



Bloomfield Township Senior Services



Summer 2014

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

INDEX (SS = supplement)

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MARK YOUR CALENDAR:

Senior Services

Millage Renewal

August 5, 2014

See pages 2 & 3 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

ICE CREAM SOCIAL

Tuesday, July 1 12 – 1:30 PM
(SEV10-C1401)



Join us for a good ole' fashioned ice cream social and enjoy some toe tappin' toons performed by Jack Dalton! Complimentary event. *Township residency and preregistration required.*

Sponsored by:



Stratford FESTIVAL

September 4 – 5
(XDAY01-C1401)

Enjoy an overnight stay in quaint Stratford and see two delightful plays: one a light hearted musical and the other a randy restoration comedy. See page 3 for more details.

Senior Millage Renewal on Tuesday, August 5, 2014

The Senior Services Millage represents **one half of one percent of your tax dollar** paid in Bloomfield Township. Senior Services is the third largest department and the 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 & services are contributing to 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. This year our tax revenue is predicted to go up just over 1 % and experts are predicting 10-15 years to return to pre-2009 revenue levels.

We're a self funded department. Though we do not receive general funds, as a comparison, our budget is equivalent to 3.8% of the total Township budget. The average assessed value, not market value, is just under \$200,000 and the 0.2439 mil would equate to less than **\$50 annually for 10 years, a renewal of a millage amount already being paid.** We have the highest level of contact with residents of all Township departments and provide tremendous value to the community for a relatively small investment.

We average 300-400 visits to the center daily. It is important to note that attendance at the center does not capture contacts and service provided through services such as errand and medical transportation, meals on wheels or telephone reassurance calls which number over 17,000 units of service out in the community. Adult day service generates another 15,000 hours of service as well.

According to the 2010 census 19,600 residents are over the age of 50 and are eligible for our fitness & enrichment programs. Examples include: 50 fitness classes and 27 social activities each week, 33 non-fitness classes and 8 Special Events each quarter. These are in addition to 100 day trips annually.

38% of Township households have residents over age 65. One third of Township residents are 60 years of age or better and may be eligible for our supportive services. We often refer to our services as a safety net for seniors and their families.

Adult Day Service, known as Friendship Club, is a safe and engaging experience for people living with memory loss. We're partners in care with families and offer respite for caregivers, providing 15,000 hours of care annually.

In 2013 our new Center Transportation service grew 20% and provided 2,635 rides to non-drivers so that they could participate at the center. Our ongoing service for medical appointments and errands totaled 2,500 rides last year. All transportation services combined provided 5,100 rides last year for Twp. seniors who can no longer drive themselves.

We delivered 12,000 meals last year and like to remind people that it is more than a hot meal, it is both a social connection and a safety check. Minor home repair offers low to moderate income seniors assistance with repairs for safety and energy efficiency for their homes; this can also benefit neighborhoods by keeping properties in good condition.

Other services which I do not have space to highlight include: Telephone Reassurance, Medical Loan Closet, Tax Assistance, Health Screenings and Support Groups.

With the Senior Service Millage we are enriching lives through learning, we are increasing wellness and independence and we are building community.

Please call or email me any questions or suggestions. We appreciate your communication. Thank you.

Christine Tvaroha

ctvaroha@bloomfieldtp.org

(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.bloomfieldtp.org/seniors

BLOOMFIELD TOWNSHIP BOARD

Bloomfield Township Main Phone: 248-433-7700

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BTSS will be closed on:

Friday, July 4
Monday, September 1

Eligibility: Adults 50 years and older*

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

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

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

Registration/Cancellation/Refund Policies

- Priority registration begins for confirmed BT residents with newsletter mailing; nonresidents may register on 11/21.
- Non- residents pay additional \$10 per session or trip, unless otherwise noted.
- Checks returned for insufficient funds will incur \$30 fee.
- Full payment required with registration.
- Prorating of class fees subject to instructor approval.
- BTSS Emergency Card must be presented at trip check-in
- Trips depart promptly at posted time; return times are approximate.
- Participants provide own transportation to/from center.
- If you use a wheelchair or need a special accommodation for a trip, please indicate at time of registration. You must have a registered companion.
- Classes: no refund within 2 business days of start. No refund once class has begun. \$5 cancellation fee.
- Trips: no refund with less than 3 business days' notice. Cancellation fee \$5 + costs incurred (i.e. prepaid tickets).

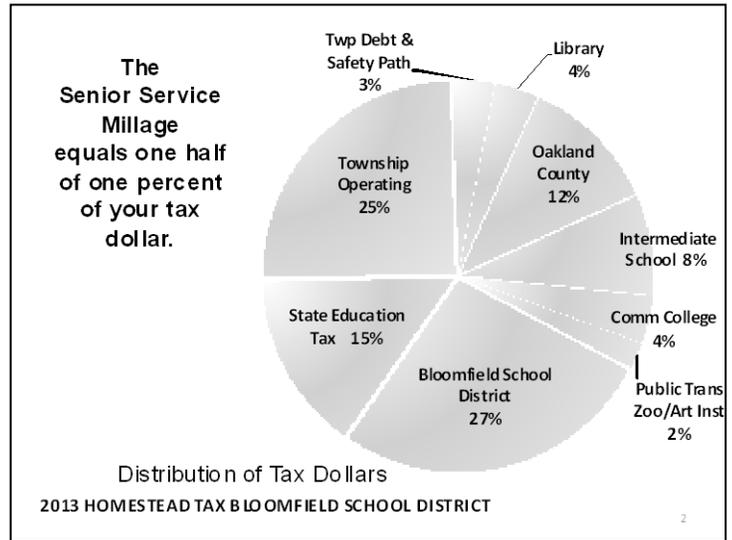
Major Accomplishments during a decline in tax revenue 2009-2013

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 improvement 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.

