



Bloomfield Township Senior Services



Spring 2015

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

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TAX ASSISTANCE

Mondays & Tuesdays

February 9 & 10, 23 & 24

March 9 & 10 April 6 & 7

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 Friday, January 2nd for BT residents and on Monday, February 2nd for non-residents.

Appointment required: 248-723-3500



Petoskey,
Harbor Springs,
Bay View

May 11-14, 2015
(XDAY01-B1501)

Join us for this wonderful spring excursion. See page 15 for more details.

Spring into Fitness!

Fitness Week

March 2-6

*The perfect season for
New Fitness Goals*

(See back page for schedule of offerings.)

Sponsored by:



CEDARBROOK
SENIOR LIVING
— BLOOMFIELD HILLS —

Stratford FESTIVAL

October 8-9, 2015

Save the date! Don't miss the repeat of this popular, sellout fall trip. Details available February 16.

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.

Survey to 50 + Residents

Watch your mailbox this February, as a sample of registered Bloomfield Township voters over the age of 50 will receive a brief survey from BTSS. This information collected will assist in planning for future programs and services. The anonymous responses will be processed by Oakland University graduate students to find the top needs, interests and various correlations. We are interested to hear from all, especially those not currently engaged in programs and services and people nearing retirement.

Your insights will help guide BTSS into the next decade; we look forward to hearing from you.

Christine Tvaroha

ctvaroha@bloomfieldtwp.org (248) 723-3500

Thank You for Your Donations... Jane Galens, Lucille Swanson, Eva Topalian, Aftab Farooq, Letha Kuesel, Pamela Hoffman, Jeanne & Robert Tata, William Cline, Charles Pokriefka, Bloomfield Red Hats, Nicholas Papsifakis, Robert Clemens, Geraldine Sloan, Emma Sogoian, Eunice Coffman, James Booker, Anjel Yessayan, Edward Nol, Magdalena Predeteanu, Jeanne VanHalteren, Manmohan Badhwar, John Roberts, Raymond Fischer, Martin Gabriel, Louise Lewis, Paula Smith, Fran Bentlage, Mary Marino, Helen Levy, Margaret Wujek*

* 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.

Subscribe to our E-Newsletter

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

Mailing List tab at the top of the page.

Bloomfield Township Senior Services

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

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Donna Artzberger, John & Janice Bellefleur, John Conti,

Maxine Davison, Don Foehr, Marie Gemmel

Victor & Suzanne Goldstein, Tony Klemmer,

Elizabeth Mahoney, Tom & Ginnie Richard

BTSS will be closed on:

Saturday, May 23

Monday, May 25

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 2/15; nonresidents begins 2/16
- 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.

Aqua Yoga Flow

Kathy Housey

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

Monday 11 AM – 12 Noon
Mar 9 – Apr 13 (FIT114-AB1501) 6 classes/\$48*
Apr 20 – May 18 (FIT114-B1501) 5 classes/\$40*

Aqua Cardio Core

Lisa Inman

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

Thursday 9:30 – 10:30 AM
Mar 12 – Apr 16 (FIT118-AB1501) 6 classes/\$36*
Apr 23 – May 28 (FIT118-B1501) 6 classes/\$36*

Aqua Endurance

Lisa Inman

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

Tuesday 9:30 – 10:30 AM
Mar 10 – Apr 14 (FIT64-AB1501) 6 classes/\$36*
Apr 21 – May 26 (FIT64-B1501) 6 classes/\$36*

Fluid Moves

Kathy Housey

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

Wednesday 11 AM – 12 Noon
Mar 11 – Apr 15 (FIT86-AB1501) 6 classes/\$48*
Apr 22 – May 27 (FIT86-B1501) 6 classes/\$48*
Saturday 10:30 – 11:30 AM
Mar 14 – Apr 18 (FIT86-AB1502) 6 classes/\$48*
Apr 25 – May 30 (FIT86-B1502) No class 5/23 5 classes/\$40*

H₂O Circuit

Lisa Chavis

A fun and entertaining aqua circuit training class that provides a great workout as you move through a series of stations designed to elevate your heart rate and challenge muscles. Class may be modified for all fitness levels.

Thursday 11 AM – 12 PM
Mar 12 – Apr 16 (FIT126-AB1501) 6 classes/\$36*
Apr 23 – May 28 (FIT126-B1501) 6 classes/\$36*

H₂O HIIT

Lisa Chavis

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
Mar 13 – Apr 17 (FIT128-AB1501) 6 classes/\$36*
Apr 24 – May 29 (FIT128-B1501) 6 classes/\$36*

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 4:45 – 5:45 PM
Mar 10 – Mar 31 (FIT27-A1509) 4 classes/\$32*
Apr 7 – Apr 28 (FIT27-B1501) 4 classes/\$32*
May 5 – May 26 (FIT27-B1505) 4 classes/\$32*
Thursday 4:45 – 5:45 PM
Mar 12 – Mar 26 (FIT27-A1510) 3 classes/\$24*
Apr 2 – Apr 30 (FIT27-B1502) 5 classes/\$40*
May 7 – May 28 (FIT27-B1506) 4 classes/\$32*

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 6 – 7 PM
Mar 10 – Mar 31 (FIT27-A1511) 4 classes/\$32*
Apr 7 – Apr 28 (FIT27-B1503) 4 classes/\$32*
May 5 – May 26 (FIT27-B1507) 4 classes/\$32*
Thursday 6 – 7 PM
Mar 12 – Mar 26 (FIT27-A1512) 3 classes/\$24*
Apr 2 – Apr 30 (FIT27-B1504) 5 classes/\$40*
May 7 – May 28 (FIT27-B1508) 4 classes/\$32*

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

Mar 11 – Apr 15 (FIT96-AB1501) 6 classes/\$48*

Apr 22 – May 27 (FIT96-B1501) 6 classes/\$48*

Friday 9:30 – 10:30 AM

Mar 13 – Apr 24 (FIT96-AB1502) No Class 4/3 6 classes/\$48*

May 1 – May 29 (FIT96-B1502) 5 classes/\$40*

Ultimate H2O

Lisa Inman/ Maggie Barclay

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

Monday (Inman) 9:30 – 10:30 AM

Mar 9 – Apr 13 (FIT95-AB1501) 6 classes/\$36*

Apr 20 – May 18 (FIT95-B1501) 5 classes/\$30*

Thursday (Barclay) 8:00-9:00 AM

Mar 12 – Apr 16 (FIT95-AB1502) 6 classes/\$36*

Apr 23 – May 28 (FIT95-B1502) 6 classes/\$36*

H2O Interval

Lisa Inman

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

Wednesday 8 – 9 AM

Mar 11 – Apr 15 (FIT83-AB1501) 6 classes/\$48*

Apr 22 – May 27 (FIT83-B1501) 6 classes/\$48*

Friday 8 – 9 AM

Mar 13 – Apr 17 (FIT83-AB1502) 6 classes/\$48*

Apr 24 – May 29 (FIT83-B1502) 6 classes/\$48*

H2O Boot Camp

Annie Chi

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

Saturday 9 – 10 AM

Mar 14 – Mar 28 (FIT32-A1503) 3 classes/\$24*

Apr 4 – Apr 25 (FIT32-B1501) 4 classes/\$32*

May 2 – May 30 (FIT32-B1502) No class 5/23 4 classes/\$32*

New! Water Walking Workout

Maggie Barclay

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

Monday 2:30-3:15 PM

Mar 9 – Apr 14 (FIT99-AB1501) 6 classes/ \$36*

Apr 20 - May 18 (FIT99-B1501) 5 classes/\$30*

Swim Lessons-Beginners

Ernie Thomas

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

Mar 10 – Apr 14 (FIT48-AB1501) 6 classes/\$30*

Apr 21 – May 26 (FIT48-B1501) 6 classes/\$30*

Open Swim (FIT30-varies)

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

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



Certified **Lifeguards** are needed.

