L. Robinson)

1 – 2 PM

Sep 17 – Nov 5 (FIT103-C1403)

8 classes/\$120*

Friday (L. Robinson)

1 – 2 PM

Sep 19 – Nov 7 (FIT103-C1404)

8 classes/\$120*

SEATED

Chair Exercise

Liz Ales

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

Monday

10:15 – 11 AM

Sep 8 – Oct 13 (FIT18-C1403)

6 classes/\$30*

Oct 20 – Nov 24 (FIT18-D1401)

6 classes/\$30*

Thursday

10:15 – 11 AM

Sep 11 – Oct 16 (FIT18-C1404)

6 classes/\$30*

Oct 23 – Nov 20 (FIT18-D1402)

5 classes/\$25*

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

Monday (D. Tomassi) 11:30 AM – 12:30 PM
 Sep 8 – Oct 13 (FIT56-C1403) 6 classes/\$36*
 Oct 20 – Nov 24 (FIT56-D1401) 6 classes/\$36*

Wednesday (K. Lutz) 11:30 AM – 12:30 PM
 Sep 10 – Oct 15 (FIT56-C1404) 6 classes/\$36*
 Oct 22 – Nov 26 (FIT56-D1402) 6 classes/\$36*

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

STRENGTH

Zumba Gold® Toning Janene Ravid
 Effective full body workout taking Zumba Gold® dance-fitness party and adding lightweight Zumba® Toning Sticks to enhance muscle strength, tone, and endurance. Toning sticks or light hand weights provided. Bring water bottle.

Monday 5:45 – 6:45 PM
 Sep 8 – Oct 13 (FIT110-C1403) 6 classes/\$36*
 Oct 20 – Nov 24 (FIT110-D1401) 6 classes/\$36*

Wednesday 8:15 – 9:15 AM
 Sep 10 – Oct 15 (FIT110-C1404) 6 classes/\$36*
 Oct 22 – Nov 26 (FIT110-D1402) 6 classes/\$36*

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

Tuesday 1:45 – 2:30 PM
 Sep 9 – Sep 30 (FIT79-C1405) 4 classes/\$20*
 Oct 7 – Oct 28 (FIT79-D1401) 4 classes/\$20*
 Nov 4 – Nov 25 (FIT79-D1403) 4 classes/\$20*

Thursday 12:45 – 1:30 PM
 Sep 11 – Sep 25 (FIT79-C1406) 3 classes/\$15*
 Oct 2 – Oct 30 (FIT79-D1402) 5 classes/\$25*
 Nov 6 – Nov 20 (FIT79-D1404) 3 classes/\$15*

Strength & Balance – Level 2 Maggie Barclay
 Build strength & boost your balance! Class done standing and on the floor using hand weights, stability balls, foam rollers, and your own body weight. Bring hand weights, stability ball, yoga mat, & water bottle. Advanced level class/must be able to balance on a stability ball.

Friday 9 – 10 AM
 Sep 12 – Oct 17 (FIT80-C1402) 6 classes/\$30*
 Oct 24 – Nov 21 (FIT80-D1401) 5 classes/\$25*

Healthy Back 101 Lori Harbour
 Learn proper technique and a safe way to gain strength stability and flexibility in the core muscle group using gentle moves for a healthier back. Class is performed standing and on the floor. Please bring mat, water and supportive shoes.

Tuesday 12:45 – 1:30 PM
 Sep 9 – Oct 14 (FIT105-C1403) 6 classes/\$30*
 Oct 21 – Nov 25 (FIT105-D1401) 6 classes/\$30*

Equipment Orientation/Refresher (FIT33-VARIES)

Required for fitness open hours participants before registering for Open Hours. Also a refresher for those who have previously completed a class or Orientation but would like additional training. 1-1/2 hour personalized training on all equipment for safe & effective use. Bring clean indoor shoes to wear. *BT Residents Only.*

48 hour notice required for cancellations or rescheduling. Call for appointment 1 class/\$30

Fitness Open Hours (FIT02-VARIES)

Pre-requisite: Supervised Strength Training class or Orientation. Self-supervised. Exchange BTSS ID for Open Hours I.D. tag and KEEP VISIBLE during each visit. *BT Residency required.*

\$18/mo or \$9/half month (1st - 15th or 16th - end)
 \$96/6 consecutive months (6 month registration must be processed by BTSS staff, not online)

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

Monday 12:45 – 1:30 PM
 Sep 8 – Oct 13 (FIT101-C1402) 6 classes/\$30*
 Oct 20 – Nov 24 (FIT101-D1401) 6 classes/\$30*

Please carry in clean shoes for all fitness programs. This is a year round policy. THANK YOU!

MIND  BODY

New! **Let Your Yoga Dance!** Midge Davidson
 Dance your way through the 7 Chakras for body, brain, soul, and heart health-we are all dancers! Yoga warm up and cool down with 45 min. of joyfully inspired music that enlivens and energizes. No complicated steps, a freeing session at your own pace. All physical status and ages welcome!

Tuesday 5:30 – 6:30 PM
 Sep 9 – Oct 14 (FIT122-C1401) 6 classes/\$30*
 Oct 21 – Nov 25 (FIT122-D1401) 6 classes/\$30*

It's a New Day Yoga!

Karen Lutz

Greet the day and feel energized! Learn sun salutations at your own pace along with gentle flows bringing the body and soul together. Please bring your yoga mat. Need to be able to transition from the mat to standing and back again.

Saturday 8:30 – 9:30 AM
Sep 13 – Oct 18 (FIT113-C1402) 6 classes/\$36*
Oct 25 – Nov 22 (FIT113-D1401) 5 classes/\$30*

Beginning Yoga

Kathy Housey

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

Friday 11:30 AM – 12:30 PM
Sep 12 – Oct 17 (FIT05-C1402) 6 classes/\$36*
Oct 24 – Nov 21 (FIT05-D1401) 5 classes/\$30*

Tai Chi Chuan

Han Hoong Wang

Tai Chi Chuan enhances balance and body awareness with slow gentle, graceful & precise movements.

