



Bloomfield Township Senior Services



Fall 2015

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

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Health Fair & Flu Shot Clinic

Thursday, October 15
9:00 a.m. – 2 p.m.

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

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

Appointments required. Register by phone or at BTSS beginning September 21 at 9 a.m.

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

Sponsored by



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

HERE TO SUPPORT YOU!

Please take time to review the yellow Supportive Services pages of this news. A wide variety of supportive services are available to assist you or those you know including loan closets, Medicare Assistance, Low Vision Support Group, blood pressure checks, minor home repair, transportation, caregiver support and more.

Fitness Week August 31 – Sept. 4

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

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



October 8 - 9, 2015

Don't miss the repeat of this popular, sellout fall trip. See back page for details.

DO YOU HAVE THE BEST MEDICARE PLAN COVERAGE FOR YOUR NEEDS?

BTSS, in partnership with AAA 1-B, is holding Medicare Part D Assistance Days to help beneficiaries look at coverage options during the annual Open Enrollment period. Receive trusted, in-person assistance from trained MMAP counselors to review your plan and compare other options. There is no charge for this service. Appointment required. Call BTSS at 248-723-3500 to schedule. BT residents. Transportation available. Call Denise (248-723-3500) for more information.

Mondays and Tuesdays 10 AM – 3 PM
October 19 & 20 November 16 & 17
November 30 & December 1

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

DRIVE TIME: The new High School hours are projected to be 7:25 AM to 2:30 PM. Please plan for changing traffic during these periods.

NEW FITNESS CLASSES: We are pleased to offer a number of new fitness classes, in addition to our current popular offerings. (pg. 3-9)

Aqua Endurance, Core & Balance	Aqua Rhythms
Aqua Cardio Party & Core	Aqua Interval
Water Sport Fitness	1 on 1 Personal Training
Pilates, Strength & Balance	Yoga Pilates Fusion

Wishing you peace and health,

Christine Tvaroha

ctvaroha@bloomfieldtwp.org (248) 723-3500

Thank You for Your Donations... Lucille Swanson, Maxine Davison, Carol Goldstein, John Conti, Letha Kuesel, Maureen Edson, Pat DeGrazia, Aftab Farooq, Edward Nol*

* 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.

Special thanks to our Fall 2015 sponsors:



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



BALDWIN HOUSE



Special thanks to our Summer 15 sponsors:

Maple Village Baldwin House American House
Brookdale Troy Assisted Living and Memory Care
Woodward Hills Nursing Center

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 – 8 PM
Friday 7 AM – 6 PM
Saturdays 8 AM – 2 PM

Adult Day Service/Friendship Club: Mon-Fri 9 AM–4 PM

www.bloomfieldtwp.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

Donna Artzberger, John & Janice Bellefleur, John Conti,

Maxine Davison, Don Foehr, Marie Gemmel

Victor & Suzanne Goldstein

Elizabeth Mahoney, Tom & Ginnie Richard

BTSS will be closed on:

Saturday, Sept. 5 & Monday, Sept. 7

Thursday, Nov. 26 & Friday, Nov. 27

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

- Resident registration only for confirmed BT profiles now through 8/24; nonresidents begins 8/25.
- Non- residents pay additional \$10 per session or trip, unless otherwise noted.
- Checks with insufficient funds will incur \$30 fee.
- Full payment required with registration.
- Prorating of class fees subject to instructor approval.
- Emergency Card must be presented at trip check-in.
- Trips depart promptly at posted time; return times are approximate.
- 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: nonrefundable within 3 business days. Cancellation fee \$5 + costs incurred (i.e. prepaid tickets).

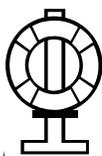
Aquatics: Warm Water Fitness

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

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

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

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



Certified Lifeguards are needed.

Job description and employment application available:

<http://www.bloomfieldtpw.org/Government/EmploymentOpportunities.htm>

Aqua Yoga Flow

Kathy Housey

A relaxing way to benefit from the water while doing vertical yoga poses adapted to the pool. Carefully sequenced stretches are fluid and build gradually as you work the entire body in a warm water environment. *Bring water bottle; water shoes optional.*

Monday

Sep 14 – Oct 19 (FIT114-C1502)

Oct 26 – Nov 23 (FIT114-D1501)

11 AM – 12 PM

6 classes/\$48*

5 classes/\$40*

Aqua Cardio Core

Lisa Chavis

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

Thursday

Sep 10 – Oct 15 (FIT118-C1502)

Oct 22 – Nov 19 (FIT118-D1501)

9:30 – 10:30 AM

6 classes/\$36*

5 classes/\$30*

New! Aqua Endurance, Core & Balance

Stan Witkowski

Focuses on endurance training plus dynamic core and balance conditioning. Great low impact but high intensity workout with good heart rate monitoring. Anything goes in this class!

Tuesday

Sep 8 – Oct 13 (FIT133-C1501)

Oct 20 – Nov 24 (FIT133-D1501)

9:30 – 10:30 AM

6 classes/\$36*

6 classes/\$36*

New! Aqua Cardio Party & Core

Maggie Barclay

Class includes 30-40 minutes of a variety of cardio programming, including traditional aerobics, HIIT, circuit, boxing, and dance including Aqua Zumba®! 20 – 30 minutes of core training includes traditional work with noodles, buoys and other equipment, along with training vertically for "dry hair abs"! Come join the Party in the Pool!

Thursday

Sep 10 – Oct 15 (FIT131-C1501)

Oct 22 – Nov 19 (FIT131-D1501)

8 - 9 AM

6 classes/\$36*

5 classes/\$30*

New! Aqua Rhythms

Lisa Chavis

For people who dance to their own beat! Mixing cardio and rhythmic moves to challenge the core muscles improving balance & coordination. From water ballet to water guitar, it's an aqua jam you don't want to miss.

Thursday

Sep 10 – Oct 15 (FIT132- C1501)

Oct 22 – Nov 19 (FIT132- D1501)

11 AM – 12 PM

6 classes/\$36*

5 classes/\$30*

Aqua Power Aerobics Level 1

Annie Chi

Great aqua cardio workout with continuous motion to elevate your heart rate with creative strength and conditioning exercises for the full body.

Tuesday

Sep 8 – Sep 29 (FIT27a-C1505)

Oct 6 – Oct 27 (FIT27a-D1501)

Nov 3 – Nov 24 (FIT27a-D1503)

4:45 – 5:45 PM

4 classes/\$32*

4 classes/\$32*

4 classes/\$32*

Thursday

Sep 10 – Sep 24 (FIT27a-C1506)

Oct 1 – Oct 29 (FIT27a-D1502)

Nov 5 – Nov 19 (FIT27a-D1504)

4:45 – 5:45 PM

3 classes/\$24*

5 classes/\$40*

3 classes/\$24*

Aqua Power Aerobics Level 2

Annie Chi

Fun, fast-paced water aerobics emphasizing strength and endurance by using a variety of equipment. Advanced level class that will challenge and motivate you.

Tuesday

Sep 8 – Sep 29 (FIT27b-C1506)

Oct 6 – Oct 27 (FIT27b-D1501)

Nov 3 – Nov 24 (FIT27b-D1504)

6 – 7 PM

4 classes/\$32*

4 classes/\$32*

4 classes/\$32*

Thursday

Sep 10 – Sep 24 (FIT27b-C1507)

Oct 1 – Oct 29 (FIT27b-D1502)

Nov 5 – Nov 19 (FIT27b-D1505)

6 – 7 PM

3 classes/\$24*

5 classes/\$40*

3 classes/\$24*

New! Aqua Interval

Karen Ockner

For active exercisers! Challenge your cardiovascular system by performing various moves in sequence, followed by a recovery period. Strength & core work included also. Work at your own level and modify as needed. Aqua shoes recommended and bring a water bottle.

Tuesday

Sep 8 – Oct 13 (FIT134-C1501)

Oct 20 – Nov 24 (FIT134-D1501)

3:30 - 4:30 PM

6 classes/\$36*

6 classes/\$36*

Aqua Fit

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

Wednesday 9:30 – 10:30 AM

Sep 9 – Oct 14 (FIT96-C1505) 6 classes/\$48*

Oct 21 – Nov 25 (FIT96-D1501) 6 classes/\$48*

Friday 9:30 – 10:30 AM

Sep 11 – Oct 16 (FIT96-C1506) 6 classes/\$48*

Oct 23 – Nov 20 (FIT96-D1502) 5 classes/\$40*

Fluid Moves

Warm up, followed by mild aerobic exercises to raise heart rate and increase circulation. Exercises with noodles, balls, kickboards and buoys. Yoga style stretches to improve balance, strength and concentration. Finish with relaxing floatation. All levels welcome. *Bring water bottle to class.*

Wednesday 11 AM – 12 PM

Sep 9 – Oct 14 (FIT86-C1503) 6 classes/\$48*

Oct 21 – Nov 25 (FIT86-D1501) 6 classes/\$48*

Saturday 10:30 – 11:30 AM

Sep 12 – Oct 17 (FIT86-C1504) 6 classes/\$48*

Oct 24 – Nov 21 (FIT86-D1502) 5 classes/\$40*

H₂O HIIT

Ready to take your aqua exercise to the next level? Aqua HIIT uses the water's resistance along with high intensity interval training to develop muscle tone, flexibility and cardiovascular fitness.

