



Bloomfield Township Senior Services



Spring 2014

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

INDEX (SS = supplement)

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TAX ASSISTANCE

Mondays & Tuesdays

February 10 & 11, 24 & 25

March 10 & 11 April 7 & 8

AARP trained volunteers provide free tax preparation and filing your simple Federal, State, and Local returns. Service is available for tax payers with middle/low income. Some restrictions apply.

Registration for appointments begins on Thursday, January 2nd for BT residents and on Monday, February 3rd for non residents.

Appointment required: 248-723-3500



OPENING DAY DETROIT TIGER'S

Monday, March 31
(SEV10-A1401)

Join us for Tiger fever! Warm up with entertainment and baseball fare and watch the game on the big screens. Registration is required for it will soon be a sell out! BT Residents only. *Graciously sponsored by Woodward Hills.*

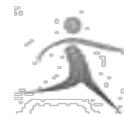
Begins at noon. Game starts 1:08 PM.

WELLNESS WEEK

March 3-7

2014 is well underway, let us help you strengthen your New Year's commitment to be a healthier you! See back page of newsletter for schedule of activities.

- Brain Health Presentation
- Role of Lifestyle in Chronic Disease
- ISHA Foundation Meditation Program
- Charity Workouts
- Class Demos



Graciously sponsored by



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
- ✓ Blood Pressure Checks

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

Like you, we have had many challenges with the weather this winter. I am personally grateful for good communication, determined volunteers and staff, and plenty of hale and hearty patrons.

For communication on many topics including weather related closures please consider signing up for email communications from BTSS, general Township news or both. You may do this by calling or by using the website:

<http://www.bloomfieldtpw.org/Services/SeniorServices/MailingList.asp>

How wonderful to now take a moment to consider Spring. We offer over 100 opportunities each week for fitness, music, clubs, art, unique topics and more; we hope to see you here!

Christine Tvaroha

ctvaroha@bloomfieldtpw.org (248) 723-3500

Special Thanks to our Sponsors:

Special thanks to our Winter sponsors: American House, Baldwin House, Home Instead Senior Care, Maple Village, Arden Courts, Woodward Hills Nursing Center and Sunrise Senior Living.

Spring 2014

Magnolia by the Lakes

Woodward Hills
Nursing Center

American House
SENIOR LIVING COMMUNITIES

Home Instead
SENIOR CARE®

To us, it's personal.

Maple Village

BALDWIN HOUSE

Gracious Elegant Senior Living
by Lutheran Social Services of Michigan

SPRING CANDY COLLECTION

Share sweets with our homebound meals clients by donating small individually wrapped candies. Drop off candy at BTSS before 4/15.

Join us on 4/15 at 1:30 to pack candy for distribution. If you can help, please call Denise at 248-723-3500.



Bloomfield Township Senior Services

4315 Andover Road

(South off Long Lake or West off Telegraph)

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

Christine Tvaroha, Director

Senior Center*: Monday - Thursday 7 AM – 9 PM
Friday 7 AM – 7 PM
Saturdays 8 AM – 3 PM

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

www.bloomfieldtpw.org/seniors

BLOOMFIELD TOWNSHIP BOARD

Bloomfield Township Main Phone: 248-433-7700

Leo C. Savoie, Supervisor

Janet Roncelli, Clerk Dan Devine, Treasurer

David Buckley, Trustee Neal J. Barnett, Trustee

Corinne Khederian, Trustee Brian E. Kepes, Trustee

BTSS ADVISORY COUNCIL

Steve Eskoff, Chairman

Al & Donna Artzberger Shirley Colten

John & Janice Bellefleur John Conti

Gladys Cifelli Maxine Davison

Don Foehr Marie Gemmel

Victor & Suzanne Goldstein Tony Klemer

Elizabeth Mahoney Tom & Ginnie Richard

BTSS will be closed on:

Saturday, May 24

Monday, May 26

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 11/14.
- 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 unless accompanied by doctor's note. \$5 cancellation fee.
- Trips: no refund with less than 3 business days' notice. Cancellation fee \$5 + costs incurred (i.e. prepaid tickets).

Aquatics: Warm Water Fitness

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

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

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

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

New! Aqua 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. An excellent complement to other weekly aerobic activities. The flow of carefully sequenced stretches are fluid and build gradually as you work the entire body in a warm water environment. Finish with a relaxing float on noodles accompanied by soothing music. *Bring water bottle to class; water shoes optional.*

Monday 11 AM – 12 Noon
 Mar 10 – Apr 14 (FIT114-AB1401) 6 classes/\$48*
 Apr 21 – May 19 (FIT114-B1401) 5 classes/\$40*

Aqua Cardio Conditioning

Lisa Inman

Focus on high level cardio conditioning, with alternatives for beginners, with or without use of resistance equipment. Noodle & balance work used for endurance and strength.

Thursday 9:30 – 10:30 AM
 Mar 13 – Apr 17 (FIT107-AB1401) 6 classes/\$36*
 Apr 24 – May 29 (FIT107-B1401) 6 classes/\$36*

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
 Mar 11 – Apr 15 (FIT64-AB1401) 6 classes/\$36*
 Apr 22 – May 27 (FIT64-B1401) 6 classes/\$36*

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
 Mar 12 – Apr 16 (FIT86-AB1401) 6 classes/\$48*
 Apr 23 – May 28 (FIT86-B1401) 6 classes/\$48*
Saturday 10:30 – 11:30 AM
 Mar 8 – Apr 12 (FIT86-AB1402) 6 classes/\$48*
 Apr 26 – May 31 (FIT86-B1402) (no class 5/24) 5 classes/\$40*

Aqua Fit

Lori Harbour

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

Wednesday 9:30 – 10:30 AM
 Mar 12 – Apr 16 (FIT96-AB1401) 6 classes/\$36*
 Apr 23 – May 28 (FIT96-B1401) 6 classes/\$36*
Friday 9:30 – 10:30 AM
 Mar 14 – Apr 11 (FIT96-AB1402) 5 classes/\$30*
 Apr 25 – May 30 (FIT96-B1402) 6 classes/\$36*

Aqua Power Aerobics

Annie Chi

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

Tues/Thurs 8 – 7 PM
 Feb 4 – Feb 27 (FIT27-A1402) 8 classes/\$64*
 Mar 11 – Mar 27 (FIT27-A1403) 6 classes/\$48*
 Apr 1 – Apr 24 (FIT27-B1401) 8 classes/\$64*
 Apr 29 – May 29 (FIT27-B1402) 10 classes/\$80*

Ultimate H2O

Maggie Barclay

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

Monday 9:30 – 10:30 AM
 Mar 10 – Apr 14 (FIT95-AB1401) 6 classes/\$30*
 Apr 21 – May 19 (FIT95-B1401) 5 classes/\$25*

H2O Interval

Lori Harbour

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

Wednesday 8 – 9 AM
 Mar 12 – Apr 16 (FIT83-AB1401) 6 classes/\$36*
 Apr 23 – May 28 (FIT83-B1401) 6 classes/\$36*
Friday 8 – 9 AM
 Mar 14 – Apr 11 (FIT83-AB1402) 5 classes/\$30*
 Apr 25 – May 30 (FIT83-B1402) 6 classes/\$36*