Beginning

Wednesday 9:30 – 10:15 AM
Sep 10 – Nov 12 (FIT03-D1401) 10 classes/\$80*

Continuing

Wednesday 10:15 – 11 AM
Sep 10 – Nov 12 (FIT03-D1402) 10 classes/\$80*

Gentle Moves Yoga

Maggie Barclay

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

Tuesday 10:15 – 11:15 AM
Sep 9 – Oct 14 (FIT94-C1403) 6 classes/\$30*
Oct 21 – Nov 25 (FIT94-D1401) 6 classes/\$30*

Thursday 11:30 – 12:30 AM
Sep 11 – Oct 16 (FIT94-C1404) 6 classes/\$30*
Oct 23 – Nov 20 (FIT94-D1402) 5 classes/\$25*

Chair Yoga

Karen Lutz/Donna Tomassi

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

Monday (D. Tomassi) 11:30 AM – 12:30 PM
Sep 8 – Oct 13 (FIT56-C1403) 6 classes/\$36*
Oct 20 – Nov 24 (FIT56-D1401) 6 classes/\$36*

Wednesday (K. Lutz) 11:30 AM – 12:30 PM
Sep 10 – Oct 15 (FIT56-C1404) 6 classes/\$36*
Oct 22 – Nov 26 (FIT56-D1402) 6 classes/\$36*

New! ISHA Meditation Program

Jyoti Jankowski

Meditation has been known to improve health, heighten focus and energy, and bring a state of peacefulness and joy to a person's life. Learn more about this program and how investing a few minutes a day to practice it may help to improve the quality of your life. No physical agility required. May be done seated in chair. This is a non-denominational program. LOCATION: Community Room B

Wednesday 10:30 – 11:30 AM
Sep 10 – Oct 15 (FIT123-C1401) 6 classes/\$30*
Oct 22 – Nov 26 (FIT123-D1401) 6 classes/\$30*

SATURDAY FITNESS CLASSES

It's a New Day Yoga! (pg. 7) Karen Lutz
Saturday 8:30 AM – 9:30 AM

Fluid Moves (pg. 4) Kathy Housey
Saturday 10:30 – 11:30 AM

H₂O Boot Camp (pg. 5) Annie Chi
Saturday 9 – 10 AM

EVENING FITNESS CLASSES

Aqua Power Aerobics (pg. 3) Annie Chi
Tues/Thurs 6 – 7 PM

Aqua Yoga Flow (pg. 3) Kathy Housey
Monday 7 – 8 PM

Zumba Gold[®] (pg. 5) 7 – 8 PM
Monday (Janene Ravid) 7 – 8 PM
Wednesday (Maggie Barclay) 7 – 8 PM

Zumba Gold Toning[®] (pg. 6) Janene Ravid
Monday 5:45 - 6:45 PM

Let Your Yoga Dance Midge Davidson
Tuesday (pg. 6) 5:30 - 6:30 PM

BOKWA[®] Louis White
Thursday (pg. 4) 7 – 8 PM

FITNESS INSTRUCTORS/TRAINERS

In an effort to bring the very best in fitness programs to our customers, we are always interested to meet high quality, experienced instructors and trainers. BTSS rewards successful instructors with a percentage of total class revenue – not typical in the industry. Your referral is appreciated. Please spread the word!

If you have a referral for personal training or group fitness instruction, please contact

Maggie Barclay, Fitness Coordinator

248-723-3500

mbarclay@bloomfieldtwp.org



Supportive Services



Bloomfield Township Senior Services

4315 Andover Road, Bloomfield, MI 48302-2091

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

Web: www.bloomfieldtpw.org/Seniors

Fall 2014

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Health Fair & Flu Shot Clinic

Thursday, October 23

9:00 a.m. – 2 p.m.

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

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

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

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

Sponsored by



Caregivers' Forum

2nd Monday of Month 3 – 4:30 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 experiences. 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.

Senior Services Millage Renewal August 5, 2014

The Senior Services Millage represents **one half of one percent** of a tax dollar paid in Bloomfield Township. Senior Services is the third largest department and most cost efficient as 84% of our team hold part time positions. The Senior Service millage provides **only half** of our budget and the balance is primarily from user fees or earned income. People benefiting from programs and services are contributing to the income needed to maintain them.

While the revenue from the millage declined from 2009-2013 we continued to expand services to meet resident needs with this earned income. The expansion included:

- 100% growth of transportation services to 5,100 rides annually
- 12,000 Meals on Wheels delivered
- 15,000 hours of care and respite provided through Adult Day Service
- Minor Home Repair has provided 57 safety improvements projects since 2010

Other services include: Medical Loan, Closet, Telephone Reassurance, Tax Assistance, Health Screenings and Support Groups.

See page 2 of newsletter for more information.



AAA MATURE DRIVER COURSE

Tuesday, October 21

10 AM – 2:30 PM

(EDU65-D1401)

AAA's Mature Driver course is an interactive classroom experience and provides tips to help older drivers compensate for changing vision, reflexes and response time. Course also includes *CarFit*, where you can find out how the fit of your personal vehicle affects your driving. Available upon request is an on-road driving evaluation.

Half hour snack/lunch break. Bring your own food. Preregistration required.

Fee: \$20 BT Resident/\$25 Non Resident

TRANSPORTATION SERVICES



Please call
(248) 723-3500
for more
information

≈ Transportation to Senior Center

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

≈ Medical Transportation Services

Medical Transportation is available to 60+ senior residents of Bloomfield Hills and Bloomfield Township thru SMART funding. Application and eligibility for program required.

≈ Volunteer Driver Transportation

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

≈ Grocery Shopping & Errands Transportation

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

≈ SMART Community Transit

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



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!

September 17 October 15 November 19

NUTRITION SERVICES

BTSS addresses the nutritional needs of seniors, 62 years of age and older within our service area, with two essential programs; "Meals on Wheels" and Liquid Nutritional Supplements. (Financial support may be available for residents with documented low income.) For additional information and/or application materials 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 current cost is \$5.00 per hot meal. Call 248-723-3500 for application materials.



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 periodically to participate in the program.



TELEPHONE REASSURANCE

If you or someone you know lives alone 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.

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. We are in special need of acquiring knee scooters for loan. Please call Denise prior to bringing item(s) to the center.

Financial Help For Adults 60+

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

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

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

BenefitsCheckUp

BenefitsCheckUp is free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington, DC.

Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist or how they can apply.

BenefitsCheckUp asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses.

After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form.

Here are the types of expenses you may get help with:

- Medications
- Food
- Utilities
- Legal
- Health care
- Housing
- In-home services
- Taxes
- Transportation
- Employment Training

Oakland County Dental Program

The Oakland County Health Division Dental Program serves the basic dental needs of low-income Oakland County residents who lack dental insurance. This is not a dental insurance plan. Once qualified, program recipients receive a course of basic dental treatment.

Brochure available in information rack at the Senior Center. Application packet available by calling 248-858-1306 or toll free 888-350-0900, ext. 81306.

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 (800) 803-7174 for more info.



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.

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.



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 Kolkmeyer at 248-723-3500.

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

Karen Halpern

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

Wednesday

1:30 – 3:30 PM

Sept 10 – Nov 12 (ART02-B1402)

9 classes/\$124*

Painting a Dove of Peace

Diane Bert

Everyone can succeed at painting a beautiful dove of peace using special techniques and acrylic paint. Painter's canvas and all supplies will be provided. *\$20 material fee payable to instructor.*

Tuesday

10 AM – 12:30 PM

Oct 7 (ART16-C1401)

1 class/\$15*

Lapidary ☛

Martha McGee

Learn to process rocks and gemstones to create art and jewelry. Informal instruction in beading & stained glass. Supplies & equipment available. *Material fee payable to instructor.*

Tuesdays & Thursdays (no meeting 10/23, 11/27) **1 – 4 PM**

Paper Dolls-Card Shoppe

Facilitator: Arlene Pinkos

Create original greeting cards from donated supplies, to sell at the Senior Center for the benefit of Meals on Wheels. Supplies and training provided.