Friday 11 AM – 12 PM

Sep 11 – Oct 16 (FIT128-C1502) 6 classes/\$36*

Oct 23 – Nov 20 (FIT128-D1501) 5 classes/\$30*

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 9 – 10 AM

Sept 12 – Sept 26 (FIT32-C1503) 3 classes/\$24*

Oct 3 – Oct 31 (FIT32-D1501) 5 classes/\$40*

Nov 7 – Nov 21 (FIT32-D1502) 3 classes/\$24*

Swim Lessons-Beginners

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

Tuesday 11 AM – 12 PM

Sep 8 – Oct 13 (FIT48-C1502) 6 classes/\$36*

Oct 20 – Nov 24 (FIT48-D1501) 6 classes/\$36*

Lori Harbour

Swim Fitness Class

Designed for individuals who want to continue working on improving their swimming fitness skills. Learn how to do flip turns, rhythmic breathing, and other swim techniques to help increase your speed & build up swimming endurance.

Tuesday 8 – 9 AM

Sep 8 – Oct 13 (FIT130-C1502) 6 classes/\$36*

Oct 20 – Nov 24 (FIT130-D1501) 6 classes/\$36*

Ernie Thomas

Ultimate H2O

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

Monday (Kathy Housey) 9:30 - 10:30 AM

Sep 14 – Oct 19 (FIT95-C1505) 6 classes/\$48*

Oct 26 – Nov 23 (FIT95-D1501) 5 classes/\$40*

Monday (Jennifer Hite) 6 – 7 PM

Sep 14 – Oct 19 (FIT95-C1506) 6 classes/\$36*

Oct 26 – Nov 23 (FIT95-D1502) 5 classes/\$30*

K. Housey/J. Hite

Water Walking Workout

Fun and simple class helps strengthen muscles, build cardio and aide in balance. Use proper technique and work at your own pace moving to music! Class includes core training and stretching. Progressions will be made using pool equipment. *Water shoes recommended.*

Monday 2:30 - 3:15 PM

Sep 14 – Oct 19 (FIT99-C1502) 6 classes/\$36*

Oct 26 – Nov 23 (FIT99-D1501) 5 classes/\$30*

Ernie Thomas

New! Water Sport Fitness

Enjoy having fun and exercising at the same time. Class will focus playing water basketball, volleyball, football, and other team sports. You do not have to be a swimmer to participate. *Water shoes recommended.*

Wednesday 2:30 - 3:15 PM

Sep 9 – Oct 14 (FIT135-C1501) 6 classes/\$36*

Oct 21 – Nov 25 (FIT135-D1501) 6 classes/\$36*

Ernie Thomas

Open Swim (FIT30-varies)

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

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

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

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

30/30 Cardio Party & Core

Maggie Barclay

30 minutes of cardio fun (interval training, aerobics, dance fitness & more) followed by 30 minutes of core strength and stretching (creative non-traditional standing moves, sit ups, mat pilates, body weight & more). Intermediate level class. *Wear supportive shoes, bring a mat, & water bottle.*

Monday

9 – 10 AM

Sep 14 – Oct 19 (FIT119-C1502)

6 classes/\$36*

Oct 26 – Nov 23 (FIT119-D1501)

5 classes/\$30*

Bokwa Dance®

Louis White

A new and different approach to group exercise. Moving to popular music in free form rhythm, draw letters and numbers with your feet moving through a routine. No choreography or counting steps. *Wear supportive shoes & bring water bottle.*

Thursday

6:30 – 7:30 PM

Sep 10 – Oct 15 (FIT120-C1502)

6 classes/\$36*

Oct 22 – Nov 19 (FIT120-D1501)

5 classes/\$30*

Saturday

9:45 – 10:45 AM

Sept 12 – Oct 17 (FIT120-C1503)

6 classes/\$36*

Oct 24 – Nov 28 (FIT120-D1502)

6 classes/\$36*

Cardio, Strength & Balance Level 2

Rhonda Jean

Total body workout in a fun, relaxed environment will help improve strength, flexibility, balance and the cardio system. Of course there is always time put aside for dance break or two. No seated movement. *Wear supportive shoes.*

Monday

10:30 - 11:15 AM

Sep 14 – Oct 19 (FIT137-C1501)

6 classes/\$36*

Oct 26 – Nov 23 (FIT137-D1501)

5 classes/\$30*

Creative Crosstraining

Maggie Barclay

Avoid workout plateaus by cross training! One low price includes the following classes taught by Maggie Barclay: Strength & Balance Level 2, Drums Alive®, Zumba Gold®, Cardio Party, Gentle Moves Yoga & Aqua Cardio Party.

BT Residency required.

M/T/W/TH/F

Times Vary

Sep 8 – Oct 16 (FIT77-C1502)

48 sessions/\$96

Oct 19 – Nov 24 (FIT77-D1501)

40 sessions/\$80

Drums Alive®

Maggie Barclay

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

Friday

10:15 – 11 AM

Sep 11 – Oct 16 (FIT47-C1502)

6 classes/\$36*

Oct 23 – Nov 20 (FIT47-D1501)

5 classes/\$30*

Cardio, Core, Conditioning (Three Cs)

Dondra Elie

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

Tuesday

9 – 10 AM

Sep 8 – Nov 24 (FIT109-C1501)

12 classes/\$72*

Thursday

9 – 10 AM

Sep 10 – Nov 19 (FIT109-C1502)

11 classes/\$66*

Zumba®

Maggie Barclay/Karen Ockner

Fuses hypnotic Latin and international rhythms and simple moves to create a dynamic workout system that's fun and easy to do! Moves and intensity levels adapted for active 50+ person. *Bring supportive shoes and a water bottle.*

Monday (Karen Ockner)

5:30 - 6:15 PM

Sep 14 – Oct 19 (FIT78-C1504)

6 classes/\$36*

Oct 26 – Nov 23 (FIT78-D1501)

5 classes/\$30*

Wednesday (Maggie Barclay)

6:30 – 7:30 PM

Sep 9 – Oct 14 (FIT78-C1505)

6 classes/\$36*

Oct 21 – Nov 18 (FIT78-D1502)

5 classes/\$30*

Friday (Maggie Barclay)

7:45 – 8:45 AM

Sep 11 – Oct 16 (FIT78-C1506)

6 classes/\$36*

Oct 23 – Nov 20 (FIT78-D1503)

5 classes/\$30*

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

6:30 – 7:30 PM

Sep 14 – Oct 19 (FIT110-C1503)

6 classes/\$36*

Oct 26 – Nov 23 (FIT110-D1501)

5 classes/\$30*

Wednesday

8:15 – 9:15 AM

Sep 9 – Oct 14 (FIT110-C1504)

6 classes/\$36*

Oct 21 – Nov 25 (FIT110-D1502)

6 classes/\$36*

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

THANK YOU!

PICKLEBALL (FIT22-VARIES)

Pickleball court time is available as a drop in and by reservation. See days and times below. Township resident must call to reserve a time with a maximum of 2 reservations per month allowed. Patron making the reservation is responsible for set up, putting equipment away and cleaning up.

Tuesday	7:00 AM – 8:30 AM (reservation) 2:45 PM – 4:30 PM (drop in)
Thursday	7:00 AM – 8:30 AM (reservation) 2:45 PM – 4:30 PM (drop in)
Saturday	11:30 AM -1:00 PM (reservation)

Players scan in/stop at the main level reception when coming to play. Non-resident \$2.

TABLE TENNIS DROP IN

Wednesdays 3:15-4:30 PM Fridays 2:30 - 4 PM

Indicates Drop-In Program: All participants must scan or check in at main level reception.
BT Resident **free**. Guest/Non Resident **\$2** and must be accompanied by BT Resident.

PERSONAL FITNESS

Small Group Personal Training (SGPT)

New to working out? Are you at a workout or weight loss plateau? SGPT services could improve your results! Personalized attention within a group may assist you to reach your health & fitness goals! Class limited to 6 participants. *Does not include fitness equipment.*

Monday (Lauren Olesiak)	2 - 3 PM
Sep 14 – Oct 19 (FIT103-C1504)	6 classes/\$90*
Oct 26 – Nov 23(FIT103-D1501)	5 classes/\$75*
Tuesday (Lisa Chavis)	5:30 – 6:30 PM
Sep 8 – Oct 13 (FIT103-C1505)	6 classes/\$90*
Oct 20 –Nov 24 (FIT103-D1502)	6 classes/\$90*
Wednesday (Lola Kuehl)	2 - 3 PM
Sep 9 – Oct 14 (FIT103-C1506)	6 classes/\$90*
Oct 21 – Nov 25 (FIT103-D1503)	6 classes/\$90*
Wednesday (Sharon Claye)	5 - 6 PM
Sep 9 – Oct 14 (FIT103-C1507)	6 classes/\$90*
Oct 21 – Nov 18 (FIT103-D1504)	5 classes/\$75*
Thursday (Sharon Claye)	5 - 6 PM
Sep 10 – Oct 15 (FIT103-C1508) No class 9/17	6 classes/\$90*
Oct 22 – Nov 19 (FIT103-D1505)	5 classes/\$75*
Friday (Lola Kuehl)	1 - 2 PM
Sep 11 – Oct 16 (FIT103-C1509)	6 classes/\$90*
Oct 23 – Nov 20 (FIT103-D1506)	5 classes/\$75*

New! One on One Personal Training

See back page for more information on this exciting new offering. *BT Residency required.*

SEATED

Brains, Balance & Strength (replaces Chair Exercise)

Lori Harbour

Basic strengthening, balance, coordination and movement techniques addressed using chairs for support while seated & standing. Light weights & resistance bands provided.

Tuesday	11:30 - 12:15 PM
Sep 8 – Oct 13 (FIT138-C1501)	6 classes/\$36*
Oct 20 – Nov 24 (FIT138-D1501)	6 classes/\$36*
Thursday	11:30 - 12:15 PM
Sep 10 – Oct 15 (FIT138-C1502)	6 classes/\$36*
Oct 22 – Nov 19 (FIT138-D1502)	5 classes/\$30*

Moving thru - Dance & Parkinson's

Terrye Mock

For individuals living with Parkinson's disease. The class is structured similar to a traditional dance class. All combinations can be completed either seated or standing. Purposeful movements to increase range-of-motion, core strength and offer cognitive component as sequencing is applied. *Please inform us if a caregiver will accompany participant at time of registration. FREE for Township Residents! Preregistration required.* (Fee funding available through Marilyn J. Scriver Scholarship for Dance Therapy. For more info, contact Stacy Egerton at 248-678-3124 or MarilynJanelInfo@gmail.com.)