Job description and employment application available:

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

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

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

FITNESS INSTRUCTORS/TRAINERS

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

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

Maggie Barclay, Fitness Coordinator

248-723-3500

mbarclay@bloomfieldtp.org

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

Dance for Parkinsons (NEW DAY/TIME)

Cheryl McIlhon/Terrye Mock
Movement from modern and theater dance, ballet, folk dance, tap, and improvisation will be introduced, engaging participants' minds & bodies. Enhances aesthetic awareness and grace while addressing PD-specific concerns such as balance, flexibility, coordination, and gait. One hour of movement in the studio, followed by optional ½ hour of socializing in café. Can be done either seated or standing. *Please inform us if a caregiver will accompany participant at time of registration.*

Thursday	1:45 - 2:30 PM
Mar 12 – Apr 16 (FIT121-AB1501)	6 classes/\$30*
Apr 23 – May 28 (FIT121-B1501)	6 classes/\$30*

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

Monday	9 – 10 AM
Mar 9 – Apr 13 (FIT119-AB1501)	6 classes/\$30*
Apr 20 – May 18 (FIT119-B1501)	5 classes/\$25*

Bokwa® Louis White
A new and different approach to group exercise. Moving to today's most popular music in a free form rhythm, participants draw letters and numbers with their feet while moving through a routine. No choreography and no counting steps. Wear supportive shoes & bring a water bottle.

Thursday	6:30 – 7:30 PM
Mar 12 – Apr 16 (FIT120-AB1501)	6 classes/\$36*
Apr 23 – May 28 (FIT120-B1501)	6 classes/\$36*
Saturday	10 - 11 AM
Mar 14 – Apr 18 (FIT120-AB1502)	6 classes/\$36*
Apr 25 – May 30 (FIT120-B1502) No class 5/23	5 classes/\$30*

New! Agility & Mobility with Music Rhonda Jean
Love your body & keep it healthy. Have fun line dancing to increase bone mass, strengthen your heart, tone your body & improve balance. Work with bands for toning and mobility. Wear supportive shoes.

Monday	10:15 – 11 AM
Mar 9 – Apr 13 (FIT129-AB1501)	6 classes/\$30*
Apr 20 – May 18 (FIT129-B1501)	5 classes/\$25*

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
Mar 13 – Apr 17 (FIT47-AB1501)	6 classes/\$30*
Apr 24 – May 29 (FIT47-B1501)	6 classes/\$30*

Zumba Gold® Maggie Barclay/Janene Ravid
Fuses hypnotic Latin and international rhythms and simple moves to create a dynamic workout system that's fun and easy to do! Modifies the moves and pacing of Zumba to suit the needs of the active 50+ person. For all fitness levels. Bring supportive shoes and a water bottle.

Monday (Janene Ravid)	5:15 - 6:15 PM
Mar 9 – Apr 13 (FIT78-AB1501)	6 classes/\$36*
Apr 20 – May 18 (FIT78-B1501)	5 classes/\$30*
Wednesday (Maggie Barclay)	6:30 – 7:30 PM
Mar 11 – Apr 15 (FIT78-AB1502)	6 classes/\$36*
Apr 22 – May 27 (FIT78-B1502)	6 classes/\$36*
Friday (Maggie Barclay)	7:45 – 8:45 AM
Mar 13 – Apr 17 (FIT78-AB1503)	6 classes/\$36*
Apr 24 – May 29 (FIT78-B1503)	6 classes/\$36*

Creative Crosstraining Maggie Barclay
Your body is a fine tuned machine that quickly adapts to a workout. Avoid plateaus by cross training! One low price includes: Strength & Balance Level 2, Drums Alive®, Zumba Gold®, Cardio Party, Gentle Moves Yoga & Ultimate H2O. *BT Residency required.*

M/T/W/TH/F	Times Vary
Mar 9 – Apr 17 (FIT77-AB1501)	48 sessions/\$90
Apr 20 – May 29 (FIT77-B1501)	48 sessions/\$90

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
 Mar 10 – May 26 (FIT109-AB1501) 12 classes/\$60*

Thursday 9 – 10 AM
 Mar 12 – May 28 (FIT109-AB1502) 12 classes/\$60*

PICKLEBALL (FIT22-VARIES)
 Most pickleball court time is by reservation only. 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 7-8:30 AM
 Thursday 7-8:30 AM
 Saturday 11:30-1:00 PM

Tuesday & Thursday, 3-5 pm are designated drop-in days. Players will scan in or pay \$2 non-resident fee at the main level reception when coming to play.

TABLE TENNIS DROP IN 
 Wednesdays 2:30 – 4:00 PM Fridays 2:30 - 4 PM

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

PERSONAL FITNESS

Small Group Personal Training
 New to working out? Met a workout or weight loss plateau? Small Group Personal Training services may improve your results! Personalized attention within the group to your health & fitness goals! Class limited to 6 participants.

Monday (TBD) 2 - 3 PM
 Mar 16 – May 4 (FIT103-AB1501) 8 classes/\$120*

Tuesday (Lisa Chavis) 5:30 – 6:30 PM
 Mar 17 – May 5 (FIT103-AB1502) 8 classes/\$120*

Wednesday (Lola Kuehl) 1 – 2 PM
 Mar 18 – May 6 (FIT103-AB1503) 8 classes/\$120*

Friday (Lola Kuehl) 1 – 2 PM
 Mar 20 – May 8 (FIT103-AB1504) 8 classes/\$120*

SEATED

Chair Exercise Lori Harbour
 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.

Tuesday (NEW DAY & TIME) 11:30 - 12:15 PM
 Mar 10 – Apr 14 (FIT18-AB1501) 6 classes/\$30*
 Apr 21 – May 26 (FIT18-B1501) 6 classes/\$30*

Thursday (NEW TIME) 11:30 - 12:15 PM
 Mar 12 – Apr 16 (FIT18-AB1502) 6 classes/\$30*
 Apr 23 – May 28 (FIT18-B1502) 6 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
 Mar 9 – Apr 13 (FIT56-AB1501) 6 classes/\$36*
 Apr 20 – May 18 (FIT56-B1501) 5 classes/\$30*

Wednesday (Karen Lutz) 11:30 AM – 12:30 PM
 Mar 11 – Apr 15 (FIT56-AB1502) 6 classes/\$36*
 Apr 22 – May 27 (FIT56-B1502) 6 classes/\$36*

STRENGTH

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

Monday 6:30 – 7:30 PM
 Mar 9 – Apr 13 (FIT110-AB1501) 6 classes/\$36*
 Apr 20 – May 18 (FIT110-B1501) 5 classes/\$30*

Wednesday 8:15 – 9:15 AM
 Mar 11 – Apr 15 (FIT110-AB1502) 6 classes/\$36*
 Apr 22 – May 27 (FIT110-B1502) 6 classes/\$36*

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

Monday 12:45 – 1:30 PM
 Mar 9 – Apr 13 (FIT101-AB1501) 6 classes/\$36*
 Apr 20 – May 18 (FIT101-AB501) 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
 Mar 10 – Apr 14 (FIT105-AB1501) 6 classes/\$30*
 Apr 21 – May 26 (FIT105-B1501) 6 classes/\$30*

Strength & Balance – Level 1

Rhonda Jean

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

Tuesday	1:45 – 2:30 PM
Mar 10 – Apr 14 (FIT79-AB1501)	6 classes/\$30*
Apr 21 – May 26 (FIT79-B1501)	6 classes/\$30*
Thursday	12:45 – 1:30 PM
Mar 12 – Apr 16 (FIT79-AB1502)	6 classes/\$30*
Apr 23 – May 28 (FIT79-B1502)	6 classes/\$30*