Sept 11, Oct 2

1:30 - 4:30 PM

Hello, Mr. Van Gogh

Carolyn Masnari

Workshop explores the life of Vincent Van Gogh as expressed in the letters between Vincent and his brother Theo. Participants given a template of "Starry, Starry Night" to complete. *\$7 material fee payable to instructor.*

Tuesday

10:00 AM - Noon

Sept 23 (ART17-C1401)

1 class/\$20*

Fun With Art Journaling

Carolyn Masnari

Try journaling for relaxation and creativity. Use photographs, stamps, glitter, beads, or any other materials to illustrate your pages. Instructor will provide journal. Bring any personal items/photographs you may wish to use. *\$15 material fee payable to instructor.*

Thursday

10:00 AM - Noon

Sept 23 (ART18-C1401)

1 class/\$20*

Oct 30 (ART18-D1401)

1 class/\$20*

Painting Party

Carolyn Masnari

Workshop participants begin painting on a canvas. Shortly, the painting passes to the next person to add their contribution. Music & food included in this fast paced, hilarious event! *\$15 material fee payable to instructor.*

Thursday

10:00 AM-Noon

Nov 13 (ART19-D1401)

1 class/\$20*

CLUBS / GROUPS

BTSS White Horse Society ☛

Vance Genzlinger

Interested in theology, philosophy or science? All views will be respectfully encouraged.

Thursday, Sept 11

10 AM – Noon

"Understanding Biblical Prophecies of Events around the Last Judgment and Second Advent" - A Catholic, Baptist, and Swedenborgian will discuss the meaning of Bible stories about the Last Judgment, Armageddon, Tribulations, End Times and second coming of Christ.

Thursday, Oct 9

10 AM - Noon

Topic TBA (flyers will be available in Center)

Thursday, Nov 20

10 AM - Noon

Topic TBA (flyers will be available in Center)

Book Club ☛

Facilitator: Fern Stoffer

1st Friday

10 – 11:30 AM

Sept 5: *Flight Pattern (Kingsolver)*

Leader: Maria Loche

Oct 3: *The House of Tynford (Solomons)*

Leader: Catharine Matti

Nov 7: *Tiger's Wife (Obrecht)*

Leader: Charlene Haesler

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

Mondays (no meeting 9/1)

1 – 3:30 PM

Facilitator: Karen Ouellette (248)408-2083

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

Italian Group-Gruppo Italiano ☛

Facilitator: Angie Giffels

2nd Friday

10 AM – Noon

Affiliate of Dante Alighieri Society

Sept 12: "The Etruscans" – speaker Armando Delicato

Oct 10: "Caravaggio" – by Wendy Evans, art lecturer

Nov 14: Piano Entertainer Nancy Quasarano

Senior Men's Club Facilitator: Bruce Madsen
 Enjoy great speakers, camaraderie and a light breakfast.
 Pre-registration required. **Res \$6 / Non-Res \$8**
3rd Wednesday 9:30 – 11:30 AM

Sept 17 (SOC27-C1401)
"Challenges of JFK's White House Detail in 1963"
 Rad Jones, Retired U.S. Secret Service Agent

Oct 15 (SOC27-D1401)
"A different Look at Influences of the Automobile"
 Mark Thomas

Nov 19 (SOC27-D1402)
"Surprising Finds of Deep Digs in Oakland County"
 Carol Egbo, Archeologist

COMPUTERS

Computer Lab – Open Hours ☺
 Let our volunteers answer your questions and help with your computer challenges. Call to confirm availability.

Monday 3 – 5 PM
Saturday 10 AM – Noon
2nd Saturday 10/11, 11/8, 12/13 Noon – 2 PM

Introductory Computers for Beginners Mike Wilson
 Demonstration on the many things you can do with a computer and a preview of upcoming classes. You will come away with the confidence to explore upcoming computer classes! *Preregistration required.*
Complimentary to BT Residents/Non-Res \$10
Friday, Sept 12 (COM18-C1401) **9:30 - 10:45 AM**

Understanding Websites and the Internet Mike Wilson
 Understand just how easy websites are to access and use! Learn to shop online and obtain information.
Optional Instructor book fee: \$25 payable to instructor-cash or check only. Preregistration required.
Complimentary to BT Residents/Non-Res \$10
Friday, Sept 19 (COM03-C1401) **9:30 - 10:30 AM**

Help! I Have a Computer, What Next? Mike Wilson
 Covers basic e-mail/attachments, printing, playing music/DVDs, copy/paste, copying camera pictures, playing free games, changing desktop backgrounds, keyboard shortcuts and more! *\$25 book fee due start of first class-cash or check only.*
Fridays 9:30-11:30AM
Sept 26 – Oct 10 (COM37-B1401) **3 classes/\$75***

Basic Keyboard Exploration Mike Wilson
 Explore the use of each key on the keyboard. Learn to correctly edit and navigate through the text you have typed. Gain knowledge of shortcut keys. Students will use a fun, interactive Internet typing tutorial to understand proper use of finger placement and typing. *Not a traditional typing class.*
Friday 9:30 AM - 12:00 PM
Nov 21 (COM14-D1401) **1 class/\$30***

Virus and Malware Removal Mike Wilson
 Is your computer slow? Have weird pop-ups or ads? Learn how to use three user friendly software programs to get rid of these issues. Avoid these viruses from the start, and learn how to update antivirus software from your computer.
Optional: Bring your laptop.
Fridays 9:30-11:30AM
Oct 17 – 24 (COM43-D1401) **2 classes/\$50***

Learning the iPad Mike Wilson
 Learn how to best utilize your easy-to-use iPad! Class will cover checking e-mail, taking pictures, exploring websites, listening to music, video, free applications, and much more!
Optional: Bring your fully charged iPad
Fridays 9:30-11:30AM
Oct 31 – Nov 14 (COM41-B1401) **3 classes/\$75***

GAMES

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

Bridge Club ☺ Facilitator: B. Balakrishna
Monday & Friday (no play 9/1, 10/24, 11/28)
Tables assigned: 12:15. First come, first serve.
Maximum of 7 tables Play: 12:45 – 4 PM

Duplicate Bridge Facilitator: Ed Coe
1st & 3rd Wednesday 5 – 8:45 PM
 This group will not play ACBL "sanctioned" games.
Res \$2/Non-Res \$4

Bridge - Beginner James & Cheryl Bloom
 Learn the basics of bridge including bidding and declarer play. No prior experience needed. Also for those with some bridge skill. Two certified ACBL instructors and silver life masters. *Book fee \$20 payable to instructor.*
Wednesdays 10 AM - Noon
Sept 10 – Oct 29 (EDU12-C1401) **8 classes/\$120***

Bridge - Intermediate James & Cheryl Bloom
 Learn ways to analyze play, defend, and further knowledge of bidding. For those with experience playing bridge. Two Certified ACBL instructors and a silver life masters. *Book fee of \$20 payable to instructor.*
Wednesdays 12:30 – 2 PM
Sept 10 – Oct 29 (EDU13-C1401) **8 classes/\$120***