Thursday	1:45 - 2:30 PM
Sep 10 – Oct 15 (FIT121-C1503)	6 classes/Non Res \$30
Oct 22 – Nov 19 (FIT121-D1501)	5 classes/Non Res \$25

STRENGTH

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. Please bring a mat to class.

Monday	12:45 – 1:30 PM
Sep 14 – Oct 19 (FIT101-C1503)	6 classes/\$36*
Oct 26 – Nov 23 (FIT101-D1501)	5 classes/\$30*
Wednesday	12:45 – 1:30 PM
Sep 9 – Oct 14 (FIT101-C1504)	6 classes/\$36*
Oct 21 – Nov 25 (FIT101-D1502)	6 classes/\$36*

Cardio, Strength & Balance Level 1

Rhonda Jean

(replaces Strength & Balance Level 1)

This TOTAL body workout in a fun, relaxed environment will help improve strength, flexibility, balance and the cardio system. Of course there is always time put aside for dance break or two. Class conducted in both seated and standing positions. *Wear supportive shoes.*

Tuesday	1:45 – 2:30 PM
Sep 8 – Oct 13 (FIT136-C1501)	6 classes/\$36*
Oct 20 – Nov 24 (FIT136-D1501)	6 classes/\$36*
Thursday	12:45 – 1:30 PM
Sep 10 – Oct 15 (FIT136-C1502)	6 classes/\$36*
Oct 22 – Nov 19 (FIT136-D1502)	5 classes/\$30*

Healthy Back 101

Lori Harbour

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

Tuesday

12:45 – 1:30 PM

Sep 8 – Oct 13 (FIT105-C1503)

6 classes/\$36*

Oct 20 – Nov 24 (FIT105-D1501)

6 classes/\$36*

New!

Pilates, Strength, & Balance

Karen Ockner

Build strength, improve balance, and strengthen your core muscles. Exercises will be performed standing, seated, and on the floor using your own body weight, light weights, and bands. *Please bring a mat and water bottle to class.*

Monday

4:15 - 5:15 PM

Sep 14 – Oct 19 (FIT139-C1501)

6 classes/\$36*

Oct 26 – Nov 23 (FIT139-D1501)

5 classes/\$30*

Strength & Balance – Level 2

Maggie Barclay

Class done standing and on the floor using hand weights, stability balls, foam rollers and your body weight. Advanced level class/must be able to balance on a stability ball. *Bring hand weights, stability ball, yoga mat, & water bottle.*

Friday

9 – 10 AM

Sep 11 – Oct 16 (FIT80-C1502)

6 classes/\$36*

Oct 23 – Nov 20 (FIT80-D1501)

5 classes/\$30*

Equipment Orientation/Refresher (FIT33-VARIES)

Required for fitness participants before registering for Open Hours. Also a refresher for those who have previously completed a class or Orientation. 1-1/2 hour personalized training on all equipment for safe & effective use. *Bring clean indoor shoes. BT Residents Only. 2 business days notice required for cancellations/rescheduling.* 1 class/\$30

Fitness Open Hours (FIT02-VARIES)

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

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

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

MIND  BODY

Gentle Moves Yoga

Maggie Barclay

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

Tuesday

10:15 - 11:15 AM

Sep 8 – Oct 13 (FIT94-C1503)

6 classes/\$36*

Oct 20 – Nov 24 (FIT94-D1501)

6 classes/\$36*

Thursday

10:15 - 11:15 AM

Sep 10 – Oct 15 (FIT94-C1504)

6 classes/\$36*

Oct 22 – Nov 19 (FIT94-D1502)

5 classes/\$30*

Tai Chi Chuan

Han Hoong Wang

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

Beginning Wednesday

9:30 – 10:15 AM

Sep 9 - Oct 14 (FIT03-C1501)

6 classes/\$48*

Oct 21 – Nov 25 (FIT03-D1501)

6 classes/\$48*

Continuing Wednesday

10:20 – 11:10 AM

Sep 9 - Oct 14 (FIT03-C1502)

6 classes/\$48*

Oct 21 – Nov 25 (FIT03-D1502)

6 classes/\$48*

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. Standing & floor movements can be done from a chair. *Bring mat, blanket/towel & water bottle.*

Friday

11:30 AM – 12:30 PM

Sep 11 – Oct 16 (FIT05-C1502)

6 classes/\$36*

Oct 23 – Nov 20 (FIT05-D1501)

5 classes/\$30*

Chair Yoga

Donna Tomassi/Karen Lutz

Connect gentle body movement with your breathing as you work to gain more strength, flexibility and balance in seated and optional standing postures, using the chair for support.

Monday (Donna Tomassi)

11:30 AM – 12:30 PM

Sep 14 – Oct 19 (FIT56-C1503)

6 classes/\$36*

Oct 26 – Nov 23 (FIT56-D1501)

5 classes/\$30*

Wednesday (Karen Lutz)

11:30 AM – 12:30 PM

Sep 9 – Oct 14 (FIT56-C1504)

6 classes/\$36*

Oct 21 – Nov 25 (FIT56-D1502)

6 classes/\$36*

It's a New Day Yoga!

Karen Lutz

Learn sun salutations at your own pace along with gentle flows bringing the body and soul together. Need to transition from mat to standing and back. *Bring your yoga mat.*

Saturday

8:30 – 9:30 AM

Sep 12 – Oct 17 (FIT113-C1502)

6 classes/\$36*

Oct 24 – Nov 28 (FIT113-D1501)

6 classes/\$36*

New!

Yoga Pilates Fusion

Karen Ockner

Lengthen & strengthen from head to toe with this core based class that fuses basic yoga stretching and Pilates strengthening together. *Bring mat & water bottle.*

Tuesday

6:45-7:30 PM

Sep 8 – Oct 13 (FIT140-C1501)

6 classes/\$36*

Oct 20 – Nov 24 (FIT140-D1501)

6 classes/\$36*

SPECIALTY FITNESS PROGRAMS & EVENTS

Outdoor Hike & Yoga

Maggie Barclay

Meet in the café and hike to a serene location where we will do a ½ hour gentle meditative Yoga class. Total distance approximately 2-1/2 miles out and back. *Wear comfortable clothes, supportive shoes & bring water. Sunglasses, hat & sunscreen recommended.* Preregistration required.

Wednesday

8:25 -10:00 AM

Sept 2 (SEV19-C1501)

1 Class/Free-Residents Only

22 Push-Up Challenge for Charity Event – October 23

Join the team and do 22 push-ups for charity on Friday, October 23 at 1:30 PM in the Senior Center. For a small donation, we will guide you in the safe & proper technique to accomplish this goal. Optional video of participants completing this goal will be recorded to post on the website. All fitness levels welcome! Preregistration required.

Informational Meeting/Technique Workshop

Wednesday, Sept 9 (FUN26-C1501) 4:00 - 5:00 PM

Minimum donation: \$5

Brains and Balance

Lori Harbour/Kathy Housey

Stay mentally sharp and physically stable with a fun and innovative program. 30 minutes of simple movements designed for coordination & increase blood flow to the brain combined; 30 minutes of brain drills focusing on memory, reasoning, conceptualization & language/problem solving skills. *Wear comfortable clothes & shoes, bring water bottle.*

Monday 4:00 - 5:00 PM

Oct 5 – Oct 26 (FIT141-D1501) 4 classes/\$32*

Fitness Week Informational Meeting/Demo

Monday, Aug 31, (TRYIT15-08) 4:00 - 5:00 PM

Fall Prevention-Balance Series

Sharon Claye

Older adults and caregivers can learn and practice various balance and strengthening strategies in this empowering class proven to reduce the risk of falling. Taught by a Fall Prevention Master Trainer. *\$17 materials fee payable to instructor first day of class. No late enrollment. Must be fully mobile or attend with caretaker. No fee for caretaker.*

Wednesday 11:00 AM – 12:00 PM

Sept 30 – Nov 4 (EDU59-C1501) 6 classes/\$50*

SATURDAY FITNESS CLASSES

It's a New Day Yoga! (pg. 7) Karen Lutz

Fluid Moves (pg.4) Kathy Housey

H₂O Boot Camp (pg. 4) Annie Chi

Bokwa Dance® (pg. 5) Louis White

EVENING FITNESS CLASSES

Aqua Power Aerobics Lev 2 (pg. 3) Annie Chi

Bokwa Dance (pg. 5) Louis White

Zumba® (pg. 5) Karen Ockner/Maggie Barclay

Zumba Gold Toning® (pg. 5) Janene Ravid

Ultimate H₂O (pg. 4) Jennifer Hite

Small Group Personal Train (pg. 6) L. Chavis/S. Claye

Yoga Pilates Fusion (pg. 7) Karen Ockner

VOLUNTEERING

For more information on volunteer opportunities at the Bloomfield Township Senior Center, visit our website –www.bloomfieldtwp.org/seniors.



Volunteering is important to long and healthful lives.

Call Joan for more information

248-723-3500.

Thank you to our Meals on Wheels Volunteers!

