



# Bloomfield Township Senior Services



Winter 2013-14

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

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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 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 2<sup>nd</sup> for BT residents and on Monday, February 3<sup>rd</sup> for non residents.

**Appointment required: 248-723-3500**

**Get Motivated;  
 Stay Motivated!**  
**January 2 - 4**  
 It's 2014! Start the New Year off right with three days of fitness fun!

♥ Charity workouts ♥  
 Class demos ♥ Presentations

*Watch for more information to come online and in the Senior Center*

## 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



**TREE OF LIFE**

Nearly 10,000 Meals on Wheels are provided annually through BTSS to seniors in the community who are frail and/or low-income individuals. We must generate over \$30,000 for food costs alone, can you help us reach that goal?

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

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

Expansion of Programs this Fall Successful!

Your BTSS team is pleased with your response to the expanded programs this fall. In a comparison with last year we increased fitness possibilities by 15% for a total of 53 unique classes each week and this is in addition to the equipment open hours and open swim opportunities.

The life long learning and social programs have grown as well. New drop in clubs, movies and classes started and the biggest enhancement is the 100% growth in special events to total 21 or an average of 7 per month.

We are pleased to welcome Kelly Molinar to the Recreation Coordinator role to manage all enrichment programs and our evening hours. If you have suggestions for this or any area of service we welcome your thoughts.

Wishing you peace and health in the new year!

Christine Tvaroha

[ctvaroha@bloomfieldtp.org](mailto:ctvaroha@bloomfieldtp.org) (248) 723-3500

### Special Thanks to our Sponsors:

Special thanks to our Fall sponsors: American House Senior Living Communities, Baldwin House, Home Instead Senior Care, Maple Village, St. Joseph Mercy Oakland and Sunrise Senior Living.

#### Winter 2013-14



BALDWIN HOUSE



### HOLIDAY CANDY COLLECTION



Share the holiday season with our homebound meal clients by donating small individually wrapped candies. Drop off candy at BTSS before 12/17.

Join us on 12/18 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.bloomfieldtp.org/seniors](http://www.bloomfieldtp.org/seniors)

### BLOOMFIELD TOWNSHIP BOARD

Bloomfield Township Main Phone: 248-433-7700

Leo C. Savoie, Supervisor

Janet Roncelli, Clerk Dan Devine, Treasurer

David Buckley, Trustee Neal J. Barnett, Trustee

Corinne Khederian, Trustee Brian E. Kepes, Trustee

### BTSS ADVISORY COUNCIL

Steve Eskoff, Chairman

Al & Donna Artzberger Shirley Colten

John & Janice Bellefleur John Conti

Gladys Cifelli Maxine Davison

Don Foehr Marie Gemmel

Victor & Suzanne Goldstein Tony Klemer

Elizabeth Mahoney Tom & Ginnie Richard

### BTSS will be closed on:

Thursday & Friday, November 28 & 29

Tuesday & Wednesday, December 24 & 25

Wednesday, January 1

Eligibility: Adults 50 years and older\*

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

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

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

### Registration/Cancellation/Refund Policies

- Priority registration begins for confirmed BT residents with newsletter mailing; nonresidents may register on 11/14.
- 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.

## Aqua Cardio Conditioning

Debby Visconti

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**  
 Dec 5 – Dec 19 (FIT107-D1302) **3 classes/\$18\***  
 Jan 9 – Feb 27 (FIT107-A1401) **8 classes/\$48\***

## Aqua Endurance

Debby Visconti

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**  
 Dec 3 – Dec 17 (FIT64-D1302) **3 classes/\$18\***  
 Jan 7 – Feb 25 (FIT64-A1401) **8 classes/\$48\***

## Beginning Ai Chi

Debby Visconti

A combination of Tai Chi and Qi Gong techniques, with deep breathing and slow, broad movement of the arms, legs, and torso. Relax and enjoy the water in a flowing yet powerful progression. All levels welcome.

**Tuesday** **11 AM – 12 Noon**  
 Jan 7 – Feb 25 (FIT52-A1401) **8 classes/\$48\***

## **New!** Advanced Ai Chi

Debby Visconti

Advanced Ai Chi is the flowing of the sixteen postures. Class will flow through the powerful progression creating balance, mobility and positive energy for healing. Prerequisite – Beginning Ai Chi.

**Thursday** **11 AM – Noon**  
 Dec 5 – Dec 19 (FIT52A-D1301) **3 classes/\$18\***  
 Jan 9 – Feb 27 (FIT52A-A1401) **8 classes/\$48\***

## 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.

**Wednesday** **9:30 – 10:30 AM**  
 Dec 4 – Dec 18 (FIT96-D1303) **3 Classes/\$18\***  
 Jan 8 – Feb 26 (FIT96-A1401) **8 Classes/\$48\***  
**Friday** **9:30 – 10:30 AM**  
 Dec 6 – Dec 20 (FIT96-D1304) **3 Classes/\$18\***  
 Jan 10 – Feb 28 (FIT96-A1402) **8 Classes/\$48\***

## Aqua Power Aerobics

Annie Chi

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

**Tues/Thurs** **6 – 7 PM**  
 Dec 3 – Dec 19 (FIT27-D1303) **6 classes/\$48\***  
 Jan 7 – Jan 30 (FIT27-A1401) **8 classes/\$64\***  
 Feb 4 – Feb 27 (FIT27-A1402) **8 classes/\$64\***

## 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**  
 Dec 2 – Dec 16 (FIT95-D1302) **3 classes/\$15\***  
 Jan 6 – Feb 24 (FIT95-A1401) **8 classes/\$40\***

## H<sub>2</sub>O 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**  
 Dec 4 – Dec 18 (FIT83-D1303) **3 classes/\$18\***  
 Jan 8 – Feb 26 (FIT83-A1401) **8 classes/\$48\***  
**Friday** **8 – 9 AM**  
 Dec 6 – Dec 20 (FIT83-D1304) **3 classes/\$18\***  
 Jan 10 – Feb 28 (FIT83-A1402) **8 classes/\$48\***

## 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.

**Monday** **11 AM – 12 Noon**  
 Dec 2 – Dec 16 (FIT86-D1304) **3 classes/\$24\***  
 Jan 6 – Feb 24 (FIT86-A1401) **8 classes/\$64\***  
**Wednesday** **11 AM – 12 Noon**  
 Dec 4 – Dec 18 (FIT86-D1305) **3 classes/\$24\***  
 Jan 8 – Feb 26 (FIT86-A1402) **8 classes/\$64\***  
**Saturday** **10:30 – 11:30 AM**  
 Dec 7 – Dec 21 (FIT86-D1306) **3 classes/\$24\***  
 Jan 11 – Mar 1 (FIT86-A1403) **8 classes/\$64\***

## H<sub>2</sub>O 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

Dec 7 – Dec 21 (FIT32-D1303)

3 Classes/\$24\*

Jan 11 – Jan 25 (FIT32-A1401)

3 Classes/\$24\*

Feb 1 – Mar 1 (FIT32-A1402)

5 Classes/\$40\*

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 (1<sup>st</sup>-15<sup>th</sup> or 16<sup>th</sup>-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 & Thursday**

9 – 10 AM

Dec 3 – Dec 19 (FIT109-D1302)

6 classes/\$30\*

#### **Tuesday only**

9 – 10 AM

Jan 7 – Feb 25 (FIT109-A1401)

8 classes/\$40\*

#### **Thursday only**

9 – 10 AM

Jan 9 – Feb 27 (FIT109-A1402)

8 classes/\$40\*

### Low Impact Aerobics

Lisa Robinson

This workout is set to energetic music that will help improve heart and lung strength, coordination, and balance. Emphasis is on core strength with mat/floor work at the end.