Strength & Balance – Level 2

Maggie Barclay

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

Friday	9 – 10 AM
Mar 13 – Apr 17 (FIT80-AB1501)	6 classes/\$30*
Apr 24 – May 29 (FIT80-B1501)	6 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. 48 hour notice required for cancellations/rescheduling.* 1 class/\$30

Fitness Open Hours (FIT02-VARIES)

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

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

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

MIND  BODY

Gentle Moves Yoga

Maggie Barclay

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

Tuesday	10:15 - 11:15 AM
Mar 10 – Apr 14 (FIT94-AB1501)	6 classes/\$30*
Apr 21 – May 26 (FIT94-B1501)	6 classes/\$30*
Thursday (NEW TIME)	10:15 - 11:15 AM
Mar 12 – Apr 16 (FIT94-AB1502)	6 classes/\$30*
Apr 23 – May 28 (FIT94-B1502)	6 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
Mar 9 – Apr 13 (FIT56-D1403)	6 classes/\$36*
Apr 20 – May 18 (FIT56-A1501)	5 classes/\$30*
Wednesday (Karen Lutz)	11:30 AM – 12:30 PM
Mar 11 – Apr 15 (FIT56-D1404)	6 classes/\$36*
Apr 22 – May 27 (FIT56-A1502)	6 classes/\$36*

It's a New Day Yoga!

Karen Lutz

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

Saturday	8:30 – 9:30 AM
Mar 14 – Apr 18 (FIT113-AB1501)	6 classes/\$36*
Apr 25 – May 30 (FIT113-B1501) No class 5/23	5 classes/\$30*

Beginning Yoga

Kathy Housey

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

Friday	11:30 AM – 12:30 PM
Mar 13 – Apr 17 (FIT05-AB1501)	6 classes/\$36*
Apr 24 – May 29 (FIT05-B1501)	6 classes/\$36*

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
Apr 1 – Jun 3 (FIT03-B1501)	10 classes/\$80*

Continuing

Wednesday	10:15 – 11 AM
Apr 1 – Jun 3 (FIT03-B1502)	10 classes/\$80*

SATURDAY FITNESS CLASSES

<u>It's a New Day Yoga!</u> (pg. 7)	Karen Lutz
<u>Fluid Moves</u> (pg. 3)	Kathy Housey
<u>H₂O Boot Camp</u> (pg. 4)	Annie Chi
<u>Bokwa</u> ® (pg. 5)	Louis White

EVENING FITNESS CLASSES

<u>Aqua Power Aerobics Lev 2</u> (pg. 3)	Annie Chi
<u>Zumba Gold</u> ® (pg. 5)	Janene Ravid/Maggie Barclay
<u>Zumba Gold Toning</u> ® (pg. 6)	Janene Ravid
<u>BOKWA</u> ® (pg. 5)	Louis White
<u>Small Group Personal Training</u> (pg. 6)	Lisa Chavis

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
Apr 8 – June 3 (ART02-B1501) 9 classes/\$126*
For Continuing Students Only:
June 17 – 24 (ART02-B1502) 2 classes/\$28*

Garden Art Diane Bert
 Create glass garden ornaments by artistically combining clear or colored glass items. Make a beautiful piece which will catch the sun and beautify outdoor vistas. \$15 material fee payable to instructor.
Tuesday 9:30 AM - Noon
April 14 (ART15-B1501) 1 class/\$15*
May 12 (ART15-B1502) 1 class/\$15*

Lapidary ☛ Martha McGee
 Learn to process rocks and gemstones to create art and jewelry. Informal instruction in beading & stained glass. Supplies & equipment available. *Material fee payable to instructor.*
Tuesdays & Thursdays (no meeting 3/10, 4/7) 1 – 4 PM

From Here to There Carolyn Masnari
 A discussion about creativity in all of its forms: art, baking, gardening, etc. Carolyn will discuss her journey as an artist and discuss the rewards and challenges that came about along the way. Participants will be able to discuss their own quest to create. Preregistration required.
Complimentary to BT Residents/Non-Res \$5
Tuesday 1—3 PM
April 14 (ART21-B1501)

3D Art Project Carolyn Masnari
 Art can be made with most anything. Participants provided with materials to make a fun project. Materials provided.
Tuesday 1—3 PM
April 28 (ART22-B1501) 1 class/\$25*

Art for the Soul Carolyn Masnari
 We discuss how art will soothe, relax and help us deal with stress. Each participant creates a small piece of art that addresses our challenges and helps to relieve. Various materials provided.
Tuesday 1—3 PM
May 19 (ART21-B1502) 1 class/\$25*

CLUBS / GROUPS

Book Club ☛
1st Friday 10 – 11:30 AM
Mar 6: *Before You Know Kindness (Bohjalian)*
 Leader: Jackie Castine
Apr 3: *Sandcastle Girls (Bohjalian)*
 Leader: Diana Alexanian
May 1: *Ender's Game (Card)*
 Leader: Fern Stoffer

Chicks with Sticks : "Knitting Gifts from the Heart" ☛
Mondays (No meeting 3/9, 4/6, 5/5) 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

Mar 18 (SOC27-A1503)
 John Wylie, Sports Official
Apr 15 (SOC27-B1501)
 Don Hoelt – The World's Richest Man, Fidel Castro, and One Man, One Order – 1000 Cadillac's
May 20 (SOC27-B1502)
 Topic To Be Announced

Italian Group-Gruppo Italiano ☛ Facilitator: Angie Giffels
2nd Friday 10 AM – Noon
 Affiliate of Dante Alighieri
Mar 13: To Be Announced
Apr 10: Delia Rodi – Architecture and Lighting Design
May 8: Sabatino Bianchi – "Remembering – A Memoir"

COMPUTERS

Computer Lab – Open Hours ☛
 Let our volunteers answer your questions and help with your computer challenges. Call to confirm availability.
Monday 3 – 5 PM
Tuesday 3 – 5 PM
Saturday 10 AM – Noon

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, March 13 (COM18-A1503) **9:30 – 11:30 AM**

Basic Keyboard Exploration Mike Wilson
 Explore the use of each key on the keyboard. Learn to correctly edit and navigate through the text you have typed. Gain knowledge of shortcut keys. Students will use a fun, interactive Internet typing tutorial to understand proper use of finger placement and typing. *Not a traditional typing class.*
Friday **9:30 AM - 12:00 PM**
Mar 20 (COM14-A1501) **1 class/\$35***

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 (no class 4/3) **9:30 - 11:30 AM**
Mar 27 – Apr 17 (COM41-AB1501) **3 classes/\$75***

Virus and Malware Removal Mike Wilson
 Is your computer slow? Have weird pop-ups or ads? Learn how to use three user friendly software programs to get rid of these issues. Avoid these viruses from the start, and learn how to update antivirus software from your computer.
Optional: Bring your laptop.
Fridays **9:30 - 11:30AM**
Apr 24 – May 1 (COM45-B1501) **2 classes/\$50***

Microsoft Windows 7: An Introduction Mike Wilson
 Learn how to use the startup screen, apps, Internet, pictures, computer customization options and more!
Optional: Bring your fully charged Windows 8 Laptop.
Fridays **9:30 AM - 11:30 AM**
May 8 - 22 (COM46-B1501) **3 classes/\$75***

Using YouTube Lindsey Schweickert
 Learn how to explore the numerous videos, clips, and tutorials posted to this site to find what you're looking for!
Optional: Bring your fully charged laptop/tablet.
Thursday **10:00 AM - Noon**
Apr 16 (COM47-B1501) **1 class/\$12***

Navigating Facebook Lindsey Schweickert
 Learn the basic functions of this very popular social media website. *Optional: Bring your fully charged laptop/tablet.*
Thursday **10:00 AM - Noon**
May 7 (COM35-B1501) **1 class/\$12***