Rob Alvin * Kerstin Baumann * Susan Bellefleur * Molly Beresford * Leroy Bliven * Don & Camile Breen * Reg Campbell * Su Chuang * Cindy Clement * Greg Coatsworth * Jerry Craig * Patricia Dalton * Judy Dennis * Judy Dixon * Mike Dunigan * Carole & Ted Elder * Lori Farrow * John Feeney * Ed Francis * Judy Geppert * Mona Gibson * Barbara Glotzhober * Carol Goldstein * Nancy Haddad * Lorna Hall * Rose Ann Hanley * Rob Heeren * Cindy Herzberg * Pam Hoffman * Jim & Joann Holden * Linda Hsing * Susan Hugel * Jean Ivory * Pat Jacoby * Janet & John Kaczmarek * Marshall Lasser * Marcie Lloyd * Darcy MacKenzie * Doug & Joan Mann * Richard May * Carlos Mazzorin * Alice & Frank McIntyre * Rod & Mary Lynn McLachlan * Beth Mergel * Claire Michelini * Jean Miller * Debbie Mitchell * Judith & Richard Moxley * Walter Oehrlein * Linda Palmer * Lee Ann Pantalone * Priscilla Pettengill * Chuck Pokriefka * Marie Pryce * Rita Ravikrishnan * Kathy Reese * Renate Reimer * Tom Richard * Jerry Rivard * Fulvio Romano * Janet Russell * Gerald Schmidt * Theresa & Mike Shea * Mary Shepline * Tom Storen * Connie Szymczak * Marjorie & Mario Trafeli * Patricia Wagner * Larry Werner * Lynn & Corey Wert * Jim Wolfe * Elinor & Murray Yolles * Rasheeda Zafar

Thank you volunteers! 2500 + Hours in May-July

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

Diana Alexanian * Edie Anderson * Judy Antonak * Nancy Arens * Sarita Badhwar * Gladys Baker * Ruth Ann Ballard * Marian Balderi * Gene Baynham * Tina Beard * Susan Bellefleur * Molly Beresford * Joan Brandt * Peggy Brenton * Sal Bricio * Grace Brockett * 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 * Cathy Cory * Jerry Craig * Jo Creek * Sarah Davis * Marquerite Davidson * Maxine Davison * Vivian Dezur * Barbara Dinneweth * Corrinne Dowell * Janet Enguehard * Steve Eskoff * Nancy Exner * Shirley Franklin * Marie Gemmel * Vance Genzlinger * Judy Geppert * Klaren Gerhart * Mona Gibson * Angie Giffels * Barbara Glotzhober * Carol Goldstein * Irene Grady * Sangeeta Grewal * Rosie Gumbleton * Pat Hamburg * Joyce Hancock * Lorraine Hannah * Dan Hess * Kathleen Holleran * Shirley Horvath * Sharon Houghtby * Maryvonne Jacquemart * Connie Jaroh * Sandy Jeffries * Beth Johnson * Barbara Joiner * Pat Joyner * Lois Kafarski * Connie Kenty * Young Kim * Tony Klemmer * Sunny Kohli * Rowena Kolde * Patricia Kubik * Dorothy Laffrey * Elaine Lamb * Marge Lazarou * Christie Lehmann * Jenny Lenzi * Paulette Lerman * Keith Lewis * Linda Lewis * Jo Lincoln * Jill Lopez * Ludmilla Livshiz * Gail MacInnes * Liz Mahoney * Gretchen Mako * Janet Mathews * Catherine Matti * Martha McGee * Alice McIntyre * Gerald McKelvey * Donald Meier * Violet Mercado * Judy Michau * Karen Miller * Pat Miller * David Mitchell * Richard Moxley * Chris Muir * Vara Navaluri * Joan Nedeljkovic * Lucille Noraian * Jo Nott * Karen Oulette * Eileen Ozar * Lois Page * Kay Patel * Ralph Pedersen * Mike Peters * Arlene Pinkos * Deanna Ralston * Judy Reichelt * Renate Reimer * Tom Richard * Dawn Roth * Pat Schleif * Kathy Schultz * Reenie Shannon * Theresa Shea * Mary Shelly * Susan Smith * Francisca Soliven * Judy Stahl * Bernard Stuechell * Marcia Suszan * Nancy Tanke * Linda Tithill * Anjali Vale * Mary VanDagens * Peggy Walker * Stanton Walker * Martha Wells * Suzanne Winn * Diana Wise * Jessica Wollan * James Worley * Anjel Yessayan

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.**

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.*

Wednesdays 1:30 – 3:30 PM
Sept 16 – Nov 18 (ART02-C1502) 9 classes/\$124*

Autumn Leaf Designs Diane Bert
Using acrylic paints and autumn leaf sponges, create colorful stamped designs on cards and two placemats. Learn new techniques while having fun being creative under the guidance of local artist Diane Bert. \$10 Material fee payable to instructor.

Thursday 9:30 AM – Noon
Oct 1 (ART15-C1503) 1 class/\$15*

New Techniques Diane Bert
Alcohol inks are a new art medium which produce beautiful patterns on glossy cardstock. Use these inks to produce pieces which can be made into note cards or mat board creations. \$8 Material fee payable to instructor.

Tuesday 9:30 AM – Noon
Oct 27 (ART15-C1504) 1 class/\$15*

Paint a Wooden Santa Diane Bert
Paint an heirloom wooden Santa made by a skilled woodworker for your family to enjoy. This wooden cutout is 22 inches tall and holds a shelf which could hold a candy bowl. All supplies are included in the materials fee. Everyone can succeed in painting this charming Santa. \$20 materials fee payable to instructor.

Tuesday 9:30 AM – Noon
Nov 10 (ART15-D1501) 1 class/\$15*

Recycled Jewelry Martha McGee
Bring in your old bracelets and necklaces and remake them, or start a whole new project! Great for holiday gifts. \$5 material fee payable to instructor.

Tuesday/Thursday 1:30 – 3:30 PM
Sept 22 & 24 (ART23-C1501) 2 classes/\$10*
Nov 10 & 12 (ART23-D1501) 2 classes/\$10*

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 10/6 & 15,11/26) 1 – 4 PM 9

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 provided. No experience necessary.
Select Thursdays 9/10, 9/24, 10/8 1:30 - 4:30 PM

CLUBS / GROUPS

Book Club ☛ 10 – 11:30 AM
Sept 11: *The Keeper of the Diary* (Winston)
Leader: Author

Oct 2: *Once We Were Brothers* (Balson)
Leader: Catherine Matti

Nov 6: *All the Light We Cannot See* (Doerr)
Leader: Fern Stoffer

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.*

Senior Men’s Club Facilitator: Ralph Pedersen
Enjoy great speakers, camaraderie and a *light breakfast graciously provided by American House.*
Pre-registration required. Res \$6 / Non-Res \$8
3rd Wednesday 9:30 – 11:30 AM

Sept 16 (SOC27-C1503)
Lt Peter Vlahos, Fire Marshall – Home Fire Safety

Oct 21 (SOC27-D1501)
Dr. Peter Lichtenberg, Executive Director of Institute of Gerontology, WSU – Lichtenberg Financial Decision Making Rating Scale

Nov 18 (SOC27-D1502)
To Be Announced

Italian Group-Gruppo Italiano ☛ Facilitator: Angie Giffels
Italian Group-Gruppo Italiano ☐ Facilitator: Angie Giffels
2nd Friday 10 AM – Noon
Affiliate of Dante Alighieri

Sept 11: Giuliano Zuccato, Sculptor

Oct 9: Armondo Delicato- Effect the 60’s Had on Our Culture and How It’s Changed Our Lives For Better and For Worse

Nov 13: To Be Announced

COMPUTERS

Computer Lab – Open Hours ⚡

Let our volunteers answer your questions and help with your computer challenges. [Call to confirm availability.](#)

Tuesday & Thursday *call ahead only*
Saturday 10 AM – Noon

Selling on Ebay and Amazon Lindsey Schweickert

Learn how to turn your unwanted belongings into money in your pocket! See how easy it is to navigate these popular websites and turn your clutter into cash.

Tuesday 11 AM – 1 PM
Sept 29 (COM06-C1501) 1 class/\$12*

Digital Photo Sharing Lindsey Schweickert

Learn to transfer and share digital photos from your laptop, smartphone, or tablet.

Tuesday 10 AM - Noon
October 13 (COM49-D1501) 1 class/\$12*

Introductory Computers for Beginners Mike Wilson

Demonstration on the many things you can do with a computer and a preview of upcoming classes. You will come away with the confidence to explore upcoming computer classes! *Preregistration required.*

Complimentary to BT Residents/Non-Res \$10
Friday, Sept 11 (COM18-C1501) 9:30 – 10:45 AM

Help! I Have a Computer, What Next? Mike Wilson

Covers basic e-mail/attachments, printing, playing music/DVDs, copy/paste, copying camera pictures, playing games, changing desktop backgrounds, keyboard shortcuts & more! *\$25 book fee due first class-cash/check only.*

Fridays 9:30 - 11:30 AM
Sept 18 – Oct 2 (COM37-C1501) 3 classes/\$75*

Learning the iPad Mike Wilson

Learn how to best utilize your easy-to-use iPad! Class will cover checking e-mail, taking pictures, exploring websites, listening to music, video, free applications, and much more!
Optional: Bring your fully charged iPad

Fridays 9:30 - 11:30 AM
Oct 9 – Oct 23 (COM41-D1501) 3 classes/\$75*

GAMES

Billiards (Pool) ⚡

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

Bridge Club ⚡ Facilitator: B. Balakrishna

Monday & Friday (No meeting 9/7, 9/14, 10/19, 11/20, 11/27, 11/30)

Tables assigned: 12:30. First come, first serve.

Maximum of 7 tables Play: 12:45 – 4 PM 10

Duplicate Bridge Facilitator: Ed Coe
1st & 3rd Wednesday 4 – 7:45 PM
This group will not play ACBL “sanctioned” games.