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

Feb 1 – Mar 1 (FIT32-A1402)

5 Classes/\$40*

Mar 8 – Mar 29 (FIT32-A1403)

4 classes/\$32*

Apr 5 – Apr 26 (FIT32-B1401)

4 classes/\$32*

May 3 – May 31 (FIT32-B1402) (no class 5/24)

4 classes/\$32*

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

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)



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

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 only

9 – 10 AM

Jan 7 – Feb 25 (FIT109-A1401)

8 classes/\$40*

Mar 11 – May 27 (FIT109-AB1401)

12 classes/\$60*

Thursday only

9 – 10 AM

Jan 9 – Feb 27 (FIT109-A1402)

8 classes/\$40*

Mar 13 – May 29 (FIT109-AB1402)

12 classes/\$60*

Cardio Party

Maggie Barclay

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

Monday

4:30 – 5:30 PM

Jan 6 – Feb 24 (FIT97-A1401)

8 classes/\$40*

Mar 10 – Apr 14 (FIT97-AB1401)

6 classes/\$30*

Apr 21 – May 19 (FIT97-B1401)

5 classes/\$25*

PLEASE CARRY IN CLEAN SHOES FOR ALL FITNESS PROGRAMS

Low Impact Aerobics

Lisa Robinson

Helps improve cardiovascular strength while increasing coordination, balance, and core strength. Emphasis is on core strength, with mat/floor work at end of class.

Monday

9 – 10 AM

Jan 6 – Feb 24 (FIT17-A1401)

8 classes/\$40*

Mar 10 – May 19 (FIT17-AB1401)

11 classes/\$55*

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 H2O. *BT Residency required.*

M/T/W/TH/F

Times Vary

Mar 10 – Apr 18 (FIT77-AB1401)

6 weeks/\$60

Apr 21 – May 30 (FIT77-B1401)(no class 5/26)

6 weeks/\$60

Drums Alive®

Maggie Barclay/Janene Ravid

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

Friday

10:15 – 11:00 AM

Mar 14 - Apr 18 (FIT47-AB1401)

6 classes/\$30*

Apr 25 – May 30 (FIT47-B1401)

6 classes/\$30*

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 needs of active 50+ person. All fitness levels.

Wednesday	7 - 8:00 PM
Mar 12 – Apr 16 (FIT78-AB1401)	6 classes/\$36*
Apr 23 – May 28 (FIT78-B1401)	6 classes/\$36*
Friday	8 – 8:45 AM
Mar 14 – Apr 18 (FIT78-AB1402)	6 classes/\$30*
Apr 25 – May 30 (FIT78-B1402)	6 classes/\$30*

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
Jan 6 – Feb 24 (FIT18-A1401)	8 classes/\$40*
Mar 10 – May 19 (FIT18-AB1401)	11 classes/\$55*
Thursday	10:15 – 11 AM
Jan 9 – Feb 27 (FIT18-A1402)	8 classes/\$40*
Mar 13 – May 29 (FIT18-AB1402)	12 classes/\$60*

PICKLEBALL & TABLE TENNIS 🎯

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

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

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 (Tomassi)	11:30 AM – 12:30 PM
Mar 10 – Apr 14 (FIT56-AB1401)	6 classes/\$30*
Apr 21 – May 19 (FIT56-B1401)	5 classes/\$25*
Wednesday (Lutz)	11:30 AM – 12:30 PM
Mar 12 – Apr 16 (FIT56-AB1402)	6 classes/\$30*
Apr 23 – May 28 (FIT56-B1402)	6 classes/\$30*

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!

BT Residency required. 9 classes/\$108 10 classes/\$120

Monday (L. Robinson)	2:00 – 3:00 PM
Mar 24 – May 19 (FIT103-AB1401) (no class 5/26) (9 classes)	
Tuesday (J. McCormick)	7:30 – 8:30 AM
Mar 25 – May 27 (FIT103-AB1402)	
Wednesday (L. Robinson)	12:45 – 1:45 PM
Mar 26 – May 28 (FIT103-AB1403)	
Thursday (TBD)	5:30 – 6:30 PM
Mar 27 – May 29 (FIT103-AB1404)	
Friday (L. Robinson)	12:45 – 1:45 PM
Mar 28 – May 30 (FIT103-AB1405) (no class 4/18) (9 classes)	

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 adds in lightweight Zumba® Toning Sticks to enhance muscle strength, tone, and endurance. Toning sticks or light hand weights provided.

Monday	7 – 8 PM
Mar 10 – Apr 14 (FIT110-AB1401)	6 classes/\$36*
Apr 21 – May 19 (FIT110-B1401)	5 classes/\$30*
Wednesday	8:15 – 9:15 AM
Feb 5 – Feb 26 (FIT110-A1402)	4 classes/\$24*
Mar 12 – Apr 16 (FIT110-AB1402)	6 classes/\$36*
Apr 23 – May 28 (FIT110-B1402)	6 classes/\$36*

SEATED

Zumba Gold® Chair Janene Ravid
Fuses Latin and international rhythms with simple moves to create a dynamic workout system that is fun and easy to do! If you would like to join the Zumba® party, but have difficulty standing for long periods of time, try this class! Designed with a slower pace and modified moves encouraging physical activity at all levels.

Tuesday (45 min.)	11:30 AM – 12:15 PM
Feb 4 – Feb 25 (FIT20-A1402)	4 classes/\$20*
Mar 11–Apr 1 (FIT20-AB1402)	4 classes/Free BT resident only
Apr 8 – May 27 (FIT20-B1401)	8 classes/\$40*

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
Mar 11 - Apr 15 (FIT105-AB1401)	6 classes/\$30*
Apr 22 - May 27 (FIT105-B1401)	6 classes/\$30*

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

Feb 4 – Feb 25 (FIT79-A1403) 4 classes/\$20*

Mar 11 – Apr 15 (FIT79-AB1401) 6 classes/\$30*

Apr 22 – May 27 (FIT79-B1401) 6 classes/\$30*

Thursday 12:45 – 1:30 PM

Feb 6 – Feb 27 (FIT79-A1404) 4 classes/\$20*

Mar 13 – Apr 17 (FIT79-AB1402) 6 classes/\$30*

Apr 24 – May 29 (FIT79-B1402) 6 classes/\$30*

Strength & Balance – Level 2

Maggie Barclay

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

Friday 9 – 10 AM

Mar 14 – Apr 18 (FIT80-AB1401) 6 classes/\$30*

Apr 25 – May 30 (FIT80-B1401) 6 classes/\$30*

Equipment Orientation (FIT33-VARIES)

Required for fitness open hours participants before registering for Open Hours. 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)

Fitness Equipment Refresher

Lisa Robinson

Completed the fitness equipment orientation but need a refresher or further assistance? Work with a Personal Trainer to make the best use of your workout time. Limited enrollment for best individualized support. *BT residency req.*

Tuesdays & Thursdays 1:30 – 2:30 PM

Feb 4 – Feb 27 (FIT111-A1402) 8 classes/\$64

Mar 11 – Apr 3 (FIT111-AB1401) 8 classes/\$64

Apr 8 – May 1 (FIT111-B1401) 8 classes/\$64

May 6 – May 29 (FIT111-B1402) 8 classes/\$64

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

Mar 10 – Apr 14 (FIT101-AB1401) 6 classes/\$30*

Apr 21 – May 19 (FIT101-B1401) 5 classes/\$25*

MIND BODY

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

Jan 11 – Mar 1 (FIT113-A1401) 8 classes/\$48*

Mar 8 – Apr 12 (FIT113-AB1401) 6 classes/\$36*

Apr 19 – May 31 (FIT113-B1401) no class 5/24 6 classes/\$36*

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

Jan 10 – Feb 28 (FIT05-A1401) 8 classes/\$48*

Mar 14 – Apr 18 (FIT05-AB1401) 6 classes/\$36*

Apr 25 – May 30 (FIT05-B1401) 6 classes/\$36*

Restorative Yoga

Nanine Savoie

For the novice to experienced yoga practitioner, class uses slow movements focusing on adapting poses to individual needs. May help those with back issues or chronic injuries.