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 3/9, 4/6, 5/25)
 Tables assigned: 12:30. First come, first serve.
Maximum of 7 tables **Play: 12:45 – 4 PM**
Res \$2/Non-Res \$4

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.*
Wednesdays **10:00 AM – Noon**
Apr 1 – May 20 (EDU12-B1501) **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 **12:30 – 2:30 PM**
Apr 1 – May 20 (EDU13-B1501) **8 classes/\$120***

Bridge - Advanced James & Cheryl Bloom
 Learn ways to make our bridge game more fun. We will learn skills to be more competitive at the table. Analyze play and defend difficult hands. Techniques to get to slam more. Two Certified ACBL instructors and a silver life masters. *Book fee of \$20 payable to instructor.*
Mondays **5:45 - 7:45 PM**
Mar 30 – May 18 (EDU14-B1501) **8 classes/\$120***

Euchre & Pinochle ♣ Facilitator: Joanne Carmichael
Thursdays **11 AM – 1:30 PM** **Res \$2/Non-Res \$4**

Mah-jongg Play ♣
Thursdays **1 – 4:30 PM** **Res \$2/Non-Res \$4**

Poker ♣ Facilitator: Joann Capoccia
Wednesdays **Noon – 4 PM** **Res \$2/Non-Res \$4**

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!

Mar 6 "Gandhi" 1:30 – 4:45 PM
Biography of Mohandas K. Gandhi, the lawyer who became the famed leader of the Indian revolts against the British rule through his philosophy of nonviolent protest.
Stars: Ben Kingsley, John Gielgud, Candice Bergen
(1982, 191 min - Biography | Drama | History, PG)

Apr 3 "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.
Stars: Gregory Peck, Audrey Hepburn, Eddie Albert
(1953, 118 min - Comedy | Drama | Romance - NR)

May 1 "The Best Years of Our Lives" 1:30 – 4:30 PM
Three WWII veterans return home to small-town America to discover that they & their families have been irreparably changed.
Stars: Fredric March, Dana Andrews, Myrna Loy
(1946, 172 min - Drama | Romance | War, NR)

Movie Musicals 🌟

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

Mar 13 "Seven Brides for Seven Brothers" 1:30 – 3:15 PM
In 1850 Oregon, when a backwoodsman brings a wife home to his farm, his six brothers decide that they want to get married too.
Stars: Jane Powell, Howard Keel, Jeff Richards
(1954, 102 min - Comedy | Drama | Musical, G)

Apr 10 "Funny Face" 1:30 – 3:15 PM
An impromptu fashion shoot at a book store brings about a new fashion model discovery in the shop clerk.
Stars: Audrey Hepburn, Fred Astaire, Kay Thompson
(1957, 103 min - Comedy | Musical | Romance, NR)

May 8 "The Sound of Music" 1:30 – 4:30 PM
A woman leaves an Austrian convent to become a governess to the children of a Naval officer widower.
Stars: Julie Andrews, Christopher Plummer, Eleanor Parker
(1965, 174 min - Musical, Biography, Drama, G)

Movie Mania 🌟

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

Mar 20 "Pirates of the Caribbean" 1:30 - 4:00 PM
Blacksmith Will Turner teams up with eccentric pirate "Captain" Jack Sparrow to save his love from Jack's former pirate allies.
Stars: Johnny Depp, Geoffrey Rush, Orlando Bloom
(2003, 143 min - Action | Adventure | Fantasy, PG-13)

Apr 17 "Gravity" 1:30 – 3:00 PM
Medical engineer and astronaut work together to survive after a catastrophe destroys their shuttle & leaves them adrift in orbit.
Stars: Sandra Bullock, George Clooney, Ed Harris
(2013, 91 min - Sci-Fi | Thriller, PG-13)

May 15 "Maleficent" 1:30 – 3:15 PM
A vengeful fairy is driven to curse an infant princess, only to discover the child may be the one to restore peace to the land.
Stars: Angelina Jolie, Elle Fanning, Sharlto Copley
(2014, 97 min - Action | Adventure | Family, PG)

Movie Documentaries 🌟

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

Mar 27 "The Loving Story" 1:30–2:45 PM
In 1958, Richard Loving and Mildred Jeter married and were arrested, tried and convicted of the felony crime of miscegenation. ACLU lawyers took on the case. The U.S. Supreme Court ruled unanimously in their favor, overturning bans on interracial marriage in 16 states.
2011, 77 mins, NR

Apr 24 "White Light, Black Rain: The Destruction of Hiroshima and Nagasaki" 1:30–3:00 PM
Through the powerful recollections of the survivors of the atomic bombs that leveled two Japanese cities in 1945, this film presents a deeply moving look at the painful legacy of the first--and hopefully last--uses of thermonuclear weapons in war. 2007, 86 mins, NR

May 22 "The Day Carl Sandburg Died" 1:30–3:00 PM
An exploration into the life and work of the iconic American writer, Carl Sandburg. From an impoverished youth to the halls of Congress and international notoriety, it was a tale of perseverance and success. When he died in 1967, his legacy suffered an unusual and inexplicably fast decline. 2012, 84 mins, PG

5th Friday Movie 🌟

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

May 29 "On Crimson Wing: Mystery of the Flamingos" 1:30–2:45 PM
The mysterious lives of flamingos are captured on film with a birds-eye view of the animals living in Africa. 2008, 78 mins, G

MUSIC

BTSS Band 🌟 Facilitator: Vance Genzlinger
Join the BTSS Swing Band! Players able to read orchestrations needed: drummer, tenor sax, trombone and occasional sub pianist. Music includes pop and ballads from the 30s, 40s & 50s. Call center for more information.

Evola Music Keyboarding Class

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

Mondays 1:30 – 2:30 PM
Mar 23 – May 18 (EDU37-AB1502) 9 classes/\$39*

Armed Forces Day Celebration

Saturday, May 16 (SEV17-B1501) **11 AM – 12:30 PM**
Ragtime, Boogie-woogie & Blues pianist Matthew Ball presents a patriotic program of American piano fun from the 20's 30's & 40's with arrangements of classic songs. *Sponsored by Maple Village.*
Preregistration required **Residents Only \$3**

BBSO Classics & Coffee

Enjoy complimentary coffee & pastries while enjoying a performance by a BBSO musician! Mingle with the musicians during intermission and participate in a Q & A. *Sponsored by American House.*
Preregistration required. **Res \$5/Non-Res \$7**
Tuesday, March 3 (EDU53-A1501) **10:00 - 11:00 AM**

Meet the DSO Musician!

They will discuss their life, inspiration, demonstrate their instrument, and answer your questions. *Sponsored by Maple Village.*
Preregistration required. **Res \$3/Non-Res \$5**
Monday, May 18 (EDU53-B1501) **10:30 - 11:30 AM**

Woodward Avenue Jazz Orchestra

Enjoy the sounds of this 20 piece band of talented musicians. Delight with musical offerings ranging from ballads, swing and dance band through hard driving jazz and Latin. *Sponsored by Home Instead.*
Preregistration required. **Res \$3/Non-Res \$5**
Saturday, May 2 (SEV16-B1501) **11:30 - 1:30 PM**

UNIQUE TOPICS

BTSS Resident Orientation

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

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 \$5/Non-Res \$7**

"Diego Rivera and Frida Kahlo in Detroit"

1930s Depression era Detroit marked a dramatic turning point in Rivera's and Kahlo's careers, which resulted in Rivera's most visionary statement for the future and Frida's boldly personal expressive art. *Sponsored by Baldwin House.*
Tuesday, Mar 24 (EDU34-A1501) **10:00 - 11:00 AM**