Res \$2/Non-Res \$4

Bridge - Beginner James & Cheryl Bloom

Learn the basics of bridge including bidding and declarer play. No prior experience needed. Also for those with some bridge skill. Two certified ACBL instructors and silver life masters. *Book fee \$20 payable to instructor.*

Mondays (No Class 10/19) 5:45 - 7:45 PM
Sept 14 – Nov 9 (EDU12-C1501) 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. Concentration on play/defense of the hand. Two Certified ACBL instructors and a silver life masters. *Book fee of \$20 payable to instructor.*

Wednesdays (No Class 9/23, 10/21) 10 AM – Noon
Sept 9 – Nov 11 (EDU13-C1501) 8 classes/\$120*

Bridge - Advanced James & Cheryl Bloom

Make your bridge game more fun. Learn skills to be more competitive and techniques to get to slam more, analyze play and defend difficult hands. Certified ACBL instructors & a silver life masters. *Book fee of \$20 payable to instructor.*

Wednesdays (No Class 9/23, 10/21) 12:30 – 2:30 PM
Sept 9 – Nov 11 (EDU14-C1501) 8 classes/\$120*

Euchre & Pinochle ⚡ Facilitator: Joanne Carmichael
Thursdays (no meeting 10/15, 11/26) 11 AM – 1:30 PM

Canasta – Beginner Lenore Gorosh

All levels welcome. Class is for beginners or a refresher course. *Material fee of \$7 payable to instructor.*

Tuesdays 10 AM – Noon
Sept 8 – Sept 22 (EDU45-C1502) 3 classes/\$65*
Oct 13 – Oct 27 (EDU45-D1501) 3 classes/\$65*
Nov 3 – Nov 17 (EDU45-D1502) 3 classes/\$65*

Canasta – Beginner/Strategy Lenore Gorosh

This class is open to both beginner and advanced players. Strategy participants learn, splash hands, finesse and sharpen your game. Must know melding, 7's and aces. *Material fee of \$7 payable to instructor.*

Tuesdays 5:45 – 7:30 PM
Sept 8 – Sept 22 (EDU46-C1502) 3 classes/\$65*
Oct 13 – Oct 27 (EDU46-D1501) 3 classes/\$65*
Nov 3 – Nov 17 (EDU46-D1502) 3 classes/\$65*

Mah-jongg Play ⚡

Thursdays (no meeting 9/24, 10/15, 11/26) 1:30 – 4:30 PM

Poker ⚡ Facilitator: Joann Capoccia

Wednesdays Noon – 4 PM
Looking for more men & women to join fun group!

MOVIES

Movies provided by Bloomfield Township Public Library

Movie Classics: Oscar Winning Pictures 🌟

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

Sept 4 "Sabrina" 1:30 – 3:15 PM
A playboy becomes interested in the daughter of his family's chauffeur. But his more serious brother is the better fit.
Stars: Humphrey Bogart, Audrey Hepburn, William Holden
(1954, 113 min Comedy | Drama | Romance NR)

Oct 2 "The Lion in Winter" 1:30 – 3:45 PM
1183 AD: King Henry II's three sons all want to inherit the throne, but he won't commit to a choice. They and wife variously plot to force him.
Stars: Peter O'Toole, Katharine Hepburn, Anthony Hopkins
(1968, 134 min Drama | History, PG)

Nov 6 "On the Waterfront" 1:30 – 3:15 PM
An ex-prizefighter turned longshoreman struggles to stand up to his corrupt union bosses.
Stars: Marlon Brando, Karl Malden, Lee J. Cobb
(1954, 108 min Drama | Crime, NR)

Movie Musicals 🌟

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

Sept 11 "Singing in the Rain" 1:30 – 3:15 PM
A silent film production company and cast make a difficult transition to sound.
Stars: Gene Kelly, Donald O'Connor, Debbie Reynolds
(1952, 103 min - Musical | Comedy | Romance, NR)

Oct 9 "The Pajama Game" 1:30 – 3:15 PM
Employees of the Sleepy Pajama Factory are looking for a seven and half cent raise and won't take no for an answer! Babe Williams is their feisty employee representative but she may have found her match in shop superintendent Sid Sorkin.
Stars: Doris Day, John Raitt, Carol Haney
(1957, 101 min - Comedy | Musical | Romance, NR)

Nov 13 "Carousel" 1:30 – 3:45 PM
Billy Bigelow asks for permission to be sent down "from above" for one day to try and make amends for mistakes he made in life.
Stars: Gordon MacRae, Shirley Jones, Cameron Mitchell
(128 min - Musical | Drama, 1956, NR)

Movie Mania 🌟

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

Sept 18 "Black or White" 1:30 - 3:30 PM
A grieving widower is drawn into a custody battle over his granddaughter, whom he helped to raise her entire life.
Stars: Kevin Costner, Octavia Spencer, Gillian Jacobs
(2014, 121 min, Drama, PG-13)

Oct 16 "Still Alice" 1:30 – 3:15 PM
A linguistics professor and her family find their bonds tested when she is diagnosed with Alzheimer's disease.
Stars: Julianne Moore, Alec Baldwin, Kristen Stewart
(2014, 101 min - Drama, PG-13)

Nov 20 "McFarland, USA" 1:30 – 3:45 PM
A cross country coach in a small California town transforms a team of athletes into championship contenders.
Stars: Kevin Costner, Maria Bello, Ramiro Rodriguez
(2014, 129 min - Drama | Sport PG)

Movie Documentaries 🌟

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

Sept 25 "Next Year Jerusalem" 1:30 – 2:45 PM
Eight nursing home residents are given one last great adventure, a trip to Israel. The film documents the intricate planning through the journey itself: a physical and emotional challenge and ultimately, a transformational life experience. (2013, 72 mins, NR)

Oct 23 "No Place on Earth" 1:30 – 3:00 PM
While mapping out the largest cave system in Ukraine, explorer and investigator Chris Nicola discovers evidence that five Jewish families spent nearly a year and a half in the pitch-black caves to escape the Nazis. This is the story of the longest uninterrupted underground survival in recorded human history. (2012, 83 mins, PG-13)

5th Friday Movie 🌟

5th Friday **Movie begins: 1:30 PM**
5th Friday movie with popcorn!

Oct 30 "African Cats" 1:30 – 3 PM
A nature documentary centered on two cat families and how they teach their cubs the ways of the wild. (2011, 89 mins, G)

MUSIC

BTSS Band 🌟 Facilitator: Ed Black
Join the BTSS Swing Band! Players able to read orchestrations needed: drummer, sax, trombone and pianist. Music includes pop and ballads from the 30s, 40s & 50s. Come visit our rehearsals-listen in and even dance! Call the center for more information.

UNIQUE TOPICS

Successful Retirement Dick Rappleye/Bob Inskeep
Anticipating retirement? Explore the values, skills, and interests that will shape your retirement objectives. Exchange of individual experience, personal desires and mini "homework assignments". Finances not discussed.
Thursdays 4 semi-weekly meetings/\$35*
Sept 10 & 24, Oct 8 & 22 (EDU53-C1502) 1 - 2:30 PM
Sept 10 & 24, Oct 8 & 22 (EDU53-C1503) 6 - 7:30 PM

The Dead Sea Scrolls David Tarzbasian
Join scholar David Tarzbasian as he gives a fascinating lecture on the Dead Sea Scrolls, followed by a Q & A discussion. *Sponsored by St. Anne's Mead.*
Preregistration required Res \$3 / Non-Res \$5
Thursday, Oct 8 (EDU53-D1501) 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 \$3/Non-Res \$5

"Through Her Eyes: Women Artists in the DIA's Collection"
Viewing the work of women artists heightens awareness of the creative contributions of women across cultures and time and provides a lens through which to explore issues of gender, relationships between generations, politics, and culture. *Sponsored by Baldwin House.*
Tuesday, Sept 15 (EDU34-C1501) 10 – 11 AM

Cool Cars: Unique Automobiles of the Detroit Historical Society Collection Detroit Historical Society
The Detroit Historical Society is caretaker of sixty rare, many one-of-a-kind vehicles that exist in no other collection, including the first closed salon Cadillac and a pre-production Mustang prototype. This presentation takes a virtual tour of this unique automobile collection. *Sponsored by Woodward Hills.*
Preregistration required. Res \$3/ Non-Res \$5
Tuesday, Oct 6 (EDU53-D1502) 10 - 11 AM

Loughbrack Storytelling®. Maureen Esther
Fascinating presentations about great figures in history. Slide series conducted in lecture format, concluding with informal question and answer opportunity. *Sponsored by Brookdale Troy Assisted Living and Memory Care.*
Preregistration required. Res \$3 / Non-Res \$5

"The Real Tudors"
The Real Tudors (AD 1485 – AD 1603) - you've heard the stories and watched the TV miniseries. Hear the real story. Presentation covers the everyday lives and monumental change that the Tudor dynasty brings to English history from King Henry VII and ending with Queen Elizabeth I. Lecture covers a most studied and least understood time in history.
Tuesday, Sept 22 (EDU47-C1503) 10 – 11:30 AM
Thursday, Sept 24 (EDU47-C1504) 6 – 7:30 PM

Reverse Mortgages
Informative and educational presentation by Oakland County Community and Home Improvement Division to assist in a better understanding of reverse mortgages.
Preregistration required. Res \$3 / Non-Res \$5
Tuesday, Oct 27 (EDU53-D1504) 10 – 11 AM

Identity Theft MI Senior Brigade
Learn how to recognize and avoid identity theft; how thieves steal and what they do with your identity; how to protect yourself; what to do if you're a victim.
Preregistration required Res \$3 / Non-Res \$5
Tuesday, Sept 1 (EDU53-C1504) 10 – 11 AM