STRATFORD FESTIVAL TRIP September 4 (9 AM) – September 5 (11 PM)

Fee: Residents \$362; Non Residents \$372; single supplement addl. \$80 (XDAY01-C1401)

Enjoy an overnight stay in quaint Stratford and see two delightful plays: a light hearted musical and a randy restoration comedy. Trip includes two shows, three meals (B, L, D), hotel accommodations at Arden Park Hotel and a luxury motor coach. Please register early for this is a high demand trip. 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.

The Beaux Stratagem

Sent to Deadrock, Nevada, to foreclose on a derelict theatre, banker Bobby Child falls for its owner's daughter, Polly Baker. Can he reconcile the demands of duty and love – and his own dreams of dancing? "I Got Rhythm," "Nice Work if You Can Get It" and "Someone to Watch Over Me" are just some of the gems in this musical.



Crazy For You

In a desperate bid to restore their ruined fortunes by pursuing wealthy women, Mr. Archer courts the unhappily married Mrs. Sullen while Mr. Aimwell dallies with her sister-in-law, Dorinda. But the two beaux aren't the only ones with larcenous designs – nor do they realize that their own hearts might be susceptible to ensnarement.



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

Jun 2 – Jul 14 (FIT114-B1403)
Jul 21 – Aug 25 (FIT114-C1401)

11 AM – 12 Noon
7 classes/\$56*
6 classes/\$48*

Monday

Jun 2 – Jul 14 (FIT114-B1404)
Jul 21 – Aug 25 (FIT114-C1402)

7 – 8 PM
7 classes/\$56*
6 classes/\$48*

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

Jun 5 – Jul 10 (FIT107-B1402)
Jul 17 – Aug 28 (FIT107-C1401)

9:30 – 10:30 AM
6 classes/\$36*
7 classes/\$42*

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

Jun 3 – Jul 8 (FIT64-B1402)
Jul 15 – Aug 26 (FIT64-C1401)

9:30 – 10:30 AM
6 classes/\$36*
7 classes/\$42*

Aqua Power Aerobics

Annie Chi

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

Tues/Thurs

Jun 3 – Jun 26 (FIT27-B1403)
Jul 1 – Jul 31 (FIT27-C1401)
Aug 5 – Aug 28 (FIT27-C1402)

6 – 7 PM
8 classes/\$64*
10 classes/\$80*
8 classes/\$64*

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

Jun 4 – Jul 16 (FIT86-B1403)
Jul 23 – Aug 27 (FIT86-C1401)

11 AM – 12 Noon
7 classes/\$56*
6 classes/\$48*

Saturday

Jun 7 – Jul 19 (FIT86-B1404) (no class 7/5)
Jul 26 – Aug 23 (FIT86-C1402)

10:30 – 11:30 AM
6 classes/\$48*
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

Jun 4 – Jun 25 (FIT96-B1403)
Jul 9 – Jul 30 (FIT96-C1401)
Aug 6 – Aug 27 (FIT96-C1403)

9:30 – 10:30 AM
4 classes/\$24*
4 classes/\$24*
4 classes/\$24*

Friday

Jun 6 – Jun 27 (FIT96-B1404)
Jul 11 – Aug 1 (FIT96-C1402)
Aug 8 – Aug 29 (FIT96-C1404)

9:30 – 10:30 AM
4 classes/\$24*
4 classes/\$24*
4 classes/\$24*

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

Jun 2 – Jul 14 (FIT95-B1402)
Jul 21 – Aug 25 (FIT95-C1401)

9:30 – 10:30 AM
7 classes/\$35*
6 classes/\$30*

H₂O Interval

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

Wednesday

Jun 4 – Jun 25 (FIT83-B1403)
Jul 9 – Jul 30 (FIT83-C1401)
Aug 6 – Aug 27 (FIT83-C1403)

8 – 9 AM
4 classes/\$24*
4 classes/\$24*
4 classes/\$24*

Friday

Jun 6 – Jun 27 (FIT83-B1404)
Jul 11 – Aug 1 (FIT83-C1402)
Aug 8 – Aug 29 (FIT83-C1404)

8 – 9 AM
4 classes/\$24*
4 classes/\$24*
4 classes/\$24*

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)

Lisa Inman

H2O Boot Camp

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

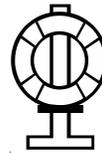
Saturday

Jun 7 – Jun 28 (FIT32-B1403)
Jul 12 – Jul 26 (FIT32-C1401)
Aug 2 – Aug 23 (FIT32-C1402)

Annie Chi

9 – 10 AM
4 classes/\$32*
3 classes/\$24*
4 classes/\$32*

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

New!

Bootcamp Gold/Circuit Interval Training Lisa Robinson
Circuit inspired workout that will challenge your body to new levels. A variety of fitness tools will be used to promote muscle strength and endurance, agility, flexibility, and core strengthening for improved balance as we mature.