Tuesday 5:30 – 6:30 PM

Jan 7 – Feb 25 (FIT53-A1401) 8 classes/\$40*

Mar 11 – Apr 15 (FIT53-AB1401) 6 classes/\$30*

Apr 22 – May 27 (FIT53-B1401) 6 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

Mar 19 – May 21 (FIT03-AB1401) 10 classes/\$80*

Continuing

Wednesday 10:15 – 11 AM

Mar 19 – May 21 (FIT03-AB1402) 10 classes/\$80*

PLEASE CARRY IN CLEAN SHOES FOR ALL FITNESS PROGRAMS

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

Monday (Tomassi) 11:30 AM – 12:30 PM
Mar 10 – Apr 14 (FIT56-AB1401) 6 classes/\$30*
Apr 21 – May 19 (FIT56-B1401) 5 classes/\$25*

Wednesday (Lutz) 11:30 AM – 12:30 PM
Mar 12 – Apr 16 (FIT56-AB1402) 6 classes/\$30*
Apr 23 – May 28 (FIT56-B1402) 6 classes/\$30*

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
Mar 11 – Apr 15 (FIT94-AB1401) 6 classes/\$30*
Apr 22 – May 27 (FIT94-B1401) 6 classes/\$30*

Thursday 11:30 AM – 12:30 PM
Mar 13 – Apr 17 (FIT94-AB1402) 6 classes/\$30*
Apr 24 – May 29 (FIT94-B1402) 6 classes/\$30*

EVENING FITNESS CLASSES

Aqua Power Aerobics (pg. 3) Annie Chi
Tues/Thurs 6 – 7 PM
Zumba Gold® (pg. 5) Maggie Barclay
Wednesday 7 – 8 PM
Zumba Gold®-**Toning** (pg. 5) Janene Ravid
Monday 7 – 8 PM
Small Group Personal Training (pg. 5) D. McManus
Thursday 5:30 – 6:30 PM
Restorative Yoga (pg. 6) Nanine Savoie
Tuesday 5:30 – 6:30 PM

SATURDAY FITNESS CLASSES

It's a New Day Yoga! (pg. 6) Karen Lutz
Saturday 8:30 AM – 9:30 AM
Fluid Moves (pg. 3) Kathy Housey
Saturday 10:30 – 11:30 AM
H₂O Boot Camp (pg. 4) Annie Chi
Saturday 9 – 10 AM

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
Mar 26 – April 9 (ART02-AB1401) 3 classes/\$41*
Apr 16 – June 11 (ART02-B1401) (No class 5/21) 8 classes/\$108*

Stepping Stones Nancy Porter/Martha McGee
Create a small (6x6) mosaic tile from preformed concrete, scrap glass, stained glass and your imagination. *There is a \$10 supply fee paid to instructors.*

Tuesday/Thursday 1 - 4 PM
Apr 29 – May 1 (ART13-B1401) 2 classes/\$10*

New! Garden Art Diane Bert
Create glass garden ornaments by artistically combining clear or colored glass items. Make a beautiful piece which will catch the sun and beautify outdoor vistas. *\$15 material fee payable to instructor.*

Tuesday 10 AM - Noon
April 15 (ART15-B1401) 1 class/\$15*
May 13 (ART15-B1402) 1 class/\$15*

Lapidary ♻ Nancy Porter/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 class 3/11, 4/8) 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.

Thursdays, May 15 & May 29 1:30 - 4:30 PM

CLUBS / GROUPS

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

Thursday, Mar 20 10 AM – Noon
"Sikhs" A discussion on the 5th largest religion worldwide.

Thursday, Apr 10 10 AM – Noon
"Understanding Easter" a panel discussion

Thursday, May 22 10 AM – Noon
"The Big Bang, Black Holes, and Dark Energy"

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

Mondays 1 – 3:30 PM

No Meeting: 5/26

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
Meets 2nd Friday 10 AM – Noon

Affiliate of Dante Alighieri Society

Mar 14: To be announced

Apr 11: "Sardinia" by Giulia Pittau

May 9: "The Marche" by Maria Clara Brown

Book Club ✪ Fridays, 10 – 11:30 AM

Mar 7: *The Things They Carried* (O'Brien)

Leader: D. Alexanian

Apr 4: *Major Pettigrew's Last Stand* (Simonson)

Leader: J. Bellefleur

May 2: *The Hare with Amber Eyes* (DeWaal)

Leader: V. Hatzenbeler

Senior Men's Club Facilitator: Bruce Madsen

Enjoy great speakers, camaraderie and a light breakfast.

Pre-registration required.

Wednesday, Mar 19 (SOC27-A1403)

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

"The Pros and Cons of Our Renewable Energy Strategies"

Dennis J. Buda, Operations Manager, DTE Energy

Wednesday, Apr 16 (SOC27-B1401)

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

"The Unique History of Our Great Lakes as Told by An Artist"

Suzanne Bilek, Author

Wednesday, May 21 (SOC27-B1402)

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

"The Controversies of the Vietnam War and the Memorial Wall"

Jim Suhay, Vietnam veteran and former U.S. Army Capt.

COMPUTERS

Computer Lab – Open Hours ✪

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

Friday 1 – 3 PM

Saturday 10 AM – Noon

Beginning Computer Class

Mike Wilson

Designed for older adults who wish to learn about computers. Demonstrations on how to use a mouse, website and email for beginners, and more! You will come away from this class with confidence to explore other basic computer classes! Preregistration required.

Complimentary to BT Residents. Non-Residents \$10.

Friday, Mar 14 (COM18-A1401) 9:30 – 11:30 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.*

Friday 9:30 – 11:30 AM

Mar 21- Apr 4 (COM37-AB1401) 3 classes/\$75*

Learn the ABCs of a Digital Camera

Mike Wilson

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

Friday 9:30 – 11:30 AM

Apr 11 – Apr 18 (COM39-B1401) 2 classes/\$50*

New! Virus and Malware Removal

Mike Wilson

Is your computer slow? Have weird pop ups or ads? Learn how to use three free user-friendly software programs to get rid of these issues. Avoid these viruses from the start, and learn how to update antivirus software on your computer. *Optional: Bring your laptop*

Friday 9:30-11:30am

Apr 25- May 2 (COM43-B1401) 2 classes/\$50*

Explore Your 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!