#### **Monday**

9 – 10 AM

Dec 2 – Dec 16 (FIT17-D1302)

3 classes/\$15\*

Jan 6 – Feb 24 (FIT17-A1401)

8 classes/\$40\*

### 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

Dec 2 – Dec 16 (FIT97-D1302)

3 classes/\$15\*

Jan 6 – Feb 24 (FIT97-A1401)

8 classes/\$40\*

### 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 *Small Group Personal Training*.** *BT Residency required.*

M/T/W/TH/F

Jan 6 – Feb 28 (FIT77-A1401)

Times Vary

60+ classes/\$80

### Drums Alive®

Maggie Barclay

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**

Jan 10 – Feb 28 (FIT47-C1302)

10:15 – 11:00 AM

8 classes/\$40\*

### 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**

Dec 4 – Dec 18 (FIT78-D1303)

Jan 8 – Feb 26 (FIT78-A1401)

7-8:00 PM

3 classes/\$15\*

8 classes/\$40\*

**Friday**

Dec 6 – Dec 20 (FIT78-D1304)

Jan 10 – Feb 28 (FIT78-A1402)

8 – 8:45 PM

3 classes/\$15\*

8 classes/\$40\*

## PICKLEBALL & TABLE TENNIS 🌟

### Pickleball Drop In

Tuesdays 3-4:30 PM (beginners)  
Thursdays 3-4:30 PM (experienced)  
Saturdays 10-11:30 AM (open)

### Table Tennis Drop In

Wednesdays 2-3:30 PM  
Fridays 2-3:30 PM

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

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

## 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 meet your specific health and fitness goals!

*BT Residency required.*

**10 classes/\$120**

**Monday** (L. Robinson)

**2:00 – 3:00 PM**

Jan 6 – Mar 17 (FIT103-A1401) (No class 3/3)

**Tuesday** (TBD)

**7:30 – 8:30 AM**

Jan 7 – Mar 18 (FIT103-A1402) (No class 3/4)

**Wednesday** (L. Robinson)

**12:45 – 1:45 PM**

Jan 8 – Mar 19 (FIT103-A1403) (No class 3/5)

**Thursday** (L. Madjoff)

**5:30 – 6:30 PM**

Jan 9 – Mar 20 (FIT103-A1404) (No class 3/6)

**Friday** (L. Robinson)

**12:45 – 1:45 PM**

Jan 10 – Mar 21 (FIT103-A1405) (No class 3/7)

## SEATED

### Zumba Gold® Chair

Janene Ravid

Fuses hypnotic Latin and international rhythms and simple moves to create a dynamic workout system designed to be 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! Chair targets the deconditioned and/or wheelchair bound adult, slows the pace and modifies the moves encouraging physical activity at all levels.

**Tuesday (45 min.)**

**11:30 AM – 12:15 PM**

Dec 3 – Dec 17 (FIT20-D1302)

**3 classes/\$15\***

Jan 7 – Jan 28 (FIT20-A1401)

**4 classes/\$20\***

Feb 4 – Feb 25 (FIT20-A1402)

**4 classes/\$20\***

### 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**

Dec 2 – Dec 16 (FIT18-D1303)

**3 classes/\$15\***

Jan 6 – Feb 24 (FIT18-A1401)

**8 classes/\$40\***

**Thursday**

**10:15 – 11 AM**

Dec 5 – Dec 19 (FIT18-D1304)

**3 classes/\$15\***

Jan 9 – Feb 27 (FIT18-A1402)

**8 classes/\$40\***

### Chair Yoga

Maggie Barclay/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**

Dec 2 – Dec 16 (FIT56-D1303)

**3 classes/\$15\***

Jan 6 – Feb 24 (FIT56-A1401)

**8 classes/\$40\***

**Wednesday** (Lutz)

**11:30 AM – 12:30 PM**

Dec 4 – Dec 18 (FIT56-D1304)

**3 classes/\$15\***

Jan 8 – Feb 26 (FIT56-A1402)

**8 classes/\$40\***

## STRENGTH

### Healthy Back 101

Lori Harbour

Learn proper technique and the safe way to gain strength and stability in the core muscle group. Includes gentle moves incorporating strength and flexibility for a healthier back. Exercises will be performed standing and on the floor. Please bring a mat, water bottle and wear supportive shoes.

**Tuesday**

**12:45 – 1:30 PM**

Dec 3 – Dec 17 (FIT105-D1302)

**3 classes/\$15\***

Jan 7 – Feb 25 (FIT105-A1401)

**8 classes/\$40\***

### 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**

Dec 2 – Dec 16 (FIT101-D1302)

**3 classes/\$15\***

Jan 6 – Feb 24 (FIT101-A1401)

**8 classes/\$40\***

### 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**

Dec 3 – Dec 17 (FIT79-D1303)

**3 classes/\$15\***

Jan 7 – Jan 28 (FIT79-A1401)

**4 classes/\$20\***

Feb 4 – Feb 25 (FIT79-A1403)

**4 classes/\$20\***

**Thursday**

**12:45 – 1:30 PM**

Dec 5 – Dec 19 (FIT79-C1303)

**3 classes/\$15\***

Jan 9 – Jan 30 (FIT79-A1402)

**4 classes/\$20\***

Feb 6 – Feb 27 (FIT79-A1404)

**4 classes/\$20\***

### 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**

Dec 6 – Dec 20 (FIT80-D1302)

**3 classes/\$15\***

Jan 10 – Feb 28 (FIT80-A1401)

**8 classes/\$40\***

## 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.

### **Wednesday**

Dec 4 – Dec 18 (FIT110-D1302)

Jan 8 – Jan 29 (FIT110-A1301)

Feb 5 – Feb 26 (FIT110-A1302)

8:15 – 9:15 AM

3 classes/\$18\*

4 classes/\$24\*

4 classes/\$24\*

## Equipment Orientation (FIT33-VARIES)

Required for fitness open hours participants. 1-1/2 hour 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

## **New!**

### 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 support to participants. *BT residency required.*

### **Tuesdays & Thursdays**

Jan 7 – Jan 30 (FIT111-A1401)

Feb 4 – Feb 27 (FIT111-A1402)

1:30 – 2:30 PM

8 Classes/\$64

8 Classes/\$64

## Fitness Open Hours (FIT02-VARIES)

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

\$18/mo or \$9/half month (1<sup>st</sup> - 15<sup>th</sup> or 16<sup>th</sup> - end)

\$96/6 consecutive months (6 month registration must be processed by BTSS staff, not online)

MIND  BODY

## **New!**

### 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**

Dec 7 – 21 (FIT113-D1301)

Jan 11 – Mar 1 (FIT113-A1401)

8:30 AM – 9:30 AM

3 classes/Free BT residents only

8 classes/\$48\*

## **New!**

### Yoga at the Wall

Karen Lutz  
A gentle yoga class linking breath with movement. Gain strength, alignment and flexibility moving into postures combining the support and resistance of the wall. Please bring a blanket and or a small pillow.

### **Wednesday**

Dec 4 – Dec 18 (FIT112-D1301)

Jan 8 – Feb 26 (FIT112-A1401)

4:30 PM – 5:30 PM

3 classes/\$18\*

8 classes/\$48\*

## Mandala Workshop

Explore your artistic talent and learn about the history of the mandala, a spiritual teaching tool and an aid to meditation. Creating your own mandala will offer you a time to center and focus. *\$10 supply fee paid to instructor.*

**Saturday, February 8** (EDU53-A1404)

10 – 11:30 AM

## 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**

Dec 6 – Dec 20 (FIT05-D1302)

Jan 10 – Feb 28 (FIT05-A1401)

11:30 AM – 12:30 PM

3 classes/\$18\*

8 classes/\$48\*

## Mat Pilates®

Ana Lisa Ross-Chynoweth  
Toning abs while lengthening your muscles, engaging the deep muscles of the core. Move through a series of exercises in a fun, encouraging environment. Modifications will be offered. Bring exercise mat & water.