Detroit and the War of 1812: Border Crossings

American citizens, British subjects, French settlers, Native Americans and African slaves and freedmen routinely crossed the border while living and working together in the Detroit River region, this ended War of 1812. *Sponsored by All Seasons/Aldingbrooke of West Bloomfield.*
Preregistration required. **Res \$3/ Non-Res \$5**
Tuesday, Apr 21 (EDU53-B1501) **10:00 - 11:00 AM**

Wendy Evans: Art Talks

Magical Multiples: The Art of the Print

Artists from the 15th century to today explored the visual possibilities of printmaking. We'll talk about how different prints are made and look at a rich variety of fine artworks from inventive print makers such as Rembrandt, Durer & Goya. *Sponsored by St. Anne's Mead.*
Preregistration required **Res \$5 / Non-Res \$7**
Thursday, April 23 (EDU53-B1503) **10:00 AM – Noon**

CPR/AED Training

Bloomfield Twp Fire Dept
Most people who experience cardiac arrest at home, work or in a public location die because they don't receive immediate care from someone on the scene. Receive CPR and AED training from BT Fire Department staff. Preregistration is required. BT Residents only.
Monday, March 30 (EDU06-A1501) **5:00 - 8:00 PM**

Journey Through Africa's Wildlife Sanctuaries

Learn about the wonders of Eastern Africa's renowned wildlife and attraction sites through the eyes of the widely travelled naturalist and tour guide, David Gakure. *Sponsored by All Seasons/Aldingbrooke of West Bloomfield*
Preregistration required **Res \$3/Non-Res \$5**
Tuesday, Mar 17 (EDU53-A1508) **10 - 11:30 AM**

Detroit's Cass Corridor

Armondo Delicato
The Cass Corridor has had an interesting history. Lecture covers its evolution from Native American hunting ground to upscale subdivision; entertainment center to slum to current "hip" area. *Sponsored by Maple Village.*
Preregistration required. **Res \$3/Non-Res \$5**
Tuesday, Apr 7 (EDU53-B1502) **10 - 11:30 AM**

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***
Feb 26, Mar 12 & 26, Apr 9 (EDU53-A1503) **1 - 2:30 PM**
Feb 26, Mar 12 & 26, Apr 9 (EDU53-A1504) **6 - 7:30 PM**

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 Wynwood Troy-Brookdale.*
Preregistration required. **Res \$3 / Non-Res \$5**
"History of Olde Ireland"

Leprechauns, Fairies and the Emerald Isle (5000 BC–AD 1920). A wee bit of history, a wee bit of blarney. Lecture covers pre-historic Ireland with its Monolithic Tombs, to Titania's Palace, built for the Queen of the Fairies. Also includes the origins of Halloween.
Wednesday, March 4 (EDU47-A1503) **10 – 11:30 AM**
Thursday, March 5 (EDU47-A1504) **6 – 7:30 PM**



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

Spring 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.



AARP DRIVER SAFETY PROGRAM

Tuesday, May 12

10 AM – 2 PM

(EDU03-B1501)

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

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

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



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.



TAX ASSISTANCE

Mondays & Tuesdays

February 9 & 10, 23 & 24

March 9 & 10 April 6 & 7

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 Friday, January 2nd for BT residents and on Monday, February 2nd for non-residents.

Appointment required: 248-723-3500

Spring Candy Collection

Share the season with our homebound meals clients by donating small *individually wrapped* candies. Drop off candy at BTSS before March 26.

Join us on Friday, March 27 at 1:30 pm to package candy for distribution. If you can help with packaging, please call Denise at 248-723-3500.

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!

March 18

April 15

May 20

SS2

NUTRITION SERVICES

BTSS addresses the nutritional needs of seniors, 62 years of age and older within our service area, with two essential programs; "Meals on Wheels" and Liquid Nutritional Supplements. (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 would like to receive a daily telephone call, we would be happy to include you in our program.

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

Loan Closet Available

A loan closet of wheelchairs, walkers, 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.

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

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

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.

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.

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.

FILE OF LIFE CARDS AVAILABLE

The FILE OF LIFE card enables medics to obtain a quick medical history when a patient is unable to offer one. The card, kept in a red plastic pocket labeled FILE OF LIFE, is held with a magnet to the outside of the refrigerator. A small version is also available for your purse or wallet. It lists your name, emergency contact, insurance info, S.S. #, health & medical info. Cards are available to Township residents at the Senior Center or through the BT Fire Department.

Friendship Club

The *Friendship Club* is a community based Adult Day Service program dedicated to assisting older adults with Alzheimer's disease and related memory disorders to maintain their highest level of ability. The stimulating, caring environment is designed to enhance the self esteem, well being and dignity of each member through the creation of person-centered programs. This partnership in care giving enables families to keep their loved ones at home by providing much needed respite and support.

What is Adult Day Service

Adult day service is a unique opportunity for older adults experiencing progressive memory loss. The service allows them to remain connected to their community and engage in meaningful friendships.

Caring encouragement from a well trained and compassionate staff go hand in hand with the welcoming camaraderie between club members.

Adult Day Service also provides family caregivers with an interdisciplinary staff who are their partners in care. This partnership in care giving enables families to keep their loved ones at home by providing much needed respite and support.



Services for Families

Helping family members is as central to our mission as serving our club members. We are your partners in care giving. Social Work services include:

- ♦ Caregiver resources and training
- ♦ Community referral information
- ♦ Monthly caregiver support meetings
- ♦ Counseling for Club and family members



Admission and Enrollment

An in-home assessment of each applicant is completed prior to enrollment, allowing us to carefully plan activities specific to the abilities and interests of each participant. The enrollment process also allows for the opportunity to determine the optimal schedule for your loved one and to outline the program fee.

Please inquire about transportation options that may be added with enrollment.

Activities Programming

Daily activities are planned to meet each member's interests and abilities and include:

- | | |
|---|--------------------|
| interactive games | gardening |
| community outings | sports |
| live performances | dance |
| physical exercise | pet visits |
| reminiscence discussions | cooking |
| creative arts & crafts | musical expression |
| numerous holiday celebrations, luncheons and themed parties | |

Nutrition includes a continental breakfast, a hot balanced lunch and afternoon snack.

Monthly activities calendars are available in the office or online www.bloomfieldtwp.org/seniors.



Location

Friendship Club is located in the Bloomfield Township Senior Center at 4315 Andover Road. It has a private entrance leading to a well designed, beautiful space with many windows, bright colors and a secure patio for enjoying the nice weather. With supervision, members may visit other areas of the center for specific activities and programs.



Eligibility Criteria

The program enrolls people 50 years of age or older who are living with progressive memory loss, diagnosed by a physician. Person would benefit from a structured activities program, based on the assessment by our social worker and completion of a Medical History & Physical Form by their physician. Person or their family member must be a resident of Bloomfield Township.

For more information, please contact Julie GeBott, Coordinator at 248-723-3530 or jgebott@bloomfieldtwp.org.

VOLUNTEER OPPORTUNITIES

BTSS Medical Appointment & Errands Driver

2015 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 and errands. The time commitment for the volunteer can be as little as two hours per month or more as their schedule permits.

BTSS Adult Day Service Volunteer for Friendship Club

Friendship Club offers enrichment activities to memory impaired individuals, who are in need of a structured setting while their family members receive essential respite time. Volunteers will be directly involved with the program participants with supervision.

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/submit a volunteer application and background check form. Forms are available at the main level reception desk or online at:

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

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

Thank you to our Meals on Wheels Volunteers!