Friday 9:30 – 11:30 AM

May 9 – May 16 (COM41-B1401) 2 classes/\$50*

Intro to Microsoft 8

Mike Wilson

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

Optional: Bring your fully-charged Windows 8 laptop.

Friday 9:30 – 11:30 AM

May 23 – May 30 (COM40-B1401) 2 classes/\$50*

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: Maurice Vachon
Monday & Friday (no play 3/10, 3/31, 4/7 & 5/26)
Tables assigned: 12:15. First come, first serve.
Maximum of 7 tables Play: 12:30 – 4 PM

Duplicate Bridge

Facilitator: Ed Coe
1st & 3rd Wednesday 5 – 8:45 PM
This group will not play ACBL "sanctioned" games.
Note special drop in fees: 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 12:30 - 2:30PM
Mar 19 – May 7 (EDU12-A1402) 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 10 AM - Noon
Mar 19 – May 7 (EDU13-A1402) 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 4/7) 6:45 - 8:45 PM
Mar 17 – May 12 (EDU14-A1402) 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
Apr 15 – Apr 29 (EDU45-B1401) 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
Apr 15 – Apr 29 (EDU46-B1401) 3 classes/\$60*

Euchre & Pinochle ☼

Facilitator: Joanne Carmichael
Thursdays 11:00 AM – 1:30 PM
All levels welcome!

Mah-jongg Play ☼

Facilitator: Elinor Yolles
Thursdays 1 – 4:30 PM

Poker ☼

Facilitator: Joann Capoccia
Wednesdays Noon – 4 PM

MOVIES

Movie Classics: Oscar Winning Pictures ☼

1st Friday Movie begins: 1:30 PM
Friday afternoon classic movie greats with popcorn!

Mar 7 "A Man for All Seasons" 1:30 – 3:30 PM
Best Picture in 1966- The struggle between Thomas More and King Henry VIII hinges on Henry's determination to break with Rome so he can divorce and wed another. Starring: Paul Scofield, Wendy Hiller, Robert Shaw (1966, 120 min, Bio/Drama/History, NR)

Apr 4 "The Apartment" 1:30 – 3:35 PM
Best Picture in 1960- A man tries to rise in a company by letting its executives use his apartment for trysts, but complications and a romance ensue. Starring: Jack Lemmon, Shirley MacLaine, Fred MacMurray (1960, 125 min, Comedy/Drama/Romance, NR)

May 2 "Mrs. Miniver" 1:30 – 3:45 PM
Best Picture and Best Actress (Greer Garson) in 1942- Based on the 1940 novel *Mrs. Miniver* by Jan Struther, film shows how the life of an unassuming British housewife in rural England is touched by World War II. Starring: Greer Garson, Walter Pidgeon, Teresa Wright (1942, 134 min, Drama/Romance, G)

Movie Musicals ☼

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

Mar 14 "Brigadoon" 1:30 – 3:20 PM
Two Americans lost on a hunting trip in Scotland find a village called Brigadoon. The villagers harbor a secret and behave as if they were still living two hundred years in the past. Starring: Gene Kelly, Van Johnson, Cyd Charisse (1954, 108 min, Fantasy/Musical/Romance, NR)

Apr 11 "Moulin Rouge!" 1:30 – 3:40 PM
A poet falls for a beautiful courtesan coveted by a jealous duke in this stylish musical, with music drawn from familiar 20th century sources. Starring: Nicole Kidman, Evan McGregor, John Leguizamo (2001, 127 min, Comedy/Musical/Romance, PG-13)

May 9 "An American in Paris" 1:30 – 3:30 PM
 Three friends struggle to find work in Paris. However, things become more complicated when two of them fall in love with the same woman. Starring: Gene Kelly, Leslie Caron, Oscar Levant (1951, 113 min, Romance/Musical, NR)

Movie Mania ⬠

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

Mar 21 "Chocolat" 1:30 - 3:30 PM
 A woman and her daughter open a chocolate shop in a small French village that shakes up the rigid morality of the community. Starring: Juliette Binoche, Judi Dench, Johnny Depp (2000, 121 min, Drama/Romance, PG-13)

Apr 18 "61*" 1:30 – 3:30 PM
Filmed in Michigan (Tiger Stadium) - Roger Maris and Mickey Mantle race to break Babe Ruth's single-season home run record. Starring: Barry Pepper, Thomas Jane, Anthony Michael Hall (2001, 129 min, Bio/Drama/History, PG-13)

May 16 "Captain Phillips" 1:30 – 3:45 PM
 The true story of Captain Richard Phillips and the 2009 hijacking by Somali pirates of the US-flagged MV Maersk Alabama. Starring: Tom Hanks, Barkhad Abdi, Barkhad Abdirahman (2013, 134 min, Bio/Drama/Adventure, PG-13)

Movie Documentaries ⬠

4th Friday **Movie begins: 1:30 PM**
 Everyone loves a documentary. Friday movie with popcorn!

Mar 28 "Herb & Dorothy 50x50" 1:30 – 3:00 PM
 A follow-up to 2008 film "Herb & Dorothy", captures the last chapter of the Vogel's extraordinary gifts to the nation, raising questions on art and what it takes to support art in today's society. Starring: Herb & Dorothy Vogel, Megumi Sasaki (2013, 86 min, NR)

Apr 25 "Blackfish" 1:30 – 2:50 PM
 Tells the story of Tilikum, a notoriously aggressive orca, that has killed three people while in captivity. Uses shocking footage and emotional interviews to present a convincing case against keeping these wild animals for human entertainment. (2013, 83 min, PG-13)

May 23 "Project Nim" 1:30 – 3:05 PM
 Tells the story of a chimpanzee taken from its mother at birth and raised like a human child by a family on the upper West Side in the 1970s. Starring: Nim Chimpsky, Stephanie La Garge, Herbert Terrace (2011, 93 min, NR)

MUSIC

BTSS Band Rehearsals ⬠ Facilitator: Vance Genzlinger
2nd, 3rd, 4th, 5th Tuesdays **3 – 5 PM**
 (No Meeting 3/11, 4/8) *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 pre-register. **Non-Res \$2**
Tuesday, March 4 (SEV16-A1404) **7 - 8:30 PM**
Tuesday, April 1 (SEV16-B1401) **7 - 8:30 PM**
Tuesday, May 6 (SEV16-B1402) **7 - 8:30 PM**

Finding Your Voice Jan Thompson
 It's never too late to discover your singing voice. Learn the Foundation of Singing Technique in a group setting. Singing helps mental sharpness, offers self expression, lowers stress, builds confidence. *Please pre-register.*
Wednesdays **10:00 - 11:00 AM**
March 12 – April 2 (EDU64-AB1401) **4 classes/\$32***
April 9 – April 30 (EDU64-B1401) **4 classes/\$32***

Meet the DSO Musician!
 They will discuss their life, inspiration, demonstrate their instrument, and answer your questions. Preregistration and BT Residency required. *Complimentary event sponsored by Magnolia by the Lakes.*
Tuesday, March 18 (EDU53-A1408) **10:30 - 11:30 AM**