### **Monday**

Dec 9 – Dec 23 (FIT07-D1302)

Jan 6 – Feb 24 (FIT07-A1401)

7 – 8:00 PM

3 Classes/\$15

8 Classes/\$40

## 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**

Dec 3 – Dec 17 (FIT53-D1302)

Jan 7 – Feb 25 (FIT53-A1401)

5:30 – 6:30 PM

3 classes/\$15\*

8 classes/\$40\*

## Tai Chi Chuan

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

### Beginning

#### **Wednesday**

Dec 4 – Dec 18 (FIT03-D1301)

Jan 8 – Mar 12 (FIT03-A1401)

9:30 – 10:15 AM

3 classes/\$24\*

10 classes/\$80\*

### Continuing

#### **Wednesday**

Dec 4 – Dec 18 (FIT03-D1302)

Jan 8 – Mar 12 (FIT03-A1402)

10:15 – 11 AM

3 classes/\$24\*

10 classes/\$80\*

## PiYo Strength®

Lea Madjoff  
A nontraditional mind/body class that uniquely blends inspired moves from Yoga and Pilates formats. Improve core strength, balance and increase muscular endurance and stability. Most importantly, use it as a tool to de-stress!

### **Thursday**

Dec 5 – Dec 19 (FIT49-D1302)

Jan 9 – Feb 27 (FIT49-A1401)

7 – 8 PM

3 classes/\$15\*

8 classes/\$40\*

**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  
Dec 2 – Dec 16 (FIT56-D1303) 3 classes/\$15\*  
Jan 6 – Feb 24 (FIT56-A1401) 8 classes/\$40\*

**Wednesday** (Lutz) 11:30 AM – 12:30 PM  
Dec 4 – Dec 18 (FIT56-D1304) 3 classes/\$15\*  
Jan 8 – Feb 26 (FIT56-A1402) 8 classes/\$40\*

**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  
Dec 3 – Dec 17 (FIT94-D1303) 3 classes/\$15\*  
Jan 7 – Feb 25 (FIT94-A1401) 8 classes/\$40\*

**Thursday** 11:30 AM – 12:30 PM  
Dec 5 – Dec 19 (FIT94-D1305) 3 classes/\$15\*  
Jan 9 – Feb 27 (FIT94-A1402) 8 classes/\$40\*

## EVENING FITNESS CLASSES

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

**Zumba Gold**® (pg. 4) Maggie Barclay  
Wednesday 7 – 8 PM

**Small Group Personal Training** (pg. 5) Lea Madjoff  
Thursday 5:30 – 6:30 PM

**PiYo Strength**® (pg. 6) Lea Madjoff  
Thursday 7 – 8 PM

**Restorative Yoga** (pg. 6) Nanine Savoie  
Tuesday 5:30 – 6:30 PM

**Mat Pilates**® (pg.6) A. Ross-Chynoweth  
Monday 7– 8:00 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

**H<sub>2</sub>O 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  
Jan 8 – Mar 5 (ART02-A1401) 9 classes/\$122\*

**Beaded Jewelry** Nancy Porter/M. McGee  
Create a beaded eye glass holder or necklace. *Add'l. \$10 supply fee paid to instructors.*

**Tuesday/Thursday** 1:30 – 3:30 PM  
Jan 28 – Jan 30 (ART05-A1401) 2 classes/\$10\*

**Stained Glass Angels** Nancy Porter/M. McGee  
Create an ornament or free standing angel. *Additional \$10 supply fee paid to instructors.*

**Tuesday/Thursday** 1:30 – 3:30 PM  
Dec 3 – Dec 5 (ART05-D1302) 2 classes/\$10\*

**Lapidary** ☛ Nancy Porter/M. McGee  
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 12/24, 12/26, 12/31) 1 – 4 PM

**Paper Dolls-Card Shoppe** Facilitator: A. Pinkos  
Paper Dolls will return in May. Card donations are always appreciated. Please drop them off at the front desk.

### CLUBS / GROUPS

**BTSS White Horse Society** ☛ 10 AM - Noon  
Interested in theology, philosophy or science? All views will be respectfully encouraged.

Thursday, Dec 12 *Understanding the Christmas Story*  
Thursday, Jan 16 (Topic TBD 1/1)  
Thursday, Feb 20 (Topic TBD 2/1)



# 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](http://www.bloomfieldtpw.org/Seniors)

**Winter 2013-14**

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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 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 2<sup>nd</sup> for BT residents and on Monday, February 3<sup>rd</sup> for non residents.

**Appointment required: 248-723-3500**



## **TREE OF LIFE**

Nearly 10,000 Meals on Wheels are provided annually through BTSS to seniors in the community who are frail and/or low-income individuals. We must generate over \$30,000 for food costs alone, can you help us reach that goal?

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

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

*Thank you for your support.*  
(FUN05-D1301)



## **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.

## Caregivers' Forum

2<sup>nd</sup> Monday of Month 4 – 5:30 PM

The Caregiver Forum offers the opportunity to learn about programs and services available to caregivers whose loved ones are experiencing dementia. It provides support and an opportunity for sharing 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

3<sup>rd</sup> 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.

## 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**

## NUTRITION SERVICES

BTSS addresses the nutritional needs of seniors, 60 years of age and older within our service area, with two essential programs; "Meals on Wheels" and Liquid Nutritional Supplements. For additional information on either program, contact Donna DeWitte, RN, Nutrition Coordinator, 723-3500.



### "MEALS ON WHEELS"

BTSS provides home delivered meals to homebound seniors (generally unable to drive or leave the home independently.) Meals are delivered by volunteer drivers

Monday through Friday between 10 a.m. and 12 noon. The participant contribution is \$5.00 per hot meal. BTSS receives no state or federal funding for this service in our community.



### NUTRITIONAL SUPPLEMENTS

Liquid nutritional supplements are available to seniors based on medical necessity. BTSS orders Ensure products monthly directly from the manufacturer at a reduced cost from retail prices. A physician's order is required and must include:

- medical reason for supplementation (diagnosis)
- recipient's weight
- type of product and number of 8 oz. cans to be consumed daily.

The order must be renewed every six months. A nutritional survey (and possibly a home visit) is also required every six months to participate in the program.



## TELEPHONE REASSURANCE

If you or someone you know lives alone and would like to receive a daily telephone call, we would be happy to include you in our program.

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

We are currently in need of volunteer callers! If you are interested please call Denise, 248-723-3500.



## **BLOOD PRESSURE CHECKS**

Certified volunteers, led by Irene Grady, RN, are available on the 3<sup>rd</sup> Wednesday of each month from 11 AM until 12:30 PM. Stop by!

November 20<sup>th</sup>    December 18<sup>th</sup>    January 15<sup>th</sup>

## **Loan Closet Available**

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

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

## **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

## **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.

## **Prescription Drug Card**

The Oakland County Board of Commissioners has provided a discount prescription drug card for any OC resident. It is available to those who are uninsured or underinsured by their insurance plan with an average savings of 20%. It can be used when prescriptions are not covered, even through mail-order purchases. The card is available at BTSS and at other locations. For more information call 877-321-2652

## **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 3<sup>rd</sup> 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](http://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](mailto:jgebott@bloomfieldtwp.org).*

**Italian Group-Gruppo Italiano** ☼ Facilitator: A.Giffels  
**Meets 2<sup>nd</sup> Friday 10 AM – Noon**  
Affiliate of Dante Alighieri Society

**Dec 12:** "Giuseppi Verdi at 200: Reflections on his music, life & times" - John Zaretti, President, Verdi Opera Theatre of Michigan

**Jan 10:** "Art of Italian Cooking" by Maria Medora- Owner of Cucina Medora, Old Woodward Ave. Birmingham

**Feb 14 :** TBD

**Book Club** ☼ **Fridays, 10 – 11:30 AM**

**Dec 6:** "Peppered Moth" (Drabble)

**Jan 3:** Member's Choice

**Feb 7:** "Remarkable Creatures" (Chevalier)

**Senior Men's Club** Facilitator: B. Madsen  
Enjoy great speakers, camaraderie and a light breakfast.  
Pre-registration required.