Rob Alvin * Les Baron * 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 Glotzhofer * 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 * Marcie Lloyd * Darcy MacKenzie * Fritzie Mager * Doug & Joan Mann * Sue Martin * Richard May * Carlos Mazzorin * Alice & Frank McIntyre * Rod & Mary Lynn McLachlan * Beth Mergel * Claire Michelini * Jean Miller * Debbie Mitchell * Richard Moxley * Walter Oehrlein * Lee Ann Pantalone * Nancy Pavy * Priscilla Pettengill * Chuck Pokriefka * Marie Pryce * Rita Ravikrishnan * Kathy Reese * Renate Reimer * Tom Richard * Jerry Rivard * Janet Russell * Michael Samson * Gerald Schmidt * Theresa Shea * Mary Sheipline * Tom Storen * Connie Szymczak * Marjorie & Mario Trafeli * Patricia Wagner * Larry Werner * Lynn & Corey Wert * 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! 2500 + Hours in November-January Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appointment Drivers, Computer Lab, Chicks With Sticks, Paper Dolls, Enrichment Group Coordinators, Trip Leaders & Friendship Club Volunteers.

Anne Alden * Edie Anderson * Judy Antonak * Nancy Arens * Sarita Badhwar * Gladys Baker * Ruth Ann Ballard * Marian Balderi * Gene Baynham * Tina Beard * Susan Bellefleur * Molly Beresford * Verna Besancon * 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 * Jacqueline Corley * Cathy Cory * Jerry Craig * Jo Creek * Sarah Davis * Maxine Davison * Vivian Dezur * Barbara Dinneweth * Corrinne Dowell * Janet Enguehard * Steve Eskoff * Nancy Exner * Shirley Franklin * Marie Gemmel * Vance Genzlinger * Judy Geppert * Klaren Gerhart * Stephanie Ghelfi * Mona Gibson * Angie Giffels * Carol Goldstein * Irene Grady * Sangeeta Grewal * Rosie Gumbleton * Pat Hamburg * Joyce Hancock * Lorraine Hannah * Dan Hess * Kim Hinkle * Kathleen Holleran * Shirley Horvath * Sharon Houghtby * Maryvonne Jacquemart * Connie Jaroh * Sandy Jeffries * Beth Johnson * Barbara Joiner * Pat Joyner * Lois Kafarski * Connie Kenty * 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 * 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 Stuecheli * 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 * Jean Young * Rasheeda Zafar * Janice Zehnder

Special thanks to our Spring 2015 sponsors:



BALDWIN HOUSE



Gracious Elegant Senior Living
by Lutheran Social Services of Michigan



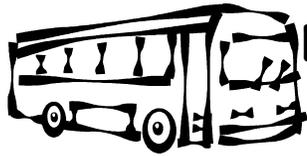
CEDARBROOK
SENIOR LIVING
— BLOOMFIELD HILLS —



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

Special thanks to our Winter 14-15 sponsors:

Health Alliance Plan Baldwin House American House
St. Anne's Mead ResCare HomeCare Maple Village
Woodward Hills Nursing Center



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.

Leaving Iowa – Tipping Point Theatre WAIT LIST
Wednesday, Feb 18 (DAY12-A1501) 12:00 PM – 5:30 PM

Tchaikovsky's Romeo & Juliet – DSO WAIT LIST
Friday, February 20 (DAY13-A1501) 9:15 AM – 3:30 PM

Barbershop Quartet Concert – Clarenceville High School
Saturday, February 21 (DAY14-A1501) 11:00 AM – 4:30 PM
A cappella group of old and familiar songs such as "Down by the Old Mill Stream", "Let Me Call You Sweetheart" and more. Begin with lunch on your own at Thomas's Dining. Fee: \$47*

Once On This Island – Meadow Brook WAIT LIST
Wednesday, Feb 25 (DAY15-A1501) 11:20 AM – 5:00 PM

Miracle on South Division Street - Farmington Players
Friday, February 27 (DAY16-A1501) 5:15 PM – 10:30 PM
Ever since the Blessed Mother appeared to Grandpa, the Nowaks have known that they were special. Their faith is shaken to its core when a deathbed confession causes the "miracle" to unravel. Begin with dinner on your own at Antonio's Cucina Italiana Restaurant. Fee: \$43*

Frida – MOT Dress Rehearsal @ Macomb Cntr WAIT LIST
Friday, March 6 (DAY17-A1501) 9:45 AM – 4:15 PM

NSO Bell Building Tour
Tuesday, March 10 (DAY18-A1501) 10:15 AM – 2:30 PM
Tour of historic, Art Deco landmark. Renovations include extensive landscaping, roof terraces, large green roofs and storm water management. A showcase for sustainable building practices. Followed by lunch on your own at 220 Restaurant. Fee: \$22*

Salon Concert & Tea – Christ Church Cranbrook
Wednesday, March 11 (DAY19-A1501) 3:15 PM – 5:15 PM
Enjoy Mathew Ball play Boggie Woggie piano while having Tea. Fee: \$20*

Birmingham Musicale – Congregational Church
Thursday, March 12 (DAY20-A1501) 10:50 AM – 2:45 PM
Enjoy Many Moods of March, Classic Winds and Vocal Soloist. Begin with lunch on your own at Bill's Restaurant. Fee: \$27

DSO – Natalie MacMaster, Fiddle
Friday, March 13 (DAY21-A1501) 9:15 AM – 3:15 PM
Natalie MacMaster returns to Orchestra Hall with her distinctive Nova Scotia sound. Celebrate the wearin' o' green with Natalie MacMaster on Saint Patrick's weekend. Followed by lunch on your own at Ottava Via. Fee: \$64*

Love, Loss & What I Wore – Tipping Point Theatre
Saturday, March 14 (DAY22-A1501) 5:00 PM – 10:30 PM
In this heartfelt comedy, clothing is used as a vehicle to access some of the most vulnerable moments in a woman's life. Through a collection of monologues, the all-female cast reminds us that what we wear flourishes more than our outfit; it accessorizes life's most pivotal moments of love and loss. Begin with dinner on your own at Table 5. Fee: \$62*

Turkeyville/Play/Luncheon – Marshall Michigan
Thursday March 19 (DAY23-A1501) 9:45 AM – 6:15 PM
The play is "Yakety Yak – A Fifties Tale." When two friends buy an old diner, they get way more than they bargained for! Exploring the soda fountain and jukebox, they are transported back to the 1950's. Tap your toes and snap your fingers to your favorite 50's classics. Lunch included. Fee: \$81*

Rumors – Stagecrafters
Thursday, March 26 (DAY24-A1501) 5:15 PM – 10:30 PM
Neil Simon's hilarious farce is all about mystery, mayhem and miscommunication! Four couples gather to celebrate the New York deputy mayor's anniversary only to find their host has been shot and his wife is missing. Rumors abound and the situation takes on comedic confusion. Begin with dinner on your own at Lily's Seafood Grill & Brewery. Fee: \$45*

Mahler's First – DSO
Friday, March 27 (DAY25-A1501) 9:15 AM – 3:30 PM
Karen Gomyo on violin with Cristian Macelaru conducting. Followed by lunch on your own at Bonefish Grill. Fee: \$54*

Diego Rivera & Frida Kahlo Exhibit – DIA
Tuesday, March 31 (DAY26-A1501) 9:00 AM – 2:30 PM
Exhibition explores the tumultuous and highly productive year that Mexican artists Diego Rivera and Frida Kahlo spent in Detroit, a pivotal turning point in the artists' careers. Followed by lunch on your own at Rojo Mexican Bistro. Fee: \$42*

Lily Tomlin Performing – Macomb Center
Friday, April 10 (DAY01-B1501) 4:30 PM – 9:30 PM
Lily Tomlin takes you on a hilarious trip with more than a dozen of her timeless characters-from Ernestine to Mrs. Beasley to Edith Ann. With astounding skill and energy, Tomlin zaps through the channels like a human remote control. Begin with dinner on your own at Brann's Steakhouse & Sports Grille. Fee: \$73*