BBSO Classics & Coffee
 Enjoy complimentary coffee and pastries while enjoying a Trio Chamber Ensemble performance. Mingle with the musicians during intermission and participate in a Q & A. Limited seating. Preregistration required. *Graciously sponsored by: Magnolia by the Lake* **Res \$5/Non-Res \$7**
Tuesday, May 27 (EDU53-B1401) **10:30 - 11:30 AM**

Evola Music Keyboarding Class
 Eight weeks of 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.*
Thursdays **11:30 AM – 12:30 PM**
Mar 27 – May 15 (EDU37-AB1401) **8 classes/\$30***

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. *Sponsored by Woodward Hills. Preregistration required.*
Res \$2/Non-Res \$4
Saturday, May 3 (SEV16-B1403) **1 - 2 PM**

UNIQUE TOPICS

CPR/AED Training BT Fire Department
Most people who experience cardiac arrest at home, work, or in a public location die because they don't receive immediate CPR from someone on the scene. Receive CPR and AED training from BT Fire Department Staff. *Preregistration required and BT Residents only.*
Monday, March 24 (EDU06-A1401) **6:00 - 9:00 PM**

BTSS Resident Orientation
Are you new to BTSS programs? Would you like to visit with staff to discuss programs and the registration process, and enjoy a brief tour of the center? Please call with your contact information and we will connect with you to set up a convenient time. (SEV03-A1402)

Boom Town: Detroit in the Roaring 20s
From the dust and smoke of the nineteenth century, Detroit burst into the national spotlight in the early twentieth century. The *Detroit Historical Society* discusses a city that grew faster than any other in the US, and its crime due to Prohibition. *Sponsored by Home Instead.*
Pre-registration required. **Res \$2/ Non-Res \$4**
Saturday, April 12 (EDU53-B1401) **1:00 - 1:45 PM**

Journey to Africa's Wildlife Sanctuaries David Gakure
Introduction to East Africa's world renowned wildlife and attraction sites which include: Mount Kenya, Mount Kilimanjaro, Ngorongoro crater, The Great Wildebeeste migration, Africa's Garden of Aden and many more!
Complimentary to BT Residents.
Please pre-register. **Non-Res \$2**
Monday, April 14 (EDU53-B1402) **10:00 - 11:45 AM**

Tigers Opening Day Celebration
Join us for Tiger fever! Warm up with baseball fare from 12:30 and watch the game on the big screens at 1:08 PM. Registration is required for it will soon be a sell out! BT Residents only. *Graciously sponsored by Woodward Hills.*
Monday, March 31 (SEV10-A1401) **Begins at Noon**

Healthy Nutrition and Lifestyle to Manage or Prevent Disease Jacquie Lewis-Kemp
Most chronic illnesses like diabetes are best managed with a healthy diet and exercise along with medication. In many cases diet and exercise can even prevent some illnesses. Learn how a healthy lifestyle can benefit your health. *Preregistration required.* **Res free/Non-res \$2**
Monday, April 28 (EDU56-B1401) **10:00 - 11:00 AM**

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

Samurai: Beyond the Sword
There are two sides to every sword and samurai. Preview the upcoming exhibition, Samurai: Beyond the Sword. *Graciously sponsored by Baldwin House.*
Tuesday, April 22 (EDU34-B1401) **10:30 - 11:30 AM**
Wednesday, April 23 (EDU34-B1402) **7:00 - 8:00 PM**

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 Maple Village. Preregistration required.*
Res \$2 / Non-Res \$4

"Titanic Remembered"
Historians call it the end of the Industrial Revolution, but in the early hours of April 15, 1912, the great loss of human life would make it much more than a mark in history. Heartfelt lecture covers the loss of life and innocence.
Tuesday, May 6 (EDU47-B1401) **10 - 11:30 AM**
Thursday, May 8 (EDU47-B1402) **7 - 8:30 PM**

WELLNESS WEEK PRESENTATIONS

Brain Health WSU IOG
Join us in learning about stress, nutrition, stimulation, physical activity, key games, activities, sensory triggers, and interactions to promote new brain connections. *Pre-registration required.* **Res free/Non-res \$5**
Monday, March 3 (WELL2014-01) **10:30-11:30 AM**

Role of Lifestyle in Chronic Disease Tom Rifai, MD
Dr. Tom Rifai, Medical Director St. Joseph Mercy Oakland, will speak on metabolic nutrition and weight management. Presentation will focus on exercise, portion control, salt intake and exercise. *Pre-registration required.* **Res free/Non-res \$2**
Wednesday, March 5 (WELL2014-08) **10:30 - 11:30 AM**

ISHA Foundation Meditation Program
Meditation has been known to improve health, heighten focus and energy and bring a state of peacefulness and joy to a person's life. This seated non-denominational meditation program has touched over 7 million lives across five continents. *Preregistration required.* **Res free/Non-res \$5**
Tuesday, Mar 4 (WELL2014-07) **10 - 11 AM**
Thursday, Mar 6 (WELL2014-15) **7 - 8 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 AM and can expect to complete their route by noon. Meals on Wheels Drivers receive on-site training.

BTSS Medical Appointment Driver

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

BTSS Errands Shopper

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

BTSS Computer Lab Volunteer

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

VOLUNTEER REQUIREMENTS

Volunteer applicants must be at least 18 years of age, a Bloomfield Township resident and agree to complete and 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 BTSS Deputy Director, Joan Patzelt at 248-723-3500 or e-mail at jpatzelt@bloomfieldtp.org.

Thank You for Your Donations*... Charles Barkdull, Thelma Janicki, Satya Badhwar, Nancy Arens, Jerry Craig, Geraldine Marchetti Edward Rosenbaum, Magdalena Predeteanu, Laura Harding, Barbara McNabb, Fran Bentlage, Richard Longley, Eunice Coffman, Jeanne VanHalteren, Shirley Schwartz, Karen Spolar, Raymond Fischer, Manmohan Badhwar, Patricia Ellis, Tom Sanders, Louise Lewis, Gena Gizzarelli, Roy Meloeny, Carlyn Pisek, Nikolai Rachmaninoff, Letha Kuesel, Sherry Higgins, Michael Wasielewski, Nadine Jakobowski, Tony Zidansek, Florence Hayes, Aftab Farooq, Tim Shires, Agnes Evlow, Sally Taylor, Judit Cantor, Mary Radlick

*** 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.

Thank you to our Meals on Wheels Volunteers!