**Wednesday, Dec 18** (SOC27-D1303)  
**9:30 AM – 11:30 AM Res \$6 / Non-Res \$8**  
**"Good Old Days" – Humorous look at the Middle Ages"**  
Dennis Fiems, Prof. Emeritus, Oakland Comm. College

**Wednesday, Jan 15** (SOC27-A1401)  
**9:30 AM – 12:30 AM Res \$20 / Non-Res \$30**  
**Tour - Federal Reserve Bank Chicago, Detroit Branch**  
Take a trip to look at the cash department in action, other functions and responsibilities - returning with a small bag of bills (slightly shredded!) **Transportation & light breakfast provided.**

**Wednesday, Feb 19** (SOC27-A1402)  
**9:30 AM – 11:30 AM Res \$6 / Non-Res \$8**  
**"Surprising Finds of Deep Digs Around Oakland County"**  
Artifacts and PowerPoint by Carol Gebo, archaeologist.

## 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**

**Microsoft Word Made Easy!** Mike Wilson  
Covers basics including tabs, margins, copy & paste, columns, multiple pages, tables, find/replace and more!  
\$25 book fee due start of first class. Cash or check only.  
*Optional: Bring fully charged laptop with MS Word 2007, 2010 or 2013 installed.*

**Fridays 9:30 – 11:30 AM**  
**Jan 24– Feb 7** (COM02-A1401) **3 classes/\$75\***

**Stationary, Letter & Labels** Mike Wilson  
Master computer generated labels, tent cards, badges, letters, labels and envelopes for mass mailings.  
*Optional: Bring fully charged laptop with MS Word 2007, 2010 or 2013 installed.*

**Fridays 9:30 – 11:30 AM**  
**Feb 14 – Feb 21** (COM11-A1401) **2 classes/\$50\***

**Organize PC: Pictures, Files & Folders** Mike Wilson  
Learn to save files and pictures on your computer, CDs and flash drives. Download from Internet, transfer pictures from camera, copy/move/relocate files & folders. *Opt: Bring laptop*  
**Fridays 9:30 – 11:30 AM**  
**Jan 10 – Jan 17** (COM33-A1401) **2 classes/\$50\***

**Exploring the World Wide Web** Mike Wilson  
Learn about useful and practical resources such as software, games, recipes, research, tutorials, shopping, read newspapers and watch movies. *Highly encouraged \$25 book fee due start of first class. Cash or check only.*  
*Optional: Bring your laptop*  
*Complimentary to BT Residents. Non-Residents \$10.*  
**Monday, Dec 2** (COM03-A1401) **10 AM – 12 PM**

**New!** **Create Personalized Movies** Mike Wilson  
Learn how to use a fee software program to create a movie from photos and videos. Create titles, animated effects and background audio just like the professionals.  
**Thursday 2 – 4 PM**  
**December 5** (COM42-A1401) **1 class/\$25\***

**All About E-mailing!** Mike Wilson  
Create a new e-mail account and learn how to e-mail, forward, reply, save pictures, use contacts and send attachments. See how folders are created, moved, deleted and organized.  
**Friday 9:30 – 11:30 AM**  
**Dec 13** (COM31-A1401) **1 class/\$25\***

## GAMES

**Billiards (Pool)** ☼ (no play 12/24)  
**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: M. Vachon  
**Monday & Friday** (no play 2/10 & 2/24)  
**Tables assigned: 12:15. First come, first serve.**  
**Maximum of 7 tables Play: 12:45 – 4 PM**

**Duplicate Bridge** ☼ Facilitator: E. Coe  
**1<sup>st</sup> & 3<sup>rd</sup> Wednesday 5 – 8:45 PM**  
This group will not play ACBL "sanctioned" games.  
**Note special drop in fees: Res \$2/Non-Res \$4**  
(no play 1/1. make up -1/8)

**Bridge-Beginner** James 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** (no class 1/29) 10 AM – Noon  
**Jan 8 – Mar 5** (EDU12-A1401) 8 classes/\$120\*

**Bridge - Intermediate** James 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** (no class 1/29) 12:30 – 2:30 PM  
**Jan 8 – Mar 5** (EDU13-A1401) 8 classes/\$120\*

**Bridge - Advance** James Bloom  
Focus on bidding difficult hand patterns. Introduction to conventions such as Jacoby 2 no trump, Splinter bids, Drury and handling interference by opponents during convention bid. Two Certified ACBL instructors and a silver life masters. *Book fee of \$20 payable to instructor.*

**Wednesdays** 10 AM – Noon  
**Dec 4 – Dec 18** (EDU14-D1301) 3 classes/\$45\*

**Mondays** (no class 1/27) 6:45 - 8:45 PM  
**Jan 6 – Mar 3** (EDU14-A1401) 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  
**Dec 3 – Dec 17** (EDU45-D1303) 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** 3 classes/\$60\*  
**Dec 3 – Dec 17** (EDU46-D1305) 12:30 – 2:30 PM

**Tuesdays** 3 classes/\$60\*  
**Dec 3 – Dec 17** (EDU46-D1306) 6:30 – 8 PM

**Euchre & Pinochle** ⬠ Facilitator: J. Carmichael  
**Thursdays** 11:30 AM – 1:30 PM  
All levels welcome!

**Mah-jongg Play** ⬠ Facilitator: E. Yolles  
**Thursdays** 1 – 4:30 PM

**Poker** ⬠ Facilitator: J. Capoccia  
**Wednesdays** (No play 12/25 & 1/1) Noon – 4 PM

**Scrabble** ⬠ Facilitator: S. Chapnick  
**Mondays** 2 – 3:30 PM

## MOVIES

### Movie Classics ⬠

**1<sup>st</sup> Fridays** Movie begins: 1:30 PM  
Friday afternoon classic movie greats with popcorn!

**Dec 6** "Roman Holiday" 1:30 – 3:30 PM  
A bored and sheltered princess escapes her guardians and falls in love with an American newsman in Rome. Starring: Gregory Peck, Audrey Hepburn, Eddie Albert (1953, 118 min, Comedy/Drama/Roman, NR)

**Jan 1** "12 Angry Men" 1:30 – 3:10 PM  
A dissenting juror in a murder trial slowly manages to convince the others that the case is not as obviously clear as it seemed in court. Starring: Henry Fonda, Lee J. Cobb, Martin Balsam (1957, 96 min, Drama, NR)

**Feb 7** "Pillow Talk" 1:30 – 3:15 PM  
A man and 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 (1957, 102 min, Comedy/Romance, NR)

### Movie Musicals ⬠

**2<sup>nd</sup> Fridays** Movie begins: 1:30 PM  
Everyone loves a musical. Friday movie with popcorn!

**Dec 13** "The Sapphires" 1:30 – 3:15 PM  
It's 1968, and four young, talented Australian Aboriginal girls learn about love, friendship and war when their all girl group The Sapphires entertain the US troops in Vietnam. Starring Chris O'Dowd, Deborah Mailman, Jessica Mauboy. (2012, 103 min, Biography/Comedy/Drama, PG-13)

**Jan 10** "Hairspray" 1:30 – 3:30 PM  
Pleasantly plump teenager Tracy Turnblad teaches 1962 Baltimore a thing or two about integration after landing a spot on a TV dance show. Starring: John Travolta, Queen Latifah, Nikki Blonsky (2007, 117 min, Comedy/Musical/Romance, PG)

**Feb 14** "Bye Bye Birdie" 1:30 – 2:30 PM  
A rock singer travels to a small Ohio town to make his "farewell" television performance and kiss his biggest fan before he is drafted. Starring: Dick Van Dyke, Ann-Margret, Janet Leigh (1963, 112 min, Comedy, Musical, G)

### Movie Mania ⬠

**3<sup>rd</sup> Friday** Movie begins: 1:30 PM  
Friday afternoon new release films with popcorn!

**Dec 20** "Lee Daniels: The Butler" 1:30 - 3:45 PM  
As Cecil Gaines serves eight presidents during his tenure as a butler at the White House, the Civil Rights Movement, Vietnam, and other major events affect this man's life, family, and American society. Starring: Forest Whitaker, Oprah Winfrey, John Cusack (2013, 132 min, Bibliography/Drama, PG-13)