Monday

Jun 2 – Jul 7 (FIT116-B1401)
Jul 14 – Aug 25 (FIT116-C1401)

9 – 10 AM
6 classes/\$30*
7 classes/\$35*

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

Jun 3 – Aug 26 (FIT109-B1403)

9 – 10 AM
13 classes/\$65*

Thursday

Jun 5 – Aug 28 (FIT109-B1404)

9 – 10 AM
13 classes/\$65*

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

Jun 2 – Jul 14 (FIT97-B1402)
Jul 21 – Aug 25 (FIT97-C1401)

4:30 – 5:30 PM
7 classes/\$35*
6 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 H2O. Does not include Healthy Backs 101. *BT Residency required.*

M/T/W/TH/F

Jun 2 – Jul 18 (FIT77-B1402) (no class 7/4)
Jul 21 – Aug 29 (FIT77-C1401)

Times Vary
7 weeks/\$70
6 weeks/\$60

Drums Alive® Maggie Barclay/Janene Ravid
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 – 11:00 AM
Jun 6 – Jul 18 (FIT47-B1402) (no class 7/4) 6 classes/\$30*
Jul 25 – Aug 29 (FIT47-C1401) 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
Jun 4 – Jul 16 (FIT78-B1403) 7 classes/\$35*
Jul 23 – Aug 27 (FIT78-C1401) 6 classes/\$30*

Friday 8 – 8:45 AM
Jun 6 – Jul 18 (FIT78-B1404) (no class 7/4) 6 classes/\$30*
Jul 25 – Aug 29 (FIT78-C1402) 6 classes/\$30*

New! **Wellness Walks** Maggie Barclay
Walk to be well! Gain knowledge of proper walking technique, stretches specific to walking, learn fun ways to increase your endurance and avoid plateaus! All fitness levels welcome! Held outside, weather permitting. Otherwise, walking track is used. Preregistration required.

Thursday 7:30 - 8:30 AM 13 Classes
Jun 5 – Aug 28 (FIT115-B1401) \$0 BT/ \$26 Non Resident

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.*

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.

Monday (L. Robinson) 2 – 3 PM
Jun 2 – Aug 4 (FIT103-B1401) (no class 7/7) 10 classes/\$120
Wednesday (L. Ales) 12:45 – 1:45 PM
Jun 4 – Aug 6 (FIT103-B1402) 10 classes/\$120

Personal Training Survey (FIT117-INTEREST)

We are investigating individual Personal Training. This training would be provided at an estimated cost of \$80 per hour. If this appeals to you, please register on our interest list. You will be contacted with update on this potential exciting, new offering.

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 like Zumba®, but have difficulty standing for long periods of time, try this class! Designed with a slower pace & modified moves encouraging physical activity at all levels.
Tuesday (45 min.) 11:30 AM – 12:15 PM
Jun 3 – Jul 8 (FIT20-B1402) 6 classes/\$30*
Jul 22 – Aug 26 (FIT20-C1401) 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
Jun 2 – Jul 7 (FIT18-B1403) 6 classes/\$30*
Jul 14 – Aug 25 (FIT18-C1401) 7 classes/\$35*
Thursday 10:15 – 11 AM
Jun 5 – Jul 10 (FIT18-B1404) 6 classes/\$30*
Jul 17 – Aug 28 (FIT18-C1402) 7 classes/\$35*

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
Jun 2 – Jul 7 (FIT56-B1403) 6 classes/\$30*
Jul 14 – Aug 25 (FIT56-C1401) 7 classes/\$35*
Wednesday (Lutz) 11:30 AM – 12:30 PM
Jun 4 – Jul 9 (FIT56-B1404) 6 classes/\$30*
Jul 16 – Aug 27 (FIT56-C1402) 7 classes/\$35*

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

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

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

7 – 8 PM

Jun 2 – Jul 7 (FIT110-B1403)

6 classes/\$36*

Jul 21 – Aug 25 (FIT110-C1401)

6 classes/\$36*

Wednesday

8:15 – 9:15 AM

Jun 4 – Jul 9 (FIT110-B1404)

6 classes/\$36*

Jul 23 – Aug 27 (FIT110-C1402)

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

Jun 3 – Jun 24 (FIT79-B1403)

4 classes/\$20*

Jul 1 – Jul 29 (FIT79-C1401)

5 classes/\$25*

Aug 5 – Aug 26 (FIT79-C1403)

4 classes/\$20*

Thursday

12:45 – 1:30 PM

Jun 5 – Jun 26 (FIT79-B1404)

4 classes/\$20*

Jul 3 – Jul 31 (FIT79-C1402)

5 classes/\$25*

Aug 7 – Aug 28 (FIT79-C1404)

4 classes/\$20*

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.

Friday

9 – 10 AM

Jun 6 – Jul 18 (FIT80-B1402) (no class 7/4)

6 classes/\$30*

Jul 25 – Aug 29 (FIT80-C1401)

6 classes/\$30*

Healthy Back 101

Lori Harbour/Maggie Barclay
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.