Bridge - Advanced James & Cheryl Bloom
 Learn ways to make our bridge game more fun. We will learn skills to be more competitive at the table. Analyze play and defend difficult hands. Techniques to get to slam more. Two Certified ACBL instructors and a silver life masters. *Book fee of \$20 payable to instructor.*
Mondays (no class 9/22) 6:45 - 8:45 PM
Sept 8 – Nov 3 (EDU14-C1401) **8 classes/\$120***

Canasta – Beginner Lenore Gorosh
 This class is for beginners or a refresher course. *Material fee of \$4 payable to instructor.*
Tuesdays **10 AM – Noon**
Oct 14 – Oct 22 (EDU45-D1401) **3 classes/\$60***

Canasta – Strategy Lenore 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.*
Tuesdays **12:30 – 2:30 PM**
Oct 14 – Oct 22 (EDU46-D1401) **3 classes/\$60***

Euchre & Pinochle ⬠ Facilitator: Joanne Carmichael
Thursdays (no meeting 10/23) **11:00 AM – 1:30 PM**
 All levels welcome!

Mah-jongg Play ⬠
Thursdays (no meeting 10/23) **1 – 4:30 PM**

Poker ⬠ Facilitator: Joann Capoccia
Wednesdays **Noon – 4 PM**

MOVIES

Movies provided by Bloomfield Township Public Library

Movie Classics: Oscar Winning Pictures ⬠
1st Friday **Movie begins: 1:30 PM**
 Friday afternoon classic movie greats with popcorn!

Sept 5 “Harvey” **1:30 – 3:15 PM**
 Because of his insistence of an invisible six-foot rabbit companion, a whimsical man is thought insane by his family; but he might be wiser than anyone knows. Starring: James Stewart (1950, 104 min, Drama/Comedy, NR)

Oct 3 “Breakfast at Tiffany’s” **1:30 – 3:30 PM**
 A lonely, struggling writer becomes enchanted with his neighbor: an independent young woman who strives to be a high-climbing socialite. Starring: Audrey Hepburn, George Peppard (1961, 115 min, Drama/Comedy, Romance NR)

Nov 7 “Mildred Pierce” **1:30 – 3:30 PM**
 After her cheating husband leaves her, Mildred Pierce proves she can become independent and successful, but can't win the approval of her spoiled daughter. Starring: Joan Crawford, Jack Carson (1945, 111 min, Drama NR)

Movie Musicals ⬠

2nd Friday **Movie begins: 1:30 PM**
 Everyone loves a musical. Friday movie with popcorn!

Sept 12 “The King & I” **1:30 – 3:45 PM**
 A widow accepts a job as a live-in governess for the King of Siam's children. Starring: Yul Brynner, Debra Kerr (1956, 133 min, Drama/Musical/Romance, G)

Oct 10 “My Fair Lady” **1:30 – 4:30 PM**
 A misogynistic and snobbish phonetics professor agrees to a wager that he can take a flower girl and make her presentable in high society. Starring: Audrey Hepburn, Rex Harrison (1964, 170 min, Drama/Musical/Romance, NR)

Nov 14 “South Pacific” **1:30 – 4:15 PM**
 On a South Pacific island during World War II, love blooms between a young nurse and a secretive Frenchman who's being courted for a dangerous military mission. Starring: Rossano Brazzi, Mitzi Gaynor, John Kerr (1958, 157 min, Romance/Drama/Musical, NR)

Movie Mania ⬠

3rd Friday **Movie begins: 1:30 PM**
 Friday afternoon modern films with popcorn!

Sept 19 “Driving Miss Daisy” **1:30 - 3:15 PM**
 An old Jewish woman and her African-American chauffeur in the American South have a relationship that grows and improves over the years. Starring: Jessica Tandy, Morgan Freeman, Dan Aykroyd (1989, 99 min, Drama/Comedy, PG)

Oct 17 “The Truman Show” **1:30 – 3:15 PM**
 An insurance salesman discovers his entire life is actually a TV show. Starring: Jim Carrey, Ed Harris, Laura Linney (1998, 103 min, Comedy/drama, PG)

Nov 21 “Field of Dreams” **1:30 – 3:15 PM**
 An Iowa corn farmer, hearing voices, interprets them as a command to build a baseball diamond in his fields. Starring: Kevin Costner, James Earl Jones, Ray Liotta (1989, 107 min, Drama/Fantasy, PG)

Movie Documentaries ⬠

4th Friday* **Movie begins: 1:30 PM**
 Everyone loves a documentary. Friday movie with popcorn!
 (* No Movie 10/24, 11/28)

Sept 26 “One Lucky Elephant” **1:30–3:00 PM**
 One Lucky Elephant begins with circus producer David Balding's realization that Flora, the orphaned African elephant he adopted and made star of his circus, is tired of performing. What unfolds is a nine year odyssey to find Flora a good home. (2012, 81 min, NR)

MUSIC

BTSS Band Rehearsals ⬠ Facilitator: Vance Genzlinger
1st, 2nd, 3rd, 5th Tuesdays **3 – 5 PM**
Any musician welcome!!

BTSS Band Ballroom Dance Vance Genzlinger
 Join the BTSS Swing Band! Dance, watch or listen to foxtrot, waltz and show tunes from the 30's and 40's. Sweet treats will be provided.

Please preregister. **Non-Res \$2**
Tuesday, Sept 23 (SEV16-C1402) **3 – 5:00 PM**
Tuesday, Oct 28 (SEV16-D1403) **3 – 5:00 PM**
Tuesday, Nov 25 (SEV16-D1405) **3 – 5:00 PM**

Evola Music Keyboarding Class

Instruction from on a keyboard/piano provided here at the center and 2 private lessons at Evola in Bloomfield Twp. *Addl. \$15 charge for class book, payable to instructor.*

Mondays 3:30 AM – 4:30 PM
Sept 8 – Nov 10 (EDU37-B1401) 10 classes/\$39*

Evola Music Keyboarding Performance

Enjoy a performance by one of the talented Evola keyboarding instructors! Refreshments served.

Preregistration required. **Non-Res \$2**
Thursday, Aug 14 (SEV16-C1401) 10:30 -11:30 AM

Meet the DSO Musician!

They will discuss their life, inspiration, demonstrate their instrument, and answer your questions. Preregistration and BT Residency required. *Complimentary event.*

Graciously Sponsored by Maple Village
Date TBA – details will be available in center

BBSO Classics & Coffee

Enjoy complimentary coffee & pastries while enjoying a performance by a BBSO musician! Mingle with the musicians during intermission and participate in a Q & A. *Preregistration reqd. Graciously sponsored by Visiting Angels.*

Res \$2/Non-Res \$4
Tuesday, Nov 18 (EDU53-D1402) 10:30 -11:30 AM

Woodward Avenue Jazz Orchestra

Enjoy the sounds of this 20 piece band; talented musicians delight with musical offerings ranging from ballads, swing and dance band through hard driving jazz and Latin. *Preregistration reqd. Graciously sponsored by Visiting Angels.*

Res \$2/Non-Res \$4
Thursday, Oct 16 (SEV16-D1401) 7:00 - 8:00 PM

Bloomin' Preschools Thanksgiving Concert

As part of a series showcasing Bloomfield Hills Schools students, 44 children will perform songs celebrating the Thanksgiving holiday! *Preregistration required.*

Complimentary BT Residents. **Non-Res \$2**
Friday, Nov 21 (SEV16-D1404) 10:00 - 11:00 AM

UNIQUE TOPICS

BTSS Resident Orientation

Are you new to BTSS programs? Visit with staff to discuss programs and registration process and enjoy a brief tour of the center. Call 248-723-3500 to set up a convenient time.