**Jan 17 "The Great Gatsby" 1:30 – 4:00 PM**  
It's the spring of 1922, a wide-eyed Midwesterner Nick Carraway has just moved to New York City in pursuit of the American Dream. Settling into a home next door to wealthy Jay Gatsby, Carraway grows increasingly fascinated by the elaborate parties held at his neighbor's estate. Starring: Leonardo DiCaprio, Cary Mulligan, Joel Edgerton (2013, 143 min, Drama/Romance, PG-13)

**Feb 21 "Jobs" 1:30 – 3:45 PM**  
The story of Steve Jobs' ascension from college dropout into one of the most revered creative entrepreneurs of the 20<sup>th</sup> century. Starring: Ashton Kutcher, Dermot Mulroney, Josh Gad (2013, 128 min, Biography/Drama, PG-13)

**Movie Documentaries 🌟**

**4<sup>th</sup> Fridays** **Movie begins: 1:30 PM**  
Everyone loves a documentary. Friday movie with popcorn!

**Dec 27 "American Teacher" 1:30 – 3:00 PM**  
Weaving interviews of policy experts and startling facts with the lives and careers of four teachers, American Teacher tells the collective story by and about those closest to the issues in our educational system - 3.2 million teachers who spend every day in classrooms across our country. Starring: Erik Benner, Neil Cavuto, Matt Damon. (2011, 88 min, Documentary/Biography, PG-13)

**Jan 24 "Stories We Tell" 1:30 – 3:30 PM**  
A film that excavates layers of myth and memory to find the elusive truth at the core of a family of storytellers. Starring: Michael Polley, John Buchan, Mark Polley (2012, 108 min, Documentary, PG-13)

**Feb 28 "Herb & Dorothy" 1:30 – 3:00 PM**  
The film takes a close look at the historical gift project by the legendary art collector couple, Herb and Dorothy Vogel, and its impact on art communities around America. Herb and Dorothy, a formal postal clerk and a librarian, built a world class collection of Minimal and Conceptual Art with their modest salaries. Starring: Paula Antebi, Will Barnet, Robert Barry (2008, 87 min, Documentary, NR)

**MUSIC**

**BTSS Band Rehearsals 🌟** Facilitator: V. Genzlinger  
**1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Tuesdays** **3 – 5 PM**  
(no play 12/24, 2/11, 2/25) Open to all levels.  
**Looking for a drummer and bass player (string or guitar)!**

**BTSS Band Holiday Sing-A-Long** V. Genzlinger  
Join our own Senior Band for a Holiday Sing-A-Long.  
**Please pre-register** **Non-Res \$2**  
**Tuesday, December 10** (SEV16-D1303) **7 - 8:30 PM**

**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.  
**Please pre-register** **Non-Res \$2**  
**Tuesday, January 14** (SEV16-A1401) **7 - 8:30 PM**  
**Tuesday, February 4** (SEV16-A1402) **7 - 8:30 PM**

**Birmingham Musicale String Ensemble**  
Enjoy a musical performance by the thirty member Birmingham Musicale String Ensemble, conducted by Timothy Nicolai. Music includes Frost's *Fling for Strings*, Scarlatti's *Concerto Grosso 111*, Mozart's *Allegro in c*, Anderson's *Serenata*, Hammerstein's *Sound of Music* and more. *Sponsored by Woodward Hills.*  
**Please pre-register.** **Res \$2/ Non-Res \$4**  
**Thursday, January 30** (SEV16-A1403) **10 - 10:45 AM**

**Woodward Avenue Jazz Orchestra**  
Enjoy the sounds of the Woodward Avenue Jazz Orchestra, a 20 piece band from Royal Oak. This group of talented musicians from all walks of life delights audiences 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, December 7** (SEV16-D1302) **1 - 2 PM**

**Finding Your Voice** Jan Thompson  
Program will return in Spring.

**Meet the DSO Musician!**  
Join a talented Detroit Symphony Orchestra musician in an interactive event! The musician will speak about their life, demonstrate their instrument, discuss their inspiration for becoming a musician and answers questions from the audience. Preregistration & BT Residency Required. Complimentary event. *\*January Sponsored by Sunrise Senior Living & February Sponsored by Arden Courts.*  
**Tuesday, Jan 14\*** (EDU53-A1402) **10 - 11 AM**  
**Monday, Feb 17\*** (EDU53-A1405) **7 – 8 PM**

**Classics & Coffee**  
Enjoy complimentary coffee and pastries while enjoying a Trio Chamber Ensemble performance by members of the Birmingham-Bloomfield Symphony Orchestra. Mingle with the musicians during intermission and participate in a question and answer session. Limited seating. *Advanced registration required. Graciously Sponsored by: Maple Village*  
**Res \$5/Non-Res \$7**  
**Tuesday, January 28** (EDU53-A1403) **10:30 - 11:30 AM**

### Roots of the Music: Origins of the Motown Sound

Detroit is known the world over for the music that came out of a small studio on West Grand Boulevard during the 60s and 70s. Presentation by Detroit Historical Society senior curator, delves into the city's history of music making and the elements that contributed to the unique stylings of Motown and Tamla Records. *Please pre-register. Sponsored by Home Instead.* **Res \$2 / Non-Res \$4**  
**Saturday, Jan 11** (EDU53-A1401) **10 – 10:45 AM**

### Evola Music Keyboarding Class

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

**Thursdays** **11:30 AM – 12:30 PM**  
**Jan 9 – Feb 27** (EDU37-A1401) **8 classes/\$30\***

## **UNIQUE TOPICS**

### BTSS Resident Orientation

Join us for an informal gathering of new and interested residents to discuss programs, explain registration, and tour the center. *Please pre-register.*

**Monday, December 9** (SEV03-D1301) **7 – 8 PM**  
**Monday, February 3** (SEV03-D1302) **1 – 2 PM**

### Mandala Workshop

Explore your artistic talent and learn about the history of the mandala, a spiritual teaching tool and an aid to meditation. Creating your own mandala will offer you a time to center and focus. *\$10 supply fee paid to instructor.*

**Saturday, February 8** (EDU53-A1404) **10 – 11:30 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**

### Egyptian Art

Trace the history and emergence of a style that shook the art world in the late nineteenth century, yet is enormously popular today. *Sponsored by Baldwin House.*

**Monday, Dec 16** (EDU34-D1303) **7 – 8 PM**  
**Tuesday, Dec 17** (EDU34-D1304) **10:30 – 11:30 AM**

### The Rise of a Great Museum

Take a historical journey through the DIA from its ambitious beginnings to its present status as one of the world's premier fine art museums. *Sponsored by Maple Village.*

**Monday, Feb 3** (EDU34-A1401) **7 – 8 PM**  
**Tuesday, Feb 4** (EDU34-A1402) **10:30 – 11:30 AM**

### Loughbrack Storytelling®.

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

**Res \$2 / Non-Res \$4**

### "Civil War"

From Abe Lincoln to "the littlest of soldier of them all," presentation covers a time in history when this nation was split in two. Historical overview uses photography to show people, places & times that changed the country forever.

**Tuesday, Dec 3** (EDU47-D1303) **10 – 11:30 AM**  
**Thursday, Dec 5** (EDU47-D1304) **7 – 8:30 PM**

### "King Henry the VIII and his Court"

Visit the glorious time of the Tudor Dynasty in England. Hear stories of Henry VIII, his six wives, their children, and others who fueled the Reformation.