Thursday

2 – 2:45 PM

Jun 5 – Jun 26 (FIT105-B1402)

4 classes/\$20*

Jul 10 – Jul 31 (FIT105-C1401)

4 classes/\$20*

Aug 7 – Aug 28 (FIT105-C1402)

4 classes/\$20*

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 VISABLE 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

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

Jun 2 – Jul 7 (FIT101-B1402)

6 classes/\$30*

Jul 14 – Aug 25 (FIT101-C1401)

7 classes/\$35*

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

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

Jun 7 – Jun 28 (FIT113-B1402)

4 classes/\$24*

Jul 12 – Aug 23 (FIT113-C1401)

7 classes/\$42*

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

Jun 6 – Jul 18 (FIT05-B1402) (no class 7/4)

6 classes/\$36*

Jul 25 – Aug 29 (FIT05-C1401)

6 classes/\$36*

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.

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

Maggie Barclay, Fitness Coordinator

248-723-3500

mbarclay@bloomfieldtwp.org

Please spread the word!

Thank you to our spring sponsors!

American House

March 3-7 – Wellness Week

Baldwin House

April 22 & 23 - Dessert and DIA

Home Instead

April 12 – Boom Town: Detroit in Roaring 20's

Magnolia by the Lakes

March 18 – Meet DSO Musician

May 27 - BBSO Classics & Coffee

Woodward Hills

March 31 – Opening Day Detroit Tiger's

May 3 – Woodward Avenue Jazz Orchestra

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

Beginning

Wednesday (no class 6/25 & 7/9) **9:30 – 10:15 AM**
May 28 – Aug 13 (FIT03-B1401) **10 classes/\$80***

Continuing

Wednesday (no class 6/25 & 7/9) **10:15 – 11 AM**
May 28 – Aug 13 (FIT03-B1402) **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**
Jun 3 – Jul 15 (FIT94-B1403) **7 classes/\$35***
Jul 22 – Aug 26 (FIT94-C1401) **6 classes/\$30***

Thursday **11:30 – 12:30 AM**
Jun 5 – Jul 17 (FIT94-B1404) **7 classes/\$35***
Jul 24 – Aug 28 (FIT94-C1402) **6 classes/\$30***

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**
Jun 2 – Jul 7 (FIT56-B1403) **6 classes/\$30***
Jul 14 – Aug 25 (FIT56-C1401) **7 classes/\$35***

Wednesday (Lutz) **11:30 AM – 12:30 PM**
Jun 4 – Jul 9 (FIT56-B1404) **6 classes/\$30***
Jul 16 – Aug 27 (FIT56-C1402) **7 classes/\$35***

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. 4) Annie Chi
Tues/Thurs **6 – 7 PM**

Aqua Yoga Flow (pg. 4) Kathy Housey
Tues/Thurs **7 – 8 PM**

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

Zumba Gold[®]-**Toning** (pg. 5) Janene Ravid
Monday **7 – 8 PM**

Special Thanks to our Summer 2014 Sponsors:

Magnolia by the Lakes



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



Supportive Services



Bloomfield Township Senior Services

4315 Andover Road, Bloomfield, MI 48302-2091

Phone: 248-723-3500

Fax: 248-723-3519

Web: www.bloomfieldtpw.org/Seniors

Summer 2014

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LUNCH, LISTEN & LEARN

Tuesday, May 20, 2014

11:00 AM - 1:00 PM

(EDU56-B1402)

Not happy with your hearing aid?
Too much background noise?
Think our may need a hearing aid but
can't afford one?

Join us for lunch and learn about hearing
loss and new hearing aid technology.
Presented by Lions Hearing Center of
Michigan. BT *Residency and*
preregistration required.

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 pages 2 and 3 of newsletter for more information.



AAA MATURE DRIVER COURSE

Wednesday, May 21

10 AM – 2:30 PM

(EDU65-B1401)

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/\$30 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!

May 21

June 18

July 16

August 20

SS2

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. For additional information on either program, contact Donna DeWitte, RN, Nutrition Coordinator, 723-3500.



"MEALS ON WHEELS"

BTSS provides home delivered meals to homebound seniors (generally unable to drive or leave the home independently.) Meals are delivered by volunteer drivers Monday through Friday between 10 a.m. and 12 noon. The current cost is \$5.00 per hot meal. (Financial support may be available for residents with documented low income.) 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 and would like to receive a daily telephone call, we would be happy to include you in our program.

Volunteers call Monday through Friday, between 9 and 11 a.m. for a friendly conversation and to check on the welfare of the person. Call 248-723-3500 for information.

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

22 Tips for Avoiding Scams & Swindles

Far too many older adults fall prey to scammers who are looking to make a quick buck. Go the National Council on Aging website (www.ncoa.org/SavvySeniors) for 22 tips that can help you steer clear of them and stay safe. Tips cover health insurance fraud, Medicare scams, telemarketing scams and home repair or contractor fraud.



MINOR HOME REPAIR

BTSS received funds from CDBG allocated to assist low income Bloomfield Township seniors aged 60+ with minor home repair. Income guidelines:

<u># in Household</u>	<u>Max. Household Income</u>
1	\$36,050.00
2	\$41,200.00

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

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 at (800) 803-7174 for more information.



Medicare Coverage & Prescription Drug Plans Counseling (SVC13-VARIES)

BTSS, in cooperation with the Area Agency on Aging, offers counseling to residents who have questions regarding Medicare coverage and prescription drug plans. Register for private consultation with Diana Wise, RN, gerontologist and certified Medicare counselor. Available the 3rd Thursday of each month.

Area Agency on Aging 1-B

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

Nurse on Call

Nurse on Call is telephone service program of Oakland County Health Division. Public Health Nurses offer answers to questions regarding communicable diseases, nutrition and more, as well as referrals to health-related resources in Oakland County. Call toll free 800-848-5533.