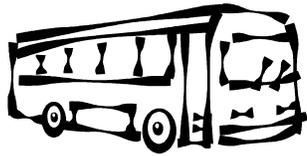
Rob Alvin * Catherine Angeli * Les Baron * Kerstin Baumann * Susan Bellefleur * Marion Benedict * Janet Brandon * Don & Camile Breen * Susan Brody * Reg Campbell * Mary Ann Christ * Su Chuang * Cindy Clement * Greg Coatsworth * Cam Corbett * Jerry Craig * Judy Dennis * David Dinger * Judy Dixon * Kitty Dobritt * Mike Dunigan * Bob Eberhardt * Carole & Ted Elder * Karin Eynon * Lori Farrow * John Feeney * Martha Flannery * Ed Francis * James Gambino * Phyllis Gara * Judy Geppert * Mona Gibson * Carol Goldstein * Jim & Irene Grady * Sangeeta Grewal * Nancy Haddad * Lorna Hall * Rose Ann Hanley * 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 * Bruce Madsen * Fritzie Mager * Doug & Joan Mann * Mentha Manning * Sue Martin * Richard May * Carlos Mazzorin * Rod & Mary Lynn McLachlan * Beth Mergel * Claire Michelini * Jean Miller * Debbie Mitchell * Richard Moxley * Robert & Barbara Munn * Steve Nam * Walter Oehrlein * Chuck Otis * Darlene Ottolini * Lee Ann Pantalone * Nancy Pavy * Priscilla Pettengill * Alfred & Sarinna Ping * 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 * Patricia Wagner * Mary Walosin * Larry Werner * Lynn & Corey Wert * Bill Williams * Clint Williams * Jim Wolfe * Elinor & Murray Yolles * Rasheeda Zafar

Volunteering is important to long and healthful lives.

Call Joan for more information 248-723-3500.

Thank you volunteers! 2300 + Hours in November-January 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 * Susan Chapnick * 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 * Sue Dodenhoff * 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 * Verle Hughes * Maryvonne Jacquemart * Connie Jaroh * Sandy Jeffries * Beth Johnson * Barbara Joiner * Pat Joyner * Lois Kafarski * Connie Kenty * Rosemarie Killenberger * Young Kim * 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 McKelvery * Donald Meier * Judy Michau * Karen Miller * David Mitchell * Paul Mooradian * Richard Moxley * Irene Moser * Chris Muir * Vara Navaluri * Joan Nedeljovic * Lucille Noraian * Jo Nott * Karen Oulette * Eileen Ozar * Lois Page * Kay Patel * Ralph Pedersen * Arlene Pinkos * Deanna Ralston * Judy Reichel * Elizabeth Reiha * Renate Reimer * Tom Richard * 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



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.

Movie and Lunch – Palladium Theatre

Tuesday, February 18 (DAY14-A1401) 11:00 AM – 3:00 PM
Delicious buffet lunch with beverage and dessert followed by private showing of first-run movie in luxurious leather seats. Enjoy free popcorn & pop. Movie announced first of the month.
BTSS Coach Fee: \$29*

Murder at the Howard Johnson's, Tipping Point Theatre

Wed, February 19 (DAY15-A1401) 12:00 PM – 5:30 PM
Arlene cannot decide to stay with Paul, her dumpy salesman husband, or leave him for Mitchell, their dentist. The two conspire to murder Paul at the Howard Johnson's motel. Fast-paced suspense comedy. Begin with lunch on your own at Rocky's.
BTSS Coach Fee: \$39*

Scarab Club Tour

Thursday, February 20 (DAY16-A1401) 11:45 AM – 3:30 PM
Founded in 1910, the Club is one of Michigan's finest venues for art, music and literature. Begin with lunch on your own at Maccabees at Midtown.
BTSS Coach Fee: \$14*

Moon Over Buffalo, Hilberry Theatre

Wed, February 26 (DAY17-A1401) 11:15 AM – 4:00 PM
Fading stars, George and Charlotte Hay, have one last shot at stardom. Frank Capra is to see their matinee. If he likes it, he might cast them in his movie. Everything that could go wrong does. Begin with lunch on your own at Seva Restaurant.
BTSS Coach Fee: \$27*

Ain't Misbehavin', Stagecrafters

Thursday, February 27 (DAY18-A1401) 5:30 PM – 11:00 PM
A red hot, sizzling musical revue that celebrates the musical wit and genius of legendary Harlem musician, Fats Waller. Songs include "Honeysuckle Rose", "This Joint is Jumpin'" & "Jitterbug Waltz." Begin with dinner on your own at Oak City Grille.
BTSS Coach Fee: \$32*

Historical Houses of Worship

Monday, March 3 (DAY19-A1401) 8:45 AM – 4:30 PM
Docent led walking tour highlights: Our Lady of the Rosary, Greater Bethlehem Temple; St.. Matthew & Joseph; Marygrove's Sacred Heart Chapel; First Unitarian Universalist.
Lunch provided at one of the churches on the tour.
BTSS Coach Fee: \$62*

Salon Concert & Tea – Christ Church Cranbrook

Wednesday, March 12 (DAY20-A1401) 3:15 PM – 5:15 PM
Celtic singer, Doris Williams sings Renaissance, Celtic and American Folk music, while accompanying herself on the lute.
BTSS Coach Fee: \$12*

The Cocktail Hour: Music of the Ad Men Era, DSO

Friday, March 14 (DAY21-A1401) 9:30 AM – 3:15 PM
Steven Reineke leads the top 40s of the early 60s. A few ounces of Paul Anka, a shot of Brenda Lee, a splash of Ben E. King - all mixed into a "Mad Men" musical cocktail! Followed by lunch on your own at Vincente's.
BTSS Coach Fee: \$49*

Inherit the Wind – Village Players

Saturday, March 15 (DAY22-A1401) 5:45 PM – 10:15 PM
Based on a 1925 case, two lawyers argue the case for and against a science teacher accused of the crime of teaching evolution. Begin with dinner on your own at Peabody's.
BTSS Coach Fee: \$29*

Lunch & Movie – Palladium Theater

Tuesday, March 18 (DAY23-A1401) 11:00 AM – 3:00 PM
Delicious buffet lunch followed by private showing of first-run movie. Free popcorn & pop. Movie TBA.
BTSS Coach Fee: \$29*

International Themed Buffet Dinner – Schoolcraft College

Thursday, March 20 (DAY24-A1401) 5:00 PM – 8:00 PM
American Harvest is the pride of four Certified Master Chefs and Executive Chefs. The world class food is served by students.
BTSS Coach Fee: \$37*

Torch Song Trilogy – Stagecrafters

Friday, March 28 (DAY25-A1401) 5:00 PM – 10:30 PM
A painfully funny yet honest glimpse into the life of Arnold, a nice Jewish boy from Brooklyn now a drag queen at a Manhattan gay nightclub. Opening night reception before performance. Begin with dinner on your own at Oxford Tavern.
BTSS Coach Fee: \$32*

Tour The Renaissance Center

Tuesday, April 1 (DAY01-B1401) 9:30 AM – 1:30 PM
The GM Wintergarden is a magnificent five story tropical glass atrium overlooking the river. "Borealis" art glass structure is the tallest vertical glass structure in the world. Followed by lunch on your own at Volt Restaurant.
BTSS Coach Fee: \$21*

Tanglewood Luncheon Show

Thursday, April 3 (DAY02-B1401) 10:30 AM– 3:30 PM
Live performance includes renditions of Sinatra, Martin, Jones, and Elvis. Kelsey Rose singing Doo-Wop songs from 50s and 60s. Includes buffet lunch of Pork Loin, Baked Salmon, Mashed Potatoes, Mixed Vegetables, Tossed Salad, Rolls and dessert.
BTSS Coach Fee \$40*

Leon Fleisher – DSO

Friday, April 4 (DAY03-B1401) 9:30 AM – 3:15 PM
Leonard Slatkin, conductor, with Leon Fleisher on piano playing Druckman Mirage, a Ravel Piano Concerto and Shostakovich Symphony No. 10. Followed by lunch on your own at Maggianos' Little Italy.
BTSS Coach Fee \$41*