Detroit, Michigan: First City of the Old Northwest

As Europeans began exploring the Great Lakes, Detroit became the center of trading activity, and a strategic military installation coveted by the French, British and American governments. Presented by the Detroit Historical Society. *Sponsored by Home Instead Senior Care. Preregistration required.*

Res \$2/ Non-Res \$4
Saturday, Oct 11 (EDU53-D1401) 1:00 - 1:45 PM

U of M vs. MSU Tailgate Party

Join us for a pre-game tailgate party on the Friday before Saturday's (Oct 25) big game filled with fun, food, fans and trivia! BT Residents only. *Sponsored by Woodward Hills.*

Friday, Oct 24 (SEV10-D1401) 1:30 – 3:30 PM

Dessert and DIA

DIA Speakers Bureau
Enjoy sweet treats while listening to fascinating, informative lectures presented by the Detroit Institute of Arts Speakers Bureau. *Pre-registration required.*

Res \$2/Non-Res \$4

"Picturing Music"

From ancient Egypt to present-day Detroit, discover the art of music through the eyes of artists in the DIA's diverse collection. *Sponsored by Baldwin House.*

Wednesday, Sept 24 (EDU34-C1401) 7:00 - 8:00 PM

Thursday, Sept 25 (EDU34-C1402) 10:00 - 11:00 AM

Loughbrack Storytelling®.

Maureen Esther
Learn about great figures in history at these fascinating presentations. Slide series conducted in lecture format, concluding with informal question and answer opportunity. *Sponsored by St Anne's Mead. Preregistration required.*

Res \$2 / Non-Res \$4

"Elizabeth the Great of England"

Visit Elizabethan England with a jewel-studded discussion of the life and times of legendary Elizabeth I of England.

Tuesday, Sept 30 (EDU47-C1401) 10 – 11:30 AM

Thursday, Oct 2 (EDU47-C1402) 7 – 8:30 PM

Toss or Turn? Rizzo Environmental

This educational presentation covers the 3 R's of recycling with detail placed on explaining what can be recycled from a home standpoint and its benefits. *Preregistration required.*

Complimentary BT Residents. **Non-Res \$2**

Tuesday, Sept 16 (EDU53-C1405) 10:00 - 11:00 AM

Tuesday, Sept 16 (EDU53-C1406) 6:00 - 7:00 PM

AAA Keeping the Keys

Seminar addresses the effects of visual impairment, reduced strength and other physical limitations, medications and the use adaptive equipment. Designed for seniors and their families who question what early warning signs to look for and how to have open discussions about driving safety. *Preregistration required.*

Complimentary BT Residents. **Non-Res \$2**

Friday, Sept 12 (EDU53-C1404) 10:00 - 11:30 AM



FALL CANDY COLLECTION



Share Halloween with our homebound meals clients by donating small individually wrapped candies. Drop off candy at BTSS before 10/29. Join us on 10/29 at 1:30 to pack candy for distribution.

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 10:30 AM and can expect to complete their route by noon. Meals on Wheels Drivers receive on-site training.

BTSS Medical Appointment Driver

2014 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.

Thank you to our Meals on Wheels Volunteers!

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

Thank you volunteers! 2200 + Hours in April-June

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

Anne Alden * Edie Anderson * Judy Antonak * Nancy Arens * Sarita Badhwar * Gladys Baker * Ruth Ann Ballard * Marian Balderi * Tina Beard * Susan Bellefleur * Verna Besancon * Joan Bowes * Janet Brandon * Joan Brandt * Peggy Brenton * Sal Bricio * Eleanor Brown * Doreen Bull * Sharon Butler * Virginia Bennett * Pat Caplin * Joanne Carmichael * Valerie Carrick * Janet Cassise * Mary Ann Christ * Ed Coe * John Conti * Peggy Cohen * Maureen Cook * Jacqueline Corley * Cathy Cory * Jerry Craig * Jo Creek * Sarah Davis * Maxine Davison * Vivian Dezur * Barbara Dinneweth * Corrinne Dowell * Janet Enguehard * Steve Eskoff * Nancy Exner * Susan Feldstein * Shirley Franklin * Marie Gemmel * Vance Genzlinger * Judy Geppert * Klaren Gerhart * Stephanie Ghelfi * Angie Giffels * Carol Goldstein * Jim & Irene Grady * Rosie Gumbleton * Tom Halsted * Pat Hamburg * Joyce Hancock * Lorraine Hannah * Cindy Herzberg * Dan Hess * Kim Hinkle * Kathleen Holleran * Shirley Horvath * Sharon Houghtby * Maryvonne Jacquemart * Connie Jaroh * Sandy Jeffries * Beth Johnson * Barbara Joiner * Pat Joyner * Lois Kafarski * Connie Kenty * Rosemarie Killenberger * Young Kim * Tony Klemmer * Sunny Kohli * Rowena Kolde * Patricia Kubik * Dorothy Laffrey * Elaine Lamb * Marge Lazarou * Priscilla Leclair * Christie Lehmann * Jenny Lenzi * Paulette Lerman * Keith Lewis * Linda Lewis * Debbie Lim * Jo Lincoln * Jill Lopez * 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 * Vara Navaluri * Joan Nedeljkovic * Lucille Noraian * Jo Nott * Karen Oulette * Eileen Ozar * Lois Page * Kay Patel * Ralph Pedersen * Arlene Pinkos * Deanna Ralston * Judy Reichelt * Elizabeth Reiha * Renate Reimer * Tom Richard * Janice Rose * Dawn Roth * Pat Schleif * Kathy Schultz * Reenie Shannon * Theresa Shea * Susan Smith * Francisca Soliven * Ann Spina * Judy Stahl * Bernard Stuecheli * Michael Sullivan * Marcia Suszan * Nancy Tanke * Linda Tithill * Maurice Vachon * Anjali Vale * Mary VanDagens * Inez Veraldi * Peggy Walker * Stanton Walker * Martha Wells * Suzanne Winn * Diana Wise * James Worley * Anjel Yessayan * Elinor Yolles * Jean Young * Rasheeda Zafar * Janice Zehnder

VOLUNTEER REQUIREMENTS

Volunteer applicants must be at least 18 years of age, a Bloomfield Township resident and agree to complete/submit a volunteer application and background check form. Forms are available at the main level reception desk or online at:

<http://www.bloomfieldtp.org/Services/SeniorServices/VolunteerOpportunities.asp>

Please contact Joan Patzelt, BTSS Deputy Director at 248-723-3500 or jpatzelt@bloomfieldtp.org.