Talley's Folly – Purple Rose Theatre

Wednesday, April 8 (DAY02-B1501) 10:45 AM – 5:00 PM

Can one mesmerizing evening can change the course of two lives forever? Join us for Lanford Wilson's Pulitzer Prize-winning romantic comedy about a pair of mismatched souls longing to find love after nearly giving up on the dream. Begin with lunch on your own at **The Common Grill**. **Fee: \$49***

Golden Age of Broadway - DSO

Friday, April 10 (DAY03-B1501) 9:15 AM – 3:15 PM

Broadway's "Phantom", Doug LaBrecque, returns home with co-star Lisa Vroman for a concert of Broadway showstoppers. Followed by lunch on your own at **Social Kitchen & Bar**. **Fee: \$64***

Fox Theater Tour

Tuesday, April 14 (DAY04-B1501) 10:00 AM – 2:30 PM

Docent led tour of national historic landmark. Built in 1928, 5,041 seats, two organs and a unique mix of Egyptian, Far Eastern and Indian styles to create a movie palace like no other. Followed by lunch on your own at **Champps**. **Fee: \$37***

The Music Man – U of M Power Center

Friday, April 17 (DAY05-B1501) 4:45 PM – 11:15 PM

Musical about conman, Harold Hill, who poses as a boys' band organizer/leader and sells band instruments and uniforms to the naive Iowa townfolk, promising to train the members of the band. But Harold is no musician and plans to skip town without giving any music lessons. A romance begins between librarian, Marian, and Harold. Perhaps love will foil his plans. Begin with dinner on your own at **The Ravens Club**. **Fee: \$49***

The Outgoing Tide – Tipping Pointe Theatre

Wednesday, April 22 (DAY06-B1501) 12:15 PM – 5:30 PM

Retired Gunner lives with his wife of 50 years in their summer home on the Chesapeake Bay. He has an unorthodox plan to secure his family's future, but his wife and son have plans of their own. The three must quickly find common groundbefore the tide goes out. This drama echoes the responsibilities of family members to one another and how our loved ones shape our identity as we grow up. Begin with lunch on your own at **Rocky's of Northville**. **Fee: \$54***

Palmer Woods World Jazz Ensemble

Saturday, April 25 (DAY07-B1501) 6:45 PM – 10:30 PM

Italian guitarist/violinist Michele Ramo leads the Michele Ramo World Jazz Ensemble with vocalist Heidi Hepler. Pianist Cliff Monear, bassist Jeff Pedraz and percussionist Dennis Sheridan join the duo to create vibrant sounds blending Traditional and Gypsy Jazz, Cuban Montuno, Flamenco and various Brazilian styles. Reception with a **light meal included**. **Fee: \$67***

White Horse Inn

Tuesday, April 28 (DAY25-B1501) 12:00 PM – 3:15 PM

Come and experience the renovation of Metamora's legendary White Horse Inn. The handsome, well groomed ambience includes decorative details that put the emphasis on classic and simple. Lunch on your own. **Fee: \$20***

Tour Historic Trinity Lutheran Church

Thursday, April 30 (DAY08-B1501) 10:00 AM – 2:30 PM

Docent lead tour of 1850 historic church. Trinity has maintained its vigil over downtown Detroit through good times and bad, in periods of brilliance and obscurity. Followed by lunch on your own at the **Roma Café**. **Fee: \$32***

Shinola Tour

Friday, May 1 (DAY09-B1501) 11:20 AM – 3:30 PM

Tour of Detroit based watch factory. Committed to investing in skill, creating community and reclaiming pride in American quality. Begin with lunch on your own at **Traffic Jam & Snug**. **Fee: \$27***

Meshuggan-Nuns – Meadow Brook Theatre

Wednesday, May 6 (DAY10-B1501) 11:20 AM – 5:00 PM

This Nunsense tale finds the sisters of Hoboken on the "Faiths of All Nations" Cruise. When the cast of "Fiddler on the Roof" (with the exception of Tevye) gets seasick, the captain asks the Sisters and Tevye to put on a show. Begin with lunch on your own at **McCormick & Schmick's**. **Fee: \$59***

DSO – Lynn Harrell, Cello

Friday, May 8 (DAY11-B1501) 9:15 AM – 3:15 PM

Legendary American cellist Lynn Harrell returns with a world premiere concerto by Augusta Read Thomas, Concerto No. 3, and Finnish conductor Hannu Lintu makes his Detroit debut with Shostakovich's, Symphony No. 5. Followed by lunch on your own at **Peabody's**. **Fee: \$54***

Birmingham Bloomfield Art Center

Friday, May 15 (DAY13-B1501) 10:45 AM – 2:00 PM

Founded in 1957, the BBAC serves the Detroit region's visual arts community by fulfilling its mission "to connect people of all ages and abilities with visual arts education, exhibition, and other creative experiences." President, Annie VanGelderren, will give a tour and history of the the BBAC. Followed by lunch on your own at **Beau's**. **Fee: \$27***

Tour the Kirk

Tuesday, May 19 (DAY14-B1501) 10:15 AM – 2:00 PM

Docent led tour of Kirk in the Hills Presbyterian Church, situated on a 40-acre setting on Island Lake. Its Gothic design is patterned after the once-famous Melrose Abbey in Scotland that was built in the 13th century. Followed by lunch on your own at **Roadside Bar & Grille**. **Fee: \$32***

Julie Dawson's Art & Garden Tour

Tuesday, May 26 (DAY15-B1501) 11:20 AM – 4:15 PM

Birmingham watercolor artist, photographer, and writer, Julie Dawson, invites you into her world of art, travels, & flowers. She uses her home and gardens as her studio and gallery. Julie and her husband, Peter, traveled extensively and independently in 97 countries. After their trips, Julie painted her favorite memories of animals, flowers, and children. See her inventive kaleidoscopes. Begin with lunch on your own at **The Stand**. **Fee: \$32***

Mercury Retropolis

Wednesday, May 27 (DAY12-B1501) 11:00 AM – 3:00 PM
Come see and shop at a store like no other. Dedicated to midcentury design and contemporary art from Deco to Disco and all things in-between. Owners will tell you all about their merchandise and how they collect. Begin with lunch on your own at Mr. Paul's Chop House. **Fee: \$27***

Elton John's Aida – Stagecrafters

Thursday, May 28 (DAY16-B150) 5:15 PM – 11:00 PM
Based on Verdi's opera, *Aida* reimagines the story of Egyptian prince Radames and enslaved Nubian princess Aida, who despite their different backgrounds and the enmity between their countries, are transformed by an enduring love. Eclectic mix of musical styles of Reggae, West African and Indian, Motown and pop. Begin with dinner on your own at Local Kitchen & Bar. **Fee: \$47***

Frank Lloyd Wright Turkel House

Tuesday, June 2 (DAY17-B1501) 9:15 AM – 1:45 PM
Designed by Frank Lloyd Wright in the mid-1950s, the Turkel House is one of the most architecturally significant houses in the country. Only seven houses were built in his Usonian Automatic style. Followed by lunch on your own at La Dolce Vita **Fee: \$45***

Adventures in Dining

Thursday, June 4 (DAY26-B1501) 12:15 PM – 2:15 PM
Come on a culinary journey that will take you places it is unlikely you have been before. Enjoy recipes from Central Java in Indonesia. The food is made with the freshest ingredients and served in a casual atmosphere. Lunch on your own at Indo Indonesian Restaurant. **Fee: \$12***

The Bikinis – Meadow Brook Theatre

Wednesday, June 10 (DAY18-B1501) 11:15 AM – 5:00 PM
With a show that promises to get everyone dancing in the aisles, The Bikinis relive their heyday and beyond. It all begins the summer of 1964, on the night these four inseparable friends got their name by winning the Belmar Beach Talent Contest, wearing just their bikinis! A nonstop celebration of song, filled with hits like "It's in His Kiss", "Yellow Polka Dot Bikini", "Under the Boardwalk" and more! Begin with lunch on your own at Mitchell's Fish Market. **Fee: \$59***