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
June 18 – Aug 13 (ART02-B1402) 9 classes/\$122*

Sun Catchers Martha McGee
Create a stained glass sun catcher for your garden. *There is a \$10 supply fee paid to the instructor.*
Tuesday/Thursday 1 – 4 PM
June 24 & June 26 (ART05-B1401) 2 classes/\$10*

Stepping Stones 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
Aug 12 & Aug 14 (ART13-C1401) 2 classes/\$10*

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
June 24 (ART15-B1403) 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 7/1) 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, June 12 - Aug 21 1:30 - 4:30 PM

CLUBS / GROUPS

BTSS White Horse Society ☛ Vance Genzlinger
White Horse Society will not be meeting during the summer months. Check back this fall for meeting times and exciting new topics!

Book Club ☛ **Fridays, 10 – 11:30 AM**
June 6: *The Reluctant Fundamentalist* (Hamid)
Leader: D. Wiese
**No meetings for July and August.*

Chicks with Sticks : “Knitting Gifts from the Heart” ☛
Mondays 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
The Italian Club will not be meeting during the summer months. Check back this fall for meeting dates and times and fascinating new subjects!

Senior Men’s Club Facilitator: Bruce Madsen
Enjoy great speakers, camaraderie and a light breakfast. Pre-registration required. **No meetings July and August.*

Wednesday, June 18 (SOC27-B1403)
9:30 AM – 11:30 AM Res \$6 / Non-Res \$8
“The Pros & Cons of Our Renewable Energy Strategies”
Dennis J. Buda, Operations Manager, DTE Energy

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

No computer classes offered during the summer months. Check back this fall for a list of informative new offerings!

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 7/4) 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.
 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
 June 25 – Aug 13 (EDU12-B1401) 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
 June 25 – Aug 13 (EDU13-B1401) 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 6:45 - 8:45 PM
 June 23 – Aug 11 (EDU14-B1401) 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
 July 8 – July 22 (EDU45-C1401) 3 classes/\$60*
 Aug 5 – Aug 19 (EDU45-C1402) 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
 July 8 – July 22 (EDU46-C1401) 3 classes/\$60*
 Aug 5 – Aug 19 (EDU46-C1402) 3 classes/\$60*

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

Mah-jongg Play ✪
 Thursdays 1 – 4:30 PM

Poker ✪ Facilitator: Joann Capoccia
 Wednesdays Noon – 4 PM

MOVIES

Movie Classics: Oscar Winning Pictures ✪
 1st Friday (no movie 7/4) Movie begins: 1:30 PM
 Friday afternoon classic movie greats with popcorn!

June 6 “Pillow Talk” 1:30 – 3:15 PM
Best writing/screenplay in 1960- A man and a woman share a telephone line and despise each other, but then he has fun by romancing her with his voice disguised. Starring: Rock Hudson, Doris Day, Tony Randall (1959, 120 min, Bio/Drama/History, NR)

Aug 1 “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)

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

June 13 “West Side Story” 1:30 – 4:15 PM
 Two youngsters from rival NYC gangs fall in love, and the tragedy that results from it. Starring: Natalie Wood, George Chakiris, Richard Beymer (1961, 152 min, Drama/Musical/Romance, PG)

July 11 “The Wiz” 1:30 – 3:45 PM
 A young African-American woman leaves a family dinner one night and is swept up by a cyclone and transported to the urban version of the land of Oz. Starring: Diana Ross, Michael Jackson (1978, 134 min, Fantasy/Musical/Adventure, G)

Aug 8 “Evita” 1:30 – 3:45 PM
 Based on the life of Evita Duarte, a B-picture Argentinian actress who became the wife of Argentinian president Juan Perón, and the most beloved and hated woman in Argentina. Starring: Madonna, Antonio Bandares, Jonathan Pryce (1996, 135 min, Biography/Drama/Musical, PG)

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

June 20 “Saving Mr. Banks” 1:30 - 3:45 PM
 Story of how Walt Disney courted P.L. Travers into optioning the rights to Mary Poppins. Starring: Tom Hanks, Emma Thompson (2013, 125 min, Drama/Comedy/Biography, PG-13)

July 18 “The Secret Life of Walter Mitty” 1:30 – 3:30 PM
 A day-dreamer escapes his life by disappearing into a world of fantasies. His job threatened, he takes action in the real world embarking on a global journey. Starring: Ben Stiller, Jon Daly (2013, 114 min, Fantasy/Action/Comedy, PG)

Aug 15 “Lee Daniels’ The Butler” 1:30 – 3:45 PM
 As Cecil Gaines serves as 8 presidents’ butler, the civil rights movement, Vietnam and other major events affect his man’s life, family & society. Starring: Forest Whitaker, Oprah, John Cusack (2013, 132 min, Bio/Drama, PG-13)

Movie Documentaries ★

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

June 27 "Bobby Fischer Against the World" 1:30-3:15 PM
Traces the rise and fall of chess master Bobby Fischer, from isolated child to chess prodigy, global superstar, angry recluse, and fugitive from the law. (2011, 93 min, NR)

July 25 "More Than Honey" 1:30 - 3:15 PM
An unprecedented global examination of endangered honeybees spanning from California to Switzerland, China and Australia. (2013, 95 min, NR)

Aug 25 "You Don't Need Feet to Dance" 1:30 - 3:00 PM
Sidiki Conde, who lost the use of his legs, shows how he overcame his disability, from teaching workshops, to bicycling with his hands, to managing the busy streets of Manhattan. (2013, 81 min, NR)

MUSIC

BTSS Band Rehearsals ★ Facilitator: Vance Genzlinger
2nd, 3rd, 4th, 5th Tuesdays **3 - 5 PM**
Any musician welcome!!