Special Thanks to our Fall 2014 Sponsors:



BALDWIN HOUSE



(248) 629-0132



ST. ANNE'S MEAD
Assisted Living. Nursing Care.



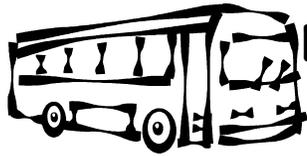
Gracious Elegant Senior Living
by Lutheran Social Services of Michigan



To us, it's personal.



SAINT JOSEPH MERCY HEALTH SYSTEM



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.

See Summer 2014 newsletter for July and August trips.

Detroit Zoo

Wednesday, Sept 3 (DAY17-C1401) 10:00 AM – 1:30 PM
It's senior day at the zoo! Animals galore, live music, tractor train tours, bingo, Zookeeper Talks and a senior resource area. Eat on your own at any of the food venues. **Seniors 62 or older get in free.** Age 61 and younger, pay \$14 at the gate.
BTSS Coach Fee: \$14*

Stratford Festival Overnight Trip (XDAY01-C1401)

Thursday, Sept 4 (9:00 AM) – Friday, Sept 5 (11:00 PM)
Enjoy an overnight stay in quaint Stratford and see two delightful plays: a light hearted musical ("Crazy for You") and a randy restoration comedy ("The Beaux Stratagem"). Trip includes three meals (B, L, D), hotel accommodations at Arden Park Hotel. Payment due with registration, no refunds after August 4, partial refunds less costs incurred prior to August 4. Travel insurance is highly recommended for private purchase or through our Trip Leader Sue Goldstein at (248) 865-0005.
Luxury Coach Fee: Residents \$362
Non Residents \$372; single supplement addl. \$80

Detroit Tigers v Royals Baseball Game

Wednesday, Sept 10 (DAY18-C1401) 12:00 PM – 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: \$43*

Elmwood Cemetery Tour

Thursday, Sept 11 (DAY19-C1401) 11:30 AM – 4:30 PM
Elmwood Cemetery is the resting place of many distinguished citizens and heroes of many wars. Docent lead tour. Begin with lunch on your own at Sindbads.
BTSS Coach Fee: \$20*

Elisha Taylor Home Tour (Art House)

Friday, September 12 (DAY20-C1401) 10:15 AM – 3:00 PM
1872 Gothic Revival home in the historic Brush Park neighborhood. The interior preserves fireplaces, woodwork, decorative plaster, Minton tiles, parquet floors and etched glass. Followed by lunch on your own at 24 Grille.
BTSS Coach Fee: \$37*

Behind The Scenes at Comerica Park

Wednesday, Sept 17 (DAY21-C1401) 9:30 AM – 2:45 PM
Your tour will include Visitor's clubhouse, Tigers dugout, The Ernie Harwell Media Center (Press Box), Champions Club and Decades Monuments/Statues around the ballpark. Followed by lunch on your own at Hockey Town Café.
BTSS Coach Fee: \$21*

My Fair Lady – Stagecrafters

Thursday, Sept 18 (DAY22-C1401) 5:15 PM – 11:30 PM
Musical, based on Shaw's *Pygmalion*, is the story of Eliza Doolittle, a Cockney flower girl who takes speech lessons from Professor Henry Higgins, a phoneticist, so that she may pass as a well-born lady. Begin with dinner on your own at Café Muse.
BTSS Coach Fee: \$32*

St. John Armenian Church & Museum Tour plus Lunch

Wednesday, Sept 24 (DAY23-C1401) 9:15 AM – 1:45 PM
For over 75 years, St. John Armenian Church in Southfield has been at the center of Armenian-American religious and cultural life in Metropolitan Detroit. Includes tour of historic facility and the Manoogian Musuem. **Lunch included.**
BTSS Coach Fee: \$32*

Let's Dance – DSO

Friday, September 26 (DAY24-C1401) 9:30 AM – 3:15 PM
Tango, tap, and ballroom dancers electrify this celebration of the art of dance that will dazzle the eye and the ear! Followed by lunch on your own at Mex.
BTSS Coach Fee: \$49*

ArtPrize 2014, Grand Rapids

Tuesday, September 30 (DAY25-C1401) 7:30 AM – 6:30 PM
View over 1,700 works of art by painters, sculptors, performance artists and other creative types displayed around the city and cast your vote for your favorite artist. Includes early admission to the Art Museum, tote bag and discount coupon for the GRAM gift shop. Ample free time to explore the exhibits and enjoy lunch on your own. **This trip involves lots of walking.**
Luxury Motor Coach Fee: \$55*

Annie – Fisher Theatre

Thursday, October 2 (DAY01-D1401) 10:00 AM – 4:00 PM
This production of ANNIE will be a brand new incarnation of the iconic original. Includes such unforgettable songs as "It's the Hard Knock Life," "Easy Street," "I Don't Need Anything But You," plus the eternal anthem of optimism, "Tomorrow." Begin with brunch on your own at The Gallery Restaurant.
BTSS Coach Fee: \$55*

Vanya and Sonia and Marsha and Spike – Tipping Pointe

Wednesday, October 8 (DAY02-D1401) 12:00 PM – 6:00 PM

This Tony Award winning show revolves around three middle-aged single siblings, two of whom live together, during a visit by the third who supports them. The show depicts how their lives have evolved and how they have come to be in their current state. Begin with lunch on your own at **Rocky's of Northville**.

BTSS Coach Fee: \$47*

The Birmingham Musicale

Thursday, October 9 (DAY03-D1401) 12:45 AM – 2:30 PM

Come and hear wonderful music to soothe your soul. One piano, 4Hands."The Moldau" by Smetana is just one of the pieces you will hear. Punch and cookies served after the performance. Begin with lunch on your own at **Peabody's**.

BTSS Coach Fee: \$20*

The Virtuosity of Sarah Chang – DSO

Friday, October 10 (DAY04-D1401) 9:30 AM – 3:15 PM

The beautiful Sarah Chang is a violin prodigy who became a superstar. One of her early musical memories is playing the her audition at the Juilliard School at age 5. You must hear her play. Followed by lunch on your own at **Café Via**.

BTSS Coach Fee: \$47*

Voca People – Macomb Center

Saturday, October 11 (DAY05-D1401) 4:30 PM – 10:00 PM

Israeli-based ensemble, performing vocal theater, combines a cappella and beat box vocals to reproduce the sounds of an entire orchestra. Public is incorporated into their songs. Often compared to Blue Man Group. Begin with dinner on your own at **Max and Erma's**.

BTSS Coach Fee: \$58*

Cabaret – U of M Mendelssohn Theatre

Thursday, October 16 (DAY06-D1401) 4:15 PM – 10:45 PM

Set in 1931 Berlin as the Nazis are rising to power, this play is based on nightlife at the seedy Kit Kat Klub and revolves around the 19-year-old English cabaret performer Sally Bowles and her relationship with the young American writer Cliff Bradshaw. Begin with dinner on your own at **Café Zola**.