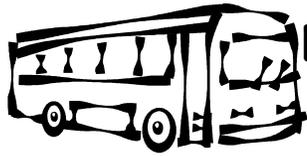
Travels to India - a DVD Presentation Marvin Parent
The land of beautiful colors, historical sites, great tasting foods, interesting culture, shopping galore, scientific marvels, absolutely gorgeous palaces, unique lifestyles, erotic temples, unique rituals along the Ganges River and the list goes on. The India 2014 DVD has background of authentic music. Our travel in India featured the cities of Dehli, Jaipur, Ranthambore Agra, Khajuraho and Varanasi. *Sponsored by Maple Village.*
Preregistration required. Res \$3 / Non-Res \$5
Thursday, Oct 22 (EDU53-D1503) 10 – 11:30 AM

Diabetes PATH Area Agency on Aging 1-B
Diabetes PATH is a consumer self-management education workshop for people with type 2 diabetes, their family and caregivers. Workshops are facilitated by two trained leaders, one or both having diabetes or another chronic condition. Workshop participants learn how to manage symptoms, fight fatigue, build confidence, monitor blood sugar, communicate effectively with healthcare professionals and more.
BT residents 60 and over only. Preregistration required
Mondays 9 – 11:30 AM
Sept 14 – Oct 26 (EDU56-C1502) 6 classes/\$15

AAA Mature Driver Course
The 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. \$20 Res/\$30 Non-Res
Tuesday, Oct 6 (EDU03-D1501) 10 – 2 PM

Be Healthy and Live Longer Herbert Handelsman
Handelsman, owner of the Better Health Store, will discuss his personal health plan that has enabled him at age 85 to have superior health and a healthy life style. Though not a medical provider, he will discuss his opinion related to the benefits of a grain free diet and the ability to lose weight. He'll also share his recipe for a dynamic smoothie that contains a broad spectrum of key nutrients.
Preregistration required. Res \$3 / Non-Res \$5
Friday, Sept 4 (EDU56-C1503) 10 - 11 AM



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.

John K. King Used & Rare Bookstore Tour

Tuesday August 18 (DAY14-C1501) 9:45 AM - 2:00 PM
Michigan and the country's largest used & rare bookstore. Downtown Detroit store consists of two buildings: a four story bookstore in an old glove factory and another building with a large collection of art books and a Rare Book Room. Followed by lunch on your own at **Slow's Bar BQ.** **Fee: \$27***

Adventures in Dining Series

Thursday, August 20 (DAY15-C1501) 11:00 AM - 1:30 PM
Another culinary adventure awaits you. **Granite City Food & Brewery** is a polished casual American restaurant featuring fresh, high-quality menu items. They are passionate about creating their menu selections from scratch and their handcrafted beers. Enjoy lunch on your own. **Fee: \$15***

Shinola Detroit Tour WAIT LIST

Friday August 21 (DAY16-C1501) 11:50 AM - 4:00 PM

Behind the Scenes – Comerica Park WAIT LIST

Thursday, Aug 24 (DAY21-B1501) 10:00 AM – 3:00 PM

Clinton River Cruise & Lunch

Wednesday Aug 26 (DAY17-C1501) 9:45 AM - 4:00 PM
Enjoy a lovely summer day aboard the "Clinton Friendship" leisurely cruising along the Clinton River up to the mouth of Lake St. Clair. Cash bar available. **Buffet Luncheon served on board is included.** **Fee: \$ 61***

Solanus Casey Center Tour and Lunch

Wednesday, Sept. 9 (DAY19-C1501) 9:00 AM – 3:00 PM
The Solanus Casey Center is a ministry of the Capuchin Franciscan Friars. Casey faithfully served the people of Detroit providing soup for the hungry, kind words for the troubled and a healing touch for the ill. The Center is place of pilgrimage, healing, reconciliation and peace. Docent led tour of the St. Bonaventure Chapel, surrounding gardens and sculptures. **Includes lunch of sandwich, soup & dessert.** **Fee: \$47***

Rattlesnake Club

Thursday, Sept. 10 (DAY20-C1501) 11:45 AM – 2:45 PM
Enjoy a fabulous lunch at one of the premier dining destinations in Detroit! Salad and your choice of Pan-Seared Atlantic salmon or roasted organic chicken breast, crème brulee dessert and non-alcoholic beverage. Please make your selection of entrée when registering. **Fee: 55***

Stahl's Automotive Museum

Tuesday, Sept. 15 (DAY21-C1501) 11:00 AM – 4:15 PM
A treasure trove of automotive history, tour 45,000 square feet with 91 cars. Great for car lovers, history buffs or just the curious who appreciate a thing of beauty. The museum exists in order to preserve, restore and exhibit specific vintage vehicles of the 20th century for educational purposes. Begin with lunch on your own at **Rosie O'Grady's** **Fee: 27***

Belle Isle Conservatory and Detroit Yacht Club

Thursday Sept. 17 (DAY22-C1501) 10:00 AM – 4:00 PM
Spend the day on the new Belle Isle. Start with a docent lead tour of one of the oldest buildings, The Anna Scripps Whitcomb Conservatory. Learn the history of this 1904 Albert Kahn building. Lunch included at the historic Detroit Yacht Club. Lunch selection made at time of reservation. **Fee: \$52***

Detroit Tigers v Chicago White Sox WAIT LIST

Wednesday Sept. 23 (DAY23-C1501) 12:00 PM - 4:45 PM

Young Frankenstein –The Musical - Stagecrafters

Thursday, Sept. 24 (DAY27-C1501) 5:15 PM - 11:00 PM
Adaptation of funny film into a brilliant stage creation. Dr. Frankenstein, his hunchbacked sidekick Igor and curvaceous lab assistant Inga succeed in creating a monster — but not without scary and quite often hilarious complications. Begin with dinner on your own at **Local Kitchen and Bar.** **Fee: \$47***

Atwater Brewery Tour

Friday Sept. 25 (DAY24-C1501) 4:00 PM - 7:45 PM
Tour the Atwater Brewery located in Detroit's historic Rivertown district and housed in a 1919 factory warehouse. It was founded in 1997 and carries on the rich history of Detroit breweries, using a 200 year old brewing process focusing on traditional German lagers & specialty ales. Followed by dinner on your own at **Andrews On The Corner.** **Fee: \$32***

Nordlie's Floral

Tuesday, Sept. 29 (DAY25-C1501) 9:00 AM – 1:45 PM
For over 80 years, Nordlie's has been providing fresh flowers & plants, floral supplies and interior design goods to retailers. Not open to the public, this is your chance to get inspiration from the best! Floral arranging demo, tour of their facility & time to shop. Follow with lunch on your own at **Master's.** **Fee: \$27***

Discover Northville – Shopping and Lunch

Wednesday, Sept. 30 (DAY28-C1501) 11:00 AM - 3:30 PM
Enjoy the day shopping and discovering charming downtown Northville. Discover the many unique boutiques, galleries, interior décor studios, and specialty retailers. Enjoy lunch on your own at **Garage Grille and Fuel Bar.** **Fee: \$22***

Adventures in Dining

Tuesday, October 6 (DAY01-D1501) 11:15 AM – 1:45 PM
Enjoy a fabulous lunch at one of the areas most celebrated eateries, **Mon Jin Lau**. Dine on their Asian inspired cross-cultural cuisine while taking in the unique atmosphere and ambience. Voted Restaurant of the Year by Hour Magazine. Lunch on your own. **Fee: \$22***

Centennial Sinatra - DSO

Friday, October 9 (DAY02-D1501) 9:30 AM – 3:30 PM
A centennial salute to Frank Sinatra — Old Blue Eyes. The DSO is joined by the swingin' voice of Steve Lippia for all your Sinatra standards, taking you back to the time when a great voice and great songs came together. Followed by lunch on your own at **Hogan's**. **Fee: \$65***

White Horse Inn

Tuesday, October 13 (DAY03-D1501) 11:30 AM – 3:30 PM
Originally built in 1850, this legendary spot in Metamora has served as a dining stop for stagecoaches and trains. Its been a hotel and a brothel, as well as an Underground Railroad stop, but most recently and once again, a restaurant. You will be treated to a brief history of the building. Fare is American comfort. Enjoy the fall color on the ride out and back!! **Lunch is on your own.** **Fee: \$27***

Mary Maxim Needlework & Crafts - Port Huron

Wednesday, Oct. 14 (DAY04-D1501) 9:30 AM – 3:45 PM
Mary Maxim Craft Store provides unique, exclusive needlework, craft kits and ideas. They offer sweater kits, needlepoint, embroidery, jewelry making, scrapbooking and more. Receive a discount on purchases and "goodie bag". Followed by lunch on your own at **The Raven Cafe**. **Fee: \$27***

La Boehme - MOT

Friday, October 16 (DAY05-D1501) 9:30 AM – 4:00 PM
We all endure the same trials: Love and loss; bliss and heartbreak. That's especially true in Puccini's story of Mimi and Rodolfo, a poor young couple seeking a lovers' paradise among their struggling friends in the Latin Quarter of Paris. A romantic adventure for lovers of any age. Dress rehearsal performance. Followed by lunch on your own at **24 Grille**. **Fee: \$52***

The Casting Session – Purple Rose Theater

Wednesday, Oct. 21 (DAY06-D1501) 10:15 AM – 5:00 PM
Meet Frank and Ron, two middle-aged actors who have been competing for the same roles in New York City and beyond for thirty years. Hilarious world premiere comedy that explores the lengths to which actors will go to get the part. Begin with lunch on your own at **The Plaid Melon**. **Fee: \$60***

Mozart's A Little Night Music - DSO

Friday, October 23 (DAY07-D1501) 9:30 AM - 3:30 PM
Leonard Slatkin and the DSO explore both the timeless beauty of Mozart's Eine Kleine Nachtmusik. Violinist & WQXR/Q2Music radio host, Nadia Sirota, presents the US premiere of a new concerto by American composer Nico Muhly. Followed by lunch on your own at **Gold Cash Gold**. **Fee: \$54***