DSO – Gershwin's Porgy & Bess

Friday, June 12, (DAY19-B1501) 9:15 AM – 3:15 PM
Jeff Tyzik leads the very best of George Gershwin with the Detroit Symphony. Hear the glorious moments and magnificent melodies from the heart of Porgy and Bess. Followed by lunch on your own at LaDolce Vita. **Fee: \$64***

Corktown Tour

Tuesday, June 16 (DAY20-B1501) 9:45 AM - 3:30 PM
Let Tim McKay show you around Corktown and tell you all about the history. You will see residents' homes, lofts, historic buildings, churches etc. Then have a wonderful lunch at an Irish Pub. Lunch on your own at St. Cece's Pub. **Fee: \$35***

Behind the Scenes – Comerica Park

Thursday, June 18 (DAY21-B1501) 9:30 AM – 2:45 PM
Your tour will include Visitor's clubhouse, Tigers dugout, the Ernie Harwell Media Center (Press Box), Champions Club and Decades Monuments/Statues around the ballpark. Followed by lunch on your own at Hockey Town Café. **Fee: \$36***

Fisher Building Tour

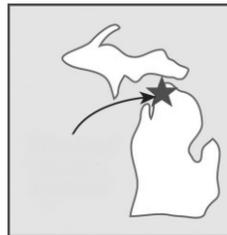
Saturday, June 20 (DAY22-B1501) 10:00 AM – 2:15 PM
Build in 1928, it is a landmark skyscraper. The ornate building is designed in an Art Deco style. Why is it illuminated at night? Why were the gold tiles painted during WWII? Hear the stories and history of the building. **Bring your camera!** Followed by lunch on your own at Addison Eatery. **Fee: \$27***

Power House, Milford Museum & Mary Jackson House,

Thursday, June 25 (DAY23-B1501) 9:15 AM – 3:45 PM
The Power House is a striking Art Deco Building designed by Albert Kahn and built by Henry Ford. A 1853 Greek revival structure houses the Milford Historical Society Museum. Mary Jackson was an actress best known for her role as one of the Baldwin sisters on the TV show Walton's Mountain. Followed by lunch on your own at Gravity Bar & Grill. **Fee: \$37***

Palmer Woods Luther "Badman" Keith Blues Band

Friday, June 26 (DAY24-B1501) 6:45 PM – 10:30 PM
Palmer Woods resident Luther "BadMan" Keith and his Blues Band will rock the tent, taking listeners on a sonic journey across America. Mixing Latin and Afro grooves and bending the blues in his personal, funky way. **Reception with a light meal is included.** **Fee: \$67***



Petoskey,
Harbor Springs,
Bay View
May 11-14, 2015
(XDAY01-B1501)

Join us for this wonderful spring excursion. Three day/two night trip includes:

- Lodging at the Stafford's Perry Hotel (2 nights)
- Hot Breakfast buffet each morning (2)
- Dinners (2), Bay View Inn, and a special Titanic Theme dinner at the Perry
- Step-on guided Historic Tour for Petoskey, Bay View and Harbor Springs
- Baggage handling at hotel; gratuities for meals
- Shopping in Petoskey
- Luxury Motor Coach

Limited rooms available. Registration closes 4/1/15.

Fee per person: \$431* double/\$524* single
(*Non resident registration begins 2/23, \$25 additional)

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

Fitness Week

March 2 - 6

MONDAY 3/2

- 30/30 Cardio Core Party**
9:00-10:00 a.m.
(GETFIT15-01)
- Ultimate H2O**
9:30-10:30 a.m. (GETFIT15-02)
- Agility & Mobility W/Music**
10:15-11:00 a.m.
(GETFIT15-03)
- Aqua Yoga Flow**
11:00-12:00 p.m.
(GETFIT15-04)
- Chair Yoga**
11:30 a.m.-12:30 p.m.
(GETFIT15-05)
- Barre Balance**
12:45-1:30 p.m. (GETFIT15-06)
- Water Walking Workout**
2:00-3:00 p.m. (GETFIT15-07)
- Zumba Gold Toning®**
5:15-6:15 p.m. (GETFIT15-08)
- Zumba Gold®**
6:30-7:30 p.m. (GETFIT15-09)

TUESDAY 3/3

- Cardio, Core, Conditioning**
9:00-10:00 a.m.
(GETFIT15-10)
- Gentle Moves Yoga**
10:15-11:15 a.m.
(GETFIT15-11)
- Chair Exercise**
11:30 a.m.-12:30 p.m.
(GETFIT15-12)
- Healthy Back 101**
12:45-1:30 p.m.
(GETFIT15-13)
- Strength & Balance 1**
1:45-2:15 p.m.
(GETFIT15-14)
- Pickleball Demo**
3:00-5:00 p.m.
(GETFIT15-15)
- Small Group Personal Training Info (Presentation Only)**
5:30-6:30 p.m. (GETFIT15-16)
- Aqua Power Aerobics**
6:00-6:45 p.m. (GETFIT15-17)

WEDNESDAY 3/4

- Zumba Gold Toning®**
8:15-9:15 a.m.
(GETFIT15-18)
- Tai Chi-Beginners**
9:30-10:15 a.m.
(GETFIT15-19)
- Chair Yoga**
11:30 a.m.-12:15 p.m.
(GETFIT15-20)
- Small Group Personal Training (Presentation Only)**
1:00-1:30 p.m.
(GETFIT15-21)
- Zumba Gold®**
6:30-7:30 p.m.
(GETFIT15-22)

THURSDAY 3/5

- H2O Circuit**
11:00 a.m. -12:00 p.m.
(GETFIT15-23)
- Dance for Parkinsons**
1:45-2:30 p.m.
(GETFIT15-24)
- Pickleball Demo**
3:00-5:00 p.m.
(GETFIT15-25)
- BOKWA®**
6:30-7:30 p.m.
(GETFIT15-26)

FRIDAY 3/6

- Zumba Gold®**
7:45-8:45 a.m.
(GETFIT15-27)
- Strength & Balance 2**
9:00-10:00 a.m.
(GETFIT15-28)
- Drums Alive®**
10:15-11:00 a.m.
(GETFIT15-29)
- H2O HIIT**
11:00 a.m.-12:00 p.m.
(GETFIT15-30)
- Beginning Yoga**
11:30 a.m.-12:30 p.m.
(GETFIT15-31)
- Small Group Personal Training (Presentation Only)**
1:00-1:30 p.m.
(GETFIT15-32)

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



AARP DRIVER SAFETY PROGRAM

Tuesday, May 12 10 AM – 2 PM
(EDU03-B1501)

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

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

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

Armed Forces Day Celebration (SEV17-B1501)

Saturday, May 16 11 AM – 12:30 PM

Ragtime, Boogie-woogie & Blues pianist Matthew Ball presents a patriotic program of American piano fun from the 20's 30's & 40's with arrangements of classic songs. Sponsored by Maple Village. Preregistration required Residents Only \$3



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:

- "Golden Age of Broadway" and many other DSO's
- Fox Theatre, Comerica, Fisher & Turkel House Tours
- Lily Tomlin, Macomb Center
- "Music Man", U of M Power Center
- Palmer Woods Music Performances
- "Talley's Folly", Purple Rose
- Trip to Petoskey, Harbor Springs & Bay View

Unique Topics...uniquely for you!

Always popular, plan to attend one of our Unique Topic presentations this spring. See pages 8-11 for more details and presentations.

- Dessert and DIA
- Detroit & the War of 1812 – Border Crossings
- Detroit's Cass Corridor
- Wendy Evans: Art Talks
- Journey Through Africa's Wildlife Sanctuary