BTSS Band Ballroom Dance Vance Genzlinger
The BTSS Band will be taking a break during the summer months. Check back for dates and times.

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.*

Thursdays **11:30 AM - 12:30 PM**
June 12 - July 31 (EDU37-B1401) **8 classes/\$30***

Meet the DSO Musician!
They will discuss their life, inspiration, demonstrate their instrument, and answer your questions. Preregistration and BT Residency required. *Complimentary event*
Tuesday, June 17 (EDU53-B1405) **10:30 - 11:30 AM**

UNIQUE TOPICS

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 (248-723-3500) to set up a convenient time.

Ice Cream Social
Join us for a good ole' fashioned ice cream social and some toe tappin' tunes performed by Jack Dalton! BT Residents only. *Graciously sponsored by Maple Village.*
Tuesday, July 1 (SEV10-C1401) **12 - 1:30 PM**

Great Lakes Shipwrecks: Committed to the Deep: Exploring Underwater Treasures

First ship on the upper Great Lakes, LaSalle's Griffon, sailed a single voyage before disappearing beneath the waves. Thousands of vessels have met the same fate offering recreational divers great opportunities for adventure. Presented by the Detroit Historical Society. *Sponsored by Magnolia by the Lakes. Pre-registration required.*

Saturday, July 12 (EDU53-C1401) **1:00 - 1:45 PM**
Res \$2/ Non-Res \$4

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

"DIA: The Essentials"

Explore two dozen must-see masterpieces from the DIA's collection. *Graciously sponsored by Baldwin House.*

Wednesday, June 25 (EDU34-B1403) **10:00 - 11:00 AM**

Thursday, June 26 (EDU34-B1404) **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 St Anne's Mead. Preregistration required.*

Res \$2 / Non-Res \$4

"Vincent"

This emotional lecture is full of light & color. Discussion of Vincent Van Gogh's troubled life & his wonderful gift to us.

Tuesday, June 10 (EDU47-B1403) **10 - 11:30 AM**

Thursday, June 12 (EDU47-B1404) **7 - 8:30 PM**

Lunch, Learn & Listen

Educational seminar on hearing loss and new hearing aid technology by Lions Hearing Center of Michigan. Lunch provided. BT Residents only. *Preregistration required.*

Tuesday, May 20 (EDU56-B1402) **11 AM - 1 PM**

Superintendent Coffee Chat

Dialogue with Bloomfield Hills Schools Superintendent, Rob Glass, on district issues including High School construction, combined school, education funding, classroom changes & overall culture & philosophy of BHS.

Thursday, May 22 (EDU53-B1404) **10 - 11:30 AM**

Living Trust Education Initiative: Who Should you Trust? Avoiding Estate Planning Mistakes

State Bar of Michigan seminar provides essential estate planning information and the warning signs of deceptive annuity sales. Learn how to identify and avoid scams. *Preregistration required.*

Res \$0 / Non-Res \$2

Wednesday, Aug 6 (EDU53-C1402) **12 - 1 PM**

Wednesday, Aug 6 (EDU53-C1403) **6:30 - 7:30 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 Joan Patzelt, BTSS Deputy Director
at 248-723-3500
or e-mail at jpatzelt@bloomfieldtp.org.**

Thank You for Your Donations*... Leonard Paddy, Pat Johnson, Jim Page, Letha Kuesel, Charlene Krygier, Virginia Tatseos, Mary Sheipline, Josephine Wagner, Artimis Freij

* 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 & 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 * 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 * Sangeeta Grewal * Nancy Haddad * Lorna Hall * Rose Ann Hanley * 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 * Bruce Madsen * 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 * 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 Sheipline * Jean Smith * Tom Storen * Connie Szymczak * Marjorie & Mario Trafelli * Susan Ulferts * Patricia Wagner * Mary Walosin * Larry Werner * Lynn & Corey Wert * Bill Williams * Clint Williams * Elinor & Murray Yolles * Rasheeda Zafar

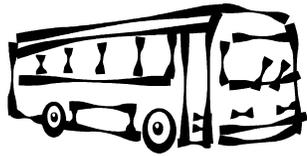
Volunteering is important to long and healthful lives.

Call Joan for more information 248-723-3500.

Thank you volunteers! 2200 + Hours in February-April

**Office Volunteers, Telephone Reassurance Callers, Special Projects,
Errands & Medical Appointment Drivers, Computer Lab,
Chicks With Sticks, 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 Gray * 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 * 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.