A View from The Bridge – Michigan Opera Theatre

Wednesday, April 9 (DAY04-B1401) 4:15 PM – 10:45 PM
Tragedy set in 1950's Brooklyn. Italian American longshoreman, Eddie Carbone, is unable to come to terms with the fact that immigrant, Rodolfo, has fallen in love with his niece. Begin with dinner on your own at The Stand.
New - Luxury Motor Coach Fee \$60*

Bugs Bunny at the Symphony II – DSO

Friday, April 11 (DAY05-B1401) 9:30 AM – 3:15 PM
Classic Warner Bros. cartoons projected on the big screen with live music by the Detroit Symphony Orchestra, including "What's Opera, Doc?", "The Rabbit of Seville," and "A Corny Concerto." Followed by lunch on your own at Santorini Estiatorio.
BTSS Coach Fee \$49*

Ben Hur and Organ Music – Redford Theatre

Saturday, April 12 (DAY06-B1401) 10:00 AM – 5:30 PM
Hear the original 1928 Barton Theatre Pipe Organ before the movie, *Ben Hur* with Charlton Heston, and during intermission. Begin with breakfast on your own at Gallery Restaurant.
BTSS Coach Fee \$17*

Arab American National Museum Tour & Lunch

Wednesday, April 16 (DAY07-B1401) 9:45 AM – 1:30 PM
Museum is the only one in the U.S devoted to Arab American history and culture. It brings to light the shared experiences of immigrants and ethnic groups. Lunch includes Hummus; Pita Bread; Beef, Chicken, or Vegetarian Sandwiches and Baklava.
BTSS Coach Fee \$27*

Governor Warner Mansion

Wednesday, April 23 (DAY08-B1401) 10:30 AM – 2:00 PM
The Gov. Warner Mansion is a Victorian Italianate structure built in 1867 on three acres by P. D. Warner, the Governor's father. It's furnished in late Victorian style and surrounded by gardens. Followed by lunch on your own at L. George's Coney Island.
BTSS Coach Fee \$15*

Kar's Nuts

Wednesday, April 30 (DAY09-B1401) 9:20 AM – 1:30 PM
What started 80 years ago outside of Tiger Stadium has grown into much more. **To tour the facility; you must not be allergic to peanuts and tree nuts.** Followed by lunch on your own at The Breakfast Club.
BTSS Coach Fee \$12*

Lortie Plays Chopin – DSO

Friday, May 2 (DAY10-B1401) 9:30 AM – 3:15 PM
Thierry Fischer, conductor, with Louis Lortie on piano playing Debussy Prelude to The Afternoon of a Faun, Chopin Piano Concerto No. 1 and Berlioz Selections from Romeo and Juliette. Followed by lunch on your own at Kona Grill.
BTSS Coach Fee \$41*

The Andrews Brothers –MeadowBrook Theatre

Wednesday, May 7 (DAY11-B1401) 11:30 AM – 4:15 PM
Mistaken identities, madcap humor and great songs of the 1940s fill this hilarious musical comedy. Quarantined Andrews Sisters can't headline the USO show so three soldiers find themselves giving the performance of a lifetime! Begin with lunch on your own at Red Ox Tavern.
BTSS Coach Fee \$43*

Junior League Designer Showhouse

Thursday, May 8 (DAY12-B1401) 10:15 AM – 4:00 PM
Tour a beautiful 9,000 sq. ft. Tudor home with elegant living space including multiple bedrooms, baths, and fireplaces, garage with carriage house apartment, lovely loggia and decks and gardens. **Considerable stairs, standing and walking; not handicap accessible.** Lunch on your to be announced.
New - Luxury Motor Coach Fee \$39*

Patriotic Pops – DSO

Friday, May 9 (DAY13-B1401) 9:30 AM – 3:15 PM
Celebrate America as Principal Pops Conductor Jeff Tyzik leads the DSO in a very special tribute to our veterans. All your red, white and blue melodies. Followed by lunch on your own at Maccabees at Midtown.
BTSS Coach Fee \$49*

Turandot – Michigan Opera Theatre

Wednesday, May 14 (DAY14-B1401) 4:00 PM – 10:45 PM
Long recognized as the most tonally adventurous of Puccini's operas, The story was taken from a Persian collection of stories called The Book of One Thousand and One Days. Begin with dinner on your own at Vinsetta Grill.
New - Luxury Motor Coach Fee \$60*

Kiss Me Kate – Village Players

Friday, May 16 (DAY15-B1401) 5:45 PM – 10:45 PM
Shakespeare's "Taming of the Shrew" with Porter's music and lyrics. A play-within-a-play where each cast member's on-stage life is complicated by what is happening offstage. Begin with dinner on your own at Peabody's.
BTSS Coach Fee \$31*

Book & Author Society Luncheon

Monday, May 19 (DAY16-B1401) 10:45 AM – 4:00 PM
One of the largest author presentations in America. Several nationally acclaimed authors will be present. The authors will be available to sign books for purchase after lunch. Authors to be announced. Lunch included. **Please sign up by March 29th.**
BTSS Coach Fee \$42*

Butterfly Exhibit & Imax Film – MI Science Center

Thursday, May 22 (DAY17-B1401) 9:00 AM – 3:00 PM
Walk among hundreds of live butterflies. Also, see the IMAX film "Flight of the Butterflies" which follows the monarchs' perilous journey and experience millions of them in the remote mountain peaks of Mexico, with breath-taking cinematography. Followed by lunch on your own at **Union Street Restaurant.**
BTSS Coach Fee \$23*

Palmer Woods Musical

Saturday, May 24 (DAY18-B1401) 6:45 PM – 10:30 PM
Enjoy an evening of swing, blues, jazz and classic American songs with Planet D Nonet (PD9). PD9 is an exciting nine-piece ensemble founded by Detroit jazz mainstays. The concert will include a special tribute to Sun Ra, a one-of-a kind pioneer who performed avant-garde jazz, fusing classic jazz with improvisation, experimental sounds and Egyptian mythology. Refreshments will be served.
BTSS Coach Fee \$52*

Ford Piquette Model T Plant

Wednesday, May 28 (DAY19-B1401) 9:45 AM – 3:00 PM
Detroit's Ford Piquette Avenue Plant is the birthplace of the Model T. See where Henry Ford designed the Model T and built the first "Tin Lizzies." Learn about the lives of typical autoworkers in 1908 and how they built cars before Henry Ford introduced the moving assembly line. Followed by lunch on your own at **Edison's (Dearborn Inn).**
BTSS Coach Fee \$20*

Indian Village Home & Garden Tour and Lunch

Saturday, June 7 (DAY20-B1401) 10:45 AM – 5:15 PM
Celebrating the 119th anniversary of the elegant historic neighborhood. Visit homes open to the public just for this tour. Lunch (included) will be served at Iroquois Christ Lutheran Church with live piano music. Classic Hudson's Maurice Salad, fruit tray, roll/butter, lemonade/ice tea and lemon bars.
BTSS Coach Fee \$45*