BTSS Coach Fee: \$42*

Paul Williams Live – DSO

Friday, October 17 (DAY07-D1401) 9:30 AM – 3:15 PM

Television star Paul Williams will delight all ages with his songs and stories. His iconic songs ("Old Fashioned Love Song," "We've Only Just Begun," "The Love Boat Theme," "Rainbow Connection") helped define many great artists. Followed by lunch on your at **Meriwether's**.

BTSS Coach Fee: \$57*

Metro Detroit Book & Authors Society Luncheon

Monday, October 20 (DAY08-D1401) 10:30 AM – 4:00 PM

One of the largest author presentations in America. Several nationally acclaimed authors (to be announced) will be present and available to sign books for purchase after lunch. **Lunch included. REGISTRATION DEADLINE SEPTEMBER 1.**

BTSS Coach Fee: \$60*

Around The World in 80 Days - Meadowbrook

Wednesday, October 22 (DAY09-D1401) 11:15 AM – 5:00 PM

Around the World in 80 Days is a hilarious take on Jules Verne's celebrated novel about Phileas Fogg, an explorer who sets out to circumnavigate the world in order to win a bet. The comedy features five actors playing 39 roles. Begin with lunch on your own at **Mitchell's Fish Market**.

BTSS Coach Fee: \$52*

Garrick Ohlsson Plays Rachmoninoff – DSO

Friday, October 24 (DAY10-D1401) 9:30 AM – 3:15 PM

Leonard Slatkin conducts Garrick Ohlsson on piano as he plays Michael Daugherty's Lost Vegas, Copland's Billy the Kid (Complete Ballet) and Rachmaninoff's Piano Concerto No. 3. Followed by Lunch on your own at **Toast Birmingham**.

BTSS Coach Fee: \$47*

Motown the Musical – Fisher

Thursday, October 30 (DAY11-D1401) 10:15 AM – 4:00 PM

The true American dream story of Motown founder Berry Gordy's journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and more. Begin with lunch on your own at **Cuisine. REGISTRATION DEADLINE JULY 16.**

BTSS Coach Fee: \$85*

Parade Company Tour

Tuesday, November 4 (DAY12-D1401) 10:00 AM – 2:45 PM

Join us for a magical tour through Paradeland at The Parade Company Studio. Step into a storyland of color and fun as the staff gets ready for the America's Thanksgiving Parade®. Please wear closed toe shoes. Followed by lunch on your own at **Main Street Restaurant**.

BTSS Coach Fee: \$30*

Sinbad – Macomb Center

Friday, November 7 (DAY13-D1401) 4:30 PM – 9:30 PM

Get your funny on with comedy legend Sinbad! Ranked by Comedy Central as one of the top 100 standup comedians of all time. Sinbad's clean comedy has kept audiences laughing in the aisles for over two decades. **Begin with dinner on your own at Brio Tuscan Grille.**

BTSS Coach Fee: \$58*

Swing Time, The Jive Aces – Macomb Center

Saturday, November 8 (DAY14-D1401) 4:30 PM – 10:00 PM

The Jive Aces are the UK's No. 1 Jive & Swing band. Renowned for their high energy jump jive and spectacular glitz of the Rat Pack, with a dash of rhythm & blues, swing and jazz. They feature songs made famous by such greats as Louis Prima, Cab Callaway, Benny Goodman, Bobby Darin, Louis Armstrong, Sammy Davis Jr. and Ella Fitzgerald – along with a selection of superb originals. **Begin with dinner on your own at P F Chang's.**

BTSS Coach Fee: \$58*

Tour Masonic Temple – Behind the Scenes

Tuesday, November 11 (DAY15-D1401) 11:30 AM – 5:00 PM
Legends surround the Temple's interior, which is said to contain a labyrinth of rooms, some connected by secret passageways. It's also full of dramatic, unused spaces—the most famous being an unfinished swimming pool on the sixth floor. Come see and hear all about this iconic building. Begin with lunch on your own at **Traffic Jam & Snug**.

BTSS Coach

Fee: \$25*

Epiphany Glass Studios

Thursday, November 13 (DAY16-D1401) 9:30 AM – 1:30 PM
In 1997, April Wagner began the process of building her state-of-the-art glass studio in Pontiac. In 2000, this 4,000 square foot studio is fully operational. The goal was to create a “universal” studio that would permit any professional glass artist to walk into the epiphany studio and feel as though they are in a familiar environment. Enjoy a demonstration of glass blowing. Followed by Lunch on your own at **Hero's Restaurant**.

BTSS Coach

Fee: \$33*

Sounds of Simon & Garfunkel – DSO

Friday, November 14 (DAY17-D1401) 9:30 AM – 3:15 PM
Michael Krajewski conducts this tribute, featuring Simon and Garfunkel's greatest hits: “Sounds of Silence,” “Scarborough Fair,” “Mrs. Robinson,” and many more. Followed by lunch on your own **London Chop House**.

BTSS Coach

Fee: \$57*

U of M Art Museum

Tuesday, November 18 (DAY18-D1401) 10:15 AM – 3:30 PM
The University of Michigan Museum of Art (UMMA) is one of the finest university art museums in the country. UMMA holds collections representing 150 years of art collecting at the University, while its dynamic schedule of special exhibitions and interpretative programs connects visitors with the rich artistic legacy of the past and today's avant-garde. Followed by lunch on your own at **Gandy Dancer**.

BTSS Coach

Fee: \$25*

Gershwin in Paris – DSO

Friday, November 21 (DAY19-D1401) 9:30 AM – 3:15 PM
Leonard Slatkin, conductor, Kenneth Thompkins, trombone. Hear Ives The Yale Princeton Football Game (DSO Premiere). Slatkin's Endgames (World Premiere), Mctee's Trombone Concerto (DSO Premiere), Lees Concerto for String Quartet (DSO Premiere), Gershwin, An American in Paris. Followed by lunch on your own at **French Gourmet**.

BTSS Coach

Fee: \$47*

All in the Timing – Hilberry Theatre

Wednesday, December 3 (DAY20-D1401) 11 AM – 5 PM
Six hilarious one-acts from renowned playwright David Ives. From chimpanzees composing the complete works of William Shakespeare to the complexities facing minimalist composer Philip Glass while buying a loaf of bread, it's non-stop madness! Begin with lunch on your own at **Maccabees at Midtown**.

BTSS Coach

Fee: \$36*

Holiday Brass - Macomb

Tuesday, December 9 (DAY21-D1401) 4:15 PM – 9:00 PM
The Brass of Detroit Chamber Wind & Strings, an ensemble of musicians drawn primarily from the Detroit Symphony and Michigan Opera orchestras, performs their seasonal celebration. Joining them are the Dakota High School Varsity Choirs. Begin with dinner on your own at **Sterling Bistro**.