Butterfly Exhibit & Imax Film – MI Science Center

Thursday, May 22 (DAY17-B1401) 9:00 AM – 3:00 PM
Walk among hundreds of live butterflies and watch IMAX film "Flight of the Butterflies" which follows the monarchs' perilous journey in the remote mountain peaks of Mexico. 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. Includes a special tribute to one-of-a kind pioneer, Sun Ra. Refreshments served.
BTSS Coach Fee: \$52*

Ford Piquette Model T Plant

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

Tour of American House Senior Communities

Wednesday, June 4 (DAY30-B1401) 9:30AM – 2:30PM
Join us for a tour of American House Senior Village, Stone and Elmwood communities located in Rochester Hills. View and learn about the different types of apartments, villas and services available. Includes lunch, entertainment and a gift basket raffle.
American House Coach Fee: \$5*

Indian Village Home & Garden Tour and Lunch

Saturday, June 7 (DAY20-B1401) 10:45 AM – 5:15 PM
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 **Rusty Bucket**
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*

Museum of Contemporary Art Detroit (MOCAD)

Wednesday, July 9 (DAY29-B1401) 11:30 AM - 4:00 PM

Since 2009, the museum is an innovative addition to a vibrant neighborhood and functions as a hub for the exploration of emerging ideas in the contemporary arts. Followed by lunch on your own at the new **Midtown Grille**.

BTSS Coach Fee: \$17*

Book of Mormon – Detroit Opera House

Thursday, July 10 (DAY01-C1401) 10:00 AM – 4:30 PM

Grammy and Tony Award winning musical about two young Mormon missionaries sent to a remote village in Uganda. They try to share the Book of Mormon to locals, who are more worried about war, famine, poverty, & AIDS than about religion. Lunch on your own **Cadillac Café**. **MUST REGISTER BY MAY 23.**

BTSS Coach Fee: \$93*

The Last Romance – Purple Rose Theatre

Wednesday, July 16 (DAY02-C1401) 11:45 AM – 6:00 PM

A chance decision leads Ralph to an unexpected second chance at love. Despite the misgivings of family and the initial reluctance of Carol, the object of his affections, Ralph embarks on the trip of a lifetime and regains a happiness that seemed all but lost. Begin with lunch on your own at **Common Grill**.

BTSS Coach Fee: \$36*

Rattlesnake Club Luncheon

Friday, July 18 (DAY03-C1401) 11:45 AM – 2:45 PM

Enjoy the wonderful ambience and cuisine of this famous restaurant. Salad and your choice of Pan-Seared Atlantic salmon or roasted organic chicken breast, dessert of Rattlesnake crème brulee, and non alcoholic beverage. Please make your selection of entrée when signing up.

BTSS Coach Fee: \$36*

Carousel – Encore Theatre in Dexter

Saturday, July 19 (DAY04-C1401) 11:45 AM – 6:30 PM

Rodgers and Hammerstein musical about carousel barker Billy Bigelow, whose romance with Julie Jordan comes at the price of their jobs. An attempted robbery to provide for Julie and their unborn child goes wrong & he's given a chance to make things right. Begin with lunch on your own at **Red Brick Restaurant**.

BTSS Coach Fee: \$39*

Clinton River Cruise and Lunch

Tuesday, July 22 (DAY05-C1401) 10:15 AM – 4:00 PM

Enjoy a lovely summer day aboard the "Clinton Friendship" viewing cabins, homes and lush green foliage that lines the banks, during a three hour cruise and buffet lunch (included).

BTSS Coach Fee: \$41*

St. Sabbas Orthodox Monastery Tour and Lunch

Thursday, July 24 (DAY06-C1401) 9:45 AM – 2:30 PM

Built and beautified in original, authentic iconography with over 30 icons adorning the walls & ceiling and surrounded by gardens, fountains, and mosaic shrines. Lunch in **The Royal Eagle Restaurant** located in the monastery (Included).

BTSS Coach Fee: \$41*

Wedding Bells are Ringing – Genitti's

Tuesday, July 29 (DAY07-C1401) 10:30 AM – 2:00 PM

Enjoy a great lunch and a new comedy that spoofs an Italian wedding. Lunch includes seven courses; Italian wedding soup and garlic bread, pasta, salad, Italian sausage with green peppers and onions, baked chicken with zucchini, Italian steak with over roasted potatoes and cannoli for dessert.

BTSS Coach Fee: \$54*

Detroit Tiger v White Sox Baseball Game

Thursday, July 31 (DAY08-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: \$52*

Arts, Amish & Adventure, Centreville MI

Friday, August 1 (DAY09-C1401) 7:30 AM – 6:30 PM

Experience this unique world of horse and buggies, mouthwatering home cooked Amish meals and old-fashioned remedies. Visit an Amish pharmacy, grocery store, garden, farm, and more. Enjoy a traditional Amish lunch in a Plain Person's home, included. A couple of unusual stops, too!

Step on Bus Tours Bus Fee: \$87*

Tour Detroit's Main Library

11:15 AM – 3:45 PM

Tuesday, August 5 (DAY10-C1401)

A docent-led tour which highlights its art, architecture and collections. Some of the treasures featured include murals, a mosaic comprised of 416,000 pieces of colored glass, a Pewabic fireplace and the oldest working elevator in the city. Followed by lunch on your own at **Traffic Jam & Snug**.

BTSS Coach Fee: \$20*

The Kings of Unionville – Tipping Pointe Theatre

Wednesday, August 13 (DAY11-C1401) 12:00 PM – 5:30 PM

Set in a small Michigan town, the once prominent Secret Society of Kings has deteriorated into a basement-dwelling, beer-drinking, card-playing fraternity of friends that is long past its prime. Following the death of a King, they now must recruit a new member to fill his spot. A heartfelt comedy about tradition, values, and honor. Begin with lunch on your own at **Garage Grill & Fuel Bar**.