**Tuesday, Jan 21** (EDU47-A1401) **10 – 11:30 AM**  
**Thursday, Jan 23** (EDU47-A1402) **7 – 8:30 PM**

### Home Repair and Equity Scams

MI Senior Brigade  
Learn how to recognize potential repair scams, work with a contractor, understand reverse mortgages, and tips to recognize and avoid foreclosure scams. Presented by Michigan Attorney General's office representative. *Please pre-register.*

**Non-Res \$2**

**Wednesday, Feb 26** (EDU53-A1405) **10:30 – 11:30 AM**  
**Thursday, Feb 27** (EDU53-A1406) **7 – 8 PM**

## **EVENING ENRICHMENT PROGRAMS**

**BTSS Band Ballroom Dance** (pg. 10) V. Genzlinger  
**Tuesday, Jan 14 & Feb 4** **7 - 8:30 PM**

**BTSS Band Holiday Sing-A-Long** (pg. 10) V. Genzlinger  
**Tuesday, December 10** **7:00-8:30 PM**

**BTSS Resident Orientation** (pg. 11)  
**Monday, December 9** **7 – 8 PM**

**Bridge - Advance** (pg. 9) J. Bloom  
**Mondays, Jan 6 – Mar 3** **6:45 - 8:45 PM**

**Canasta – Strategy** (pg. 9) L. Gorosh  
**Tuesdays, Dec 3 - 17** **6:30 – 8 PM**

**Dessert and DIA** (pg. 11) DIA Speakers Bureau  
**Monday, Dec 16 & Feb 3** **7 – 8 PM**

**Home Repair & Equity Scams** (pg.11) MI Senior Brigade  
**Thursday, Feb 27** **7 – 8 PM**

**Loughbrack Storytelling®.** (pg. 11) M. Esther  
**Thursday, Dec 5 & Jan 23** **7 – 8:30 PM**

**Meet the DSO Musician!** (pg. 10)  
**Monday, Feb 17** **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. The forms are available at the main level reception desk or online at:

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

**Bloomfield Township residents please contact BTSS Deputy Director, Joan Patzelt at 248-723-3500 or e-mail at [jpatzelt@bloomfieldtp.org](mailto:jpatzelt@bloomfieldtp.org).**

***Thank You for Your Donations***\*... Agnes Evlow, Letha Kuesel, Geraldine Marchetti, Francis Sehn, Roy Meister, Patricia Sullivan, Larry Dargan, AAUW Birmingham Branch

### **\* 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 \* Marion Benedict \* Lou Bogart \* Janet Brandon \* Don & Camile Breen \* Reg Campbell \* Mary Ann Christ \* Su Chuang \* Cindy Clement \* Greg Coatsworth \* Cam Corbett \* Jerry Craig \* Judy Dennis \* David Dinger \* Judy Dixon \* Kitty Dobritt \* Judy Domstein \* Mike Dunigan \* Bob Eberhardt \* Carole & Ted Elder \* Karin Eynon \* Lori Farrow \* John Feeney \* Martha Flannery \* Ed Francis \* James Gambino \* Phyllis Gara \* Judy Geppert \* Carol Goldstein \* Jim & Irene Grady \* Sangeeta Grewal \* Nancy Haddad \* 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 \* Judy King \* 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 \* Kathleen & Robert Pelkey \* Priscilla Pettengill \* Alfred & Sarinna Ping \* Chuck Pokriefka \* Marie Pryce \* Rita Ravikrishnan \* Kathy Reese \* Renate Reimer \* Tom Richard \* Jerry Rivard \* Fulvio Romano \* Allen Rubin \* Janet Russell \* Michael Samson \* Linda Scheidemantel \* Gerald Schmidt \* Theresa Shea \* Mary Shepline \* Jean Smith \* Tom Storen \* Connie Szymczak \* Marjorie & Mario Trafeli \* Patricia Wagner \* Mary Walosin \* Larry Werner \* Lynn & Corey Wert \* Bill Williams \* Clint Williams \* Jim Wolfe \* Elinor & Murray Yolles \* Rasheeda Zafar

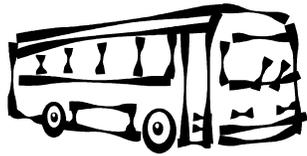
***Volunteering is important to long and healthful lives.***

Call Joan for more information 248-723-3500.

## **Thank you volunteers! 2100+ Hours in August-October**

**Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appointment Drivers, Computer Lab, Chicks With Sticks, 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 \* Verna Besancon \* Joan Bowes \* Janet Brandon \* Joan Brandt \* Peggy Brenton \* Sal Bricio \* Eleanor Brown \* Doreen Bull \* Sharon Butler \* Katherine Calvert \* Pat Caplin \* Joanne Carmichael \* Valerie Carrick \* Janet Cassise \* Susan Chapnick \* Mary Ann Christ \* Ed Coe \* John Conti \* Peggy Cohen \* Maureen Cook \* Jacqueline Corley \* Jerry Craig \* Jo Creek \* Sarah Davis \* Maxine Davison \* Vivian Dezur \* Barbara Dinneweth \* Sue Dodenhoff \* Steve Eskoff \* Nancy Exner \* Susan Feldstein \* Marie Gemmel \* Vance Genzlinger \* Judy Geppert \* Klaren Gerhart \* Stephanie Ghelfi \* Angie Giffels \* Carol Goldstein \* Jim & Irene Grady \* Rose Mary Graziano \* Rosie Gumbleton \* Tom Halsted \* Pat Hamburg \* Joyce Hancock \* Dede Hayes \* Cindy Herzberg \* Dan Hess \* Kim Hinkle \* Kathleen Holleran \* Shirley Horvath \* Sharon Houghtby \* Verle Hughes \* Maryvonne Jacquemart \* Connie Jaroh \* Sandy Jeffries \* Beth Johnson \* Barbara Joiner \* Rosemarie Killenberger \* Young Kim \* Sunny Kohli \* Rowena Kolde \* Patricia Kubik \* Dorothy Laffrey \* Elaine Lamb \* Marge Lazarou \* Priscilla Leclair \* Christie Lehmann \* Paulette Lerman \* Keith Lewis \* Linda Lewis \* Debbie Lim \* Jo Lincoln \* Bruce Madsen \* Liz Mahoney \* Gretchen Mako \* Janet Mathews \* Catherine Matti \* Martha McGee \* Alice McIntyre \* Gerald McKelvey \* Donald Meier \* Judy Michau \* Karen Miller \* David Mitchell \* Paul Mooradian \* Richard Moxley \* Irene Moser \* Chris Muir \* Raji Murthy \* Vara Navaluri \* Joan Nedeljkovic \* Lucille Noraian \* Jo Nott \* Karen Oulette \* Eileen Ozar \* Lois Page \* Kay Patel \* Ralph Pedersen \* Pat & Pete Pfeiffer \* Arlene Pinkos \* Nancy Porter \* Deanna Ralston \* Judy Reichelt \* Elizabeth Reiha \* Renate Reimer \* Tom Richard \* Dawn Roth \* Elizabeth Schlegel \* Pat Schleif \* Kathy Schultz \* Reenie Shannon \* Theresa Shea \* Susan Smith \* Francisca Soliven \* Ann Spina \* Judy Stahl \* Bernard Stuecheli \* Michael Sullivan \* Teresa Sun \* Marcia Suszan \* Nancy Tanke \* Virginia Tatseos \* Linda Tithill \* Maurice Vachon \* Anjali Vale \* Mary VanDagens \* Inez Veraldi \* Sue Wade \* 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.

**"Fred & Ginger Dancing & Romancing" DSO** WAIT LIST  
Friday, November 1 (DAY28-D1301) 9:30 AM – 3:15 PM  
BTSS Coach Fee: \$49\*

**Highlight Tour of DIA**  
Wednesday, November 6 (DAY13-D1301) 1:00 PM – 3:45 PM  
Learn and see highlights of the DIA. Tea and cookies reception upon arrival. You'll be picked up and returned by the DIA Bus. Trip proceeds support the Friendship Club art program.  
DIA Bus Fee: \$5\*

**"Mama Mia" Fisher Theatre** WAIT LIST  
Saturday, November 9 (DAY14-D1301) 11:15 AM – 5:00 PM  
BTSS Coach Fee: \$75\*

**The Village Club Luncheon**  
Wednesday, Nov 13 (DAY15-D1301) 12:00 PM – 2:15 PM  
Come and enjoy a lunch in this charming 1919 "Winningham House" which is now home to a private woman's club. Choose Atlantic Salmon or Autumn Chicken.  
BTSS Coach Fee: \$35\*

**Chocolates By Renee Making Candy**  
Tuesday, November 19 (DAY16-D1301) 11:00 AM – 3:00 PM  
Enjoy the fun of making your own delectable chocolate candy in Northville. Follow with lunch on your own at Edwards Café.  
BTSS Coach Fee: \$25\*