Dirty Dancing – The Fisher Theater

Tuesday, Oct. 27 (DAY08-D1501) 5:00 PM – 11:00 PM
This smash hit with heart-pounding music, passionate romance, and sensational dancing tells the classic story of Baby and Johnny, two fiercely independent young spirits from different worlds who come together in what will be the most challenging and triumphant summer of their lives. Begin with dinner on your own at **Cuisine Restaurant**. **Fee: \$87***

Bollywood Masala Orchestra – Macomb Center

Friday, October 30 (DAY09-D1501) 4:45 PM - 10:30 PM
The Bollywood Masala Orchestra and Dancers of India present "Spirit of India", a new step toward a bold vision in Indian live music and dance. An authentic taste of the richness and excitement of Indian music. Begin with dinner on your own at **Brio Tuscan Grille**. **Fee: \$60***

The Great Gatsby- Hilberry Theater

Wednesday, Nov. 4 (DAY10-D1501) 11:00 AM – 5:00 PM
This adaptation of F. Scott Fitzgerald's 1925 masterpiece is performed by the graduate repertory company from WSU. Jay Gatsby, a self-made millionaire, passionately pursues the elusive Daisy while young Nick is lured into their extravagant world of wealth and privilege. Begin with lunch on your own at **Midtown Shangri-La**. **Fee: \$32***

Sanders Chocolates Tour

Thursday, Nov. 5 (DAY11-D1501) 9:45 AM – 2:30 PM
Start off with the story of chocolate and how Sanders and Morley got their start in Detroit. Watch the candy makers create luscious treats as you tour from the observation walkway. Samples and time for shopping in their gift shop. Followed by lunch on your own at **The Macaroni Grill**. **Fee: \$27***

Adventures in Dining

Tuesday, Nov. 10 (DAY12-D1501) 10:30 AM – 2:15 PM
Located on 'The Hill' in Grosse Pointe Farms, the **Dirty Dog Jazz Cafe** presents fine dining in an intimate, ole English pub atmosphere. Chef Andre Neimanis serves up bistro favorites, world cuisine influences, comfort food with a twist and exciting daily specials. **Lunch is on your own.** **Fee: \$27***

Behind The Scenes- Ford Field Tour

Thursday, Nov. 12 (DAY13-D1501) 10:30 AM – 3:15 PM
Home of the Detroit Lions, Super Bowl XL & 2009 MCAA Men's Basketball Final Four, Ford Field represents Detroit's history and its future. An innovative design in architecture, the stadium is integrated into the old Hudson's warehouse. Sneak a peek at a suite, visit the locker room, stand on the field and walk through the tunnel. Begin with lunch on your own at **Hockeytown café**. **Fee: \$35***

The Parade Company- Tour

Tuesday, Nov. 17 (Day14-D1501) 9:45 AM – 3:00 PM
A behind the scenes look at America's Thanksgiving Parade®. Learn about the history; explore acres of floats and how artisans bring them to life. View the world's largest collection of papier-mâché heads and stop by the costume shop. Followed by lunch on your own at **The Polish Village Café**. **Fee: \$37***

Symphony in D – D for Detroit- DSO

Friday, Nov. 20 (DAY15-D1501) 9:30 AM - 3:30 PM
What does Detroit sound like? The DSO and composer Tod Machover from the MIT Media Lab asked Detroiters that question. They created a collaborative symphony with sound submissions and conceptual contributions from the public. Followed by lunch on your own at **Café Via**. **Fee: \$54***

Festival Of Trees

Monday, Nov. 23 (DAY16-D1501) 9:15 AM - 2:00 PM
A spectacular display of over 70 professionally designed holiday trees; also wreaths, gingerbread houses & other holiday items. Followed by lunch on your own at **Bistro 222**. **Fee: \$25***

Doc Severinsen-DSO

Wednesday, Nov. 25(DAY17-D1501) 9:30 AM – 3:30 PM
Legendary NBC Orchestra bandleader and American icon, Doc Severinsen! Hear his red-hot renditions of Great American standards in his Big Band sound! Followed by lunch on your own at **The Grille Midtown**. **Fee: \$65***

Mythbusters Jamie and Adam Unleashed! – Fox Theater

Saturday, Nov. 28 (DAY18-D1501) 4:15 PM – 10:00 PM
A fantastical evening of on-stage experiments, audience participation, exciting videos and behind-the-scenes stories. Discovery Channel's Mythbusters mixes scientific method with gleeful curiosity and plain old-fashioned ingenuity to create explosive experimentation to support or de-bunk urban myths. Begin with dinner on your own at **Triple Nickel**. **Fee: \$58***

Jersey Boys- Fisher Theater

Thursday, Dec. 3 (DAY19-D1501) 11:30 AM - 5:45 PM
Tony Award®-winning true-life musical about Frankie Valli and The Four Seasons. They were just 4 guys from Jersey until they sang their very first note. Their harmonies were perfect on stage but off stage it was a very different story -- a story that has made them an international sensation all over again. Followed by dinner on your own at **The Stand**. **Fee: \$87***

Kalamazoo – The Tipping Point Theatre

Wednesday, Dec. 9 (DAY20-D1501) 12:00 PM – 5:30 PM
Love story of two mismatched seniors forced into internet dating by their children. After their crazy, margarita-filled first date, they discover love isn't any easier the second time around. Begin with lunch on your own at **Rocky's of Northville**. **Fee: \$55***

Mozart & Beethoven – DSO

Friday, December 11 (DAY22-D1501) 9:30 AM – 3:30 PM
Dynamic young maestro Case Scaglione leads classical gems by Mozart, Beethoven, and Haydn. Phenomenal violinist Augustin Hadelich returns with a stunning orchestration of Shostakovich's first sonata. Followed by lunch on your own at **Chartreuse Restaurant**. **Fee: \$54***

Home For The Holidays - DSO

Friday, December 18 (DAY23-D1501) 9:30 AM – 3:30 PM
DSO returns with the Motor City's favorite holiday musical tradition! A sparkling holiday celebration. Followed by lunch on your own at **The London Chop House**. **Fee: \$65***

Mannheim Steamroller – Fox Theater

Friday, December 18 (DAY24-D1501) 4:20 PM – 10:00 PM
From Gregorian chant and medieval-style compositions to electrically charged synth-tinged orchestral pop, there is no musical stone left unturned. A seasonal favorite. Begin with lunch on your own at **Bistro 82**. **Fee: \$58***

Newsies – MOT

Wednesday, Dec. 23 (DAY25-D1501) 10:15 AM – 4:00 PM
Tony Award winner based on true events, tells the captivating story of a band of underdogs who become unlikely heroes when they stand up to the most powerful men in New York. Begin with lunch on your own at **Cadillac Café**. **Fee: \$82***

Classic Broadway - DSO

Friday, January 8 (DAY01-A1601) 9:30 AM – 3:30 PM
Stuart Chafetz, with artists Michele Ragusa and John Cudia, conducts Broadway favorites by Rodgers and Hammerstein, Gershwin and Berlin; classics from The Music Man, West Side Story, Chicago, Phantom and more! Followed by lunch on your own at **The Mad Hatter Bistro**. **Fee: \$65***

Slatkin Conducts Bolero –DSO

Friday, January 22 (DAY02-A1601) 9:30 AM – 3:30 PM
Leonard Slatkin conducts Bizet's Carmen Suite and Ravel's Boléro. Principal Trumpet Hunter Eberly performs John Williams' Trumpet Concerto and flute virtuosa Marina Piccinini a new concerto by composer Aaron Jay Kernis. Followed by lunch on your own at **5th Tavern**. **Fee: \$54***

Avenue Q – Stagecrafters

Thursday, Jan. 28 (DAY03-A1601) 5:00 PM – 11:00 PM
Tony Award winning, laugh-out-loud musical satire. This Sesame Street for grown-ups, tells the story of a recent college grad who moves into a shabby New York apartment out on Avenue Q. He discovers this is not an ordinary neighborhood as he and his friends seek their ever-elusive purpose in life. Begin with dinner on your own at **Trattoria Da Luigi**. **Fee: \$47***

Stratford FESTIVAL

October 8 – 9, 2015
(XDAY01-D1501)

Enjoy an overnight stay in quaint Stratford and see two delightful plays: the heartwarming musical, "The Sound of Music", and classic comedy, "She Stoops to Conquer." Trip includes two performances, one breakfast, two dinners, hotel accommodations at Arden Park Hotel and a luxury motor coach

Full payment due with registration, no refunds after August 24 and partial refunds less costs incurred prior to August 24. Passport or enhanced driver's license required. Travel insurance is highly recommended for private purchase or through our Trip Leader Sue Goldstein at (248) 865-0005. Flyer at Center.

Fee: Residents \$455; Non Residents \$480; single supplement addl. \$90

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

Fitness Week

August 31 - September 4

MONDAY 8/31

Cardio Party & Core

9:00-10:00 a.m.

(TRYIT15-01)

Cardio, Strength, & Balance 2

10:30-11:15 a.m.

(TRYIT15-02)

Chair Yoga

11:30-12:30 p.m.

(TRYIT15-03)

Barre Balance

12:45-1:30 p.m.

(TRYIT15-04)

Small Group Personal Training

2:00-3:00 p.m.

(TRYIT15-05)

Pilates, Strength, & Yoga

4:15-5:15 p.m.

(TRYIT15-06)

Zumba®

5:30-6:15 p.m.

(TRYIT15-07)

Brains & Balance Demo

5:00-6:00 p.m.

(TRYIT15-08)

Zumba Gold Toning®

6:30-7:30 p.m.

(TRYIT15-09)

AQUA

Ultimate H2O

9:30-10:30 a.m.

(TRYIT15-10)

Aqua Yoga Flow

11:00-12:00

(TRYIT15-11)

Water Walking

2:30-3:15 p.m.