Franklin Garden Walk

Wednesday, June 11 (DAY21-B1401) 9:30 AM – 1:15 PM
Stroll back in time in the historical village of Franklin. Begin with a bus tour of 6 gardens and end with time to shop the Gazebo Garden Shop. *Considerable walking on uneven ground.*
BTSS Coach Fee: \$25*

Guys and Dolls – St. Dunstan's Greek Theatre

Friday, June 13 (DAY22-B1401) 5:30 PM – 11:00 PM
Nathan Detroit bets Sky Masterson that he can't make the next girl he sees fall in love with him. Enter Sarah Brown of the Save-a-Soul Mission. Meanwhile, Nathan's main attraction, Miss Adelaide, only wants to get married. Outdoor performance. Rain check if cancelled due to weather. **Not wheelchair accessible.** Begins with dinner on your own at **Fox Grill.**
BTSS Coach Fee \$30*

Cole Porter's You Never Know – Meadowbrook Theatre

Wednesday, June 18 (DAY23-B1401) 11:15 AM – 5:00 PM
Farce set in 1929 Paris about a baron and his butler who switch identities so the butler can pursue a woman he believes is of a higher class. Includes songs "Let's Misbehave", "At Long Last Love" & more. Begin with lunch on your own at **Applebee's.**
BTSS Coach Fee \$43*

Tour Frank Lloyd Wright "Affleck House"

Friday, June 20 (DAY24-B1401) 10:45 AM – 2:00 PM
Come view the Affleck House, finished in 1941. When Gregor Affleck retained Frank Lloyd Wright to design a home, he told him to go far out of the city and find a site nobody wanted. Followed by lunch on your own at **Andiamo Italia West.**
BTSS Coach Fee \$20*

Palmer Woods Musical

Saturday, June 21 (DAY25-B1401) 6:45 PM – 10:30 PM
Enjoy an evening of jazz, including traditional, modern and Latin styles, with a smattering of blues and funk. Songstress Shahida Nurullah with Kamau Kenyatta (composer/saxophonist/pianist), Marion Hayden (bass/composer), Djallo Keita (drums) and A. Spencer Barefield (guitar). Refreshments served.
BTSS Coach Fee \$57*

Tour The Players Playhouse

Wednesday, June 25 (DAY26-B1401) 10:30 AM – 2:45 PM
Enjoy a tour of this Federal and State of Michigan designated historic site. Enter the Playhouse with its Florentine Renaissance style external façade and view all the rooms and levels. **Stairs with rope railing. Not wheelchair accessible.** Followed by lunch on your own at **The Hudson Café.**
BTSS Coach Fee \$17*

Yule Love It Lavender Farm Tour plus Tea & Scones

Friday, June 27 (DAY27-B1401) 9:00 AM – 2:45 PM
Three acres of chemical-free gardens featuring 2,000 lavender plants. Short lecture on the aromatic, culinary, medicinal and horticultural benefits. Purchase lavender you pick or purchase cut. **Wear walking shoes – not wheelchair accessible.**
BTSS Coach Fee \$27*

Wellness Week!

March 3 – 7, 2014

Charity Workouts*, Demos & Presentations
(Preregistration required. See pages 3-7 for class descriptions.)

Monday 3/3

Brain Health
WSU Institute of Gerontology

10:30 – 11:30 AM
(WELL2014-01)

Fee: BT Free/\$2 non BT

Bootcamp Gold
Circuit/Interval Training

Charity Workout

9:00 – 10:00 AM
(WELL2014-02)

Donation: \$5

Aqua Yoga Flow
Charity Workout

11:00 AM – 12:00 PM
(WELL2014-03)

Donation: \$5

Zumba Gold Toning
Charity Workout

7:00 – 8:00 PM
(WELL2014-04)

Donation: \$5



Tuesday 3/4

Cardio Core Conditioning
Charity Workout

9:00 – 10:00 AM
(WELL2014-05)

Donation: \$5

Zumba Gold Chair
Charity Workout

11:30 AM – 12:15 PM
(WELL2014-06)

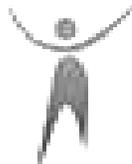
Donation: \$5

ISHA Foundation
Meditation Program

(article below)

10:00 – 11:00 AM
(WELL2014-07)

Fee: BT Free/\$5 non BT



** Charity Workouts
to benefit
Meals on Wheels Program*

Wednesday 3/5

Role of Lifestyle in
Chronic Disease

Tom Rifai, M.D.
10:30 – 11:30 AM
(WELL2014-08)

Fee: BT Free/\$2 non BT

Tai Chi
Charity Workout

9:30 – 10:15 AM
(WELL2014-09)

Donation: \$5

Tai Chi
Demo Presentation
(Observation Only)

10:15 – 11:00 AM
(WELL2014-10)

Fee: Free

Chair Yoga/New Day
Charity Workout

11:30 AM – 12:30 PM
(WELL2014-11)

Donation: \$5

Charity Zumbathon
Workout

7:00 – 8:30 PM
(WELL2014-12)

Donation: \$10

Thursday 3/6

Cardio Core Conditioning
Charity Workout

9:00 – 10:00 AM
(WELL2014-13)

Donation: \$5

Chair Exercise
Charity Workout

10:15 – 11:00 AM
(WELL2014-14)

Donation: \$5

ISHA Foundation
Meditation Program

(article below)

7:00 – 8:00 PM

(WELL2014-15)

Fee: BT Free/\$5 non BT

Friday 3/7

Beginning Yoga
Charity Workout

11:30 AM – 12:30 PM
(WELL2014-16)

Donation: \$5

Aqua Charity
Pool Party

1:30 – 3:00 PM
(WELL2014-17)

Donation: \$10



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American House
SENIOR LIVING COMMUNITIES

ISHA Foundation Meditation Program

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 practicing it may help improve the quality of your life. This seated non-denominational meditation program has touched over 7 million lives across five continents.

Preregistration required.

Res free/Non-res \$5

Tuesday, Mar 4 (WELL2014-07)

10 – 11 AM

Thursday, Mar 6 (WELL2014-15)

7 – 8 PM

Exercise Your Mind

An exciting lineup of unique topics is available this spring. See pages 7-11 for these and other offerings.

Boom Town: Detroit in the Roaring 20's
Journey to Africa's Wildlife Sanctuaries
Dessert & DIA Loughbrack Storytelling
Woodward Avenue Jazz Orchestra

Brain Health

WSU Institute of Gerontology

Join us in learning about stress, nutrition, stimulation, physical activity, key games, activities, sensory triggers, and interactions to promote new brain connections.

Preregistration required.

Res free/Non-res \$5

Monday, March 3 (WELL2014-01)

10:30 - 11:30 AM

Role of Lifestyle in Chronic Disease

Dr. Tom Rifai, Medical Director St. Joseph Mercy Oakland, will speak on metabolic nutrition and weight management. Presentation will focus on exercise, portion control, salt intake and exercise.

Pre-registration required.

Res free/Non-res \$2

Wednesday, March 5 (WELL2014-08)

10:30 - 11:30 AM



AAA MATURE DRIVER COURSE

Wednesday, May 21

10 AM – 2:30 PM

(EDU65-B1401)

See page 1 of Services Supplement (yellow pages) for more information on this new offering.