**"Ellis Hall is Ray Charles" DSO**  
Friday, November 22 (DAY30-D1301) 9:30 AM – 3:15 PM  
Ellis Hall is Ray Charles in concert with the DSO. Hear all of Ray's rockin', soulful smash hits, like "Georgia on My Mind," "Hit the Road Jack," plus favorites by Motown legends Stevie Wonder and Marvin Gaye. Followed by lunch on your own at LaMarsa.  
BTSS Coach Fee: \$49\*

**Cranbrook House & The Heathers Club**  
Saturday, November 23 (DAY17-D1301) 10:45 AM – 2:15 PM  
Cranbrook House presents "A Season for Elegance" showing holiday table settings. Follow with lunch at the Heathers Club. Choose Maurice Salad, Traverse City Salad, or Grilled Sirloin with Cottage Cheese & Fresh Fruit Cut.  
BTSS Coach Fee: \$42

**Zehnders Holiday Show & Lunch**  
Tuesday, December 3 (DAY19-D1301) 10:00AM – 4:00PM  
The Zehnder brothers offer a variety show that features something for everyone along with many of your favorite Christmas tunes. Their voices meld together for wonderful harmony along with playing over 20 instruments.  
BTSS Coach Fee: \$55\*

**"Elf" Fisher Theatre**  
Thursday, December 5 (DAY20-D1301) 4:30 PM – 10:00 PM  
As an orphan, William "Buddy" Hobbs crawls into Santa's bag, is transported to the North Pole & raised as an elf. Now an adult, Buddy comes to the rescue to save Christmas & help New York find spirit. Begin with dinner on your own at Mario's.  
BTSS Coach Fee: \$62\*

**"Slatkin Conducts Brahms" DSO** WAIT LIST  
Friday, December 6 (DAY31-D1301) 9:30 AM – 3:30 PM  
Slatkin conducts Brahms *Symphone No 4* along with Bates *Concerto for Violin* with Anne Akiko Meyers. Followed by lunch on your own at Picanos.  
BTSS Coach Fee: \$39\*

**"Tony Orlando" Macomb Center**  
Sunday, December 8 (DAY21-D1301) 12:00 PM – 5:30 PM  
Celebrate the holiday season with the legendary Tony Orlando. Enjoy holiday music along with Tony's biggest hits: "Candida," "Knock 3 Times," "Tie a Yellow Ribbon," "Sweet Gypsy Rose" and more. Begin with lunch on your own at Aspen Restaurant.  
BTSS Coach Fee: \$47\*

**"Holiday Brass" Macomb Center**  
Tuesday, December 10 (DAY22-D1301) 4:45 PM – 10:00 PM  
Brass players of Detroit Chamber Winds & Strings, along with the Fraser Singers, the 42-member select chamber choir from Fraser High School, perform beloved seasonal celebration. Begin with dinner on your own at the Rusty Bucket.  
BTSS Coach Fee: \$32\*

**"A Christmas Carol" Meadowbrook Theatre**  
Saturday, December 14 (DAY23-D1301) 11:15 AM – 4:30 PM  
Everyone's favorite holiday classic. The tale of a mean-spirited miser and the ghosts that haunt him. Begin with lunch on your own at Granite City Food Brewery.  
BTSS Coach Fee: \$47\*

**"War Horse" Fisher Theatre**

**Tuesday, December 17 (DAY24-D1301) 4:30 PM – 10:30 PM**  
Set before and during World War I, a story about an English teenager's pursuit of his horse, sold to the military by his alcoholic father. Begin with dinner on your own at the **St. Regis**.  
BTSS Coach Fee: \$62\*

**"Home for the Holidays" DSO**

**Friday, December 20 (DAY32-D1301) 9:30 AM – 3:30 PM**  
Be there for Detroit's favorite holiday musical tradition. Marvel at the spectacle of the season. It's a sparkling holiday celebration. Followed by lunch on your own at **Assaggi Bistro**.  
BTSS Coach Fee: \$49\*

**Salon Concert & Tea at Christ Church Cranbrook**

**Wednesday, January 8 (DAY01-A1401) 3:15 PM – 5:15 PM**  
Warm up with some cool jazz with local sax virtuoso Steve Wood and his quartet. Performing for thirty years, Steve is regarded as one of the top jazz musicians in the mid-west and has released two of his own CD's.  
BTSS Coach Fee: \$12\*

**Tour - Art at The Henry Hotel, Dearborn**

**Thursday, January 9 (DAY02-A1401) 10:30 AM – 2:45 PM**  
This is not your typical hotel art. Enjoy works from some of the greatest artists that ever lived - Picasso, Chagall, Rembrandt & Renoir – to some of the best modern artists of our time - Peter Max, Alfred Gockel & Yaacov Agam. Enjoy life-sized bronze works by Nano Lopez and hand blown glass by Detroit's April Wagner. Followed by lunch on your own at **Tria Restaurant**.  
BTSS Coach Fee: \$12\*

**High Tea at The Whitney**

**Tuesday, January 14 (DAY03-A1401) 1:15 PM – 4:00 PM**  
When the Whitney was built in the 1890's the house was one of many on what was called "Millionaire's Row." The house is the last real piece of that kind of architecture in the city. Enjoy High Tea in this mansion, a plated 4 course meal with the Whitney's signature blend of tea served on unique hand painted china.  
BTSS Coach Fee: \$47\*

**Motawi Tileworks**

**Thursday, January 16 (DAY04-A1401) 8:45 AM – 2:00 PM**  
For over 20 years, the artisans at Motawi Tileworks have hand-crafted art tile in their Ann Arbor, Michigan studio. These distinctive tiles are known for their rich glazes and uniquely American designs, inspired by nature, art & architecture. This is a walking tour. Followed by lunch on your own at **Carlyle Grill**.  
BTSS Coach Fee: \$28\*

**Movie and Lunch – Palladium Theatre**

**Tuesday, January 21 (DAY05-A1401) 11:00 AM – 3:00 PM**  
Your afternoon begins with a delicious buffet lunch with beverage and dessert (included). Then sink into a luxurious leather seat for a private showing of a first-run movie. Enjoy free popcorn and pop during the movie. Movie showing will be announced the first of the month.  
BTSS Coach Fee: \$29\*

**Detroit Red Wings v Chicago Blackhawks**

**Wednesday, January 22 (DAY06-A1401) 6:45 PM – 10:30 PM**  
Cheer the Wings on to victory over our rivals the Chicago Blackhawks who were winners of the Stanley Cup and the President's Trophy last season. The only stairs you will have are the few steps to your seat.  
BTSS Coach Fee: \$125\*

**North American International Auto Show and Lunch**

**Thursday, January 23 (DAY07-A1401) 9:30 AM – 3:15 PM**  
Experience the next generation of transportation. More than 500 vehicles on display, representing the most innovative designs in the world. Transportation and lunch included, your choice of combination plate, German plate, or potato pancakes, apple strudel and non-alcoholic beverage. Participants purchase their own auto show ticket at the door. Followed by lunch (included) at **Dakota Inn Rathskellers**.  
BTSS Coach Fee: \$25\*

**Hilary Hahn, Violin DSO**

**Friday, January 24 (DAY08-A1401) 9:30 AM – 3:30 PM**  
Gramophone magazine's Artist of the Year and two-time Grammy Award-winning violinist, Hilary Hahn is celebrated for her probing interpretations, technical brilliance and compelling stage presence. Followed by lunch on your own at **Bella Piatti**.  
BTSS Coach Fee: \$41\*

**Painting Party and Lunch at Artists Lounge**

**Tuesday, January 28 (DAY09-A1401) 10:00 AM – 1:15 PM**  
No experience required. You will paint a picture at the direction of professional artists and bring home your masterpiece. Lunch will be pizza, salad and coffee.  
BTSS Coach Fee: \$52\*