(TRYIT15-12)

Ultimate H2O

6:00-7:00 p.m.

(TRYIT15-13)

TUESDAY 9/1

Cardio, Core, Conditioning

9:00-10:00 a.m.

(TRYIT15-14)

Brains, Balance & Strength

11:30-12:30

(TRYIT15-16)

Healthy Back

12:45-1:30 p.m.

(TRYIT15-17)

Small Group Personal Training

5:30-6:30 p.m.

(TRYIT15-18)

Yoga Pilates Fusion

6:45-7:30 p.m.

(TRYIT15-19)

AQUA

Swim Fitness

8:00-9:00 a.m.

(TRYIT15-20)

Aqua Endurance

9:30-10:30 a.m.

(TRYIT15-21)

Swim Lessons

11:00-12:00 a.m.

(TRYIT15-22)

Aqua Interval

3:30-4:30 p.m.

(TRYIT15-23)

WEDNESDAY 9/2

Zumba Gold Toning®

8:15-9:15 a.m.

(TRYIT15-24)

Tai Chi-Beginners

9:30-10:15 a.m.

(TRYIT15-25)

Chair Yoga

11:30 a.m.-12:15 p.m.

(TRYIT15-26)

Small Group Personal Training

1:00-1:30 p.m.

(TRYIT15-27)

Small Group Personal Training

5:00-6:00 p.m.

(TRYIT15-28)

Zumba Gold®

6:30-7:30 p.m.

(TRYIT15-29)

AQUA

Aqua Fit

9:30-10:30 a.m.

(TRYIT15-30)

Fluid Moves

11:00 a.m. -12:00 p.m.

(TRYIT15-31)

Water Sports Fitness

2:30-3:15 p.m.

(TRYIT15-32)

THURSDAY 9/3

Gentle Moves Yoga

10:15-11:15 a.m.

(TRYIT15-33)

Dance for Parkinsons

1:45-2:30 p.m.

(TRYIT15-34)

Pickleball

3:00-4:30 p.m.

(TRYIT15-35)

Small Group Personal Training

5:00-6:00 pm

(TRYIT15-36)

BOKWA®

6:30-7:30 p.m.

(TRYIT15-37)

AQUA

Aqua Cardio Party

8:00-9:00 a.m.

(TRYIT15-38)

Aqua Cardio Core

9:30-10:30 a.m.

(TRYIT15-39)

Aqua Rhythms

11:00-12:00 a.m.

(TRYIT15-40)

Aqua Power Aerobics

6:00-6:45 p.m.

(TRYIT15-41)

FRIDAY 9/4

Zumba Gold®

7:45-8:45 a.m.

(TRYIT15-42)

Strength & Balance 2

9-10 a.m.

(TRYIT15-43)

Drums Alive®

10:15-11:00 a.m.

(TRYIT15-44)

Beginning Yoga

11:30 a.m.-12:30 p.m.

(TRYIT15-45)

AQUA

H2O HIIT

11:00-12:00 a.m.

(TRYIT15-46)

Preregistration required. Classes fill quickly!
 See pages 3-9 for class descriptions, dates & times.



Cedarbrook
 of Bloomfield Hills

(248) 629-0132

1 on 1 Personal Training (FIT142-VARIES)

Using the "machines" but not seeing the outcome you'd hoped for? Ready to take your equipment workouts to the next level? 1 on 1 personal training may improve your results! Personalized attention to your health & fitness goals! One hour session with a personal trainer. Following registration, trainer will contact you to set up your personal appointment. *Does not include fitness studio use. Pre-requisite: Equipment Class or Orientation/Refresher. BT Residents Only.*

Appointment must be scheduled within 30 days of registration. 2 business days' notice directly to trainer required for cancellations/rescheduling. **1 session/\$60**

Be Healthy and Live Longer

Herbert Handelsman Handelsman, owner of the Better Health Store, will discuss his personal health plan that has enabled him at age 85 to have superior health and a healthy life style. Though not a medical provider, he will discuss his opinion related to the benefits of a grain free diet and the ability to lose weight. He'll also share his recipe for a dynamic smoothie that contains a broad spectrum of key nutrients. *Preregistration required.* **Res \$3 / Non-Res \$5**

Friday, Sept 4 (EDU56-C1503)

10 - 11 AM



Supportive Services



Bloomfield Township Senior Services
4315 Andover Road, Bloomfield Township, MI 48302-2091
Phone: 248-723-3500 Fax: 248-723-3519
Web: www.bloomfieldtpw.org/Seniors

Fall 2015

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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. This program sponsored by Alzheimer's Association.

Respite care is included for current members of the *Friendship Club*.

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.

DO YOU HAVE THE BEST MEDICARE PLAN COVERAGE FOR YOUR NEEDS?

BTSS, in partnership with AAA 1-B, is holding Medicare Part D Assistance Days to help beneficiaries look at coverage options during the annual Open Enrollment period. Receive trusted, in-person assistance from trained MMAP counselors to review your plan and compare other options.

There is no charge for this service. Appointment required. Call BTSS at 248-723-3500 to schedule. BT residents.

Mondays and Tuesdays 10 AM – 3 PM
October 19 & 20
November 16 & 17
November 30 & December 1



MINOR HOME REPAIR

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

# in Household	Max. Household Income
1	\$37,950.00
2	\$43,350.00

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

LOW VISION SUPPORT GROUP

If you live with low vision, experts suggest that you may benefit greatly and improve your quality of life by becoming involved in a support group. Please join our low vision group leader, Anjel Yessayan for an informal monthly gathering. You'll have opportunities to share ideas, feelings and solutions to assist with daily challenges. Anjel will share updates on latest advanced devices and research.

Pre-registration required. Group limited to 15 participants each month, BT residents only. No charge. Transportation to center is available. Please contact Denise (248-723-3500) for information.

3rd Monday 2 - 3:30 PM
September 21 (EDU66-C1501)
October 19 (EDU66-D1501)
November 16 (EDU66-D1502)

FALL CANDY COLLECTION

Share Halloween with our homebound meals clients by donating small individually wrapped candies. Drop off candy at BTSS before October 29. Join us October 29 at 1:30 PM to pack for distribution. Call Denise (248-723-3500) if you are available to help package.

TRANSPORTATION SERVICES



**Please call
(248) 723-3500
for more
information**

≈ **Transportation to Senior Center**

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

≈ **Medical Transportation Services**

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

≈ **Volunteer Driver Transportation**

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

≈ **Grocery Shopping & Errands Transportation**

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

≈ **SMART Community Transit**

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

BLOOD PRESSURE CHECKS



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

September 16

October 21

November 18

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. (Financial support may be available for residents with documented low income.) For additional information and/or application materials on either program, contact Donna DeWitte, RN, Nutrition Coordinator, 723-3500.



"MEALS ON WHEELS"

BTSS provides home delivered meals to homebound seniors (generally unable to drive or leave the home independently.) Meals are delivered by volunteer drivers Monday through Friday between 10 AM and Noon. There is a cost for this program.



NUTRITIONAL SUPPLEMENTS

Liquid nutritional supplements are available to seniors based on medical necessity. BTSS orders Ensure® products monthly 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
- number of 8 oz. cans to be consumed daily.

The order must be renewed annually.



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 info.

Loan Closet Available

A loan closet of wheelchairs, walkers, canes and shower chairs is available **free** for short term use by Bloomfield Twp. residents. Contact Denise at 248-723-3500 for info. Loans arranged by appointment only.

BTSS accepts donations of clean, gently used wheelchairs, walkers, canes and shower chairs. We are in special need of acquiring knee scooters for loan. Please call Denise prior to bringing item(s) to the center.

Financial Help For Adults 60+

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

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

Legal Questions and Assistance

Lakeshore Legal Aid offers **FREE** consultations to senior citizens through the **Council & Advocacy Law Line** at 1-888-783-8190. Visits are available to homebound seniors or to nursing homes, as necessary.

You can also seek free advice on the **Legal Hotline for Michigan Seniors** at 1-800-347-5297

BenefitsCheckUp

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

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

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

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



Assistance Available for Medicare Part B

Low income Medicare beneficiaries may now be eligible for help paying their Medicare Part B premiums. The federal government has increased the assets level to help more low income seniors and adults with disabilities qualify for this benefit.

The AAA 1-B Medicare Medicaid Assistance Program can help beneficiaries determine if they are eligible. Call the MMAP program (800) 803-7174 for more info.

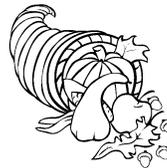
SameAddress One-Source Solutions

For most seniors, staying at home is the preferred living option. Now, using **SameAddress** Senior Concierge and Senior Care, seniors can focus on getting the most out of their lives in their homes while they deliver the safety, household and personal care services that make daily living easier and better.

SameAddress provides more than 30 services across four key categories:

- Daily Living Support,
- Home Health Care,
- Home Safety, Security & Repair
- Professional Services

All of these services are available with just one phone call or push of a button through **SameAddress**. One-Source solutions focus on senior lifestyles and can be personalized to match individual needs and preferences. To learn more contact them at 248-262-9999; Customercare@sameaddress.com



FALL HARVEST

MEALS ON WHEELS
SPONSORSHIP PROGRAM

BTSS delivers over 9,000 meals each year to homebound seniors in the community many who are frail and/or living on low incomes. Please support this vital community outreach service by sponsoring one or more meals.

Sponsorship cards are available at BTSS. Please return completed card and donation* to office. Checks payable to Bloomfield Township. (* Consult tax advisor for benefits.)

Thank you for your support!
(FUN27-C1501)

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.

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-Friday to answer questions and provide information on local services for seniors, persons with disabilities and family caregivers. Call 800-852-7795 to speak with a Specialist.

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 Alzheimer Association caregiver support meetings



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.