BTSS Coach

Fee: \$40*

Wicked – Fisher Theatre

Thursday, December 11 (DAY22-D1401) 10:00 AM – 4:00 PM
The musical is told from the perspective of the witches of the Land of Oz; its plot begins before and continues after Dorothy's arrival in Oz. Wicked tells the story of two unlikely friends, Elphaba and Glinda. **REGISTRATION DEADLINE AUGUST 15th**. Begin with lunch on your own at **Steve's Deli**.

MotorCoach

Fee: \$108*

Straight No Chaser – Masonic Temple

Friday, December 12 (DAY23-D1401) 5:15 PM – 10:00 PM
With a massive fan base, numerous national TV appearances and successful CD releases, Straight No Chaser is a male a capella group of ten voices who create a captivating sound and extraordinary music. Begin with dinner on your own at **Hogan's**

BTSS Coach

Fee: \$60*

Ford Rouge Factory Tour

Tuesday, December 16 (DAY24-D1401) 9:30AM – 3:15PM
This is a 2 ½ hour tour (with places to sit). The tour includes Legacy Theatre, Art of Manufacturing Theatre, Dearborn Truck Plant and legacy Gallery. Followed by lunch on your own at **Edison's (Dearborn Inn)**.

BTSS Coach

Fee: \$34*

Home For The Holidays – DSO

Friday, December 19 (DAY25-D1401) 9:30AM – 3:15PM
Share Detroit's favorite musical holiday tradition and marvel in the spectacle of the season! A sparkling holiday celebration! Followed by lunch on your own at **The Grille Midtown**.

BTSS Coach

Fee: \$57*

Things My Mother Taught Me – Meadowbrook

Wednesday, January 21 (DAY01-A1501) 11AM – 4:30PM
Olivia and Gabe have just packed up all of their belongings and driven halfway across the country to start a new life together in Chicago. Their moving day doesn't go exactly as planned when their parents show up to help! Begin with lunch on your own at **The Hills Restaurant**.

BTSS Coach

Fee: \$39*

Schumann's Fourth – DSO

Friday, January 30 (DAY02-A1501) 9:30 AM – 3:15 PM
Cristian Macelaru, conductor, Yoonshin Song, violin. Music includes Enescu's Romanian Rhapsody No. 1, Rozsa's Sinfonia-Concertante (DSO Premiere), Webern's Passacaglia, Schumann's Symphony No. 4. Followed by lunch on your own **The Bird and The Bread**.

BTSS Coach

Fee: \$47*

Complimentary classes* for 50+ Township Residents
 (* register for maximum of 6)

TUESDAY 9/2

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

Dance for Parkinsons
 11:30-12:30 p.m. (TRYIT02)

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

Small Group Personal Training
 2:00-3:00 p.m. (TRYIT04)
 (Group will meet on Mondays)

Cardio Core Party
 4:00-5:00 p.m. (TRYIT05)
 (Class will be on Mondays)

Let Your Yoga Dance
 5:30-6:30 p.m. (TRYIT06)

AQUA

Aqua Endurance
 9:30-10:30 a.m. (TRYIT07)

Aqua Power Aerobics
 6:00-6:45 p.m. (TRYIT08)

*Preregistration required.
 Classes fill quickly!
 See pages 3-7 for class
 descriptions, dates & times.*

WEDNESDAY 9/3

Zumba Gold Toning®
 8:15-9:15 a.m. (TRYIT09)

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

ISHA Meditation
 10:30-11:30 a.m. (TRYIT11)
 (Community Room B)

Chair Yoga
 11:30 a.m.-12:15 p.m. (TRYIT12)

Small Group Personal Training
 1:00-1:30 p.m. (TRYIT13)

Bootcamp Gold Circuit Interval
 1:45-2:15 p.m. (TRYIT14)
 (Class will be on Monday)

Zumba Gold Toning®
 5:45-6:45 pm (TRYIT15)

Zumba Gold®
 7-8 p.m. (TRYIT16)

AQUA
H2O Interval
 8:00-9:00 a.m. (TRYIT17)

Fluid Moves
 9:30-10:30 a.m. (TRYIT18)
 (Class will be on Mondays)

Aqua Yoga Flow
 11:00 a.m. -12:00 p.m. (TRYIT19)

Fitness Week

September 2 - 6

THURSDAY 9/4

Cardio, Core, Conditioning
 9:00-10:00 a.m. (TRYIT20)

Chair Exercise
 10:15-11:00 a.m. (TRYIT21)

Gentle Moves Yoga
 11:30-12:30 a.m. (TRYIT22)

BOKWA®
 7:00-8:00 p.m. (TRYIT23)

AQUA
Aqua Cardio Core
 9:30-10:30 a.m. (TRYIT24)

FRIDAY 9/5

Zumba Gold®
 7:45-8:45 am (TRYIT25)

Strength & Balance 2
 9-9:45 a.m. (TRYIT26)

Drums Alive®
 10-10:45 a.m. (TRYIT27)

Healthy Back
 11:00-11:30 (TRYIT28)
 (Class will be on Tuesdays)

Beginning Yoga
 11:45 a.m.-12:30 p.m.
 (TRYIT29)

AQUA

H2O Interval
 8:00-9:00 a.m. (TRYIT30)

Aqua Fit
 9:30-10:30 a.m. (TRYIT31)

SATURDAY 9/6

It's a New Day Yoga
 8:30-9:15 a.m. (TRYIT32)



AAA MATURE DRIVER COURSE

Tuesday, October 21
 10 AM – 2:30 PM
 (EDU65-D1401)

AAA's Mature Driver course is an interactive classroom experience and provides tips to help older drivers compensate for changing vision, reflexes and response time. Course also includes *CarFit*, where you can find out how the fit of your personal vehicle affects your driving. Available upon request is an on-road driving evaluation.

Half hour snack/lunch break. Bring your own food. Preregistration required.

Fee: \$20 BT Resident/\$25 Non Resident

YOGA FOR HEALTH & WEIGHT LOSS

Join BTSS Yoga Instructor, Kathy Housey, for a presentation on the benefits of yoga for health & weight loss. Find out if Yoga is the right class for you with some Q & A time. Brief samples of different styles of Yoga, including seated restorative poses, will be shared, along with some guided relaxation at the end. Please preregister.

Complimentary BT Residents. **Non-Res \$2**
Friday, September 5 (EDU56-C1401) 10:00 -11:00 AM

Stratford Festival Overnight Trip

(XDAY01-C1401)

September 4 – 5 Depart 9 AM/Return 11 PM
 Enjoy an overnight stay in quaint Stratford and see two delightful plays: a light hearted musical and a randy restoration comedy. See page 13 for more details.

KEEP YOUR BRAIN FIT

Check out our wide array of enrichment offerings on pages 8-11 designed to keep your brain sharp!

- ✓ Detroit: First City of the Old Northwest
- ✓ Art and Computer Classes
- ✓ Loughbrack Storytelling
- ✓ AAA Keeping the Keys
- ✓ Dessert and DIA
- ✓ Toss or Turn? (Rizzo)
- ✓ Movie Documentaries
- ✓ White Horse Society
- ✓ Bridge and Canasta Classes
- ✓ Meet the DSO Musician
- ✓ BBSO Classics & Coffee