**Moving Pictures, Power Center for The Performing Arts**

**Thursday, February 6 (DAY10-A1401) 4:00 PM – 10:30 PM**  
An evening of modern dance and celebration of the power of women's voices. Choreographed by U of M faculty Melissa Beck, Bill De Young, and Peter Sparling, with guest choreographer Andrea Miller. Begin with dinner on your own at **Paesano's**.  
BTSS Coach Fee: \$31\*

**Century of Broadway – DSO**

**Friday, February 7 (DAY11-A1401) 9:30 AM – 3:15 PM**  
Hosted by Jeff Tyzik. Songs of George M. Cohan, Rodgers and Hammerstein; favorites from My Fair Lady, The Music Man, Jersey Boys, Phantom of the Opera and many more! Followed by lunch on your own at **Salvatore Scallopini**.  
BTSS Coach Fee: \$49\*

**Salon Concert & Tea, Christ Church Cranbrook**

**Wednesday, February 12 (DAY12-A1401) 3:15 PM – 5:15 PM**  
Former DSO flutist, Ervin Monroe, brings his accomplished dozen - ranging from bass flute to piccolo - to perform a variety of well-known pieces arranged for the unique and beautiful sound of multiple flutes.  
BTSS Coach Fee: \$12\*

### Ravishing Rachmaninoff – DSO

**Friday, February 14 (DAY13-A1401) 9:30 AM – 3:30 PM**  
Enjoy Valentine's Day with Giancarlo Guerrero, conductor and Daniil Trifonov, piano, playing Gershwin's Cuban Overture, Rachmaninoff's Rhapsody on a Theme of Paganini and more. Followed by lunch on your own at **The Honey Tree Restaurant**.  
BTSS Coach Fee: \$41\*

### Movie and Lunch – Palladium Theatre

**Tuesday, February 18 (DAY14-A1401) 11:00 AM – 3:00 PM**  
Your afternoon begins with a delicious buffet lunch with beverage and dessert. Then sink into a luxurious leather seat for a private showing of a first-run movie. Enjoy free popcorn & pop during the movie. Movie announced the 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 whether to stay with Paul, her dumpy car salesman husband, or leave him for Mitchell, their dentist who's swept her off her feet. The two conspire to murder Paul at the local Howard Johnson's motel. The show's fast-paced comedy-suspense mayhem will kill you with laughter through to the very end. 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**  
The club founded in 1910 is one of Michigan's finest venues for art, music and literature. Walk through the doors and enter into a splendid world of creative expression. 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 coming to town to see their matinee. If he likes what he sees, he might cast them in his movie. Unfortunately, everything that could go wrong does go wrong. 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. This rhythmical romp will have you dancing in your seats. 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**  
The docent led walking tour highlights the importance of maintaining and preserving historic churches as living history. Churches include: Our Lady of the Rosary, Clinton St. Greater Bethlehem Temple of the Apostolic Faith, St. Matthew & St.

Joseph, Marygrove College'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**  
Doris Williams, Celtic singer, singing Renaissance, Celtic and American Folk music, Doris accompanies herself on the lute, a stringed instrument dating back to the Middle Ages. Coming from the west coast, Doris has garnered acclaim for her beautiful voice and her unique ability to perform a wide variety of styles, from early music to jazz.

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**  
Light up a Lucky and pour yourself a highball. Steven Reineke leads the top 40s of the early 60s - music of the "Mad Men" era. 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 real-life case in 1925, two great 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**  
Your afternoon begins with a delicious buffet lunch with beverage and dessert. Then sink into a luxurious leather seat for a private showing of a first-run movie. Enjoy free popcorn & pop during the movie. Movie announced the first of the month.  
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 jewel of the college and the pride of four Certified Master Chefs and Executive Chefs. The meals are served by students. They prepare world-class food and serve it in a classically casual setting.

BTSS Coach

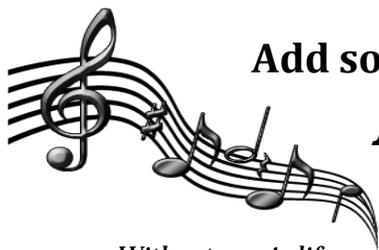
Fee: \$37\*

### Torch Song Trilogy – Stagecrafters

**Friday, March 28 (DAY25-A1401) 5:00 PM – 10:30 PM**  
Torch Song Trilogy is a glimpse into the life of Arnold Beckoff, a formerly nice Jewish boy from Brooklyn who now makes his living as a drag queen at a Manhattan gay nightclub. Set in three acts and told in a painfully funny yet honest voice. Opening night reception before performance. Begin with dinner on your own at **Oxford Tavern**.

BTSS Coach

Fee: \$32\*



**Add some  
Music  
to your life!**

*Without music life would be a mistake.  
~Friedrich Wilhelm Nietzsche*

See pages 10 & 11 for more details about these upcoming musical offerings.

**BTSS Band**

1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Tuesdays 3 – 5 PM

**BTSS Band Holiday Sing-A-Long**

Tuesday, Dec. 10 (SEV16-D1303) 7 - 8:30 PM

**BTSS Band Ballroom Dance**

Tuesday, January 14 (SEV16-A1401) 7 - 8:30 PM  
Tuesday, February 4 (SEV16-A1402) 7 - 8:30 PM

**Birmingham Musicale String Ensemble**

Thursday, January 30 (SEV16-A1403) 10 - 10:45 AM

**Woodward Avenue Jazz Orchestra**

Saturday, December 7 (SEV16-D1302) 1 - 2 PM

**Meet the DSO Musician!**

Tuesday, Jan 14 (EDU53-A1402) 10 - 11 AM  
Monday, Feb 17 (EDU53-A1405) 7 – 8 PM

**Classics & Coffee**

Tuesday, Jan 28 (EDU53-A1403) 10:30 - 11:30 AM

**Roots of the Music: Origins of the Motown Sound**

Saturday, Jan 11 (EDU53-A1401) 10 – 10:45 AM

**Evola Music Keyboarding Class**

Jan 9 – Feb 27 (EDU37-A1401) 11:30 AM – 12:30 PM

**Home Repair and Equity Scams**

Learn how to recognize potential repair scams, work with a contractor, understand reverse mortgages, and tips to recognize and avoid foreclosure scams. Presented by Michigan Attorney General's office representative. *Please pre-register.* **Non-Res \$2**

Wednesday, Feb 26 (EDU53-A1405) 10:30 – 11:30 AM

Thursday, Feb 27 (EDU53-A1406) 7 – 8 PM

**Mandala Workshop**

Explore your artistic talent and learn about the history of the mandala, a spiritual teaching tool and an aid to meditation. Creating your own mandala offers you a time to center and focus. *\$10 supply fee paid to instructor.*

Saturday, February 8 (EDU53-A1404) 10 – 11:30 AM

**Get Motivated;  
Stay Motivated!**

**January 2 - 4**

It's 2014! Start the New Year off right with three days of fitness fun!

♥ Charity workouts ♥

Class demos ♥ Presentations

*Watch for more information to come online and in the Senior Center.*



**GOT CABIN FEVER?**

It's time to get out of the house! BTSS is known for the quantity and quality of their day trips. Check them out on pages 13-15. Upcoming trips include:

- "Ellis Hall is Ray Charles" and many other DSO's
- Detroit Red Wings Game
- High Tea at the Whitney
- Lunch and Movie at the Palladium
- Historical Houses of Worship Tour
- "Inherit the Wind" - Village Players
- "Torch Song Trilogy" - Stagecrafters
- North American International Auto Show
- Painting Party and Lunch

**The series continues....**

Two popular and intriguing series from 2013 will continue in 2014. See page 11 for more details.

**Dessert and DIA**

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

**Loughbrack Storytelling®.**

M. 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.*

**NEW for YOU!**

Along with dozens of offerings available to challenge your mind and body, BTSS encourages you to check out these new classes designed with you in mind.

- ✓ **Advanced Ai Chi** (pg. 3)
- ✓ **It's a New Day Yoga** (pg. 6)
- ✓ **Yoga at the Wall** (pg. 6)
- ✓ **Fitness Equipment Refresher** (pg. 6)
- ✓ **Create Personalized Movies** (pg. 8)