BTSS Coach Fee: \$39*

Mill Race Village of Northville Tour

Wednesday, August 20 (DAY12-C1401) 9:30 AM – 2:00 PM

Created in 1972, the village serves as a focal point for the Northville community while preserving architectural styles common to the area prior to 1900. Once the site of a grist mill, the village consists of an inn, blacksmith shop, school, church, gazebo, rustic wooden bridge, interurban station and several homes reminiscent of an era gone by. Followed by lunch on your own at **Poole's Tavern**.

BTSS Coach Fee: \$16*

Diamond Jack's River Cruise

Friday, August 22 (DAY13-C1401) 10:00 AM – 4:00 PM

Board the Diamond Jack for a two hour cruise, enjoying sites of interest along the U.S. and Canadian shorelines - pass ships, steel mills, shipyards, the Ambassador Bridge, while listening to interesting historical narration and anecdotes. Begin with lunch on your own at **Gregorios**.

BTSS Coach Fee: \$25*

Belle Isle/Aquarium and lunch at The Detroit Yacht Club

Tuesday, August 26 (DAY14-C1401) 10:00 AM – 2:45 PM

A docent will tour with the group and talk about the island, with a stop to see the Aquarium. See what the State of Michigan has done to make the Island more beautiful than ever.

Followed by lunch at the Detroit Yacht Club.

BTSS Coach Fee: \$39*

Behind the Scenes at the Detroit Opera House

Wednesday, August 27 (DAY15-C1401) 9:30 AM – 2:00 PM

See the grand lobbies, auditorium, stage, dressing rooms, research center and library, costume shop, rehearsal studio, dance studio, Black Box Theatre, Sky Deck, Donor Lounge plus time for Q & A. Followed by lunch on your own at **Detroit Beer Company**.

BTSS Coach Fee: \$17*

Detroit Tigers v Yankees Baseball Game

Thursday, August 28 (DAY16-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: \$58*

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, price is \$14 at the gate.

BTSS Coach Fee: \$14*

Stratford Festival Overnight Trip

September 4 – 5 (XDAY01-C1401) Depart 9 AM/Return 11 PM

Enjoy an overnight stay in quaint Stratford and see two delightful plays: one a light hearted musical and the other a randy restoration comedy. Details on page 3.

Luxury Motor Coach Fee: \$362*

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

Designed by prominent landscape architect Frederick Law Olmsted, Elmwood Cemetery is the resting place of many distinguished citizens and heroes of many wars, dating back to the early fighting with the English and Indians. 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 original fireplaces, over-mantle mirrors, woodwork, decorative plaster, Minton tiles, parquet floors and etched glass. With period furnishing and collections of art. 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*



Summertime!

It's a great time to...

...try a new class!

- Bootcamp Gold/Circuit Interval Training (pg. 5)
- Wellness Walks (pg. 6)

...take a dip in the pool!

- Aqua Yoga Flow (pg. 4)
- H2O Interval & Boot Camp (pg. 5)
- Aqua Endurance (pg. 4)
- Aqua Fit (pg. 4)

...see a good movie!

- Oscar Winning Classics (pg. 10)
- Movie Musicals & Documentaries (pg. 10-11)

...add a little music to your day!

- Meet the DSO Musician (pg.11)
- Evola Keyboarding Class (pg. 11)

...expand your mind!

- Superintendent Coffee Chat (pg. 11)
- Loughbrack Storytelling® (pg. 11)
- Great Lakes Shipwrecks (pg. 11)
- Lunch, Learn & Listen (pg. 11)
- Dessert and DIA (pg. 11)
- Living Trust Seminar (pg. 11)

...something for you after your workday!

- Evening Fitness Classes (pg. 6)
- Loughbrack Storytelling® (pg. 11)
- Dessert and DIA (pg. 11)
- Evening Duplicate Bridge (pg. 10)
- Advanced Bridge (pg.10)



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 valuable program.

Director's Dialog

Christine Tvaroha, BTSS Director will present information on the upcoming **Renewal of the Senior Services Millage** scheduled for **Tuesday, August 5, 2014.**

The renewal Millage represents 53% of the department budget and is essential to maintain services and the center. Registration appreciated.

Tuesday, May 20 (EDU53-B1406)

6:30-7:30 PM

Tuesday, June 3 (EDU53-B1407)

10-11 AM

Tuesday, June 3 (EDU53-B1408)

2-3 PM

Subscribe to our E-Newsletter

Visit the Township website at www.bloomfieldtwp.org/seniors and click on the

Mailing List tab at the top of the page.

Bloomfield Township Senior Services'



Meals on Wheels Sponsorship Project

(FUN09-B1401)

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

- One Day's Meal = \$7**
- One Week's meals = \$35**
- One month's Meals = \$140**

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



Let's Hit the Road!

Summertime is vacation time! Enjoy one or more of these exciting, fascinating trips:

- Detroit Tiger Games (pg. 14 & 15)
- River Cruises (pg. 14 & 15)
- Ford Piquette Model T Plant (pg. 13)
- Franklin Garden Walk (pg. 13)
- "Book of Mormon," Detroit Opera House (pg. 14)
- Rattlesnake Club Luncheon (Pg. 14)
- "My Fair Lady", Stage crafters (pg. 15)
- "Let's Dance", DSO (pg. 15)
- ArtPrize 2014, Grand Rapids (pg. 15)
- Stratford Festival Trip (pg. 3)